

AMERICAN RIVER Messenger

"Written by the people, for the people"

Volume 12 • Issue 04

Serving Fair Oaks, Orangevale & Sacramento County

February 24, 2017

BLACK BEAR DINER OPENS



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REPUBLICAN WOMEN NAME NEXT SPEAKERS



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WILDLIFE CARE ASSOCIATION NAMES FALL PHOTO WINNER!



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'Filling the Boot' Raises Funds for Burn Victims



Firefighters celebrate (above) as this year's drive for burn victims raises a record \$149,000. Fire fighter Jacob Ross (at right) accepts donations from Faith, Brayden and Brielle. Photos by Rachel Crowell

By Elise Spleiss

SACRAMENTO COUNTY, CA (MPG) - The intersection of Greenback Lane and Sunrise Avenue in Citrus Heights was once again bustling with activity as drivers and pedestrians dropped cash and checks into the boots of 200 Sacramento Metro fire firefighters over a four-day period during the annual "Fill the Boot" drive.

Once again, those dollars added up to another record year. Rachel Crowell, Assistant Director of the Firefighters Burn Institute (FFBI), said in an email, "Preliminary figures are in and it looks like we broke another record this year! Over the course of the Boot Drive (February 9-12) we raised a record high of approximately \$149,000 for burn survivors."

The Sacramento Area Fire Fighters

Pipes & Drums Band and the Local 522 Honor Guard were part of opening ceremonies. Councilwomen Jeannie Bruins welcomed attendees.

Besides collecting donations for the Firefighters Burn Institute at U.C. Davis, a free family friendly Safety Fair on Saturday in the Sunrise Mall parking lot gave children and their families a good taste of what law enforcement and other safety programs do to help and protect the public. The helicopter landings, vehicle extractions with the jaws of life, and fire truck rides around the perimeter of the mall were fun and educational for all members of the family. Kids put out fires with extinguishers, and learned

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Solar Company to Bring Jobs to County

SACRAMENTO COUNTY, CA (MPG) - China Sunergy Co., Ltd., a specialized solar cell and module manufacturer, announced today that Sunergy America LLC (a subsidiary of China Sunergy Co., Ltd.) entered into a lease agreement with McClellan Business Park in Sacramento County.

The new plant will be located in a 140,000 square-foot building in McClellan Park and will be the company's first U.S. facility. Expected to begin operations in May 2017, the company will create more than 200 new jobs locally.

"The arrival of CSUN Solar to McClellan Park is outstanding news for the region," said District 1 County Supervisor Phil Serna. "CSUN could have chosen any site in the United States for their manufacturing and assembly operations, and they recognized the value of doing business in Sacramento County. This signifies real progress as our business community continues to grow."

Sacramento County's Office of Economic Development partnered with other area organizations, such as the Greater Sacramento Economic Council, Sacramento Municipal Utility District (SMUD), the Sacramento Employment and Training Agency (SETA) and the California Governor's Office of Business and Economic Development (GO-Biz) to assist in completing the lease transaction.

The new plant will have fully automatic production lines and will aim to serve customers across the United States.

Source: Sacramento County Media ★



Fair Oaks Recreation and Parks Seeks Board Member

FAIR OAKS, CA (MPG) - Fair Oaks Recreation and Park District takes great pride in serving the Fair Oaks Community! The FORPD Board of Directors is looking for like-minded, enthusiastic, community-oriented individuals with an interest in joining them in overseeing and guiding the District and helping to make Fair Oaks a great place to live, work and play. The vacancy is for the term of April 19, 2017 through December 31, 2020. Brandon Rose, the outgoing Director who was elected in November of 2016, was also elected to serve on the SMUD Board and was obligated to vacate his seat on the FORPD Board.

There is a moderate time commitment for the job; the FORPD Board meets once a month, on the third Wednesday of every month, at 6 PM. Each Board Director also sits on two of five committees: Finance and Budget, Capital Improvements and Construction Program, Management and Personnel, Policy Review, and Community Resources Development. The committees meet at various times during the year for review and discussion of matters affecting the

District, and subsequently the committee makes recommendations to the full Board.

The requirements for joining the Board are registration to vote in the State of California and residence within the Fair Oaks Recreation and Park District boundaries. Interested parties 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 p.m. Friday, March 17, 2017 and should include applicant's name, address and phone number.

The Board's Management and Personnel Committee will review all submissions the week of 3/20/17 and recommend candidates for consideration by the Board. Interviews may be conducted by the Committee if the number of candidates exceeds ten. Five candidates will be recommended for consideration by the Board. The Board will interview the recommended five candidates on 3/28/17 and make a selection that evening, and the newly selected



candidate will be sworn in at the regular Board meeting on 4/19/17.

Please 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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Aerospace Museum to Present Leonardo da Vinci “Machines in Motion”



The dynamic “Machines in Motion” exhibit will remain on display at the Aerospace Museum through September 4, 2017.

SACRAMENTO REGION, CA (MPG)

- The Aerospace Museum of California is proud to present a dramatic, interactive and world-class Leonardo da Vinci “Machines in Motion” international traveling exhibit that will be on display for the first time in California starting on February 6, 2017. Forty machine replicas will be part of the impressive exhibit that will occupy nearly 9,000-square foot of space inside the spacious Museum. The dynamic “Machines in Motion” exhibit will remain on display at the Aerospace Museum through September 4, 2017.

Once open to the public, Museum guests will have the unique opportunity to set a wide variety of machines in motion while learning and exploring the wide range of mechanical principles da Vinci employed to create each one. Grouped together in four sections according to the element which the machine operates or from which it draws power -- Earth, Water, Air and Fire -- the exhibit features visionary early inventions such as the helicopter, glider, armored tank, drive transmission, printing press, bicycle, robot and more. In addition, a da Vinci themed

PlayZone will also be available for very young children to inspire creative learning.

“We are thrilled to bring the genius of da Vinci to the Aerospace Museum and our inquisitive guests,” said Roxanne Yonn, Executive Director of the Aerospace Museum of California. “Most people first think of da Vinci as one of the world’s most famous painters but he was also a brilliant inventor and creator who was way ahead of his time. In addition to the amazing number and diverse range of machines he created, he was intrigued by the phenomenon of flight and detailed plans for several flying machines, many of which guests will see on display at the Museum.”

All of the hands-on machines on display at the Museum are based on Leonardo da Vinci’s visionary designs and innovative notebook drawings that have been meticulously constructed by a modern team of scientists and craftsmen in collaboration with the Leonardo da Vinci Museum in Florence, Italy.

The Leonardo da Vinci “Machines in Motion” hands-on exhibit is included with Museum

admission: \$15 for adults, \$12 for seniors & teachers (with ID), \$12 for children & youth (ages 6-17), and is free for children ages 5 and under along with active duty military (with ID) and Museum members. For more information about the Leonardo da Vinci “Machines in Motion” exhibit or the Aerospace Museum of California in general, please call 916-643-3192 or visit www.aerospacemuseum.org.

Located in a spacious facility at McClellan Business Park in Sacramento, the Aerospace Museum of California is one of aviation’s greatest showcases that captures the allure of flight. With a wide range of impressive military and civilian aircraft on display -- from biplanes to Russian MIGs -- and an extensive engine collection, the Museum also offers a state-of-the-art STEM learning laboratory or “Flight Zone” with 10 interactive digital flight stations. The Museum is committed to providing a world-class experience along with the opportunity to learn about and celebrate aviation’s past, present and future. For more, visit www.aerospacemuseum.org ★

‘Filling the Boot’ Raises Funds for Burn Victims

Continued from page 1

when and how to call 911.

According to the UC Davis website, “The burn treatment center is the largest in Northern CA. Formerly called the UC Davis Regional Burn Center, the new center reflects the name of the FFBI, which raised \$2m through the ‘Fill the Boot’ and other fundraising efforts to make this new expanded burn center at UC Davis Medical Center a reality.” The new facility is 13,000 square feet and has 12 ICU beds in private rooms. The Shriner’s Hospital for Children Northern California also benefits through research and training of staff in burn treatment.

Forest Rowell, Battalion Chief with Metro Fire and an advisory board member of FFBI said at the site, “The last couple of days have been amazing, it’s incredible to see the amount of money people are pulling out, everyone has been very generous. What’s been so great this year versus other years, is so many people driving by but couldn’t stop, but are taking time to stop, turn around, come back into the parking lot or gas station to donate. It shows how dedicated the citizens of Sacramento County are to donating.”

Jonathan Williams, Battalion



Forest Rowell, Battalion Chief with Metro Fire and an advisory board member of FFBI said at the site, “The last couple of days have been amazing, it’s incredible to see the amount of money people are pulling out, everyone has been very generous.”

Chief, City of Sacramento who oversaw the food and volunteers agreed saying, “Each year we’ve been doing better and better, get more participation from fire fighters, and more support from the community. People don’t realize when they put money in a boot, they might be helping themselves if something happens down the road and they get burned.”

Five girl scouts and their mothers from Troop 1544 and Troop 889 made the trip from Shingle Springs to help wherever needed. It was an exciting experience for them and they are planning to return.

A special thank for help in putting on this four-day event goes

to Duarte Construction, Regional Builder Inc., Sunstate Equipment Co, Granite Construction, IBEW Local 1245, ModSpace, City of Citrus Heights, Sunrise Mall, US Bank, Happy Daze RV’s and Big Dog Transport.

FFBI founded in 1973 by Sacramento Area Fire Fighters Local 522, has grown into the area’s largest firefighter-run charity. It helped establish the first burn unit in Sacramento in 1974 and continues to donate medical equipment, fund burn research and provide free burn recovery programs, including two annual summer camps for young burn survivors. ★

Sacramento Public Library Waiving Overdue Book Fines Through March 15

SACRAMENTO, CA (MPG) - As a valentine to the community, Sacramento Public Library will waive all overdue book and material fines from Tuesday, Feb. 14 to Wednesday, March 15 as part of its new Fine Forgiveness promotion.

“We want to reconnect with long-lost patrons,” explains Rivkah K. Sass, director of

Sacramento Public Library. “We understand that time can get away from you or a book can be misplaced, but we don’t want the cost associated with that to prevent you from what can be discovered at the library.”

Patrons with overdue or lost items in any condition may return items to any of Sacramento Public

Library’s 28 locations. Any fines associated with the items will be waived. Those who have returned items, but have active fines on their accounts related to overdue items can contact or come to the Library to have the fines waived.

For more information, visit www.saclibrary.org. ★

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Louis McNerney

They say owning a home is a big part of the American Dream.

However, Lou McNerney, an alternative career coach for The Entrepreneur’s Source, will argue that owning a

business is equally significant, especially in today’s employment climate where some corporations are downsizing and cutbacks are often the way to stay relevant.

Lou suggests that if you have been successful at your job, why wouldn’t you also be successful at owning your own business.

“Most of my clients want something different, and I help them understand how the skills they have developed in their career, are transferrable to business ownership”. I show them how these skills apply to many business models being offered in the self-employment arena.

What does it take to become a successful business owner? You need a support team consisting of an accountant, an attorney, and a technical person. You may also need a mentor, plus the support of any partners (wife, significant other or any other close family members) or you will not succeed. Your business model must have little or no competition, a service that will be recession proof and you must be able to provide consistency in your product.

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I joined the Entrepreneur’s Source as a franchise owner several years ago, after 28 years at a major corporation. Today I help clients explore franchise opportunities that meet their Income, Lifestyle, Wealth, and Equity goals. Owning a franchise instead of starting your own business has its advantages and I can advise them based on my own experience.

Many franchise offerings today have back office support, training, financing options and technical support. Statistically 90% of all franchises remain in operation after the first 10 years compared to 10% of new individual business startups. Franchising has been among the top job creators in the economy for both 2015 and 2016.

Louis McNerney is a Franchise Coach/Alternative Career Coach with The Entrepreneur’s Source. As a leader in the corporate environment, Lou aligned resources on the Corporate Program teams he lead, helping them achieve maximum results. Lou will listen and work with you to help you identify an opportunity most suited to meet your Income, Lifestyle, Wealth, and Equity goals. For more than 32 years TES has been helping folks become self-employed through franchise opportunities. Call Lou today for a complimentary consultation and start your journey of discovery and see what possibilities lie ahead for you.

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



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Wildlife Care Association Names Fall Photo Winner!



Quail on Fence, by Susan Bouclin, Folsom.

From Rick Reed

SACRAMENTO REGION, CA (MPG)

- As the non-profit provider of rescue, recovery and release of injured, orphaned and displaced birds and small animals in the Sacramento region, Wildlife Care Association (WCA) challenged the community to send their best bird photos and you did!

Congratulations to all our photo entry participants which you can view at Wildlife Care

Association on Facebook on the Photos tab. The contest ended Dec 31, 2016. Susan Bouclin, of Folsom, Ca is our Winner! Her picture of a California Quail was chosen as the 2016 WCA Fall Photo Contest Give us the Bird...Again best!

The photo was taken in her Folsom home backyard with a film camera. Located next to a 'green belt' in Folsom, Ms. Bouclin says she is frequently visited by a wide range of diverse wildlife and enjoys

taking pictures regularly.

Honorable mention was awarded to 13 year old Arav Karigattam for his picture of 'American Robins', and 12+ entry by Frank Mahar for his 'Heron in Flight', also outstanding photos of our local wildlife! See them all!

All the WCA Fall Photo Contest pictures can be seen at Wildlife Care Association on Facebook! The heroes of nature thank you for your participation. Call 965-WILD ★

Year in the Lives of Owls Comes to Audubon Program

SACRAMENTO REGION, CA (MPG)

- Award winning photographer Paul Bannick will present a program at the March 16 meeting of the Sacramento Audubon Society using video and sound and telling stories from the field. He will also present several dozen new images from his brand-new book: Owl: A Year in the Lives of North American Owls.

He will use intimate yet dramatic images to follow various species of owls in their distinct habitats through the course of one year.

Audiences will witness the four seasons as each stage in an owl's

life is chronicled through rare images: courtship, mating, and nesting in spring; fledging and feeding of young in summer; dispersal and gaining independence in fall; and, finally, winter's migrations and competitions for food.


His program shows how owls use the unique resources available to them in each habitat to face those challenges. All 19 species found in Canada and the United States are featured in photos, video and narrative throughout the talk, with a special focus on the Northern Pygmy-Owl, Great Gray Owl, Burrowing Owl, and

Snowy Owl.

Owl is a follow-up to Bannick's bestselling title, The Owl and the Woodpecker, giving bird lovers yet another photographic tribute engaging natural history and a compelling call to preserve the habitats that sustain these most iconic of birds.

The public is invited to the 7 p.m. meeting at Effie Yeaw Nature Center in Ancil Hoffman Park (For directions, see sacnaturecenter.com).

There will be no charge for the program or parking, and no park-entry fee. ★



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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Crossword Puzzle on Page 5

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Sudoku Puzzle on Page 5

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

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Student Exchange Seeks Host Families

SACRAMENTO REGION, CA (MPG)

- Responsible parents looking for ways to supplement the educational and personal growth opportunities for their children or themselves should consider hosting a teenage exchange student for an academic semester or year. Children and adults alike, by interacting on a daily basis with a new, international family member, broaden their perspective on the world and discover new facts and ideas.

NorthWest Student Exchange places international high school students with families all over the country, including here in our community. Exchange students add a dimension to the family dynamic that cannot be achieved in any other way. The benefits to the exchange student are perhaps obvious: honing their English language skills; learning about the educational system in this country; understanding U.S. social, political, and cultural values; establishing international

friendships. Benefits to the hosts are similar: Not only can host families learn about another culture and its values; they can view the U.S. through another's eyes, and thereby gain a broader understanding of our own country.

Families need not have children at home to host! Many childless couples, empty nesters, and single-parent families have enjoyed exchange students. Hosts are not expected to be tour guides.

Those who cannot host can earn a "finder's fee" for referring to us families who do host. While host families are not compensated for hosting, tax deductions may be available. Check with your tax preparer.

NWSE exchange students are closely screened for appropriate motivation, academic and language skills; our students have solid emotional and practical support from NWSE professional partners abroad, and from

the students' natural parents in their own countries. Our students come with their own spending money and health and accident insurance. NWSE local Academic Coordinators recruit, screen and orient local host families and provide close support throughout the program.

As area coordinator for Sacramento, Placer, Yolo and El Dorado counties, I will do my very best to match the host family with a student that complements the host's lifestyle and interests and world region preference, if any.

It is easy to get more information about hosting. Potential hosts can contact me, Area Coordinator, Sheryl Longworth at 916-833-1218 or email sheryl6663@yahoo.com; or contacting NWSE directly at 877-850-3312 or info@nwse.com; or visit our Web page at https://www.nwse.com and click on Host an Exchange Student. ★

Free Small Business Seminar and Resource Expo for Veterans Comes to Region

SACRAMENTO REGION, CA (MPG)

- Veterans who own a business or would like to start one are invited to attend a free Small Business Seminar and Resource Expo in Roseville on Tuesday, February 28, 2017. Attendees will learn how to comply with California's often complex tax laws.

California State Board of Equalization (BOE) Member George Runner is sponsoring the event with Senator Jim Nielsen, Assemblyman Kevin Kiley, California Department of Veterans Affairs (CalVet), City of Roseville, Roseville Area Chamber of Commerce, and Advantage Roseville.

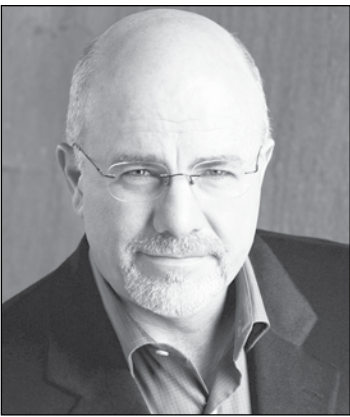
"We honor our veterans for their service and sacrifice," said Member Runner. "It's the least we can do to help them be successful in business by ensuring they're aware of available tax benefits and resources."

Those looking for assistance with state and federal tax laws, as well as those who want to expand their business knowledge, will benefit from the informative presentations. Topics include veterans' property tax exemptions, the Work Opportunity Tax Credit, forms of ownership, CalVet services, and marketing and social media for veterans. Representatives from the BOE, Employment Development Department, Franchise Tax Board, CalVet,

Governor's Office of Business & Economic Development (Go-Biz), and California Capital Women's Business Center will conduct the presentations and answer questions.

Exhibitors include the U.S. Department of Veterans Affairs, Department of General Services, Veterans Resource Center—Sierra College, American Legion Post 169, and Veterans of Foreign Wars Post 1487.

Time: 8:00 a.m. to 12:30 p.m. (Check-in begins at 7:30 a.m.) Location: Tower Theatre, 417 Vernon Street, Roseville, CA 95678. Free parking is available. Registration: 1-888-847-9652. ★



Husband's business is dying

Dear Dave,

My husband and I have four kids, and I make \$50,000 a year. He runs a small business that has been floundering for a while now, so we're basically living off my income. Part of that income is going into the business. Plus, we don't have much in savings, and we're behind on our house payments. Do you have any advice?

- Paige

Dear Paige,

First of all, you and your husband have to get on the same page financially. Sit down together, and do a household budget and a profit and loss statement on the business. A profit and loss statement will tell you the money that comes in minus the money that goes out.

Here's the thing. If you're

Dave Says

putting other money into a business account, that's a clue that you're not making money on the business. Put his rent, supplies and any other business expenses on the profit and loss list, and write out — step by step — what it will take for you to break even in the business each month. If you don't at least break even, then it's time for him to do something else for a living.

I'm an entrepreneur and a business owner. I get the allure and excitement that goes along with running your own business. But family and your financial responsibilities come first. You don't need to put any money into the business account, except for the income he creates. And while you two are sorting this out, use *your* income to get current on your house payments and attack any other debt!

—Dave

Keep it simple

Dear Dave,

I'm looking for a good accounting program for small business. Do you have any suggestions?

- Julie

Dear Julie,

The best one I've seen is called FreshBooks. I like it so much that we're actually endorsing it on some of our podcasts and a few other places. It's a cloud-based program for small business, and it's a pretty simple accounting system.

Honestly, you don't want anything super complicated for small-business accounting. You just need something that allows you to write out invoices and keep up with your expenses while categorizing them. It's important you know what's going on in your business — to be able to continually analyze what's happening — and have the ability to look in your rearview mirror and see if anything's coming up behind you!

—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. ★



Make It Fun and It Will Get Done!

The Secret to Being Organized

Pam Young's Corner

Planning to Get Organized? Keep it a Secret

If your New Year's Resolution was to get organized, you've had a month to play around with your resolution. Did you tell many people of your plans? When I got organized in the late seventies, I decided to keep my "project" a secret from my husband, kids, parents and best friend. I'd read that when you want to make a transitional change in your life, keep it to yourself and wait for "them" to come to you and say, "What's happened to you?" or "You seem happier and you're always on time lately, what's up?"

What I discovered by keeping my mouth shut on my plans was I had more energy! There was a certain excitement in "my secret." Also, those closest to us have probably heard us talk about needing to change, wanting to change and planning to change, so to make a chronic announcement, "This year, I'm going to get organized," "lose weight" or "budget and get out of debt," your friends and family are liable to say, "Yeah, sure Martha, what's new?"

There is power in sharing your intentions with those who have the same goal. I'm so thankful for the internet platform I've been able to create so we can help each other and share our triumphs as well as our failings. I'm just talking about keeping it a secret from our loved

ones, until they start seeing results.

Critical Spouse

I was married to a very critical person and my disorganization affected our marriage and made it worse. As I got control of my routines and changed some very bad habits, my house was turned into a home. But the criticism didn't stop. In fact his criticism began to stick out like a pimple on Gwyneth Paltrow's nose would. It made me know we have to change for ourselves and only for ourselves. It's enlightened selfishness.

When I decided to lose 35 pounds and document my journey in "The Mouth Trap: the butt stops here!" I kept it a secret from my friends and family for three months. Since I'm the one who cooks our meals and sets the table, I wanted to see how long it would take Terry (my second husband with not a critical bone in his body) to notice. He never noticed because non-critical people don't notice much. I wanted to see how long it would take before he did. Curiosity has energy!

Nelly, my inner child loved keeping the secret! We began to bond in a way I hadn't counted on, because we discovered no one really cares about what we do until it affects them in a negative way! So we teamed up as best friends

with our secret that nobody knew.

I lost 17 pounds before Terry ever noticed! Of course when he did, Nelly had to open her big mouth and tell him how we knew he wouldn't notice and that all he thinks about is HIMSELF! He didn't like those words one bit, but in a very sweet voice he said, "It's like when you have kids and they change so slowly you don't notice because you see them every day." I apologized for my selfish judgment, but that judgment gave Nelly and me such energy keeping it a secret.

If you are serious about changing, try keeping it a secret between you and your inner child. You'll be amazed at your new energy level.

If you are serious about getting organized, I recommend my latest "how to" book called "**The Joy of Being Disorganized.**" It's available on Amazon. You'll learn step-by-step how to get organized just enough to please you!

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

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- CLUES
- ACROSS
1. Upright monument
6. Likewise
9. "Eagle's talon
13. "Entrances to ground-hogs' burrows
14. Objective male pronoun
15. Curaçao neighbor
16. Islam's Supreme Being
17. A in IPA
18. More silent
19. "Beaver-like rodent
21. "a.k.a Brown bear
23. Popular Thanksgiving tuber
24. SWAT attack
25. Between game and match
28. O. Henry's "The Gift of the ____
30. Make numb
35. ____ sack
37. Drinks through a straw
39. Red Sea peninsula
40. Beyond natural
41. Single-mast boat
43. Soda pop recyclables
44. Little Boy and Fat Man
46. Way, way off
47. "Cogito ____ sum"
48. It's meant to be
50. *Great leaper
52. Who's from Mars?
53. Not that
55. Bobby sox dance
57. *Nocturnal mask wearer?
61. "Red sky at night, sailor's ____
65. Cool & distant
66. Public health approver
68. One who dares
69. Reg. alternative
70. Singer-songwriter Stewart
71. Accustom
72. One of many in an arena
73. "Four score and seven years ____
74. Norbert, to his momma?

CROSSWORD											
1	2	3	4	5		6	7	8		9	10
13						14				15	
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Crossword Puzzle Solutions on Page 4

- DOWN
1. Pillow that's not for sleeping
2. Cough syrup balsam
3. Corner pieces
4. Prone to communicate secret info
5. Hindu retreat
6. Not this
7. Tin Man's necessity
8. Last letter of Greek alphabet
9. Actress Penelope
10. Figure skating jump
11. Cain's unfortunate brother
12. Extra cautious
15. NaNH2 and H3CONH2, e.g.
20. What hoarders do
22. Human cage part
24. Heists
25. *Striped stinker
26. Boredom
27. Flyer holders
29. *Desert monster
31. Likable
32. Take a piece from
33. Canine affliction
34. "a.k.a. buffalo
36. Poe's "Annabel Lee", e.g.
38. *Fly like an eagle
42. Nasa mission, e.g.
45. Depart
49. Short for although
51. *Not Bald one but ____
54. Prefix with red
56. Baby grand
57. X-ray units
58. Away from wind
59. Kind of cola
60. *Snowshoe's seasonal change
61. Carpenter's groove
62. *Earthworms to a badger, e.g.
63. Lemongrass, e.g.
64. 3-point shot
67. *Prairie ____

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	7			3				9
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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



Publisher, Paul V. Scholl

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The Strange Myth of Multitasking

Dr. James L. Snyder

I have been pondering a delicate question this week. Why is it I can only do one thing at a time? If only I could do several things at a time, I could get more accomplished.

The Gracious Mistress of the Parsonage is an expert when it comes to multitasking. Although I have lived with her for over 45 years, I still do not know how she does it. She is better than a circus juggler and can juggle a dozen tasks at the same time.

Not me, that is for sure! I like to do many things, but I have to do them in order and one at a time. That is how I have always done things even though I have tried to juggle two things at one time but it has never been successful. Usually, both of them fall to the floor and I have to start all over again.

Every day I make a list of things I need to do and start working on them one by one. I am looking forward to the day when I will be able to accomplish everything on my list.

Maybe I am just trying to do too much.

Like the other day, I needed to go across town to pick up something at one of the office supply stores. Usually, I am not allowed to go into the grocery store by myself. However, when my wife found out I was going to go across town, she asked me if I would stop at the grocery store and pick up a few things. Then she handed me a list, and said, "Get everything on the list and only those things on the list."

Then she gave me one of "those looks."

It is hard for me to go into a grocery store and not pick up a few things that I want. I have never seen any ice cream that I did not want. However, when

I am on strict orders with a shopping list, I don't have any leeway at all.

It started out rather well. She handed me the list and I put it in my pocket and headed for the front door. As I was going out, I heard her say, "Remember, only those things on the list."

I chuckled to myself and myself chuckled back. I was on a mission and I knew I could accomplish it.

My favorite office-supply store is Staples. Everybody there knows me by name because it is almost a second office for me. I have often suggested that they have some coffee there for their customers, but if that would happen, they would never get rid of me.

Staples was my first stop. When I got in there I walked by the pen section. I never can walk by the pen section, I always have to stop and examine all of the pens they have there. I have a nice pen collection and I am always looking for some pen that I do not have. You never know when you are going to find something that you do not have.

I love the fountain pen section. As I was looking at the fountain pens, I saw one was on sale. For someone like me who is addicted to pens, especially fountain pens, this was the end of the road.

It was a beautiful pen and was only half price. How in the world could I resist this?

As I examined the pen, I realized I did not have one like this in my collection. Even if I did have one like this in my collection, the temptation to purchase would be overwhelming.

Therefore, I did what any pen obsessed person would do. I took it to the counter, talk to the cashier about this wonderful pen and told her how it would

add dignity to my pen collection. She chatted back and told me that it was a beautiful pen.

Finally, I paid for the pen and walked out to my truck.

All I could think about was that wonderful new fountain pen. I could not wait to break in this new fountain pen, which is a delicate ritual that I enjoy so much. I was so happy and excited about it.

When I got home, I hurried inside so I could show this brand-new addition to my pen collection to my wife and have her join me in admiring it.

She glanced at it somewhat nonchalantly and then stared at me with one of those stares. It was one of those stares that indicated I was in trouble. I could not for the life of me figure out why I was in trouble.

With both hands on her hips and staring at me she said, "Where are the groceries I asked you to pick up?"

"Groceries?" I had forgotten all about the groceries. In fact, I had forgotten about why I went to Staples in the first place.

As I headed for my truck a Scripture came to me, "Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest" (Ecclesiastes 9:10).

It is hard for someone like me to focus on two things at a time. Therefore, I need to focus on what my hand can do, rather than what I cannot do.

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



By Pastor Ray Dare

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

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

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

Pastor Ray's Encouraging Words

Peace of Mind Is a Promise

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

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

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

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

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

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By Marlys Johnsen Norris, Christian Author

God Almighty is most anxious to work "miracles" in your lives but He cannot and will not violate His standards by which He performs them on anyone's behalf.

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However, God will always respond to one's belief system. Therefore, do not waiver to and fro and do not fear. He is a wall of protection around you. See it with the 'eyes of faith'. Do not block His answers by doubting His ability to bring about a miracle just for you!

Faith in God will move mountains. He is now moving on your behalf with a mighty

sword set for the battle. Give Him some time to work it out. Trust and Obey as you wait with patience and faith. God is the great I AM. Whales even obey His voice. His power alone created heaven and earth and everything, including you and I.

LISTEN – HOPE – TRUST is all He asks of you. Believe with 'ALL' your heart, mind and soul. He will answer, possibly not in the way you expected. He will answer in His time not yours my friend. Your miracle is on its way because He loves you dearly.

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

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POPPOFF!

with Mary Jane Popp

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an “external locus of control.” This is the belief that they are not able to exercise any change in their environment. The perception is that it doesn’t matter what they do, they cannot change the problem or situation.

3) YOU ARE RELYING ON SUBSTANCES TO COPE. You need a drink to relax or go to sleep more often than not.

4) YOU THINK ABOUT DEATH OR HURTING YOURSELF. This is a very severe path to be on. Seek out help immediately and if the pressure seems too great to resist, call 911 right then.

5) YOU ALWAYS ASSUME THE WORST. Worrying and stressing about what might happen tends to overwhelm people and they tend to get nothing done. 99% of what might happen never does.

6) YOU SEE YOURSELF TAKING RESPONSIBILITY OFF OTHER PEOPLE’S PROBLEMS. You are always overwhelmed by trying to help other people cope with their problems. Like when a family member is always calling to talk about what is bothering them and how you need to help them with their depression or relationship.

7) YOU FEEL HELPLESS WHEN STRESS HITS YOU. Many individuals have a problem with

8) DO TRY TO FIND YOURSELF TRYING TO MEET EVERYONE ELSE’S IDEA OF WHAT SHOULD BE. When you live your life for the praise of others, you might find yourself making compromises that aren’t true to yourself. Mentally healthy people make decisions from the inside out. They don’t put their beliefs and goals up for a vote.

9) NOTICE YOU ARE FEELING JUST “NOT YOURSELF.” You may usually love being with your friends, but suddenly find yourself wanting to be alone most of the time. Maybe you find yourself getting angry often, when you never used to feel angry. It can be healthy to want to be alone but becoming isolated is not.

That should give you a start. Better to be safe than sorry I guess. If you need more information, check out www.MainstreamMentalHealth.org. Moving forward with a positive attitude in life is always the way to go. **HAPPY MENTAL HEALTH!** ★

Help!
Have you ever thought about seeing a therapist and then chickened out? I talked with Dr. John Huber on POPPOFF about knowing when to seek out therapy. Dr. Huber is Chairman for Mainstream Media Health, and is a Clinical Forensic Psychologist. He has nine signs that it’s time to see a therapist. By the way, the good doc said seeing a therapist is not a bad thing. The question is knowing when to see one.

1) WHEN THINGS AREN’T GOING WELL. This may sound silly, but people with good teeth go and see their dentist every six months. It’s a checkup. In mental health, checkups are useful as well. It helps you maintain and/or build a relationship with your therapist so when the world crashes in on you, you have a trusted therapist who knows you and what you look like when things are going well.

2) WHEN SOMEONE THAT

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Sacramento County DA Reports



Defendant Convicted of Charges, Stemming from Domestic Violence

Defendant Convicted for Series of Sexual Assaults, Robberies

DATE: February 3, 2017
CASE: Scott Williams (Case #16FE018556)
PROSECUTOR: Deputy District Attorney Erin Blake, Domestic Violence Unit

Keenan Scott Williams was convicted by a jury of domestic violence with great bodily injury, battery causing serious bodily injury, false imprisonment, criminal threats, and unlawful possession of a firearm. The jury also found true that Williams suffered prior convictions for first-degree burglary and assault with force likely to produce great bodily injury at the direction of a criminal street gang.

On September 23, 2016, Keenan Williams was with the victim at her apartment when he started accusing her of cheating on him. When the victim denied the allegations, Williams repeatedly struck her on her face, chest, legs, and back. Williams threw the victim into the shower, and ripped off her clothes. When the victim tried to escape, Williams grabbed her and choked her until she lost consciousness. Williams eventually let the victim go to bed that night. The following morning, he again accused the victim of cheating. Williams dragged the victim into the bedroom where the victim’s gun was located, and told her he was going to shoot her. Williams repeatedly struck the victim in her face and shoved the gun against her lips, breaking her front tooth. Williams then took the victim’s wallet, iPad, cell phone, and gun before leaving the apartment in the victim’s car. As a result of the attack, the victim suffered a head injury, a laceration over her eye, and bruises all over her body.

Williams faces a maximum sentence of 41 years to life in prison. Sentencing is set for March 24, 2017, at 9:00 a.m. in Department 17 before the Honorable Delbert Oros.

DATE: February 8, 2017
CASE: Jerry West Jr. (Case #15F05919)
PROSECUTOR: Deputy District Attorney Kevin Jones, Adult Sexual Assault

Prosecution Unit

Jerry West Jr. was convicted by a jury of two counts of forcible oral copulation, two counts of assault with intent to commit forcible oral copulation, attempted forcible copulation, two counts of assault with a semi-automatic firearm, kidnapping for purposes of robbery and oral copulation, four counts of robbery and carjacking. The jury also found true multiple use of a firearm allegations and a multiple victim allegation.

On August 31, 2015, Jerry West put a gun to a female victim’s head, demanded her cellphone, groped her and demanded oral copulation. He then fled in the victim’s vehicle. On September 22, 2015, two women were in a car that had just parked. West opened the car door, put a gun to the passenger’s head and demanded property from her. He then put the gun to the driver’s head, demanded her property and struck her in the head with the gun. West groped both victims while pointing the gun at them and forced the passenger to orally copulate him. When the driver began a struggle with West for the gun, West fired the gun at both victims and missed. West then grabbed the victims’ purses before fleeing. On September 25, 2015, West grabbed another female victim and covered her mouth so tightly that she couldn’t breathe. West dragged the victim into Southside Park, where he demanded her property, groped her and demanded that she orally copulate him. He continuously threatened her life if she screamed or ran. The victim was able to break free and ran to a nearby residence where she called 911. The victim’s iPhone was tracked, leading officers to West. DNA evidence linked West to the two prior assaults.

West has two prior 2008 strike convictions for carjacking two separate victims. He faces a maximum sentence of 330 years to life in prison. Sentencing is set for April 7, 2017, at 1:30 p.m. in Department 24 before the Honorable Shelleyanne Chang. ★



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Vorhees Named Recipient of Don Poole Award

SACRAMENTO REGION, CA (MPG) - Francine Vorhees of Moss Adams LLP was awarded Sacramento Region Community Foundation's prestigious Don Poole Award for her significant contributions to the growth of philanthropy in the region.

"My parents taught me when I was really young that you should give back to the community," Vorhees said as she accepted the award at the Foundation's reception on Wednesday. "I learned from their example the importance of helping others, and I know that, really, we all can make a difference."

She is the seventh advisor to receive the honor, which is awarded to those advisors in the region who most embody the spirit of Poole through personal commitment to charitable causes, devotion to educating clients about charitable giving, and mentorship of fellow advisors to support their clients' philanthropy.

Vorhees has practiced accounting since 1981, including running her own practice and as a partner in a local accounting firm that eventually merged

with Moss Adams, where she leads the trust and estate practice for the firm's California Central Valley office and co-leads the firm's estate planning practice.

"Years ago, when we launched the Philanthropic Advisors' Forum of Greater Sacramento to help strengthen the connection between local advisors and philanthropy, Francine was held up among her peers as the person whose strategic sense, creativity, and dedication would make the Forum a success," said the Foundation's chief executive, Linda Beech Cutler, as she presented the award to Vorhees, adding that she "embodies all that the Don Poole Award has come to represent."

Poole, a veteran estate planning attorney and former Foundation board member, spent 38 years at McDonough, Holland & Allen. He died in 2009, leaving an inspiring legacy for fellow advisors. His practice included creating plans for large and small estates that required sophisticated charitable giving techniques. He believed that it is vital for estate planners to ask about the clients'

charitable intent and to help them reach their goals while achieving favorable tax status. As Poole often stated to clients, "I am going to get you to part with your money and you will like it because the IRS loses and your family and the community wins."

During the reception, the Foundation also honored 15 Bridge Builders-advisors who referred clients to the Foundation to open charitable funds during the past year. Because of their efforts, a number of funds with diverse charitable purposes were brought to the Foundation.

The Sacramento Region Community Foundation has been the trusted steward of charitable assets, a community catalyst for meaningful change and the advocate for shaping vital impact through philanthropy since 1983. The Foundation's mission is to transform our community through focused leadership and advocacy that inspire partnerships and expand giving. Learn more at www.sacregcf.org.

Source: SACREGCF ★

Harper Introduces Bills to Remediate California's Insecure Elections System

Bills Would Increase Transparency, Limit Outside Influence and Toughen Penalties

SACRAMENTO, CA (MPG) - Assemblyman Matthew Harper (R- Huntington Beach), Vice-Chair of the Elections Committee, recognizes deficiencies in our state elections code and has proposed legislation to solve them. If passed, the "Protect our Votes" package will protect our elections from foreign influence, give voters more information about school bonds, and toughen penalties for voter fraud.

"Improving the integrity and transparency of our elections is a priority," Harper said. "These bills will improve our Democracy for all Californians

and ensure that our elections system is fair."

The "Protect our Votes" package consists of four bills to safeguard the integrity of California's election system:

- **Assembly Bill 774 will limit foreign nationals from donating directly to campaigns.**
- **Assembly Bill 775 will require bona fide delivery services to provide proof that completed ballots were given to them on or before Election Day.**
- **Assembly Bill 776 will require school bond ballot descriptions to provide voters with**

the full costs of the bond.

- **Assembly Bill 777 will increase the penalties against people who fraudulently procure and/or vote with a vote-by-mail ballot.**

Assemblyman Matthew Harper represents the 74th Assembly District; he is the former Mayor of the City of Huntington Beach. The 74th Assembly District includes the cities of Huntington Beach, Costa Mesa, Newport Beach, Irvine, Laguna Woods & Laguna Beach.

Source: Office of Matthew Harper ★

Why the FDA Should Think Like a Surgeon

Commentary by Peter J. Pitts

On a visit to her prenatal physician, Margaret Boeme and her husband received unwelcome news -- their unborn baby had a spinal tumor. Several doctors recommended the Boemes terminate the pregnancy, but the couple refused to give up. Finally, they found doctors willing to perform a risky open fetal procedure to remove the tumor. Twelve weeks later, Boeme gave birth to a beautiful baby girl.

When surgeons take these risks, it's inspiring. But when the FDA does something similar -- in particular, rethinking a new drug's review pathway so that patients without any options can have one -- some consider it scandalous.

That's just wrong. Like a surgeon, the FDA should follow proper procedures, always. But those procedures should allow for advances in regulatory science -- such as the patient voice.

In mid-September, the FDA approved Exondys 51, the first drug specifically indicated for Duchenne muscular dystrophy. DMD is a rare disease that strikes boys as young as three, atrophying their muscles and eventually taking their lives.

While clinical trials were incomplete, they did demonstrate that the drug carries few side effects and holds the potential to slow the progression of DMD.

For patients, the FDA's approval represented a "watershed moment." Until this drug arrived on the scene, DMD sufferers had no viable treatment options whatsoever. Now, they have a chance to live to adulthood. Yet others insist the FDA made a mistake.

Giant insurer Anthem, for instance, claimed the FDA shouldn't have approved the medicine since it did not have sufficient evidence. As a result, Anthem is refusing to cover it. The decision will deprive hundreds of patients of their only chance to reach adulthood.

Two doctors even went so far as to say that the FDA approval represents a "worrisome model" for future targeted drug approvals. They urged the FDA not to approve drugs just because they "show positive effects on the body . . . without actually making any measurable difference in patients' health."

In the case of medications for common illnesses, these doctors are correct: There is no compelling need for expedited approval. But for orphan diseases

-- serious and life-threatening diseases that afflict small numbers of patients -- expedited approval makes every difference.

The FDA should continue its rigorous scrutiny before granting approval to new medications. But when patients with rare diseases plead with the FDA to clear a drug that's proven not to be harmful and holds the potential to be helpful -- well, then it would be cruel if FDA policy prohibited it.

The approval of Exondys 51 does not mean a free pass for bad science. Rather, it shows that the FDA is rightly supplementing its scrupulous review process with a dose of compassion for patients. By balancing the need for speed, accuracy, and improved public health, the agency has taken the next step towards a 21st century, entrepreneurial regulatory system and positioned itself as an innovation accelerator.

Like Margaret Boeme's surgeons, the FDA should take a chance when the situation demands it -- and like her surgeons, the FDA should be applauded for doing so.

Peter J. Pitts, a former FDA associate commissioner, is president of the Center for Medicine in the Public Interest. ★

Is Voter Fraud Rampant In The U.S.?

'The Call For An Investigation Into Election Fraud Is Valid'

Commentary by AMAC

President Trump was dismissed out of hand when he called for an investigation of voter fraud. Former president Barak Obama even called it "fake news." So why does the respected and widely quoted Pew Center on the States say that there is "susceptible to fraud." Pew concluded that there is "evidence that America's voter registration system needs an upgrade."

The fact of the matter is that Pew's research showed that "approximately 24 million-one of every eight-voter registrations in the United States are no longer valid or are significantly inaccurate. More than 1.8 million deceased individuals are listed as voters. Approximately 2.75 million people have registrations in more than one state."

Dan Weber, president of the Association of Mature American Citizens, says he is dismayed to see that there is opposition

to finding out "just how extensive is voter fraud in the U.S. We ignore the fraud potential at great peril to the nation. Whether you are a Republican, a Democrat or an Independent voter we need to at least be concerned by the threat. Thus, Mr. Trump's call for an investigation is, indeed, a legitimate one."

Weber cites numerous reports from authoritative sources that the fraud is real. Most recently The Detroit News found voting scanning machines at 248 of the city's 662 precincts - 37 percent - tabulated more ballots than the number of actual voters counted in the poll books. The discovery was made when Green Party 2016 presidential nominee Jill Stein's called for a recount in Michigan.

"Bear in mind, it was election officials who conducted the recount," Weber notes. He points out that a few years back the Wall Street Journal reported that "coercion and chicanery are made much easier by the

excessive use of absentee ballots. Most of the elections thrown out by courts-Miami, Florida's mayoral election in 1998, the East Chicago, Indiana's mayor's race in 2005-involved fraudulent absentee votes."

The AMAC chief points out "there are some who want to suppress an investigation of voter fraud because it is, indeed, widespread. But, whether that is true or not is not the issue. The issue is that our election system is vulnerable and only a broad-based investigation can find the vulnerabilities. We need to know who is perpetrating the fraud and why. We are a democracy in which every vote counts, but we must have fair and honest elections. It is a sacrosanct tenet of our national culture that must be protected at all costs."

The Association of Mature American Citizens [http://www.amac.us] is a vibrant, vital senior advocacy organization that takes its marching orders from its members. ★

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Giving at Home and Abroad

Crab Feed Fundraiser Reaches from Citrus Heights to India



Employees & friends of Hot Dog on a Stick toast their good time at the Rotary crab feed at the Citrus Heights Community Center on July 11.

Story by Elise Spleiss

SACRAMENTO COUNTY, CA (MPG) - Everything at the Citrus Heights Rotary Crab Feed on February 11, 2017 had a price, all to raise funds for charity. From the beverages, to the dessert table and carnival-like wine toss, it's a price attendees happily paid knowing that every penny of their donations was going to make a difference in their community and as far away as South Central India.

A record crowd of 800 attendees dug deep this year to help the Citrus Heights Rotary provide multiple resources to the Homeless Assistance Resource Team (HART) in Citrus Heights. Internationally, funds helped the CH Rotary reach their goals to provide supplies and labor to build 5 wells in Kunool, India.

These wells will be drilled close to the local villages, saving villagers the daily grueling walk to bring home only a few gallons of water. The safe, clean, accessible water from these wells will change their lives forever.

HART has been serving Citrus Heights homeless since 2015. It is run largely by community volunteers. According to their website, their mission is 'to provide resources that will enable at-risk people and those experiencing homelessness in Citrus Heights



Seven volunteers from the Mesa Verde High School Business Academy, with their teacher, Karla Branen (left), take a break from serving the food at the Rotary crab feed on February 11.

and adjacent areas to become independent, self-sustaining and participating members of the community.”

Other local projects include the Dictionary Project, college scholarships, student exchange programs, Citrus Heights Police Activities League, Sayonara Children’s Center and San Juan High School student projects.

The 10 live auction items included a seven day Holland America cruise, and an eight day stay for two at an exotic Bali resort. Dozens of silent auction items including sports and music memorabilia, artwork and elaborate gift baskets were hotly bid on.

Members of the San Juan High School football team helped prepare

the delicious crab, more than 30 members of the Mesa Verde High School Business Academy served the food, and security was provided by the CHPD Explorers. The evening was enhanced by the beautiful live music of Carlos Verrett and SpellBound. Platinum sponsors Kniesel’s Auto Service and California American Water were joined by many Silver and In-Kind sponsors.

Gail Moxley, Crab Feed Chair said of the event, “If it wasn’t for faithful supporters of the CH Rotary, the work we do to give back to CH and internationally would not exist. Thank you for supporting us so we can make a difference in the lives of those that live within Citrus Heights.” ★

Black Bear Opens



Citrus Heights, CA (MPG) – The latest Black Bear Diner opened recently at the corner of Madison and Sunrise, serving the Citrus Heights and Fair Oaks communities. General Manager Jason Mulvihill and his team celebrated with a ribbon-cutting event with the Citrus Heights Chamber of Commerce. It was attended by many chamber members and hungry local businesspeople. Come by and try their great food at 7935 Madison Avenue in the new Smart and Final shopping center. Black Bear Diners are a growing, family-friendly restaurant chain with a wide variety of entrees on their menu. (They are a “publisher’s favorite!”) Staff photo.

Republican Women Name Speakers

SACRAMENTO REGION, CA (MPG) - Now more than ever Republican women need to join together with a strong conservative voice. The elections are behind us and Sacramento Republican Women Federated members would like you to join us and help make our voices heard on local, state and national levels. Please come to one of our monthly luncheon meeting and get involved. If you attend our meetings, you will



March 1st; Jeff Stone
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April 5th; Sharon Grove
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meet political leaders/candidates and learn more about issues vital to each of us. If you would like

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

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

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



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

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

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

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

Carmichael Dental Group

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

\$1,200.0ff

2 implants with 2 attachments to upper/lower denture

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COUPON
ANY 30 LBS OR MORE
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FOOD PLU #337
\$1.00 OFF

Nutro, Science Diet, Eukanuba, Avoderm, IAMS, Nature's Recipe, Natural Balance, Wellness, Pro Plan. Limit 1 Bag.
(Cannot be used in conjunction with similar dollar off, percentage off coupons, or advertised sale items)
Limit: 1 Coupon Per Family ARM
Effective 2/22/17 - 2/28/17

COUPON
SPARKLE PAPER TOWELS
39¢
Regular Roll
With the Purchase of any Pet, Fish Food or Supply
Limit 1 Pkg. PLU 326
Limit 1 Coupon per Family
Effective 2/22/17 - 2/28/17

TASTE OF THE WILD GRAIN FREE DRY DOG FOOD
•Wetlands •Sierra Mountains •Pacific Salmon •High Prairie •Southwest Canyon
30 Lb Bag **\$39.99**
Effective 2/22/17 - 2/28/17

9 LIVES CANNED CAT FOOD
5.5 Oz All Varieties •Single Cans
Limit 1 Case Per Family
35¢
Effective 2/22/17 - 2/28/17

NUTRO MAX ADULT RECIPE DRY DOG FOOD
•Regular Max •Large Breed Adult •Beef •Senior •Lamb Meal & Rice
NEW SIZE 25 Lb Bag **\$22.99**
Limit 2 Bags Per Family
Effective 2/22/17 - 2/28/17

FANCY FEAST GOURMET CANNED CAT FOOD
All Varieties except Elegant Medley
3 Oz Limit 2 Cases per Family
20¢/\$11.00
Effective 2/22/17 - 2/28/17

PRO-PLAN DRY DOG FOOD
•Chicken & Rice 33-35 Lb Bag
•Beef & Rice •Lamb & Rice
•Sensitive Skin & Stomach
•Lite •Bright Minds
Limit 2 Bags per Family **\$3 OFF**
OUR SUPER DISCOUNT PRICES!
Effective 2/22/17 - 2/28/17

JONNY CAT PREMIUM CAT LITTER
20 Lb Bag
•Regular •Multiple Cat Formula
Limit 2 Bags **\$3.29**
Effective 2/22/17 - 2/28/17

FRISKIES DRY CAT FOOD
16 Lb Bag
•Surfing & Turling •Seafood •Indoor
Limit 2 Bags **\$9.99**
Effective 2/22/17 - 2/28/17

FRESH STEP SCOOPABLE CAT LITTER
42 Lb Bag
Limit 2 Bags per Family **\$12.99**
Effective 2/22/17 - 2/28/17

BLUE BUFFALO WILDERNESS DRY DOG FOOD
•Chicken (\$10 Off Reg Price) •Salmon •Lrg Breed Adult •Duck •Healthy Weight 24 Lb Bag **NEW LOW PRICE!**
100% Grain Free As Marked **\$8 OFF**
OUR REGULAR LOW PRICES

SCIENCE DIET CANNED CAT FOOD
All Varieties 5.5 Oz Limit 1 Case **89¢**

EARTHBORN HOLISTIC CANNED CAT FOOD
•Grain Free Selected Varieties Limit 1 case 3 Oz. **79¢** 5.5 Oz. **\$1.29**

NEW MERRICK'S WHOLE EARTH FARMS DRY DOG FOOD
•Adult •Grain Free Chicken & Turkey 25 Lbs Limit 2 Bags Per Fam •Grain Free Beef & Lamb •Grain Free Salmon & Whitefish **ON SALE**

MARKET FRESH RECIPE FUSSIE CAT PREMIUM DRY CAT FOOD
•Chicken & Turkey •Salmon 4 Lb **\$3 OFF** 10 Lb **\$6 OFF**
As Marked OUR DISCOUNT PRICE

FELINE PINE HEALTHY CAT LITTER
20 Lb Bag Limit 2 Bags **\$7.99**

CAREFRESH PET BEDDING
60 Liter (Ultra Not Included) **\$12.99**

PREMIUM CHOICE "EXTRA" CLUMPING CAT LITTER
50 Lb. Bag Limit 2 Bags **\$12.99**

WELLNESS CANNED DOG FOOD
Natural 12.5 Oz Can, Full Case Limit 2 Cases (Reg.Price - Reg. \$2.39 Stew \$2.49 Core \$2.49) **15% OFF**
OUR REGULAR LOW PRICES

CHICKEN SOUP FOR THE SOUL DRY DOG FOOD
•Adult •Large Breed •Mature •Weight Care 30 Lb Bag Limit 2 Bags **\$7 OFF**
OUR ORIGINAL LOW PRICES

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

NUTRO NATURAL CHOICE WILD FRONTIER DRY DOG FOOD
•Real Chicken •Real Lamb •Real Salmon •Venison Meal •Grain Free •High Protein •Adult 24 Lb Bag Limit 2 Bags **\$29.99**

CAT FURNITURE 20% OFF
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(C & D Products not Included)

PET n SHAPE HEALTHY DOG TREATS 20% OFF
All Varieties Including: •100% Freeze Dried Treats OUR SUPER LOW PRICES

VAN NESS PURE NESS AUTO-FEEDERS & AUTO-WATERERS 20% OFF
All Sizes OUR SUPER LOW PRICES

BERGAN Stack N' Stor Bins 20% OFF
40 **\$16.99**
60 **\$19.99**
100 **\$24.99**

MARINELAND POWER FILTER SALE PET CLUB SALE

MODEL	TANK SIZE	PRICE
PENGUIN 100B	20 Gal.	\$19.99
PENGUIN 150B	30 Gal.	\$27.99
PENGUIN 200B	50 Gal.	\$33.99
PENGUIN 300B	75 Gal.	\$45.99

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

KENT MARINE WATER SUPPLEMENTS 20% OFF
OUR SUPER LOW PRICES

REEF CRYSTALS \$15.99
50 Gal. Salt Mix

BONUS COUPON FRISKIES BUFFET CANNED CAT FOOD
5.5 Oz All Varieties Limit 12 Cans With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 2/22/17 - 2/28/17 **45¢** ARM PLU 367

BONUS COUPON WHISKAS TEMPTATIONS CAT TREATS
•All Varieties Except Natural - 3 Oz Limit 2 Pkgs With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 2/22/17 - 2/28/17 **\$1.19** ARM PLU 569

BONUS COUPON JONNY CAT CAT LINERS
Jumbo Drawstring - 5 Ct Limit 1 Box With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 2/22/17 - 2/28/17 **\$1.89** ARM PLU 449