



Lifetime of Art Showcased at Eskaton FountainWood Lodge

Page 9

Fab 40's 5k Run Brings Out 1,000 Runners

Page 2



AMERICAN RIVER Messenger

"Written by the people, for the people"

Volume 11 • Issue 15

Serving Fair Oaks, Orangevale & Sacramento County

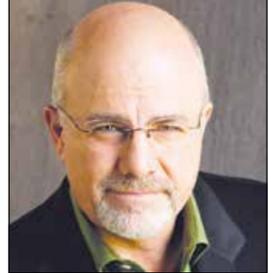
August 5, 2016

ELECTION CORRUPTION IS NOW WIDESPREAD



Page 7

DAVE RAMSEY: IT'S NOT DISCRIMINATION



Page 5

FAIR OAKS COMMUNITY UPDATE



Page 3

Unity in the Community

Story and Photos by Susan Skinner

SACRAMENTO COUNTY, CA (MPG) - Sacramento Sheriff's next-to-top cop can take the heat. Recently-appointed Undersheriff Erik Maness took a turn at burger flipping at his department's recent "Unity in the Community."

Maness (46) worked for McDonalds on Florin Road Before beginning his policing career. While studying at Luther Burbank High, his after-school job included cooking and serving at the franchise. By 20 years old, he was store manager. "The job was invaluable for my law career," he says. "It taught me customer service and leadership. Law enforcement is all about serving community." A private passion, Maness confides, is to start a restaurant in his retirement.

As well as free burger lunches Maness -- representing boss Sheriff Scott Jones -- hosted face-painting and bounce houses at the Howe Park picnic. Event highlights included a helicopter landing and canine displays. Families also got the lowdown on finger printing techniques and learned about law enforcement careers. SWAT teams were among units who shared off-duty time with the public. More than 300 guests enjoyed this outreach.

While high ranking officers sweated to grill hot dogs, K-9 Unit dogs were an even hotter attraction. Padded-out deputies demonstrated how German shepherds leap to action. Children observed the toothy law-keepers were also pussycats when off duty. The event is Sheriff Scott



Undersheriff Erik Maness (center) with Chief Deputy Phil Brelje and Sergeant John Martinez share burger-flipping duties during a "Unity in the Community" picnic at Howe Park.

Search and Rescue volunteers (photo at right) Jane Crue, Nichole Hinch and Michelle Hirt show off working canines Sacha, Tucker and Louise. Sheriff's mascot McGruff photo-bombs the line-up.

Jones' effort to humanize officers in his department. "We're showing people we want to be good neighbors," explained a spokesman. "We're all regular people who do regular stuff with our own families."

The "Unity" program has been staged at other communities in the County's unincorporated area. The next scheduled picnic is Sunday August 7 at Tetotom Park, Citrus Heights. Activities will begin at 10 a.m. ★



Expanding the Recall of P.F. Chang's Home Meals

SACRAMENTO REGION, CA (MPG) - ConAgra Foods is expanding a voluntary recall of P.F. Chang's Home Menu Brand products due to the potential presence of small metal fragments (2-9mm) in the sugar used in the sauce. This voluntary action is being undertaken because of impacted sugar from a supplier.

Foodborne foreign objects that are not hard and sharp and less than or equal to 7mm in length may cause minor injuries such as temporary reflexive choking and irritation of the gastrointestinal system. There have been no reports of adverse reactions or injuries due to consumption of these products to date.

An initial recall was issued on July 7, 2016 after a ConAgra employee observed metal fragments while dispensing sugar from a supplier for a P.F. Chang's Home Menu Brand sauce ingredient. On July 14, 2016, ConAgra Foods was notified by the supplier of additional production lots of sugar that were impacted, such that the initial recall needed to be expanded to include additional P.F. Chang's Home Menu Brand meals.

Products covered by this recall were distributed throughout the U.S. No other ConAgra Foods are impacted by this recall and these products are not served in P.F. Chang's restaurants. Meals in P.F. Chang's restaurants are made fresh every day and in every restaurant.

Consumers who have purchased these items are advised

Continued on page 3



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

SMUD Unveils Another Electric Vehicle Fast-Charge Station

Drivers Can Charge Up To 80 Percent Of Their Car's Battery In Less Than 30 Minutes

SACRAMENTO REGION, CA (MPG) - Electric vehicle (EV) drivers have a new resource in the Sacramento region—a

fast-charge station located immediately adjacent to the Interstate 80 freeway at 7825 Lichen Drive in Citrus Heights.

The fast-charge station is just the second in the region to accommodate most types of EVs manufactured by foreign

and domestic automakers, and it's one of the first installed in the U.S. by a utility. SMUD installed the first electric vehicle fast charger in the region last year near at its headquarters at the 6200-block of S Street in Sacramento and plans to open more fast-charge stations in the coming years.

EV drivers will pay approximately \$2 per "gallon" to charge up using the station—about 40 percent less than the current price of gasoline. By using technology that charges vehicles at 480 volts—four times that of a standard household outlet—fast-charge-capable vehicles such as the Nissan Leaf, Chevy Spark EV, BMW i3 and others can fill up about 80 percent of their batteries in 30 minutes or less.

"By installing another fast charger near a major freeway, we're making it easier for EV drivers to travel farther from home and worry less about finding their next charge," said

Ralph Troute, electric vehicle project manager at SMUD. "In the time it takes to have a cup of coffee, drivers using our new station can hit the road with their vehicles' batteries nearly topped off."

SMUD has also offered special electric vehicle rates for home charging since 1993. Today when drivers charge with one of SMUD's EV rates, they'll pay around 60 cents equivalent per gallon when charging after midnight. Overall, drivers can save upwards of \$1,800 per year by choosing an electric vehicle.

Environmental leadership is one of the SMUD Board of Directors' core values, and this project is the most recent result of a 25-year effort by SMUD to improve local air quality by advancing clean alternative-fuel transportation and cleaner power sources. Funding for this station comes from the sale of carbon credits.

Source: SMUD ★



SMUD Director Renée Taylor attaches a Nissan Leaf to the new SMUD electric vehicle fast charger at 7825 Lichen Drive in Citrus Heights, just off of Interstate 80. This new station can charge most EVs in less than 30 minutes. Photo courtesy SMUD

GOT MORE LOCAL NEWS?
CALL 773-1111

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!



To place your legal advertising, go to

CarmichaelTimes.com

Fab 40's 5k Run Brings Out 1,000 Runners

SACRAMENTO, CA (MPG) - The Annual Fab 40's Run/Walk to benefit the Alzheimer's Association drew close to 1,000 runners from around the Sacramento area on Saturday, July 30th at East lawn Memorial Park on Folsom Blvd.

This yearly event proves to be a tremendous gathering of people volunteering their time and efforts to help the cause against Alzheimer's disease and to honor their loved ones who have suffered or died from the disease.

The event draws many sponsors, vendors and contributors, all who support the work for a cure. It could not be possible without the huge effort provided by the entire staff at East Lawn.

These photos show the runners participating, from youngsters who get their own run, to the adults who take on the 5K run with as much enthusiasm as the children. Mia Lynn Fisher is the young lady opening the ceremony by signing the National Anthem.

Plan to attend next year's run now. Contact East Lawn to become a supporter or participant by calling 916-732-2020. ★



Fair Oaks EcoHousing

A Family-Friendly Green Neighborhood

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

Join us for a monthly site tour

For more information, visit FairOaksEcoHousing.org

SALON DE BELLEZA

AN AFFAIR WITH HAIR

— HAIRCUT SPECIAL —

2 for 1 Get your first haircut get your second one FREE!!

- Wednesday's - all color is 40% off
- Senior Thursday's - 50% off for Seniors
- Walk-in Welcome & Appointments

(916) 519-0039

(At the corner of Manzanita and Auburn)
5863 Auburn Blvd., Sacramento 95841

★ Get your Cosmetology License in 60 days Call for info: **(916) 519-0039**

PEACH Festival

Family Fun Games, Entertainment & Great Food!

Sunrise Mall Farmers Market

EVERY SATURDAY, 8 AM - 1 PM

6041 Sunrise Blvd.

(behind Sears)

Saturday, August 13

- FREE Event for the Whole Family!
- Best Peach Dessert Contest—No entry fee, just bring your dessert by 10:30 am
- Raffle Prizes - Market Gift Basket, Peach Pies, & More
- Family-Friendly Crafts and Games
- Peach-Inspired Chef & Canning Demo
- Peach Eating Contest
- Peach-Inspired Specialty Foods

Redeem this Ad at the Peach Festival, Saturday, August 13 at the Information Booth for 10 FREE Raffle Tickets for a chance to win one or all of the Peach Festival Raffle Prizes!

Baby Boomer Festival™

Placer County Fair & Events Center, Jones Hall
800 All America City Blvd, Roseville, CA 95678

August 13, 2016 10 am to 4 pm

The West Coast's Largest & Most Comprehensive Baby Boomer Expo and Music Show!

FREE ADMISSION

FREE PARKING

**EXHIBITS, PRIZES, GIVEAWAYS
LIVE MUSIC & BEER GARDEN!!**

Road Test plays classic Rock and roll from the 50's & 60's
Car songs, surfer songs, old time rock and roll, cruisin' songs. The band inspires lots of dancing and audience participation in poodle skirts, baggies, leather jackets and tight sweaters. It's the music you grew up with.

The Music of Your Life, with Billy & Kellie
The sweet sounds of "The Music of Your Life," from the 1940's and 50's. The combined harmonies and instrumentation that Billy and Kellie bring. Delicious sounds by which to reminisce a golden era.

CLASSIC CAR DISPLAYS!
See a beautiful array of 50s, 60s and 70s classic cars

**Bring the Kids and Grand Kids!
It's Fun, Fun, Fun
For the Entire Family**

ACTIVITIES TO KEEP YOU ENTERTAINED, EDUCATED, AND INFORMED.

The Baby Boomer Expo will include quality exhibitors and speakers offering meaningful and valuable information to our attendees

- Nutrition & Health Foods
- Sports & Fitness
- Anti-Aging Programs
- Vacations & Travel
- Spas & Retreats
- Holistic Remedies

- Health & other Insurance
- Financial Planning
- Beauty & Fashion
- Cosmetic Surgery & Dentistry
- Chiropractors and Massage
- And Much, Much More!

A LOT OF FOOD & FUN

ILoveMyFarmersMarket.com
THE SACRAMENTO BEE Stay Connected! sacbee.com
CRUISIN' RETRACE
MPG Messenger Publishing Group
ITEX
BANC OF CALIFORNIA Reverse Mortgage Works!
CHECK US OUT ONLINE, TOO! **BABY BOOMER FESTIVAL** www.babyboomerfestival.com



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.

August Office Hours

I started holding "Office Hours" in 2005 and now it is an on-going program that provides residents the opportunity to visit with me at local venues and talk about issues without the need of having to make an appointment downtown at the County Administration Center.

On Thursday, August 11, I will be setting up my "office" at Village Park before the free Thursday night Concert in the Park. I will be available to visit with residents starting at 5:30 pm until the show starts at 6:30 pm. The band that night will be Group Therapy playing classic rock.

Please come by for a chat. Visits will be handled on a first come basis.

FAIR OAKS COMMUNITY UPDATE

Fresh Fruits & Veggies

This summer enjoy the delicious fresh fruits and produce grown locally by visiting any of the two local Farmers Markets operating weekly thanks to BeMoneySmartUSA, a local non-profit training organization specializing in financial and business education for area youth. These local markets are open Sunday and Wednesday.

Shop Sundays from 9 am to 2 pm at Carmichael Park located at the corner of Grant Avenue and Fair Oaks Boulevard. This market hosts over 75 certified and organic farmers and specialty item vendors in a wonderful park-like setting making it a special occasion shopping for fresh fruit, vegetables, flowers, herbs and more.

Wednesday visit the Farmers Market in Fair Oaks between the hours of 3 - 7 pm. Located near the corner of Fair Oaks Boulevard and Sunset Avenue, the market is being operated at the New Life Church (8101 Sunset Avenue). And there's plenty of parking.

In addition to the ones identified above, BeMoneySmartUSA sponsors markets at other locations. For a complete listing, go online to bemoneysmartusa.org.

Learn about Adult Protective Services

Please join me 7:30 a.m. on Wednesday morning, August 17, at my Community Coffee

Meeting in Fair Oaks featuring a presentation by representatives from Sacramento County's Adult Protective Services Program that is dedicated to maintaining the health and safety of elders and dependent adults subjected to neglect, abuse, or exploitation, or who are unable to protect their own interests.

Sadly there are individuals including family members who abuse the elderly as well as dependent adults who have physical or development disabilities. APS social workers investigate allegations of physical abuse (assault/battery, constraint or deprivation, sexual assault, chemical restraint, and over or under medication), neglect (including self-neglect), financial abuse, abandonment, isolation, abduction, and psychological or verbal abuse. Learn what warning signs to look out for concerning your loved ones.

This meeting will be held at the Fair Oaks Water District's conference room, 10326 Fair Oaks Blvd. near Winding Way. The meeting starts at 7:30 a.m. and I will give a brief update on what is going on with Sacramento County then introduce our guest speakers followed by questions and answers.

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susanpeters@sacounty.net. ★

Grants Expand Natural Gas Vehicle Use



The California Energy Commission states that natural gas is the cleanest burning of all fossil fuels, cheaper than gas or diesel and contributes to significant reductions in greenhouse gas.

From Sacramento County

SACRAMENTO COUNTY, CA (MPG)

To serve Sacramento County, a lot of ground needs to be covered. Whether it's our Department of Transportation, Waste Management and Recycling or our Sacramento International Airport, king-sized vehicles integral to our operations, such as dump trucks, waste collection trucks and shuttle buses, can be expensive to buy and fuel.

Kelli Sequest from the Department of Waste Management and Recycling, aware of the need for this vital equipment and the investment, jumped at the chance to apply for the Natural Gas Vehicle Incentive Project, a first-come-first-served competitive grant from the California Energy Commission's Alternative and Renewable Fuel and Vehicle Technology Program (ARFVTP). Kelli also made sure other County departments were aware of these incentives to reduce the purchase price of their department's natural gas vehicles.

"Thanks to the efforts of Kelli and other County staff, the County was awarded \$600,000. These funds were used toward the purchase of new Compressed Natural Gas (CNG) vehicles for three

County departments. Because CNG is a lower cost fuel and better for the environment, our goal is to transition all of our Department's fleet to alternative fuel vehicles," said Paul Philleo, Department of Waste Management and Recycling Director.

Best fleet practices are always followed in managing the County's more than 2,300 vehicles and pieces of equipment, and that includes smart purchasing and using the most economical and environmentally-friendly fuels. The California Energy Commission states that natural gas is the cleanest burning of all fossil fuels, cheaper than gas or diesel and contributes to significant reductions in greenhouse gas.

Each year, the County's 100 waste collection trucks consume more than one million gallons of the cleaner burning natural gas, which reduces diesel fuel consumption by more than 500,000 gallons per year. Substituting one petroleum truck with a CNG truck, the County reduces petroleum-fuel use by 270 barrels of oil per year. Thus far, Waste Management and Recycling has transitioned about 90% of its on-road fleet to use alternative fuels, with its entire

south area collection fleet now operating on CNG.

To support the use of CNG, the County opened a new natural gas fueling station in 2015 that allows multiple vehicles to fill up at the same time without waiting as vehicles fill overnight. It is also planned that the County will move to bio-methane Renewable Compressed Natural Gas to fuel the refuse fleet to achieve even more greenhouse gas emission reductions. ★

Expanding the Recall of P.F. Chang's Home Meals

Continued from Page 1

not to consume them and return them to the store where originally purchased. ConAgra Foods is cooperating with both the FDA and USDA on this recall and is working with customers to ensure the packages are removed from store shelves and are no longer distributed. Consumers with questions should call our Consumer Affairs hotline at 1-800-252-0634, open 9 am through 7 pm CDT, Monday through Friday. ★

Tragic Chainsaw Accident in Fair Oaks

Special Report from Sac Metro Fire

FAIR OAKS, CA (MPG) - Shortly before 11 a.m. on July 29th, Metro Fire crews were called out to Hoffman Lane in Fair Oaks. Paramedics and firefighters arrived to find an unresponsive man suspended in a tree, approximately 40-50 feet high. The man was secured to the tree by a tree

trimming harness set-up, with a chain saw dangling nearby.

Firefighters attempted to reach the man with engine ladders, while quickly calling for a Truck and Rescue to respond. The truck's aerial ladder was raised; firefighters quickly assessed the man, secured him with a harness, and carefully lowered him to the ground. Once on the ground, it was determined that

the deceased tree trimmer had been cut by the chainsaw.

A man lost his life in this tragic accident today, even with safety precautions in place. When using chainsaws or other dangerous power tools, your personal safety and the safety of those around you cannot be understated.

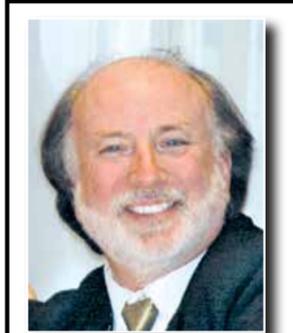
Our thoughts go out to the family and friends of this man. ★

Community Ice-Cream Social
To Meet Our New Staff!
American River Community Church & Wonder-Land Preschool and Daycare
3300 Walnut Ave., Carmichael
Sun. Aug. 21st - 6:30 - 8:30pm

Live Music by the Steven Randal Band! *Bounce House*

Come Meet our new Worship & Music Director, Steven Randal,
Our new Children's Ministries Director, Svitlana Kovalev &
Our New Wonder-Land Preschool & Day Care Director, Jessica Hankerson.
email: info@arconline.org www.arconline.org 916-483-3465

Thank a Veteran Today!



Publisher, Paul V. Scholl
American River Messenger is a member of Messenger Publishing Group

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Editorial5@mpg8.com.

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

AMERICAN RIVER Messenger

Serving Fair Oaks, Orangevale and Sacramento County since 2006

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

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

Subscriptions should be mailed to American River Messenger, 7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608. Subscription rate is \$28 per year in Fair Oaks and Orangevale.

The American River Messenger is published twice-monthly. Call 916-773-1111 for more information. (ISSN # 1948-1918).



We are proud members of these newspaper associations.



Fair Oaks Concerts
in the Park

2016 Band Line Up
Thursdays 6:30 - 9:00pm

August 11 - **Group Therapy Music Classic Rock**

August 18 - **Tom Rigney & the Flambeau Cajun, Zydeco, New Orleans Tunes**

August 25 - **On Air Classic Rock, Power Horns**

Eat Early with us!
Enjoy our **Thursday night special.**

The Village Bistro
California Cuisine

Welcome to the Village Bistro
Charming little bistro favored by locals

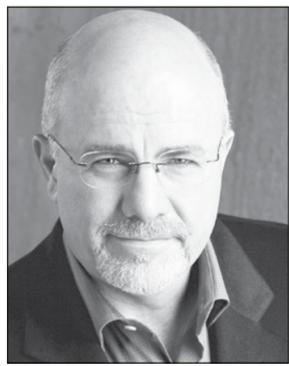
- ◆ Best Monte Cristo Sandwich
- ◆ Frittatas
- ◆ Eggs Benedict
- ◆ Homemade Soups and Desserts
- ◆ Beef Stroganoff
- ◆ Lamb Shank

◆ Thursday Night Special:
Dinner for 2 + 2 glasses of wine for \$26.95

7984 California Ave. Fair Oaks, CA 95628

916-966-6384
www.Village-Bistro.com

Open for Breakfast/Lunch Daily
From 8am - 3pm Except Mon 11am - 3pm
Open for Dinner Thu, Fri, & Sat 5pm - 9pm



Dave Says

Snowball switch?

Dear Dave,
We're working the debt snowball, and together my husband and I make \$93,000 a year. The amounts of our remaining three debts are so close we wonder if we should take interest rates into account. Two are student loans for \$2,970 and \$6,700, while the other is credit card debt in the amount of \$4,750. I also got a recent bonus of \$3,600. Should we put that toward our debt snowball?
- Robin

Dear Robin,
In a strictly mathematical sense, my advice of paying off debt smallest to largest may be wrong, but it's still the correct advice. Besides, if people were so good at math they wouldn't have debt in the first place, would they? If I'm in your shoes, I'd have that lowest student loan paid off in a heartbeat with the bonus you mentioned. I'd throw the remainder, along with your regular snowball payments, at the credit card and keep the debt snowball rolling just like I normally advise.

When you're pushing to get out of debt fast, interest rates don't really matter much when you add up actual dollars on interest spent. If you were

going to keep debt around for six or seven years, then we'd have something to talk about. But when you knock out the little debt and immediately plow through the others with a vengeance, it gives a real sense of accomplishment and confidence. Remember, personal finance is 80 percent behavior and only 20 percent head knowledge. So, mathematically speaking, the advice I'm giving you might be a few dollars wrong, but you'll benefit in other bigger, long-lasting ways by gaining a sense of closure on your debts, learning how to delay pleasure and staying on a plan!
—Dave

It's not discrimination

Dear Dave,
I'm in the middle of a Chapter 13 bankruptcy. I've worked for years in the automotive industry, but lately I've been thinking about a different line of work. The problem is I'm afraid I will be discriminated against when applying for jobs because of the bankruptcy filing. I think the government has given businesses the permission to look at my financial history. Do you have any suggestions?
- Joe

Dear Joe,
The government doesn't give businesses permission to look at your history. They had that right anyway. And it wouldn't be discrimination, because it's a part of their analysis as to

whether or not they want you working for them. That kind of thing is perfectly reasonable. It's not discrimination. A lot of this, however, depends on the job and how seriously the employer is considering you. If you'd be doing something where you have to be bonded, then you'll have trouble because the bankruptcy can prevent you from being bonded. If you would be handling large sums of money or be given access to large sums of money, the Chapter 13 bankruptcy would reflect poorly on you and make you a higher risk. Just be honest and disclose it, Joe. If they ask questions, explain things truthfully and the reasons behind why it happened. Also, don't carry around a chip on your shoulder about the bankruptcy. We all make mistakes, and the smart ones among us learn from them. I wouldn't necessarily have an issue with someone just because they had filed bankruptcy in the past, but it would create problems if they tried to hide it from me.
—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. ★



POPPOFF!

with Mary Jane Popp

to promote mood, memory, and healing. Sleep problems, although more common as we age, are preventable. The mind can be recharged through safe and natural mind-body approaches, including accessible self-hypnosis.

Staying Sharp

Do you want to keep your brain young? Dr. Henry Emmons and Dr. David Alter shared some basic tips to get you started on POPPOFF. In "Staying Sharp" these docs tell us what to do today to have a healthy, vibrant mind tomorrow with nine keys for a youthful brain through modern science and ageless wisdom. Dr. Emmons is a psychiatrist who integrates mind-body and natural therapies, mindfulness and compassion practices into his clinical work. Dr. Alter is a psychologist with thirty years experience in health psychology, neuropsychology, and clinical hypnosis. Want that youthful brain? Okay. A youthful brain is:

- 1) Active.** Staying in motion makes the brain bigger, stronger, and faster while protecting against harmful effects of stress. Exercise and moving the body mindfully (yoga is great for this) improves brain health, energy, and emotional resilience.
- 2) RESTED.** Sleep is among the most powerful means

3) **NOURISHED.** Nutrition has a vital impact on brain health. A brain-supporting approach to diet encompasses whole and plant-based foods, healthy fats, fiber, probiotics, and emphasizes nutritional diversity to nourish and protect the mind.

4) **CURIOS.** Novelty, play, and wonder act as potent brain "fertilizers" that reboot the brain, keeping it fresh and vital by balancing knowledge with a desire to know more. People who remain curious and open to new experience tend to lead longer, healthier, and more fulfilling lives.

5) **FLEXIBLE.** Neuroplasticity is the brain's amazing ability to rewire in the face of new experiences. Learning to adapt and respond more flexibly to change, through meditation and other means, allows people to thrive despite the challenges faced in the second half of life.

6) **OPTIMISTIC.** Higher levels of optimism lead to measurable physical and mental health benefits. Cultivating the inner quality of optimism supports greater resilience against age-related challenges and set-backs.

7) **EMPATHIC.** Our brains are wired to be compassionate and generous. Practicing empathic skills regulates one's own mind and behavior, promotes contentment, calmness, and satisfaction...and influences the brains of those with whom we interact.

8) **CONNECTED.** It is important to connect meaningfully with others and develop a sense of belonging in the world. Mental and physical health depends on how well social connections provide meaning, purpose, and direction.

9) **AUTHENTIC.** The true self may be found in all of life's experiences...triumphs and failures. By discovering one's true self through awareness, honesty, and discernment, we become fully embodied authentic individuals. Learn to stop "wearing other people's faces" or living out others' expectations to simply please them.

Isn't it amazing? I'm sure common sense reigns supreme as we look at these ideas, but we sometimes ignore that common sense. If you want more information on their book "Staying Sharp" you can go to www.StayingSharp.org. Guess the old saying... "if you don't use it, you lose it" rings true. Guess we were not meant to be couch potatoes without a thought rolling around in our brains. Remember... STAY SHARP ALWAYS! ★

Earn \$200 per month for just a few hours delivery work per week! CALL 773-1111



STATEPOINT CROSSWORD • FAMOUS ACTRESSES

- CLUES**
- ACROSS**
- *Grace Kelly was first actress on a U.S. one
 - Brow shape
 - *Audrey Hepburn starred in "My Fair..."
 - Dugout vessel
 - Ciao in the U.S.
 - Post-employment insurance
 - "Welcome to my humble..."
 - *Thompson of "Some Kind of Wonderful"
 - Like a neon sign
 - *She portrayed Crawford
 - *Actress with most Oscar nominations
 - Hawaiian wreath
 - Pauper's permanent state
 - A great distance away
 - River in Bohemia
 - Crazy ____ card game
 - Words from Wordsworth
 - Makes mistakes
 - First sound of the day?
 - Lymphatic swelling
 - *Geena or Bette
 - Red carpet purse
 - Turns grape into raisin
 - Mongolian desert
 - Post-deductions amount
 - Singer ____ Bocelli
 - One on drugs
 - "Be quiet!"
 - Shining armor
 - Gloppy stuff
 - *Star of seven Woody Allen movies
 - *Katharine or Audrey
 - "Bring back!" to Fido
 - *Kate Winslet starred opposite him in "Titanic"
 - Suggestive of the supernatural
 - Absurd
 - As opposed to St. or Blvd.
 - Dismantles
 - Facial protrusion
 - *Kathleen Turner star of
- DOWN**
- Common tropical marine fish
 - Not to be mentioned
 - At another time, to Romeo or Juliet
 - Most frequent value, statistics
 - ____ Aloysius Herman
 - Competently
 - Pastrami holder
 - ____ and desist
 - Opera house box
 - Up to the task
 - Between stop and roll
 - Swerve
 - Opening between esophagus and stomach
 - Was sick
 - Golf peg
 - Like a certain Nellie?
 - *She's also known for workout videos
 - Bedazzle
 - Made over
 - Toot your own horn
 - Mountain valley
 - Dislikes intensely
 - It's a fact
 - *This Maggie is a Dame
 - Nostradamus, e.g.
 - *Magda, Zsa Zsa and Eva Gabor, e.g.
 - Military blockade
 - Be full of anger
 - In the past
 - Stanley and Helen on "Three's Company"
 - Jon Voight to Brad Pitt
 - African sorcery
 - Bingo-like game
 - Greek H's
 - High school breakout
 - Field worker
 - Celestial bear
 - Cambodian money
 - Empty ____
 - Shark part
 - *Mendez or Langoria

CROSSWORD

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

dish TV AND INTERNET

OVER 190 CHANNELS

TV & INTERNET \$49.94

- FREE SAME DAY INSTALLATION (WHERE AVAILABLE)
- ASK ABOUT OUR 3 YEAR PRICE GUARANTEE
- 3 MONTHS OF PREMIUM CHANNELS OVER 50 CHANNELS: HBO, ESPN, CNN, AND GET NETFLIX INCLUDED FOR A YEAR
- BUNDLE HIGH SPEED INTERNET

CALL TODAY & SAVE UP TO 50%! 800-318-5121

© StatePoint Media Crossword Puzzle Solutions on Page 6

SUDOKU

GOT KNEE PAIN?

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

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

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

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 6

BAUER car wash

Monday - Saturday 8:30-5 • Sun 9-4

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

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

coupon **\$3.00 OFF** Any Car Wash

coupon **\$5.00 OFF** Any Car Wash Package

BAUER San Juan Car Wash Citrus Heights • 916.967.3083

Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp. 08/31/16

Divine Savior's

• 23rd Annual •

Treasure Fest - Yard Sale

August 4th - August 6th

Thursday-Friday : 8:00 a.m. - 8:00 p.m.
Saturday: 8:00 a.m. - 2:00 p.m.

Furniture, Baby Items, Toys, Books, DVD's, Housewares, Sports Equipment, Antiques & Collectibles, Clothes, Bikes, Jewelry, Luggage, Garden Items, Pet Stuff, and lots more!

BIG STUFF, Little stuff we have LOTS of stuff!

All Sales Final.. Accepting cash, debit, Visa and MasterCard. Proceeds help support Parish and Community Programs

9079 Greenback Lane , Orangevale

Indoor and Outdoor (Don't worry about the heat, we have AC!)

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

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

All Legal Ads Published by Messenger Publishing MPG



By Marlys Johnsen Norris,
Christian Author

Did you know that the God who created everything there is, and He absolutely loves to hear your voice reach out and talk to Him? It is called prayer

Prayer Blesses You And God!

and His greatest desire is to commune with each one of us individually and for us to come to really KNOW AND LOVE Him. To hear us talk to Him, we bless His heart and out of His perfect love for us blessings flow as living water into our lives.

It may surprise you to know - God knows all (everything) about us and nothing is a secret to Him. So often many turn away and go their own way and do not understand God's love, grace or His power. He desires to pour abundance into all lives. God blesses over and over those who seek His ways. We have many opportunities to return

blessings to God, but do we? It can be a simple prayer of thanks and/or just telling Him you are listening and love Him.

We can bless our Creator when we commune with Him through prayer. It brings Him both joy and blessings when we LISTEN and hear and do recognize His voice. Even more so, when we act in obedience to what He speaks to us. This kind of prayer life opens the gates of heaven - to everyone who listens and learn to know how to abide in His great love for them.

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



By Pastor Ray Dare

One of God's Ten Commandments you're supposed to obey is about rest. It's in Exodus 20:9-10 (GN) "You have six days in which to do your work but the seventh day is a day of rest dedicated to Me." Rest in your life as a human being is so important that God put it in the Big Ten, right up there with "Don't murder, don't steal..."

He says every seven days you are to take a day off. That's how important He considers rest. We would never think of murdering somebody or stealing, but we violate the 4th Commandment all the time. God says it's just as important. It's in the top ten. Six days you're able to work. But every week, take one day off to recharge.

This is called a Sabbath. Sabbath simply means a day of rest. When should you take your Sabbath? Jesus said it didn't matter. Colossians says, one day is as good as the other. What matters is you take one off every week.

What are you supposed to do on your Sabbath? What we usually do is play catch

Pastor Ray's Encouraging Words

Why Rest is so Important

up on all the things we didn't get done during the week. But that's not taking a day off. You should use your day off, your weekly Sabbath, for three things:

1. Rest your body. Physical rest, because you're not wired to go 24-7, every day, work, work, work, no relaxation, no break. Your brain, your body was not built for that. You're wired to take a weekly day off. To rest your body and your mind. Have you discovered that if you don't take time off, your body will make time off? It will shut down. My best requires rest.
2. Recharge your emotions. You can't keep charging without recharging. You're going to drain your battery dead. You need to know what recharges your emotions. Quietness recharges emotions. Solitude recharges emotions. For some people, being with other people, people they love, recharges emotions. For other people, hobbies, recreation recharges emotions. Some people feel guilty when they relax. Jesus didn't. He's a good model.
3. Refocus your spirit. I do a spiritual tune-up. I refocus my spirit. It's reconnecting with God. God says you need to do that once a week in worship with

other believers, at church. Resting doesn't mean you sleep-in on Sundays... skip church, no. Your spirit needs recharging just as much as your body does. God says don't get disconnected. You also need private time alone with God, not just at church. You need private time with God daily. The more time you spend alone with God, the more relaxed you're going to be. If you're upset and stressed out, you're not spending enough time with God. Where Jesus is there is peace and the more time you spend with Jesus the more peace you're going to have.

Did you know that God WANTS you to rest and enjoy your rest? Psalm 127:2 (Mes)

"It is useless to rise up early and go to bed late and work your worried fingers to the bone. Don't you know that God enjoys giving rest to those He loves?" God loves you and He wants to give you His rest today. Don't feel guilty for resting. Sometimes the most spiritual thing you can do is take a nap! Let God restore you and rejuvenate you. He enjoys giving your rest. Your best requires rest.

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

How Many Mondays Are There in One Week?

Dr. James L. Snyder

As usual, my week started on a Monday morning and I thought I would use the latest technology and order something online from Staples and then go over and pick it up.

I must say it was very easy to give them my money online, just a little too easy for my comfort.

Then I went to Staples to pick up my order and discovered I had ordered the wrong product.

I went to the customer service window and explained to them my problem, which they were most gracious and cancel the order and refunded my money. Being elated I then went and picked up the black ink for my printer.

I remember my grandmother saying, "As your Monday starts, so shall your week end." Driving back to my office, I chuckled to myself thinking that maybe good old grandmother was wrong on this one.

Getting to my office, I put the ink cartridge in my printer only to find out that, although I had black ink, I had the wrong ink cartridge!

Now I had to go back and exchange the cartridge for the right one.

Driving back from the store I thought again of my dear old grandmother. Perhaps,

she was right.

Back at the office I remembered I had an appointment to take my truck in for a check up and new tires which ended up costing me an arm and a leg. How do they expect me to drive my truck without an arm or a leg?

The next day I had my annual doctor's visit. As much as he examines me, he can never find anything wrong with me. I am sure glad he is not a psychiatrist.

Looking at his chart, he looked up at me and said, "You haven't had a blood test in over a year." With one of those Dr. Smiles he said, "I'll have my nurse set up an appointment for you."

Of course, it would have to be the next day because of what they call their "fasting rules." I asked the nurse if that included coffee. Of course, it did and then I said, "Are you sure you want to see me before I have my morning coffee?"

I came in the next morning feeling a little nervous because, one, I didn't have my morning coffee, and two, Ms. Dracula was going to poke me with a needle the size of the Empire State building and suck all the blood out of my body. Talk about being a nervous wreck!

Settling down in my office I began to think that this week is

over as far as the problems are concerned. As I drove home for lunch, I noticed the new wheels on the truck shivered and so I had to take it back and have them check it.

I would like to see a week that has no Monday in it at all, but that is not going to happen.

Some days may be better than other days, but there are really no perfect days for us. Just when you think you got everything organized, something happens that puts everything in a disheveled mess.

Solomon spoke of a perfect day. "But the path of the just is as the shining light, that shineth more and more unto the perfect day" (Proverbs 4:18).

Everybody has their definition of a perfect day, but I choose to rest in God's definition of a perfect day.

The Rev. James L. Snyder is pastor of the Family of God Fellowship, in Silver Springs Shores. Call him at 352-687-4240 or e-mail james-snyder2@att.net. The church web site is www.whatafellowship.com. The Rev. James L. Snyder is pastor of the Family of God Fellowship, in Silver Springs Shores. Call him at 352-687-4240 or e-mail james-snyder2@att.net. The church website is www.whatafellowship.com. ★

YOU'RE INVITED!

Sundays 10:00a.m.

A Purpose Driven Church

"We do Church Differently"

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





Saint Francis Episcopal Church

welcomes you

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

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



Senior Produce Market

Saint Francis Church Center Parish Hall
11430 Fair Oaks Blvd. Fair Oaks, CA 95628

Every Tuesday 10 - 11am
Outstanding quality produce at low wholesale prices!
CASH ONLY

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

Got Church News? Call 773-1111

WIDOWED PERSONS ASSOCIATION OF CALIFORNIA

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



OFFICE HOURS 10:00am - 3:00pm
Monday - Friday (916) 972-9722

Sunday Support - Any and all widows or widowers are invited.
Every Sunday from 3:00pm - 5:00pm

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



Grace Baptist Church

Come and Experience God's Amazing Grace

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

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

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

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

Call for more information



CALL 773-1111 TO ADVERTISE

Election Corruption is Now Widespread

Commentary
by Katy Grimes
Reprinted by permission

Thousands of voters in the June 7th California Primary election showed up at the polls across the state to discover their political party registrations had been changed.

Hundreds of “dead voters” were recently uncovered in Southern California, the majority of them in Los Angeles County. Some of these deceased voters have even been voting for years, the Los Angeles Times reported.

Fraudulent dead voters are concerning, but voter fraud is an even bigger problem in close races where election outcomes are decided by only a handful of votes, says Linda Paine, founder of the Election Integrity Project.

But after the June 7th primary, dead voters may be just the tip of the iceberg.

Thousands of Republican and Democratic voters reported to the Election Integrity Project that they arrived at their designated polling stations on June 7th to find that their party affiliation was changed. Most reported being re-registered “No Party Preference,” California’s version of “Decline to State.” Others said their registrations were dropped, or they received the wrong ballot, which in many cases prevented them from voting for President in the primary.

The Election Integrity Project’s Linda Paine said they noticed a pattern in several Southern California counties during Election Day. However, as the polls closed, Paine said they were contacted by large numbers of voters throughout the state upset that their party affiliation was changed, and had to vote using a provisional ballot. What Election Integrity Project wants to know is how many other voters this happened to.

I See Dead People

In 2014, California State Senator Alex Padilla, D-Los Angeles, was elected Secretary of State. But his race caught the attention of the Election Integrity Project when not one of the 4,681 Los Angeles County polling stations had the vote-by-mail indicators on the check-in rosters on Election Day. Linda Paine said volunteers described chaos at the polls as Inspectors and Coordinators realized there was no way to crosscheck who had already voted.

Election inspectors reported they received a list of 700 names of vote-by-mail voters they were to manually enter onto the check-in roster on Election Day morning. “It is difficult to understand just how this could have happened,” Paine said. “All responsible businesses have procedures in place to ensure quality control so that materials printed on behalf of their company or organization are accurate.” But this did not happen in LA County.

Election Integrity Project volunteers reported that some Inspectors gave up the effort to determine

who voted by mail before Election Day and simply gave every voter a regular ballot. Reports also indicated that without time for the Inspectors to ensure the vote-by-mail indicator was in fact placed next to the correct voter, mistakes were made and voters who were regular voters were forced to vote provisionally.

“Provisional ballots are simply regular ballots that are placed in a special Provisional envelope that must be processed after Election Day,” Paine explained. “The processing of Provisional ballots often takes up to 30 days after Election Day. Voters who want their vote to count on Election Day will be disappointed if they vote provisionally. All Vote-by-Mail and Regular ballots are counted before their ballots are counted.”

Los Angeles County Anomalies

Paine said Alex Padilla’s challenger, Pete Peterson, a Republican, lost by about 400,000 votes, of which approximately 350,000 came just from Los Angeles County.

The Election Integrity Project had documented more than 60,000 anomalies and irregularities on the voter rolls in Los Angeles County in 2013. Because the county did not respond to the report, it can be assumed that nothing was done about it, Paine said.

By 2014 the Election Integrity Project provided additional reports to the LA County Registrar. Countless citizens and citizen groups also contacted their representatives on the Board of Supervisors about voting irregularities. The Board authorized an internal audit, prior to the November 2014 election. The audit was ironically underway during the November election when the vote-by-mail data failed to make it to the polling locations.

Linda Paine was contacted by a whistleblower who told her someone in authority must have discovered that the vote-by-mail indicators were missing, but did nothing about it. There are too many checks and balances in place for it to be missed.

Following the 2014 election, armed with five years of data of voting irregularities and anomalies (2011 – 2015), the California Committee for the US Civil Rights Commission reviewed the Election Integrity Project’s research and determined that a public hearing was warranted. On August 28, 2015 California citizens from across the state testified of their eyewitness accounts of “how chaos and corruption was destroying the integrity of California’s election process,” Paine said.

What Happened On California Primary Day?

When Mary (not her real name), a Republican Pacific Pallasides Southern California resident, checked in at her polling location Tuesday June 7th, she was told she was registered “No Party Preference.”

“I’m not a non-partisan



There is more than one entity eyeing every vote and every voter in the State of California.

voter,” she said. In fact, Mary said many voters at her polling location – Republicans and Democrats – were told they were registered NPP.

Mary challenged the poll workers, and even showed them her Republican Party registration card and Republican Voter Pamphlet she had recently received by mail. “They said ‘Listen lady, you can’t vote. You’re not a Republican,’” Mary said.

Mary said she demanded their names and a signed document saying she couldn’t vote. She demanded the poll workers’ superiors’ name. And then she said it got weird. Mary said the three female poll workers told her they weren’t even from California; they said they had been flown in from Rhode Island to work the California Primary.

Several other voters who also asked for anonymity each said they witnessed poll workers opening the privacy sleeve of voters’ ballots to read the ballot. Instead of putting the ballot through the reader, the poll worker placed the ballots in a box marked “ballots” under the table. Linda Paine said she received many reports of this happening at polling stations throughout the state.

My calls to the Secretary

of State’s office were not returned.

Los Angeles County Test Ground

Paine said this pattern was documented in 2012 in Los Angeles County, but not on the large scale as the California Primary Election June 7.

In the 2014 Primary, approximately 1,200 poll workers in Los Angeles “changed their mind about working at the polls,” all at the same time, resulting in a poll worker crisis. Linda Paine said she happened to be at the Los Angeles County Registrar’s office for a meeting, when she overheard two citizens being told they had to speak Spanish if they wanted to be poll workers. She inquired and was told it must have been because all the poll worker positions were filled and they were just looking for interpreters. At the time Linda Paine was told this, robo-calls and emails were being sent to people all over the county looking for poll workers. Something did not add up for Paine.

The Election Integrity Project members called out their volunteer force and asked them to report when they got the emails and calls in order to determine what areas were impacted so that they could provide

volunteers in those areas to help. But despite the calls for help in finding poll workers, Paine’s volunteers were turned away and told the positions had already been filled.

Election Anomalies

Paine said the Election Integrity Project members documented June 7 Primary Election Day anomalies, and found disturbing, consistent patterns. “We believe the problem is the Secretary of State’s with Vote Cal system,” she said. “It’s the same problems all over the state.”

The Election Integrity Project is going to compare polling data in the counties with the statewide data, but they are required to purchase this data from every California County, as well as the data from the Secretary of State.

California’s Election Issues

Following the hanging chads incident in Florida in the 2000 presidential election, Congress passed the Help America Vote Act in 2002, which mandated sweeping reforms, including a statewide voter registration system that would eliminate ineligible voters.

But California failed to comply, and for 12 years was the only state that was still not compliant with the act. In 2014, newly elected Secretary of State

Alex Padilla announced upon being elected that he planned to have California compliant within the year.

“In California, the attendants relied upon to watch the election system are failing its citizens,” the Election Integrity Project said in a 2014 report. Election watchers are now volunteers, trained by the Election Integrity Project to carefully monitor California’s elections to ensure that each vote is lawfully cast and accurately counted.

The 2014 report by Election Integrity Project found California’s election system had serious vulnerabilities, no centralized computerized system, no statewide voter registration list, poor National Voter Registration Act list maintenance, non-compliance with statutes protecting lawful voters, and suspected voting fraud.

The report also found key election officials were roadblocks to election integrity. “Whether this stems from negligence or design, or a misguided central focus on ‘voter experience,’ the result is the same: Corruption. The injury to lawful voters is patent.”

Katy Grimes is a regular contributor to FlashReport. Read more at <http://www.flashreport.org/blog>. ★



Union Gospel Mission Sacramento

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

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



(916) 447-3268
400 Bannon Street • Sacramento, CA 95811
Exec. Director, Pastor Tim Lane • P.O. Box 1108, Sacramento, CA 95812
Tune in our Radio Program: KFIA 710 AM, Sun & Mon 3 PM
listen online & visit us at: www.ugmsac.com [Facebook.com/UGMSAC](https://www.facebook.com/UGMSAC)

Senior Special Discount Living Trusts

If you have real estate, you need a Trust.

Our Senior Special Discount for revocable trusts includes the following:
 Revocable Living Trust • Power of Attorney for Financial and Healthcare matters
 Wills • Advance Directives • Trust Transfer Deed for your residence

Probate of Estates if there is no Trust
 Protecting Assets from the costs of long-term care: qualifying your loved ones for long-term care government benefits



WILL ASSOCIATES
Richard H. Will
ELDER LAW ATTORNEY
Serving Seniors Since 1975

Serving Seniors Since 1975
Avoid Probate
Call Today!
(916) 482-8897

1337 Howe Avenue, Suite 103 • Sacramento • www.willassociates.com

IN MEMORIAM

James Al Hatfield

09/14/1943 – 07/17/2016

James Al Hatfield of Citrus Heights, Ca., born on September 14, 1943, in Galena, KS., passed away on July 17, 2016. He is survived by his wife Adeline, his sons Jimmy and Chris, daughter-in-law Christine and granddaughters Maranda and Kymberly. Jim proudly served his country in Vietnam. In addition to being a wonderful husband, father, and friend, he was a hard worker and loyal man who enjoyed volunteering in the community and spending time with his family. Jim always had a handshake, a smile and a kind word to offer. He



He enjoyed classic cars and riding his motorcycle. Taken from us much too soon, he will be greatly missed, and forever in our hearts. Friends are welcome for visitation on Thursday, July 28, 2016 from 4 – 8pm at PRICE FUNERAL CHAPEL, 6335 Sunrise Blvd., 725-2109, and are invited to attend funeral services on Friday, July 29, 2016 at 10am at The Church of Jesus Christ of Latter Day Saints, 8056 Oak Avenue, Citrus Heights, Ca, 95610, with Graveside services will follow at Mount Vernon Cemetery, 8201 Greenback Lane, Fair Oaks, Ca 95628.

enjoyed a diverse career with time spent as a police reserve officer, a truck driver, and a marketing & public relations person. He loved all aspects of the radio control hobby.

SKILLS • SPORTSMANSHIP • SELF-ESTEEM

California Youth Basketball League

CYBL is NOW REGISTERING

Fall League

in Elk Grove, Natomas & South Sacramento for boys and girls ages 4 -18

Aug. 27 through Oct. 29



Visit online or call for info!

cybhoops.com or (916) 391-3900

25 Minute Educational Presentation and a Free Luncheon



East Lawn Funeral Homes, Cemeteries & Crematory

Reservations Required
Please RSVP for the day of your choice.
Seating is limited to 30 attendees per seminar.



This is not a sales seminar. It is a 25-minute educational presentation that focuses on the importance of advance funeral planning and all of the options available, including Veteran's benefits, cremation, and burial choices as well as key consumer advice. In addition to a catered meal, each attendee will receive a FREE Emergency Planning Guide.

FREE LUNCHEON SEMINARS

East Lawn Memorial Park & Crematory
4300 Folsom Blvd.,
Sacramento, CA 95819
RSVP: (916)732-2000 or
on-line at www.EastLawn.com
Thursday, October 7

Andrews & Greilich Funeral Home FD136
3939 Fruitridge Road,
Sacramento, CA 95820
RSVP: (916)732-2026 or
on-line at www.EastLawn.com
This presentation will be
in **English** and **Spanish**
Wed, September 21 Dinner

www.EastLawn.com

SUMMER SEASON 2016 FAIR OAKS THEATRE FESTIVAL

PRESENTED BY FAIR OAKS THEATRE FESTIVAL & AMERICAN RIVER COLLEGE DEPARTMENT OF THEATRE & FILM

August 12 – September 18
Friday, Saturday, Sunday 8:00pm

Tell a Friend!

The Music of Rodgers and Hammerstein II

A Grand Night for Singing

Directed by Bob Irvin & Karen Bombardier

General Admission \$18 Discounts for Senior, Student & Child

VETERAN'S MEMORIAL AMPHITHEATRE

FAIR OAKS VILLAGE • 7991 CALIFORNIA AVE.

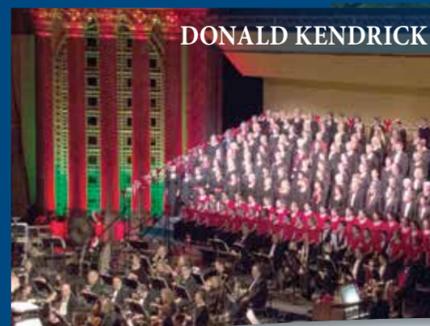
For Information: 916.966.3683
www.fairoakstheatrefestival.com

\$2.00 Off

the price of an admission ticket. Only 1 ticket with each original ad.

SACRAMENTO CHORAL SOCIETY & ORCHESTRA

21ST CONCERT SEASON 2016-2017



DONALD KENDRICK

MUSIC DIRECTOR



Flickr, Zen Whisk

STAINED GLASS CONCERT

ALBINONI | *Adagio for Organ and Strings*
JAMES WHITBOURN | *Lux in Tenebris*
JAKE RUNESTAD | *The Hope of Loving*
OLA GJEILO | *Luminous Night of the Soul*
PERGOLESI | *Magnificat*

Ryan Enright, Organist

SAT, OCTOBER 22 AT 8:00 PM
Fremont Presbyterian Church

THE MUSIC OF DOWNTON ABBEY

DOWNTON ABBEY fans can enjoy CHORAL AND ORCHESTRAL MUSIC FROM POST-EDWARDIAN ENGLAND paired with NARRATION about memorable events from the story line of the popular British show and other surprises. Victorian dress encouraged at the concert!

SAT, MARCH 18 AT 8:00 PM
Sacramento Community Center Theater

WELLS FARGO HOME FOR THE HOLIDAYS

Guests: Sacramento Children's Chorus
Lynn Stevens, Director

TWO performances of this ANNUAL SACRAMENTO HOLIDAY TRADITION that guarantees merriment with full orchestra, candlelit procession and audience sing along.

SAT, DECEMBER 10
AT 2:00 PM AND 7:30 PM
Sacramento Memorial Auditorium

EUROPEAN MASTERWORKS

MENDELSSOHN | *Psalm 42 Wie der Hirsch schreit*
ROSSINI | *Stabat Mater*

AREA PREMIERE of Mendelssohn's *Psalm 42* in a preview concert before their JUNE TOUR TO FINLAND, ESTONIA AND LATVIA.

SAT, MAY 6 AT 8:00 PM
Sacramento Community Center Theater

Early bird tickets discounted by \$5 until Sept. 1 Check website for TICKET details

TICKETS SCISO OFFICE | 916.536.9065 CCT BOX OFFICE | 916.808.5181
SACRAMENTOCHORAL.COM

Lifetime of Art Showcased at Eskaton FountainWood Lodge



Ruth Duff, (left) and Eskaton FountainWood Lodge activity director, Sharon Wold surrounded by over 80 pieces of art. Photo courtesy Eskaton

ORANGEVALE, CA (MPG) - Ruth Duff, LaVon Browner and Irene Lester are three of 12 resident artists who showcased their creations at Eskaton FountainWood Lodge's Taste, Sip and Stroll art show in June. Over 80 pieces of art were enjoyed by art lovers from all over the area.

Ruth, 102 years old, says she can't remember when she wasn't creating art. "I've always liked making things look pretty," she says. Her talents also include sculpting bronze castings, copper etchings and silk screen. As

a prolific artist, Ruth's age hasn't slowed her down. Recently she completed 300 watercolor and acrylic paintings, which feature bright, bold colors.

LaVon, a close friend of Ruth, has dozens of her acrylic paintings on display in her apartment. Although she doesn't paint any more, she has fond memories of the European-inspired landscapes she captured throughout the decades.

Irene worked out of her studio and gallery in Fair Oaks for years. She is known for her

lifelike chalk pastels of birds and animals, and has been featured in several magazines. Many of her framed pieces adorn her apartment walls.

Ruth's advice to people who are intimidated by the thought of trying make art: "Do your best and ignore the rest."

Come join us at Eskaton FountainWood Lodge for an arts and crafts class. Call (916) 988-2200 or visit eskaton.org.

Source: Eskaton ★

From Boys to Men

By Ben LaPolla, Past Commander

FAIR OAKS, CA (MPG) - The American Legion Boys State is a unique educational program of government instruction for U.S. high school students completing their junior year. Each state has its own Boys State. It is a program in which students experience the operation of local, county and state government. Boys State activities include participation in legislative sessions, court proceedings and law enforcement presentations among others. In 2016, American Legion Posts statewide sponsored 984 delegates where they gained practical experience in State Government. For one week this summer, the California Boys State delegates convened at California State University, Sacramento, for this experiential learning opportunity.

American Legion Post 383, Fair Oaks, sponsored two outstanding delegates to California Boys State 2016: Paul Boucher from Casa Roble High School, Orangevale, and Sam Spinner from Belle Vista High School, Fair Oaks.

Sam achieved the ultimate success at California Boys State being elected by his peers to the office of California Boys State Governor, an astounding achievement for any delegate. Sam then went on to be one of two delegates selected by a commit-



Sam Spinner in action at Boys Nation.

tee of counselors to represent California at Boys Nation in Washington, D.C., where he once again participated in a hands-on learning experience receiving an education on the structure and function of federal government.



Paul Boucher at Boys State orientation

tee of counselors to represent California at Boys Nation in Washington, D.C., where he once again participated in a hands-on learning experience receiving an education on the structure and function of federal government.

Boys Nation graduates, as well as Boys State graduates, have been elected to public office, including presidents, congressmen, state governors and state legislators. We may one day see

After only a few days at Boys Nation, when asked to comment on his experience, Sam responded in part: "Boys Nation is going extremely well... Aside from the legislative experience ... I have also gained a deeper appreciation regarding service and what it means to be a veteran.... The most influential monument in my opinion was the black reflective wall that honors the troops lost in Vietnam. Ultimately, this experience is fostering a broadened knowledge of government and its role in citizenship... Please convey to the people of Post 383 my immense gratitude. The motto of Boys Nation is, "A week that shapes a lifetime." It has truly been one of the most formative experiences of my life, and I will not take for granted the continued sacrifice the American Legion undergoes to provide young men like me with the gift of opportunity and drastic personal growth..."

His response clearly shows the caliber of students we have representing American Legion Post 383 and District 6 at Boys State and Boys Nation.

Ben LaPolla, Past Commander
Boys State Chairman 2016
American Legion Post 383
Fair Oaks, California ★

Environmental Council Endorses Fair Oaks EcoHousing

SACRAMENTO COUNTY, CA (MPG)

- The Environmental Council of Sacramento (ECOS) voted unanimously on July 18, 2016 to endorse Fair Oaks EcoHousing. According to Brandon Rose, ECOS Board President, "One of the key objectives of ECOS is to promote and reinforce Smart Growth principles. We are pleased to endorse Fair Oaks EcoHousing as an example of a sustainable infill project that will enhance the Fair Oaks Community."

Fair Oaks EcoHousing, soon to be built on New York Avenue near Fair Oaks Boulevard, will be a cohousing community. Cohousing neighborhoods are composed of privately-owned homes clustered around shared open space and common facilities. A central clubhouse is the heart of the neighborhood for a variety of activities and typically includes a dining room, kitchen, lounge, workshop space, kids' playroom and guest rooms. Cars are kept to the edge of the site, thus making the neighborhood pedestrian-friendly and safe for children. Future residents are involved in the design and development so that it reflects their needs and priorities, creating a truly custom neighborhood. Marty Maskall, Project Manager & Future Resident, says: "I'm looking forward to living in a friendly and sustainable neighborhood close to Fair Oaks Village. We plan to break ground in early 2017, with move-in scheduled for spring 2018."



Marty Maskall (left), Project Manager, and Brandon Rose, ECOS president, stand next to a perspective sketch at the site of the future Fair Oaks EcoHousing site, their future residence.

There are now more than 160 cohousing communities in the United States, including 32 in California. Cohousing neighborhoods in the Sacramento Region include Southside Park Cohousing in Sacramento, Nevada City Cohousing, Wolf Creek Lodge in Grass Valley, and three communities in Davis. A new community called Renaissance Village Homes is being formed in West Sacramento, close to Raley field. According to Dr. Alex Kelter, Co-Chair of the ECOS Land Use Committee, "I am excited to see cohousing coming to West Sacramento, and I have joined forces with the group to do my part to help create this special neighborhood."

Environmental sustainability is a core value in cohousing neighborhoods, which combine

Smart Growth, Green Design, and Quality of Life. Community is the secret ingredient of sustainability because people help each other learn to be good stewards of the land. On-site activities enable residents to socialize close to home and reduce their need to drive as much for day-to-day activities. The Fair Oaks property offers close proximity to the American River Parkway, Fair Oaks Village, Bannister Park, the Sacramento Waldorf School, and Rudolf Steiner College.

Fair Oaks EcoHousing is welcoming prospective residents at free site tours, offered twice a month. For more information, visit www.FairOaksEcoHousing.org.

Source: Fair Oaks EcoHousing ★

Sacramento County DA Reports



*Defendant Sentenced for Murder of Garden Store Owner
25-Year Career Criminal Sentenced for Bank Robbery
Defendant Convicted of 18 Counts of Child Molestation
Woman Sentenced for Child Sexual Assault*

DATE: July 15, 2016

CASE: Marlon Palmer

PROSECUTOR: Deputy District Attorney Andrew Smith, Homicide Unit

The Honorable Matthew Gary sentenced Marlon Palmer to 50 years to life in prison. On June 8, 2016, a jury convicted Palmer for the second-degree murder of Hoa "Rickey" Tuyen.

On February 25, 2014, Mr. Tuyen was found face down on bags of soil in the back of his business, Discount Indoor Gardening. He was pronounced dead shortly after arriving at the hospital. The autopsy report revealed Mr. Tuyen died from asphyxia due to neck compression. There were no witnesses or surveillance video. The District Attorney's Crime Lab developed a DNA profile from fingernail scrapings from Mr. Tuyen. Detectives were notified a cold hit on the DNA profile matched Marlon Palmer.

Palmer was interviewed and denied knowing or having any contact with the victim. He also denied visiting or being in the area of the store, even though cell tower information placed Palmer's phone in the area of Tuyen's business during the timeframe of the murder.

Palmer was on parole at the time for multiple counts of robbery and assault with a deadly weapon. The Honorable Matthew Gary found two prior strike allegations true, making Palmer a three striker.

DATE: July 22, 2016

CASE: Rome Robert Dennis

PROSECUTOR: Deputy District Attorney Amber Walter, Career Criminal Prosecution Unit
The Honorable Sharon Luercas sentenced Rome Robert Dennis to 35 years to life in prison. On June 13, 2016, a jury convicted Dennis of two counts of second-degree robbery.

On January 29, 2015, Dennis went to the Chase bank on Florin Road and requested assistance from an employee for a "charged off" account. Once he was seated at the banker's desk, he wrote a note on a business card that it was a robbery and demanded money. He told the victim not to press anything, not to do anything stupid, and to stay calm because he had a gun and a bomb that could explode. The victim did not have access to cash at his work station, so he approached a fellow employee and told him that they were being robbed. Dennis then approached both victims, threatened them, and demanded money. They complied and gave him nearly \$3,000 in cash. Dennis then fled the bank, but was apprehended less than a mile away by law enforcement.

Dennis has a lengthy criminal history dating back to 1990, including two prior strike convictions for assault with intent to commit rape and attempted robbery. He also has prior convictions including recklessly fleeing from police, failing to register as a sex offender, and indecent exposure. Dennis had been returned to prison multiple times on parole violations.

DATE: July 27, 2016

CASE: Richard Lee Betz

PROSECUTOR: Deputy District Attorney Nancy Cochrane, Special Assault & Child Abuse Unit

Thirty-seven-year-old Richard Lee Betz was convicted by a jury of 18 counts of committing lewd and lascivious acts with a minor under the age of 14 years old.

Between 2003 and 2011, Betz molested a female family member in numerous residences within the county of Sacramento starting when the victim was six years old until she was 13 years of age.

Betz faces a maximum potential sentence of 42 years in prison. Sentencing is set for August 26, 2016, at 11:00 a.m. in Department 19 before the Honorable Patrick Marlette.

DATE: July 29, 2016

CASE: Stormy Mollissa Myers

PROSECUTOR: Deputy District Attorney Quirina Orozco, Special Assault & Child Abuse Unit

The Honorable Sharon Luercas sentenced Stormy Mollissa Myers to 15 years to life in prison. On September 23, 2015, Myers pled guilty to committing a sex act with a child under 10 years old and committing lewd acts upon a child.

In January 2013, a citizen tried to text a photo of her 8-year-old daughter to a family member. The photo was instead received by Jason Wymer, who was unknown to the sender. Wymer began texting the sender requesting more photos and began communicating in a sexually explicit manner to who he thought was an 8 year old. The FBI began an investigation, which revealed thousands of images and videos of child pornography taken from 2010 to 2011 in Sacramento and San Joaquin counties. The images included children and toddlers engaged in sexual acts with adults. Several images showed a 3-year-old child being sexually abused by Wymer and Myers.

On October 9, 2015, a jury convicted Jason Wymer of multiple sexual assault and exploitation charges. Wymer received a sentence of 100 years to life plus 9 years, 8 months in prison. ★

POTOCKI FAMILY CHIROPRACTIC

WE LISTEN
WE CARE
WE GET RESULTS

THE NATURAL WAY TO GOOD HEALTH

Consultation, Exam,
X-Rays (if necessary), Repair,
and Adjustment for

\$45⁰⁰*

* Excludes Medicare and Worker's Compensation.

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

REAL PEOPLE. REAL FUN.

There is a reason we use our residents as our photo models. We want you to see real people at real communities enjoying the life they choose. Whether it's joining friends in a card game, taking a stroll around the grounds, stepping on the bus for an excursion or getting together to share a meal, our residents find everything they need right here.

Experience the Eskaton difference. Call or go online now.

ESKATON
Transforming the Aging Experience



Real friends share a secret at an Eskaton Lodge

**Affordable
all-inclusive
rent from
\$3,090 / mo.**

Eskaton FountainWood Lodge
Assisted Living and Memory Care
Orangevale
916-900-1201
License # 347003574

eskaton.org



A leading nonprofit provider of aging services in Northern California since 1968

Look for Advertised Sale Items Everyweek at www.petclubstores.com

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

PET CLUB
FOOD AND SUPPLIES
EVERYDAY LOW PRICES
Super Discount Prices* Hot Specials & Coupons
*Short term promotions from vendors (No Membership Fees)



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

Mon-Fri 9-8,
SAT 9-7, SUN 10-7
Effective 8/3/16 - 8/9/16



FREE
1 LB SPORT MIX PREMIUM DOG BISCUITS
with any purchase of pet, fish food or supply.
Limit 1 Lb PLU 332 RCG
Limit 1 Coupon per family
Effective 8/3/16 - 8/9/16

GREEN FOREST FACIAL TISSUE 79¢
175 Count. White
"Environmentally Friendly"
With any Purchase of Pet, Fish Food or Supply.
Limit 1 Pkg. PLU 328 RCG
Limit 1 Coupon per Family
Effective 8/3/16 - 8/9/16

BLUE BUFFALO DRY DOG FOOD
•Chicken (Reg & Lrg Breed)
•Fish & Sweet Potato (Reg & Lrg Breed)
•Puppy (Reg & Lrg Breed)
•Senior (Reg & Lrg Breed)
•Lamb & Rice
•Healthy Weight
30 Lb Bag
Limit 2 bags
AS MARKED \$5 OFF
Our Regular Low Prices!
Effective 8/3/16 - 8/9/16

NATURAL BALANCE ULTRA-PREMIUM DRY DOG FOOD
•Potato & Duck, 26 Lb
•Reduced Calorie, 28 Lb
•Regular, 30 Lb
SUPER BUY!
Limit 2 Bags Per Family
\$5 OFF Our Super Low Prices
Effective 8/3/16 - 8/9/16

MERRICK'S GRAIN FREE DRY DOG FOOD
25 Lb Bag
•Chicken/Sweet Potato
•Duck/Sweet Potato
•Buffalo/Sweet Potato
Limit 2 Bags
ON SALE
Effective 8/3/16 - 8/9/16

PURINA KIT N' KABOODLE DRY CAT FOOD
16 Lb Bag
Limit 2 Bags Per Family
\$9.49
Effective 8/3/16 - 8/9/16

FRISKIES BUFFET CANNED CAT FOOD
5.5 Oz
All Varieties
Limit 2 Cases Per Family
4/\$16.99
Effective 8/3/16 - 8/9/16

FUSSIE CAT PREMIUM CANNED CAT FOOD
Black label 2.8 Oz
(Gold Label 2.8 Oz. 20/\$14.00)
Limit 2 Cases Per Family
20/\$13.00
Effective 8/3/16 - 8/9/16

TIDY CATS SCOOP SCOOPABLE CAT LITTER
20 Lb Jug
•Regular
•Multiple Cat Formula
Limit 2 Jugs Per Family
\$6.99
Effective 8/3/16 - 8/9/16

HI-COUNTRY WILD BIRD SEED
20 Lb Bag
(Kaytee, 20 Lbs - \$8.99)
(Audubon Friends, 20 Lbs - \$4.99)
Limit 2 Bags Per Family
\$4.99
Effective 8/3/16 - 8/9/16

MERRICK'S GOURMET CANNED DOG FOOD
13.2 Oz All Varieties Limit 2 Cases
On Sale

WHISKAS DRY CAT FOOD
With Savory Nuggets
15 Lb Bag Limit 2 Bags Per Family
\$9.99

WELLNESS DRY DOG FOOD
•Chicken •Lamb •Senior •White Fish (•Large Breed Adult, \$54.99) - 30Lb
•Healthy Weight - 26Lb
(3 Free 12.5 Oz Dog Cans Excluding Core With Ea. Purchase)
\$49.99

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

EVERCLEAN PREMIUM CAT LITTER
•Extreme Clump •ES Unscented
•Unscented Ever Fresh 25 Lb. Box Limit 2 Boxes
\$10.99

NUTRO NATURAL CHOICE DRY DOG FOOD
15 lb Bag
•Lamb & Rice (Adult & Small Bite) •Senior
•Chicken •Small Breed Adult Limit 2 Bags
\$2 OFF OUR SUPER DISCOUNT PRICES

PESTELL CLUMPING CAT LITTER
40 Lb. Bag
Limit 2 Bags
\$8.49

FRESH STEP CAT LITTER
21 Lb Bag (14 Lb Bag - \$4.19)
Limit 2 Bags
\$5.99

NUTRO MAX MAX CAT DRY CAT FOOD
•Adult •Indoor Chicken •Salmon
16 Lb Bag Limit 2 Bags Per Family
\$2 OFF
OUR SUPER DISCOUNT PRICES

KAL KAN CESAR SELECT DINNERS DOG FOOD
All Varieties, 3.5 Oz Limit 2 Cases
69¢

ZIGNATURE LIMITED INGREDIENT FORMULA DRY DOG FOOD
•Turkey •Lamb •Duck •White Fish
•Trout/Salmon •Zsential 13.5 lb
\$3.00 OFF \$5.00
OUR SUPER LOW PRICES

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

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

RED BARN NATURAL DOG TREATS
•Bully Treats •Filler Bones
•Bully Nuggets All Varieties
except Mammoth Bone \$6.99
20% OFF
OUR SUPER LOW PRICES

QUiet TIME PET BEDS
Asst Size - Asst Colors
20% OFF
OUR SUPER LOW PRICES

NINA OTTOSSON Fun Interactive Games & Dog Treat Maze
Value Pack 50 Ct
Super Buy \$14.99

20% OFF
OUR SUPER LOW PRICES

HAGEN FLUVAL FILTER SALE

MODEL.....TANK.....	PET CLUB SALE	MODEL.....TANK.....	PET CLUB SALE
106.....25 GAL.....	\$84.99	306.....70 GAL.....	\$129.99
206.....40 GAL.....	\$99.99	406.....100 GAL.....	\$174.99

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

REPTILE SUPPLY SALE
Zoo Med Reptibark 8 Qts **\$5.49**
Tetra Reptomin 3.7 Oz **\$3.79**
Tetra Reptomin 10.59 Oz **\$8.49**

O.S.I. PREMIUM FISH FOOD
ALL VARIETIES
•Freshwater •Goldfish
•Marine •Spirulina
20% OFF
OUR SUPER LOW PRICES

BONUS COUPON
JONNY CAT PREMIUM CAT LITTER
10 Lb Bag
Limit 2 Bags With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 8/3/16 - 8/9/16
\$15.99
RCG PLU 365

BONUS COUPON
WHISKAS ALL NATURAL TEMPTATIONS CAT TREATS
•All Varieties - 2.4 Oz
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 8/3/16 - 8/9/16
\$12.99
RCG PLU 423

BONUS COUPON
FANCY FEAST GOURMET CANNED CAT FOOD
3 Oz - All Varieties
except Elegant Medley
Limit 1 case with coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 8/3/16 - 8/9/16
53¢
RCG PLU 361