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MARCH 10, 2017

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YOU HEAR ME?"**



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**START LIVING
YOUR DREAM**



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**SUE FROST ...
ORANGEVALE
COMMUNITY
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Welcome Back Wounded Warriors

Amputee Softball Team returns to Raley Field



Cody Rice (above) sends one toward the fences and Josh Wege (at right) snags a hard drive. Photos courtesy WWAST

SACRAMENTO REGION, CA (MPG) - The Sacramento River Cats are honored to welcome back the Wounded Warrior Amputee Softball Team (WWAST) to Raley Field this season.

This is the second time the WWAST will take the field here in West Sacramento after making their Raley Field debut in July of 2015. They'll take on the Sacramento All-Stars, a team composed of local personalities and celebrities. In 2015, Sacramento icons such as former NFL player Adrian Ross and KCRA Sports Anchor Lisa Gonzales were a part of the squad.

The WWAST is made up of brave men and women, both veterans and active duty soldiers, from four of the five service branches, who have sustained injuries resulting in amputation. Through extensive rehabilitation, they have become competitive athletes again, playing against able-bodied teams in competitive, celebrity, and exhibition games across the country.

In addition to functioning as an outlet for veterans and active duty soldiers to compete athletically, the WWAST uses these cross-country games to raise funds for the WWAST Kids Camp, medical research, and rehabilitation equipment. Now in its fifth year, the WWAST Kids Camp seeks to empower young boys and girls with amputations. The camps are led by WWAST players who work as coaches and mentors, helping teach not just softball skills, but more importantly life skills as well.

The game is slated for Saturday, May 6. The WWAST
Continued on page 3



Kiyo Sato Named Woman of the Year at Annual Celebration

Assemblyman Ken Cooley and the California Legislature Recognize Sato

SACRAMENTO, CA (MPG) - Assemblyman Ken Cooley (D-Rancho Cordova) joined the California Legislative Women's Caucus to recognize women from across the state in celebration of Women's History Month. This year, Assemblyman Cooley honored Kiyo Sato of Sacramento.

"Like so many Japanese-Americans that were forced to leave their homes in a time of national panic and bigotry, Kiyo did not let it stop her from living an exceptionally full life. She joined the Air Force, became a nurse, raised her family and is now a highly-regarded author," said Assemblyman Cooley. "Kiyo has shown tremendous courage and perseverance through her entire life and I am truly honored to see her recognized at the State Capitol for all of her extraordinary achievements."

Kiyo Sato, the eldest child of a Japanese-American immigrant family, grew up before World War II with her eight brothers and sisters in Sacramento, California. Her parents established a thriving family farm on a few acres in the Mather



"Kiyo has shown tremendous courage and perseverance through her entire life and I am truly honored to see her recognized at the State Capitol for all of her extraordinary achievements," said Assemblyman Ken Cooley. Photo courtesy Ken Cooley

Field area of Rancho Cordova. Home life in the Sato family was a pleasant mix of Japanese and American customs, as Kiyo describes at length in her memoir Dandelion through the Crack and in her more recent book Kiyo's Story - A Japanese-American Family's Quest for the American Dream. Kiyo was 19 years old and had just started college in Sacramento when President Roosevelt signed Executive Order 9066 in February, 1942, which forcibly

relocated Japanese-Americans from their homes. Kiyo and her family were forced to leave their farm with little more than the clothes on their backs and relocate to an internment camp at the Poston Indian Reservation in Arizona.

At the end of the war, Kiyo and her family were released from the prison camp and briefly worked in Colorado as seasonal laborers before they finally returned to their farm in Sacramento to rebuild their home and their lives.

Kiyo's parents were able to keep their farm, but many Japanese-Americans were not so fortunate and had to start completely from scratch.

Kiyo later joined the United States Air Force, completed college with a Master's in Nursing and achieved the rank of Captain for the USAF Nurse Corps. She eventually returned home from her service, married, and started her own family in Sacramento. Her four children grew up helping with their grandparents' farm - a vital part of every Sato family member's experience.

Kiyo Sato is a member of the Veterans of Foreign Wars, Nisei Post 8985, in Sacramento. As a renowned published author, Kiyo was the winner of the 2008 William Saroyan Prize for nonfiction, and winner of the Northern California Publishers and Authors Gold Award for Best First Books, the Sacramento County Historical Society Publications Award, and the NCPA Mark Twain Award in 2012. Kiyo's favorite saying is "Kodomo no tame ni" meaning "for the sake of the children."

Source: The Office of Ken Cooley ★

Snowpack's Water Content Far Above Average

SACRAMENTO REGION, CA (MPG)

- The Sierra Nevada snowpack continues to build during one of the wettest winters in California's recorded history. The manual snow survey by the Department of Water Resources (DWR) at Phillips Station in the Sierra Nevada found a snow water equivalent (SWE) of 43.4 inches. February's Phillips survey found 28.0 inches of SWE, and January's reading was 6.0 inches. The March 1 average at Phillips is 24.3 inches.

On average, the snowpack supplies about 30 percent of California's water needs as it melts in the spring and early summer. More telling than a survey at a single location are DWR's electronic readings from 98 stations scattered throughout the Sierra Nevada. Statewide, the snowpack today holds 45.5 inches of SWE, or 185 percent of the March 1 average (24.6 inches).

Measurements indicate the water content of the northern Sierra snowpack is 39.2 inches, 159 percent of the multi-decade March 1 average. The central and southern Sierra readings are 49.0 inches (191 percent of average) and 46.4 inches (201 percent of average) respectively.

State Climatologist Michael Anderson said the winter season has been "historic," especially in the central and southern Sierra where elevations are higher and where snowfall has been near the 1983 record amount.

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

Frank Gehrke, chief of the California Cooperative Snow Surveys Program, conducted today's survey at Phillips and said of his findings, "It's not the record, the record being 56.4 (inches), but still a pretty phenomenal snowpack.... January and February came in with some really quite phenomenal atmospheric river storms, many of which were cold enough to really boost the snowpack."

Gehrke said the central and southern regions in the Sierra Nevada are tracking close to 1983, which had the maximum recorded snowpack statewide.

Source: DWR ★

**WE SUPPORT
OUR MILITARY**

Mourners Honor CHP Officer Killed in Line of Duty

Story and photos
by Jacqueline Fox

SACRAMENTO COUNTY, CA (MPG)

- More than a thousand mourners, dominated by members of law enforcement from police and fire divisions as far away as Utah and New Mexico, many wearing black bands across their badges in a show of solidarity, filled the sanctuary of Adventure Christian Church in Roseville March 4th to pay their respects to fallen California Highway Patrolman Lucas Chellew.

Among the mourners were the officer's sister, Hanna Chellew, who followed in her big brother's footsteps to become a member of the CHP's motorcycle division. Choking back tears, she recalled her brother's

“From a little sister's perspective, Lucas was the best big brother any one could ask for.”

HANNAH CHELLEW
SISTER AND FELLOW CHP OFFICER

er's wide, dimpled grin and propensity for pulling pranks, but mostly reflected upon his unwavering dedication to service and family.

“From a little sister's perspective, Lucas was the best big brother any one could ask for,” she told mourners, among them, several state legislators, including Gov. Gerry Brown and Attorney General Xavier Becerra. Calling him her “role model,” she said “Every year that passes, Lucas will be a year older. And I will have another year to be better. To be more like him.”

Chellew, 31, graduated fourth in his class from the CHP



A horse and carriage caisson leads a funeral procession from Adventure Christian Church following the memorial service for CHP Officer Lucas Chellew.

Academy in 2009 where he was pinned by his father, retired CHP Captain Charles Chellew. He served on the elite Mounted Patrol Unit for the Capital Protection Section before transferring to South Sacramento's West Valley motorcycle division. Some members of his squad were assigned the somber duty of carrying their fellow officer's casket into the sanctuary to the sound of bag pipes, while others offered emotional anecdotes about their

friendships with Chellew and his tenacious sense of duty.

“This is a message to you and my squad, the South Side Squad,” said Chellew's commander, CHP Captain Evan Robinson. “He was a fighter pilot and bad guys beware.” Speaking more directly to Chellew's family seated front row near his flag-draped casket, Robinson added “That's your son. That's your husband. That's your brother. He was all in.”

According to CHP reports,

Chellew was pursuing another motorcycle rider, Alberto Quiroz, 26, on Feb. 22nd when he was cut off by a car, crashed and later died from his injuries. Quiroz, of Sacramento, was later arrested and remains on bail. He faces three felony counts in connection with the accident, including a felony charge of evading an officer. Quiroz was scheduled for arraignment February 27. No further hearings had been set for the case of press time.

In addition to his parents and sister, Chellew is survived

“You'll be sadly missed and I look forward to seeing you one day my brother, Lucas.”

TROY CHISTENSEN
FELLOW CHP OFFICER



Mounted law enforcement officers prepare for the funeral procession for CHP Officer Lucas Chellew, with the flag mounted from two Sacramento County fire trucks at half-staff in the background.

by his wife, Christina, and their two children, Hadley, 15 months, and Cameron, 6. Christina Chellew did not speak during her husband's memorial, however, when fellow academy classmate CHP Officer Troy Christensen was overcome with grief while delivering a part of the service, she went on stage to comfort him. Composed, Christensen said “You'll be sadly missed and I look forward to seeing you one day my brother Lucas.” ★

Memorial Fund Set Up in Officer Chellew's Honor

A memorial fund in honor of Lucas Chellew has been established by the California Association of Highway Patrolmen Credit Union. Donations may be made through the CAHP Credit Union website, www.cahpcu.org, or mailed directly to:

Lucas Chellew Memorial Fund,
CAHP Credit Union
2843 Manlove Road,
P.O. Box 276507
Sacramento, CA 95827-6507.



The casket carrying the remains of California Highway Patrolman Lucas Chellew is carried out of the sanctuary at Adventure Christian Church March 4th by fellow CHP officers, accompanied by his wife, Christina, their son Cameron, family members and other mourners.

Scam: “Can You Hear Me?”



Use Caller ID to screen calls, and consider not even answering unfamiliar numbers. If it's important, they will leave a message and you can call back.

SACRAMENTO REGION, CA (MPG)

- The Better Business Bureau is warning consumers about an old scam with a new twist. The “Can You Hear Me?” scam has long been used to coerce businesses into purchasing office supplies and directory ads they never actually ordered, but now it's targeting individual consumers, as well.

In the last few days of January, more than half of the reports to BBB Scam Tracker have been about this one scam. Consumers say the calls are about vacation packages, cruises, warranties, and other big ticket items. So far, none have reported money loss, but it's unclear how the scams will play out over time, or if the targets will be victimized at a later date.

Here's how it works: You get a call from someone who almost immediately asks “Can you hear me?” Their goal is to get you to answer “Yes,” which most people would do instinctively in that situation. There may be some fumbling around; the person may even say something like “I'm having trouble with my headset.” But in fact, the “person”

may just be a robocall recording your conversation... and that “Yes” answer you gave can later be edited to make it sound like you authorized a major purchase. BBB is offering consumers the following advice:

- Use Caller ID to screen calls, and consider not even answering unfamiliar numbers. If it's important, they will leave a message and you can call back.
- If someone calls and asks “Can you hear me?”, do NOT answer “yes.” Just hang up. Scammers change their tactics as the public catches on, so be alert for other questions designed to solicit a simple “yes” answer.
- Make a note of the number and report it to bbb.org/scam-tracker to help warn others. BBB also shares Scam Tracker information with government and law enforcement agencies, so every piece of information is helpful in tracking down scammers.
- Consider joining the Do Not Call Registry (DoNotCall.gov) to cut down on telemarketing

and sales calls. This may not help with scammers since they don't bother to pay attention to the law, but you'll get fewer calls overall. That may help you more quickly notice the ones that could be fraudulent.

- Check your bank and credit card statements regularly for unauthorized charges. It's also a good idea to check your telephone and cell phone bills, as well. Scammers may be using the “Yes” recording of your voice to authorize charges on your phone. This is called “cramming” and it's illegal.

Report scams to BBB Scam Tracker (bbb.org/scamtracker). For more than 100 years, Better Business Bureau has been helping people find businesses, brands, and charities they can trust. BBB Serving Northeast California, founded in 1928 and serving 24 counties, is one of 113 local, independent BBBs in the United States, Canada and Mexico. For reports on businesses and for information about BBB services, please visit our website at www.bbb.org/sacramento or call (916) 443-6843. Source: BBB Media ★

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Louis McNerney

obstacles, and proclaiming there's never been a better time to own a small business, according to a nationwide survey.

“The environment (for small businesses) is certainly as good as it's been since before the recession” of 2007-09.

In a recent survey, more than half of the folks surveyed believe that now is the best time to be a small business owner. Their positive outlook is rooted in the benefits of new technology, the generally improving economy and more favorable lending conditions.

A survey of small business owners showed the results are consistent with other recent evidence of strong hiring by small businesses and underscore that they're positioned to underpin solid economic and job growth this year, offsetting the struggles of larger companies.

Small businesses are more insulated from the turmoil going on overseas and less concerned with what's going on

These are the good old days for America's small business owners.

A majority of those polled are defying the fitful economic recovery and regulatory

in the stock market. Small businesses export relatively little compared to their mid- and large-sized competitors and aren't dependent on their stock values to finance acquisitions. Despite some global and national economic uncertainty, local entrepreneurs are bullish about their prospects. Of the small businesses surveyed, 61% said they were doing well, and nearly 80% said that over the past three months their business grew the same or more than it did in the year-ago period.

31% were hiring or planning to do so in the next three months, up from 22% that brought on new employees the previous year.

Global uncertainty appears to have the least impact on small enterprises. Small business job growth showed no sign of flagging and continues to outpace gains by larger firms.

If you're looking to start or buy a business in 2017, contact me. I can help educate you on what opportunities may suit you best. I also work with financial advisers to help you structure the best investment solution. Whatever type of business you choose, there are several financing options to help you meet your goals. Give me a call today and let's get started.

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

Welcome Back Wounded Warriors

Amputee Softball Team returns to Raley Field

Continued from page 1

will take on the Sacramento All-Stars at 3:30 p.m. in Game One of a Raley Field doubleheader. The River Cats will then host the division rival Reno Aces at 7:05 p.m. for Salute to Armed Forces.

Following the WWAST/Sacramento All-Stars game, the River Cats will host the Reno Aces in game one of a four-game set. First pitch for part two of the doubleheader is set for 7:05 p.m. with gates to open at 3:00 p.m.

Tickets for the doubleheader are available now and can be purchased by visiting rivercats.com/tickets or calling the River Cats ticket line at (916) 376-HITS (4487).

The mission of the Wounded Warrior Amputee Softball Team (a 501(c)(3) charitable organization) is to raise awareness, educate and inspire the public about the strength and resiliency of our wounded warriors, showing how a positive attitude, commitment, dedication and perseverance allow them to overcome any obstacles. See a few videos about their mission here: <http://woundedwarrioramputeesoftballteam.org/media/videos/>

The Sacramento River Cats are the Triple-A affiliate of the three-time World Champion San Francisco Giants. For more information about the River Cats, visit www.rivercats.com. ★



Greg Reynolds (above) fires one back to the infield. Photo courtesy WWAST

March Sheriff’s Community Meetings

Deputies will present information on local crime in your area and will ask you for any issues that you have in your neighborhoods.

Orangevale Recreation and Park District
6826 Hazel Ave., Orangevale (south of Oak)
2nd Tuesday, 6:00 p.m. March 14th

La Vista High School
4501 Bannister Rd, E.O. (North of Winding Way)
4th Tuesday, 6:00 p.m. March 28th

Special note from Sherrie Carhart, Crime Prevention Specialist: Sheriff’s North Division Assistant Commander recently

made changes to the leadership and responsibilities for Crime Prevention and North Service Centers Office Manager. Duties will be split by jurisdiction.

Francie Fitzsimmons is now handling all Crime Prevention for the Fair Oaks, Orangevale, Carmichael and Old Foothill Farms area and now is your contact person for questions, events and meetings in your area.

If you wish to contact her, she can be reached at mfitzsimmons@sacsheriff.com or (916) 876-5708. If you are part of a Neighborhood Watch group or a NW Coordinator, your secured information was transferred to Francie this past week.

I will continue being responsible for Crime Prevention for the Arden, Arden-Arcade, Rio Linda, Elverta, Antelope, Garden Highway, North Highlands and New Foothill Farms areas and have also now am taking on the new role as Office Manager for the Town and Country Service Center and the Rio Linda Service Center.

A heartfelt ‘thank you’ to all of you who continue to be so supportive of our law enforcement Problem Oriented Patrol Deputies and patrol deputies who work to make the community a safer place.

I have enjoyed working with all of you. Thank you for your continuing support. ★

SAFE Credit Union Donates \$5,000 to Local Salvation Army

SACRAMENTO REGION, CA (MPG)

- In an effort to support communities impacted by the evacuation orders along the Feather River Basin in Butte, Sutter, and Yuba counties, SAFE Credit Union donated \$5,000 to the Salvation Army, Del Oro Division, which directly serves the affected region.

“It’s deeply important to support an organization with boots on the ground, and the Salvation Army is already working hard to help the people who were, or remain, displaced,” said SAFE President and CEO Dave Roughton. “We want to ensure they have the necessary resources to provide assistance to those in need.”

The Salvation Army is

providing food and comfort in evacuation centers around the region, including Chico, Grass Valley, Roseville, Oroville, and Anderson. They continue to assess needs and have units on standby to support other affected areas, if needed.

“We’re so thankful for SAFE Credit Union’s generous donation to our Emergency Disaster Services program,” said Major Guy Hawk, Salvation Army Divisional Secretary for the Del Oro Division. “The funds will help a lot with the meal services we have provided for the evacuees of the Oroville Dam situation, and they may also be used to assist families as they transition back home. It goes without saying, but we can’t do

this without local support from individuals and organizations like SAFE Credit Union.”

To donate to the Salvation Army’s relief efforts, visit deloro.salvationarmy.org or call (800) 725-2769 and designate that funds be allocated to “Oroville Response.”

Earlier this week, SAFE initiated calls to members who live in the evacuation zone to gauge what assistance they might need to mitigate financial hardships as a direct result of this emergency. Impacted members who have yet to be in contact with SAFE are requested to call (916) 979-7233 or (800) SEE-SAFE to discuss options for their specific situation.

Source: Runyon Saltzman Inc. ★

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GOT LOCAL NEWS?

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MPG

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Crossword Puzzle on Page 5

P	L	A	I	D		D	O	C			W	H	O	M	
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T	E	S	T				S	E	A		Y	E	S	E	S

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Sudoku Puzzle on Page 5

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

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Make It Fun and
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The Secret
to Being Organized

Pam Young's Corner

Maybe it's Time to Change
Your New Year's Resolution

If your New Year's Resolution was to "get organized" but here it is February and you're not doing so well, could it be that you have too much stuff? Remember you can't organize clutter.

What if you won the Publishers Clearing House Sweepstakes and you received \$5000 a week for the rest of your life, as long as you promised to do a weekly clearing house sweep or you wouldn't get the money?

Keeping your home streamlined, including closets, cupboards and drawers can give you an on-going feeling of freedom, but it's also an ongoing task of decision making. A garage that's full of stuff while the family car takes second place in the drive-way is just a humungous IPOD (Important Pile of Decisions). When you say, "Oh just put it in the garage for now;" you're just postponing making a decision on the item. That one sentence, "Oh just put it in the garage for now," is really why your car is in the drive-way. Your car! The second largest expenditure you make, your home being number one.

Clutter in your home is merely a reminder, a flag if you will that your closets, cupboards and drawers are crammed full of squatters so there's no room for you or anyone in your family to put things away. The things that don't get put away are the things you're actually using and you render

them homeless when you allow the squatters to fill your drawers, cupboards and closets.

Technology

I've always said there are some things in the home that reproduce when you're not looking, referring to jars, plastic shopping bags, twist ties, business pens and such, but with the fast pace of technology, I hadn't considered cassette tapes, CDs, DVDs, cell phones, VHS tapes and such seeming to have babies while I've been busy. When those suckers had babies while I wasn't looking it was like I'd left those innocent infants in their little box nurseries like unattended orphans, for years, when they could have been given to adoptive parents who could have taken care of them and used them.

A BO's (Born Organized) Take

I was sitting at a table of seven other members of a Chamber of Commerce meeting enjoying a nice lunch when I decided to ask the question, "Do any of you think you have too much stuff?" It seemed as though the whole table groaned a collective groan of guilt—except for one woman who was obviously a BO. She piped up and said, "I'm really good at getting unwanted stuff out of my house, because I do it regularly." She said it with such personal pride! I asked her, "What is regularly?"

CLUES

ACROSS

1. Scottish Highlands' pattern
6. ____ Brown from "Back to the Future"
9. "For ____ the Bell Tolls"
13. Alluring maiden
14. Feminists' 1923 proposal, acr.
15. Push
16. Not Ionic or Corinthian
17. SNL's "home"
18. Acquired behavior pattern
19. *Danish or croissant
21. *With ice cream
23. Color wheel feature
24. **Baking with Julia," e.g.
25. Rejuvenating spot
28. Stephen King's "The Green ____"
30. License to park, e.g.
35. Olympic castaway?
37. Read, watched or listened to
39. Hot spot
40. Swirling vortex
41. Wilt "The ____" Chamberlain
43. Beginning of musical staff
44. DNA and RNA
46. Recipe direction
47. Saw incision
48. Rh in Rh disease
50. "Follow me!"
52. Pig's digs
53. Loud get-together
55. Actress Thompson
57. *Apple coat
61. *Like Cherries Jubilee
64. Defendant's excuse
65. One who copies behavior of another
67. Lion sounds
69. "Thesaurus" author
70. Intelligent humor
71. Grassy plain
72. School activity

DOWN

1. High degree
2. Roller coaster feature
3. Heavenly glow
4. March celebrants
5. Authoritative declaration
6. Refuse to accept
7. Eyeball shape
8. *Chocolate tree
9. George Michael/Andrew Ridgeley duo
10. Great Depression drifter
11. "Metamorphoses" poet
12. Boundary line
15. *Milk-based concoctions
20. Buggy control, pl.
22. Chop off
24. Cause to be enamored
25. *Common dessert ingredient
26. Study of behavior and mind, for short
27. Eagle's nest
29. "____ Make a Deal"
31. Medieval torture device

32. The cocktail Moscow ____, pl.
33. Dead to the world
34. *Seaside candy
36. *In M&M's pack: browns, greens and these
38. Fit for a skinny one
42. Online troublemaker
45. What to do with an application
49. Greek letters on campus
51. Almost
54. Shredded cabbage dishes
56. Mexican detergent plant
57. Rental on the links
58. Medicinal succulent
59. Semis
60. Lend a criminal hand
61. Sheep's milk cheese
62. Barnyard sounds
63. Marine eagle
66. *____-throwing contest
68. Vessel's last call

You're Using It
Wrong

Dear Dave,

I take classes online at a public university that is several hours from my home. I tried to pay for my classes the other day, and my Visa debit card was not accepted. I got a message saying credit cards and cash were the only payment options. How can I take care of this without wasting an entire day driving to campus to pay with cash?

- Amy

Dear Amy,

Don't worry, there's no need for you to drive all the way to campus and back just to pay for your classes. You can run a debit card like it's a credit card, and they will accept it. The machines don't recognize the difference, whether you type in a credit card number or a debit card number.

Just select "credit" when it asks for payment method. It's just like when you step up to pay for something at the store and they

Dave Says

ask the old credit or debit question. You say credit, so you don't have to enter your PIN (personal identification number), and it all stays in the Visa system.

You're just using it wrong, and that's why you're having trouble. Just remember this in the future, and best of luck with your classes!

—Dave

Consider the House?

Dear Dave,

My husband and I have been debt-free, except for our mortgage, for a few years now. Recently, we've been thinking about moving back to our home state to be closer to family. We've found a home we're interested in, but it has a large utility tower on the property not far from the house. Should we still consider this home?

- Denise

Dear Denise,

The downsides are simple. One, you've got to look at the stupid thing every time you're sitting on your patio. Two, when you get ready to sell it, everyone who looks at the house is going to have the same concerns you have. It's not going to appreciate in value, and you're going to have trouble selling it when the time comes.

If you're willing to put up with those two things, you might get a steal of a deal on this place because no one else may want this house. And when I say a steal, I'm talking around 40 percent off the appraisal. To me personally, it would be enough of an eyesore that I probably wouldn't buy. Again, that's just a personal opinion.

Keep in mind that if you go through with this, when you get ready to sell it you're going to lose out on any money you gained in the buy. Someone is going to do the same thing to you. I'm not completely killing the deal, but I definitely wouldn't buy it to live in. As a rental? Maybe, if I were going to keep it forever. Because people will always rent. But honestly, I wouldn't want to put up with the hassle in either scenario.

—Dave

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

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53. Loud get-together
55. Actress Thompson
57. *Apple coat
61. *Like Cherries Jubilee
64. Defendant's excuse
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31. Medieval torture device

CROSSWORD

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

Solutions on Page 4

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I'll Do It First Thing Tomorrow

Dr. James L. Snyder

You would think being a husband as long as I have been I would have learned the fine art of negotiating with my wife. And trust me, it is an artistic creation.

When I got married, somebody told me that marriage was a 50-50 proposition, which being the naïve young man that I was, believed it entirely.

The problem I have discovered is that 50 from a man's point of view may not necessarily be 50 from a woman's point of view. If I knew then what I know now, I would have asked that person to define what they meant by 50.

Through the years, I discovered that at times it is a 25-75 split. Other times it is a 0-100. Nobody can be 100% right all the time unless of course they are married to a husband.

When men get together, they talk about sports, hunting, cars and so forth.

When women get together, they talk about how to deal with their husbands.

I know it does not sound fair, but then it is our fault as men for not getting our act together.

Although, I must admit that at this point in my life I do not have any regrets. The only thing that I have trouble with is the word "tomorrow."

I am not quite sure what that word means from my wife's perspective. From my perspective, the word "tomorrow" is just a way of putting something off and possibly not even doing it.

I never really thought anything of it until recently. To me the word "tomorrow" was just a casual word I used to postpone things. It was not until last week that it really came to the forefront.

The Gracious Mistress of the Parsonage asked me to do something for her. I was really busy at

the time, I'm not sure what I was busy doing, but I was not paying too much attention. I smiled at her and said, "Okay." Then, I went back to doing whatever I was doing.

The next day she approached me and said, "Did you do what I asked you to do yesterday?"

I really was not quite up to date on what she asked me to do yesterday, but I said, "No, but I'll do it tomorrow." To be fair, I actually forgot about it. I did not mean to forget about it, but it does not change the fact that I forgot about it.

The next day she queried me rather sternly, "Did you do what I asked you to do the other day?"

At this point I was marinating in that husband fog that seems to plague every husband and so I said, "No, but I'll do it first thing tomorrow for sure."

If I thought that was the end of the conversation, I was thinking in vain.

"Today," she said as sternly as I have ever heard her speak, "is the tomorrow you promise to do it."

Now I am swimming in that husband fog. How in the world can today be tomorrow? At this point, I did not know if she was confused or if I was confused. To keep things safe, I will admit to being the one confused.

"Yesterday," she began explaining, "you said that tomorrow you would do the task I asked you to do. Well," she continued, "this is that tomorrow!"

For the life of me, I could not understand why today was actually tomorrow. Then she said something along the line that tomorrow would actually be today. What I want to know is, is today tomorrow or is tomorrow today?

By this time I was so confused I had forgotten what she had asked me to do. My dilemma was, do I confess to her I had forgotten and

ask her to remind me what she wanted me to do? Or, should I promise to do it tomorrow?

As you can imagine, the latter was completely off the table. I had to humble myself and ask her most sorrowfully, "I'm sorry, what did you ask me to do?"

With both hands on her hips, she stared at me and said, "That's exactly what I thought. You weren't listening to me the first time, were you?"

Getting back to that 50-50 split; it is now 0-100 split. I am at the 0 and she is 100% right.

The art of negotiating with your wife begins by humbling yourself and saying that you are wrong. Nobody wants to say that, but that is where everything begins.

I must confess that I do not always hear everything and even what I do hear it does not really register, as it should. I tried to use the old excuse that I am too old and I forget. However, as you might imagine, that really does not work.

After explaining to me what she wanted me to do, I went off to do it. While I was on my way to accomplish that which I had put off till tomorrow a verse seemed to reverberate in my mind.

It was the apostle Paul writing to the Corinthians where he said, "Wherefore let him that thinketh he standeth take heed lest he fall" (1 Corinthians 10:12).

If I am going to think something through carefully I need to hear what is being said, especially who is saying it. I hope I learned my lesson that today is the tomorrow I kicked down the road yesterday.

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 jameesnnyder2@att.net. His web site is www.jameesnnyderministries.com. ★



By Pastor Ray Dare

There is a belief in our culture that is so strong, every one of us is influenced by it whether we want to be influenced by it or not. The belief is this - If it feels good, do it. If it feels good I should do it. And, if it doesn't feel good I shouldn't do it. Whether I want to be influenced by that or not, I am. And when I allow myself, I become manipulated by my moods instead of living a life of faith. God wants you and me to live a different kind of life. A life of faith. Not just a life of feeling.

The truth is I don't always feel like doing the right thing, and you don't either. But God can give us the kind of faith that persists above feelings. The truth of the matter is, if you look at all of life, anybody who's successful at anything, does things they

Pastor Ray's Encouraging Words

How to Persist

don't feel like doing. That's how you become successful. You do things other people don't feel like doing. An Olympic athlete practices when they don't feel like it. A great musician practices too when they don't feel like it. If you're going to be a great salesman or saleswoman, that means you make calls that other people don't feel like making.

And if you want to get closer to God in your life, deepen your relationship with Him, that means you spend time with Him, even when you don't feel like it. You find somebody who really enjoys spending time with God, that means they spent time with God even when they didn't feel like it.

Faith is being persistent. Faith is refusing to give up no matter how tired you are. That's great to say, but the big question is, how do you become persistent?

The Bible talks about how you and I can begin to develop persistence in our lives through the example of a guy by the name of Moses. Hebrews 11 is known as the hall of fame of faith. Hebrews 11:27 "It was by faith

Moses left Egypt and was not afraid of the King's anger. He held to his purposes like man who could see the invisible." That's how you get there. That's how you persist. You begin to see the invisible. You see what God can do in your life. The invisible is God. And only those who see the invisible can do the impossible. Only those who see who God really is can persist in the most difficult times of life. You realize there's more than you can see. You realize it's Who you can see - God being present in your life.

You may feel like giving up on something today. God says, "Don't do it. Hang in there. Don't give up, look up. I will help you, I will strengthen you." See the invisible today. See that God wants and will work in your life when you ask Him to. When you ask Him for His help.

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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

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

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By Marlys Johnsen Norris, Christian Author

When I was a little child, my grandfather would to sing gospel songs to me as we walked about a half-mile to the park where he pushed me on the swing. They were always songs of comforting words about Jesus love. I always felt deeply loved during those occasions. When I was a bit older and

Gospel Songs Put My Soul to Rest

attended church, songs like those really touched my heart as they ministered God's love to me and I got the message that God alone had the answers I really needed in my life. God will speak to our hearts in many different ways to reach us. It was during those young years I did accept Jesus as my Savior.

Jesus was my Savior but He did not become "Lord" of my life until age 34 when I was truly "born again" and began my obedient walk to know and love Him with my heart and soul. From 12 to 34 the influence of cults hindered my walk with the God of the Bible. That was some 47 years ago.

Today, those same songs and many many more continue to minister God's love and hope to my heart and life. "He Is My Everything" Many gifts of love and hope were bestowed on my

life through forgiveness, deliverance, redemption, transformation, healing, hope, grace, mercy and love is amazing to me. Certainly I am not worthy, but no one is! God, who loves each one of us, sent His Son to die a cruel death and rise again to redeem us from our sins. So one day we might live forever with Him in heaven. God awaits your decision that He will bless you as well.

God has blessed my life with victory and freedom beyond measure. To God Be All Glory and Honor!

Marlys Johnsen Norris
Chrisitan Author of 6 books
New book/booklet -Coming Soon: Diamonds of Blessing for the Journey & FREEDOM FROM THE OCCULT
Marlysjn@gmail.com ★

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POPPOFF!

with Mary Jane Popp

know, and then I thought, maybe being aware is the prudent thing to do. So here they are:

1) LEAD. Just like any stubborn bad guy, this colorless, odorless and tasteless metal can leach from lead pipes and plumbing fixtures and will definitely go undetected. Excessive amounts of lead place adults at higher risk for cancer, stroke, kidney disease, memory problems and high blood pressure.

2) FLOURIDE. Fluoride develops naturally in water; though rarely at the optimal level to protect teeth. Many assume that consuming fluoride is only an issue that involves your dental health. But, according to a 500-page scientific review, fluoride is an endocrine disruptor that can affect your bones, brain, thyroid gland, pineal gland and even your blood sugar levels.

3) IRON AND MANGANESE. Iron and Manganese are non-hazardous elements but can be a nuisance to your drinking water. They are similar metals and can cause similar problems like offensive taste, appearance, and staining.

4) PERCHLORATE. Perchlorate is a man-made chemical primarily used in the production of rocket fuel, missiles, fireworks,

flares, and explosives. It has been found in drinking water and surface waters in the United States (at least 26 states) and Canada.

5) BISPHENOL A. Bisphenol A (BPA) is an important chemical building block and additive in a wide variety of plastics. It is manufactured worldwide for approximately 3.2 million metric tons/year. This can be found in some plastic water bottles and the dangerous part is that it can leach into our food and drinks. According to the National Institute of Environmental Health Sciences, it may acquire health risks, especially to infants and children.

I will have to give you the last of the ten things you need to know about the water you are drinking in my next column. I just hate when I run out of space, but you don't want to miss the last of these culprits because they can really affect your life and the health of your family. If your need more information on Dr. Joe Alton, you can go to his website www.DoomandBloom.com. I know we are told that water is very important, and it certainly is, but you also need to know how to drink it clean! More next time! ★

Water Worries Part One

Water water everywhere and not a drop to drink. Seriously, did you know only 1% of the earth's water is suitable for drinking? 97% of it is ocean and 2% is frozen? Americans drink a billion glasses of tap water a day, but do we really know what we're drinking? Disaster Preparedness Expert Dr. Joe Alton has at least ten things we need to know about that water. He is author of "The Survival Medicine Handbook." The essential guide for when medical help is not on the way and "The Zika Virus Handbook" among other books. Dr. Alton is a well-known speaker and host of his own syndicated podcast called The Doom and Bloom Survival Medicine Hour. But he sure peaked my interest when I talked with him on POPPOFF about the ten substances that you didn't know might be in your drinking water. I wasn't sure I wanted to

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Sacramento County DA Reports



Defendants Convicted of Home Invasion Robbery Murder Defendant Convicted of Attempted Murder and Criminal Threats

DATE: February 17, 2017
CASE: Antjuan Sydnor & Anthony Jacob (Case #15F03945)
PROSECUTOR: Deputy District Attorney Andrew Smith, Homicide Unit

Antjuan Sydnor and Anthony Jacob were convicted by a jury for the murder of Byron Darbonne. The special circumstance that the murder was committed during the commission of a robbery and gun use allegations were found true. Sydnor and Jacob were also convicted of first-degree robbery.

On September 23, 2014, Antjuan Sydnor and Anthony Jacob followed Mr. Darbonne from the grocery store back to his house. Sydnor and Jacob forced their way into the home at gunpoint and duct taped both Mr. Darbonne and his girlfriend. The two demanded money from the couple. When Mr. Darbonne could not come up with a sufficient amount of money, defendant Sydnor shot Mr. Darbonne in the back of the head while he was tied up next to his girlfriend. Surveillance video of the get-away van and driver, cell phone information and DNA evidence identified Sydnor as the shooter and Jacob as a participant in the murder and robbery.

Both defendants face a maximum sentence of life in prison without the possibility of parole. Sentencing for Anthony Jacob is set for March 17, 2017, at 1:30 pm. Sentencing for Antjuan Sydnor is set for April 7, 2017, at 9:00 a.m. Both sentencings will be in Department 42 before the Honorable Allen Sumner.

DATE: February 23, 2017
CASE: Paige Nolasco (Case #16FE021897)
PROSECUTOR: Deputy District Attorney Kelly Mulcahy, Insurance Fraud Unit

Paige Nolasco pled no contest to felony insurance fraud. The Honorable Laurel White sentenced Nolasco to 90 days in jail, 5 years formal probation and ordered her to pay \$1,781 in restitution.

On April 30, 2016, Paige Nolasco's girlfriend rented a U-Haul truck and purchased insurance. Nolasco and her girlfriend intended to stage an accident and use the insurance money to repair Nolasco's previously damaged car. The plan was for the girlfriend to run into Nolasco's vehicle with the U-Haul and pretend they were strangers. The girlfriend backed out of the plan at the last minute. Nolasco proceeded to jump into the driver's seat of the U-Haul and ran into her own car.

On May 9, 2016, Nolasco filed an insurance claim against U-Haul alleging someone driving a U-Haul hit her car. Subsequent investigation revealed Nolasco and her girlfriend lived together and were not strangers. Law enforcement also discovered evidence that the alleged damage to Nolasco's car existed prior to the truck rental date. Nolasco later admitted to staging the accident. ★

DATE: February 17, 2017
CASE: Vicente Rodriguez (Case #16FE001413)
PROSECUTOR: District Attorney Scott Schweibish, Career Criminal Prosecution Unit

Vicente Rodriguez was convicted by a jury of premeditated attempted murder, two counts of assault with a firearm, two counts of shooting into an occupied vehicle, terrorist threats and being a felon in possession of a firearm.

On January 16, 2016, defendant Rodriguez demanded guns and money from the victim while at a local convenience store. When the victim refused, Rodriguez told the victim



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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.



American Pickers to Film in California



Mike Wolfe, Frank Fritz and Danielle Colby (center). These pickers travel the back roads of America looking to buy rusty gold. They're looking for amazing things buried in people's garages and barns. What most people see as junk, they see as dollar signs. They'll buy "anything" they think they can make a buck on. Each item they pick has a history all its own. And the people they meet? Well, they're a breed all their own. American Pickers make a living telling the history of America...one piece at a time. Photo courtesy American Pickers

SACRAMENTO REGION, CA (MPG)

- Mike Wolfe, Frank Fritz, and their team are excited to return to CALIFORNIA! They plan to film episodes of the hit series AMERICAN PICKERS throughout the region in Spring 2017!

AMERICAN PICKERS is a documentary series that explores the fascinating world of antique 'picking' on History. The hit show follows Mike and Frank, two of the most skilled pickers in the business, as they hunt for America's most valuable antiques. They are always excited to find sizeable, unique

collections and learn the interesting stories behind them.

As they hit the back roads from coast to coast, Mike and Frank are on a mission to recycle and rescue forgotten relics. Along the way, the Pickers want to meet characters with remarkable and exceptional items.

The pair hopes to give historically significant objects a new lease on life, while learning a thing or two about America's past along the way.

Mike and Frank have seen a lot of rusty gold over the years and are always looking to discover something they've never

seen before. They are ready to find extraordinary items and hear fascinating tales about them.

AMERICAN PICKERS is looking for leads and would love to explore your hidden treasure. If you or someone you know has a large, private collection or accumulation of antiques that the Pickers can spend the better part of the day looking through, send us your name, phone number, location and description of the collection with photos to: americanpickers@cinetix.com or call 855-OLD-RUST. ★



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Environmental Management Department
Protecting Public Health and the Environment

10590 Armstrong Ave., Mather CA 95655
(916) 875-8440 * emd.saccounty.net

MOBILE FOOD FACILITY GREEN, YELLOW AND RED PLACARD PROGRAM

Introduction

Effective January 1, 2017, the Green-Yellow-Red (GYR) placarding program will include food trucks, also known as Mobile Food Facilities (MFFs). Similar to the existing GYR placard program for fixed food facilities, the program will provide a clear and easily recognizable means of determining the food safety status of the MFF.

The program is mandatory and will be implemented for all MFF's (food trucks) operating in Sacramento County. This notice is to inform you of the coming changes, as well as to help you understand the ways you can prepare your business for this program.

Placard Criteria

PASS
A **GREEN** placard is issued when no more than one major violation is observed. The major violation must be corrected or mitigated during the inspection to avoid closure.
NOTE: A reinspection may be conducted if one or more major violations have been documented on prior field inspection(s), even if a **GREEN** placard was issued.

CONDITIONAL PASS
A **YELLOW** placard is issued when two or more major violations are observed. These violations must be corrected or mitigated during the inspection to avoid closure. A reinspection will be conducted within 24-72 hours (dependent upon MFF operating schedule) to ensure all major violations remain corrected. If all major violations remain corrected during the reinspection, a **GREEN** placard will be issued at the reinspection. A reinspection fee of \$201 will be billed.

CLOSED
A **RED** placard is issued when an imminent threat to health and safety is observed. Examples of imminent health hazards include: no water, food temperature >41°F or <135°F, rodent/insect infestation, leaking waste water, or severe unsanitary conditions. The **RED** placard must remain posted and the MFF must remain closed until a reinspection is conducted to confirm that the imminent health hazard no longer exists. If all major violations remain corrected during the reinspection, a **GREEN** placard will be issued at the reinspection. A reinspection fee of \$201 will be billed.

Inspections

EMD inspectors will be inspecting the MFF while it is operating, at least one time per year. (NOTE: The operator is not required to stop serving customers during the inspection.) A Green, Yellow, or Red placard **will only be issued during operational inspections** and must be kept posted on the MFF, within 2 feet of the service window or service area.

Major Violations to Avoid

In order to earn a **GREEN** placard, no more than one major violation can be observed during the inspection. If two major violations are observed, a **YELLOW** placard will be issued. A **RED** placard is issued when an imminent threat to health and safety is observed. Avoid these major violations that could lead to issuance of a **YELLOW** or **RED** placard:

- No electrical power, faulty generator, generator turned off, vehicle not plugged in
- Inadequate or lack of refrigeration – refrigeration unit fails to store food ≤ 41°F
- Hot food not stored at ≥ 135°F
- No water – lack of potable water or lack of pressurized water
- Improper hand washing and/or utensil washing
- Improper sewage/waste water disposal
- Vermin infestation (roaches, flies, other insects and/or rodent)

If you find any of the above violations, please take the necessary steps to initiate a "self-closure" of your MFF, until the violations are corrected.

Food Safety Education Classes

EMD offers **FREE** "How to Get a Green Placard" training classes, designed for MFF operators. The specific criteria for the placard program, as well as basic food safety training will be reviewed in each class. The goal of these classes is to ensure each attendee has a complete understanding of how to receive and maintain a GREEN placard. Each class is 90 minutes. Please call EMD at (916) 875-8440 or go to emd.saccounty.net for a schedule of classes.

For additional information, contact EMD at (916) 875-8440, or go to the EMD web site at emd.saccounty.net.

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Be A Leak Detective!

SACRAMENTO COUNTY, CA (MPG)

- Get ready to be a leak detective and do your part during Fix A Leak Week, March 20 through 26. The average home leaks more than 10,000 gallons of water per year – the amount of water it takes to wash 270 loads of laundry. That’s almost a year’s worth of laundry!

Take the WaterSense Fix a Leak Week Challenge

In just a few minutes, you can search your home for leaks and stop water waste. Many household leaks, like worn toilet flappers, dripping faucets, and leaky showerheads, are quick and easy to find and fix, and can make a big difference in your water usage.

How to Check for Leaks:

- Review your Water Bill. For a family of four, if your spring/winter water use is more than 12,000 gallons per month it’s likely you have a leak. Also look for a spike in water usage

from one month to the next.

- Visually examine all of your faucets and showerheads. Even a slow dripping faucet can waste more than 1,000 gallons a year.
- If after flushing your toilet doesn’t shut off, you may have a leak. Check your toilet with a simple dye test. Place dye tablets or a couple of drops of food coloring into the tank. If the colored water appears in the bowl within 15 minutes, there is a leak in the flapper valve. A simple and inexpensive fix!
- Look under your sinks for pooling water around pipes or rust around joints and edges.
- Check your dishwasher, clothes washer and water heater for pooling water, rust or loose connections.
- Walk your yard and look for soggy areas. A soft spot can

indicate you have a leak in your service line or sprinkler system.

If you have attempted all of the items noted above, but are still uncertain if you have a leak, Sacramento Suburban Water District customers can request assistance from one of our Water Conservation Technicians, and for a more complete assessment, they can also request a Water Wise House Call by calling 916.972.7171.

If any of your fixtures need replacing, make sure to look for the WaterSense label when purchasing new ones. They are independently certified to be at least 20 percent more efficient than standard models.

So join in the search and find the drips and leaks in your home. And remember to check for and fix leaks inside and outside your home all year long.

Source: SSWD Media



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.

Recently 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 still open, and I invite you to participate by visiting my website at www.bos.saccounty.net/District4 – there is a link near the top that says “Complete a community survey.” However, while the survey is still open, with over 1,500 responses we can begin to make some meaningful conclusions based on the data.

For example, in a ranking of how residents feel budget priorities should be ordered, homelessness ranks 3rd in the community, with only law enforcement and transportation/roads being ranked higher. Clearly this issue is of high importance in our community.

On January 31st, the Sacramento County Board of Supervisors and the Sacramento City Council had a joint meeting that drew an overflow crowd of about 400

Orangevale Community Update

Homelessness in District 4

to have a discussion about homelessness. The main topic of discussion was in regards to federal housing vouchers. There are currently around 70,000 people in Sacramento County waiting to receive federal housing vouchers, with only around 900 open slots each year. The people waiting on this list are either veterans, disabled, or pay over 50% of their income on rent/utilities - and have been waiting for years. Sacramento County is being asked to divert around 800 of these 900 slots to homeless people, letting them “jump the line” on the list.

I am not in favor of this approach for two reasons.

First, I do not think it is fair to the people currently waiting on the list. These people are often one step away from being homeless themselves - when they receive these vouchers, it helps ensure that their housing situation is more stabilized. This system would rob Peter to pay Paul, and push more people to homelessness.

Second, I do not think doing this will actually help solve the problem. We are kidding ourselves if we think that simply giving a homeless person access to housing is going to solve their problems. They need comprehensive services that any one solution fails to address, including better access to physical and mental health services. Further, voucher recipients must still

convince landlords to rent to them. Unless they are receiving wide-ranging services, many landlords will simply refuse to rent to homeless people. If vouchers are not being utilized, it increases the risk of our voucher program receiving less funds from the federal government.

The Sacramento County Board of Supervisors has directed staff to report back in late March with a comprehensive plan to tackle the issue of homelessness. I voted in favor of this this approach, as I think a “quick fix” potentially creates more problems – and taking time to find solutions that look at the root cause of this issue is the right path for us to take. I have also requested that staff initiate conversations with the other cities and communities of Sacramento County. As the community survey has clearly shown, homelessness is not an issue isolated to Sacramento City, and everyone impacted deserves a seat at the table.

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

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



FAIR OAKS RECREATION & PARK DISTRICT

NOTICE OF VACANCY

January 19, 2017

TO: All Interested Residents of the Fair Oaks Recreation and Park District
FROM: Maureen Zamarripa, District Administrator

RE: NOTICE OF BOARD VACANCY

A vacancy now exists on the Board of Directors of the District due to the resignation of Director Brandon Rose.

Any person who is registered to vote in the State of California and residing within the Fair Oaks Recreation and Park District boundaries may direct a letter of intent and resume expressing their qualifications and reasons for consideration by the Board of Directors for the appointment.

The letter of intent and resume should be submitted to the District Office, 4150 Temescal Street, by 5:00 p.m. Friday, March 17, 2017. The letter of intent and resume should include applicant's name, address and phone number. Interviews will be held March 28, 2017 at 6:00 PM.

Address all inquiries to the Board of Directors, Fair Oaks Recreation and Park District, 4150 Temescal Street, Fair Oaks, CA 95628.

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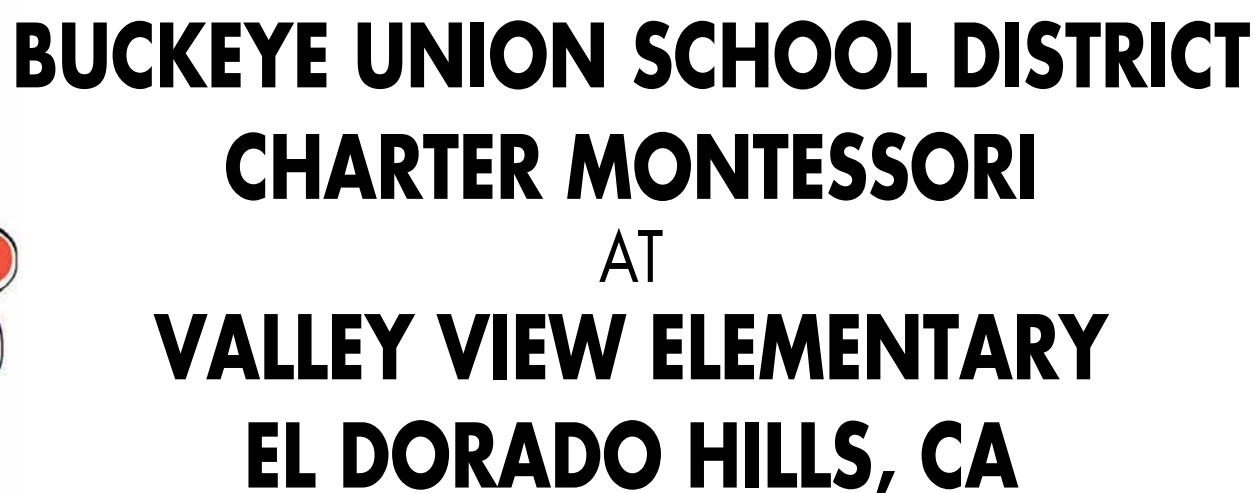
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916-978-0744

We bill your insurance for these services.



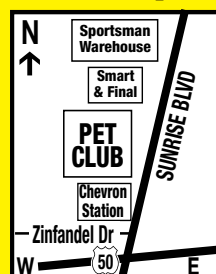
DO YOU NEED HOME HEALTH CARE?



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-6th 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

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



**Mon-Fri 9-8,
SAT 9-7, SUN 10-7
Effective 3/8/17 - 3/14/17**



COUPON

FREE


0-00000-000321-6

2 CANS of CAT FOOD
5.5 Oz. Tin All Varieties
Friskies (Selected Included Included) & 9 Lives

OR

1 CAN DOG FOOD
13 - 13.2 Oz Tin All Varieties
Pedigree & Alpo

With Any Purchase of Pet,
Fish Food, or Supply **PLU 321**
Limit: 1 Coupon Per Family **ARM**
Effective 3/8/17 - 3/14/17

\$7⁵⁰ OFF COUPON

ANY PURCHASE OF PET OR FISH SUPPLY
(Excluding Pet Food or Litter)

Cannot be used in conjunction with advertised sale items or similar percentage or dollar off coupons. Limit 1 PLU 324
Limit: 1 Coupon Per Family ARM

Effective 3/8/17 - 3/9/17

6 01008-010267

Effective 3/8/17 - 3/14/17

Effective 3/8/17 - 3/14/17

Effective 3/8/17 - 3/14/17

Effective 3/8/17 - 3/14/17

**INSTANT OCEAN
SEA SALT**

50 Gal. Salt Mix **\$14.99**

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 3/8/17 - 3/14/17

\$1.49

ARM
PLU 422