



Strange Easter Traditions

PAGE 7

Small Business Workshop Offers Vital Resources

PAGE 2



AMERICAN RIVER Messenger

"Written by the people, for the people"

VOLUME 12 • ISSUE 07

Serving Fair Oaks, Orangevale & Sacramento County

APRIL 7, 2017

GANNED IF YOU DO, GANNED IF YOU DON'T



PAGE 3

FAIR OAKS COMMUNITY UPDATE



PAGE 3

REPUBLICAN WOMEN'S GROUP TO HOST POLITICAL SPEAKERS



PAGE 3



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

GOT MORE LOCAL NEWS?
CALL 773-1111

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!



To place your legal advertising, go to

GarmichaelTimes.com

Serving Where the Need Is

By Alice Rowe
Photos courtesy Rotary Club of Fair Oaks

What were ten Fair Oaks Rotarians doing for a few days in Baja recently? A little sport fishing? Getting a head start on this year's tan? Sampling the local margaritas? Truth be told, a little bit of each, but the main purpose of their trip was a three-fold service project in partnership with a couple of other Rotary clubs, including Nevada City and Quincy in northern California and the Rotary Club of Cabo del Este in Los Barriles, which is between La Paz and Cabo San Lucas.

In the mountains surrounding the historic silver-mining town of San Antonio are scattered settlements called ranchos, each of which might house three or four families. The Los Barriles club had identified two projects that many of these ranchos shared, the need for clean water and better living conditions for the 24 children of the ranchos who attended school in San Antonio, who were living in dormitories during the school week.

The first project will be addressed by an ~\$80,000 project to procure and distribute water filtration systems to the ranchos; approximately two-thirds of the funding will come from a Global Grant from The Rotary Foundation which the Fair Oaks and Los Barriles clubs are applying for. Club members visited several of the ranchos to do some fact-finding in preparation for writing the grant.

The children's living conditions were spiffed up by a cleaning and painting project over a day and a half; the dorm rooms, kitchen, dining areas and bathrooms certainly looked a lot brighter after all those Rotarians were done with them.

Finally, all the students, who ranged in age from 10 to 18, were presented with fleece blankets with edges hand-crocheted by Fair Oaks Rotarians; even the older boys looked really grateful to receive them. (Of course, their blankets were all sports-themed.)



The 10 Rotarians from the Rotary Club of Fair Oaks with a few of the gifted blankets.

About one year ago, the inaugural group of three from the Fair Oak club travelled to Los Barriles for a similar project, and plans are already being made for future trips in what looks to be a long-term partnership. The Rotary Club of Fair Oaks is one of about 43,000 Rotary clubs worldwide; its 79 members ascribe to the Rotary traditions of friendship, service and fun. They meet every Monday at 6:45 at the Fair Oaks Community Clubhouse and ask that you check their calendar at www.rotaryfairoaks.org and join them for dinner some Monday.★



Two of the female students receiving blankets made by our Rotary Club of Fair Oaks Members.



Two of the male students receiving blankets (with sports themes) from Rotarian Fred Rowe.

Small Business Workshop Offers Vital Resources

Story and photo by Jacqueline Fox

SACRAMENTO COUNTY, CA (MPG) - Although Citrus Heights resident Gary Winter is just a few years from retirement, he's not planning to leave his career behind when gets there. Instead, he'll do what he's been doing for most of the last decade, except he'll be the boss.

To start putting his "retirement" plan together, Winter attended the second annual Small Business Resources Workshop March 24 at the Carmichael Park Club House, where roughly 75 existing and or future small business owners gathered to collect resources from county, state and federal officials about how to get help for everything from obtaining small business "micro" loans and tax help support, to the bidding process for county and federal contracts and how to get support for women- or minority owned companies, or those in underserved areas.

"I'm not retired yet, but when I do get there, I intend



From L. to R: Joe McClure, district director, Small Business Administration office in Sacramento, State Assemblyman Ken Cooley, David Nelson, State Board of Equalization, Kean Chukwuneta, field representative from Congressman Ami Bera's office.

Administration (SBA) office in Sacramento explained how his agency works to secure micro and small business loans for start-ups of all sizes and focus, and then he cautioned borrowers about defaulting on an SBA loan. "If you don't pay it back, we will find you," McClure said.

For women and minority owned small business owners, and those from underserved communities, Deboarh Lowe

Small Business Resources:

California Capital Financial Development Corp.

Small business resources for women, minorities and underserved communities

www.capital.org

Sacramento Small Business Administration (SBA)

Micro loans and Federal funding options for small businesses

www.sba.gov

State Board of Equalization Business licensing and tax oversight

www.boe.ca.gov

to launch my own company doing what I've always done," said Winter, who plans to start up a mobile automotive performance service. One of the key questions on his mind at the workshop was how to get clearance to operate outside his resident city of Citrus Heights. He got that, and much more. "I didn't realize how many resources there are out there for small companies," said Winter.

The Small Business Resource Workshop was presented by State Assemblyman

Ken Cooley, who kicked-off the event with an energetic push for supporting small businesses, saying they play a key role in driving the economic engine of all communities. "Dollars get spent. You put money in the pockets of employees, who then spend that money in their community, and that's how communities grow," Cooley said.

Perhaps one of the most daunting and oft-misunderstood agencies governing laws pertaining to small businesses is the State Board

of Equalization, the state's main governing agency over business tax reporting and licensing. To help demystify some of the issues was David Nelson, who told attendees that many entrepreneurs who set out on their own don't always reach out to his agency for available help, often leading to their unnecessary failure.

"We don't want anyone going out of business because they didn't know about the resources available to them," Nelson said.

In addition to providing free,

online sellers permit applications, Nelson explained that the board of equalization can guide small business owners through the process of correctly reporting sales, even if they don't have any, how to craft a solid business plan for potential funding or grant opportunities, and options for creating a financial roadmap for success.

"We are not in the business of justifying how much you do, but reporting what you do," said Nelson.

Joe McClure, district director of the Small Business

Muramoto from California Capital Financial Development Corp. was on hand to discuss how her agency secured more than \$30 million contracts last year for small businesses. In addition, the center provided roughly 200,000 hours of counseling to existing and would-be business owners, and served more than 3,500 in its bilingual training programs, she said.

One of the most important things a small business owner can do, Muramoto told the crowd, is learn how to effectively represent themselves in their community.

"We also offer classes in advocacy," Muramoto said. "Advocating for yourself as a small business is critical." ★

“Dollars get spent. You put money in the pockets of employees, who then spend that money in their community, and that's how communities grow.”

KEN COOLEY
STATE ASSEMBLYMAN

Roadmap to Success

Small Business Symposium

CAPITAL REGION
— SMALL BUSINESS WEEK —
Powered by SMUD

Do you have a business?
Are you considering starting a business?
Do you have specific questions about your business including but not limited to:

- * Permits, licenses, and inspections
- * Forms of ownership
- * Sellers permits
- * Record keeping
- * Federal, State, and Local taxes
- * Funding Sources
- * Employee: independent contractors
- * How to find employees and subsidies
- * Entrepreneur mentorship

Questions?

What is it?

Roadmap to Success: Small Business Symposium is the one-stop event for answers in a free, helpful and friendly environment. Navigators will direct you to the resources and roadmaps available to help you determine how to find services at the symposium.

When and where?

Event: Roadmap to Success: Small Business Symposium
Date: May 2, 2017
Time: 8:00am to 2:00pm
Location: McClellan Conference Center
5411 Luce Avenue
McClellan, CA (in Sacramento)

Register at:
capitalregionssmallbusinessweek.org

Event sponsored by:

SACRAMENTO COUNTY berc
Helping Business Succeed

For more information contact:
June Livingston (916) 874-2100 LivingstonJ@saccounty.net
Linzie Fukushima (916) 874-7414 FukushimaL@saccounty.net
Website: capitalregionssmallbusinessweek.org

living smart
Eat Healthy, Buy Local
Farmers Markets

Sunrise Mall FARMERS MARKET

Every SATURDAY, 8 AM - 1 PM

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

2nd Saturday

Artisan & Crafts Show
SUNRISE MALL FARMERS MARKET—YEAR ROUND

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



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.

Free Movie in the Park

Enjoy a free viewing of the family-oriented animated movie "Finding Dory" on Friday, April 7, at Pioneer Park, 5100 Verner Avenue near Pioneer School, in Old Foothill Farms.

Children's games and activities begin at 6:30 pm with the movie starting at approximately 7:45 pm. The event is being co-sponsored by Sacramento County, the Sunrise Recreation and Park District, the Old Foothill Farms Community Task Force plus the Pioneer School Parent Teacher

FAIR OAKS COMMUNITY UPDATE

and Community.

Don't forget to bring a blanket, popcorn, and lawn chairs. Food and dessert will be for sale by Good Dog Vending and Cowtown Creamery. For more information please visit sunrise.parks.com.

Office Hours at Egg Hunt

On Saturday, April 15, I will be holding "Office Hours" at the Carmichael Egg Hunt being held in Carmichael Park, 5750 Grant Avenue. Residents are invited to come by and talk about items of interest with no appointment necessary on a "first come basis." My "office" will be open 9:30-10:30 am.

The Egg Hunt starts at 10 am sharp rain or shine. In addition, there will be a pancake breakfast that runs from 7 to 11 am. The Carmichael Recreation and Park District along with the Kiwanis Club of Carmichael are sponsoring the two activities. For more information about the egg hunt, call the park district at 485-5322 or visit carmichaelpark.com.

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.

Fair Oaks Community Coffee Meeting

Please join me Wednesday, April 19, at 7:30 am when I hold my second Fair Oaks Community Coffee Meeting of the year at the Fair Oaks Water District, 10326 Fair Oaks Boulevard in Old Fair Oaks Village. The guest speaker will be Jeff Leatherman, director of the Department of Regional Parks. Among the topics he will be discussing include the impact of this year's flooding on the American River Parkway, the fire risk, and illegal camping enforcement.

I hold four Community Coffee Meetings throughout the year at the Fair Oaks Water District with each having a special guest speaker. A listing of all the meetings is available online at bos.saccounty.net.

I hope to see you there -- and coffee will be served!

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

Ganned if You Do, Ganned if You Don't



Senator Ted Gaines (R-El Dorado)

Commentary by Senator Ted Gaines

From the same governor who brought you the illegal fire tax now comes a plan to blow the top off California's spending cap and leave taxpayers on the hook for tens of billions in extra taxes. It's a bad idea that fractures the faith between citizens and government and spells trouble for California's fiscal future.

With California's runaway spending, it's hard to believe the state even has an expenditure limit. But in 1979, a year after signing off on the revolutionary Prop. 13, voters passed Proposition 4, implementing the "Gann Limit," which would peg California's state spending to the 1978-79 level and only let it grow adjusted for inflation and population. State revenues above the voter-approved limit actually had to be refunded to taxpayers, an event that would cause panic attacks in today's money-hungry capitol.

In 1986-87, a boon year for tax revenues, the state issued more than one billion dollars

in rebates to relieved taxpayers who finally had some protection from an insatiable Sacramento.

Alas, it was too good to go on forever. Proposition 111 in 1990 defanged the Gann Limit, weakening its terms, and it now rarely factors into budgeting decisions.

But, weak as it is, it's still on the books, and there is no ceiling too high for the Democrats when it comes to government spending. Governor Brown's new budget proposal is straining against even the wilted Gann Limit, and he's going to do something about it.

Is he going to cut spending? Is he going to refund taxpayers? Or is he going to manipulate the budget to carve out more room to spend?

If you went with manipulate, I've got a job in the California Department of Finance for you.

Brown proposes taking \$22 billion off the Gann Limit books this year. The money would not be accounted for as state spending or as local spending, as required in the original Proposition. For Gann Limit purposes it would just disappear, like the hopes of fiscal conservatives all around the state, if his scheme is successful.

In essence, he would open up an avenue for another \$22 billion in spending by reclassifying the current \$22 billion. He would not spend less, he would not adhere to the even the watered-down mandates of the 1979 Gann Limit reform, he would just trick his way around the spending cap.

Try this sort of deception on

your tax return to see how the state normally views creative exemptions of the sort they are practicing now.

Spending is taxes. The two can't be separated, and Governor Brown's bad-faith end-run around the Gann Limit guarantees a heavier load for California taxpayers and a California perpetually stretched to its fiscal limit.

I have a novel idea: Live up to the law. If taxpayers deserve rebates, give them rebates! Don't twist and distort or outright ignore the law just because it lets taxpayers keep more of their money. They earned it in the first place; it's not a gift that a benevolent government doles out.

If the state is bringing in too much money and spending too much, get rid of the illegal fire tax or cut the Vehicle License Fee. Cut tax rates! That would put more money back in people's pockets without putting the government in the way as a rebate middleman.

The Gann Limit has been little more than a rumor for decades, but it is a rule passed by the people to protect them from just the kind of spending excess proposed by Governor Brown. It's a sad commentary on our state, but when it comes to raising your taxes, rules seem made to be broken.

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. ★

Republican Women's Group to Host Political Speakers

By Shelly Lembke

SACRAMENTO REGION, CA (MPG)

The members of Sacramento Republican Women Federated (SRWF) openly invite members of the public to attend their events and become involved in area political issues.

"Now, more than ever, Republican women need to join together with a strong conservative voice," states a recent group press release. "Sacramento Republican Women Federated members would like you to help make our voices heard on the local, state and national levels."

SRWF holds monthly

luncheons and provides interested attendees to immerse themselves in the political process. "Please come to one of our monthly luncheon meetings and get involved. If you attend, you will meet political leaders/candidates and learn more about issues vital to each of us."

The group's April 5 speaker will be former Assemblywoman Shannon Grove. Assemblyman Kevin Kiley is the scheduled speaker for the following meeting on May 3.

For further information, contact SRWF President Suzanne Jones at 916 947 9241 or visit the group website www.SacramentoRWF.org. ★



Assemblywoman Shannon Grove will be the featured speaker at the Sacramento Republican Women Federated luncheon meetings April 5. SRWF has been a chartered member of National Federation of Republican Women Clubs since 1932 and also is active in the California Federation of Republican Women.

New California Law Puts Charge in Lead-Acid Battery Sales

SACRAMENTO, CA (MPG) - Beginning April 1, 2017, sales of lead-acid batteries will be subject to two \$1 fees. Manufacturers will pay a \$1 fee for every lead-acid battery sold to a retailer, wholesaler, distributor, or other person for retail sale in California. Consumers will pay a \$1 fee on each purchase of a replacement lead-acid battery.

As signed into law by Governor Jerry Brown, the Lead-Acid Battery Recycling Act of 2016 requires retailers to register, collect, and remit the fee to the Board of Equalization (BOE); and manufacturers to register and remit the fee to the BOE. Manufacturers who are considered retailers are required to collect the \$1 California battery fee as well as pay the \$1 manufacturer battery fee. Retailers who purchase and import lead-acid batteries from a manufacturer who is not subject to the jurisdiction of California must pay the \$1 manufacturer battery fee.

A lead-acid battery – the type commonly found in vehicles – is any battery that weighs more than five kilograms (11 pounds), is composed primarily of both lead and sulfuric acid, and has a capacity of six or more volts. Retailers will charge a refundable deposit, subject to sales tax, when a consumer purchases a replacement lead-acid battery and does not simultaneously provide a used lead-acid battery to the dealer.

The fee is expected to generate \$26 million annually. Revenues collected will be deposited into the Lead-Acid Battery Cleanup Fund, where they will be used to investigate, evaluate, clean up, remediate, remove, monitor, or otherwise respond to any area in the state that may have been contaminated by the operation of a lead-acid battery recycling facility.

Beginning April 1, 2022, manufacturers will no longer be required to collect and remit the \$1 fee. Instead, consumers will pay a \$2 fee upon purchase of a replacement lead-acid battery. ★

Legislation to Ban Sale of Nitrous Oxide Unanimously Passes First Committee

Senator Jim Nielsen's Measure – SB 631 – Will Help Save Young Lives



Senator Jim Nielsen's (R-Tehama)

SACRAMENTO, CA (MPG) - After hearing heartbreaking stories of a mother's grief over the loss of her daughter and a young man who suffered spinal cord degeneration and was confined to a wheelchair, both due to nitrous oxide abuse, members of the Senate Public Safety Committee unanimously passed Senator Jim Nielsen's (R-Tehama) measure to prohibit smoke shops and head shops from selling these "whippits."

"There is no legitimate reason for smoke shops to sell nitrous oxide," said Senator Jim Nielsen. "Young people buy and inhale this gas to get 'high' because they mistakenly believe it is a 'safe' substance."

Mary Anne Rand, mother of Camille Rand who was killed in a fatal car accident by a driver who was believed to be high on nitrous oxide, said, "My daughter's life was cut short at the age of 26. I hope Senator Nielsen's bill becomes law to reduce the chance of any other parent suffering the loss of their child."

Nitrous oxide use is difficult to prove because it does not stay in a user's bloodstream for long. Ms. Rand added, "Because

deaths and injuries are just 'believed to be attributable to' I am afraid the extent of the problem is underreported and not statistically available."

Specifically, Senate Bill 631, if passed and signed into law, would prohibit smoke and head shops from selling nitrous oxide.

According to the National Institute on Drug Abuse recreational use of nitrous oxide can lead to "death from lack of oxygen to the brain, altered perception and motor coordination, loss of sensation, limb spasms, blackouts caused by blood pressure changes, and depression of heart muscles functioning."

"My concern about whippits, and the damage they cause to the central nervous system, led me to reach out to Senator Nielsen and share my story. I view the abuse of this substance as a public health hazard," said Mr. Patrick O'Brien, father of a 20-year-old whose spinal cord degenerated and was confined to a wheelchair.

Senate Bill 631 passed the Senate Public Safety Committee unanimously. It will now move onto the Senate Committee on Business, Professions and Economic Development for its consideration.

Senator Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Glenn, Nevada, Placer, Sutter, Tehama and Yuba. To contact Senator Jim Nielsen, please call him at 916-651-4004, or via email at senator.nielsen@sen.ca.gov.

Source: From the office of Senator Nielsen ★



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

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

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

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



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

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@mpg8.com.

Be sure to place in the subject field "Attention to Publisher." If you do not have email access, please call us at (916) 773-1111.

AMERICAN RIVER Messenger

Serving Fair Oaks, Orangevale and Sacramento County since 2006

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

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

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



We are proud members of these newspaper associations.



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

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

Antiques Wanted
Buying Watches
 Will Pick-up
Rolex, Omega, Hamilton, LeColutre
 -Private Party-
 All wind ups
 Running or not
 Also buy Gold Rings & Chains, Silver Dollars, Antiques
 (916) 607-7890
CASH for Watches

Autos Wanted
DONATE YOUR CAR, TRUCK, OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 800-731-5042. (Cal-SCAN)
GET CASH FOR CARS/TRUCKS!!! All Makes/Models 2000-2016! Top \$\$\$ Paid! Any Condition! Used or wrecked. Running or Not. Free Towing! Call For Offer: 1-888-417-9150. (Cal-SCAN)
Got an older car, boat or RV? Do the humane thing. Donate it to the Humane Society. Call 1-800-743-1482 (Cal-SCAN)
WANTED! Old Porsche 356/911/912 for restoration by hobbyist 1948-1973 Only. Any condition, top \$ paid! PLEASE LEAVE MESSAGE (707) 965-9546 (Cal-SCAN)

Barber Shop Special
JAKE'S BARBER SHOP
 916.967.0763
 7845 Madison Avenue
 South west corner of Madison Ave and Sunrise Blvd across from "Little Caesars"
Non-Seniors
 Tuesday 8-12 \$14.00
Seniors 65 plus
 4 Hour Specials two days per week
 Wed-Thur 8-12 \$11.00
Open
 Saturday & Sunday 10-5pm
 Closed-Friday
 Special applies to all regular haircuts
Bring Ad at time of haircut

Handyman
QUALITY LABOR & MAINTENANCE
 Yard Work, Hauling, Gutter Clean, Odd Jobs.
You Name It!
 (916) 613-8359
Health & Medical
Got Knee Pain? Back Pain? Shoulder Pain? Get a pain-relieving brace - little or NO cost to you. Medicare Patients Call Health Hotline Now! 1-800-796-5091 (Cal-SCAN)
Stop OVERPAYING for your prescriptions! SAVE! Call our licensed Canadian and International pharmacy, compare prices and get \$25.00 OFF your first prescription! CALL 1-800-273-0209 Promo Code CDC201625 (Cal-SCAN)
OXYGEN - Anytime. Anywhere. No tanks to refill. No deliveries. Only 4.8 pounds and FAA approved for air travel! May be covered by medicare. Call for FREE info kit: 844-359-3976. (Cal-SCAN)
Weight loss/ sleep/ mood issues. Consultant / educator. Call Tim B. 503-460-7149 or 916-334-8903 12-31-17

Cable/Satellite TV
DISH TV - BEST DEAL EVER! Only \$39.99/mo. Plus \$14.99/mo. Internet (where avail.) FREE Streaming. FREE Install (up to 6 rooms). FREE HD-DVR. Call 1-800-357-0810 (Cal-SCAN)
Switch to DIRECTV. Lock in 2-Year Price Guarantee (\$50/month) w/ AT&T Wireless. Over 145 Channels PLUS Popular Movie Networks for Three Months, No Cost! Call 1-800-385-9017 (Cal-SCAN)

Financial Services
SOCIAL SECURITY DISABILITY BENEFITS. Unable to work? Denied benefits? We Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-800-966-1904 to start your application today! (Cal-SCAN)

Fitness/Yoga
Your Fitness Genie
 Making Your Fitness Goals Come True!
 16 Years of Experience
 3 Sessions for \$99, new clients only
 • Weight Loss • Injury Recovery • Senior Fitness • Yoga • Pilates
Be Active, Call Today!
 Jenn@YourFitnessGenie.com
 (916)768-8767
For Sale
Classic Album Collection
 Get hours of fun and enjoyment out of this classic album collection. Over 150 used albums. Country (Haggard, Jennings, Robbins, Hank Williams, Johnny Cash), some Rock, some Pop, Classical Collections, unique soundtracks, many Christmas classics. Get all 150 for only \$200 cash. Call Paul at 916-773-7337. Pick up in Carmichael.

For Sale
 150 Fly Vello Motor Cycle Scooter. Runs great. \$800 obo. Call 916 613-8359

For Sale
 3 cemetery plots at Mount Vernon Memorial Park, Fair Oaks, CA. Value \$3400 each, asking \$2700 each plus closing. Sell as group or singly. Leave message at 907-457-8200

Handyman
QUALITY LABOR & MAINTENANCE
 Yard Work, Hauling, Gutter Clean, Odd Jobs.
You Name It!
 (916) 613-8359

Health & Medical
Got Knee Pain? Back Pain? Shoulder Pain? Get a pain-relieving brace - little or NO cost to you. Medicare Patients Call Health Hotline Now! 1-800-796-5091 (Cal-SCAN)
Stop OVERPAYING for your prescriptions! SAVE! Call our licensed Canadian and International pharmacy, compare prices and get \$25.00 OFF your first prescription! CALL 1-800-273-0209 Promo Code CDC201625 (Cal-SCAN)
OXYGEN - Anytime. Anywhere. No tanks to refill. No deliveries. Only 4.8 pounds and FAA approved for air travel! May be covered by medicare. Call for FREE info kit: 844-359-3976. (Cal-SCAN)
Weight loss/ sleep/ mood issues. Consultant / educator. Call Tim B. 503-460-7149 or 916-334-8903 12-31-17

Handyman
QUALITY LABOR & MAINTENANCE
 Yard Work, Hauling, Gutter Clean, Odd Jobs.
You Name It!
 (916) 613-8359

Health & Medical
STRUGGLING WITH ADDICTION? - If you or loved one are struggling with drug/alcohol addiction. Your insurance may cover 100% treatment. CALL US TODAY at 844-913-7850 (Cal-SCAN)

Home Maintenance
A Quality Home Maintenance
Gutters Cleaned
 By Gutter Dog
 (916) 613-8359

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

Landscaping
CREATE YOUR PARADISE

Winter Yard Cleanups, Complete Landscape Design/ Installation, Sprinkler System Installs/Repairs, All Types Concrete Work, Fence Installation, Retaining Walls- All Types, Drainage Systems-all types, Landscape Lighting, Residential/ commercial American Landscape Design & Installation. Est 1987 American Construction & Property Maintenance Company
WE ACCEPT VISA & MASTER CARD
(916)612-0776
 Lic#690968

Lawn / Yard Care
JOHN WILLIAMSON LAWN & YARD. Res/comm. Wkly services, cleanups, pruning, gutters. Riding mower prop. ok. 916-508-2158 BizLic 836256 Not serving Gold River/ Rancho
Lawn Care
Sierra Lawn Care
 Res./Comm. Wkly/BiWkly yard clean up. One time yard clean ups. Free Estm. 916 968-2721. Lic.
Medical Supplies / Equipment
 Safe Step Walk-In Tub Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 800-799-4811 for \$750 Off. (Cal-SCAN)
Miscellaneous
HOME BREAK-INS take less than 60 SECONDS. Don't wait! Protect your family, your home, your assets NOW for as little as 70¢ a day! Call 855-404-7601 (Cal-SCAN)
SAWMILLS from only \$4397.00-MAKE & SAVE MONEY with your own bandmill- Cut lumber any dimension. In stock ready to ship! FREE Info/DVD: www.NorwoodSawmills.com 1-800-578-1363 Ext.300N (Cal-SCAN)

Lawn / Yard Care
JOHN WILLIAMSON LAWN & YARD. Res/comm. Wkly services, cleanups, pruning, gutters. Riding mower prop. ok. 916-508-2158 BizLic 836256 Not serving Gold River/ Rancho
Lawn Care
Sierra Lawn Care
 Res./Comm. Wkly/BiWkly yard clean up. One time yard clean ups. Free Estm. 916 968-2721. Lic.
Medical Supplies / Equipment
 Safe Step Walk-In Tub Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 800-799-4811 for \$750 Off. (Cal-SCAN)
Miscellaneous
HOME BREAK-INS take less than 60 SECONDS. Don't wait! Protect your family, your home, your assets NOW for as little as 70¢ a day! Call 855-404-7601 (Cal-SCAN)
SAWMILLS from only \$4397.00-MAKE & SAVE MONEY with your own bandmill- Cut lumber any dimension. In stock ready to ship! FREE Info/DVD: www.NorwoodSawmills.com 1-800-578-1363 Ext.300N (Cal-SCAN)

Lawn / Yard Care
JOHN WILLIAMSON LAWN & YARD. Res/comm. Wkly services, cleanups, pruning, gutters. Riding mower prop. ok. 916-508-2158 BizLic 836256 Not serving Gold River/ Rancho
Lawn Care
Sierra Lawn Care
 Res./Comm. Wkly/BiWkly yard clean up. One time yard clean ups. Free Estm. 916 968-2721. Lic.
Medical Supplies / Equipment
 Safe Step Walk-In Tub Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 800-799-4811 for \$750 Off. (Cal-SCAN)
Miscellaneous
HOME BREAK-INS take less than 60 SECONDS. Don't wait! Protect your family, your home, your assets NOW for as little as 70¢ a day! Call 855-404-7601 (Cal-SCAN)
SAWMILLS from only \$4397.00-MAKE & SAVE MONEY with your own bandmill- Cut lumber any dimension. In stock ready to ship! FREE Info/DVD: www.NorwoodSawmills.com 1-800-578-1363 Ext.300N (Cal-SCAN)

Lawn / Yard Care
JOHN WILLIAMSON LAWN & YARD. Res/comm. Wkly services, cleanups, pruning, gutters. Riding mower prop. ok. 916-508-2158 BizLic 836256 Not serving Gold River/ Rancho
Lawn Care
Sierra Lawn Care
 Res./Comm. Wkly/BiWkly yard clean up. One time yard clean ups. Free Estm. 916 968-2721. Lic.
Medical Supplies / Equipment
 Safe Step Walk-In Tub Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 800-799-4811 for \$750 Off. (Cal-SCAN)
Miscellaneous
HOME BREAK-INS take less than 60 SECONDS. Don't wait! Protect your family, your home, your assets NOW for as little as 70¢ a day! Call 855-404-7601 (Cal-SCAN)
SAWMILLS from only \$4397.00-MAKE & SAVE MONEY with your own bandmill- Cut lumber any dimension. In stock ready to ship! FREE Info/DVD: www.NorwoodSawmills.com 1-800-578-1363 Ext.300N (Cal-SCAN)

Music Lessons
 Guitar Lessons - Beginner to Advanced. \$10/half hour. \$15/hour. freddiebalbert1@yahoo.com. 530-263-6926 (MPG 12-30-17)

Pest Control
KILL ROACHES- GUARANTEED! Buy Harris Roach Tablets or Spray. Odorless, Long Lasting. Available: Hardware Stores, The Home Depot, homedepot.com. Try Harris Bed Bug Killers Too! (Cal-SCAN)

Pets/Animals
DOG RESCUE
 Gary (916) 334-2841
 Please Adopt or Foster
 Because so many really great dogs are dying for a good home...
ShelterMOU @hotmail.com

Professional, Loving PET CARE
 Established Reputation
 Kennel Free Environment
 Lots of TLC
Call Madeline
(916) 723-1608

PLUMBING
French Connection

Plumbing
(916) 833-7618
If your husband did the job, call me!
 • Emergency Plumbing
 • New Construction
 • Gasline Repipe
 • Sewer Inspection

40 YRS Experience
STOP DON'T GET TRIPPED OFF!
 Contractor Lic.#936953

BERNARDINO ROOFING
 Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. BBB MEMBER!
 FREE ESTIMATES
SENIOR DISCOUNTS
 Lic.#817945 35 Years Experience
916.920.0100
 www.bernardinoroofing.com

RV Sales
Bill Eads RVs
 Buy, Sell, Trade & Consign
 "Results.... not Promises"
Number 1 Consignment Lot in Northern California
We Pay Top \$\$\$ for clean RVs!
Great, Secure I-80 Freeway Location.
 Lic & Bonded - 29 Years Exp!
 Check out **BillEadsRV.com**
 4409 Granite Dr. Rocklin, CA
Office 916-624-7600
Bill 916-878-0273

Pest Control
KILL BED BUGS & THEIR EGGS! Buy Harris Bed Bug Killers/ KIT Complete Treatment System. Available: Hardware Stores and Home Centers. (Cal-SCAN)

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

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

Tree Service
BP TREE SERVICES

TREE & STUMP REMOVAL
TREE TRIMMING/ SHAPING
FREE ESTIMATE
10% OFF WITH THIS AD
 Insured. Workman's comp. Arborist
916-722-6321
 bptreeservices.com
 VISA / MASTER CARD
 California Contractors Lic #831766

Wanted
 House-mate for 3 bdr. home with pool in Carmichael. Please call & leave a message, I will return all calls. 969-5707.

Attention: People with Type 2 Diabetes
Were you hospitalized or did a family member die from heart failure
 while taking
Onglyza® or Kombiglyz XR®?

If so, you may be eligible for money damages.
 We are evaluating potential lawsuits for individuals who began taking Onglyza or Kombiglyz XR before April 5, 2016 and suffered from heart failure or died while taking them. For more information about your legal options and a free consultation, please contact us at 855-748-4220.
WEITZ & LUXENBERG
 700 BROADWAY, NEW YORK, NY 10003 | BRANCH OFFICES IN NJ, CA & MI PC
855-748-4220
 www.WeitzLux.com
 ATTORNEY ADVERTISING. This website does not constitute an offer of legal services. No one associated with Weitz & Luxenberg LLP is licensed to practice law in any state other than the state in which they are licensed. © 2016 Weitz & Luxenberg LLP. All rights reserved.

NOTICE TO READERS
 California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www.cslb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.
DISCLAIMER
 Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

Crossword Puzzle on Page 5

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

Room Wanted
 Looking for pvt Rm & Bath. Carmichael area for self & sm dog. 916 305-4132

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

Help Wanted
Dishwasher position. May include light duties. Call Chef Alex 916 489-2103

Sudoku Puzzle on Page 5

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

NATIONAL DEBT RELIEF
STRESSING OUT ABOUT YOUR DEBT?
 Let National Debt Relief help you
 Call now and speak with a debt specialist today **855-428-6049**

TALCUM POWDER OVARIAN CANCER CASES
 LAWSUITS ARE BEING REVIEWED NATIONWIDE FOR WOMEN DIAGNOSED WITH OVARIAN CANCER AFTER USING:
Johnson's Baby Powder Shower-to-Shower
 FINANCIAL COMPENSATION MAY BE AVAILABLE
SK SAOINTZ & KIRK
FREE CASE EVALUATION
CALL 1-855-884-6541

Specialties Plus
 • Machine Repairs (all makes and models)
 • Toner Cartridge Refills (using Cartridge World? Take 10% off their price & try mine)
 • Free Cleaning (with our cartridge)
 • Service Contracts (monthly or yearly)
 • Lease or Rent
 • High Volume Copying (save wear & tear on your machine)
 • We are Local
Specializing in Digital Printers, Copiers, Fax & Multifunction Machines
 E-mail: **specpluscopiers@gmail.com**
(916) 723-8430

CALL A PROFESSIONAL Business & Service Directory

LANDSCAPE SERVICES
SLS Superior Landscape Services
 Landscaping and Maintenance
 Insured Lic#794551
 • Sprinkler Repair/Install • Pruning
 • Mowing/Trimming • Fertilizing
(916) 728-5812 • Cell (916) 761-0999
Dave Cochran Owner • dave_SLS@surewest.net

COMMERCIAL JANITORIAL SERVICES
FRANCHISE OPPORTUNITIES AVAILABLE
Anago OF SACRAMENTO
 Commercial Janitorial Service
 The Superior Choice for Commercial Cleaning
 Call to schedule your FREE Quote
916.782.3300 • www.ANAGOSAC.COM

TAX / BOOKKEEPING
 Accounting/Bookkeeping, Tax, & Financial Management Experts
 QuickBooks Online & Desktop Professionals
15% discount on tax services
Cliff J. Leiker Jr., CPA, MBA
 Manager
CJL Tax & Accounting
 Fair Oaks, CA 95628
(916) 952-2691

WATCH REPAIR
Watch Batteries Installed for \$5.00
 Some models cost more
Frank's Jewelry Shop
 7319 Fair Oaks Blvd.
 Carmichael, CA 95608
916-481-0176

IF YOU'RE READING THIS SO ARE YOUR CUSTOMERS
Advertise Your Business Here
CALL 773-1111

DRUG AND ALCOHOL REHABILITATION
CLEAN & SOBER LIVING
 CSTL, Inc.
 HELPING PEOPLE AND THE COMMUNITY WITH THE ALCOHOL AND DRUG PROBLEM!
 18 YEARS IN BUSINESS!
DETOX (916) 965-3386 SOBER LIVING (916) 961-2691

HOUSE CLEANING SERVICES
Sparkle Clean Agency
 Communication just as important as great cleaning
 • Serving greater Sac since 1987
 • Professional cleaners
 • Detail oriented
 • Floor cleaning on hands and knees
 • Move ins/outs
Call for FREE estimates
916-483-2009
 annspkicln@gmail.com
 residentialcleaningsacramento.com

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

LANDSCAPING
EAGLE VIEW LANDSCAPING
 In Business Locally 9 years
 owner operated & onsite
Starting at \$20 per week yard service!
 Many More Specials! • Call Now For More Info
 Sprinkler System Repairs & One Time Yard Clean Ups
Affordable • Dependable • Experienced • Friendly • English Speaking
Eddie Perez, Owner • eagleview.landscaping@yahoo.com (916) 613-4307

Sacramento is a Synergistic Startup Epicenter

By Rebecca Graulich

It's no secret Sacramento is a terrific environment for startups with university talent, investors, accelerator and startup programs, driving distance to the Bay Area, and an international airport, not to mention great quality of life. What is less known are the many features that distinguish us from other startup-friendly communities.

First, there's our senior population. Americans aged 65 and older are expected to grow from 46 million to more than 98 million by 2060. California is projected to be among the fastest growing states. Californians age 60+ are expected to grow more than twice as fast as the total state population. By 2040, nearly 500,000 people age 60 and over are expected to live in Sacramento County.

A growing field addressing the needs of seniors is gerontechnology, a combination of gerontology and technology. It blends technology and innovation to address the challenges of aging and caregiving. For the savvy entrepreneur, it's potentially the pot of gold at the end of the rainbow.

AARP reported in January 2016, "Companies from established multinationals to startups, mass-market firms to niche players, are recognizing a (senior) caregiving market opportunity that's expected to reach \$72 billion in 2020 alone. The cumulative total for 2016-2020 is expected to be \$279 billion."

A second unique feature is that in the west coast, Sacramento most reflects the overall makeup of the United States. An indication of how a product or service

may perform nationally can be obtained locally. For startups targeting the 60+ crowd, Sacramento seniors offer an invaluable wealth of feedback to entrepreneurs. Innovation and technology may come from the youth, but practicality, insights and reality checks come from seniors.

A third feature of Sacramento is the growing infrastructure of startup support. In addition to the Hacker Lab, Urban Hive, Sacramento Entrepreneurship Academy, SCORE, Sacramento Business Services Center and numerous Meetup groups, startup specialty groups are locating in Sacramento. Aging2.0 (www.aging2.com), based in San Francisco, focuses on helping entrepreneurs who are targeting the senior market.

Keri Vogtmann, (Sacramento@Aging2.com), founder of the Sacramento Aging2.0 chapter notes, "Given the Sacramento business landscape, we have a real opportunity to be the epicenter of gerontechnology." Ms. Vogtmann is currently organizing the Sacramento Aging 2.0 pitch competition on Tuesday, April 18, 5:30 – 8:00p.m. The public is welcome to attend and vote for the startups they feel best meet the needs of seniors. Registration is at aging2.com/events.

Health 2.0 (www.health2con.com) is another startup specialty group, focusing on healthcare innovation. Keisuke Nakagawa (keisuke@whitekoat.com) is the co-founder of Health 2.0 Sacramento and of whitekoat, a startup focused on developing technologies to advance medical education and health literacy. "Sacramento and its leadership have done a tremendous job

cultivating and promoting startups. It's becoming a powerful startup ecosystem," commented Mr. Nakagawa. "This is especially true in healthcare."

Being the state capital is a fourth unique feature of Sacramento. Governments are often viewed as slow and not innovative. This is not necessarily accurate. Through policy, governments can create opportunities for startups. The critical factor is entrepreneurs' involvement in local and state government. There are numerous ways to be involved. The Sacramento County Adult and Aging Commission (www.sacramentoadultandaging.org) is one of many bodies that welcomes the involvement of private citizens. Among other things, this commission is charged with advising the Board of Supervisors on matters relating to older and dependent adults. Entrepreneurs interested in gerontechnology are welcome on this commission.

"We fail to see that there is a cause and effect in our relationship with government," said Mr. Nakagawa. "Being close to policy makers can be a strategic advantage."

The startup "bones" of Sacramento – talent, investors, support organizations, user population and geography – create a solid foundation for entrepreneurs. What makes us especially appealing for startups are our additional qualities: our vital senior population, our national profile, startup specialty groups and being the state capital. When you put it all together, Sacramento is primed to be a synergistic startup epicenter. ★

Capitol Democrat Plan Siphons 30% of Transportation Taxes Away from Roads

Commentary from Assembly Republican Communications

Capitol Democrats have announced a plan to increase taxes by \$5 billion a year for transportation, but little-to-no money will go toward relieving traffic. Instead, much of those funds will be raided for pet projects that have nothing to do with getting Californians out of gridlock.

FACT: On Day One, the plan already siphons away 30 percent of new money to projects other than roads, including parks, workforce apprenticeships, rural bike lanes, boats, trains and local planning grants.

FACT: The plan mandates that LESS THAN FIVE PERCENT of funds can go to traffic relief

or lane expansion, ignoring Californians in major urban areas who spend nearly three days a year in unnecessary traffic.

FACT: The Capitol Democrat plan raises the gas tax by 70 percent (the largest gas tax increase in state history) and increases the average cost of registering a vehicle by 25 percent.

FACT: A person who fills up their car's tank once a week will pay an extra \$125 a year due to the gas tax increase.

FACT: Capitol Democrats claim that we haven't raised the gas tax in decades, but the Legislative Analyst's Office estimates that cap and trade has created a hidden gas tax of 15 cents and recently estimated that

could increase to 74 cents per gallon.

FACT: Naming a Transportation Inspector General is an artificial reform: it simply renames an existing Caltrans department and provides no independent oversight. The Assembly Republican plan would create an independent Inspector General's Office to oversee Caltrans.

Providing roadways is a core function of our government. It's time for Capitol Democrats to stop raiding transportation funds for pet projects and build the roads that will get Californians out of traffic.

Assembly Republicans have a plan that fully funds road repairs AND traffic relief without raising taxes on hard working Californians. ★

Sacramento Employment Trends

Hard to Find, Hard to Keep as Job Market Soars

SACRAMENTO REGION, CA (MPG)

- High anxiety, finding qualified applicants and retaining current workers are on the minds of Sacramento regional employers as hiring soars. In the next three months over three-quarters of top regional employers polled are in the hiring market. Among the highest number recorded since the Trends Survey began in 1992, seventy-seven percent (77%) of companies polled directly by phone say they are motivated to hire in Q2.

However, growing strength of the economy brings issues that concern regional employers including hiring qualified workers. Seven percent (7%) of those polled between February 22 and March 23, report shortages of qualified skills while others are challenged to find anyone for entry level and general labor positions.

While Sacramento regional employers tell Pacific Staffing

twenty-one percent (21%) of hiring is motivated by the need for replacements within existing workforce, twenty-six percent (26%) say hiring is necessary for growth of the business. Employers are also hiring more for seasonal demands in Q2 than in past years as twenty-three percent (23%) say hiring is seasonal. Not one employer reported any plans for reductions or layoffs.

While hiring issues like retention and applicants are market challenges, in anecdotal comment HR company contacts also report a high level of frustration and anxiety in developments over potential political changes to alter or eliminate the Affordable Care Act. Complaints include recent completion of changes to the new healthcare requirements, development of compliance within the framework and education of workforce in ACA. With countless hours

over several years invested in meeting ACA demands employers are not happy at not knowing what the future may bring or interested in investing more time and money in making changes.

Drivers remain a challenge to bottling, product distribution, route delivery, manufacturers and construction firms. Other shortages for skilled trades, equipment operators and estimators remain an issue in Construction. Employers are also seeking IT, especially software development and digital networking while others seek accounting/bookkeeping, general office/clerical, customer service, sales and manufacturing, warehouse and shipping workers.

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

Source: Rick Reed PR ★

DELIVERY ROUTES AVAILABLE
CALL 773-1111

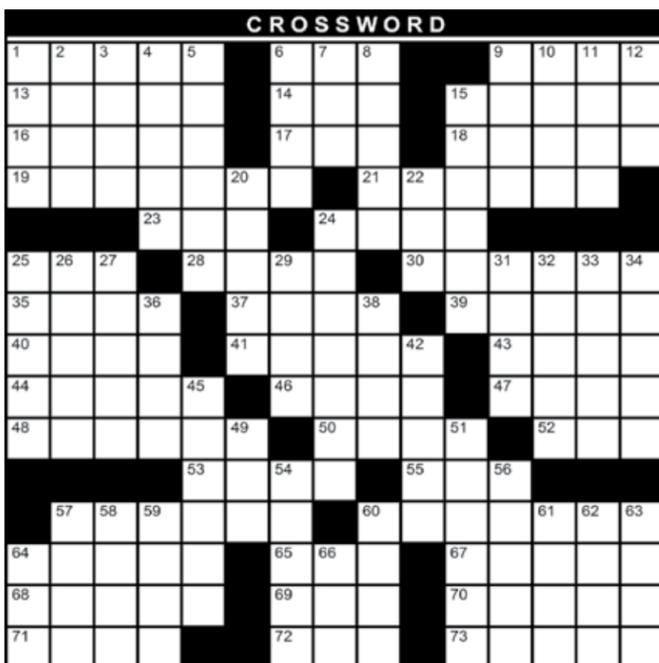


STATEPOINT CROSSWORD • ALL ABOUT SPACE

CLUES

ACROSS

1. What gridlock does
6. Portfolio acronym
9. Winglike
13. Ancient
14. The Godfather, e.g.
15. Exclude or omit
16. Distinctive spirit of a culture
17. #3 Down welcome
18. One with no permanent abode
19. *Challenger or Atlantis
21. *Type of shower
23. "He had"
24. Audition tape
25. "On the _____," as in a fugitive
28. A pout or grimace
30. Complete shadow, pl.
35. Mosque V.I.P.
37. Attention-getting sound
39. Plants and animals
40. *Last man to walk on the moon
41. Colorado skiing destination
43. Like Roman god Janus
44. Temporary tattoo ink
46. Steak choice
47. Auction off
48. ER forerunner
50. Mischievous fairies
52. Foxlike
53. Hofbäuhaus offering
55. Hole in one
57. *Hanks in "Apollo 13"
60. *Space Coast state
64. Crew member
65. *First to land man on the moon
67. Tree juice
68. Not odds
69. Failed Molotov cocktail
70. "Bravo! Bravo!"
71. One third of a three-piece suit
72. Between E and NE
73. Rosetta Stone, e.g.



Our Best Deal Ever!

DISH TV

\$39.99 MO

2 Year Price Guarantee

INTERNET

\$14.95 MO

where available

Free Installation!

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

for more information

© StatePoint Media Crossword Puzzle Solutions on Page 4

DOWN

1. "____ So Fine"
2. Reluctant
3. Pearl Harbor locale
4. Angry
5. *Solar _____
6. Not in use
7. Wade's opponent
8. Japanese cartoon
9. Burn soother
10. Fancy ride
11. Month of Purim
12. *The _____ Planet
15. Put six feet under
20. Parkinson's disease drug
22. Australia's flightless bird
24. State of les misérables
25. *____-year
26. Independent African ruler
27. Edible biblical rain
29. *Home to first man in space
31. Auction exclamations
32. Don Giovanni and such
33. The least bit
34. *First American woman in space
36. Carte du jour
38. One of FDR's three

42. Himalayan country
45. Model Valletta and actress Tamblyn
49. Be indisposed
51. ESPN.com menu selection
54. Dodge
56. Not slouching
57. Cobain's love
58. Has a mortgage
59. Let out steam
60. Grow dim
61. Catalina, e.g.
62. Radio tuner
63. Initial stake
64. King's title, abbr.
66. *Solar System center

SUDOKU

GOT KNEE PAIN?

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

1-800-984-0360

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

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

Solutions on Page 4

BAUER car wash

Monday - Saturday 8:30-5 • Sun 9-4

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



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

coupon

\$3.00 OFF Any Car Wash

BAUER San Juan Car Wash
Citrus Heights • 916.967.3083

Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp. 05/31/17

coupon

\$5.00 OFF Any Car Wash Package

BAUER San Juan Car Wash
Citrus Heights • 916.967.3083

Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp. 05/31/17



Shred Day 2017

St. Vincent de Paul Fund Raiser
"Help Us Help The Poor"

5057 Walnut Ave. (at the Corner of Cottage and Walnut)

At: Cottage Way Paking Lot,

April 22, 8:00 a.m. - Noon
Rain or Shine

On-site Shred Truck ♦ You Can Watch!!

- ✓ Bring all old or new tax records and/or any other old dust-gathering confidential documents for professional shredding
- ✓ Staples & paper clips OK
- ✓ All shredded paper is recycled

Suggested Donation:
\$5⁰⁰ for each paper grocery shopping bag
or **\$10⁰⁰** for each standard file box.

For More Information
Call (916) 481-6352

A Suspicious Mind Is A Terrible Thing To Waste

Dr. James L. Snyder

I have discovered over the years several types of minds. The "open mind" which catches everything except the truth. The "analytical mind" which organizes everything to the point of sterility. The "closed mind" which you can bounce ideas and they never stick.

For every man, there is the "woman's mind." Every husband knows if he wants to change his wife's mind, all he has to do is agree with her. Finally, the "political mind," which for all practical purposes is an oxymoron. Politicians obviously do not have a mind of their own. They change their mind so often you hardly know who they are.

I find most people's minds are like beds - all made up and tucked neatly away. Many of these people have sound minds - sound asleep, that is.

The most valuable mind is the suspicious mind. It is in this frame of mind that the real picture has developed for me. An incident several years ago illustrated this to me.

We received one of those calls every American gets at least once a month. An invitation to come to Daytona Beach and spend two nights at a motel on the beach. The sponsor even offered to throw in breakfast, which we promptly threw out (or was it "up?").

It all sounded wonderful. My wife and I had never stayed on the beach and thought it would be an excellent opportunity. Eagerly we said "yes" thrilled with the prospect. "Oh, by the way," the young woman on the telephone said, "you will be required to listen to a 90-minute presentation."

It was then my suspicious mind kicked in. To be more honest, the kick came from my wife, who had the suspicious mind.

"Is there anything we have to buy?" my wife made me ask the delightful woman on the telephone.

"Absolutely nothing," she said so cheerily, I believed her. My wife, "Miss Suspicion," did not buy it for

a second. Finally, I convinced her to go and I arranged with the woman on the telephone for the two nights on the beach.

Looking back on this incident, I realize a suspicious mind does come in handy.

I must confess (which is hard for me to do) my wife's suspicious mind has saved us from a few potentially disastrous situations. (But you didn't hear it from me.)

When we arrived at the Daytona Beach office, they greeted us most graciously. I was smiling a smile that said, "See, I told you this was going to be great."

The cordial receptionist gave us a key to our room and easy-to-follow directions to our motel on the beach and, best of all, coupons for supper for two at a fancy restaurant.

So far, everything promised to be a magnificent adventure.

Just as I picked up the key, the lady reminded us of the 90-minute presentation. We had to sign up for a time that was "convenient for y'all."

All I could see was that gregarious smile and the beach. As the glaze thickened over my eyes, I signed up. Then we were off.

While I was smiling, my wife was mumbling something like, "This is a mistake. I know there is a catch somewhere. Nothing is free."

Being the sophisticated husband I am with a vast, cultivated vocabulary at my disposal, I said nothing.

There is a time to speak, but every husband knows it is usually not when in the presence of his wife.

We had a great time. The beach was wonderful and late that night we enjoyed a marvelous supper.

Everything was going along quite nicely and we drifted off to sleep listening to the waves rhythmically massage the beach outside our window.

Then the time came for the 90-minute presentation. It was quite educational. I learned my wife was right all along.

The "catch" she worried about

was called a "timeshare."

Timeshare is an interesting concept. First, you must buy a week (or two if you like). At that point, I was ready to sign up. My pen was dripping ink ready to sign anything, anywhere.

Then my wife began asking questions. It's a good thing she did.

That is when we learned another thing about timeshares. After one buys a week, the cost has just begun. Of course, they told us, we must pay property taxes on "our property." Then there are monthly maintenance fees and insurance premiums. We learned the word "share" in timeshare means we share all our money with them.

By the time she finished her presentation, there were more fees on our timeshare than fleas on a West Virginia hound dog.

That was not the worst of it though. When our week came, we were expected to "rent" our own room to stay in it. When the woman got through with her 90-minute presentation (which actually took three hours), timeshare made as much sense to me as renting underwear.

There are times when a suspicious mind does come in handy, but not always. Sometimes I appreciate trusting someone without any fear. But, who?

The antidote for a suspicious mind is found in the Bible. The Old Testament prophet understood this when he wrote, "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee" (Isaiah 26:3).

There are many things to be suspicious about, but when I come to Jesus Christ, I can relax. He gives me peace of mind because He is easy to trust.

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 jamesnyder2@att.net. His web site is www.jamesnyderministries.com. ★



By Pastor Ray Dare

I don't know what you're going through today. I don't know how dark and hopeless things may seem to you. But I want you to be assured of one thing. All things are possible when God is in your life. You've heard the saying, "Don't get your hopes up." Well, I want to tell you just the opposite today. I want you to get your hopes up! I want your mind flooded with hope knowing that God loves you and He can do anything. The Bible says in 1st Corinthians, "Thanks be to God who always causes us to triumph." And it says, "In all these things we are more than conquerors." God said in Isaiah that there is "no weapon that is going to be formed against you that will prosper." And again, "If God be for us, who can be against you." Today I want to encourage you to never, ever lose your hope.

Pastor Ray's Encouraging Words

Easter Gives You Hope

God is aware of what you're going through right now. He sees your struggle. He's seen every tear you've shed. He's seen every sleepless night you've had. He knows exactly what you're going through. He's heard every single prayer that you've prayed. And you know what? He loves you and He cares for you. And He's saying to you today, "Whatever you do, don't lose your hope". He's going to see you through. He wants to help you.

The Bible says in Hebrews 4:15 that "God can be touched with the feelings of our infirmities." You know Jesus was here, He lived on this earth for 33 years. He knows what it's like to face the trials and struggles and the hardships of life. He himself has been down. He himself, the Bible says, was in distress at one time. He was in agony emotionally. He knows what it is to feel sorrow and pain. Easter is proof of that. He's been there just like you and I have. And that's why the Bible says a couple verses later, it says, that's why you've got to "boldly come to the throne of grace so that you may obtain

mercy and find grace to help in time of need." God is inviting you to ask him for help because He loves you and cares about you.

I would like to personally invite you to Easter service at New Beginnings Church on April 16th; our Easter service begins at 11:00 am. I'll be sharing a message that will give you hope. New Beginnings is a place where people find hope and love, not critical or judgmental attitudes. Regardless of your religious background, whether it's Protestant, Catholic, Baptist, Independent, or nothing! - You're welcome at New Beginnings. No matter what you've done, or where you've been or how long you've been there - you're welcome in our church. There's only one catch, you can't be perfect! For more information, call (916) 992-1997 or visit our website at NBC4U.org.

New Beginnings Church
YOU'RE INVITED,
Sunday service at 10 am
"We Do Church Differently"
www.NBC4U.org ★

YOU'RE INVITED!

Sundays 10:00a.m.
A Purpose Driven Church
"We do Church Differently"

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

5510 Diablo Drive
Sacramento, CA



Surely everyone has dreams in one form or another. Sleeping, dreams often fall on us but awake, a different kind of dream takes root in our thoughts. Thoughts originate about success and becoming someone we are not at that moment.

Negative thoughts can place us into moments of depression. Then, there are dream-like positive thoughts that do actually lift us up with a hope that some supernatural force will step in, help it happen and make us extremely happy. TAKE NOTE: If we are a believer and follower of Jesus

Dreams and Dreaming

Christ it can and will happen when one is obediently living in His will for their lives. God foreknew us the moment we were conceived in our mother's womb. An individual path was designed for each of us by Creator/God before the foundation of the earth.

Often times as teen-agers we wanted to be popular and our dream was about being one. Older, we dreamt about the one we hoped someday would become our lifetime love in marriage. Then, in college our hope was to receive good grades so we can accomplish great things in our world. And ultimately when we graduated to find the perfect work in an area where we wanted to be successful and earn a lot of money, so we can live

in luxury having a shiny new car, etc.

Every age group has hopes and dreams about becoming someone successfully greater and more important than they are at any given moment. Old age settles for one to be content with their retirement accomplishments and family. Some can relax while others continue in one endeavor or another to find that satisfaction that should come with old age. Fortunately in some situations it does happen, possibly not because of dreams -- but because they accomplished them with a lifetime of hard work.

Marlys Johnsen Norris
Award Winning Christian Author
"Recipes for a Happier Marriage"
Marlysjn@gmail.com ★

Senior Produce Market

Episcopal Senior Communities
Saint Francis Church Center Parish Hall
11430 Fair Oaks Blvd. Fair Oaks, CA 95628
Every Tuesday 10 - 11am

Outstanding quality produce at low wholesale prices!!!
CASH ONLY

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

Saint Francis Episcopal Church

welcomes you

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

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

WIDOWED PERSONS ASSOCIATION OF CALIFORNIA

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

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

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

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

Grace Baptist Church

Come and Experience God's Amazing Grace

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

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

Service Schedules

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

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

Call for more information

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

Call to place your legal advertising 483-2299

All Legal Ads Published by Messenger Publishing

Got Church News?

We want to Hear From You!

Call 773-1111

CALL 773-1111 TO ADVERTISE



POPPOFF!

with Mary Jane Popp

the welts have healed! Besides, don't the guys want to be healthy and young too? Love this one... The **EASTER TREE**. This tradition was started by a single family more than fifty years ago. The Kraft family from Saafeld, Germany started placing plastic eggs in a tree outside their house in 1965. The tradition has grown over the years from only a handful of plastic eggs to beautifully painted egg shells. The family even has an official site eierbaum-saafeld.de. Hey, we have a Christmas tree. Why not an Easter Tree?

TRICK OR TREAT! No, I didn't get my holidays mixed up. When most people think of kidlets dressed as witches they immediately think Halloween, right? But in Sweden, you can see them trick or treating on Easter. This is because Easter usually falls very close to the Swedish tradition of Walpurgis Night on April 30. Walpurgis Night in Sweden is celebrated by lighting bonfires in attempts to chase away evil spirits and witches. The Thursday before little girls dress as witches and paint their faces. Then they go from house to house collecting candy. Since it's so close to Easter, some areas people light the bonfires to chase away Judas. This one will slide onto your

table...**MAKE A BUTTER LAMB**. Baranek Weilkanocony is polish for butter lamb, which is exactly what it sounds like: a lamb conceived entirely out of butter. However, this is not just a decoration as people around Poland actually consume the lamb on Easter. The lamb must always be present if a priest blesses the Easter meal and it should be consumed from the tail, leaving the head as last. Don't know why. It's tradition!

As for me, just let me have the old fashioned Easter Egg Hunt with lots of colored hard-boiled-eggs and plenty of chocolate bunnies, a good ham and some potato salad too! Love to see Peter Cottontail hoppin' down the bunny trail. By the way, I was told that the hare and not the rabbit should be treated as the true symbol of Easter. Historically, since ancient times, the hare has been the symbol for the moon. And the legend says the hare never closes its eyes, not even for a blink. The reason for this belief may be rooted in the fact that hares, not rabbits, are born with their eyes open. Rabbits are born blind. There is a fertility thing in there someplace.

To you and yours, a truly **A BLESSED HAPPY NEW YEAR!!!** ★

Strange Easter Traditions

Have I got strange for you! How about the **FLYING BELLS**? In France, Netherlands, and Belgium, it is said that the bells of churches fly to Rome for a few days and only return Easter morning. The flying bells are supposed to bring back colored eggs and chocolate rabbits, almost like a Santa Claus. This tradition supposedly started because all church bells are silent as a sign of mourning Jesus several days before Easter.

Then there is **WHIP YOUR WIFE**. No kidding!!! In Czechoslovakia, it's good luck to beat your wife or the girl you fancy with a pomlaska, or braided whip. While this sounds strange, it's not meant in a demeaning way or as an insult. In fact, pomlaska means "make young." The idea is that anyone hit with the whip will be healthy and happy during the upcoming year! Guess that means after

Fair Oaks EcoHousing
A Family-Friendly Green Neighborhood

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

Join us for a monthly site tour

For more information, visit FairOaksEcoHousing.org

Sacramento County DA Reports



Gang Members Convicted for Fatally Stabbing Father; Defendant Sentenced for Multiple Child Molestation Charges, Rape Gang Member Sentenced for Possession of Firearm

DATE: March 16, 2017
CASE: Sebastian Flores Torres & Jose Guadalupe Salazar (Case #14F01794)

PROSECUTOR: Deputy District Attorney Shelly McGill, Gangs & Hate Crimes Unit

Sebastian Flores Torres and Jose Guadalupe Salazar were convicted by a jury of the second-degree murder of Shannon Gregg and two counts of assault with a deadly weapon. The jury also found true that the defendants committed the crimes for the benefit of a criminal street gang, the Howe Park Sureños.

On March 12, 2014, a juvenile gang member belonging to the same gang as defendants Sebastian Flores Torres and Jose Guadalupe Salazar got into a verbal altercation with a group of juveniles near the intersection of Bell and Alta Arden. The juvenile gang member fled the scene and told defendants Torres and Salazar about the altercation. That same juvenile along with two other minors and defendants Torres and Salazar drove back to the scene of the altercation and discovered the group of juveniles now standing in the front yard of a nearby home. As the five gang members began to approach the group, the homeowner, Shannon Gregg, came out of the house in an attempt to prevent a physical altercation. The gang members began assaulting the individuals in the front yard. Mr. Gregg and an adult friend attempted to help fend off the attack. Mr. Gregg, his adult friend, and one of the minors standing in the front yard were stabbed, in the course of the assault. Witnesses varied as to whether defendant Torres or defendant Salazar was the individual wielding the knife. Mr. Gregg, who was the father of one of the juveniles in his front yard, died from a stab wound to his heart. The other two victims survived the stabbing.

The defendants face a maximum sentence of 26 years and 8 months to life in prison. Sentencing is set for April 28, 2017, at 9:00 a.m. in Department 28 before the Honorable James McFetridge.

DATE: March 23, 2017
CASE: Steven Ramos (Case # 13F05434)
PROSECUTOR: Deputy District Attorney Jeff Harry, Special Assault & Child Abuse Unit
The Honorable Michael Sweet sentenced

Steven Ramos to 46 years and 4 months in prison. On October 17, 2016, a jury convicted Ramos of 22 counts of child molestation charges, forcible rape, and attempted forcible rape.

In the mid-90s, Ramos began molesting two girls when they were 5 and 6 years old. In 1997, the victims disclosed the sexual abuse to El Dorado County law enforcement and charges were filed against Ramos. Due to outside pressure, both victims recanted their disclosures to law enforcement nearly a year after initially disclosing. Charges were then dropped against Ramos.

Ramos began abusing both victims again and continued to do so until the victims were 16 years old. In 2012, when the victims were then in their early 20s, they reported to law enforcement the years of continued sexual abuse at the hands of Ramos. Their motivation to report was to prevent Ramos from sexually assaulting other potential victims.

DATE: March 27, 2017
CASE: Thomas Salaam (Case #15F06107)
PROSECUTOR: Deputy District Attorney Kristen Andersen, Career Criminal Prosecution Unit

The Honorable Steve White sentenced Thomas Salaam to 15 years in prison. On August 5, 2016, a jury convicted Salaam of being a felon in possession of a firearm and found that the crime was committed for the benefit of a criminal street gang. The jury also found true that Salaam has a prior serious felony or strike conviction.

In September of 2015, Salaam was involved in a gang fight which was captured on video. Several days later, Salaam was in a car with another validated gang member when rival gang members shot at their car. On October 1, 2015, Salaam was a passenger in vehicle that was pulled over by officers. When officers conducted a parole search of the vehicle, they located a loaded firearm underneath a sweatshirt in the backseat of the car. The firearm had a 26 round drum magazine attached to it with an additional loaded magazine placed next to it.

Salaam has a prior 2014 strike conviction for robbery while armed with a firearm. ★



EUROPEAN MASTERWORKS

SATURDAY, MAY 6 AT 8:00 PM

Pre-concert talk at 7 PM by Conductor Donald Kendrick
Sacramento Community Center Theater

MENDELSSOHN | Psalm 42 Wie der Hirsch schreit

ROSSINI | Stabat Mater

Marina Harris, Soprano
Layna Chianakas, Mezzo
Kirk Dougherty, Tenor
Malcolm McKenzie, Baritone
Shawn Spiess, Baritone
Chester Pidduck, Tenor

Projected
supertitle
translations

Enjoy a musical preview of the SCSO's June 2017 international tour to Latvia, Estonia and Finland



Donald Kendrick | Music Director

CCT Box Office | 916.808.5181

SACRAMENTOCHORAL.COM



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

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

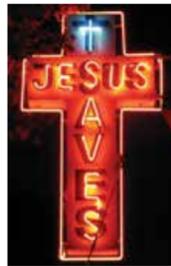
Information Sessions held:

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

7801 Folsom Blvd. | Suite 375
Sacramento | CA 95826

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

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



Union Gospel Mission

Sacramento
(916) 447-3268
400 Bannon Street
Sacramento, CA 95811
Exec. Director, Pastor Tim Lane

Go to WWW.UGMSAC.COM to donate online



Ways to Give for Easter!

We will be giving 100+ food boxes and needs

- Turkeys
- Canned Veggies
- Boxed Potatoes
- Stuffing and Gravy

Each \$1.92 you send provides a delicious Easter meal and care for a man, woman or child who comes to the Mission, and shares the hope of salvation through Christ's Resurrection.

**Easter Meals
Just \$1.92
Each**

Please consider donating today!

Union Gospel Mission serves Sacramento's homeless with shelter, meals, clothing, many essential items, and a men's rehabilitation program, always given with a life-changing Gospel message 365 days a year! Founded in 1962 by concerned Christians for men in need, we now serve women and children. God's amazing testament shines from the good that comes with committed volunteers, inspired leadership, and the community's support through financial and in-kind gifts.



THE ENTREPRENEUR'S SOURCE®

"Your success is our only business"

— Small Business Rocks! —



Louis McNerney

Last year, was big year for small business in America. It's a trend that's continuing industry-wide. Business births in 2016 exceeded the exit-rate of companies for the second year in a row.

Here is a list of some of the top performing industries.

1. Food and Restaurant-related Businesses

Food-related businesses saw a significant increase over the past year. Restaurant and food service sales were expected to jump to over \$700 billion, continuing an upward trend since the 1970s. Similarly, restaurant industry employment topped 14 million and is expected to increase to 15.7 million by 2025. As the economy continues to improve and consumer spending grows, the restaurant industry is expected to stay on track for growth, especially in the fast-casual segment which continues to grow year on year.

2. Business Services

Business Services continues to grow which is not surprising considering the influx of start-ups launched this past year. A recent study found that business services, such as accounting, tax preparation, bookkeeping and payroll, topped the list for the industry with the highest net profit margin for four consecutive years. That trend is likely to continue, especially as more business start-ups need these services.

3. General Retail

Independent and franchise retail shops shaped about 9 % of businesses in 2016. Retail sales (including food services) totaled over \$447 billion in one month alone in the U.S. While that's a mind-boggling amount, the National Retail Federation says households are spending increasing amounts on services rather than products, which could signal a shift in spending from mostly retail to business services.

4. Health, Beauty and Fitness

The health, beauty and fitness industry is also a growing industry. No surprise with today's conscious shift toward holistic health. These industries bring in a combined \$50 billion in annual revenue and are expected to increase over the next five years. Contract-free gym memberships are on the rise as the consumer base gets younger, signaling the importance of pick-and-choose models, and beauty products targeting youth, men and seniors are also expected to surge in the coming years.

5. Home Services

Home services round out the top businesses. Home services include businesses like in-home senior care, spiking in popularity as baby boomers age, as well as handyman services and home construction. Senior home care is predicted to grow, especially as costs associated with healthcare and assisted living accommodations increase and families look for alternative solutions. Home construction is also expected to increase as housing demand and lending activity rebounds.

For More Information contact Louis McNerney, Contact Lou at (916) 335-1126 or Visit his Website www.theEsource.com/LMcnerney

American River Community Church

Wonder-Land Christian Pre-School & Daycare
3300 Walnut Ave. Carmichael

Good Friday Service
April 14th - 7pm

Easter Services
April 16th:

9:30AM Praise Service

10:30AM Egg Hunt

11:00AM Traditional Service

www.arconline.org info@arconline.org 916.483.3465

Behold Your King!



5th Annual Elks Classic Car Show and Swap Meet

Saturday, April 29th, 2017

8:00 a.m. - 2:00 p.m.

(Food and Beverages available for purchase)

- Street Rods • Pick Ups
- Muscle Cars • Special Interest Customs
- Model/Year '75 & Older



Free to Public General Admission

River Cats Mascot "DINGER" Appearance time 11:30-12:30



Carmichael Elks Lodge 5631 Cypress Ave., Carmichael, CA 95608
Lodge Phone: (916) 489-2103 show info: Tom (916) 214-4952

Advertising Opportunities Available - Sponsorships from \$100 - Cash or Merchandise
Space Limited to first 200 cars. Vendor spaces also available.
Email: carmichaelclassic@yahoo.com

21 and Over Event

Taste of Citrus Heights



Presented by GFWC Citrus Heights Women's Club

FRIDAY, APRIL 28, 2017

6pm to 9pm • Only \$35.00

Citrus Heights Community Center

Proceeds Support the Citrus Heights Police Department and other club projects



unlimited tastings of food and drink from local vendors

Citrus Heights Community Center
www.tasteofcitrusheights.com

HEALTH FAIRE

FREE



Bring a friend!

April 21, 2017

Friday, 8-11am



50+ Vendors

Health Screenings

Door Prizes

Fitness Demonstration

Healthy Food Show sponsored by

Oakmont of Carmichael

Show Times: 9:15, 10, & 10:45



Mission Oaks Community Center

4701 Gibbons Drive, Ca

972-0336 MORPD.com





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.

Soon after I got sworn into office, I issued a survey to our community to help me evaluate and improve our services based on what you want to see. The survey is now closed, and with over 2,500 total responses, conclusions based on the data can now be made.

To me, the most important question on the survey was the question relating to budget priorities. In every community within my district the number two priority is transportation/roads (with only public safety ranking higher). It's clear that our entire community feels our roadways are in critical condition and that we can't go much longer adding more to the deferred maintenance of the roads, which is currently at \$450 million and counting.

This is a problem plaguing our entire state, with California's deferred maintenance for transportation sitting at \$57 billion. Unfortunately,

Orangevale Community Update

Do We Really Need Another Transportation Tax?

many California legislators believe the best way to solve this problem is by raising taxes (again). There are two identical bills (AB 1 and SB 1) working their way through the legislative process that appear to be gaining steam and will hit taxpayers in three different ways. They would raise the gas tax by another 12 cents per gallon, they would hike the vehicle license fee by over 50%, and they would raise the cost of registering a vehicle by over 80%.

I urge our state legislators to reject these two proposals, and to find a solution without raising taxes and fees.

California has mismanaged its resources through waste, poured billions of dollars into an unnecessary high-speed rail system that does not even come close to addressing the state's transportation problems, and devoted a greater and greater share of transportation funds to public transit (which accounts for only a small fraction of the total number of trips taken and has seen declining ridership). Bailing out such mismanagement with tax increases will only enable more of the same dysfunctional behavior. Until the state gets serious about putting its own house in order and making transportation a real priority, policymakers should put the brakes on any tax

increases. Further, lower-income taxpayers are disproportionately burdened by transportation taxes, since these households spend proportionally more of their income on things like gasoline and registration fees. For example, people making \$24,000 a year spend more than twice as much of their income on gasoline as those earning five times as much. We should be doing what we can to assist families that are struggling, not further burden them.

Finally, I want to thank everyone who attended my Orangevale Community Cabinet meeting on April 7th - it was very helpful for me to discuss issues directly with the community. My next one will be on June 2nd at 7:30am at Annie's Breakfast on Greenback and Beech. Thank you for reading - and as always, if you want to contact me, call me at 916-874-5491 or e-mail me at SupervisorFrost@saccounty.net.

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



ADVANCED HOME HEALTH AND HOSPICE INC. BRINGING HEALTHCARE HOME

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

Call Us Today!

916-978-0744

We bill your insurance for these services.

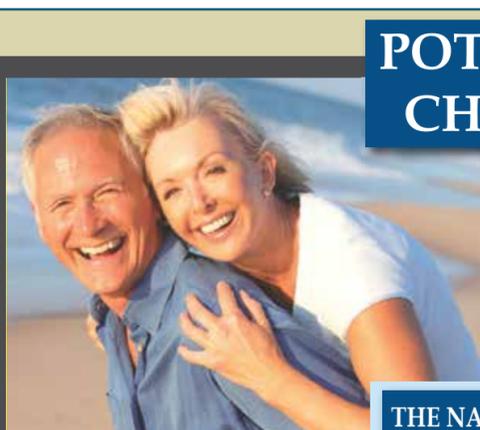


DO YOU NEED HOME HEALTH CARE?

POTOCKI FAMILY CHIROPRACTIC

**WE LISTEN
WE CARE
WE GET RESULTS**

THE NATURAL WAY TO GOOD HEALTH



Consultation, Exam, X-Rays (if necessary), Repair, and Adjustment for

\$45⁰⁰*

* Excludes Medicare and Worker's Compensation.

Potocki Family Chiropractic
5150 Sunrise Blvd.
Suite F1
Fair Oaks, CA 95628
(Corner of Wildridge & Sunrise)

916-536-0400

www.drpotocki.com



PET CLUB is Excited to Now Offer: Blue Buffalo, California Natural, Chicken Soup, Earth Born, Evo, Innova, Diamond Naturals, Pinnacle, Taste of the Wild, Season's Natural, & Royal Canin Pet Foods

PET CLUB FOOD AND SUPPLIES

EVERYDAY LOW PRICES
Super Discount Prices • Hot Specials & Coupons
*Short term promotions from vendors
(No Membership Fees)

We Only Accept ATM, Cash, & Checks



2344 Sunrise Blvd.
Rancho Cordova, CA
916-635-5008

Mon-Fri 9-8,
SAT 9-7, SUN 10-7
Effective 4/5/17 - 4/11/17



COUPON
FREE
1 LB SPORT MIX PREMIUM DOG BISCUITS
with the purchase of pet, fish food or supply.
Limit 1 Lb PLU 332 ARM
Limit 1 Coupon per family
Effective 4/5/17 - 4/11/17

COUPON
GREEN FOREST FACIAL TISSUE 79¢
175 Count. White
"Environmentally Friendly"
With the Purchase of Pet, Fish Food or Supply.
Limit 1 Pkg. PLU 328 ARM
Limit: 1 Coupon per Family
Effective 4/5/17 - 4/11/17

AVODERM NATURAL DRY DOG FOOD
24-26 Lb Bag Limit 2 Bags Per Family

- Lamb Meal & Rice **\$31⁹⁹**
- Chicken Meal & Rice . . .
- Lite •Original **\$33⁹⁹**
- Large Breed Adult

Effective 4/5/17 - 4/11/17

DIAMOND NATURALS DRY DOG FOOD
40 Lb Bag

- Chicken •Lamb •Beef •Large Breed
- Senior 35 Lbs
- Lite 30 Lbs
- (Lrg Breed Lamb \$36.99)
- (Ex Athlete \$36.99)

\$29⁹⁹
Effective 4/5/17 - 4/11/17

EARTHBORN HOLISTIC DRY DOG FOOD
Natural Grain Free

- Pimitive Feast •Great Plain Feast
- Meadow Feast •Coastal Catch

28 Lb Bag **\$39⁹⁹**
Limit 2 Bags Per Family
(Reg Price \$43.99)
Effective 4/5/17 - 4/11/17

PEDIGREE DRY DOG FOOD
•Adult 46 Lb Bag
(Large Breed Adult 36 Lbs \$19.99)

Limit 1 Bag Per Family **\$21⁹⁹**
Effective 4/5/17 - 4/11/17

9 LIVES CANNED CAT FOOD
5.5 Oz All Varieties

Limit 1 Case Per Family **35¢**
Effective 4/5/17 - 4/11/17

FANCY FEAST GOURMET CANNED CAT FOOD
All Varieties except Elegant Medley 3 Oz

Limit 2 Cases Per Family **20/\$11⁰⁰**
Effective 4/5/17 - 4/11/17

PURINA CAT CHOW DRY CAT FOOD
•Regular •Indoor 16 Lb Bag

Limit 2 Bags Per Family **\$11⁹⁹**
Effective 4/5/17 - 4/11/17

SCOOPAWAY CLEAN CLUMPING CAT LITTER
20 lb Box
•Multi-Cat •Unscented
(Fresh Step Scoop, 20 Lb Box - \$7.49)

Limit 2 Boxes Per Family **\$5⁴⁹**
Effective 4/5/17 - 4/11/17

PURINA PRO-PLAN CANNED FOOD SALE

Limit 2 Cases • Dog Food 13 Oz **99¢** • Cat Food 3 Oz **63¢**

IAMS DRY CAT FOOD
•Original 16 Lb Bag
•Indoor/Weight Control/Hairball (•Hairball 22 Lb - \$24.99) Limit 2 Bags **\$17⁹⁹**

WILDERNESS DRY CAT FOOD AS MARKED \$5 OFF INSTANT COUPON
•Chicken •Salmon •Duck •Indoor •Weight Control 100% Grain Free 11-12 Lb Bag Limit 2 Bags **OUR REGULAR LOW PRICES**

NUTRO MAX GRAIN FREE ADULT RECIPE DRY DOG FOOD
•Chicke •Lamb •Salmon •Mini Chunk 25 Lb Bag Limit 2 Bags Per Family **\$24⁹⁹**

WORLD'S BEST CAT LITTER
14 Lbs Limit 2 Bags **\$11⁹⁹** original **\$12⁹⁹** Extra Strength

PRECIOUS CAT CLUMPING CAT LITTER
18 Lb Bag Limit 2 Bags Per Family **\$5⁹⁹**

JONNY CAT PREMIUM CAT LITTER
10 lb Bag Limit 2 Bags Per Family **\$1⁶⁹**

CAT'S PRIDE FRESH & LIGHT PREMIUM CLUMPING CAT LITTER
15 Lb Jug Limit 2 Jugs **\$5⁹⁹**

PEDIGREE CANNED DOG FOOD
•Choice Cuts in Gravy •Chunky Ground Dinner•Chopped Ground Dinner All Varieties 13 Oz Limit 2 Case (12 ct) 30 lb Bag **69¢**

NUTRO NATURAL CHOICE DRY DOG FOOD
•Chicken, Brown Rice & Oatmeal Formula (Adult & Lrg Breed Adult) •Senior •Lite **\$6 OFF** **OUR ORIGINAL PRICE!**

MEOW MIX DRY CAT FOOD
•Original Choice 16 Lb Bag Limit 2 Bags Per Family **\$10⁹⁹**

SCIENCE DIET IDEAL BALANCE DRY DOG FOOD
30 Lb Bag •Adult •Large Breed Adult **\$10OFF** **\$8OFF** **OUR REGULAR PRICES**

HAMILTON PET LEASHES
•Collars •Harnesses All Varieties **20% OFF**
•Leads •Nylon Varieties **OUR SUPER LOW PRICES**
•Leashes •Leather

CADET RAWHIDE SALE
28 oz. •Chicken Breast •Duck Breast •Sweet Potato & Chicken •Sweet Potato & Duck **\$14⁹⁹**

FELINE GREENIES CAT TREATS (Including Small Bites) All Varieties **\$1⁷⁹**

PET SAFE BUSY BUNNY Toys & Treats All Varieties **20% OFF** **OUR SUPER LOW PRICES**

PRESTIGE CABLE TIE OUT AERIAL RUN & STAKE TIE OUT All Sizes **20% OFF** **OUR SUPER LOW PRICES**

PENN-PLAX CASCADE POWER FILTER SALE

MODEL	TANK SIZE	PET CLUB SALE	
CASCADE 100	20 Gal	\$13⁹⁹	Revolutionary Bio-Falls Quad Filtration System
CASCADE 150	35 Gal	\$17⁹⁹	
CASCADE 200	50 Gal	\$20⁹⁹	
CASCADE 300	100 Gal	\$27⁹⁹	

TETRA BOXED 10 GALLON TANK With Economy Kit
Just add Heater For Tropical Fish **\$36.99** Limit 1 Per Family

KORDON WATER CONDITIONERS
Amquel 16 Oz **\$5.99**
Amquel Plus 16 Oz **\$5.99**
Novaqua Plus 16 Oz **\$5.99**

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

BONUS COUPON FANCY FEAST ELEGANT MEDLEYS CANNED CAT FOOD
Selected Varieties - 3 Oz Limit 5 Cans with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 4/5/17 - 4/11/17 **59¢** RCG PLU 568

BONUS COUPON PURINA WHISKER LICKINS CAT TREATS
•Soft & Delicious - 2.5 Oz
•Crunchy & Yummy - 1.7 Oz
Limit 2 Pouches with Coupon Limit One Coupon Per Family Price Valid Only With Coupon. Effective 4/5/17 - 4/11/17 **69¢** RCG PLU 446

BONUS COUPON ARM & HAMMER CAT LITTER DEODORIZER
20 Oz Box Limit 2 Boxes with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 4/5/17 - 4/11/17 **\$14⁹⁹** RCG PLU 422

HEALTH NOTIFICATION

Are You Hard of Hearing?

**Come Join Our Open House
at our Citrus Heights location!
April 10th-14th!!**



A major name brand hearing aid provider wishes to field test a remarkable new digital hearing aid, the **ME5400 model**.

This offer is **RISK FREE** for 45 Days!

These revolutionary 100% Digital hearing aids use the latest technology to comfortably and almost invisibly help you hear more clearly. This technology solves the "stopped up ears" and "head in a barrel" sensation some people experience. If you wish to participate, you will be required to have your hearing tested in our office **FREE OF CHARGE** to determine candidacy and if you can be helped by a hearing aid. You will review your results with the hearing aids and

our Licensed Hearing Aid Dispenser.

At the end of this evaluation, you may keep your hearing aid, if you so desire, at a **\$1000 Savings off the MSRP of each Model 5400 hearing aid purchased - all styles**. Special testing will be done to determine the increased benefits of this technology and if you can be helped by a hearing aid.

Benefits of hearing aids vary by type and degree of hearing loss, noise environment, accuracy of hearing test, and proper fit. **This is a wonderful opportunity to determine if hearing help is available for your hearing loss and get help for you at a very affordable price.**

**SOME FEDERAL WORKERS AND RETIREES MAY BE ELIGIBLE
FOR Audio Tone Pro Hearing Aids AT NO COST!**

That's Right...No Co Pay! No Exam Fee! No Adjustment Fee!

**MOST INSURANCE PLANS ARE ACCEPTED INCLUDING BLUE CROSS BLUE SHIELD
CALL NOW IF YOU WISH TO BE INCLUDED IN THIS FIELD TEST HEALTH NOTIFICATION**

***Dont Wait! • THIS WEEK ONLY!
Come Join Our Open House in Citrus Heights!
April 10th-14th!
Expires April 14, 2017***

**Call today to make your reservation for the Hearing Aid Field Test at these participating
MIRACLE-EAR HEARING AID CENTERS ONLY!**

Locations

5460 Sunrise Blvd #2 Citrus Heights, CA CA 95610	1837 Iron Point Rd.#120 Folsom, CA CA 95630	9290 W. Stockton Blvd.#102 Elk Grove, CA CA 95758	333 University Dr. #200 Sacramento, CA CA 95825
916-226-4746	916-304-4406	916-547-2237	916-293-5788



Visit us online at www.miracle-ear.com

*Risk Free Offer- The aids must be returned in satisfactory condition within 45 days of the completion of fittings. If not completely satisfied and 100% of the purchase price will be refunded. Hearing tests are always free. **Hearing test is an audiometric test to determine proper amplification needs only. These are not medical exams or diagnoses. Blue Cross Blue Shield, the Blue Cross, the Blue Shield, BCBS, and Federal Employee Program are a registered trademark of Blue Cross Blue Shield Association. Blue Cross Blue Shield Association and its independent licensees are not affiliated with, nor do they endorse or sponsor, the contents of this advertisement. Trademarks referring to specific providers are used by Miracle Ear for nominative purposes only: to truthfully identify the source of the services about which information is provided. Such trademarks are solely the property of their respective owners.