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AMERICAN RIVER Messenger

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SINGING VALENTINES COMING YOUR WAY!



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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

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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' 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. ★

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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.svpclinic.com. For more information about the Sacramento Life Center or to make a donation, visit www.saclife.org.

Source: Kristin Th baud 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

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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 jbehr@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.



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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

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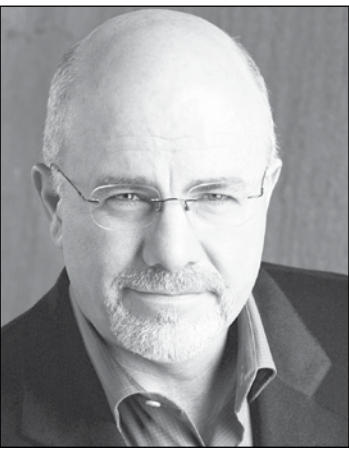
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Dave Says

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 are 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 meeting 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.sacounty.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@sacounty.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 Murietta, North Highlands, Carmichael, Foothill Farms, and Fair Oaks. ★

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 ★



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.

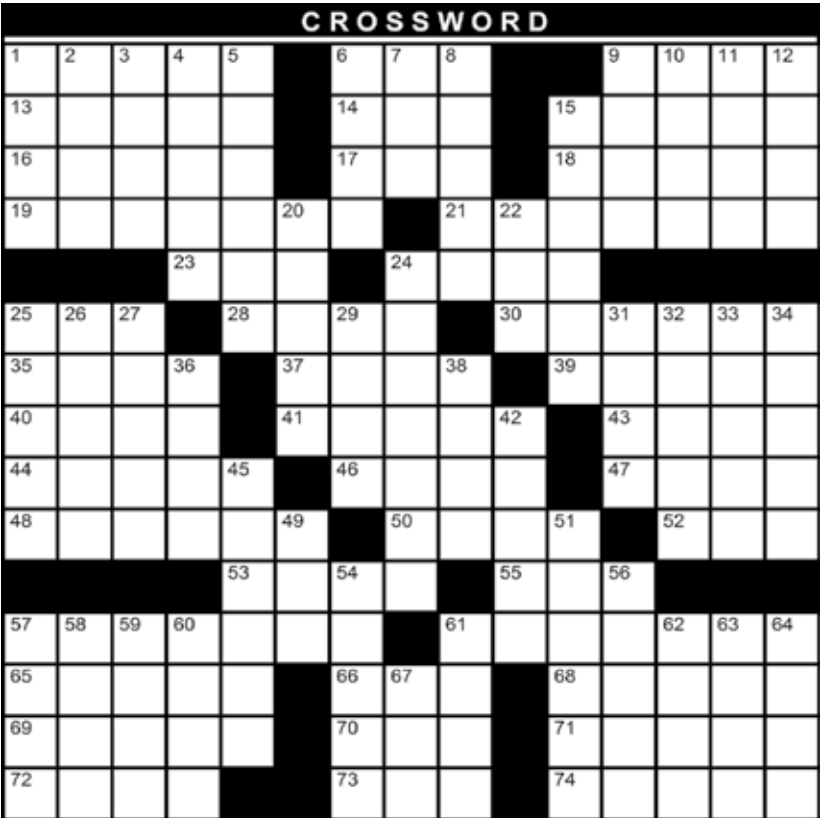
If you've got the flu, use some of the rest time to de-clutter what you are not using. You'll be serving yourself and those who can use what you aren't. ★

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CLUES

- ACROSS**
- 1. Sometimes greener on the other side
 - 6. Moray ____
 - 9. United ____ Emirates
 - 13. Piled up a debt
 - 14. Cross country foot gear
 - 15. Tequila source
 - 16. UV light absorber
 - 17. *Fala to F. D. Roosevelt
 - 18. Andrea Bocelli, e.g.
 - 19. *He also went by name Jack
 - 21. *One of 4 to die of natural causes while in office
 - 23. Hostile
 - 24. Sub station?
 - 25. Opposite of hence
 - 28. With minimal sound distortion
 - 30. *President submits one to Congress
 - 35. River obstruction, pl.
 - 37. Cyrano's distinctive feature
 - 39. Covered with fungus
 - 40. Wet nurse
 - 41. Better then good
 - 43. Christmas Day in France
 - 44. Short skirts
 - 46. Small European freshwater fish
 - 47. Hefty volume
 - 48. Whine
 - 50. Jerk in Yiddish
 - 52. Ides mo.
 - 53. "For Pete's ____!"
 - 55. Hawaiian dish
 - 57. *First Baby Boomer to become President
 - 61. *Andrew or Lyndon
 - 65. Don McLean: "Drove my chevy to the ____"
 - 66. Spermatozoa counterpart
 - 68. Cuckoo
 - 69. Nautical cease
 - 70. Collagen target
 - 71. Mulled wine
 - 72. Refuses to

- DOWN**
- 1. Get the meaning of something
 - 2. Level to the ground
 - 3. At another time, to Romeo or Juliet
 - 4. Saddam Hussein's Islam
 - 5. *Delivered at inauguration
 - 6. Sports award
 - 7. Augment
 - 8. Like a ballerina
 - 9. Wine quality
 - 10. Hindu princess
 - 11. Shakespeare's hometown river
 - 12. Mountain in Germany
 - 15. Nero's court
 - 20. Faulkner's "As I Lay ____"
 - 22. Priest's robe
 - 24. Polio, e.g.
 - 25. *Presidential father or son
 - 26. Gavroche, e.g.
 - 27. Muscat resident
 - 29. *He pardoned Nixon
 - 31. Negative contraction
 - 32. Low light



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Crossword Puzzle Solutions on Page 4

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

© Stephen Yallo

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

Solutions on Page 4



Publisher, Paul V. Scholl

American River Messenger is a member of Messenger Publishing Group

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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 jamesnsnyder2@att.net. His web site is www.jamesnsnyderministries.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 the 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!

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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, 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
Christan Author of 6 books
Marlysjn@gmail.com ★

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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. ★

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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-Twin 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. ★



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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 sheryl6663@yahoo.com; or contacting NWSE directly at 877-850-3312 or info@nwse.com; or visit our Web page at <https://www.nwse.com> and click on Host an Exchange Student. ★

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

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

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(Short term promotions from vendors. No Membership Fees)

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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 •Chicken Meal & Rice... •Lite •Original •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 (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 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 Limit 1 Bag Per Family Effective 2/8/17 - 2/14/17
9 LIVES CANNED CAT FOOD 5.5 Oz All Varieties Limit 1 Case Per Family Effective 2/8/17 - 2/14/17	FANCY FEAST GOURMET CANNED CAT FOOD All Varieties 3 Oz Limit 2 Cases Per Family Effective 2/8/17 - 2/14/17	PURINA CAT CHOW DRY CAT FOOD •Regular •Indoor 16 Lb Bag 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) Limit 2 Boxes Per Family Effective 2/8/17 - 2/14/17

PURINA PRO-PLAN CANNED FOOD SALE Limit 2 Cases • Dog Food 13 Oz • Cat Food 3 Oz Dog Food \$1.29 Cat Food \$1.29 Effective 2/8/17 - 2/14/17	WORLD'S BEST CAT LITTER 14 Lbs Limit 2 Bags original \$11.99 Extra Strength \$12.99 Effective 2/8/17 - 2/14/17	PEDIGREE CANNED DOG FOOD •Choice Cuts in Gravy •Chunky Ground Dinner •Chopped Ground Dinner All Varieties 13 Oz Limit 2 Cases (12 ct) As Marked 20% OFF OUR REGULAR LOW PRICES Effective 2/8/17 - 2/14/17
NUTRO MAX GRAIN FREE ADULT RECIPE DRY DOG FOOD •Chicke •Lamb •Salmon •Mini Chunk 25 Lb Bag Limit 2 Bags Per Family AS MARKED \$5 OFF in store coupons OUR REGULAR LOW PRICES Effective 2/8/17 - 2/14/17	PRECIOUS CAT CLUMPING CAT LITTER 18 Lb Bag Limit 2 Bags Per Family \$5.99 Effective 2/8/17 - 2/14/17	BLUE BUFFALO CANNED DOG & CAT FOOD •Homestyle •Blue's Stew •Wilderness 12.5 oz •Spa Select •Wilderness 3 & 5.5 oz Selected Varieties As Marked 20% OFF OUR REGULAR LOW PRICES Effective 2/8/17 - 2/14/17
WILDERNESS DRY CAT FOOD •Chicken •Salmon •Duck •Indoor •Weight Control 100% Grain Free 11-12 Lb Bag Limit 2 Bags AS MARKED \$5 OFF in store coupons OUR REGULAR LOW PRICES Effective 2/8/17 - 2/14/17	JONNY CAT PREMIUM CAT LITTER 10 lb Bag Limit 2 Bags Per Family \$1.69 Effective 2/8/17 - 2/14/17	MEOW MIX DRY CAT FOOD •Original Choice 16 Lb Bag Limit 2 Bags Per Family \$10.99 Effective 2/8/17 - 2/14/17
SCIENCE DIET IDEAL BALANCE DRY DOG FOOD 30 Lb Bag •Adult •Lrg Brd Adult \$10.00 OFF \$8.00 OFF OUR REGULAR LOW PRICES Effective 2/8/17 - 2/14/17	CAT'S PRIDE FRESH & LIGHT PREMIUM CLUMPING CAT LITTER 15 Lb Jug Limit 2 Jugs SUPER BUY \$5.99 Effective 2/8/17 - 2/14/17	CORE GRAIN FREE DRY DOG FOOD 22-24 Lb Bag •Original •Ocean •Reduced Fat \$53.99 \$58.99 Effective 2/8/17 - 2/14/17

HAMILTON PET LEASHES •Collars •Harnesses •Leads •Nylon •Leashes •Leather All Varieties 20% OFF OUR SUPER LOW PRICES	PENN-PLAX CASCADE POWER FILTER SALE MODEL TANK SIZE CASCADE 100 20 Gal. \$19.99 CASCADE 150 30 Gal. \$26.99 CASCADE 200 50 Gal. \$27.99 CASCADE 300 100 Gal. \$27.99 Revolutionary Bio-Falls Quad Filtration System
GIMBORN FREEZE DRIED DOG TREATS 3-4 Oz \$5.99 Beef & Liver •Chicken & Liver 11.5-14 Oz \$16.99	TETRA BOXED 10 GALLON TANK With Economy Kit Just add Heater For Tropical Fish Limit 1 Per Family \$36.99
NATUR VET PRODUCTS •Vitamins •Supplements •Grass Saver All Varieties 20% OFF OUR SUPER LOW PRICES	KORDON WATER CONDITIONERS Amquel 16 Oz \$5.99 Amquel Plus 16 Oz \$5.99 Novaqua Plus 16 Oz \$5.99
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	O.S.I. PREMIUM FISH FOOD ALL VARIETIES •Freshwater •Goldfish •Marine •Spirulina 20% OFF OUR SUPER LOW PRICES
VITAKRAFT TREATS & STICKS •Small Animal •Bird All Varieties 20% OFF OUR SUPER LOW PRICES	

BONUS COUPON FANCY FEAST ELEGANT MEDLEYS CAT FOOD Selected Varieties - 3 Oz Limit 6 Cans with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 2/8/17 - 2/14/17	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	BONUS COUPON ARM & HAMMER CAT LITTER DEODORIZER 20 Oz Box Limit 2 Boxes with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 2/8/17 - 2/14/17
59¢	69¢	\$1.49