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AMERICAN RIVER Messenger

"Written by the people, for the people"

Volume 12 • Issue 02 Serving Fair Oaks, Orangevale & Sacramento County January 27, 2017

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Conserving Without the Heavy Hand



Water waste is a thing of the past for Northern Californians. Water reductions have come even without state-mandated water conservation.

SACRAMENTO REGION, CA (MPG) - Sacramento-area residents reduced water use by 25 percent in 2016 compared to 2013 even without a state mandate to conserve, according to an analysis of water use figures submitted to the State Water Resources Control Board (State Water Board) and the Regional Water Authority (RWA), which represents nearly two dozen water providers in the Sacramento region. "The savings last year demonstrate that residents are continuing many of the water-wise behaviors adopted during the drought," said RWA Water Efficiency Program Manager Amy Talbot. "The conservation ethic did not go away with the mandates." The State Water Board in May 2016 adopted a new Emergency Regulation that allowed water utilities to set their conservation standard

based upon local water supply conditions and the utility's ability to pass a "stress test" (to meet customer demand in the next three years if drought continued). Local water providers certified that they have adequate supplies to meet customer needs. "However, this was not a signal to stop using water wisely," Talbot said. "Instead, it recognized that local water providers have planned and invested in building reliable supplies for decades." The 25 percent savings in 2016 comes on top of significant water use reductions over the past decade. Overall, the region's water demands have decreased 9 percent from 2000-13, while population increased 17 percent. The region uses the same amount of water today as it did in 2000 while serving 400,000 more people. And, during the drought, the Sacramento

region achieved some of the highest water use reductions in the state. "Although the Sacramento region is no longer in a drought, we're encouraging everyone to continue using water wisely," Talbot said. "Droughts are a part of life in California and remind us that water is precious. Wasting water is foolish, especially when there are so many easy ways to conserve." RWA and local water providers are asking residents to turn off sprinkler systems until spring, especially in light of the recent drenching by winter storms. In addition, now's a great time to consider how to save water indoors by, for example, replacing older fixtures with high-efficiency WaterSense-labeled ones. These include toilets, showerheads, faucets, Continued on page 2

River Cats Invite Fans to Nominate Military Family

WEST SACRAMENTO, CA (MPG) - The Sacramento River Cats are asking fans to submit photos of loved ones who have or who are currently serving in the military to be featured on Salute to Armed Forces jersey.



Selected photos will be featured on the specialty jerseys worn by River Cats players and will be auctioned off during the game. The annual Salute to Armed Forces Night will take place on Saturday, May 6th when they take on the Reno Aces at Raley Field. If you or a loved one has served in the U.S. Armed Forces, or know someone who is currently serving, please submit your photo to the "Salute to Armed Forces Jersey Submission" page at rivercats.com or by email to promotions@rivercats.com. That night's game will be preceded by the Wounded Warrior Amputee Softball Team game, which will conclude a day dedicated to commemorating those who serve our country. Fans wishing to submit a photo of a service member must visit rivercats.com and then email promotions@rivercats.com with a high-resolution (300dpi) photo of the service member in uniform (must be a picture of just them) and a 2-3 sentence description of said person. Continued on page 5

Womens Empowerment Receives \$25,000 from Save Mart Cares

Grant Will Help Sacramento Women Break the Cycle of Homelessness

SACRAMENTO REGION, CA (MPG) - Save Mart CARES has donated \$25,000 to help homeless women in Sacramento find homes and jobs to support their families through Women's Empowerment's comprehensive job readiness program. The mission of Women's Empowerment aligns closely with the mission of Save Mart CARES, which supports programs that have a record of results and contribute to the advancement of community, arts, recreation, education or sports. "A significant measure of a community's health is how many of its residents are employed," said Lisa Culp, executive director, Women's Empowerment. "Women who experience homelessness face profound barriers in their search for employment, so we empower them with tools to overcome those hurdles and secure jobs that will support their families. We are grateful to Save Mart CARES for recognizing that when women rise from homelessness, the entire community rises with them." In Women's Empowerment's initial eight-week program, women who are homeless receive free onsite child care in the group's child development center and transportation assistance.

Each woman works with a master's level social worker to address her root causes of homelessness. She attends classes on job readiness, confidence building, health and empowerment, as well as support groups for domestic violence and substance abuse. Women then focus on job placement with their employment specialist and volunteer career mentor. Women who have graduated from the eight-week program can enroll in the group's graduate services at any point in their lives when they need assistance. Services include paid job training, vocational certifications, counseling with a social worker and employment specialist, access to a professional clothing closet, financial coaching and job retention services for employer and employee. Women's Empowerment was featured on NBC's The TODAY Show in 2015 for offering the most comprehensive job-readiness program in the Sacramento area designed specifically for women who are homeless and their children. The award-winning organization has graduated 1,386 homeless women and their 3,750 children. Last year, 92 percent of graduates found homes and Continued on page 5



Julie Sardia of Save Mart presents Lisa Culp of Women's Empowerment with a check for \$25,000 to empower women who are homeless to find homes and jobs.

An Eggstravaganza of Delicate Art

By Shelly Lembke

SACRAMENTO REGION (MPG) - Sacramento's 27th Annual Northern California Eggstravaganza is just around the corner. The yearly event features free admission in addition to shopping, a raffle and seminars taught by egg artists from around



the globe. All proceeds from the raffle will benefit the Sacramento Shriners Hospital for Children.

"Egg artists from around the world will be teaching seminars, exhibiting and selling artwork created from real eggshells: ostrich, rhea, emu, goose – as small as finch eggs," according to Show Director Diana Macias.

The seminars are February 23-26. Times and fees vary. Pre-registration is required. The exact schedule can be found online at the show website. The artists giving the seminars hail from the US, Great Britain, the Netherlands, Japan, Mexico and Canada.

"Styles of artwork will include Fabergé, pysanka, etched, jeweled, beaded, painted, diorama, jewelry boxes and wearable art to name a few. Vendors will be selling supplies used to create



artwork and miniatures," said Macias.

Visit www.norcaleggart.com or email leggantdesigns@frontier.net for more information.

Photos courtesy of NorCal Egg Artists, artwork by Rosalie Juarez ★

Conserving Without the Heavy Hand

Continued from page 1

aerators and weather-based sprinkler timers. Learn about more tips for using water wisely at BeWaterSmart.info.

RWA is a joint powers authority representing two dozen water

providers and affiliates in the greater Sacramento area. Its primary mission is to help its members protect and enhance the reliability, availability, affordability and quality of water resources. RWA was awarded the national

2016 WaterSense® Excellence in Education and Outreach Award for its outstanding efforts to educate Sacramento-area residents about water efficiency and the WaterSense brand.

Source: RWA

★

Allergy Alert on Undeclared Cashew Allergen in Dry Roasted Almonds

U.S. FDA Special Report

SACRAMENTO REGION, CA (MPG) - Specialty Commodities, Inc. (SCI), a subsidiary of Archer Daniels Midland Company (NYSE: ADM), is recalling a specific lot of dry roasted almonds because they may contain undeclared cashews. People who have an allergy or severe sensitivity to cashews run the risk of a serious or life-threatening allergic reaction if they consume these products.

The recall was initiated after it was discovered that the cashew-containing product

was distributed in packaging that did not reveal the presence of cashews. The recalled dry roasted almonds were distributed between December 22, 2016, and January 19, 2017, to three customers, one of whom redistributed them for sale in either bulk bins or clam shells to retail outlets in California, including Safeway and Nugget Markets.

Representatives of SCI are working with DSD Merchandisers Inc., the distribution customer, and these outlets to ensure the product is removed from shelves and returned. No illnesses have been reported to date

in connection with this issue.

Subsequent investigation indicates the problem was caused by a temporary process irregularity that occurred at the third-party contract manufacturer that processed and packaged the almonds for SCI. Then, an inventory processing irregularity resulted in the almonds being forwarded to the impacted customers.

Please direct any customer inquiries to 770-752-8229 between the hours of 8 a.m. and 5 p.m. Eastern Time Monday through Friday.

★

Are You Nuts! Non-Profit Goes Nuts, and Berries!

SACRAMENTO REGION, CA (MPG) - Sacramento's heroes of nature, The Wildlife Care Association (WCA) is changing up a major fundraiser. The Nuts & Berries fundraiser will move from December to a new date in February, and reformat as a raffle. WCA President Theresa Bielawski says, "The new format gives everyone a better chance of winning prizes, and will help grow the funding for giving wildlife a second chance." The Nuts & Berries Raffle event takes place at WCA, 5211 Patrol Road, McClellan Park on Saturday, February 4th from 11am-2:30pm.

Formerly a silent auction event, the new Nuts & Berries Raffle offers the community a way to save wildlife and a more level playing field for all. With more than \$12,000 in raffle prizes, including a 10 Day Cruise to Alaska, tickets are \$75 each, two for \$140 or three



for \$200. No limit on the number of tickets you may purchase with all money supporting the non-profit mission to save regional wildlife.

With the \$4000 valued Alaskan Cruise donated by Zoe's Cruises & Tours, other Nuts & Berries Raffle prizes include Birdseed for a Year donated by Wild Birds and Gardens, a California Wolf Center Tour for 4, Pier 39 Fun Packs, sport packages including Oakland Athletics tickets, Wildlife Coin Sets, with more prizes in addition to the ones

listed here. No prize will have a value of under \$125. Some prizes include restaurant gift certificates such as Outback, Olive Garden, Garcia's. In addition, we have fine wines, Starbucks's coffee, paint ball, laser tag, museum admission tickets and more!

Go to the WCA website at www.wildlifecareassociation.com. Make sure you click the BUY RAFFLE TICKETS button not the DONATE button. Payment must be received no later than Monday, January 30th. You will not receive tickets in the mail, only an acknowledgement of how many you purchased and your ticket number (s). You can also purchase tickets on February 4th at the event.

Information on watching the Nuts & Berries Raffle draw live online will be posted on our website by February 1st, 2017. For more visit www.wildlifecareassociation.com.

★

Celebrate the New Year with Free Flowering Trees

SACRAMENTO REGION, CA (MPG) - Residents in your state can ring in the New Year with 10 free flowering trees by joining the Arbor Day Foundation any time during January 2017.

By becoming a part of the nonprofit Arbor Day Foundation, new members will receive two Sargent crabapples, three American redbuds, two Washington hawthorns, and three white flowering dogwoods.

"These beautiful trees will beautify your home with lovely flowers of pink, yellow and white colors," said Matt Harris,

chief executive of the Arbor Day Foundation. "These trees are perfect for large and small spaces, and they will provide food and habitat for songbirds."

The free trees are part of the Foundation's Trees for America campaign.

The trees will be shipped postpaid at the right time for planting, between February 1 and May 31, with enclosed planting instructions. The 6- to 12-inch tall trees are guaranteed to grow or they will be replaced free of charge.

Members will also receive a subscription to the

Foundation's bimonthly publication, Arbor Day, and The Tree Book, which includes information about tree planting and care.

To become a member of the Foundation and to receive the free trees, send a \$10 contribution to TEN FREE FLOWERING TREES, Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, NE 68410, by January 31, 2017.

Residents can also join online at arborday.org/january.

Source: Arbor Day Foundation

★



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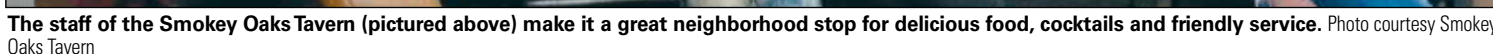
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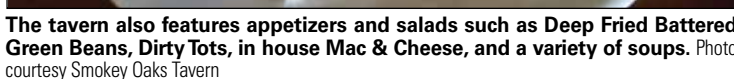
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Crossword Puzzle on Page 5

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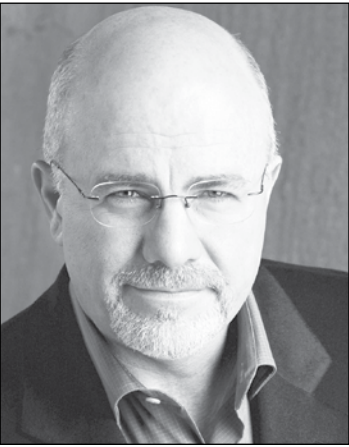


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Dave Says

trouble of opening it, and you just might use it again someday. Even if your wife is staying home with the baby, she just might be able to take on more students again as time goes by.

Just be reasonable and use common sense. If you spend \$3,000 to stay open, and you're making \$700, you'd dissolve it, right? But as long as you don't have fees that are making you cringe, I'd probably leave it in place.

—Dave

Helping dad

Dear Dave,

My dad has been really bad with money his entire life. Anytime he would get into trouble, my grandparents would always bail him out. This time he came to my wife and I, asking for \$350 to get out of overdraft at the bank. We're trying to live on a budget and get control of our finances, and \$350 would make things kind of tight at the moment. What do you think we should do?

- Jeremy

Dear Jeremy,

I understand feeling an obligation to help your dad. But there's a lesson here that dad needs to learn, and it's something that goes much deeper than the money or helping out a family member.

You have to do the right thing, no matter how dad reacts to this. Right now, the right thing

is taking care of your family and not putting them in jeopardy. So my answer to dad would be no. Another thing that needs to happen is for the definition of "help" to change. When you say he's been irresponsible with money his whole life, giving him \$350 won't help — and it will make you an enabler. Just handing him \$350 will actually hurt him, and it will give him the idea he can continue being dumb with money and hit you up for cash anytime.

Like I said, I understand the pull of helping out a parent. So if you feel this is something you absolutely must do, I would advise making the \$350 contingent on the fact that he begin and complete a financial counseling course. Be gentle when you talk to him, and let him know it hurts to see him struggling. But let him know, too, it's his responsibility to work through his debts and take care of his own finances!

—Dave

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



Make It Fun and It Will Get Done!

The Secret to Being Organized

Pam Young's Corner

Who Really Made Your New Year's Resolution?

(The teenager does too, provided she is doing it to humor the kid and doesn't have to admit it's for her too.) But here is the story that compelled me to write to you:

All year, I had noticed a family at my daughter's school. The children look like they came straight out of a fairy tale. One day, they were playing with their dad at the park when we were there. He was so gentle and caring with his children. He laughed and played with them. They even included my children in their games. As we were leaving the park, I heard the thought in my head, "I wish I could be in that family."

I immediately envisioned myself as his wife and thought, "No way! I am happily married to a wonderful man who is a wonderful husband and father. I have never even been tempted to stray! Where in the world would such a sick thought come from?!"

I was angry with myself. Then I realized that it was not my adult desire to be his wife, but the desire of someone within me to have a gentle, loving father. Wow! I discovered a scared, shy little girl. She's the one the teenager is so busy protecting. She just wanted to have a safe, loving family to be in, instead of

the angry, hurtful home I grew up in. I am enjoying getting to know her. She is so sweet. Many tears later I am finding the peace that has eluded me for so long. Now that little one smiles sometimes. We haven't settled on a name yet, but in time I know we will.

Thank you,

A happier mom of three.

When we get to know our inner child, we really get a second chance at having a great childhood, because we can be the benevolent, happy and understanding parent we may not have had when we were growing up. I love that this woman realized where her thoughts came from. They did NOT come from her adult consciousness, but from that of a little girl in her that didn't have a happy childhood.

When you read this, did you think about the New Year's resolution you made this year? Was it you that made it, or perhaps the child within?

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.



Womens Empowerment Receives \$25,000

Continued from Page 1

81 percent found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women's Empowerment is funded through private

donations from the community and receives no government funding except for in-kind rent from the County of Sacramento. To make a donation: www.womens-empowerment.org.

Save Mart CARES is a 501c3 charitable organization focused on supporting community, arts, recreation, education and sports. The foundation was created by

Save Mart Supermarkets and operates with a separate board of directors maintaining a separate focus on supporting the company's principle of giving back to the communities it serves. For more information, visit www.savemart.com/community/cares-foundation.

Source: Kristin Thebaud Communications



River Cats Invite Fans to Nominate Military Family

Continued from Page 1

If your photo is selected, you will be contacted with information on how you can preorder

the jersey. The Salute to Armed Forces specialty jersey is presented by USAA. Net proceeds from the jersey auction will

benefit Blue Star Families, who proudly support military members and their families.

Source: River Cats Media



STATEPOINT CROSSWORD • THE GRAMMYS

CLUES

- ACROSS
- Bars on guitars
 - Olden-day aerosol can propellant
 - Invitation request
 - Chinese fruit
 - "Say what?"
 - Kind of space
 - *8-time Grammy winner and "Climax" (2012) performer
 - Victorian time, e.g.
 - Mickey Mouse's pet
 - *2017 Grammy host
 - *Beyoncé's nominated rap song
 - Listening device
 - British comedy's Mr. _____
 - Baryshnikov's step
 - Red gemstone
 - Good guy
 - Amy Winehouse's voice, e.g.
 - Same as pleaded
 - Chinese silk plant
 - Film _____
 - Rode in a tube
 - Insolence
 - Dished out
 - Observer
 - Seed cover
 - Like flotsam
 - Red-encased cheese
 - Chinese "way"
 - *Prince's 1986 Grammy winner
 - Spanish sea
 - *Justin Bieber's Grammy nominated album
 - *Best Rap Song nominee (2017)
 - Apathetic
 - Ante up
 - Reflective thinker
 - Ringworm
 - Rub the wrong way
 - Open-mouthed
 - Perching place
 - *1995 Grammy nominee, _____ of Base
 - _____ and rights

DOWN

- Work stopper?
- Reduced Instruction Set Computer
- Amazon's smart speaker
- Not here
- India VIP
- _____ Zhen, played by Bruce Lee and Jet Li
- Hudson's Bay Company's original ware
- Irritate by rubbing
- *4-time Grammy nominated Ja _____
- Part of house frame
- U.S. President's special power
- "Pretty in Pink" formal
- "Once upon a time...," e.g.
- Do like a volcano
- Popular pickup
- Sayonaras
- *Designer's nominated hit
- Cool & distant
- Motionless
- *"_____ Aint Your Color"

- Hindu serpent deity
- Like TV with browsing capabilities
- Locomotive hair
- *Adele's multi-nominated hit
- Dunking treat
- Ownership document
- Golden Globes' category
- One of Fanning sisters
- _____ the season ..."
- Hairy vertebrate
- Photo tint
- Moulin _____, Paris
- Bread pocket
- Inch, e.g.
- Late Attorney General Janet
- A secondary school
- Type of fish net
- Sky defender
- Autumn mo.
- Parabola, e.g.
- Hi-_____

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Crossword Puzzle Solutions on Page 4

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

Solutions on Page 4

It's Déjà Vu All Over Again

Dr. James L. Snyder

New Year's Day was filled with lots of excitement, plenty of grandchildren running around and enough food on the table to eliminate world hunger. Actually, it did eliminate my ravishing hunger, at least for the day.

Both the Gracious Mistress of the Parsonage and Yours Truly simultaneously signed a deep sigh. My wife sat in her chair thinking and I, reclining in my chair musing. Believe me, we both had a lot to think about and muse over.

The difference between thinking and musing is quite profound. Thinking requires a lot of hard work while musing is closely related to amusing, although I am not quite sure about the connection. All I know is it takes less energy to muse than it does to think and I'm all for saving energy.

I had just gotten into a rather delightful muse when my wife made a very startling announcement.

"Well," she said most thoughtfully, "I guess this is the start of a brand-new year."

I was too deep into my muse to do more than grunt affirmatively.

Then I began to think, which sapped me of a lot of energy at the time. Although my wife was not wrong in her observation (she is never wrong about anything) she was not exactly right. However, being the man of the house, not to mention not having enough energy to put up a good front, I did not call her on it. But I thought on it some more.

Everybody says this is a new year that has never been lived before. And I would like to challenge that kind of thinking. I have an eerie feeling that I have been here before.

I am not sure if my muse got mixed up with my thinking but at the end of the exercise, I came to several startling conclusions. The biggest conclusion is there

is nothing new about the New Year.

Do not take my word for it, do some thinking on your own. Okay, it's a little too early in the year to do heavy thinking so maybe some light musing might be more in order.

If I remember correctly, and I must check last year's calendar, but wasn't it January last year at this time? In fact, I think for the past couple thousand years there has always been a January. Nothing new about January. In my lifetime, I have seen 65 Januarys. At the time, everybody said it was new. What I want to know is, when does the newness wear off? When is somebody going to stand up and honestly say, "Welcome to another old year."

Every time I have a birthday, people tell me I am a year older, but when another January comes around people try to tell me it is new. I think this year I am going to insist on my birthday that people tell me I am getting newer and not older.

Then, just as my muse was catching a second wind, I thought of some other inconsistencies about this so-called New Year hoax.

If I remember correctly, last January there were seven days in a week; Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, and Sunday. What I find rather strange is this new January has the same old days of the week. This is rather curious to me. Somebody is trying to sell me some old horse medicine for tea.

Now, if the year 2017 is supposed to be a new year why does it carry over the same old luggage of the old year? I think I smell a conspiracy here.

For example, if you went to buy a brand-new 2017 car, you opened the door, the hood and the trunk and everything was from a 2016 car, wouldn't you feel a little bit cheated? I know I would.

Not only does this so-called

new January have the same days of the week, and you are not going to believe this one, it also carries the same numbers of the days. And, these numbers are still in the same order as it did in January 2016.

I believe there should be a Congressional investigation into this rather serious hoax being played on the American people. After all, if someone promises something to be new, and brand-new at that, it should be downright new.

I think I go along with Solomon, the wisest man in the world, who said, "The thing that hath been, it is that which shall be; and that which is done is that which shall be done: and there is no new thing under the sun" (Ecclesiastes 1:9 KJV).

This so-called "New Year," is simply the "Old Year" repackaged for the unsuspecting. For some people it will take six months into the "New Year" before they realize this awesome truth.

People make New Year's resolutions, which are simply the old resolutions from the year before. Some of them go back decades. Nothing really changes. By the time February, which is the same February as last year, rolls around those new resolutions are tainted with some serious aging.

But there is a greater than Solomon that I appealed to. He said, "And he that sat upon the throne said, Behold, I make all things new. And he said unto me, Write: for these words are true and faithful" (Revelation 21:5 KJV).

I will leave the creation of "new," to the one who knows how to make all things new.

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



By Pastor Ray Dare

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

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

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

Pastor Ray's Encouraging Words

Peace of Mind Is a Promise

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

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

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

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

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

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By Marlys Johnsen Norris, Christian Author

Standing beside the gravesite of someone you have known for many years, have you ever glanced at the birth date, dash, and the date of death marked on it?

Most believe the dash means nothing but if you have known and loved the person well, you realize that 'small dash' represents everything that person

Burial Placque On A Grave

accomplished or did in a lifetime. That dash embraces the countless times that person extended kindness and love to you as well as the world around them. As tiny as it is, it speaks loudly about the total life of the individual buried under its ground and reminds us of the depth of our personal loss because they are now gone forever and are a child of God's having graduated into the Kingdom of God.

Some may say, "It's all in a day." But truth is, it is much more than that. It is a life that has been lived well. A life exemplified the love and likeness of Christ to the world around them. A life victoriously spent because of Christ's love living within their body and exemplified through them in a thousand generous ways.. Were they perfect human beings? Of course not! The wonderful thing about realizing our failures, God

still loves us and as we live with God in our heart He best understands our failings better than we do. His love is unconditional and never ending for each one of us.

God loves every single person He has created to live life and His love never ends. Yes, He desires you to know and walk with Him and many find that path of everlasting life, but some do not. Some go their own way for years and years and you may ask "Does He still love them?" Yes my friend, He still loves them. God will wait till the last moment of a man/woman's life for them to open the door of their heart and invite Him inside. Mankind will never understand the unconditional agape love of God because it is so profound and magnanimous, just like God Himself.

Marlys Johnsen Norris
Christitan Author of 6 books
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with **Mary Jane Popp**

thoughts right in their tracks. All it takes is challenging them with seven direct questions, starting with...

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- 2) **HAVE I HEARD SOMEONE SAY THIS THOUGHT BEFORE?** So many of the voices in our head are actually echoes. They're old words we heard someone else say to us, such as a parent, spouse, or boss. By identifying the originator of the thought, you can find out if it really belongs to you. Many times it doesn't.
- 3) **DO YOU LIKE THIS THOUGHT?** Go ahead and ask yourself: Is this thought desirable or appealing? If not, then ask yourself: why are you thinking it? If you don't like what you're hearing, you don't have to listen.
- 4) **DOES THIS THOUGHT MAKE ME FEEL BETTER?** Negative thoughts tear us down instead of build us up. They seep into our psyches, wreaking havoc. Ask yourself: Is this thought making you feel better or

- worse about yourself? If it doesn't enhance your self-esteem in any way, why are you thinking it?
 - 5) **DOES THIS THOUGHT WORK FOR ME?** Is this thought useful or productive for you? With this question, you can take a look at whether or not a thought supports your desires or goals. If not, why are you thinking it?
 - 6) **AM I IN CONTROL OF THIS THOUGHT?** Does this thought have any kind of hold or power over you? Or, are you in control of it? If not, ask yourself why you would let a thought have power to control you. Remember, you are the commander of your own thoughts, not the other way around.
 - 7. **DO I WANT TO KEEP THIS THOUGHT OR LET IT GO?** With this questions, you are finding out if you want to hold on to a thought that serves no useful purpose for your well-being. If it's not doing any good, it's probably doing you bad. So let it go.
- But get a hold of the positive and make it exciting and new. Check out www.oranadrich.com and remember "Says Who" and how one simple question can change the way you think FOREVER! ★

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 ★

Sacramento FBI Teen Academy Applications Available Online

Class Offers Information, Experiences, and More to High School Juniors

SACRAMENTO, CA (MPG) - The Federal Bureau of Investigation (FBI) Sacramento field office is accepting applications for the Spring 2017 FBI Teen Academy. This unique opportunity is open to all high school juniors attending any school—public, private, and home school—in the 34-counties the field office serves. The application package is available for download now. Students selected to participate will spend an entire day at FBI Sacramento field office headquarters in Roseville on Friday, April 7, 2017. Applying and attending the FBI Teen Academy program is free; however, families are responsible for travel to and from the class. The FBI Teen Academy is a unique opportunity for any student—regardless of career interest—who is curious about the FBI, what the FBI investigates, and how

it serves the community. FBI Teen Academy participants engage in activities and discussions about what the FBI does and current topics relative to FBI investigations. Activities may include discussions about cyber safety, terrorism, active shooter situations, and color of law and civil rights investigations; participation in simulated evidence response team and bomb techs scenarios; and frank conversations about online communication and staying safe in an always-connected world. After completing the class, participants better understand the FBI's role in their communities, grasp the complexity of FBI investigations, can make lifestyle choices to be safer in their day-to-day lives, and what FBI career paths are available. FBI Teen Academy students often remain connected with the field office to

facilitate presentations, mentorship, and more. Each spring and fall, the FBI Sacramento field office hosts the FBI Teen Academy for 20-36 students who spend a day in FBI facilities to learn about the agency, what it investigates, how it serves its community, how students can make wise lifestyle choices to be safer in their day-to-day lives, and what FBI career paths are available. The opportunity is available to any high school junior in the region the field office serves and can create a lasting connection between the students and the FBI. More than 250 students have attended the FBI Teen Academy in Sacramento to date. To find the application see <https://www.fbi.gov/contact-us/field-offices/sacramento/community-outreach-1>
Source: FBI ★

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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. ★



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Girl Scout Cookies: 100 years, 9 Cookies, 5 Skills, One Purpose!

Building Girl Leaders One Package At A Time



The five skills that participating in Girl Scouts build in future Girl Leaders are: goal setting, decision making, money management, people skills and business ethics. Photo courtesy of Girls Scouts of America

SACRAMENTO REGION, CA (MPG) - This year marks the 100th year since Girl Scouts first started selling cookies. The cookie sale teaches valuable life skills and the proceeds, which all stay local, support their adventures and community service projects all year long!

Girl Scouts nationwide are celebrating this 100th cookie-versary with a brand new S'mores Cookie and you're among the first in the country to try it! The cookies are available to order starting January 13. Look for Girl Scouts with order forms! For the third year running, the cost of Girl Scout Cookies is \$5 per package.

The cookies arrive in Sacramento on February 18 at the Girl Scout Cookie MegaDrop at Raley Field. They are expecting to distribute more than 100,000 cases of cookies to Girl Scout troops throughout Northern and Central California. Cookies will be available through booth sales starting February 24.

The five skills that participating in Girl Scouts build in future Girl Leaders are: goal setting, decision making, money management, people skills and business ethics.

Girl Scouts is the world's most successful organization dedicated to creating girl leaders, with 3.2 million active members and more than 59 million alumnae. Since its founding in 1912, women have explored new fields of knowledge, learned valuable skills and developed strong core values through Girl Scouting. The Girl Scout organization has shaped the lives of the majority of female senior executives and business owners, two-thirds of women in Congress, and virtually every female astronaut.

The national organization is Girl Scouts of the USA; the local council is Girl Scouts Heart of Central California (GSHCC). GSHCC is devoted to building Go-getters, Innovators, Risk-takers and Leaders (G.I.R.L.s) in Alpine, Amador, Calaveras, Colusa, El Dorado, Glenn, Mariposa, Merced, Nevada, Placer, Sacramento, San Joaquin, Solano, Stanislaus, Sutter, Tuolumne, Yolo and Yuba counties. ★

Sacramento County DA Reports



Police Officers Lawfully Acted in Self-Defense in Shooting of Dazon Flenaugh Woman Sentenced for Stealing Wallets, ID Theft Woman Convicted for Double Murder of Elderly Couple

DATE: January 13, 2017
The District Attorney's Office has determined that three Sacramento Police officers lawfully shot Dazon Flenaugh after he rushed at them in a threatening manner while holding two knives.

On April 8, 2016, Sacramento Police officers contacted Flenaugh in the South Sacramento area after receiving a report that Flenaugh had been acting suspicious in the neighborhood. Flenaugh ran from the officers and committed multiple crimes while seeking to avoid apprehension. After jumping over fences and escaping through backyards, Flenaugh stole a large pick axe from one yard and used it to smash another residence's front door window. He also broke the back door glass. Flenaugh then went to an occupied home, which he forcibly entered after threatening to harm the resident with the pick axe and knife he was holding. She retreated from her home and contacted a neighbor for help. After discarding the pick axe and now holding two knives, Flenaugh confronted and threatened the neighbor, then fled.

When officers finally caught up with Flenaugh, he refused to comply with repeated commands to drop the knives and get on the ground. Instead, he rushed directly at one of the officers with the two large kitchen knives still in his hands. Two other officers were also standing nearby. Fearing for their own safety and the safety of each other, the three officers discharged their weapons at Flenaugh. Flenaugh died as a result of his gunshot wounds.

Multiple witnesses reported Flenaugh acting in a manner consistent with being under the influence of a controlled substance. Laboratory testing confirmed the presence of amphetamine and methamphetamine in Flenaugh's blood.

The District Attorney's Office investigates all officer-involved shootings that result in death or bodily injury. By law, officers are allowed to use deadly force when they reasonably believe they are faced with imminent danger.

Based on a thorough review of the evidence, Flenaugh posed an imminent threat of death or serious bodily injury to the three officers, and they were justified in shooting Flenaugh to defend themselves and each other.

Our review only addresses whether the officers involved committed any violation of criminal law. We do not address issues of civil liability, police tactics, or department policies or procedures.

The District Attorney's Office report detailing our factual and legal findings is available to the public.

DATE: January 18, 2017
CASE: Jasmine Moore-Grant (Case #15F04710, #15F05478, #15F06495)
PROSECUTOR: Deputy District Attorney Kelly Jobe, Special Investigations Unit

The Honorable Michael Bowman sentenced Jasmine Moore-Grant to 21 years county jail prison, of which she was ordered to serve 13 years in custody and 8 years on mandatory supervision. Moore-Grant previously pled to one felony count of second-degree burglary, 24 felony counts of identity theft, and admitted to two prison priors.

In July and August of 2015, Moore-Grant entered office buildings during business hours and stole wallets from employees who were away from their desks. She then repeatedly used and attempted to use more than a dozen victims' credit cards to make purchases at local stores. She completed over 90 fraudulent transactions causing more than \$7,000 in loss.

Moore-Grant has a prior criminal history of multiple theft and identity theft offenses.

DATE: January 20, 2017
CASE: Shauna Burton (Case #13F07264)
PROSECUTOR: Deputy District Attorney Thien Ho, Homicide Unit

Shauna Burton was convicted by a jury of two counts of first-degree murder for beating Melvin Bain and Jean Bain to death. The jury also found true weapons and multiple murder special circumstance allegations. Burton was also convicted of robbing a store clerk.

On November 3, 2013, Shauna Burton went to a CVS Pharmacy on Zinfandel Drive, where she threatened a clerk with a gun and then robbed the store. Shortly afterwards, Burton went to Melvin and Jean Bain's residence. Burton had previously assisted in caring for 78-year-old Jean Bain. While at the Bains' residence, Burton demanded prescription pills and money. When Melvin Bain refused, Burton stabbed Melvin Bain in the face and beat the elderly couple to death with a large Maglite flashlight.

Burton faces a maximum sentence of life without the possibility of parole. Sentencing is set for February 24, 2017 at 9:30 a.m. in Department 13 before the Honorable Matthew Gary. ★



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Advanced Home Health is Growing Treats Heart, Mind, Body and Soul

By Shelly Lembke

SACRAMENTO REGION (MPG)

One Sacramento-based company has quietly and efficiently carved a niche into the home health care business by providing superlative care for patients and caregivers alike. The “whole-istic” business model of Advanced Home Health and Hospice (AHHH) has earned them not only professional accolades and a thriving business, but a stellar reputation for their positive results for even the most complex patient care. The beating heart of this organization is founder Angela Sehr. Sehr is a woman with a mission and a vision with patient wellbeing in the Sacramento area.

Born in Xian, China, home of the famous Terra Cotta Warriors, Sehr started college at 15 and became a nurse at 18. The youngest of nine children, her siblings are also high achievers with a judge, college professor, engineer and a teacher among her immediate family.

Shyly self-admitted as a teacher’s pet, she loved science from a very young age. She says her mother encouraged her children to all be independent. “Marry well, she said, but always be able to stand on your own two feet,” was her mom’s advice.

Sehr may now be the boss, but she is far from being afraid to roll up her sleeves when it comes to patient care. She paid her dues with years in hands-on nursing. In fact, she still takes care of patients herself, in addition to her many other duties. AHHH offers patients around the clock care, just one of the many aspects that separate them from their competition. “I go out to patients’ homes at 2 in the morning if they need it, just like everyone else on staff,” said Sehr.

“When asked why her company's clinicians have been so successful in treating complex patients, compared to other facilities, she says, “I think part of it is quality. It's high quality care fast. Patients always come first. You're not giving care if you're sitting behind a desk.”

— ANGELA SEHR
FOUNDER, ADVANCED HEALTH AND HOSPICE

Sehr is a Registered Nurse who has worked around the world with patients of all ages and many different health issues. She came to Sacramento, having worked in places like China and Saudi Arabia. She attended Sacramento State’s Nursing program and earned her BSN here, spending over a decade in pediatric care and found her way into infusion care as a nurse for patients in need of



The dedicated management staff of Advanced Home Care; Angela Sehr, Owner, Angie Macadangdang, Chief Clinical Officer, Debi Moroles, Director of Business Development, Deb Ryan, Administrator and Lisa Gaza, Director of Patient Care Services. Photo courtesy of Colby Barrett

this specialized help. She has built her company on years of caring for infusion patients. Her company carries her compassion forward, providing top-notch, compassionate care for patients and their families.

During a time when health-care laws and models are in flux. Sehr’s company, AHHH has built a company that successfully and efficiently treats and maintains a base of anywhere from 600 to 800 patients, more than double similar programs of even healthcare giants like full-fledged local hospital systems. To meet the need AHHH has found, the company currently has a staff of approximately 400 highly-trained specialists performing an impressive array of care and support services, and specializes in “complex” patients, often avoiding such patients having to be readmitted to hospitals.

AHHH is as advertised. Staff is on-call 365 days a year, 24 hours a day. They provide truly advanced wound care, infusion nursing, orthopedic, occupation and physical rehabilitation, speech and swallow function therapy, specialized medical social workers and a chaplaincy ministering to the patients and their loved ones. The tiniest staff member is a therapy dog.

AHHH is a Medicare Certified Home Health Provider. They are licensed by the by the California Department of Public Health. They have provided care for premature babies, pre-and post op patients, patients such as diabetics with wounds that can be nearly impossible to heal. Many of these



Angela continues to see patients on a daily basis while running one of the largest home care organizations in the region. Photo courtesy of Colby Barrett

are patients the hospitals have given up on and AHHH has succeeded where others have failed, improving patient outcome in terms of health and healing. Sehr is intent that her teams utilize the latest technology to treat patients and makes available ultrasound and laser therapy, in addition to debridement if physician ordered.

The Low-Level Laser Therapy (LLLT) alone, per Sehr can be highly effective in treating, diabetic ulcers, venous stasis and arterial ulcers, and many other types of non-healing wounds.

The hospice care that Sehr’s company provides is a growing service, based on industry best practices, but also on her own experiences as a nurse. Most hospice patients they see are given six months or less to live, but that isn’t an outcome set in stone. “We don’t give up,” she says. “We’re not God, but people do ‘graduate’ from hospice. They do get better.”

Hospice care provides

comfort care to patients and family. “Advanced hospice nurses are registered nurses specifically dedicated to end-of-life care. They are focused on pain and symptom management for our patients around the clock. In addition to serving the terminally ill, hospice clinical team counsel and educate caregivers and family members on the needs of the patient, guiding them through every issue that may arise. Our hospice nurses work as a part of an interdisciplinary team that develops and manages the care for our patients and their families.”

A vital part of their team are the hospice social workers who are there to support patients and their families. “Our social workers are trained to assist our patients and their families on developing an individualized plan of care, researching ways to relief stress and anxiety by non-medical means, and connecting them with appropriate local resources.

“We understand that our patients and their families may have financial problems. Our social workers are equipped with the necessary tools and knowledge to provide counseling in these areas, as well as coordinating possible aid from other organizations,” Sehr commented.

What does it mean to be an advanced hospice social worker? According to AHHH, “It means to be a supporter of our patients and their families. Our social workers are trained to assist our patients and their families on developing an individualized plan of care, researching ways to relief stress and anxiety by non-medical means, and connecting them with appropriate local resources.

“A loss of a loved one, even if anticipated, brings a slew of emotions and grief for surviving family and friends. Our hospice bereavement professionals and volunteers are trained to provide counseling and support by

understanding the loss and compassionately walking step by step with surviving spouses, children, or parents.”

“To help our patients cope with the end of their life, AHHH provides spiritual services by certified chaplains to promote spiritual and emotional wellbeing. Our chaplains may also work with the patient’s clergy and coordinate spiritual nourishment and revitalization.”

Sehr credits hospice volunteers for the selfless work they do as part of the organization. “Our hospice volunteers spend time with patients and their loved ones. They run errands and provide caregiver relief, companionship, and supportive services. Volunteers are the backbone of our hospice team.”. Volunteers form bonds with patients and family members. Patients and families often tell volunteers things they feel they can’t tell their loved ones and help open the way for people to talk honestly. Volunteers work alongside paid staff in every area of hospice care.”

AHHH truly treat the entire family, and that includes monthly bereavement support group meeting. “At Advanced Hospice, patients are nearing and passing the end of their life, leaving behind husbands, wives, sons, and daughters,” according to the company website.

“When a patient is diagnosed with a serious illness or is recovering from an injury, our medical professionals, nurses, and therapists work hard to rejuvenate him/her to normal life. In addition to purely medical procedures, medications, and techniques, a huge part of a person’s recovery depends on his/her psychosocial condition.”

AHHH is making a concerted effort to reach America’s veterans. “Veterans have done everything asked of them in their mission to serve our country and we believe it is never too late to give them a hero’s welcome home. That’s why our hospice is taking part in the We Honor Veterans program. Our staff understand the unique needs of veterans and are prepared to meet the specific challenges that veterans and their families may face at the end of life.”

AHHH measures its success with data, not just good feelings. Their clinicians log every visit in detail, right down to wound and physical improvement, modality effectiveness, length of visit and many more details. That data is analyzed for the benefit of each patient, but the accumulation of data is used by the company to improve patient outcome and patient satisfaction. The company has recently broken ground on its next project, a free-standing Hospice Facility. While starting small, at 6 beds, it will be the only hospice in the area and unlike any other, due again to Sehr’s experience and personal touch. ★

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Best of Fair Oaks: And the Winners Are ...



Best of Fair Oaks Award Winners are pictured above. The red carpet event brought out businesses, citizens, students and sponsors to celebrate Fair Oaks and all the best it has to offer. Photo courtesy of Ryan Griffith

By Shelly Lembke

FAIR OAKS, CA (MPG) - Dozens attended the recent Best of Fair Oaks Awards on January 19th at the North Ridge Country Club in Fair Oaks. Planned and hosted by the Fair Oaks Chamber of Commerce, the elegant event included honorary dignitaries, delicious food and beverages and a relaxed but anticipatory atmosphere of grandeur.

“The food was amazing and we absolutely loved the event. It was very organized and the venue was beautiful,” commented attendees, award contenders and event sponsors Kati Cotton and Megan Covey of the Art Box. “We sponsored the event because we love our community and want to be a part of it in any way! We were so close to winning and it is for sure ‘on’ for next year! We were honored to be in the top three for Best of Entertainment and Recreation.”

The award winners were voted on by Chamber members, Fair Oaks citizens and readers of the

American River Messenger newspaper, owned by Messenger Publishing Group (MPG). Votes were accepted via email and tabulated by the American River Messenger staff. An impressive 442 businesses received votes, and winners were announced during the elegant, well planned event.

“Our 1st annual Best of Fair Oaks was a great success, and we already have ideas brewing for 2017! This special evening was all about celebrating our great little town and putting Fair Oaks on the map,” said Kimberley Pitillo, Fair Oaks Chamber of Commerce Executive Director.

“We had a vision and ran with it. It was an evening of anticipation, elegance and surprise. I believe that recognition is the key to success. Winners were from all over Fair Oaks and in all types of business. Some were Chamber members and others were not, that’s what made this event spectacular. The Fair Oaks Chamber of Commerce is about serving, representing and enhancing

business growth and success in the Fair Oaks community and this is exactly what we did this evening,” continued Pitillo.

Attendees were greeted and seated by local 2016 -2017 student ambassadors: Junior Honorary Mayor Joshua Gumacal from Del Campo High School; Miss Fair Oaks Ashley Gaston from Bella Vista High School, Miss Ambassador Fair Oaks Audrey Nunez, also from Bella Vista High School; and Fair Oaks Chamber Youth Ambassador Matthew Mason. The teens did an impressive job representing their community. Each was kind, polite, articulate and confident. The youth were wonderfully dressed for the glamorous event and to be selected, had to go through a vetting process that included oral panel interviews.

Guests arrived dressed to the nines in “fancy business attire.” There were beautiful gowns on ladies, ranging from sequined party dresses to full length evening gowns. Gentlemen came

with appropriate suits with ties, with a few holdouts going for California casual. No matter the clothing, the crowd was sociable as new people met and good friends and business acquaintances reunited.

The (literally) red carpet event was emceed by Diana Cralle

Major Chamber Recognition Award Winners

Volunteer of the Year – Ronda Leuty - Calif. Ave Skin & Body Works

Business Person of the Year - Roselyn Barbray - Optiva

Business of the Year – Javita Coffee - owner Dot Boyd

Citizen of the Year – Penny Howard

Honorary Mayor - Rachel Griffith - Polka Dot Dinners

Special Recognition - Jennifer Garets

According to American River Messenger Publisher Paul Scholl,

“The event exceeded expectations. They (the Chamber and volunteers) did a fabulous job putting the entire event together. Executive Director Kimberly Pitillo and her wonderful staff were impressive. I’m looking forward to doing it again next year.”

In addition to MPG and the American River Messenger, other sponsors included the Fair Oaks Theatre Festival, LuLaRoe Megan Covey Boutique, the Art Box, Chocho’s Boutique and music by Melonnee Desiree. Professional photography was courtesy of Ryan Griffith.

There were 30 nominees in categories of Restaurants, Fast Food, Pizza, Coffee Shop, Grocery Store, Yogurt Shop, Community Centers, School/Educational Training, Pet Care/Store, Veterinarian, Creation & Entertainment, Salon & Beauty, Health & Fitness, Specialty Shop, Real Estate/Realtor, Bank/Credit Union, Accounting & Tax Service, Insurance, Service Clubs, Churches, Home Business and Event of the Year.

The delectable foods were in part provided by Smokey Oaks Tavern. Co-owner Blaine Santos said their signature smoked in house pulled pork sliders made their way to the beautifully arranged buffet tables.

Another Fair Oaks establishment, Mirabelle European Pastry Café, also contributed sliced cakes such as Lemon Blueberry, Chocolate Peanut Butter, White Sponge with Fruit Glaze, Carrot Cake, and gluten-free options in addition to an equally tempting array of cookies. “The reason Mirabelle Cafe wanted to provide its pastries to supply the Best of Fair Oaks, is for the love of the Fair Oaks community we share. We wanted to personally cater to our community so that everyone could have a little taste of Mirabelle and the lovely treats we have to offer, according to Mirabelle owner Vincent Bartsch.

The Fair Oaks Chamber of Commerce also extended thanks to the very professional staff at North Ridge Country Club, and General Manager Rink Sanford.★



BEST OF WINNERS



The Top Vote Getter: **Fair Oaks Brew Pub**

Best Restaurant
Dad’s Kitchen

Best Fast Food in Town
Sunflower

Best Pizza in Town
Velocity Pizza

Best Coffee Shop
Dutch Bros

Best Brew Pub
Fair Oaks Brew Pub

Best Yogurt Shop
Yogurt Land

Best Grocery Store/Market
Raley’s Supermarket

Best Civic & Community Centers
Fair Oaks Community Clubhouse

Best Recreation & Entertainment
Fair Oaks Park and Recreation

Best School/Education Training
Bella Vista High School

Best Pet Care/Store
Petco Unleashed

Best Veterinarian
Dr. Putty (Old Town)

Best Salon & Beauty
William Charles Salon

Best Car Care Service
Otis Automotive

Best Health/Fitness Spot
Rollingwood Athletic Club

Best Sports Retailer
Bob’s Cycle Center

Best Specialty Shop
French in the Village

Best Real Estate Offices/Realtor
Becky Lund

Best Bank/Credit Union
Safe Credit Union

Best Accounting & Tax Service
Melanie Hirsch

Best Insurance
Rand Jacobs Insurance

Best Residential Commercial Contractors
Lil’ Bear Painting

Best Service Clubs
Fair Oaks Rotary

Best Churches
Fair Oaks Presbyterian

Best Home Business
Tupperware, Diana Cralle

Best Event of the Year
Chicken Festival

Sponsors included the Fair Oaks Theatre Festival, LuLaRoe Megan Covey Boutique, the Art Box, Chocho’s Boutique and music by Melonnee Desiree. Professional photography was courtesy of Ryan Griffith

