



Be My Chocolate Valentine

PAGE 2

Baby Basket Drive Raises Most Funds Ever for New Moms at Life Center

PAGE 2



AMERICAN RIVER Messenger

"Written by the people, for the people"

Volume 12 • Issue 03

Serving Fair Oaks, Orangevale & Sacramento County

February 10, 2017

SINGING VALENTINES COMING YOUR WAY!



PAGE 8

ORANGEVALE COMMUNITY UPDATE



PAGE 5

HEARTFELT



PAGE 7



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

Are We There Yet?

By Paul V. Scholl

SACRAMENTO REGION, CA (MPG) - With the many recent storms and an above average rainfall saturating the state, lawmakers are calling for an end to Governor Brown's drought restrictions on Californians.

We now see that with more rain and snow in the forecast that there are trillions of gallons of water rapidly flushing on to the ocean never to be harnessed again.

Senator Jim Nielsen recently stated in a release, "Californians dutifully conserved water during the drought. We took out our lawns and substituted drought tolerant plants. We took shorter showers. We used more efficient watering systems on our gardens and farms. Perhaps most painfully, we fallowed our land and sold off our livestock out-of-state."

In a special report dated November 30th, 2016 from the Department of Water Resources titled "State Plan Seeks To Make Water Conservation A Way of Life" California Department of Water Resources Director Mark W. Cowin, said "Californians rose to the challenge during this historic drought and recognized that conservation is critical in the face of an uncertain future. This plan (The Governor's Water Action Plan) is about harnessing the creativity and innovation that Californians have shown during the driest years in state history and making water conservation a way of life in the years ahead. This plan will help make permanent changes to water use so California is better prepared for whatever the future brings."

The Department of Water Resources (DWR) manual snow survey recently reported "a snow water equivalence of 28.1 inches, a significant increase since the January 3 survey, when just 6 inches was found there. On average,



Measurements indicate the water content of the northern Sierra snowpack is 26 inches, 144 percent of the multi-decade average for the date. Stock photo

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, however, are DWR's electronic readings from 101 stations

scattered throughout the Sierra Nevada. Statewide, the snowpack holds 31 inches

Continued on page 3

A Buzz is in the Air

SACRAMENTO COUNTY, CA (MPG) - Sacramento County's most recent Crop and Livestock report indicated that Apiary (bee keeping) production has increased. With Sacramento County's embrace of its agricultural heritage, this increase should not come as a surprise as bees pollinate our crops.

Now is the time for beekeepers to order bees. Approximately two three-pound packages of bees and a queen—which costs \$150 to \$175 each—will pollinate an acre of almonds. They can be purchased locally at businesses such as Sacramento Beekeeping Supplies. The bees will be ready for pick-up or delivery in April and May.

If you are interested in raising bees, and haven't already, contact the Zoning Department to find out if your property is properly zoned for bee keeping.

Your hive should also be registered. The Agricultural Commissioner will register your hive for \$10.00 per year. A benefit of registration is that you can request neighboring farmers inform you when they spray pesticides, which are detrimental to bees.

The Sacramento Area Beekeepers Association (SABA) offers valuable classes for first-time beekeepers. They meet the third Tuesday night of every month.

Bees are fascinating creatures. Not only are they hard workers, they are sophisticated communicators. According to Agricultural Commissioner Juli Jensen, "A bee will search for a food source, such as a blooming tree. When she finds one, she returns to the hive, and performs a "waggle tail dance," with the surrounding bees watching her. The dance communicates the location of the source and the directions to find it. The level of enthusiasm of her "waggle-tail dance" illustrates how "good it is."

Bees also have great memory. Bees will recall and return to their first source of water. Thus, it is important to put water adjacent to your hive, so that your bees continue to congregate on your property.

It is also important to have food year around, so if you don't always have flowers in your garden, you can provide sugar water.

Source: Sacramento County Media Dept. ★

Breakfast for the Birds

Story and photo by Susan Maxwell Skinner

SACRAMENTO COUNTY, CA (MPG) - There is more to ornithology than binoculars and obliging birds. Add a nature preserve resonant with avian song; throw in expert docents; garnish with breakfast fit for a kingfisher.

You then have the Effie Yeaw Nature Center's popular spring event. "Bird and Breakfast" is served Saturday and Sunday March 18 and 19 at the center's Ancil Hoffman Park facility. Reservations are required; the two-day fundraiser sells out every year. Supporters will likely see 40 or more species and no bird gets left behind; Sacramento Audubon guides get as excited about tiny finches as rock-star great blue herons, snowy egrets and gorgeously-plumed wood ducks.

Equally fascinating are home-building habits during the most industrious time of the avian year. Because eagle-eyed scouts locate nests with expert ease, visitors will likely see wren, hawk, woodpecker and bush tit abodes. Higher and harder to spot, some hummingbirds will have nested by March. Nest-watching is enhanced by on-site viewing scopes.

A 27-year spring tradition, the \$40 Saturday safari is followed by gourmet breakfast. Family-friendly Sunday costs \$10; \$5 for children. A continental breakfast is included. Groups are welcome. Neither excursion is recommended for very young children. Participants should bring comfortable shoes and binoculars. Bird and Breakfast begins at 8 a.m., both days. To learn more about the fundraiser, visit www.sacnaturecenter.net or call (916) 489-4918.



Colorful Western Bluebirds are among scores of avian species anticipating nest building in Carmichael's Effie Yeaw Nature Center reserve. A great egret flies lumber for a tree-top abode. Breeding season behavior of waders, raptors and scores of avian species will be observed during the center's March 18 and 19 Bird and Breakfast events. ★

GOT MORE LOCAL NEWS? CALL 773-1111

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!



To place your legal advertising, go to

GarmichaelTimes.com

Baby Basket Drive Raises Most Funds Ever for New Moms at Life Center

SACRAMENTO REGION, CA (MPG) - The Sacramento Life Center's third annual Baby Basket Drive for new moms raised the most funds of all three years, totaling \$8,470, which will buy 170 baskets in 2017. The drive is held each December to kick-start the 500 baby baskets needed so that every Sacramento Life Center patient who gives birth in the coming year can receive a basket of needed items, including formula, diapers, newborn clothes, pacifiers and more.

Donations will be accepted throughout 2017 and can be made online at www.saclife.org by writing Baby Basket Drive in the message box on the donation page. Gifts can be made in any increment, but a donation of \$50 buys one basket.

"Many of our patients come in scared that they might be pregnant, and it's our job to provide them with a warm, caring support system and resources that will sustain them long after the baby comes," said Marie Leatherby, executive director, Sacramento Life Center. "We want to encourage women, teen girls and their partners that they are capable of caring for a child. These baskets give new parents a boost of confidence along with much needed supplies."



Many of our patients come in scared that they might be pregnant, and it's our job to provide them with a warm, caring support system and resources. Photo courtesy Sacramento Life Center

The Sacramento Life Center's mission is to offer compassion, support, resources and free medical care to women and couples facing an unplanned or unsupported pregnancy. The Sacramento Life Center's licensed Sac Valley Pregnancy Clinic includes a primary clinic and two Mobile Medical Clinics that provide all services for free, including pregnancy tests, STD tests, ultrasounds, peer counseling for men and women, education and resource referrals.

The nonprofit also offers a school-based teen education program, a 24-hour hotline and a program for women seeking support after having an abortion. For more information about the Sacramento Life Center's Sac Valley Pregnancy Clinic, visit www.svplclinic.com. For more information about the Sacramento Life Center or to make a donation, visit www.saclife.org.

Source: Kristin Thèbaud Communications ★

Dr. Reichman to Speak at Grace Baptist

FAIR OAKS, CA (MPG) - Dr. Al Reichman, Director of Ahavath Messiah Ministries, will be presenting at Grace Baptist Church on Sunday Morning February 19, 2017 at 10 & 11 am.

Ahavath Messiah Ministries exists to take the Gospel to Jewish people and encourage and the churches to do the same.

Ahavath Messiah translated from Hebrew means Love of Messiah. The purpose of Avavath Messiah Ministries is to take the love of Messiah to Jewish people so that they may come to faith in

the Messiah of Israel.

Dr. Al Reichman comes from a long line of orthodox rabbis. His paternal grandfather, an orthodox rabbi, immigrated to the United States from Austria. Dr. Reichman spent 17 years in pastoral ministry, and has been serving the Lord in Jewish Ministry since 1997. In 2013, the Lord led Al to launch Ahavath Messiah Ministries, where he continues to labor to bring the Gospel to Jewish people, as well as encouraging and teaching churches to do the same.

All are invited to hear Dr. Reichman preach and share his unique preaching style, where he connects the Old and New Testaments together causing you to see the New Testament Live out of the roots of the Old Testament.

To schedule Dr. Reichman to speak at your church, please call 817-263-9968 or email AhavathMessiah@aol.com

Grace Baptist Church located at 6724 Palm Avenue Fair Oaks, CA 95628. For more information call 916-967-3915 ★

Be My Chocolate Valentine



New for this Valentine's Day is Norman Love's "Perfect Pairs" collection. Photo courtesy Norman Love Confections

By David Dickstein

SACRAMENTO REGION, CA (MPG) - The age-old question of who invented chocolate spawns so many answers it'll make your head spin. Or is that just the sugar rush?

Whether the response is the Aztecs and Mayans because these ancient civilizations cultivated the cacao tree, or the Spanish for perfecting the chocolate drink xocolati, or Britain and Germany with the first chocolate factories, or the Swiss who made chocolate a staple for the entire world, there's no debating that Cupid is the cocoa bean's chief ambassador. Nearly half of all Valentine's Day gifts is candy, according to

retail industry figures.

Chocolate makers from Sacramento to Florida are looking to take their bite of the \$1.7 billion Americans are projected to spend this season on the sweet stuff.

Although the love holiday falls on a Tuesday this year, Ginger Elizabeth Chocolates in Midtown (1801 L St.) is expecting a three-digit jump in business from an ordinary weekday. Romantic procrastinators will appreciate the boutique's extended hours on Feb. 13 and 14, though that doesn't guarantee your honey's favorite chocolate bonbons and macarons will still be behind the glass.

For master chocolatier Norman Love, whose candies make frequent 3,000-mile treks west to California as one of the confectioner's top markets, roughly 15 percent of online sales are generated in the three weeks leading up to Valentine's Day. "It's our second-biggest retail



Ginger Elizabeth in Midtown is expecting long lines on Valentine's Day. Photo courtesy Ginger Elizabeth Chocolates

period [after Christmas]," Love said.

The Florida-based chocolatier is debuting a "Perfect Pairs" collection for this Valentine's Day. Two gourmet flavors are combined inside each individual piece to create pairings ranging from the familiar – strawberry and banana, and coconut and pineapple, for example – to one with an "opposites attract" bent that marries sweet raspberry with tart lemon.

"Each pair represents its own challenges, as it's not as simple as a 50/50 split between each flavor," Love said, explaining that, like a real marriage, there's give and take when seeking "equality and harmony." Gift boxes, heart-shaped, of course, are available at www.normanloveconfections.com. ★



Master chocolatier Norman Love shares his craft with writer David Dickstein. Photo courtesy Princess Cruises

Healthy, Wealthy & Wise



Fair Oaks Sunset Farmers Market
WEDNESDAY, 3 PM - 7 PM
8101 Sunset Ave, FO
OPENS MARCH 16
Seasonal, Rain or Shine

Historic Folsom Farmers Market
SATURDAYS, 8 AM - 1 PM
915 Sutter Street, Folsom
Year Round, Rain or Shine

Carmichael Park Farmers Markets
SUNDAYS, 9 AM - 2 PM
5750 Grant Ave, Carmichael
Year Round, Rain or Shine

SATURDAYS, 8 AM - 1 PM
Sunrise Mall Farmers Market
6196 Sunrise Blvd, CH (Behind Sears)
All Year Round, Rain or Shine
⇒ Live Music & Entertainment
⇒ Certified Farmers & Organic Producers
⇒ Specialty Gourmet Foods
⇒ Chef Demos
⇒ Artisans/Crafters
⇒ EBT/WIC & SNAP Accepted
⇒ FREE PARKING



Bring this flyer with you to any market location and receive **FIVE raffle tickets** to enter to win our **Monthly Farmers Market Gift Basket!!** (mpg)

ILoveMyFarmersMarket.com

ADVANCED HOME HEALTH AND HOSPICE INC. BRINGING HEALTHCARE HOME

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

Call Us Today!

916-978-0744

We bill your insurance for these services.



DO YOU NEED HOME HEALTH CARE?

River City Chorale Cabaret

"It's a Small World"
Music From Disney Movies!

ALADDIN
THE LION KING
AND MORE!!



FROZEN
BEAUTY AND THE BEAST
AND MORE!!

Four Fabulous Performances!

Saturday, March 4, 4:00pm and 6:30pm
Sunday, March 5, 4:00pm and 6:30pm

Tables seat up to 8 people. no-host bar.
Includes hors d'oeuvres served by smiling, singing servers.

Serbian Church Hall
7777 Sunset Ave., Fair Oaks (Near Sunrise Blvd)

Tickets \$25.00 Adults, \$15.00 Children
not recommended for children under 5 years of age.



FREE PARKING

www.RiverCityChorale.org or call 331-5810



FREE PARKING

Non-profits Invited to Fundraise with River Cats at Raley Field

SACRAMENTO REGION, CA (MPG)

The Sacramento River Cats are pleased to invite Northern California non-profit organizations to partner for an exciting fundraising opportunity at Raley Field.

With the recent upgrades made to the concession storefronts at Raley Field, the River Cats are proud to bring in outside non-profit organizations excited to fundraise at the ballpark. A non-profit can agree to help run a storefront at Raley Field, taking orders from fans, and will in return receive a portion of the proceeds from that storefront for the night.



The River Cats have seven all-new storefronts at Raley Field, ranging from gourmet burgers and signature hot dogs to Mexican cuisine. Of course, all the ballpark classics will still be available. These storefronts will be fully operational for Sacramento's home opener on

April 6.

Non-profits interested in partnering with the River Cats to raise funds or with additional questions about the program are invited to contact Jeff Behr, General Manager of River City Concessions. He can be reached at jbahr@rivercats.com.

Source: Sacramento River Cats

Are We There Yet?

Continued from page 1

of water equivalent, or 173 percent of the February 2 average (18.1 inches). On January 1 before a series of January storms, the snow water equivalent (SWE) of the statewide snowpack was 6.5 inches, just 64 percent of the New Year's Day average."

The report concluded, "Measurements indicate the water content of the northern Sierra snowpack is 26 inches, 144 percent of the multi-decade average for the date. The central and southern Sierra readings are 32 inches (173 percent of average) and 32 inches (200 percent of average) respectively."

In his published statement to Governor Brown, Senator Nielsen commented, "Californians are now more mindful and aware of the scarcity of our water. You asked us to do our part to save. We dutifully complied. In fact, conservation had become widely practiced, particularly in agriculture, even before this most recent devastating and prolonged drought. Californians have done their part. Let's do our part and end the drought."

"Perhaps we could use all that cement planned for a Bullet Train to Nowhere on new innovation and creating a few more storage facilities for the rainfall when we actually get it?" said no one. ★



SMOKEY OAKS TAVERN

BRING A GUEST TO LUNCH AT SMOKEY OAKS MONDAY - SATURDAY 11AM-2PM AND RECEIVE 25% OFF YOUR BILL

SMOKEY OAKS DINNER SPECIAL MONDAY - THURSDAY 4-6PM 4 FOR \$40
ONE APPETIZER, TWO ENTRÉE'S, ONE DESSERT (excludes the Surf and Turf Entree)

Stop in and check out our updated Banquet Room. Not valid with any other offer. One discount per table. Follow us on Facebook for other great offers & daily specials. www.Smokeyoakstavern.com OFFER EXPIRES FEBRUARY 12TH 2017

SMOKEY OAKS TAVERN
Never pretentious. Always satisfying.
9634 Fair Oaks Blvd. Fair Oaks, Ca. 95628
916-536-9330

GEM MORTGAGE
A Division of Golden Empire Mortgage, Inc.

First Time Home Buyers Seminar

Wednesday, February 15th, 2017 at 6p.m.
or
Saturday, February 18th, 2017 at 10a.m.

Join Us To Learn About

- First Time Home Programs • Buyer Down Payment Assistance Programs
- Grant Programs • Understanding Your Credit
- Free/No Obligation Credit Consultation for Registered Attendees

Presented By

Golden Empire Mortgage, Inc.
Senior Mortgage Consultant *Donna Ponce (NMLS#1003202)
Branch Manager *Brad Puckett (NMLS# 267357)

Please RSVP by Calling Donna Ponce 916-616-7993

(Space is limited and Reservations are Required)

Email: dponce@gemcorp.com
Golden Empire Mortgage, Inc. NMLS# 2427
9245 Laguna Springs Dr., #200
Elk Grove, CA 95758

Double Play!

1. Guaranteed Delivery of the American River Messenger
2. Guaranteed Delivery of The Sunday Sacramento Bee

Get a great deal on this six month subscription for only:

\$15⁰⁰

YES! START MY SUBSCRIPTION NOW!

NAME _____

ADDRESS _____

CITY _____ ZIP _____

PHONE (____) _____ EMAIL _____ (OPTIONAL)

* To opt-out of delivery of the Sacramento Bee, simply check this box

MAIL YOUR PAYMENT TO:
MESSENGER PUBLISHING GROUP
7144 FAIR OAKS BOULEVARD, SUITE 5
CARMICHAEL, CA 95608

ARM
*Some delivery restrictions may apply.

As a valued American River Messenger subscriber, you receive the Sunday Sacramento Bee as part of your subscription. BOTH NEWSPAPERS FOR ONLY \$15 FOR 6 MONTHS!

IT'S THE PERFECT COMBINATION!

Offer available to new and current subscribers. To take advantage of this unique opportunity please call (916) 773-1111.

Adoption

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

Antiques Wanted

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

Autos Wanted

DONATE YOUR CAR, TRUCK, OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 800-731-5042. (Cal-SCAN)

GET CASH FOR CARS/ TRUCKS!!! All Makes/ Models 2000-2016! Top \$\$\$ Paid! Any Condition! Used or wrecked. Running or Not. Free Towing! Call For Offer: 1-888-417-9150. (Cal-SCAN)

Got an older car, boat or RV? Do the humane thing. Donate it to the Humane Society. Call 1-800-743-1482 (Cal-SCAN)

WANTED! Old Porsche 356/911/912 for restoration by hobbyist 1948-1973 Only. Any condition, top \$ paid! PLEASE LEAVE MESSAGE (707) 965-9546 (Cal-SCAN)

Cable/Satellite TV

DISH TV - BEST DEAL EVER! Only \$39.99/mo. Plus \$14.99/mo. Internet (where avail.) FREE Streaming. FREE Install (up to 6 rooms.) FREE HD-DVR. Call 1-800-357-0810 (Cal-SCAN)

Switch to DIRECTV. Lock in 2-Year Price Guarantee (\$50/month) w/ AT&T Wireless. Over 145 Channels PLUS Popular Movie Networks for Three Months, No Cost! Call 1-800-385-9017 (Cal-SCAN)

Financial Services

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

IMMEDIATE CASH.COM

(818) 841-2400 (Cal-SCAN)

Fitness/Yoga

Your Fitness Genie
Making Your Fitness Goals Come True!
16 Years of Experience
3 Sessions for \$99, new clients only
• Weight Loss • Injury Recovery • Senior Fitness • Yoga • Pilates
Be Active, Call Today!
Jenn@YourFitnessGenie.com
(916) 768-8767

For Sale

Classic Album Collection
Get hours of fun and enjoyment out of this classic album collection. Over 150 used albums. Country (Haggard, Jennings, Robbins, Hank Williams, Johnny Cash), some Rock, some Pop, Classical Collections, unique soundtracks, many Christmas classics. Get all 150 for only \$200 cash. Call Paul at 916-773-7337. Pick up in Carmichael.

For Sale
1992 Corolla DX 4dr AT. White, good cond. Clean. \$1250. 916.858-1018. Lv msg.

Handyman

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

Health & Medical

Got Knee Pain? Back Pain? Shoulder Pain? Get a pain-relieving brace - little or NO cost to you. Medicare Patients Call Health Hotline Now! 1-800-796-5091 (Cal-SCAN)

Stop OVERPAYING for your prescriptions! SAVE! Call our licensed Canadian and International pharmacy, compare prices and get \$25.00 OFF your first prescription! CALL 1-800-273-0209 Promo Code CDC201625 (Cal-SCAN)

OXYGEN - Anytime. Anywhere. No tanks to refill. No deliveries. Only 4.8 pounds and FAA approved for air travel! May be covered by medicare. Call for FREE info kit: 844-359-3976. (Cal-SCAN)

Help Wanted

TRUCK DRIVERS Obtain Class A CDL in 3 weeks Company Sponsored Training Also Hiring Experienced and Recent Graduates Must be 21 or Older Call: (866) 275-2349 (Cal-SCAN)

HELP WANTED
Business Analyst - One Inc. Job site: 620 Coolidge Dr. Suite 200. Folsom CA 95630: Facilitate development process including gathering reqs, design and testing. Mail resume to job site. Attn: Peter Kondrashov

Home Maintenance

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

Insurance/Health

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

WE SUPPORT OUR MILITARY

Landscaping

CREATE YOUR PARADISE

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

Lawn / Yard Care

JOHN WILLIAMSON LAWN & YARD. Res/comm. Wkly services, cleanups, pruning, gutters. Riding mow pro. call. 916-508-2158 BizLic 836256
Not serving Gold River/ Rancho

Medical Supplies / Equipment

Safe Step Walk-in Tub Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 800-799-4811 for \$750 Off. (Cal-SCAN)

Miscellaneous

HOME BREAK-INS take less than 60 SECONDS. Don't wait! Protect your family, your home, your assets NOW for as little as 70c a day! Call 855-404-7601 (Cal-SCAN)

SAWMILLS from only \$4397.00- MAKE & SAVE MONEY with your own bandmill- Cut lumber any dimension. In stock ready to ship! FREE Info/DVD: www.NorwoodSawmills.com 1-800-578-1363 Ext.300N (Cal-SCAN)

KILL BED BUGS! Buy Harris Bed Bug Killers/KIT Complete Treatment System. Available: Hardware Stores, The Home Depot, homedepot.com. Try Harris Guaranteed Roach Killers. (Cal-SCAN)

Music Lessons

Guitar Lessons - Beginner to Advanced. \$10/half hour. \$15/hour. freddiebaltbert1@yahoo.com. 530-263-6926 (MPG 12-30-17)

Pets/Animals

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

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

PLUMBING

French Connection

Plumbing (916) 833-7618
If your husband did the job, call me!
• Emergency Plumbing
• New Construction
• Gasline Repipe
• Sewer Inspection
40 YRS Experience
Contractor Lic.#936953
STOP DON'T GET RIPPED OFF!

Roofing

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

RV Sales

Bill Eads RVs
Buy, Sell, Trade & Consign

"Results.... not Promises"
Number 1 Consignment Lot in Northern California

We Pay Top \$\$ for clean RVs!
Great, Secure I-80 Freeway Location.

Lic & Bonded - 29 Years Exp!
Check out **BillEadsRV.com**
4409 Granite Dr. Rocklin, CA
Office 916-624-7600
Bill 916-878-0273

Senior Living

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

Tax Services

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

Tractor Work

TALL WEEDS, blackberrys cut, dirt moving, discing, trenching, rototill, bobcat backhoe. Dave #571637 916-988-3283
MPG 10-28-16

Tree Service

BP TREE SERVICES

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

Wanted

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

Need Room to Rent

Extra room?
Mature woman needs a room to rent w/ female or family. Employed (caregiver), responsible \$650/neg 916 308-9519

Work Wanted

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

Real Estate Loans

RETIRED COUPLE \$\$\$\$ for business purpose Real Estate loans. Credit unimportant. V.I.P. Trust Deed Company www.viploan.com Call 818 248-0000 Broker-principal BRE 01041073. (Cal-SCAN)

Classified Advertising

Sell Your Stuff! Reach 1000's of Readers Every Week!
MPG
CALL 773-1111

Crossword Puzzle on Page 5

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

YOGA

Restorative YOGA
\$10 Donation.
Sunday Night
7-8:15pm. Louise 729-0103.

GOT LOCAL NEWS?

Call 773-1111

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

Sudoku Puzzle on Page 5

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

RETIRED COUPLE

Has \$\$\$\$ to lend on California Real Estate*
V.I.P. TRUST DEED COMPANY
OVER 35 YEARS OF FAST FUNDING
Principal **(818) 248-0000** Broker
WWW.VIPLAN.COM *Sufficient equity required- no consumer loans
Real Estate License #01041073 CA Bureau of Real Estate, NMLS #339217
Private Party loans generally have higher interest rates, points & fees than conventional documented loans

Monsanto's ROUND UP

Diagnosed with a serious medical condition, including Non-Hodgkin's Lymphoma, after exposure to Monsanto's Round Up pesticide? You may be entitled to compensation
Call Andrus Wagstaff, PC
Toll Free: 866-795-9529
(PAID ADVERTISEMENT)

Specialties Plus

- Machine Repairs (all makes and models)
- Toner Cartridge Refills (using Cartridge World? Take 10% off their price & try mine)
- Free Cleaning (with our cartridge)
- Service Contracts (monthly or yearly)
- Lease or Rent
- High Volume Copying (save wear & tear on your machine)
- We are Local

Specializing in Digital Printers, Copiers, Fax & Multifunction Machines
E-mail: **specpluscopiers@gmail.com**
(916) 723-8430

CALL A PROFESSIONAL Business & Service Directory

LANDSCAPE SERVICES

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

COMMERCIAL JANITORIAL SERVICES

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

MASONRY WORK

"You Visualize and I'll Customize Masonry"
Masonry
7029 checkerbloom way, Citrus Heights, CA 95610
• Brick • Flagstone • Retaining Walls • Chimneys
• Fireplaces • Mailboxes • Walkways • Restoration
• Fencing-Wrought Iron & Wood • Stamped Concrete
• Interior Design and so much more!!
(916)-826-9796 (605)-786-2227
fmasonry2011@gmail.com
Contractors Lic. #810329 c-29 c-13

TAX / BOOKKEEPING

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

IF YOU'RE READING THIS SO ARE YOUR CUSTOMERS

Advertise Your Business Here
CALL 773-1111

COMPUTER SERVICES

Zinsky's
PC Configurations
"Don't replace it - REPAIR IT!"
Custom Desktop Computer Configurations
• PC Repair • Home Wireless Networking
• Installations • Viri & Spyware Eradication
Alan Zinsky
Phone: **916-622-2269**
Zconfig@sbglobal.net
Bus. Lic. # 305312 • B. E. A. R. Reg. #84416
www.zinskyspcrepair.com

DRUG AND ALCOHOL REHABILITATION

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

HOUSE CLEANING SERVICES

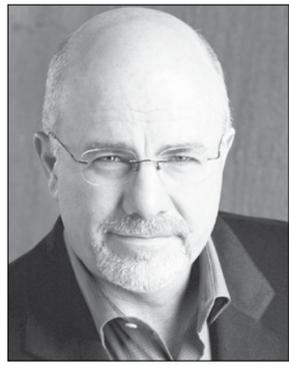
Sparkle Clean Agency
Communication just as important as great cleaning
• Serving greater Sac since 1987
• Professional cleaners
• Detail oriented
• Floor cleaning on hands and knees
• Move ins/outs
Call for FREE estimates
916-483-2009
annspkcln@gmail.com
residentialcleaningsacramento.com
Sparkle Clean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

PARALEGAL SERVICES

Living Trust • Living Will
Includes: Trust, Will, Powers of Attorney, Family Residence Deed
Single \$495 • Couple \$550
Call Lynda K. Knight (916) 214-1215
1337 Howe Ave. Suite 103, Sacramento

WATCH REPAIR

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



Dave Says

starts paying on time. You might also ask if she needs help budgeting her money. I mean, if she's got a good job her money has to be going somewhere, right? The problem is that it's not going to the proper places.

I know you think that by being subtle or avoiding the situation you're being nice, but you're not. You're being passive-aggressive. You just have to smile and say, "This isn't going to happen anymore. You're going to get your act together, and I'll help you all I can, but you need to start paying on time or the roommate situation is over."

Is that tough love? No, it's just love.

—Dave

Savings vs Pay Off

Dear Dave,

My wife and I owe \$90,000 on our mortgage, and we have no other debt. We are able to save about \$20,000 a year, so we could have the house paid off in just over four years. She likes the idea of having lots of money saved up, but I would love to be completely debt-free. Should we pay off the house or hang on to the savings?

- Jason

Dear Jason,

Let's pretend your house is already paid for in full. Would you borrow on your home so that you had enough cash that your wife liked it? You say you wouldn't, so what's the

difference? If you had a paid-for house and you wouldn't borrow on it to have cash laying around to feel better, why wouldn't you use the cash laying around to pay off the house? It's the same thing.

The first thing you want to consider is having an emergency fund of three to six months of expenses. You also need to make sure you're putting aside 15 percent of your income for retirement. Other than that, if you have enough cash laying around to pay off your home and you don't, it's the same thing as having borrowed on your home in order to have cash laying around.

If I'm in your shoes, as soon as the emergency fund is in place — six months of expenses since your wife likes the security factor — and 15 percent is being put away for retirement, I'd take the other money and throw it at the house. Get that thing paid off as fast as you can!

—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. ★



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.

Your New County Supervisor

It's official — I am your New Supervisor! I cannot fully express what an honor and privilege it is to serve as Sacramento County District 4 Supervisor. I want to sincerely thank Orangevale for its enthusiastic support for my campaign — thanks to you, I'm proud to share that we won Orangevale by a strong majority!

Orangevale Community Update

My priorities remain clear — we need to ensure strong public safety, fix our roads, encourage economic development, support veterans and tackle the growing homeless problem. And, I want to make sure that I am hearing from and responding to the community.

I am taking ninety days to assess or operations and establish systems that will enable us to best serve the residents and businesses in our district.

You will soon be invited to participate in a survey that will help us evaluate and improve our services based on what you want to see.

I will also be continuing the Community Cabinet Meetings (although we may change names, format and timing to improve communication). I want to expand them to boost participation and input from the community.

My first goal for these meetings is to listen to the community — but also to share my vision for District 4, provide a sneak preview into our

operations at the County, and update you on current issues that could potentially impact Orangevale.

I will be reaching out to you with a regular email newsletter (so please sign-up at <http://www.bos.saccounty.net/District4>) that focuses on the county - and issues specific to Orangevale. We will also be establishing informal Citizen Advisory Committees that specifically address the most pressing issues. If you wish to participate please contact Matt Hedges at hedgesm@saccounty.net.

Again, thank you Orangevale for the strong support and for entrusting me the great honor and responsibility of serving you!

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

To be unclear is to be unkind

Dear Dave,

My friend and I are roommates, and we've always had an agreement that we split each of the bills fifty-fifty. We both work and have decent jobs, but for the last couple of months she's been really late in paying her half of the bills. She says she's broke. I don't want to be mean, but how can I approach her about this situation?

- Alice

Dear Alice,

I understand that you don't want to be mean to a friend, but situations like this should be addressed quickly and directly. No matter whether you're talking about friendships or business dealings, to be unclear is to be unkind.

Turn off the television, sit down with her, and have a kind but firm conversation. Let her know that the roommate agreement is no longer working because she isn't paying her bills on time. Make sure she understands that the two of you are not going to be able to stay there together anymore unless she

Governor's Statement on Cancer

SACRAMENTO, CA (MPG) - The Office of the Governor announced January 28, 2017 that Governor Edmund G. Brown Jr. will undergo further treatment for prostate cancer.

Dr. Eric Small, Governor Brown's oncologist at the University of California, San

Francisco Medical Center, issued the following statement:

"Fortunately this is not extensive disease, can be readily treated with a short course of radiotherapy, and there are not expected to be any significant side effects. The prognosis for Governor Brown is excellent."

Governor Brown continues his full work schedule and will do so during the treatment, which is expected to occur between late February and early March.

Released from the Office of Governor Brown ★

STATEPOINT CROSSWORD • US PRESIDENTS

CLUES

ACROSS

- Sometimes greener on the other side
- Moray _____
- United _____ Emirates
- Piled up a debt
- Cross country foot gear
- Tequila source
- UV light absorber
- *Fala to F. D. Roosevelt
- Andrea Bocelli, e.g.
- *He also went by name Jack
- *One of 4 to die of natural causes while in office
- Hostile
- Sub station?
- Opposite of hence
- With minimal sound distortion
- *President submits one to Congress
- River obstruction, pl.
- Cyran's distinctive feature
- Covered with fungus
- Wet nurse
- Better then good
- Christmas Day in France
- Short skirts
- Small European freshwater fish
- Hefty volume
- Whine
- Jerk in Yiddish
- Ides mo.
- "For Pete's _____"
- Hawaiian dish
- *First Baby Boomer to become President
- *Andrew or Lyndon
- Don McLean: "Drove my chevy to the _____"
- Spermatozoa counterpart
- Cuckoo
- Nautical cease
- Collagen target
- Mulled wine
- Refuses to

CROSSWORD												
1	2	3	4	5	6	7	8	9	10	11	12	
13					14			15				
16					17			18				
19				20			21	22				
23					24							
25	26	27	28	29	30	31	32	33	34			
35		36		37		38		39				
40				41			42		43			
44			45		46				47			
48				49		50			51		52	
				53		54			55		56	
57	58	59	60				61			62	63	64
65					66	67			68			
69					70				71			
72					73				74			

Our Best Deal Ever!

DISH TV

\$39.99 MO

2 Year Price Guaranteed

INTERNET

\$14.95 MO

Where Available

Free Installation!

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

for more information

© StatePoint Media **Crossword Puzzle Solutions on Page 4**

- ### DOWN
- Get the meaning of something
 - Level to the ground
 - At another time, to Romeo or Juliet
 - Saddam Hussein's Islam
 - *Delivered at inauguration
 - Sports award
 - Augment
 - Like a ballerina
 - Wine quality
 - Hindu princess
 - Shakespeare's hometown river
 - Mountain in Germany
 - Nero's court
 - Faulkner's "As I Lay _____"
 - Priest's robe
 - Polio, e.g.
 - *Presidential father or son
 - Gavroche, e.g.
 - Muscat resident
 - *He pardoned Nixon
 - Negative contraction
 - Low light

- a.k.a. dropsy
- *Tippecanoe and _____ Too"
- Convict's weapon
- Per person
- Pace of music
- Six lines in a sonnet
- _____tzu
- "_____ and aahing"
- *Grassy _____ of JFK assassination
- Like most intimate circle of friends
- Raven's foot
- Left to a Russian
- Director Reitman
- It empties when kids move out
- Humorous anecdote
- Kind of palm
- Cross to bear
- Nessie's Loch
- Contend

SUDOKU

GOT KNEE PAIN?

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

Medicare Patients Call Us Right Now **1-800-984-0360**

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

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



Make It Fun and It Will Get Done!
The Secret to Being Organized

Pam Young's Corner

Lessons You Can Learn from Having the Flu

There's a wonderful cartoon by Gary Larson depicting two mosquitos on the skin of a human and one of the mosquitos has her sucker in the human and her body is swollen up like a balloon that's ready to burst. The other mosquito says, "Pull out! Betty! Pull out!!! You've hit an artery!"

I had the flu in January and during my illness I really learned a valuable thing. I noticed that when I'd start to entertain scary thoughts (mainly of dying) it was like a stream of thought that if I allowed myself to go there, I'd get swept up in fear. That's when the image of Gary's mosquito cartoon came to me. So whenever I'd start to think a negative thought that could go into a rushing stream of more negative thoughts, I'd say to myself, "Pull out! Betty! Pull out!!!" So far it has stopped me every time and made me giggle! It was great to put such humor to my situation and I know it aided in my healing. I love the name Betty for a mosquito and I love Gary for his incredible humor.

The interesting thing is that

I've used Betty the mosquito for all manner of negative thought now that I'm not sick! When I start to get mad, sad, worried and such I immediately say, "Pull out! Betty! Pull out!!! Then I poke my sucker into a thought artery of joy, excitement, peace, or whatever positive artery I chose. It is amazing how much power we have to change our minds.

If we can practice pulling out before we get into deep doo doo, we can keep our minds full of positive ideas un-mucked-up by past or future negative thought patterns. As we keep our minds stayed on positive ideas our circumstances begin to change in good ways as we stand guard at that doorway of thinking.

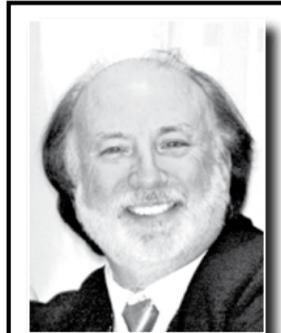
I discovered that being ill is a great time to de-clutter even more than the regular surface de-cluttering we do every day. When you look at your stuff with "sick" eyes you really can question why you're holding onto anything you don't use regularly. I took a very serious look at the bookshelves in my office and I decided if I haven't looked in a book on my shelf

in the last year, it's time for it to go. I did the same with CDs and DVDs.

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 I hadn't considered cassette tapes, CDs and DVDs. When those suckers had babies when I wasn't looking I realized that because of technology I'd left those babies in their little box nurseries unattended for years, when they could have been given to adoptive parents who could take care of them and use them.

Terry and I get all of our entertainment on the internet and our mass collection of DVDs of movies just sits, alphabetized on the shelves of our in home theater. Shameful. It took getting sick to realize what we were doing.

If you've got the flu, use some of the rest time to de-clutter what you are not using. You'll be serving yourself and those who can use what you aren't. ★



Publisher, Paul V. Scholl

American River Messenger is a member of Messenger Publishing Group

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

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

AMERICAN RIVER Messenger

Serving Fair Oaks, Orangevale and Sacramento County since 2006

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

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

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

We are proud members of these newspaper associations.



Why Did God Give Us Winter?

Dr. James L. Snyder

Living in Florida my idea of winter is anytime the temperature drops below 60°. At that point, I do the shiver-me-timbers dance. You don't want to know!

I have a rare disease called Coldaphobia. As far as I know, there is no cure for this except escaping to Florida. Even here, cold will manage to sometimes poke its nose into my business. All I can do at the time is sneeze, hoping it will scare the cold away.

Experiencing a rather cold afternoon this past week, I queried the Gracious Mistress of the Parsonage on this subject.

"Why," I asked rather philosophically, "did God give us winter?"

There are times when I do muse philosophically with a far-off look.

In this mode, I sometimes think about that philosophical question, "How many angels can dance on the point of a needle?" I've often mused on this question, but the problem is I do not know how big angels are and if they really can dance.

I guess it is in the same category as the question, "If a tree fell in the middle of a forest and nobody's around, does it make a sound?"

I like to think along those lines because there is no correct answer to any of them. So, my answer is right, which makes me feel good about myself. If there is anything I want to do, it is to feel good about myself. After all, nobody else feels good about me so it might as well be me.

With all that in mind, the question that I posed to my wife deserved an answer. "Why did God give us winter?"

My wife was busy in the kitchen at the time, but she turned around, put both hands on her hips and said, "So you could go out and buy a new sweater." Then she went back to her kitchen activity.

Of course, it did not really

answer my question. Why is God interested in my sweaters? Why can't he allow me to have a climate that eliminates the use of sweaters? I could handle that.

Then my wife interrupted my muse session and said, "God gave us winter so that we would appreciate summer when it came." Then she went back to her kitchen work.

As I thought about that, I had to admit that she is right.

That happens all the time. God gives us something that is not very comfortable at the time and then when it goes away we appreciate the quiet time.

Just like the neighbors when they are playing their music so loud it is thumping in my head, when they turn it off I appreciate the silence. But when all I have is silence, I fail to really value it.

Getting back to winter. Of course, from my perspective, I cannot see any real value in winter. Sure, some people like snow. The only snow I like is on postcards. I have had enough of snow in my life that I do not want any more of it.

Some people enjoy the snow; sledding, skiing, making snow angels. All of these things I can do without, thank you very much.

However, as I was shivering this terrible winter afternoon, I got to thinking about how wonderful summer really is. In the middle of summer, I do not really appreciate it, as I should. Once it has gone, I sure do miss it.

As I was shivering, I was thinking about all of the positive things about summer. And boy, are there many positive things about summer.

For me, the most positive thing about summer is the fact that I am not dealing with cold. I love the heat and it cannot get too hot for me.

As I was thinking along this line, I remembered one summer afternoon that was so stinking hot that

could hardly breathe. My wife was sitting across the porch, she happened to sigh very deeply and say, "I'm tired of this hot weather."

Of course, I love my wife and who wouldn't, but I cannot identify with being tired of hot weather. How can you be tired of hot weather?

For me, I enjoy hot weather and the hotter the better for me. I do not mind sweating. One of the best things about summer is when I can say, "Honey, I would love to do that or go there but it's really too hot." She will smile at me and say, "Yes, I think you're right. It is too hot."

Enough said. So why did God really create winter? It is in the winter when I am shivering so much, coughing and sneezing that I really begin to appreciate the significance of summer.

In order to get us to appreciate something God takes it away from us temporarily until we come to the point of full appreciation. I believe God knows what he is doing. Going through a trial with all kinds of frustration and aggravation, I begin to appreciate those quiet times of waiting upon God.

I wonder if that's what Peter had in mind when he wrote, "That the trial of your faith, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honour and glory at the appearing of Jesus Christ:" (1 Peter 1:7).

All those trials of winter lead me to praise God for the glory of summer.

Dr. James L. Snyder is pastor of the Family of God Fellowship Ocala, FL where he lives with the Gracious Mistress of the Parsonage. Call him at 1-866-552-2543 or e-mail jamesnyder2@att.net. His web site is www.jamesnyderministries.com. ★



By Pastor Ray Dare

Life is not an unbroken series of victories. Everybody experiences failure in life. We all have setbacks, failures, defeats, losses. Sometimes a defeat can overwhelm you. This is the way Job felt when he said, "My days have passed. *My plans are shattered and so are the desires of my heart.*" Job 17:11

What do you do when you feel like "your days are past and your plans have been shattered"? God says, "Forget what happened before, and do not think about the past. *Look at the new thing that I am going to do. It is already happening. Don't you see it? I will make a road in the desert and rivers in the dry land.*" Isaiah 43:18-19. God says there are three ways you can make a fresh start this year.

Forget the Past. Your past is past. You cannot change the

Pastor Ray's Encouraging Words

You Can Make a Fresh Start

past by worrying about it or by resenting it. If you failed at something, you're not washed up unless you choose to quit and reject God's grace. God will forgive you; you need to learn to forgive yourself. If someone has failed you, then the only way you're going to get on with your future is when you forgive them. Forgiveness is a choice, not a feeling. You choose to forgive them by choosing not to focus on the hurt, the offense. That's what God means when he says, "... *don't think about the past.*"

Perceive Your Possibilities. God says, "Look at the new..." Don't ponder your past - Perceive your possibilities. Be positive and expect God to complete what He started in you. "God began doing a good work in you, and I am sure he will continue it until it is finished when Jesus Christ comes again." Philippians 1:6 (NCV) You may think, "It's too late, I've lost too much time, I'll never recover, my life is half over, I'm not even going to try to try again!" Don't even think that way - not for a minute!

Yes, you may have blown it. You may have fallen out of the race. You may have even been pushed out by other people. But God is not through with you! It's not how you start the race of life that matters - it's how you finish.

Expect God's Help. God says, "I will make a road in the desert and rivers in dry land." God says "I will do it." I will do for you what you cannot do for yourself. God says, 'I will make a road...a way out.' Maybe you've felt emotionally overwhelmed, God says, 'I will make rivers in dry places...I will refresh you.'

One of my favorite verses in the Bible is Jonah 3:1, "And the word of the Lord came unto Jonah a second time." God is the God of second chances. I don't care how many times you've failed, God never gets tired of forgiving and it's never too late to start over!

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

YOU'RE INVITED!
Sundays 10:00a.m.
A Purpose Driven Church
"We do Church Differently"



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



By Marlys Johnsen Norris, Christian Author

The beautiful love of God within one is like a Rock of Fire warming the soul with passion for all those who do not know the depth of God's magnificent love for them. The Master Designer Creator of our universe has a divine plan for each human being He has brought into the world. His love will illumine and light their path way of life when they seek, find and truly know Him.

The closer one walks to the warmth of His loving fire, is like the coals in a fireplace igniting one with his abiding and perfect love. He fills them with passion to share their love story with others.

Warning: Never Become a Stumbling Block!

Often when they do --they pull away, frightened and misled in their understanding. The cup one believed they were gently pouring does not ignite their fire but quench it. Their thirst for the opposite overwhelms and drowns them. The enemy of their soul reaches to take them. Resentment and misunderstanding are birthed in their hearts and . . . we become their "stumbling block". One thing we have feared of becoming all of our Christian life.

A warning we read years before from the Scriptures is clear. "Be careful, however that the exercise of your freedom does not become a stumbling block to the weak. So this weak brother/sister, for whom Christ died is destroyed by your knowledge. When you sin against your brothers (anyone) in this way and wound their weak conscience, you sin against Christ". (1 Cor. 8 & 11:13) So Important Read also: Romans 14:13, 1 Cor.10:32, 11 Cor. 6:2, 3, 1 Peter 2:8, Isaiah 8:14 and Ephesians 6:20.

Surprised, humbled and very ashamed we realized we were a

stumbling block -- bowing before God and asking for forgiveness. Tears coming down from our eyes we pray "I am so sorry, God please forgive me". Our next step is to honestly and humbly ask forgiveness to the one we have offended. We desire them to hear our love and have reconciliation.

God reveals that Satan is so cunning, he will attempt to destroy our relationships and take away "any one we love dearly" especially where a believer thinks in an area they have been successful and strong. The enemy knows: that out of one's zealotness and love for God sharing the hope that was within us — We became vulnerable and violated boundaries. Thereby, becoming a huge stumbling block for what we had hoped to convey to them. Daily I ponder -- God will always forgive us, but will they? Only time will tell!

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

WIDOWED PERSONS ASSOCIATION OF CALIFORNIA



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

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

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

Grace Baptist Church



Come and Experience God's Amazing Grace

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

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

Service Schedules

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

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

Call for more information

Senior Produce Market

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

Outstanding quality produce at low wholesale prices!!
CASH ONLY

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

Saint Francis Episcopal Church

welcomes you

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

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

Got Church News?

We want to Hear From You!

Call 773-1111

MPG CALL 773-1111 TO ADVERTISE



POPPOFF!

with Mary Jane Popp

Heartfelt

We celebrate with cards and flowers and candy, but why do we exchange some 150 million cards making this day the second most popular card sending holiday after Christmas? It's Valentine's Day of course! Did you ever wonder how this day became one of love and romance? First of all, the holiday's roots are in the ancient Roman festival of Lupercalia, a fertility celebration commemorated annually on February 15. Pope Gelasius I recast this pagan festival as a Christian feast day circa 496, declaring February 14 to be Valentine's Day. It was not until the 14th century that this Christian feast became associated with love. According to UCLA medieval scholar Henry Angsgar Kelly, it was Chaucer who first linked St. Valentine's Day with romance. In 1381, Chaucer composed a poem in honor of the engagement between England's Richard

II and Anne of Bohemia. As was the poetic tradition, Chaucer associated the occasion with a feast day. In "The Parliament of Fowls," the royal engagement, the mating season of birds, and St. Valentine's Day are linked. Over the centuries, the holiday evolved, and by the 18th century, gift-giving and exchanging handmade cards had become common in England. The making of handmade cards with ribbons and lace and featuring cupids and hearts eventually spread to the American colonies. But the tradition did not become widespread in the U.S. until the 1850's when Esther Howland began mass-producing those cards. A real entrepreneur to the max since, according to the American Greeting Card Association, 25% of all cards sent each year are valentines. Now that we know the history of Valentine's Day, including February being Heart month even for the American Heart Association, I wanted to share my feelings and emotions and reasons to send that card. It's all about what that HEART really means!

H is for **HELPING HAND** you can give to the one you love even when it is not asked for.

E is for the **EVOLUTION** of love in a relationship that

begins with attraction and chemistry and develops into a lasting friendship and total devotion.

A is for **ALLOWING** your heartfelt emotions to overcome any petty differences for the sake of love first and foremost.

R is **RISING** to the occasion no matter how difficult the situation may be because your love for this person will overcome all doubts and fears. **T** is for **TOTAL** commitment not only the person, but to the relationship with all your heart and soul, and if you can't make that commitment, then no paper or contract will make it stick.

Bottom line is that love has to come from the heart. No fancy flowers or big box of chocolates...well maybe the chocolates...can show your true love. It has to be a daily thing with little actions that show your devotion...a nice word, a little hug, a special look that says you are thinking of him or her. It doesn't come with fancy dining places and how much money you spend. It comes with caring, really caring about someone you have taken into your heart and has become your best love and friend! **HAPPY VALENTINE'S DAY** filled with bunches of love! ★

Sacramento County DA Reports



"Non-Violent Second-Striker" Early Prison Releases: January 2017 Update

DATE: February 1, 2017

In January 2015, the Department of Corrections and Rehabilitation (CDCR) began a new parole determination process, evaluating "non-violent second-strikers" for early parole. If early release is granted, they are released after serving only 50% of their sentences. Under existing law, they would otherwise have to serve 80% of their sentences before being eligible for parole.

Upon receipt of inmate names from CDCR with a recommendation for release, the Board of Parole Hearings [BPH] conducts an administrative review to determine if the inmate should be released early from prison as a 'non-violent second-striker.' BPH forwards the names of these eligible inmates to District Attorneys' offices and invites input in making their determination about the inmate's potential early release. Unlike parole hearings, where the prosecution, defense attorney and victim may appear, there is no public hearing for these administrative reviews. Rather, the decision is made purely by CDCR administrative staff. Additionally, prior to consideration for early release, no evidence-based "risk assessment" is conducted to determine if the inmate poses a danger to the public.

The Sacramento County District Attorney's Office takes an active role in evaluating these cases and writes letters to the Board with an overview of the inmate's criminal history and current commitment offense, an opinion regarding the public safety risk posed by the inmate, and the appropriateness of an offender's early release. The Board determines whether an offender would pose an unreasonable risk to public safety based on their prior criminal history, facts behind their current commitment offense, behavior in prison, rehabilitation efforts, whether the inmate has any medical condition which might affect his ability to re-offend, and written statements.

In November 2015, the Sacramento County District Attorney's Office began posting on its website information about "non-violent second-strike" offenders who have been granted early release from prison.

As of January 31, 2017, 196 inmates sentenced from Sacramento County have been

granted early prison releases. Given the number of violent offenders who continue to be granted early release, DA Anne Marie Schubert began monthly updates to provide the public with a sampling of the noteworthy criminals who appear to pose a risk to public safety, but are being granted early release into our community as 'non-violent second-strikers.'

In the month of December 2016 and January 2017, inmates granted early prison release include:

Eric Jeffrey Nelson (Case #14F03928) – Nelson's first strike conviction was in 2008. In 2011, Nelson was convicted of his second strike in Nevada. Nelson was convicted again for assault with a deadly weapon, this time causing great bodily injury, and a gang enhancement. He received a 24 to 60 month prison sentence. After being released from prison, Nelson returned to California and was still on probation for his 2008 conviction. All of Nelson's crimes since 2008 have been committed while on probation or parole. In June 2014, Nelson committed his current offense of hit and run causing death. Nelson received a sentence of 6 years in prison for this offense.

Marcus Brogdon (Case #15F05542) – Brogdon has a 2009 strike conviction for robbery. In September 2015, Brogdon was riding a motorcycle when an officer noticed his motorcycle had expired registration. When he was apprehended, he was found to be in possession of a 9 mm handgun that was loaded with 10 rounds of ammunition, which Brogdon was not permitted to possess because of previous convictions. He received a sentence of 2 years and 8 months in state prison.

Aaron Wellington Hudson (Case #15F06287) – Hudson has a prior 2007 strike conviction for assault with a firearm. Less than one year after this strike conviction, Hudson was convicted of possession of a firearm by a convicted felon and possession of a controlled substance with a firearm. He received a sentence of 7 years and 8 months in state prison. In October 2015, Hudson was again found to be in possession of a loaded .45 caliber firearm and loaded .45 caliber magazine. Hudson was sentenced to 32 months in state prison. ★

Fair Oaks EcoHousing

A Family-Friendly Green Neighborhood

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

Join us for a monthly site tour

For more information, visit FairOaksEcoHousing.org

THE MUSIC OF DOWNTON ABBEY



Fans can enjoy music from the popular TV Series by Emmy Award-winning composer John Lunn.

SATURDAY, MARCH 18, 2017 AT 8:00 PM

Pre-concert talk at 7:00 PM by Conductor Donald Kendrick

Sacramento Community Center Theater

PLAN TO GET YOUR TICKETS EARLY for this unique concert experience

- British chorus and orchestra gems from the era by Vaughan Williams, Stanford, Parry, Elgar, Holst
- Narrations about memorable Downton Abbey events
- Audience participation, digital green screen photo op
- All are welcome to attend in post-Edwardian England dress
- English tea at the post-concert reception



Donald Kendrick | Music Director

In partnership with **KVIE**

CCT Box Office | 916.808.5181 or TICKETS.COM

SACRAMENTOCHORAL.COM



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

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

Information Sessions held:

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

7801 Folsom Blvd. | Suite 375
Sacramento | CA 95826

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

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



Union Gospel Mission Sacramento

For more than 50 years, Union Gospel Mission has been serving Sacramento's homeless with shelter, meals, clothing, a rehabilitation program and a life-changing Gospel message. Founded in 1962 by concerned Christians for men in need, the Mission also serves women and children. The Mission is an amazing testament to the good that comes with committed volunteers, inspired leadership and the community's support.

Matthew 25:40
"Caring for the Least"

50+ Years of Service
We accept donations, clothing and goods, 7 Days a week... and prayers always!



(916) 447-3268

400 Bannon Street • Sacramento, CA 95811
Exec. Director, Pastor Tim Lane • P.O. Box 1108, Sacramento, CA 95812

Tune in our Radio Program: KFIA 710 AM, Sun & Mon 3 PM
listen online & visit us at: www.ugmsac.com [Facebook.com/UGMSAC](https://www.facebook.com/UGMSAC)

Singing Valentines Coming Your Way!



(Shown above, one of the many Sacramento Valley Chorus quartets, *Heard & Soul*, include Nancy Maass and Kerry Wood, Roseville; Mary Brookshire, Carmichael, and Bonnie Flint, Camino) Photo courtesy Sacramento Valley Chorus

SACRAMENTO REGION, CA (MPG) - Valentine's Day is almost here! Would you like to give something unique and different this year? Candy and flowers are nice, but adding a Singing Valentine will create a lasting memory! Quartets from Sacramento Valley Chorus will deliver Singing Valentines on Monday, February 13 and Tuesday, February 14. Your sweetheart or a special someone will be surprised and thrilled

when a quartet delivers two songs, a rose, candy and a beautiful card to him or her. The package is only \$45, and can be delivered to the home or business of your choice in the greater Sacramento area, including Placer, El Dorado and Nevada County. Singing Valentines are popular, so call early to ensure availability. Call 916-420-1662, to arrange for delivery.

The award winning Sacramento Valley Chorus,

under the direction of Master Director, Dede Nibler, has approximately 100 members. Ladies from the community are invited to attend rehearsals any Wednesday night at 6:30 pm. Location: Developmental Disability Service Organization, 2331 St. Marks Way, Sacramento, CA 95864

For more information, visit www.SacramentoValleyChorus.com. ★

Widespread Flu Activity that is More Severe than Last Year

CDPH Special Report

SACRAMENTO REGION, CA (MPG) - California Department of Public Health (CDPH) State Public Health Officer Dr. Karen Smith reported today that the state is experiencing widespread influenza activity that is more severe than last year. CDPH has also received the first report of a death associated with influenza in a child younger than 18 years of age. The death occurred in Riverside County.

"This is a tragic reminder that the flu is a serious illness for people of all ages and kills thousands of Americans each year," said Dr. Smith. "If you haven't been immunized yet this season, getting flu shots for you and your family now can still help protect you this winter."

CDPH disease monitoring indicates widespread flu activity

across the state that is more severe than last year. Since the beginning of the influenza season, CDPH has received reports of 14 influenza-associated deaths, including the child in Riverside. This count represents a fraction of the total flu deaths statewide because only deaths in people younger than 65 are reported to the state and not all influenza-related deaths are easily attributable to influenza.

Hospitals statewide have been impacted by a surge in influenza patients, and hospitalizations for pneumonia and influenza at Kaiser Permanente hospitals in Northern California during the week ending January 7 reached 10.2 percent, the highest level recorded in 10 years. "We are closely monitoring the impact of influenza on health care facilities," said Dr. Smith. "Some acute care hospitals in California

are full and have diverted patients to other facilities."

For anyone who has not yet received a flu shot this season, it is not too late. Influenza activity usually continues for several months, and it is still early in the season. CDPH recommends all Californians aged six months and older, including pregnant women, should get the annual flu vaccine. The flu virus circulating this season closely matches the vaccine, suggesting that the vaccine will provide protection against influenza and reduce the risk of severe disease.

The flu vaccine prevents disease due to the most serious wintertime virus, but other viruses are also circulating now.

For more information about influenza visit the CDPH influenza web page. ★

Senator Gaines Introduces Bill to Help Businesses Save Money

SACRAMENTO, CA (MPG) - Senator Ted Gaines (R-El Dorado) has announced Senate Bill 13, which will provide much-needed tax relief to the manufacturing, research and development, software and agricultural industries by expanding an existing sales and use tax exemption.

"Small businesses are the backbone of California's economy and we need to do everything we can to make sure they capitalize on any available tax break," said Senator Gaines. "I will continue to push for lower taxes and simpler, less burdensome regulations to let employers know that California is open for business in order to get our economy back on track."

Existing law allows manufacturers and research and development companies a sales and use tax exemption for their qualifying tangible personal

property purchases up to \$200 million a year. This includes property such as machinery and equipment used for manufacturing activities. Property that is considered to have a useful life of less than one year is excluded.

Senate Bill 13 seeks to expand the definition of businesses eligible to receive this exemption by including software publishers and others who conduct agricultural business activities. It will also increase the annual property purchase limit from \$200 to \$500 million a year. Finally, it will define property as having a useful life of one or more years if the property includes a warranty for one or more years.

Senator Gaines introduced this bill on the heels of recent reports indicating that the existing tax exemption has been severely underutilized. Since its inception on July 1, 2014

through September 30, 2016, businesses utilizing the exemption were only 21 percent of the original estimates made by the Department of Finance and Board of Equalization.

"My hope is that by clarifying and expanding the exemption, that more businesses will be able to take advantage of it," said Senator Gaines. "Businesses should be rewarded for their contributions to our state, not continually penalized at every turn. I'm going to let them keep more of the money they earn instead of shipping it to an unaccountable Sacramento."

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

Endless Conversation About Washington is Hindering Problem Solving in Sacramento

SACRAMENTO, CA (MPG) - Senator Tom Berryhill (R-Twain Harte) cautions Senate Leadership to focus on problems facing California, rather than events in Washington, D.C.

"Problems facing California won't go away simply because we stop talking about them. Obsessing on every move President Trump makes is diverting the time and energy needed

to address California's very real problems. We have been in session for 30 days and have spent zero time figuring out how to afford billions of dollars in unfunded pension liabilities, fix our decaying roads, improve our schools, improve our job market or build dams to store all of the water currently washing out to sea. Constantly talking about what's going on in Washington is

beginning to look like an excuse to avoid doing what our constituents sent us to Sacramento to do."

Senator Berryhill represents parts of Rancho Cordova and the counties of Amador, Calaveras, Inyo, Mariposa, Mono, Stanislaus, Tuolumne and parts of Fresno, Madera, Sacramento and Tulare. ★

Work at Home Offer Leaves Would-Be Employees High and Dry

SACRAMENTO REGION, CA (MPG) - Better Business Bureau (BBB) is warning job seekers of a work-at-home offer from an Internet-based logistics company that identifies themselves as Board of Minutes and Resolutions, or Transuniq. According to their website, transuniq.com, they offer mail forwarding services and are located in Sacramento, California.

Consumers report that they are being solicited by representatives of Transuniq on CareerBuilder for a position with the alleged business as a logistics coordinator. Duties include accepting and reshipping packages, and checking for damaged or defective shipments.

Respondents who accept the offer are told they will receive payment by check, or via direct deposit to their financial institution after a 30-day probationary period. However, consumers say after the 30-day period ends no payment is received.

Transuniq.com claims the business is "operated in an entirely ethical and transparent manner." However, when BBB requested additional details from the

business about their offer, they did not respond.

Additionally, the business lists a Sacramento address on their website, 915 L Street, Suite C433, but applicants should be aware that the website is registered through a domain registration service incorporated in Pakistan.

Better Business Bureau has been unable to locate a valid business registration for Board of Minutes and Resolutions, or Transuniq with any local county or state agency.

BBB urges extreme caution and consideration of the potential risks when participating in re-shipping offers. If the offer is a scam, you may be participating in fraud involving stolen merchandise and/or identity theft.

Tips to Avoid a Reshipping Scam:

- Read the job description thoroughly. Avoid any job offer that involves receiving and reshipping packages. If the offer is a scam, you may be participating in fraud involving stolen merchandise.
- Is the company willing to hire

you on the spot? In general, legitimate companies will not hire you without at least one interview and a background check.

- Does the website seem sloppy, or unfinished? Check whois.com to verify the website's creation date, and be wary of companies with websites that were created very recently. Also be wary of a website with several spelling errors, and distorted or pixelated images. Click here to learn more about identifying a scam website.

- Where is the company located? Do a general web search for the physical address listed on the website. Addresses often lead to empty parking lots, or other legitimate businesses. Be especially wary if the company does not list an address.

- Report scams when you see them. Report fraud and local scams to the Better Business Bureau at bbb.org/scamtracker.

Source: BBB ★

Exporting Oil and Gas Will Import Economic Growth

Commentary by Merrill Matthews

What could turn out to be President Obama's most effective economic policies only just happened: ending the 40-year ban on U.S. crude oil exports and approving terminal construction to export U.S. liquefied natural gas. And a Donald Trump presidency likely means expansion and acceleration of those efforts.

In December 2015, Congress passed a \$1.1 trillion spending bill that lifted the crude oil export ban. The president opposed the repeal, but the bill extended wind and solar energy tax credits, so he took the compromise. By contrast, liquefied natural gas export terminals only require Department of Energy approval. And while permits have been authorized slowly, several have finally been approved.

That action jumpstarted the U.S. oil and gas export business, with Texas LNG terminal projects underway in Freeport, Corpus Christi and Brownsville.

From January to May 2016, the U.S. exported half a million barrels of crude oil daily to 16 countries -- in Europe, South and Central America, including Israel and even China.

Meanwhile, the first U.S. tanker with LNG departed from Louisiana in February 2015. In the first six months of 2016, 50

billion cubic feet (Bcf) of natural gas were exported.

One energy analyst estimates the United States will export 7 Bcf/day by 2020 and 17 Bcf/day by 2040. Current production is about 80 Bcf/day.

First, while the nation consumes more oil than it produces, the United States is projected to become a net gas exporter by halfway through this year. The country needs markets for that abundance of natural gas.

Second, exports enhance economic efficiency. For those who wonder why U.S. companies would export crude oil when the country still imports 24 percent of its oil, the answer has to do with efficiency and refining.

Most U.S. refineries are made to process very heavy oil. But most oil coming from shale formations, comprising half of total production, is light sweet crude oil -- requiring a less-intensive refining process. While some refineries are starting to adapt, that refining transition isn't quickly or cheaply made.

The closest refineries may be operating at or near capacity. Instead of having to discount or store a regional oversupply of crude oil, oil producers should export to refineries abroad that have the capacity to handle it.

Third, U.S. exports could help meet our allies' energy needs -- especially those dependent on oil from countries like Russia,

which use energy supplies as a geopolitical hammer.

The European Union depends on Russia for about a third of its energy needs -- it'd love to have an affordable alternative.

Finally, exporting crude oil and natural gas will jumpstart economic growth and reduce the U.S. trade deficit.

Energy experts Daniel Yergin and Kurt Barrow estimated ending the oil export ban would: Increase daily oil production by 2.3 million barrels and new investment by \$1 trillion; create 860,000 jobs, including many high-paying blue-collar jobs; and add \$3 trillion in federal revenues -- important for a country about to pass the \$20 trillion mark in total federal debt. The energy boom over the past eight years provided real benefits during a time of sluggish economic growth. Without it, the country might've fallen into recession.

Oil and natural gas exports will allow us to extend and expand that boom and become the world's energy-producing powerhouse. But doing so requires faster approvals of LNG terminals and easing federal opposition to drilling offshore and on federal lands, both of which President-elect Donald Trump pledged to do.

Merrill Matthews is a resident scholar with the Institute for Policy Innovation in Dallas, Texas. ★



LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

Call to place your legal advertising **483-2299**

All Legal Ads Published by Messenger Publishing Group



New Sacramento County Ordinance Expanding Urban Farming

Are you looking to bring fresh food into your neighborhood? The new urban agriculture ordinance has now been passed. Urban agriculture is defined as the raising of crops and animals in the urban environment, including growing crops, raising animals (such as egg-laying chickens), bee keeping, and selling the goods grown or produced.

Outline of Sacramento Urban Agriculture Ordinance:

1. It permits gardens, or small farms on vacant parcels in urban and suburban neighborhoods to grow produce to sell.
2. Temporary use permits are available for stands under 120 sq. feet, and stands over 120 sq. feet in area require a conditional use permits to sell produce, eggs, honey, and cottage goods on site.
3. It allows for the raising of limited number of egg laying chickens and ducks for parcels on less than 10,000 sq. feet in all permitted zones.
4. A limited number of beehives are allowed to be permitted for residential and commercial use.

With this ordinance it will bring greater availability and access to fresh produce in what are current urban food deserts.

To confirm the zoning for the neighborhood farming, you can enter your address on line at: http://generalmap.gis.saccounty.net/JS-Viewer/county_portal.html

Food Sale Regulations

Along with freshly grown produce, stands may also sell cottage foods.

Who are you selling to?

The California Homemade Food Act has been in effect since 2013. This new Sacramento County Ordinance allows residents to sell fresh produce, eggs, and approved cottage foods at permitted stands to the public.

Cottage foods unable to be sold include: products containing meat or food that require refrigeration (Cheesecake, cream pies, or desserts with custard fillings) you must contact the local Environmental Management Department of Environmental Health. The Health Department will instruct you on what requirements you must comply with.

For Information on Stand Permitting Contact: Sacramento County Environmental Health Department
<http://www.emd.saccounty.net/EH/Pages/default.aspx>

OR

The Business Environmental Resource Center (BERC)
916-874-2100
SacBerc.org



What are approved cottage foods?

Prohibited Foods Perishable Baked Goods Chutneys Kombucha Pickles Juices Meat Jerkies Fermented foods Carbonated drinks	Snacks Canned Apples Pretzels & Crackers Nuts & Seeds Vegetable Chips * Caramel Corn & Popcorn Granola Chocolate covered items* Marshmallows	Preserves Fruit butters Jam & Jellies * Other Preserves *	Pastries Churros Cones * Pies * Empanadas * Tamales * Other Pastries*
Dry Goods Cereals Dried Vegetables/ Fruits Herbs Pasta Mole Paste Tea*/Coffee* Mixes * Spices & Seasonings	Condiments Honey Syrups Mustards Vinegars Nut Butters	Candy Brittles Chocolate Ground Chocolate Buttercream frosting * Cotton Candy Candies * Fudge	Breads Biscuits/Rolls Cakes * Sweet breads * Breads * Cookies Tortillas Muffins/Scones Brownies

*Limited Foods - Visit forrager.com/law/california for more information.

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 sheryl16663@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. ★

\$10 Only Per Session

RESTORATIVE YOGA

Slow, Easy, and Still a Good Workout
this Method is Good for Anyone

Sundays at 6pm

THE CABIN

7505 Greenback Lane
Citrus Heights, CA 95610
916-729-0103
www.thevillagecabin.com
mbearcal@aol.com

POTOCKI FAMILY CHIROPRACTIC

**WE LISTEN
WE CARE
WE GET RESULTS**

THE NATURAL WAY TO GOOD HEALTH

Consultation, Exam, X-Rays (if necessary), Repair, and Adjustment for \$45⁰⁰*

Potocki Family Chiropractic
5150 Sunrise Blvd.
Suite F1
Fair Oaks, CA 95628
(Corner of Wildridge & Sunrise)
916-536-0400
www.drpotocki.com

* Excludes Medicare and Worker's Compensation.

The Roseville Rock Rollers Gem and Mineral Society 501(C)

55th Roseville Gem, Jewelry, Fossil & Mineral Show!

FREE PARKING!

March 25 & 26
Saturday 10 am - 5 pm • Sunday 10 am - 4 pm
Roseville (Placer County) Fairgrounds

The Big Show!!

60 Vendors
Family Fun ♣ Exhibits

- Crystals • Beads • Jewelry • Gemstones
- Gold Panning • Meteorites • Fossils
- Minerals • Free Door Prizes • Fabulous Food!

Family Fun!

Kids & Scout's "Education Station"

General Admission \$6.00
Seniors 60+ \$5.00
Kids 12 and Under FREE
Rain or Shine • Inside & Outside
\$1 OFF ADMISSION WITH THIS AD

www.rockrollers.com

I Speak Fluent Insurance

I'll help you get the right Coverage

like a good neighbor...

Douglas A Brewer
3358 Mather Field Road
Rancho Cordova, CA 95670-5966
(916) 366-5555
visit WWW.callmedoug.com

BAUER

car wash

Monday - Saturday 8:30-5 • Sun 9-4

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

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

coupon

\$3.00 OFF Any Car Wash

BAUER San Juan Car Wash
Citrus Heights • 916.967.3083

Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp. 03/31/17

coupon

\$5.00 OFF Any Car Wash Package

BAUER San Juan Car Wash
Citrus Heights • 916.967.3083

Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp. 03/31/17

The Exciting New World of Implant Supported Dentures



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

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

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

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

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



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

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

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

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

Carmichael Dental Group

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

\$1,200.00 off

2 implants with 2 attachments to upper/lower denture

Offer Expires 03/31/17

www.YourCarmichaelDentist.com

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

PET CLUB

FOOD AND SUPPLIES

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

We Only Accept ATM, Cash, & Checks



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

Mon-Fri 9-8,
SAT 9-7, SUN 10-7
Effective 2/8/17 - 2/14/17



COUPON

FREE

PURE NESS PET BOWL

Sm. Size #00201 or #000A1 with any purchase of pet, fish food or supply. Limit 1. 99¢ Value PLU 338 ARM Limit: 1 Coupon Per Family Effective 2/8/17 - 2/14/17

COUPON

\$2.50 OFF

ANY PURCHASE OF \$7.00 OR MORE OF PET OR FISH SUPPLIES (Excluding Pet Food or Litter) Cannot be used in conjunction with similar dollar or percentage off coupons & advertised sale items. Limit 1 PLU 331 ARM Limit: 1 Coupon Per Family Effective 2/8/17 - 2/14/17

AVODERM NATURAL DRY DOG FOOD

24-26 Lb Bag Limit 2 Bags Per Family

- Lamb Meal & Rice \$31.99
- Chicken Meal & Rice . . .
- Lite •Original \$33.99
- Large Breed Adult

Effective 2/8/17 - 2/14/17

DIAMOND NATURALS DRY DOG FOOD

40 Lb Bag

- Chicken •Lamb •Beef •Large Breed
- Senior 35 Lbs
- Lite 30 Lbs \$29.99
- (Lrg Breed Lamb \$31.99)
- (Ex Athlete \$36.99)

Effective 2/8/17 - 2/14/17

EARTHBORN HOLISTIC DRY DOG FOOD

Natural Grain Free

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

28 Lb Bag \$39.99

Limit 2 Bags Per Family (Reg Price \$43.99)

Effective 2/8/17 - 2/14/17

PEDIGREE DRY DOG FOOD

46 Lb Bag
Large Breed Adult 36 Lbs \$19.99

\$21.99

Limit 1 Bag Per Family

Effective 2/8/17 - 2/14/17

9 LIVES CANNED CAT FOOD

5.5 Oz All Varieties

35¢

Limit 1 Case Per Family

Effective 2/8/17 - 2/14/17

FANCY FEAST GOURMET CANNED CAT FOOD

All Varieties 3 Oz

20/\$11.00

Limit 2 Cases Per Family

Effective 2/8/17 - 2/14/17

PURINA CAT CHOW DRY CAT FOOD

•Regular •Indoor 16 Lb Bag

\$11.99

Limit 2 Bags Per Family

Effective 2/8/17 - 2/14/17

SCOOPAWAY CLEAN CLUMPING CAT LITTER

20 lb Box

- Multi-Cat •Unscented
- (Fresh Step Scoop, 20 Lb Box - \$7.49)

\$5.49

Limit 2 Boxes Per Family

Effective 2/8/17 - 2/14/17

PURINA PRO-PAN CANNED FOOD SALE

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

NUTRO MAX GRAIN FREE ADULT RECIPE DRY DOG FOOD

•Chicke •Lamb •Salmon •Mini Chunk

25 Lb Bag Limit 2 Bags Per Family \$24.99

WILDERNESS DRY CAT FOOD AS MARKED

•Chicken •Salmon •Duck •Indoor

•Weight Control 100% Grain Free

11-12 Lb Bag Limit 2 Bags \$5 OFF

OUR REGULAR LOW PRICES

SCIENCE DIET IDEAL BALANCE DRY DOG FOOD

30 Lb Bag •Adult \$10 OFF

Limit 2 Bags •Lrg Brd Adult \$8 OFF

OUR REGULAR LOW PRICES

WORLD'S BEST CAT LITTER

14 Lbs	\$11.99	original \$12.99	Extra Strength
--------	---	--	----------------

Limit 2 Bags

PRECIOUS CAT CLUMPING CAT LITTER

18 Lb Bag \$5.99

Limit 2 Bags Per Family

JONNY CAT PREMIUM CAT LITTER

10 lb Bag \$1.69

Limit 2 Bags Per Family

CAT'S PRIDE FRESH & LIGHT PREMIUM CLUMPING CAT LITTER

15 Lb Jug Limit 2 Jugs \$5.99

SUPER BUY

PEDIGREE CANNED DOG FOOD

•Choice Cuts in Gravy •Chunky Ground Dinner •Chopped Ground Dinner All Varieties 13 Oz Limit 2 Case (12 ct) 69¢

BLUE BUFFALO CANNED DOG & CAT FOOD

As Marked 20% OFF

•Homestyle •Blue's Stew •Wilderness 12.5 oz

•Spa Select •Wilderness 3 & 5.5 oz Selected Varieties LOW PRICES

MEOW MIX DRY CAT FOOD

•Original Choice 16 Lb Bag \$10.99

Limit 2 Bags Per Family

CORE GRAIN FREE DRY DOG FOOD

22-24 Lb Bag

- Original \$53.99
- Ocean \$58.99
- Reduced Fat

HAMILTON PET LEASHES

- Collars •Harnesses All Varieties
- Leads •Nylon
- Leashes •Leather

20% OFF

OUR SUPER LOW PRICES

GIMBORN FREEZE DRIED DOG TREATS

3-4 Oz \$5.99

•Beef & Liver •Chicken & Liver 11.5-14 Oz \$16.99

NATUR VET PRODUCTS

•Vitamins •Supplements •Grass Saver All Varieties 20% OFF

OUR SUPER LOW PRICES

JOLLY PETS JOLLY BALLS

•Tug 'n Toss •Teaser Ball •Romp 'n Roll •Tug •Bounce 'n Play •Soft Toys All Varieties 20% OFF

OUR SUPER LOW PRICES

VITAKRAFT TREATS & STICKS

•Small Animal •Bird All Varieties 20% OFF

OUR SUPER LOW PRICES

PENN-PLAX CASCADE POWER FILTER SALE

MODEL	TANK SIZE	PET CLUB SALE	Revolutionary
CASCADE 100	20 Gal.	\$17.99	Bio-Falls Quad
CASCADE 150	35 Gal.	\$20.99	Filtration System
CASCADE 200	50 Gal.	\$26.99	
CASCADE 300	100 Gal.	\$27.99	

TETRA BOXED 10 GALLON TANK With Economy Kit

Just add Heater For Tropical Fish \$36.99

Limit 1 Per Family

KORDON WATER CONDITIONERS	O.S.I. PREMIUM FISH FOOD ALL VARIETIES
Amquel 16 Oz \$5.99	•Freshwater •Goldfish 20% OFF
Amquel Plus 16 Oz \$5.99	•Marine •Spirulina OUR SUPER LOW PRICES
Novaqua Plus 16 Oz \$5.99	

BONUS COUPON

FANCY FEAST ELEGANT MEDLEYS CAT FOOD

Selected Varieties - 3 Oz 59¢

Limit 6 Cans with Coupon

Limit One Coupon Per Family

Price Valid Only With Coupon Effective 2/8/17 - 2/14/17

ARM PLU 568

BONUS COUPON

PURINA WHISKER LICKINS CAT TREATS

- Soft & Delicious - 2.5 Oz
- Crunchy & Yummy - 1.7 Oz

Limit 2 Pouches with Coupon

Limit One Coupon Per Family

Price Valid Only With Coupon. Effective 2/8/17 - 2/14/17

69¢

ARM PLU 446

BONUS COUPON

ARM & HAMMER CAT LITTER DEODORIZER

20 Oz Box \$1.49

Limit 2 Boxes with Coupon

Limit One Coupon Per Family

Price Valid Only With Coupon

Effective 2/8/17 - 2/14/17

ARM PLU 422