

Sacramento Has Stingiest Single Men in America

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AMERICAN RIVER Messenger

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with Mary Jane Popp



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Heroes Honored at Memorial Day Tributes



Story and photos by Susan Maxwell Skinner

FAIR OAKS, CA (MPG) - Several generations of warriors joined recent Memorial Day ceremonies at Fair Oaks Cemetery.

Among those honored, Samuel Clower served in WW II, and later in Korean and Vietnam conflicts. Clower was standing guard at Wheeler Army Air Field when enemy bombs struck Pearl Harbor in 1941. He was then a 21-year-old infantryman. In Fair Oaks, the 96-year-old thanked admiring veterans, families and patriots. “I can’t tell you how much it means, not just for me, but for all Pearl Harbor survivors,” he said. The Rosemont resident retired from the Army in 1971 at the rank of colonel. One of the dwindling “greatest generation,” Colonel Clower was among very few attendees at weekend celebrations who had seen WW II service.

Korean, Vietnam, Afghanistan and Iraq veterans and their families boosted the Fair Oaks numbers to over 500. As ceremonies began, a motorcycle guard of American Legion Vietnam vets roared into the historic burial ground. Here military graves include those of 12 men who wore Civil War uniforms.

Speakers included Congressman Ami Bera; Assembly Members Beth Gains and Ken Cooley and Supervisor Susan Peters. Dr. Bera suggested citizens should not just celebrate Memorial Day once a year. “We should wake up every day, and reflect on those who answered the call,” he said.

Patriots who fell in service helped shape America, said Gains. “We should do our part to never forget them.” Assembly Member Cooley said the National Anthem reminds Americans of generations of countrymen who gave what President Abraham Lincoln called “the last full measure of devotion.” Supervisor Susan Peters

reminded the audience that freedoms enjoyed by Americans “are due to those who have served in uniform.”

Recalling the Pearl Harbor attack that precipitated United States’ declaration of war against Japan, Franklin Delano Roosevelt’s 1941 “day of infamy” address was re-delivered. Arriving in a vintage wheelchair, Sacramento actor Joe Hart wore trademark FDR suit and hat. His cigarette and scotty dog were set aside as the lookalike read the historic presidential address. Fittingly for Memorial Day, the opus ends with FDR’s immortal prediction:

“With confidence in our armed forces — with the unbounded determination of our people — we will gain the inevitable triumph — so help us God.”

Anyone may visit Fair Oaks Cemetery, where a Memorial Wall is dedicated to more than 1700 men and women who served the United States Armed Forces. The facility is located at 7780 Olive Street, Fair Oaks. ★



Franklin Delano Roosevelt (AKA actor Joe Hart) arrived in vintage wheelchair to reenact the “day of infamy speech” as given to Congress in 1941.



Vietnam veterans on motorcycles (top photo) presented a guard of honor during Memorial Day commemorations at Fair Oaks Cemetery. The riders are members of American Legion Chapter 380, Fair Oaks. Retired US Army Colonel Samuel Clower (photo at right) represented Pearl Harbor survivors at Fair Oaks Cemetery on Memorial Day. The 96-year-old joined a salute with Vietnam War veteran, Marine Sergeant Paul Reyes.



VFW members Alex Briones and Mark Rice (right) presented a wreath of remembrance.

Women’s Empowerment Receives \$25,000 Grant

Grant Will Help Sacramento Women and Children Break the Cycle of Homelessness

SACRAMENTO, CA (MPG) - Women’s Empowerment has received two grants totaling \$25,000 from Union Pacific and Nationwide to help homeless women in Sacramento find homes and jobs that support their families through the most comprehensive job-readiness program in the Sacramento area specifically designed for homeless women. Union Pacific provided \$10,000, and Nationwide provided \$15,000.

“Although the economy is improving, finding work when a woman is homeless can be nearly impossible without the right tools,” said Lisa Culp, executive director, Women’s Empowerment. “The situation of homeless families in our community is dire — the Sacramento County Office of Education reports nearly 12,000 students are experiencing homelessness. We are grateful to Union Pacific and Nationwide for providing funding that will break the cycle of homelessness for many of these families.”

Women’s Empowerment’s initial eight-week program for women who are homeless in Sacramento provides women with 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, attending classes on job-readiness, confidence and empowerment. She receives health services, focuses on job readiness with her employment specialist and volunteer career mentor, and learns financial literacy. When she graduates after eight weeks, she can access Women’s Empowerment’s graduate services at any point in her life, which include certifications, counseling, GED preparation, access to a professional clothing closet, financial literacy, and paid job training through the group’s Get A Job Kit Training and small business.

Celebrating its 15th anniversary this year, Women’s Empowerment was recently featured on NBC’s TODAY Show and on CNN.com for offering the most comprehensive job-readiness program in the Sacramento area designed specifically for women who are homeless and their children. The 2014 Organization of the Year has graduated 1,322 homeless women and their 3,000 children. Last year, 93 percent of graduates found homes and 83 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 solely through private donations from the community. To donate online: www.womens-empowerment.org.

Source: Kristin Thébaud Communications ★

13 Graduate from “My Life,” Through Citrus Heights Police Department's Youth Leadership Academy

by Linda Harper

CITRUS HEIGHTS, CA (MPG)

- During a speech to constituents in 1862, Abraham Lincoln stated, “The best way to predict your future is to create it.” His words still ring true today, especially for young people who are just beginning to navigate school, home, relationships and their community. Looking forward, our nation is depending on this group of open minded students to become future leaders; to take the initiative to form new businesses, blaze political trails that create growth and strength in our communities, command a military to protect our way of life and, to influence a general well being. It's a tall order, but middle and High school aged students in our community are up for the challenge.

The Citrus Heights Police Department Activity League realized a need for young people to acquire the skills to be good leaders. Along with the support and involvement of local agencies and businesses, they created an eight week comprehensive course to launch leadership abilities in area students. The program is named “My Life,” presented through the Youth Leadership Academy. On May 24, 2016, thirteen graduates from the eight week class gave individual speeches, outlining what they had learned during their time in the program. Detective Dave Jones, Youth and Family Services Division, handed out certificates of completion while family and friends looked on with pride. Also awarded to each participant was a yellow Taekwondo belt by Professor C of Family Taekwondo Plus. Police Chief



Along with the support and involvement of local agencies and businesses, The Citrus Heights Police Department Activity League created an eight week comprehensive course to launch leadership abilities in area students. Photo courtesy of Citrus Heights Police Department

Christopher gave a statement; “Investing in kids is the best path to community safety and future leaders.” He went on to say when business leaders and citizens partner with public safety, everyone discovers the power of community.

Professor C, owner of Family Taekwondo, and member of the Taekwondo Hall of Fame, is an integral part of the Youth Leadership Academy. He is dedicated to helping kids see their potential by reinforcing core values they learn at home; courtesy, respect for all people, integrity for one's self, perseverance in order to reach goals, and self control which instills thinking before reacting. Students

who participate in the Youth Leadership Academy also go to class where Professor C teaches team building and leadership. Professor C and his instructors have also created “Bully Defense,” a course to help kids of all ages combat bullying. This negative phenomenon occurs all over the nation through Social Media and in person at school. There is an unprecedented number of young people who have taken their own lives as a result of bullying. At Family Taekwondo and Plus, kids achieve self esteem, practice discipline and respect diversity. Having these qualities makes them strong and less apt to be bullied. Several

graduates from the Youth Leadership Academy have signed up to mentor younger participants attending Family Taekwondo and Plus' summer camp. Others have committed to help the Police Activities League with a variety of summer projects and events.

Plans are underway for a second Youth Leadership Academy course for kids age 12-17. For more information visit www.citrusheightspal.com or call (916) 727-5500. To know more about Family Taekwondo visit www.familytaekwondoplus.com or call (916) 725-3200. Both the Police Department and Family Taekwondo Plus are on Facebook.

★



Faith Bedingfield speaking about what she learned in the My Life program. Photo courtesy of Citrus Heights Police Department

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Sacramento County DA Reports

Defendant Convicted for Transgender Hate Crime Assault; Defendants Convicted in Sweetheart Scam Ending in Murder; Siblings Sentenced for Murdering Tenant

CASE: Trayvon Kirkendoll
PROSECUTOR: Deputy District Attorney Brian Morgan, Gangs & Hate Crimes Unit

Twenty-three-year-old Trayvon Kirkendoll was convicted by jury of assault with force likely to produce great bodily injury. The jury also found the offense to be a hate crime. A bench trial will be held at sentencing as to Kirkendoll's prior convictions.

Kirkendoll was at the Bonfare Market in Oak Park when he saw the victim, who is a transgender female, enter the store. Kirkendoll approached the victim and talked to her. When he realized the victim was transgender, he became embarrassed and then angry. Kirkendoll left the store and went to his car, where his two female companions were waiting. When the victim attempted to leave the store, Kirkendoll and his friends approached the victim, told her that Kirkendoll wasn't gay, and then assaulted her. The three repeatedly punched, kicked and stomped the victim. During and after the assault, they referred to the victim using derogatory insults, which referenced their perception of her sexual orientation.

Kirkendoll faces a maximum potential sentence of 13 years in prison. Sentencing is set for July 23, 2016, at 9:00 a.m. in Department 28 before the Honorable James McFetridge.

George began coordinating the theft of items from Mr. Curry's residence. George's husband, Michael Moreno, and her son, Kevin Moreno, began pawning the stolen items. On November 15, 2014, at least one of the defendants beat Mr. Curry to death in his home and hid his body in the garage. The defendants then sold more of Mr. Curry's property, including his vehicle. The defendants remained in Mr. Curry's residence for two days after killing him. They attempted to open a large safe while at the house, but were unsuccessful.

All defendants face a sentence of life in prison without the possibility of parole. Sentencing is set for July 15, 2016, in Department 33 before the Honorable Michael Savage.

CASE: Monica Njoku & Monterio Roberts
PROSECUTOR: Deputy District Attorney Thomas Asker, Homicide Unit

The Honorable Marjorie Koller sentenced Monterio Roberts to 16 years to life in prison and Monica Njoku to 15 years to life in prison. On October 22, 2015, a jury convicted Njoku and Roberts of second-degree murder. The jury also found true a use of a deadly weapon allegation for Roberts.

Monica Njoku owned a house, which she rented out to single parents with dependents. On November 16, 2014, she demanded one of her tenants and the tenant's baby leave the house immediately. Another tenant, Edward White, protested and told Njoku she had to give the tenant at least a 3-day notice, which led to a heated argument.

Njoku called her brother, Monterio Roberts, and her sister-in-law to come to the house. Roberts threatened Mr. White and Njoku began harassing the female tenant. When Mr. White called 911, Njoku locked Mr. White's 2-year-old son out of the house. Roberts then pulled out a switch blade knife and attacked Mr. White. Njoku and her sister-in-law then jumped into the fight. Mr. White was stabbed three times in the torso. He died at the hospital from internal bleeding.

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Sacramento Has Stingiest Single Men in America

SACRAMENTO REGION, CA (MPG) - The way a man spends his money can say a lot about his character and how he would treat a potential partner. According to a recent study, not all men are willing to fork out extra cash to impress a first date.

Dating site, WhatsYourPrice.com, pulled member data to determine just how much single men in America are willing to spend on a first date. Results revealed the Most Generous Cities in America, along with the cities where the cheapest daters reside. Bachelors in Sacramento took the No. 5 spot for the stingiest single men in the country, valuing a first date at \$113. The average date offer on WhatsYourPrice.com is \$120.

The least generous cities in America were (according to the average first date offer): Brooklyn, NY came in at \$103, Minneapolis, Minnesota at \$106, Cleveland, Ohio at \$110, Phoenix, Arizona at \$112, and then Sacramento at \$113.

The cost of living in Sacramento is 17 percent higher than the national average, so it's no surprise that bachelors here would rather skimp on first date expenses. Single men in California's capital seem to stick to a budget when looking for love as the fifth least generous daters in America.

"American women have continuously progressed into higher education and better paying jobs, with 14 percent of top leadership positions currently held by females," said Brandon Wade, CEO and founder of WhatsYourPrice.com. "It's not surprising that when searching for a partner, these women prefer someone who has attained a similar level of success. The willingness to spend freely on a first date signals someone who has financial stability and could provide a comfortable life together."

Source: WhatsYourPrice.com★

Region’s Renters Just Can’t Make It “Work” *Sacramento Residents Earning Minimum Wage Must Work 2 Full-time Jobs, 52-Weeks a Year to Afford Modest, Two-Bedroom Apartment*

SACRAMENTO, CA (MPG) - In order to afford a modest, two-bedroom apartment at fair market rent in Sacramento, renters need to earn \$19.73 hour. This is Sacramento's 2016 Housing Wage, revealed in a national report released today. The report, Out of Reach 2016, was jointly released by the National Low Income Housing Coalition, a Washington, DC-based research and advocacy organization, Housing California, and the California Housing Consortium.

Every year, Out of Reach reports on the Housing Wage for all states, counties, and metropolitan areas in the country. The report highlights the gap between what renters earn and what it costs to afford rent at fair market value.

The typical renter in Sacramento earns \$14.96/hour, which is \$4.77 less than the hourly wage needed to afford a modest 2-bedroom apartment.

"As families struggle to keep up with soaring rents, our state has gone in the wrong direction – reducing investment in building homes families can afford by 79% since 2008 and turning away billions in federal funds," said Ray Pearl, Executive Director of the California Housing Consortium. "Each year California delays in meeting the rising demand for affordable homes, more families are pushed into poverty. Governor Brown and the legislature must make this the year we change direction and get California building again."

Working at the minimum wage of \$10/hour in California, a family must have 2 wage earners working full-time, 52 weeks a year, or one full-time earner working 79 hours/week, 52 weeks a year, to afford a modest two-bedroom apartment in Sacramento.

"From 2000-2014, while rents in Sacramento County have skyrocketed 13%, renter household income has dropped 13%," said Shamus Roller, executive director of Housing California. "Things can't continue this way. People are not just falling into poverty, California's out-of-control rents are keeping them trapped there. It's time for Governor Brown and the state Legislature to make bold investments in affordable development. It is undeniably a key part of the solution to California's housing crisis."

Assembly Democrats, led by Assemblymembers David Chiu (D-San Francisco) and Tony Thurmond (D-Richmond), with the support of Speaker Anthony Rendon (D-Los Angeles), have proposed that California use a one-time budget surplus to invest \$1.3 billion in proven affordable home programs and innovative housing opportunities for Californians.

For interactive graphics and information on every single county in California, visit: <http://www.nlihc.org/oor>

Source: California Housing Consortium★



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- Increased funding to hire 4 fulltime District Attorney Community Prosecutors who work with residents to solve neighborhood issues and prevent crime
- Fought to reform the Business License Code to shut down illegal massage parlors fronting for prostitution and human trafficking

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"Susan's tireless efforts to promote small businesses and expand local job opportunities is unparalleled." ~ Peter Tateishi, President and CEO Sacramento Metro Chamber

- Balanced the budget every year in office
- Created innovative partnership with a nonprofit organization to keep the Effie Yeaw Nature Center open for the benefit of our neighborhood school children
- Oversaw infrastructure improvements to Old Fair Oaks Village's commercial shopping district that added sidewalks, parking and enhanced landscaping

ENHANCING OUR QUALITY OF LIFE

"Now, more than ever, we need an experienced leader like Susan on the Board of Supervisors." ~ Anne Marie Schubert, Sacramento County District Attorney

- Led effort to ensure the American River Parkway is safe for families and children by restricting alcohol consumption on summer holiday weekends
- Led the funding effort to implement street improvements on Hazel Avenue, that will improve traffic flow, and help mitigate congestion as well as beautify this transportation corridor

Susan Peters
★ COUNTY SUPERVISOR ★

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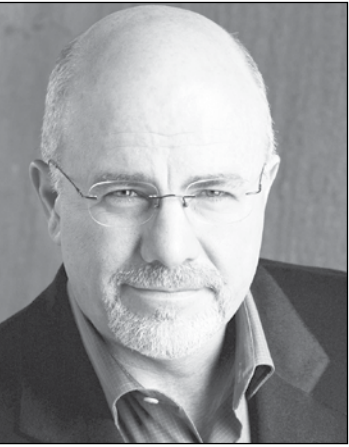
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Competency and integrity

Dear Dave,
I've always heard that you shouldn't ask a family member to be the executor of your will. What are your feelings about this?
-Joyce

Dear Joyce,
I don't necessarily agree with this line of thinking. In my mind, a family member who is competent and has integrity can definitely be the executor. "Executor" just means they execute, just the name. They're going to execute the wishes of the will. If the family member has the business acumen and trustworthiness to execute the wishes and directives in a will, then that's perfectly fine.

Just remember to use some common sense, too, when choosing an executor. If you have an extremely complicated estate, say 80 pieces of real estate with investments and everything, you probably don't want your 22-year-old niece, nephew or grandchild who just graduated college in

Dave Says

charge of things. I would advise choosing someone with a little more life experience, and maybe some success in the real world.

The people who say family shouldn't do this are the same ones who say you shouldn't have family in your business. You can have family in both. You just have to have good boundaries, clear roles, and honest, mature people. Make sure you give clear instructions and explanations for your decisions, too. Sit down with your family, explain who the executor's going to be, and why, along with what the will says. It's also not a bad idea to have an initial reading of the will while you're still alive. This communicates your wishes personally and takes some of the pressure off of the executor.

—Dave

Mixing the money

Dear Dave,
I'm getting married this summer, and I'm on Baby Step 4 of your plan while starting to invest for the first time. My fiancé is getting onboard with your advice, and he's currently in the process of paying down his student loan. Should I put my emergency fund money, minus \$1,000, toward his student loan debt?
-Elizabeth

Dear Elizabeth,

Congratulations on your upcoming wedding! I'm really proud of you guys, too, for your mature behavior where money is concerned.

First, don't pay anything of his until after the wedding and you two are home from your honeymoon. At that point, "mine" and "his" becomes "ours," and you can realign your money situation to reflect your total money makeover as a couple. Make sure that "we" have an emergency fund of at least \$1,000 in the bank at that point. Then, if you like, you can throw the rest of what you previously had in your emergency fund at the debt.

You can both also pile up cash between now and the big day, so that after you two are official you'll have even more cash on hand. Who knows, you might be able to knock out that student loan completely and begin your life together debt-free. That would be awesome!

—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.



TEA FOR TOX

Can you use tea as your medicine for fitness and weight loss? According to health and wellness expert **Dr. Holly Lucille**, you certainly can. Dieting can be hard work and frustrating too... especially after days or weeks of deprivation and that number on the scale has hardly moved. It might even go in the wrong direction all together.

But before you give up, listen up. Don't head to that pint of Ben and Jerry's yet. The good Doc has a simple suggestion she shared with me on POPPOFF that can help all struggling dieters. How about a tea detox? According to Dr. Lucille, there are two primary reasons why body toxins interfere with weight loss.

1) "Our bodies try to protect us from dangerous substances by isolating and surrounding them with mucous, fat, and fluid so that they will not cause an imbalance or trigger an immune response. Our body want to

POPPOFF!

with Mary Jane Popp

keep its fat and fluid in place to buffer the toxins."

2) "Toxins cause inflammation, leading to leptin resistance. When leptin resistance occurs in the body, excess weight is maintained."

Teas have been used for detoxifying and healing properties for many centuries. Here are a few tea types that have been shown both anecdotally and clinically to stimulate the detoxification process and/or jump-start the burning of resistant body fat.

1) **GREEN TEA.** Green tea has many well-researched health benefits including its ability to reduce oxidative stress, slow the aging process, reduce the formation of fat cells, speed metabolism, and increase fat-burning.

2) **OOLONG WU YI TEA.** Grown in the mountains of China, Oolong increase metabolism, improves alertness and cognitive function. Medicinally, it has been used to prevent tooth decay, cancer, heart disease, and osteoporosis.

3) **ROOIBOS TEA.** A healing tea with anti-viral and anti-inflammatory properties.

4) **GINGER TEA.** This tea aids digestive health, lowers cholesterol, dilates blood vessels, triggers thermogenesis, and boosts metabolism.

5) **BIRCH TEA.** Assists the transfer of toxins out of the body through the skin by stimulating perspiration. Birch possesses antiviral properties and is an immune activator.

6) **GUARANA TEA.** Guarana lessens food cravings and also increases the metabolic rate. It also acts as a diuretic, aiding the body in the elimination of excess fluids.

7) **SYNERGISTIC BLENDS.** Tea blends. Blended formulations give dieters and health enthusiasts additional benefits derived from the synergistic effect of the teas when taken in combination. Blended teas like Fit Tea, which contains the organic teas listed above and more, are enjoying tremendous consumer acceptance.

Healing teas have been around for thousands of years, but there is a surge in their use for both detoxing and slenderizing bodies. **Dr. Holly Lucille** is a nationally recognized and licensed naturopathic doctor and educator who has appeared on a myriad of TV programs with the likes of "Dr. Oz" and "The Doctors." In her book, **"The Art of Detoxing,"** she explores all the possibilities for doing this thing detoxification which can help with getting fit and weight loss. You can also check out her website www.fittea.com. Have a spot of Tea for Tox! ★



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CLUES

ACROSS

- 1. Bigwig in the Orient
- 6. I in T.G.I.F.
- 9. Brazilian indigenous people
- 13. In the past
- 14. Not bright
- 15. Like a clichéd remark
- 16. Sandbar
- 17. Oahu greeting gift
- 18. Acoustic output
- 19. *Christopher Robin's father
- 21. *Little Mermaid's royal father
- 23. Poor man's caviar
- 24. Bell sound
- 25. Buffoon
- 28. Miami Heat's Dwyane
- 30. *Prolific TLC father
- 35. Radar flash
- 37. Michelin product
- 39. Third rock from the sun
- 40. Republic of Ireland
- 41. Sizeable
- 43. Facts and figures
- 44. Sour in taste
- 46. Chicken of the sea?
- 47. Like fair share
- 48. Concerning this
- 50. Debilitating spray
- 52. Energy unit
- 53. Beast's most precious possession
- 55. *John John's dad didn't wear it at his inauguration
- 57. *Overprotective father in "Meet the Parents"
- 60. *Scout and Jem's jurispudent father
- 64. Enter user name and password
- 65. A note to follow soh
- 67. Animal catcher
- 68. Flip-flop
- 69. Draft pick
- 70. Iron + nickel
- 71. Command: "At ____!"
- 72. Outer limit
- 73. African antelope

DOWN

- 1. Discovery group
- 2. Turkish honorific
- 3. Sonic sound
- 4. "Believe it or not, I'm walking ____"
- 5. Loud cow noise
- 6. Not in action
- 7. *Wearable gift for dad
- 8. Inflict a blow
- 9. Tight like a bow string
- 10. Backward arrow command
- 11. Stepping stone to gain?
- 12. United Nations labor agency
- 15. Municipal officer in Scotland
- 20. Poetic "beneath"
- 22. ____ Koothrappali of "The Big Bang Theory"
- 24. Fragrant toiletry
- 25. African sorcery
- 26. *"You Are Old, Father William" from "____ in Wonderland"
- 27. One who fires firecrackers, e.g.
- 29. Soda choice
- 31. Like a full-fledged Mafia man
- 32. *King Fergus is Merida's dad in this Pixar flick
- 33. Weasel's aquatic cousin
- 34. Edible cannabis substance
- 36. *Alexandre Dumas to Alexandre Duma, fils
- 38. Largest volcano in Europe
- 42. Jet-setter's aqua ride
- 45. Mind-numbing or wearisome
- 49. Hemingway's "____ Whom the Bell Tolls"
- 51. As opposed to "eats out"
- 54. Type of renewable energy
- 56. Metallic sounding
- 57. Capital of Qatar
- 58. Between the id and super-ego, pl.
- 59. Not any
- 60. Attention grabber
- 61. Vena ____
- 62. Eurasian mountain range
- 63. "Will be" in Doris Day song
- 64. Long Term Evolution
- 66. *Laila's dad, Muhammad ____

CROSSWORD

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By Marlys Johnsen Norris,
Christian Author

Today in some circles, there is a different attitude regarding friendship, family and oneness in the Body of Christ, the church. We see people everywhere using text or e-mails to relate, hopefully really getting to know one another, but actually omitting personal contact. However there seems to be an attitude of separation and distance some display to prevent people really from ever getting too close and never developing a good relationship. But this is not how God wants us to live according to Pastor Charles Stanley in a recent letter in his teaching and wisdom. He quotes a Scripture that God made us FOR each other and it is not good for man/woman to be alone.

It Was Lights out at the Old Parsonage

Dr. James L. Snyder

As long as I can remember, and at my age that does not go back very far, I have always been an early riser. I do not like to stay in bed any longer than I have to. So much I want to do and so little time I need an early start every day.

This past week an event happened that challenged my “early to rise” regimen.

As usual, I rose early and headed for the kitchen for my cup of coffee. There is no way I can start a day without first indulging in my early morning cup of Joe.

Stumbling to the kitchen, I stubbed my toe twice walking down the hallway and then tried to turn on the kitchen lights.

When I flipped the light switch, nothing happened. I mumbled to myself that the light bulb probably burnt out.

I tried several light switches in the kitchen and the dining room and none worked. “Well,” I thought to myself, “I will start the coffee.” I fumbled my way to where the coffee pot was and turned the switch on. Nothing happened.

There was no electricity at all in the house. My challenge was

Friendship and Oneness

Many of us were raised to believe family history and values were important. The greatest disappointment one can experience as a senior adult is the rejection of the legacy that was given to them. Those precious values are no longer significant and/or important to preserve for future generations. Is it any wonder the breakdown of families are a result?

A truly intimate relationship requires personal communication and to be in the presence of someone. Including both building one another up within the friendship. Jesus said, “This is my commandment that you love one another as I have loved you”. (John 15:12-15) How can we claim we love someone and not include them in our lives? True friendship requires each person, “accepting” the other as they are and is not critical of their differences. A meaningful friendship requires death of ones personal pride and sensitivity about another persons needs; and less attention about ones self. (Me, Myself and I) Sincere and real friendship is a time of helping to bear another’s burdens for Jesus said, “Greater love has no man than to lay down his life for his friends” (John 15:13) A loving close relationship shares one’s heart and an openness about life

with another. And it bears significant evidence of the love they confess to have!

Years ago God gave me this kind of a friend and I have been blessed ever since. When we connect, even on the telephone, we both are filled with joy and God’s love. We just automatically pick up where we left off. Our friendship has lasted over 30 years.

Quote from Stanley’s letter received recently: Building barricades may keep people out, but it also obstructs the blessing that comes with God given friendships. Instead of constructing barriers, why not begin practicing sensitivity, submission, sacrifice, and sharing in order to build a spiritual friendship that endures forever and displays Christ’s love and shapes you — and your friends — into His image?

Prayer: Lord God please forgive me and fill me with your love. Help me to accept them as they are. I do really do love _____ . Change and transform me and my acceptance of them, that they might really see your love for them, through me.

Marlys Johnsen Norris is the Christian author of seven books. You may contact her at Marlysjn@gmail.com. ★



By Pastor Ray Dare

A lifestyle of service isn’t a 100-yard dash. It’s a marathon. To be faithful, you’ve got to keep going. But how do you keep serving when things get difficult, when things don’t go your way, when you don’t get what you want? Jesus gave the secret to serving, in particular to leaders. He said, “You know that the rulers of the Gentiles lord it over them, and their high officials exercise authority over them. Not so with you. Instead, whoever wants to become greatamong you must be your servant, and whoever wants to be first must be your slave— just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.” Matthew 20:25-28.

The world defines greatness in terms of position, power and prestige. If you can demand service from others, you’re great. Jesus, however, measured greatness in terms of service, not status. God determines your greatness by how

Pastor Ray's Encouraging Words

The Why Determines How Long

many people you serve, not how many people serve you. Jesus said a position of authority, a position of leadership is a position of service. You lead by serving.

The disciples argued about who deserved the most prominent position. They wanted to be at the right hand of Jesus. Two thousand years later not much has changed. People still jockey for position, prominence and authority. They want to be recognized as “the leader” or person in charge. Some even demand to be addressed with a “title”. Jesus said of the Pharisees, “They love to have men call them Rabbi” Matthew 23:7. That’s the love of recognition. Some titles are important, but when you demand that everyone has to say your title to make you feel important, something is terribly wrong. At New Beginnings we’re not in to titles. We believe God is more interested in what you do and why you do it than what you’re called.

Thousands of books have been written on leadership, but little on servanthood. Everyone wants service, no one wants to serve. Even Christians want to be “servant-leaders,” not just plain servants. The sad truth is some people use ministry as a cover for getting their need for recognition met. Real servants don’t draw attention to

themselves, they don’t insist on recognition. Real servants maintain a low profile, they don’t insist on authority or position.

The Bible says, “So don’t get tired of doing what is good. Don’t get discouraged and give up, for we will reap a harvest of blessing at the appropriate time.” Galatians 6:9 (NLT) The problem is, if you don’t have the right motivation, you’re not going to last. You’re going to drop out and quit when nobody gives you the recognition, authority or position you feel you deserve.

If you’re going to last in ministry, you have to clarify your motivation. You have to remember the **Why**. Because the Why always determines the How long. If you don’t know Why you do what you do, then when problems come along, things get tough or you don’t get your way, you’re not going to last.

Jesus says you must have the attitude of a servant. How do you know when you have the attitude of a servant? Simple: You don’t get upset when people treat you like one.y.

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America Marches Blindly Toward Single-Payer



Commentary
by Sally C. Pipes,
Pacific Research Institute

Hillary Clinton just dipped her toe a little bit further into the waters of single-payer health care, prodded by her competitor for the Democratic presidential nomination, Bernie Sanders.

She recently called for allowing more people to join Medicare – the government-run healthcare program for seniors – by allowing those “55 or 50 and up” to buy into it. Sanders can no doubt take credit for pulling her further left – his proposal to expand Medicare to all Americans has evinced cheers from his partisans.

But the record of other single-payer systems should silence those cheers. Single-payer would destroy health care quality and rob patients blind in the process.

Sanders has been agitating for single-payer for decades. The supposed price tag of his latest proposal for “Medicare-for-All?” About \$14 trillion over 10 years, he’s claimed.

But according to studies from

the Urban Institute and the Tax Policy Center, the real cost would be about \$33 trillion. Even after accounting for the revenue that Sanders’s plethora of new taxes would take in, the government would still need \$16 trillion.

Nevertheless, Sanders’s focus on single-payer has attracted attention. A recent survey found that 63 percent of people had a positive reaction to the term “Medicare for all.” Meanwhile, thousands of doctors recently signed on to a plan similar to Sanders’s.

Some states could even green-light single-payer in the coming months. This November, Colorado voters will decide whether to create a state-level single-payer system. The initiative would cost \$38 billion annually and require billions in new taxes.

Coloradans should take note of another state that tried to implement a single-payer system and failed – Sanders’s home state of Vermont.

The state’s attempt at single-payer in 2014 was projected to cost \$4.3 billion – almost equivalent to the state’s entire \$4.9 billion budget. To fund the program, Vermont would have needed an extra \$2 billion in revenue – plus new taxes on businesses and residents. Officials abandoned the idea because it would have collapsed the state’s economy.

The recent history of single-payer systems sponsored by the federal government isn’t much more encouraging.

Take the Veterans Health Administration, which continues to subject beneficiaries to lengthy waits for care. In March, the Government Accountability

Office tracked the experience of 180 newly-enrolled vets and found that 60 waited as many as 71 days to see a primary care doctor. Sixty more never even managed to get an appointment.

Patients haven’t fared much better under single-payer systems abroad.

Horror stories from Britain’s National Health Service emerge almost daily. Recently, a government investigation found that hospitals are discharging elderly patients without ensuring that they’re fit to go home.

This spring, thousands of junior doctors went on strike. Patients had no choice but to wait for the walkout to end, as hospitals postponed more than 112,000 appointments and 12,700 operations in response.

Canada, my native land, has similar issues. Canadians must wait an average of 18.3 weeks to see a specialist after getting a referral. That wait time is 97 percent longer than it was in 1993. Almost 900,000 Canadians are waiting for treatment.

The promise of single-payer – high-quality, universally accessible, free – is nothing like the reality of such a system. Taxpayers pay dearly for the promise of such care.

This fall, voters must not allow themselves to fall prey to the siren song of single-payer.

Sally C. Pipes is President, CEO, and Thomas W. Smith Fellow in Health Care Policy at the Pacific Research Institute. Her latest book is *The Way Out of Obamacare* (Encounter 2016). ★

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Armor Mini Storage, at 5714 Auburn Blvd in Sacramento, has the perfect size storage units for homeowners, military personnel, business people or anyone needing clean, affordable storage. *Armor Mini Storage* takes the stress out of storage. Whether you need to store your business files, equipment, household items or furniture, the courteous, friendly and award winning staff at *Armor Mini Storage* are there to serve you. They also offer a full line of moving and packing supplies as well as the ability for you to store your RV, car or boat. At *Armor Mini Storage*, you are treated like family, not just another number. *Armor Mini Storage* truly cares about people in this community.

The editors of this *2016 Consumer Business Review* of leading businesses in the community are pleased to recommend *Armor Mini Storage* to our readers!

Auto Pro

Your Dealer Alternative!
Foreign & Domestic
Call 916-966-1168

Wouldn't it be nice to be able to take your car to just one place for all of your repair work? In Fair Oaks, there is such a place and we're talking about *Auto Pro*! With shop facilities at 5344 San Juan Avenue in Fair Oaks, *Auto Pro* is the area's leading repair shop. Ask any one who's used their services. They'll tell you this is the **ONLY** stop you need to make on your way to worry-free driving!

From a simple oil change to a complete engine rebuild, *Auto Pro* has the equipment, parts and skill to repair or replace any part that may malfunction. With years of recommendations behind them, *Auto Pro* has established the type of reputation you can trust.

So, when you need ANYTHING done to your car, see the best...first.

The editors of this *2016 Consumer Business Review* recommend you make an appointment with *Tracy* at *Auto Pro*. They will take good care of you at prices you can afford!



Body Shop & Towing

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The professionals to see to repair your car to pre-accident condition are at *B & J Body Shop*, at 11000 Folsom Boulevard in Rancho Cordova and in Folsom at 711 E. Bidwell Street, Suite #115, "changing the way you look at collision repair."

The professionals at *B & J Body Shop* fully understand body and fender repair as well as auto painting. They are the professionals in the industry. They have gained a reputation second to none throughout the entire community of Sacramento. So whether your job is just a small crease or a major auto body collision, you will be entirely satisfied with the work you receive from *B & J Body Shop*!

Remember, by law, insurance companies must permit you to choose the body shop you like best. Choose the professionals at *B & J Body Shop* to do all your insurance work.

The editors of this *2016 Consumer Business Review* of leading businesses in the community are proud to endorse the fine business policies and quality work of *B & J Body Shop*! Your satisfaction is their #1 priority.

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SPOTLIGHT ON BUSINESS

Senior Computer School (50 +)

*Non Profit, All Volunteer
Organization teaches to use
the computer in a relaxed,
even-paced atmosphere.*



Are you a Senior Citizen (50+)? Do you have a Microsoft Windows computer and want to learn how to use it?

Senior Computer School offers computer classes exclusively for Seniors. Core courses include Computer Fundamentals, Word Processing, Internet, and Excel. Each of these classes is six 2 ½ hour sessions, which meet either in the morning or afternoon on MWF or TTH.

The cost for these core courses is \$30 total for all 6 sessions. The cost includes lessons/manuals. Additional one or two 2 ½ hour session workshops are offered for \$5 per workshop.

Workshop titles include: Digital Cameras, Computer Maintenance, E Bay, Greeting Cards, Downloading, Windows 7, Storage and Backup Files, Flash Drives, etc, and Database.

Senior Computer School is a non-profit organization staffed by volunteer instructors, assistants, and office staff. We train 40-60 students every month with 8 to 16 students in each class. Step by step instructions are conducted with clearly written lessons. There is no need to take notes as the lessons are provided for you to keep after each session. Assistants provide individual help, as needed during each session.

The Senior Computer School learning center is located at the back of the Rio Americano High School campus, 4540 American River Drive, Sacramento, CA 95864. Free parking is available near the levee road, inside the chain linked fenced area. Look for the Senior banner on the Learning Center.

Courses Offered:

(6 2 ½ hr Sessions) Computer Fundamentals I, Word Processing, Internet, Excel, Graphics

Also Workshops: (1 or 2 2 ½ hr Sessions)

Digital Camera, Computer Maintenance, Greeting Cards, Downloading, Organize and Edit Digital Camera Photographs, I Pads etc.

Workshops \$5 for each session. Everyone is welcome.



For more information on how to become a Senior Computer School volunteer or to enroll for classes, contact the Sacramento Computer School Learning center at (916) 485-9572 or email to student2917@hotmail.com



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Gov. Brown Appoints Snow and Naungayan

SACRAMENTO, CA (MPG) - Governor Edmund G. Brown Jr. recently announced the following appointments:

Karen Naungayan, 46, of Fair Oaks, has been appointed assistant director of external affairs at the California Department of Housing and Community Development. Naungayan has been communications director at Housing California since 2006. She was marketing programs and events manager at

Inventures Alliance Management from 2002 to 2006 and managing editor at Fatbrain.com Inc. from 2000 to 2002. Naungayan was senior project editor at Ten Speed Press from 1999 to 2000 and a project editor at

Prima Publishing from 1997 to 1999. This position does not require Senate confirmation and the compensation is \$92,004. Naungayan is a Democrat.

Lester Snow, 64, of Fair Oaks, has been appointed to the Klamath River Renewal Corporation Board of Directors. Snow has been executive

director at the Resources Legacy Fund's Water Foundation since 2011. He served as secretary at the California Natural Resources Agency from 2010 to 2011 and as director at the California Department of Water Resources from 2004 to 2010. Snow is a member of the Water Education Foundation Board of Directors

and the Public Policy Institute of California Advisory Committee. Snow earned a Master of Science degree in water resources administration from the University of Arizona. This position does not require Senate confirmation and there is no compensation. Snow is a Democrat.

Source: Office of Gov. Brown★

CDPH Reminds Californians to “Be Better” for Improved Health

SACRAMENTO, CA (MPG) - California Department of Public Health (CDPH) Director and State Public Health Officer Dr. Karen Smith says you don't have to be perfect to improve your health, but you can strive to be better. “Be Better” is the new CDPH “Champions for Change” campaign unveiled today during a Sacramento River Cats game at Raley Field in West Sacramento.

“‘Be Better’ is a reminder that even small steps can make a difference in improving your health,” said Dr. Smith. “Take the stairs, snack on fruits and veggies, and quench your thirst with water instead of soda – these are simple ways that we can all be better to enjoy better health.”

Dr. Smith (top right in photo) launched the campaign at the River Cats game as fans took part in an attempt to break the world record for the most people running in place at the same time. The traditional seventh-inning stretch turned into the “seventh-inning flex,” when fans twisted and stretched in a two-minute workout led by Dinger, the team's mascot, and local “Champions for Change.”

“There's no greater way to celebrate the launch of this important campaign than by showing how even the seventh-inning stretch is an opportunity to be better,” said River Cats General Manager Chip Maxson. “Our players were happy to join ‘Champions for Change’ in coming up with this fun activity



Dr. Smith (top right in photo) launched the campaign at the River Cats game. Photo courtesy of CDPH

for our fans and creating a new healthy baseball tradition right here at Raley Field.”

The “Be Better” campaign promotes new federal dietary guidelines that recommend Americans focus on making small shifts in what they eat and drink to prevent chronic health conditions like type 2 diabetes, hypertension and heart disease. Having a normal weight reduces your risk of developing type 2 diabetes by 70 percent.

The “Be Better” campaign will include English and Spanish ads on television and radio stations, billboards and

Web banners. There will also be community-level promotions coordinated with local health departments. The ads will feature “Champions for Change” – real people who have committed to be better for themselves and their families by being more active, drinking water instead of sugary drinks, and eating more fruits and vegetables.

More information about how you can become a “Champion for Change,” including how you can “Be Better”, is available on the “Champions for Change” website.

Source: www.cdph.ca.gov ★

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