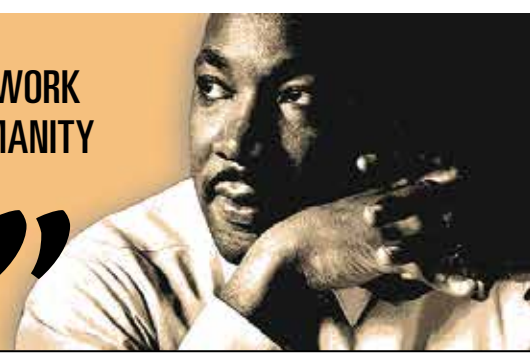


“IF A MAN IS CALLED TO BE A STREET SWEEPER, HE SHOULD SWEEP STREETS EVEN AS A MICHELANGELO PAINTED, OR BEETHOVEN COMPOSED MUSIC OR SHAKESPEARE WROTE POETRY. HE SHOULD SWEEP STREETS SO WELL THAT ALL THE HOSTS OF HEAVEN AND EARTH WILL PAUSE TO SAY, ‘HERE LIVED A GREAT

STREET SWEEPER WHO DID HIS JOB WELL.’ ‘NO WORK IS INSIGNIFICANT. ALL LABOR THAT UPLIFTS HUMANITY HAS DIGNITY AND IMPORTANCE AND SHOULD BE UNDERTAKEN WITH PAINSTAKING EXCELLENCE.’ ”

— MARTIN LUTHER KING, JR.



AMERICAN RIVER Messenger

“Written by the people, for the people”

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Serving Fair Oaks, Orangevale & Sacramento County

January 13, 2017

PERRY HARTLINE: REST IN PEACE



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Longstanding Clean and Sober Program Helps Many

Story and photos by Margaret Snider

FAIR OAKS, CA (MPG) - Thirty years ago, in a letter to a girlfriend, Don Troutman, owner and founder of Clean and Sober Transitional Living, wrote, “My brother was taken from us, not from a natural illness, was not shot with a gun, but was shot with a needle and the needle killed him! Alcohol and drugs! My already sworn enemy has killed my brother.” That was the catalyst that resulted in CSTL with its nontraditional approach to recovery from alcoholism and drug use.

Troutman had been a recovering alcoholic for over a year when his brother died. Two years later he started CSTL with the purpose of providing a place where recovering addicts could be among those who can understand what they are going through. His first house included Troutman and three other recovering alcoholics who agreed to be sober and abide by the rules. Since 1989, it has evolved to a community consisting of six Phase 1 homes for 73 residents and eight Phase 2 homes for 48 residents, for a total of 14 houses. It has always been private pay, never receiving any sort of government subsidy.

When they come to CSTL, residents have usually completed 30 to 60 days of detox and treatment. “Everything you learn in treatment episode is like a block of ice,” Troutman said. “You take a block of ice and you set it into the sun and it is going to melt away.” Therefore the need for a clean and sober living place. “If you took that block of ice and you put it in a freezer or a refrigerator, it’s not sitting in the sun and it lasts a lot longer. It takes a while for a person to buy into and adopt a new life style. It’s a process, it’s not an event.”

The CSTL community is a way of life for Troutman, and what he has learned through the process has resulted in benefit to 6,000 people to date, with a nearly 50% success rate.

When challenges appear, alcoholics and users tend to drink or use as the solution to their difficulties. It is not the solution, Troutman said, it is the problem. The solution is the recovery process. “In Don’s community, people have developed the skills so that relapse rates are very low,” said Susan King, CSTL Outreach. “It is private pay and they are taxpaying members of the community. They work, they go to school. Some of them live here a long time.”

People who come to the community might have looked weak and timid before, said Troutman, but, “When they come in here, they turn out to be role models and house managers. It’s incredible what people can discover about themselves while they’re here.”

The group is almost like a tribe, Troutman said. “We’re self-contained, we have our own government, we have our own congress,



Owner and founder Don Troutman, left, with Rik, a resident at Clean and Sober Transitional Living. Begun in 1989, based in Fair Oaks, the now 14 homes and 120-plus residents of Clean and Sober Transitional Living represent the oldest and largest transitional living community in Northern California.

we have our own court, we have our own senior peers which are like our police force, more or less,” Troutman said. “And really we get very little outside interference from many problems.”

Resident Shelby, 23, turned to alcohol when she was 16 and had problems at home. “When I turned 20 I got into meth and heroin,” Shelby said. After her husband died from an overdose, she knew she must think seriously about recovery. Now a resident at Clean and Sober Living and clean for six months, Shelby has a regular job but is taking it slowly. “Once I come back here it’s

a relief, it’s like my safe zone. Everyone’s still here, and the relationships that you build are so amazing . . . There’s just a connection here. It’s really hard to explain, but we just understand each other here. It’s like a different kind of family.”

Another resident, Rik, 58, has lived his life in and out of treatment programs. He has been clean for over a year and is a Phase 2 resident. He is now kitchen manager, and cooks dinner for at least 60 people for two dinners and three breakfasts a week.

Residents learn to be leaders and participants in life rather than just sitting on the

Continued on page 3

Bye, Bye, Mattress – Hello, Recycling!

SACRAMENTO COUNTY, CA (MPG) - Two thousand mattresses on average have been recycled monthly since the free mattress drop-off program was launched in Sacramento County last December by the Department of Waste Management and Recycling. That’s literally 24,000 fewer discarded mattresses stacking up in our landfill and has the added benefit of reducing illegal dumping. These recycled mattresses and box springs instead have been recycled for the production of new items, such as appliances, building and industrial materials, and textiles.

The County’s Mattress Recycling Program,* in coordination with Bye Bye Mattress through the Mattress Recycling Council, allows individuals to drop off unwanted mattresses and box spring foundations for free at the County’s North Area Recovery Station and Kiefer Landfill. These mattresses are sorted and loaded into trailers to be picked up by a dedicated mattress recycler.

If you are replacing a mattress and getting a new one, California applies a small disposal fee to every mattress purchase to cover the cost of recycling those old units. If your new mattress units are being delivered, be sure to have the retailer pick up the old ones at the same time at no additional cost.

“The free mattress drop-off program has been a great success for Sacramento County. With the average weight of mattresses at roughly 50 lbs., that’s well over 1 million pounds of diverted material from the landfill to this point. Plus they don’t settle like other materials, which makes mattress recycling the best scenario for both the environment and for landfill management,” said Doug Kobold, County Department of Waste Management & Recycling Program Manager and Co-Chair of the California Mattress Recycling Organization Advisory Committee.

If you don’t have a vehicle that can transport a bulky item like a mattress, that’s okay. Sacramento County Waste Management and Recycling residential customers can have five cubic yards of bulky items picked up at no additional cost once a year, and each additional pickup is \$25. To schedule a pickup, go online to make a Bulky Waste Collection Appointment, or dial 916-875-5555.

Source: County of Sacramento ★

Best of Fair Oaks Event to Announce Winners

FAIR OAKS, CA (MPG) - The Best of Fair Oaks event will announce the local winners in many business categories chosen by the voting by Fair Oaks residents.

To be eligible to win a category for the Best of Fair Oaks businesses must be located in Fair Oaks. All votes were cast through the web site at BestofFairOaks.com.

This year’s event will be held on Thursday, January 19th from 5:30 to 7:30 pm at North Ridge Country Club, 7600 Madison Avenue in Fair Oaks. To purchase tickets to the event

contact the Fair Oaks Chamber of Commerce at 916-967-2903.

The event is open to the public provided a ticket is purchased. You do not need to be a Chamber member to attend. If you are a local business owner and want to see how much fun the chamber events are before you join, plan to attend this event! The Best of Fair Oaks is an annual fundraising event sponsored by the Fair Oaks Chamber of Commerce.

Voting was completed on December 31st and tabulated by MPG staff. ★



WWW.AMERICANRIVERMESSENGER.COM

DMV Reminds Motorists of Many New 2017 Laws

SACRAMENTO AREA, CA (MPG) - With the New Year just around the corner, the California Department of Motor Vehicles (DMV) wants to inform the public of several new laws or changes to existing law that, unless otherwise noted, take effect on January 1, 2017. The following are summaries of some transportation-related laws taking effect.

- **Use of Electronic Wireless Devices (AB 1785, Quirk):** Driving a motor vehicle while holding and operating a handheld wireless telephone or a wireless electronic communications device will be prohibited, unless the device is mounted on a vehicle's windshield or is mounted/affixed to a vehicle's dashboard or center console in a manner that does not hinder the driver's view of the road. The driver's hand may only be used to activate or deactivate a feature or function on the device with the motion of a single swipe or tap of the driver's finger, but not while holding it. The law does not apply to manufacturer-installed systems that are embedded in a vehicle.
- **Child Safety Seats (AB 53, Garcia):** This law requires a parent, legal guardian, or the driver of a motor vehicle to properly secure a child who is younger than 2 years of age in an appropriate rear-facing child passenger restraint system, unless the child weighs 40 or more pounds or is 40 or more inches in height (3 feet, 3 inches).
- **Motorcycle Lane Splitting (AB 51, Quirk):** This law defines "lane splitting" as driving a two-wheeled motorcycle between rows of stopped or moving vehicles in the same lane. The law authorizes the California Highway Patrol (CHP) to develop educational guidelines relating to lane splitting in a manner that would ensure the safety of motorcyclists, drivers, and passengers. In developing these guidelines, the law requires the CHP to consult with specified agencies and organizations that have an interest in road safety and motorcyclist behavior.
- **Vehicle Registration Fee (SB 838,**



Just one of the new 2017 DMV laws will be (SB 838, Vehicle Registration Fee): This law increases the vehicle registration fee on every vehicle or trailer coach from \$43 to \$53 beginning April 1, 2017. Photo by Paul Scholl

- Committee on Budget and Fiscal Review):** This law increases the vehicle registration fee on every vehicle or trailer coach from \$43 to \$53 beginning April 1, 2017.
- **Environmental License Plate (SB 839, Committee on Budget and Fiscal Review):** This law increases the fee for the issuance of Environmental License Plates from \$43 to \$53, starting July 1, 2017. This law also increases the fee for the renewal, retention, transfer, or duplication of Environmental License Plates (personalized) from \$38 to \$43, starting January 1, 2017.
- **Accident Reporting (SB 491, Committee on Transportation and Housing):** This law increases the minimum financial threshold for property damage that is required to be reported to the DMV from \$750 to \$1,000 when a driver is involved in a motor vehicle collision.
- **Vehicle Safety Recalls (AB 287, Gordon):** This law enacts the Consumer Automotive Recall Safety (CARS) Act, and requires the DMV to include a general advisory regarding vehicle recalls and needed repairs on each vehicle registration renewal notice. This law prohibits a dealer or a rental car company from renting or loaning a vehicle with a manufacturer's

recall no later than 48 hours after receiving the notice—until the vehicle has been repaired. This law gives a limited exception for a licensed dealer or a rental car company with a fleet of 34 or fewer loaner or rental vehicles. The law authorizes the DMV to suspend or revoke a vehicle dealer's license if they violate the CARS Act.

- **Year of Manufacture License Plates (SB 1429, Nielsen):** This law expands the Year of Manufacture (YOM) license plate program to include vehicles and license plates manufactured through 1980. This law benefits owners of vintage motor vehicles who obtain license plates from the year corresponding to the vehicle's model-year, and wish to use those vintage plates in lieu of regular license plates. Such plates are commonly found from different sources, including relatives, garage sales, estate sales, etc. The program will include the blue and yellow license plates issued for use on California motor vehicles from 1970 until 1980.
- **Background Checks of Drivers of Transportation Network Companies (AB 1289, Cooper):** A transportation network company (TNC) will be required to perform a comprehensive background

check of all their drivers. This law also specifies penalties for a TNC that violates or fails to comply with this requirement. A TNC will be prohibited from contracting with, employing, or retaining a driver if they are registered on the U.S. Department of Justice National Sex Offender public website, has been convicted of specified felonies, or within the previous seven years, has been convicted of a misdemeanor assault or battery, domestic violence, or driving under the influence of alcohol or drugs. Any TNC in violation of the specified requirements is subject to a penalty of not less than \$1,000 or more than \$5,000 for each offense.

- **Installing Counterfeit or Nonfunctional Air Bags (AB 2387, Mullin):** This law prohibits knowingly and intentionally manufacturing, importing, installing, reinstalling, distributing, or selling any device intended to replace an air bag system in any motor vehicle if the device is a counterfeit or nonfunctional air bag system, or does not meet federal safety requirements. The law also prohibits selling, installing, or reinstalling any device that would cause a vehicle's diagnostic system to fail to warn when the vehicle is equipped with a counterfeit, nonfunctional, or a case in which no air bag was installed. This violation is a misdemeanor punishable by a \$5,000 fine and/or up to a one year in county jail.

Never miss the latest news from the CA DMV. Sign up now for DMV News Alerts! It's an easy way to receive up-to-date information from the California Department of Motor Vehicles. This new tool also offers customization to obtain specific DMV related topics, such as AB 60, autonomous vehicles, and office openings and closures.

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TTY 1-800-368-4327 (hearing impaired) ★

Mobile Passport Control Expands to SMF

SACRAMENTO REGION, CA (MPG) - U.S. Customs and Border Protection (CBP) and Sacramento International Airport (SMF) announced in December the expansion of Mobile Passport Control (MPC) services to SMF. Sacramento International Airport becomes the 21st airport to offer Mobile Passport Control for Customs and Border Protection processing.

Mobile Passport Control is the first authorized app to expedite a travelers' arrival into the United States. Eligible travelers submit their passport information and answers to inspection-related questions to the CBP via a smartphone or tablet app prior to arrival. Travelers who use it do not have to complete a paper form. As a result, travelers will experience shorter wait times, less congestion, and faster processing.

Android and iPhone users can download the Mobile Passport app for free from the Google Play Store and Apple App Store. The app is available to US citizens and Canadian visitors.

"U.S. Customs and Border Protection remains committed to keeping the international arrivals process as secure and traveler-friendly as possible by offering new and innovative technology systems," said Brian J. Humphrey, CBP Director of Field Operations in San Francisco. "The Mobile Passport Control (MPC) app adds another option proven to reduce wait times for the ever-growing number of international visitors without compromising our important border protection mission."

This first-of-its-kind app was developed in partnership with U.S. Customs and Border Protection by Airports Council International-North America and their technical partners.

"The number of international travelers continues to grow at Sacramento International Airport and we are happy to announce this free service and its added convenience," said John Wheat, Director of Airports. "Mobile Passport Control joins Global Entry as new amenities at the airport to facilitate customs processing for international travelers."

The free app will come in especially handy for travelers on Alaska Airlines' new nonstop service from Sacramento to Cabo San Lucas, which begins in June.

The Sacramento County Department of Airports is responsible for planning, developing, operating and maintaining the county's four airports: Sacramento International Airport, Executive Airport, Mather Airport and Franklin Field. Sacramento International Airport is a self-supporting enterprise offering more than 145 nonstop flights on nine domestic and international carriers to 30 destinations. The regional economic impact of the airport system is more than \$4 billion annually. For more information, visit www.smf.aero.

Source: Sacramento County Media ★



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By County Supervisor
Susan Peters

Through the generosity of the American River Messenger, this column serves to provide an update about matters affecting the unincorporated community of Carmichael.

Fair Oaks Community Coffee Meeting

Please join me on Wednesday, January 18, at 7:30 am when I hold my first 2017 Fair Oaks Community Coffee Meeting at the Fair Oaks Water District, 10326 Fair Oaks Boulevard in Old Fair Oaks Village. The guest speakers that morning will be Thom Gruniesen who manages the Fair Oaks Branch of the Sacramento Public Library Authority along with Rivkah Sass, the Library Authority’s

FAIR OAKS COMMUNITY UPDATE

executive director. Thom and Rivkah will share what’s new with our library system. Like in 2016, I will hold four Community Coffee Meetings this year at the Fair Oaks Water District with each having a special guest speaker. A flyer identifying all three remaining dates with times is available on my website, bos.saccounty.net.

Grand Jurors Wanted

Grand Jury service is often referred to as being a “citizen watchdog” of local government, with the crucial role of monitoring and reviewing government actions.

The Sacramento County Superior Court is now accepting applications for Grand Jury service for the 2017-18 Term. To be eligible you must be a U.S. Citizen, at least 18 years old, a resident of Sacramento County, and not currently serving in any elected office. Applicants must be prepared to devote at least 20-30 hours per week to Grand Jury service.

For more information about serving on the Grand Jury, please visit their website sac-grandjury.org.

The application deadline is

January 29, 2017.

Golden One Parking Tip

Going downtown to attend a game, event or concert at the new the Golden 1 Center and want a parking tip?

One of the most convenient locations is the Sacramento County’s parking garage, located between 7th and 8th on G and H Streets. It is open to the public for evening and weekend parking.

Located at 725 7th Street, the garage is only 3 blocks from the Golden 1 Center’s 7th and K Street entrance. The facility has 650 well-lit spaces and offers competitive pricing – starting at \$10 (credit/debit cards only).

And the location is out of the fray of traffic and pedestrians with quick in and out to 7th Street and Richards Boulevard.

For more information is online at dgs.saccounty.net or call 311 (875-4311).

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

Longstanding Clean and Sober Program Helps Many

Continued from page 1

sidelines. “Our future is as great as we would like it to be,” Troutman said. “Whatever you think you might want to be, supersize it, go further, because there’s nothing to stop you from getting there.”

Shelby has great hope for the future. “As long as I stay clean and sober, I see myself going back to school,” Shelby said. “I want to actually be a drug and alcohol counselor . . . But for right now I just have to look out for myself and get myself ready and continue what I’m doing, so in the future I know what’s in store for me.”

Rik is happy where he is. “My family supports me,” Rik said. “I’m kind of doing what I want to do. I really am. I’ve lived a pretty good life. I have four great kids, none have any addictions, which I’m very blessed about.”

Troutman’s old letter ended with the statement, “As if this disease is not cunning enough, the addict will not heed the advice and the concerns of those who are close. But Satan’s curse has a loophole, and that is that the addict will listen to a complete stranger.”

For more information go to www.clean-and-sober-living.com, or call 916-961-2691. “They never call us or the treatment program and come to a dead end,” Troutman said. ★



The Meeting Place/Street of Dreams sign outside the Clean and Sober Transitional Living meeting house was a gift to Troutman from a long-time resident in 2009.

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Crossword Puzzle on Page 5

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Sudoku Puzzle on Page 5

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

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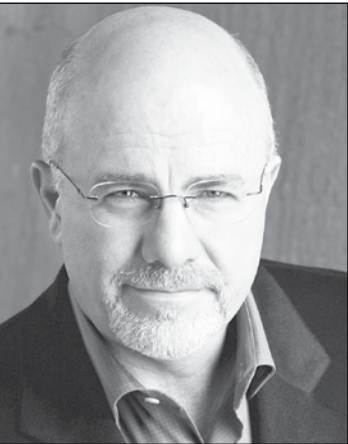
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Dave Says

Wife wins

Dear Dave,
We just started following your plan, and we have \$39,000 in debt. We make \$55,000 a year, and two of our smaller debts — one car and a credit card — are both \$7,500. The credit card has a higher interest rate, so my wife thinks we should pay it off first. I look at the car as a necessity, and for that reason I think we should pay it off first. Who’s right?
- Pat

Dear Pat,
When the rules of paying off debts from smallest to largest don’t apply, I look at things this way: If you have two debts that are of equal amounts, I would attack the one with the larger interest rate first. In your case, that would be

the credit card debt.
I get what you’re saying about the car. You guys might be in a bind if something happened and you lost one car. But it’s also something you could work around if you had no other choice. So yeah, knock out the credit card first then move on to the car. Going this route will serve two purposes: First, it will save you some money. And second, I’ve got a feeling it will fire up your wife and get her on board with the plan even more than she already is.
She’s taking this seriously if she’s eyeballing interest rates, Pat. So use this momentum to work together, and knock out that debt!
—Dave

IRA to gold? Bad idea

Dear Dave,
What are your thoughts on transferring an IRA over to gold?
- Sandy

Dear Sandy,
Honestly, I think that’s about the dumbest thing a person could do. I hope I wasn’t unclear.
Gold is going down like a rock

right now as people start to believe in the economy and the economic direction of this country again. The stock market indicates this is true, and in the process, gold becomes worth less and less. Gold is essentially a fear-based product, and the less fear that’s out there, the cheaper gold is.
That’s not how you want to fund your IRA, Sandy. You want to fund it with something that has a long track record based on growth due to the performance of the companies involved — not someone’s greed or fear. Gold is a horrible investment, and I don’t own any except for one nice watch and a pair of cufflinks. That’s it!
—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. ★

Sacramento County Wins National Tech Savvy Award

SACRAMENTO COUNTY, CA (MPG)
- The Public Technology Institute (PTI) awards a handful of city and county governments each year with the Tech Savvy designation. PTI announced recently that Sacramento County was awarded with the PTI 2016 Tech Savvy Designation for having proven exceptional talent, great ideas, a spirit of teamwork and collaboration, creativity, technology leadership and proven technology best practices across the entire enterprise.
As one of six local governments designated as Tech Savvy for 2016, Sacramento County met or exceeded in nine criterions for: adhering to a stated standard of

ethics and excellence, embracing performance management practices and using data/business intelligence to drive decision-making; providing leadership communication and collaboration around technology solutions; encouraging professional development; implementing a Technology Plan; offering cybersecurity and network security training and awareness; demonstrating a commitment to green technology initiatives; and embracing a culture of technology innovation.
Some of the elements of the County submission of excellence included the creation of 3-1-1, the use of data driven analytics for the Department of Human Assistance,

commitment to green technology initiatives, and a progressive training and professional development program for Department of Technology employees. All while maintaining the highest level of integrity and accountability to the constituents of Sacramento County.
Created by and for cities and counties, the not-for-profit Public Technology Institute promotes innovation and collaboration for thought-leaders in government, and advances the use of technology to improve the management and delivery of services to the citizen. For more information, visit www.pti.org.
Source: Sacramento County Media ★



Make It Fun and
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The Secret
to Being Organized

Pam Young’s Corner

10 Minutes of Focus Can Get You Back on the Happy Track

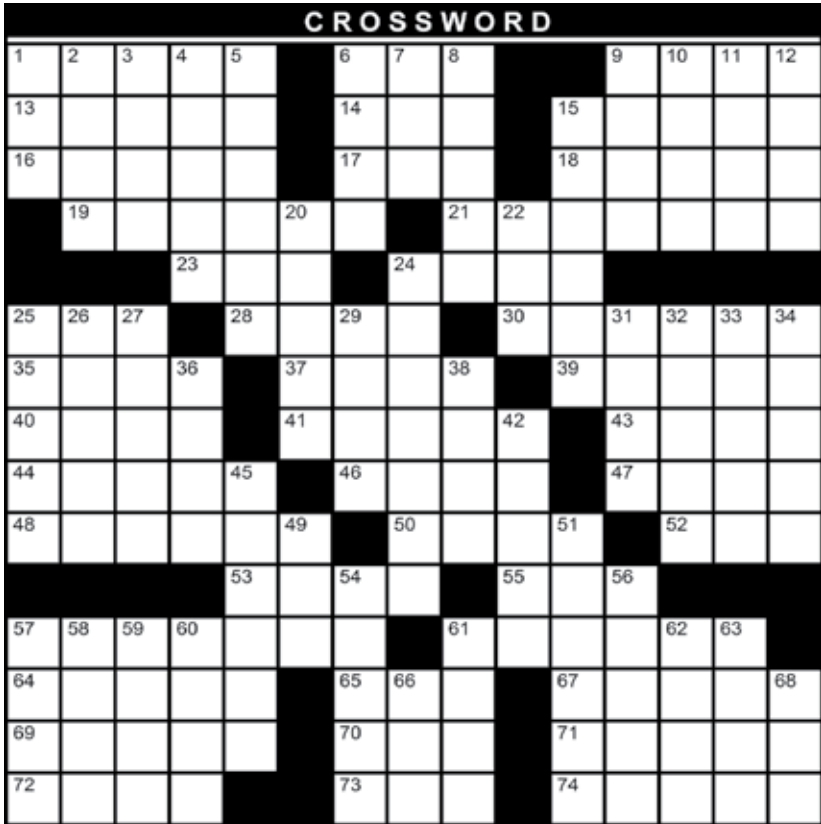
William James said, “Things are not as they are, but as we are.” We really do see through the eyes of our own experience and each of our experiences is different, so in every moment, we see everything from the perspective of the mood we’re in. It’s almost like we put on different glasses from moment to moment.
Have you noticed you can get in the habit of being in a bad mood? The good news is if you can get into the habit of being in a bad mood, you can get into the habit of being in a good one! Habits are breakable and like any habit good or bad, it just takes desire to change.
When you have a negative thought, if you don’t get busy and call up positive thoughts, the negative thought will serve up more negative thoughts like a mental magnet. Misery loves company was probably originally written about negative thoughts. The sooner you can entertain positive thoughts, the quicker you can eliminate the negative thought and all its friends and get back to being happy.
Sometimes it takes longer than 10 minutes
Once years ago, I was

mentally pulled from my routinely solid state of happiness and contentment. It doesn’t matter what the source of the discontent was. What mattered was, for a time I allowed circumstances to control my habitual center of peace and joy. When that happens, that’s when a timer can come in handy. At a time like that when you’re thrown out of your peace, you we can stop your mental and emotional free fall by setting a timer for 10 minutes of stillness for the purpose of breathing and regaining a positive direction of thought, and peace will usually return.
My husband was present through my tunnel of annoyance though that depressing day and when he’d look at me; there was always a question in his eyes: “Are you back yet?” I had to set that timer many times that day and readjust my thinking, and the next day, there it was again! It was just like the song, “It’s a Small World After All,” grating with its nauseating repetition. Sometimes those negative thoughts can be stubborn.
I wanted to spare myself another day of the needless repetition of a thought that

didn’t match my normal spirit, so I stuck with my 10 minute breaks and finally on the third ten minutes of day two, it worked!
When the timer dinged, I clearly realized I needed to walk. I hadn’t walked for two days and I certainly didn’t want to do it with my heavy heart, but the walk was a trans-fusion. I got myself back and with it came clear thoughts, free of negativity. Because of the needed exercise, my body called for more water and a nap.
Sleep, sweet sleep came and I woke up from my nap completely refreshed and healed.
Don’t ever give up getting your spirit back. You were born to enjoy this wonderful life and you deserve to have peace all the time.
For more from Pam Young go to www.cluborganized.com. You’ll find many musings, videos of Pam in the kitchen preparing delicious meals, videos on how to get organized, ways to lose weight and get your finances in order, all from a reformed SLOB’s point of view. ★

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- CLUES**
- ACROSS**
1. *e.g. “A Winter’s Tale” by Mark Helprin
6. Bag in Paris
9. *Cold-weather lip trouble
13. Speak one’s mind
14. “What?”
15. What phoenix did
16. Used a lot in sports
17. ____ of Aquarius
18. Misrepresent
19. *Troika ride
21. *Has two eyes made of coal
23. Beluga yield
24. Found in a wall
25. Reggae precursor
28. Whiskey without water
30. Mother of Calcutta
35. What little kittens did with their mittens
37. Computer operating system
39. Ascetic holy Hindu
40. Hippocrates’ promise
41. Chemically induced waves, pl.
43. Good obtained illegally
44. Garment fold
46. Sandwich alternative
47. Northern freshwater fish
48. No, they don’t really crawl in one’s ear
50. Substance abuser
52. Neither
53. Type of tide
55. Jamie ____ Curtis
57. *Popular cold weather fabric
61. *Desired winter destination, pl.
64. Don McLean: “Drove my chevy to the ____”
65. *Elf on the Shelf, e.g.
67. *Remove its furniture in winter?
69. Like a Harvard building?
70. Call to Bo-peep
71. Painter Degas
- DOWN**
1. Us, in Mexico
2. Prefers
3. Tiny bottle
4. “C’mon in!”
5. Wound
6. Persian king
7. Precedes Sep.
8. Maiden’s “hope” storage
9. Captain’s team
10. Islet in a river
11. Half-way around the world
12. Part of a hammer
15. Residences
20. “Faster!” to a horse
22. *Roast a chest ____ over an open fire
24. Cavalryman’s foot holder
25. #61 Across, sing.
26. Bear Down Under
27. In the Asteraceae family
29. Again
31. Wood file
32. Buzz Aldrin’s first name
33. Plumed military headdress
34. *Ice Angler’s drill
36. *Warm winter day occurrence
38. *Winter Holiday, for short
42. Abracadabra, e.g.
45. Preserved in a can
49. “Fancy that!”
51. Go back into business
54. Cover story
56. Horace’s poem
57. Dart
58. Prefix in levorotary
59. Like a zealous fan
60. Pauper’s permanent state
61. Bridge
62. Units of work
63. Cut and run
66. *Gingerbread creation
68. 60 mins., pl.



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Solutions on Page 4

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Is The Cup Half Empty or Half Full?

Dr. James L. Snyder

Many things in life have me in a tangle of confusion. I try to put on a good face so that nobody knows how confused I am at the time. I think I get away with it, at least most of the time.

The only person I cannot fool is the Gracious Mistress of the Parsonage. According to her evaluation, I am confused all the time. I would like to set her straight sometime, but I am really confused as to when would be the right time.

If I do not pick the right time, my confusion will be accelerated to the point of no return.

There is one thing, despite my professional confusion, I have not been able to understand. And it just bugs me to no end. Why are some things more confusing than others?

There is a positive side to confusion.

For example, someone is trying to explain to me something that is rather boring I can say, "That's too confusing for me."

What that does is help the other person think that he's a lot better than I am which is not a bad thing to get out of some boring situation at the time. Believe it or not, this is not too confusing for me.

Another side of this would be, somebody wants me to explain something and I am not really in the mood to do a lot of explaining. I say many confusing things and the person comes to the point where he says, "That's too confusing for me."

Winning is so wonderful. Not long ago, I overheard somebody say, "Is that cup half full or half empty?"

For some reason I just cannot get that out of my head and it has confused me like nothing else in my life.

If, for example, a cup is half-full is it not also half-empty?

And, if it is half-empty is it also half-full?

I do not know if this is intentional confusion or if it is not supposed to make any sense at all.

I think "the half empty/half full" scenario is just for plain ordinary fools. In my experience, I have never met a half fool. Either they are all fool or they are not a fool at all. Just when you think you met a half-fool, they spiral into a complete fool. There is a question whether any fool can be complete or not, but that is too confusing for me.

Several times my wife will look at me and say, "Are you acting a fool?"

I would like to set her straight sometime, but I am a little confused as to be the right time. But I am not acting a fool. I have absolutely no skill in the thespian art of acting. Of course, when she addresses me with that question, I act like I am not a fool which I am not sure qualifies in the thespian arts category.

The confusion here is, if I am not acting a fool, how can I act like I am not a fool? What is the real difference here? Is there any difference at all? Oh, how confusing it all is.

I am afraid that confusion runs very deep in my life.

If I wanted to get out of the confusion syndrome, all I have to do is approach my wife and say, "I don't understand this, could you explain it to me?" After that, I am too confused to really understand that I am confused about it at all. Thanks, of course, to my wife who is confused about nothing that I know.

With her great skill in this area, she has helped me out of many a confusing situations.

Perhaps that is the primary difference between a husband and wife. The husband

is afflicted with the confusion syndrome and the wife knows how to unconfuse her husband. She has a remedy, according to her, that will cure him immediately.

This is the great joy of my life to be able to ignore my confusion and trust my wife's judgment in this area. I can balance the checkbook, but I have a hard time balancing these confusion elements in my life. Thanks to my wife, I do not have to worry about it.

At my present junction in life, I do not know if I am really confused or not. It is rather a confusing aspect to think about right now. Am I confused or am I not confused. If I am confused, what are the symptoms? If I am not confused, how will I know?

Perhaps the most comforting aspect of life, at least for someone my age, is knowing you are confused, accept it and get on with life. Nothing is more satisfying in life than knowing what you are and being able to accept yourself as you are and then enjoy the rest of your life.

With so much to do in the world today, it is always comforting to know that there is something you do not have to do. I like what the apostle Paul said. "And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him" (Colossians 3:17).

In the midst of all your supposed confusion, sit back, take a deep breath and give thanks to God for his grace in accepting you as you are.

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

Sometimes you give life your best shot and you still come up short. What do you do when you feel like giving up? What do you do when you feel like you've failed life or at being a good husband, wife, parent or friend? When you feel like you've let others down, or you feel like you've let God down and you feel like giving up on yourself? You may feel that way about this past year. You think, "I'm not making it!" Or, "Another year has past, and things are no different!" And you feel like running. What do you do?

Remember Everybody Fails. "There is no one on earth who does what is right all the time and never makes a mistake." Ecclesiastes 7:20 (GNA) All of us fail; nobody's perfect. Consider some of these failures:

Pastor Ray's Encouraging Words

When You Feel Like Giving Up

There was a famous U.S. general, who lost 2/3's of all the battles he fought, but he won the war – George Washington. Another commander graduated 42nd out of a class of 43, he was considered a dunce. Later he was considered one of the greatest military minds in history – Napoleon. Another guy failed at retailing seven times, before starting one of the largest department store chains in America – R.P. Macy. The point is failure doesn't make a failed person.

Reduce The Failure. We tend to blow it out of proportion. Failing is not the end of the world. "No matter how often an honest man falls, he always gets up again." Proverbs 24:16 (GN). Successful people are not people who never fail. Successful people are people who never quit! Failure is not falling down, failure is refusing to get back up.

Recharge Yourself Daily. "Therefore we do not give up; even though our outer person is being destroyed, our inner person is being renewed day by day" 2 Corinthians 4:16 (NLT). We're all getting older and breaking down physically. We

get the 3 B's: bifocals, baldness, bulges. But we don't have to break down internally. Paul says we get renewed "day by day." You do that through DAILY Bible reading and prayer. Paul got recharged every day, and so must we.

Rely On God's Help. God not only will forgive your mistakes of yesterday, but He will help you with today. "He gives power to those who are tired and worn out; He offers strength to the weak." Isaiah 40:29 (NLT). Do you feel tired or worn out? God wants to give you His power and strength. "You will not succeed by your own strength or power but by My Spirit, says the Lord." Zechariah 4:6 Don't depend on your own strength, you've already proven you can't do it on your own. That's why things get so messed up, when we try to go it alone, in our own strength. In this New Year rely upon God's strength and He will help you.

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By Marlys Johnsen Norris, Christian Author

There needs to be in balance when one prioritizes the vertical and the horizontal areas of life. The one in the love, knowledge and grace of God will hate what is evil. They will be Biblically aware of the schemes of the devil, flesh and the worlds views that draw them away from their love relationship with God. When the vertical priority grows, the horizontal Christians love of neighbor grows and a new commandment is fulfilled. Jesus said: "A

The Cross in Your Life

new commandment I give to you, that you love one another; Just as I have loved you, you also are to love one another. By this all men will know that you are my disciples, if you have love for one another. (John 13:34-35)

When the life's area of faith is completed their life will exemplify Christ's love to all mankind. Fully grasping within their desire to reach others with the love of the cross and salvation provided by Jesus Christ.

When they engage themselves in the lives of others, the fruit of their life will exemplify the qualities of Jesus Christ such as: Forgiveness, Looking for the best in others, An encourager, A builder up and Helper in the Character of others lives. All to the glory of God their most important priority is to love God with one's whole heart and soul and then everything else will fall into its proper place.

A person after God's own heart will have a love for knowing Him more deeply by consuming His Word daily which gives guidance and power to overcome the seducing priorities of this world. The Holy Word of God (Bible) is powerful as one claims its words and promises as their own. With God, "Everything is possible!" The closer one walks with God one will capture walking in His perfect will for their life as He guides and directs them in the divine path chosen for them before the foundation of the earth.

Behold He stands at the door of your heart, waiting to be invited into your life. All you need to do is open that door and invite Jesus into your heart and life. He is most anxious to hear those beautiful words from you. (Rev.3:20) He will enter!

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

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

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In the Stars 2017

When you wish upon a star... well,,let's see if that wish will come true. It all depends. If the planets are aligned, perhaps there is a way to read our future. **Astrologer Mercury** shared his read for 2017 on POPPOFF and I thought you'd like to be in on the future. It's all about how the planets align in your chart which dates back centuries. For now, let's concentrate on the immediate future. And it all begins on...

JANUARY 8 when Mercury goes direct. No, not the Astrologer, the planet. Uranus in Aries is opposite Jupiter in Libra. Pluto is in Capricorn Square... Mars in Aries and Conjunction Uranus Square Pluto in Capricorn with Jupiter in Libra. As a result, the New Year begins with a sense of trepidation, and caution is warranted.

JANUARY 28 is on the First Moon of the first Luna month.

POPPOFF!

with **Mary Jane Popp**

The Year of the Monkey ends and the Year of the Fire Rooster begins. Over the next twelve months, there is an awakening to the idea that hard work, patience, and perseverance bring success. The fires from within illuminate the idea that a sense of purpose, appreciation of family and friends, and wisdom are integral to a meaningful life. Inspiration arises from the realm of perceived chaos, and clarity emerges as mental obstacles are cleared. Intuition provides the best guidance in this endeavor.

OCTOBER 10 Jupiter moves into Scorpio, and the expanding consciousness shifts from without to within, when the heart is open, and a new journey to self-discovery and awareness begins. But with passion in abundance, and adaptable to circumstance, a danger lies in susceptibility to misguidance, and an explosive period for terrorism and violence is possible toward the end of 2017.

We also need a check on our new President Donald Trump. His first one-hundred day's transit astrology chart is a difficult period. The amount of restrictions that the office of the Presidency will be disruptive to Donald Trump's way of life. Uranus is square to his natal Saturn for those first one hundred

days in office, and he will not be happy with the frustration that he encounters. The Uranus in Aries square Saturn in Cancer ends by June of 2017.

China has not been looked at lately, and **Mercury** says China is a formidable conundrum to Trump because of his approach towards China and Taiwan. After one term in office, he will step down and let Vice President Pence run for the Presidency. His outward appearance will look as if he is happy and enjoys his new life. Behind the scenes, he's frustrated, angry, and can't do anything about the limitations he did not expect. Congress will be a stumbling block that will add to his frustration. And, at the behest of President Trump, The U.S. and North Korea will meet to discuss the threats levied by the latter against the West.

Just a peek at what is in store for us in 2017. If you want to know more, check out www.MercuryMinute.com or call **Mercury** at 916-834-4321. You can also hear him on KUBU, the voice of Sacramento 96.5 FM on the Internet Thursdays from 2-4 PM. Always remember Live simply, Love Deeply, Laugh Often, and Dare to Dream. This is my wish for you. May this be the **HAPPIEST NEW YEAR EVER!!!** ★

Hardwired: The Brain's Circuitry for Political Belief

When people's political beliefs are challenged, their brains become active in areas that govern personal identity and emotional responses to threats, USC researchers found.

A USC-led study confirms what seems increasingly true in American politics: People are hard-headed about their political beliefs, even when provided with contradictory evidence.

Neuroscientists at the Brain and Creativity Institute at USC said the findings from the functional MRI study seem especially relevant to how people responded to political news stories, fake or credible, throughout the election.

"Political beliefs are like religious beliefs in the respect that both are part of who you are and important for the social circle to which you belong," said lead author **Jonas Kaplan**, an assistant research professor of psychology at the Brain and Creativity Institute at USC Dornsife College of Letters, Arts and Sciences. "To consider an alternative view, you would have to consider an alternative version of yourself."

To determine which brain networks respond when someone holds firmly to a belief, the neuroscientists with the Brain and Creativity Institute at USC compared whether and how much people change their minds on nonpolitical and political issues when provided counter-evidence.

They discovered that people were more flexible when asked to consider the strength of their belief in nonpolitical statements – for example, "Albert Einstein was the greatest physicist of the 20th century."

But when it came to reconsidering their political beliefs, such as whether the United States should reduce funding for the military, they would not budge.

"I was surprised that people would doubt that Einstein was a great physicist, but this study showed that there are certain realms where we retain flexibility in our beliefs," Kaplan said.

The study was published on Dec. 23 in the Nature journal Scientific Reports. Study co-authors were Sarah Gimbel of the Brain and Creativity Institute and Sam Harris, a neuroscientist for the Los Angeles-based nonprofit Project Reason.

Inside the mind

For the study, the neuroscientists recruited 40 people who were self-declared liberals. The scientists then examined through functional MRI how their brains responded when their beliefs were challenged.

During their brain imaging sessions, participants were presented with eight political statements that they had said they believe just as strongly as a set of eight nonpolitical statements. They were then shown five counter-claims that challenged each statement.

Participants rated the strength of their belief in the original statement on a scale of 1-7 after reading each counter-claim. The scientists then studied their brain scans to determine which areas became most engaged during these challenges.

Participants did not change their beliefs much, if at all, when provided with evidence that countered political statements.

But the scientists noticed the strength of their beliefs weakened by one or two points when challenged on nonpolitical topics.

Thoughts that count

The study found that people who were most resistant to changing their beliefs had more activity in the amygdalae (a pair of almond-shaped areas

near the center of the brain depicted in the illustration) and the insular cortex, compared with people who were more willing to change their minds.

"The activity in these areas, which are important for emotion and decision-making, may relate to how we feel when we encounter evidence against our beliefs," said Kaplan, a co-director of the Dornsife Cognitive Neuroimaging Center at USC.

"The amygdala in particular is known to be especially involved in perceiving threat and anxiety," Kaplan added. That is consistent with the idea that when we feel threatened, anxious or emotional, then we are less likely to change our minds."

"These areas of the brain have been linked to thinking about who we are, and with the kind of rumination or deep thinking that takes us away from the here and now," Kaplan said.

"Understanding when and why people are likely to change their minds is an urgent objective," said Gimbel, a research scientist at the Brain and Creativity Institute. "Knowing how and which statements may persuade people to change their political beliefs could be key for society's progress," she said.

The findings can apply to circumstances outside of politics, including how people respond to fake news stories.

"We should acknowledge that emotion plays a role in cognition and in how we decide what is true and what is not true," Kaplan said. "We should not expect to be dispassionate computers. We are biological organisms."

The work was supported by the Brain and Creativity Institute at USC and by Project Reason. ★

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Americans are Freaking Out About Insurance Quality



Insurers increasingly exclude some providers from networks to squeeze big discounts out of the remaining in-network doctors and hospitals. As a result, four in ten consumers had trouble, or knew somebody who had trouble, finding an in-network doctor or clinic.

Commentary
by Larry Hausner

Of all their concerns about healthcare, Americans are most worried about whether they can afford their insurance. That's the key finding from a new Morning Consult survey of over 20,000 people.

It's easy to see why Americans are so anxious. Premiums are set to rise sharply next year. And insurers are shifting more of the cost of procedures and medicines onto patients. In short, people are paying more but getting less coverage. In many cases, patients appear to be skipping needed treatments because they can't afford their copays or co-insurance.

Unaffordable insurance is a problem for the nation, not just for individual households. If people don't have quality coverage, they'll be stuck with ineffective treatments. Their conditions can worsen -- causing their healthcare costs to balloon.

Rising premiums are crushing family budgets across the nation. More than four out of ten Americans said that their monthly health insurance premiums increased in the past year. Come 2017, insurers will increase premiums for employer-sponsored plans about 5 percent. For Americans who buy coverage on the Affordable Care Act exchanges, premiums will skyrocket 25 percent, on average. Consumers in many states could see their premiums increase 60 percent or more.

Insurers are making patients shoulder a larger share of treatment costs. Four out of ten Americans say that their out of pocket costs have spiked in the past few years, according to the survey. As of 2014, Americans were spending more than triple on their deductibles than they

had a decade prior, according to the Kaiser Family Foundation.

In exchange for the added costs, Americans are receiving less coverage.

Insurers increasingly exclude some providers from networks to squeeze big discounts out of the remaining in-network doctors and hospitals. As a result, four in ten consumers had trouble, or knew somebody who had trouble, finding an in-network doctor or clinic.

Recently I had a medical issue that required surgery. The cost of the out-of-network surgeon was \$18,000. The insurance company refused to pay the doctor's charge for the surgery. After three long and tedious rounds of appeals, an outside arbitrator deemed that the surgery should be covered since it was an emergency situation. The insurance company paid the surgeon its previously negotiated in-network fee of \$179.47. The number of in-network doctors, and thus patient's choices, is shrinking.

Firms are also dragging their feet or flat out refusing to pay for certain therapies. Nearly 30 percent of Americans report that their doctor prescribed them a treatment that wasn't covered by insurers. A similar percentage experienced difficulty getting an insurer to cover a needed treatment.

The thinning coverage and bulked up costs mean that healthcare is, in practice, inaccessible for many people, even though they technically have insurance coverage. A majority of Americans either couldn't fill a prescription, or know someone who couldn't, because the cost-sharing requirement was too high.

Consider the story one doctor recently shared about his patient suffering from ulcerative colitis,

a chronic disease that causes inflammation in the large intestine. The doctor had prescribed the 28-year-old woman two medications that got her colitis under control.

But a year later, the woman returned to his office, crying. She was sicker than before. The doctor asked if the medicines had stopped working. She then revealed that she had quit taking them because her insurance company stopped covering the drugs, and she couldn't afford the out of pocket costs.

Going without treatment is bad for patients -- and for the nation's healthcare budget. Nearly 60 percent of the population suffers from at least one chronic disease. Preventing and managing these diseases is vastly cheaper than letting them spiral out of control.

Chronic diseases are already projected to cost us \$42 trillion from now until 2030. If insurance quality continues to decline and more patients can't adhere to their treatments, the bill could grow even larger.

Reforms to lower insurance costs and ensure quality coverage would enable patients to better manage their chronic diseases. That would spare them from needless suffering -- and the nation from needless healthcare expenditures.

In the current political climate, it is difficult to see quick resolution to this not insurmountable problem. However, amending Obamacare -- as was always anticipated by the administration -- could resolve the issues.

For millions of Americans, good insurance is a prerequisite for good health. No wonder people are so concerned about their worsening coverage.

Larry Hausner is chief patient advocate of the Partnership to Fight Chronic Disease. ★

Sacramento County DA Reports



Man Sentenced for Kidnapping Teens & Sexual Assault Defendant Convicted for Murder of Rancho Cordova Woman Pair Convicted for Murder at Home Depot Parking Lot, Series of Crimes

DATE: December 20, 2016

CASE: Kevin Hickman (Case #15F03015)

PROSECUTOR: Deputy District Attorney Matt Chisholm, Adult Sexual Assault Prosecution Unit

The Honorable Donald Currier sentenced Kevin Hickman to 11 years, 8 months plus 100 years to life in prison. On October 6, 2016, a jury convicted Hickman of three counts of forcible rape with kidnapping allegations, one count of forcible oral copulation with kidnapping allegations, kidnapping for purposes of rape, kidnapping of a child under the age of 14, and criminal threats.

Hickman met the victims' mother through a dating website. A few days later on May 16, 2015, Hickman offered to take her 16-year-old daughter and 13-year-old daughter to a party at a roller skating rink. The mother agreed, but Hickman didn't take the girls to a party. Instead, Hickman took the young girls to a house off of Marconi Avenue. By this time, the girls' cell phones had died and they had no way to call for help. Hickman took the 16-year-old victim to a shed in the backyard and raped her at knife point three times throughout the night. Meanwhile, the girls' mother called 911. The Sacramento Police Department was able to trace Hickman's cell phone to the house. The 13-year-old daughter was not physically or sexually harmed.

DATE: December 20, 2016

CASE: Harold Fulkerson (Case #15F00520)

PROSECUTOR: Deputy District Attorney Thien Ho, Homicide Unit

Harold Fulkerson was convicted by a jury for the second-degree murder of Teresa Anderson. The jury also found true that Fulkerson used a deadly weapon and committed the crime while out on bail for carrying a concealed dirk or dagger.

On January 27, 2015, Fulkerson was visiting a friend at the Ashgrove Place Apartments in Rancho Cordova. Fulkerson followed the victim, Teresa Anderson, into her bedroom and stabbed her 17 times. The other occupants of the apartment called authorities, who apprehended Fulkerson at the scene and retrieved the murder weapon. Fulkerson claimed that his use of marijuana and methamphetamine caused him to suffer hallucinations. The victim and Fulkerson were acquaintances with no prior history of conflict.

Fulkerson faces a maximum sentence of 18

years to life in prison. Sentencing is set for February 2, 2017, at 9:30 a.m. in Department 33 before the Honorable Michael Savage.

DATE: December 22, 2016

CASE: Jeffrey Michael Caylor & Kari Ann Hamilton (Case #14F01906)

PROSECUTOR: Deputy District Attorney Donell Slivka, Homicide Unit

Jeffrey Michael Caylor was convicted by a jury for the first-degree murder of Hassan Alawsi. The jury found true the special circumstance that Caylor shot the victim from a motor vehicle intentionally causing death and the allegation that Caylor personally and intentionally discharged a firearm causing death. Caylor was also convicted of attempted murder, assault with a firearm causing great bodily injury, robbery, burglary, vehicle theft, and felon in possession of a firearm. Kari Ann Hamilton was convicted of accessory to the murder. Hamilton was also convicted of attempted murder, robbery, and burglary while armed with a firearm as well as vehicle theft.

On March 16, 2014, Hassan Alawsi was standing by his vehicle in the Home Depot parking lot on Florin Road when Caylor drove up and shot and killed him. Hamilton was in the car with Caylor. A few hours later, Caylor and Hamilton returned to their neighborhood in Carmichael. The two accosted a neighbor, and Caylor pulled out a gun and demanded the victim give them her car keys. When the victim refused, Caylor physically assaulted the victim. The defendants then stole the victim's car. On the morning of March 17, 2014, Caylor and Hamilton drove to their prior business location in the stolen car. As they approached the business, Caylor observed the neighboring business owner. Caylor and Hamilton had a hostile business relationship with that individual. Caylor pointed a gun at the business owner and pulled the trigger three times, but the gun did not fire. That victim got the license plate of the vehicle and called 911.

The defendants were stopped in the stolen vehicle by Chico police, which led to the discovery of the gun used to murder Mr. Alawsi and evidence linking the defendants to the assault of the second victim and car theft.

Caylor faces life in prison without the possibility of parole plus 82 years to life in prison. Hamilton faces 16 years in prison. Sentencing is set for February 10, 2017, at 9:00 a.m. in Department 31 before the Honorable Michael Kenny. ★

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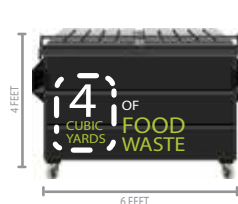
A very good friend of mine, Perry Hartline, passed away just hours before Christmas Eve. He had moved to the East Coast not long ago to escape from the confines of California. He said conservatives didn't stand a chance here anymore. Perry and I had many talks

about politics, life, history, our families. Turns out he was right more times and about more things than I can admit. Perry had been in the advertising and radio business for many years in this state. He also was a great political cartoonist. Some of his works appear here.

He is survived by a loving wife, a son and a daughter. He will be missed by his many friends on both coasts. I will miss you my friend, your wisdom, your humor, and your willingness to always take time to talk. God Bless you Perry Hartline. ★



Commercial Food Waste Recycling = WasteRight!



Background:
Assembly Bill 1826 requires businesses that generate a certain amount of food waste per week to recycle it! The bill also includes "green" wastes that are generated by landscaping services such as lawn clippings, tree trimming and non-hazardous wood waste. Businesses such as restaurants, bakeries, grocery stores, hotels, schools, hospitals, food processors, and landscapers are in some cases now regulated by this new law. Together these waste streams are called "organic wastes."

What is the Technical Definition of Organic Waste?

Organic waste as defined in the bill includes the following material: food waste, green waste, landscape and pruning waste, nonhazardous wood waste, and food-soiled paper waste that is mixed in with food waste. These materials represent the largest subset of organic wastes that are currently disposed of in California landfills.



FOOD WASTE

Solid, semi-solid, and liquid food
Food soiled paper
Coffee grounds
Coffee filters
Tea bags
Fruits & Vegetables
Meats
Breads
Cooking Oils
Cheese
Plants & Flowers

Key Dates & Thresholds:

January 1, 2017: Businesses that generate 4 cubic yards of organic waste per week must arrange for organic waste recycling services.

January 1, 2019: Businesses that generate 4 cubic yards or more of ANY solid waste per week must arrange for organic waste recycling services.

January 1, 2020: If the State (CalRecycle) determines that organic wastes have not been reduced by 50 percent of the 2014 amounts, they will expand the requirements to cover businesses that generate 2 cubic yards or more of commercial solid waste per week.

What are the Options?

Businesses that are required to recycle their organic waste must implement at least one, or a combination, of the following actions:

- Separate organic waste from other waste and subscribe to organic waste recycling service that includes collection and recycling of organic waste.
- Recycle your own organic waste onsite or take it yourself for recycling.
- Subscribe to an organic waste recycling service that may include mixed waste processing that specifically recycles organic waste.
- Businesses sell or donate their recyclable organic waste.

Business Incentives - Early Adopters

Businesses that get on board early with this new recycling requirement may also be eligible for saving on garbage service fees from their commercial waste hauler. Businesses are urged to contact their service provider for more information.

In addition, the Business Environmental Resource Center (BERC) has a recognition program through their Sustainable Business Program for businesses.

One Early adopter to organic waste recycling is Nugget Market. Nugget has reduced landfill waste by 70%!

- 2million lbs. food scraps converted to fuel, fertilizer or compost
- 1 million lbs. meat and oil converted to tallow and biodiesel
- 500,000 lbs. mixed recyclables
- 5 million lbs. of cardboard
- 100,000 lbs. plastic film and plastic bags

Nugget Markets are stepping up to the challenge of reducing landfill waste. With these great practices they are one of the Sacramento Area's Sustainable Businesses.

There is **free** HELP Available

There are certain exemptions for businesses and multifamily complexes, such as if they generate less than a ½ cubic yard of organic waste a week or they donate their extra food. Contact [BERC](#) for more information.



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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

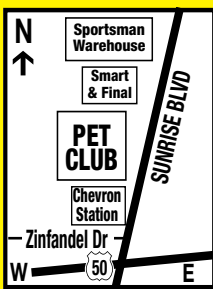
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Effective 1/11/17 - 1/17/17



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

COUPON

PIG'S EAR
29¢

with any purchase of pet, fish food or supply.
Large Size. \$1.49 value.
Limit 1 PLU323 ARM
Limit 1 Coupon per Family
Effective 1/11/17 - 1/17/17

COUPON

**ANGEL SOFT
TOILET TISSUE**
69¢

4 Roll Pkg.
With any Purchase of
Pet, Fish Food or Supply
Limit: 1 Pkg PLU 325
Limit 1 Coupon per Family
Effective 1/11/17 - 1/17/17

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

- Lamb Meal & Rice **\$31.99**
- Chicken Meal & Rice ...
- Life **\$33.99**
- Original/Beef
- Large Breed Adult ...

Effective 1/11/17 - 1/17/17

DIAMOND NATURALS
DRY DOG FOOD
40 Lb Bag

- Chicken •Lamb •Beef
- Senior 35 Lb •Light 30Lb **\$29.99**
- Large Breed ...
- Large Breed Lamb ... **\$31.99**
- Ex-Athlete **\$36.99**

Effective 1/11/17 - 1/17/17

EARTHBORN
HOLISTIC DRY DOG FOOD
Natural Grain-Free 28 Lb Bag
•Primitive Feast •Great Plains Feast
•Meadow Feast •Coastal Catch

Limit 2 Bags Per Family
(Reg Price \$43.99) **\$39.99**

Effective 1/11/17 - 1/17/17

PEDIGREE
DRY DOG FOOD
Adult.
(Larger Breed Adult 36 Lb Bag. \$19.99)

46 Lb Bag Limit 1 Bag Per Family **\$21.99**

Effective 1/11/17 - 1/17/17

9 LIVES
CANNED CAT FOOD
5.5 Oz All Varieties

Limit 1 Case Per Family **35¢**

Effective 1/11/17 - 1/17/17

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

Limit 2 Cases Per Family **20/\$11.00**

Effective 1/11/17 - 1/17/17

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

Limit 2 Bags Per Family **\$11.99**

Effective 1/11/17 - 1/17/17

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

Limit 2 Boxes Per Family **\$5.49**

Effective 1/11/17 - 1/17/17

PURINA PRO-PLAN
CANNED DOG FOOD SALE

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

BLUE BUFFALO
CANNED DOG & CAT FOOD **20% OFF**
•Homestyle •Blue's Stew •Wilderness 12.5 oz
•Spa Select •Wilderness 3 & 5.5 oz Selected Varieties

WILDERNESS DRY CAT FOOD **AS MARKED \$5 OFF**
(in store coupon)
•Chicken •Salmon •Duck •Indoor
•Weight Control 100% Grain Free
11-12 Lb Bag Limit 2 Bags

SCIENCE DIET IDEAL BALANCE DRY DOG FOOD **AS MARKED \$5.00 OFF**
(in store coupon)
•Adult •Mature Adult 30 Lb Bag
•Lrg Breed Adult Limit 2 Bags

WORLD'S BEST
CAT LITTER

14 Lbs Limit 2 Bags **\$11.99** Original **\$12.99** Extra Strength

PRECIOUS CAT
CLUMPING CAT LITTER **\$5.99**
18 Lb Bag Limit 2 Bags Per Family

JONNY CAT
PREMIUM CAT LITTER **\$1.69**
10 Lb Bag Limit 2 Bags Per Family

CAT'S PRIDE
FRESH & LIGHT PREMIUM CLUMPING CAT LITTER **\$5.99**
15 Lb Jug Limit 2 Jugs

All Varieties **PEDIGREE**
CANNED DOG FOOD **69¢**

•Choice Cuts in Gravy •Chunky Ground Dinner
•Chopped Ground Dinner 13 Oz Limit 2 Cases (12ct)

WELLNESS SIGNATURE SELECTS
& CORE CANNED CAT FOOD **15% OFF**
Grain Free Selected Varieties Limit 1 Case Per Family
5.3 Oz Can (Reg Price Signature \$1.79 Core \$1.69)

3 FREE Core Dog Food 12 Oz Can With Each purchase **CORE GRAIN FREE DRY DOG FOOD \$53.99**
•Original •Ocean •Reduced Fat **\$58.99**

3 FREE Core Cat Cans 5.5 Oz With each purchase •Original •Indoor •Turkey Grain Free 12 Lb Bag Limit 2 Bags Per Family **CORE NATURAL DRY CAT FOOD \$37.99**

MIDWEST METAL PRODUCTS
•Exercise Pens •Crates All Varieties **20% OFF**
•Ovation Trainer •iCrate Varieties **OUR SUPER LOW PRICES**

PARAGON WHIMZEE
Dental Dog Treats **20% OFF**
Edible Dog Chews All Varieties **OUR SUPER LOW PRICES**

VOLKMAN
Avian Science Bird & Small Animal Food **15% OFF**
2 - 4 Lb Pkg Selected Varieties **OUR DISCOUNT PRICE**

FLEXI
RETRACTABLE LEASHES All Varieties **20% OFF**
OUR SUPER LOW PRICES

RADIO SYSTEMS
Pet-Safe Pet Doors & Patio Panel Pet Doors **20% OFF**
All Models •Aluminum •Plastic **OUR SUPER LOW PRICES**

MARINELAND POWER FILTER SALE
MODEL TANK SIZE PET CLUB SALE
PENGUIN 100B 20 Gal. **\$19.99**
PENGUIN 150B 30 Gal. **\$27.99**
PENGUIN 200B 50 Gal. **\$33.99**
PENGUIN 350B 75 Gal. **\$45.99**

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

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

REEF CRYSTALS
50 Gal. Salt Mix **\$15.99**

BONUS COUPON

FANCY FEAST
ELEGANT MEDLEY CANNED CAT FOOD
Selected Varieties - 3 Oz
Limit 6 Cans with Coupon
Price Valid Only With Coupon
Effective 1/11/17 - 1/17/17 **59¢**

ARM PLU 568

BONUS COUPON

PURINA
WHISKER LICKINS CAT TREATS **69¢**
•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 1/11/17 - 1/17/17

ARM PLU 446

BONUS COUPON

ARM & HAMMER
CAT LITTER DEODORIZER **\$1.49**
20 Oz Box
Limit 2 Boxes with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 1/11/17 - 1/17/17

ARM PLU 422