



**Amgen Tour Brings
Overall Finish to
Sacramento**
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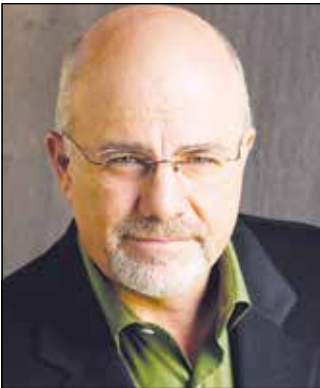
**Stand Up
Paddleboarding
Supports a Great Cause**
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AMERICAN RIVER Messenger

“Written by the people, for the people”

Volume 11 • Issue 10 Serving Fair Oaks, Orangevale & Sacramento County May 20, 2016

**CONDOS ARE
FINE, BUT DO
YOUR RESEARCH**



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POPPOFF!

with Mary Jane Popp



Page 5

**FAIR OAKS
COMMUNITY UPDATE**



Page 8



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The Eagles Have Landed

River Parkway Hosts Rare Residents



Eagle eye. Still bearing residual juvenile plumage, the male eagle's profile is iconic.

**Story and photos
by Susan Maxwell Skinner**

SACRAMENTO REGION, CA (MPG) - Proof of a comeback by a once-endangered species, two bald eagles have made a home on the American River's Lake Natoma. A rich habitat for North America's largest raptor, the 2,000-acre lake and surrounding reserve

falls between Gold River, Folsom, and Orangevale.

On water and in surrounding suburbs, sightings of the iconic pair are being reported; naturalists hope they will breed in the state park. For this photographer, finding them on lake bluffs rewarded a long local search for the species. Our nation's proudest symbol, the bald eagle is common

in more northern and mountainous areas of California. Ornithologists are thrilled to see it soaring above homes and streets near Sacramento; these birds have baldly gone where no other eagles dared.

"They're in areas where they've never been recorded before," says Captain Mark Jeter from the California Fish and Wildlife

Continued on page 10

Avenue of the Flags Event Returns to Fairs Oaks Cemetery



FAIR OAKS, CA (MPG) - The Eighteenth Annual Memorial Day and Avenue of Flags Ceremony will be held Saturday, May 28th, at the Fair Oaks Cemetery, located at 7780 Olive Street, Fair Oaks. The formal ceremonies start at 10 a.m. This year's theme is to honor the "Survivors of the Attack on Pearl Harbor," and with special emphasis on our Pearl Harbor Veterans. There are a number buried in the Fair Oaks Cemetery.

Chairman of the Fair Oaks Cemetery District Memorial Day Committee, Tom Askins will be the Master of Ceremonies. The main speaker(s) will focus on the history, facts and results of this attack on the United States by Japan.

The Fair Oaks Cemetery will be decorated with hundreds of flags lining its roadways as "The Avenue of Flags." We will also be adding more names to the Veterans Memorial Wall.

The laying of the wreath at the memorial in honor of over seventeen hundred veterans who are buried in the cemetery, will be done by VFW Post 6158 and American Legion Post 383.

The musical program will consist of Pipers, a Drummer and Recorded Music by a local Disc Jockey. Refreshments will be served at the conclusion of the ceremony by the Orangevale/ Fair Oaks Grange & Fair Oaks Historical Society.

The Fair Oaks Cemetery's Memorial Day Ceremony is a fine example of how we, the community, remembers loved ones and says thank you to our veterans and their families for their sacrifices. ★

California Pioneer Day, the Legacy Lives On

By Margaret Snider



Continuous entertainment from 10 a.m. until closing time at 3 p.m. will be part of the California Pioneer History Day at Marshall Gold Discovery State Historic Park in Coloma (above). Parking is \$8 inside the park, and some areas outside the park provide free parking, with shuttle service every 20 minutes. Photo by Richard Montgomery

RANCHO CORDOVA, CA (MPG) - On May 21st, 2016, California Pioneer History Day is coming to Marshall Gold Discovery State Historic Park in Coloma. Admission is free, and the event opens at 9 a.m. and closes at 3 p.m., with parade at 10 a.m. It is sponsored by the Pioneer Heritage Foundation and The Church of Jesus Christ of Latter-day Saints (LDS). The event will focus on the wide range of methods the pioneers used to cope with significant dangers and challenges of traveling and making a home in unfamiliar and, sometimes, inhospitable circumstances. Even with the difficulties, the pioneers found ways to enjoy the journey.

Dennis Holland, who serves in the LDS Church as California LDS living history mission president, said that looking at what pioneer ancestors have done can enhance people's pride in their past. It can suggest ways to build on and improve our own lives and civilization. "We don't want our youth growing up without a proper appreciation

Continued on page 3

**Local Councilwoman & Business owner
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Amgen Tour Brings Overall Finish to Sacramento

SACRAMENTO, CA (MPG) - Sacramento County is proud to host, for the very first time, the overall finish stage of the 11th annual Amgen Tour of California, the largest cycling event in the United States. On May 22, Sacramento will be abuzz with both the men’s and women’s finishing stages of the tour.

The final stage comes after the riders’ cycle throughout California, kicking-off in San Diego May 15, ending at the Capitol building on May 22. The nearly 800 mile tour will end with an 84-mile Final Stage highlighting the beauty of the Sacramento region. The riders will travel along the Sacramento River through the delta and cross the iconic Tower Bridge twice before crossing the finish line around the Capitol building.

“Sacramento County is proud to welcome the 2016 Amgen Tour of California back to our capital region. We’re excited to showcase the most beautiful areas of the County and celebrate the tour finale here in California’s capital,” said Supervisor Roberta MacGlashan, Chair, Sacramento County Board of Supervisors.

Sacramento County is also home to Stage 6 of the men’s race and Stage 2 of the women’s race. Both events will ride through the City of Folsom on Friday, May 20.

The Sutter Health Community Ride, sponsored by Sacramento County, is fun for the whole family – beginning in Folsom at 10am and tours the



The final stage comes after the riders’ cycle throughout California, kicking-off in San Diego May 15, ending at the Capitol building on May 22.

scenic American River Parkway before ending at the Sacramento stage finish in downtown Sacramento. The ride is open to the public and will include cyclists of all ages and skill levels.

Live race coverage can be seen on NBC Sports Network and many local restaurants are hosting viewing parties complete with food and drink specials as well as Amgen Tour of California swag.

Participate in “May is Bike Month” by riding your bike to all the Tour of California events. There will be a free bike valet at the west steps of the Capitol sponsored by Sacramento County.

For a full list of day-of event information visit the Sacramento Sports Commission.

Source: Sacramento County Department ★

State Needs to Prioritize Spending and Proceed with Caution

SACRAMENTO, CA (MPG) - Vice Chair of the Senate Budget Committee Senator Jim Nielsen (R-Gerber) issued the following statement regarding the Governor’s release of his revised budget:

“Fortunately, we have a Rainy Day Fund – that we must preserve and not touch. The Rainy Day Fund is for real, catastrophic emergencies.

“We have more revenue now, but we may not sustain this amount in the future, which is why the Governor has wisely chosen to set aside money in the state’s Rainy Day Fund.

“With additional money as compared to prior years, we must prioritize the basic health and life needs of California citizens.

“We should keep promises that were made to Californians

in need by restoring much critical programs, not creating new ones.”

Elected to the State Senate in January 2013, Senator Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama and Yuba.

Source: Office of Senator Jim Nielsen ★

Budget Plan Lacking Investment Needed to Alleviate Housing Crisis

SACRAMENTO, CA (MPG) - California Housing Consortium Executive Director Ray Pearl released the following statement on Governor Brown’s May Revision to his Fiscal Year 2016-17 budget proposal:

“California’s affordable home builders appreciate Governor Brown’s recognition of our state’s housing affordability crisis and the hurdles local land use policies have presented to

developing affordable homes that lift families out of poverty.

“It is good to see Gov. Brown’s support of funding to alleviate homelessness. But we are disappointed that his plan doesn’t also restore state investment in affordable home construction that prevents people and families from becoming homeless in the first place.

“With not a single county in California having enough

affordable homes and apartments for people who need them, legislators must prioritize state investment in homes for veterans, elderly and disabled Californians, people in low-wage jobs and families on the brink of homelessness.”

Contact: Mike Roth, 916.444.7170

Source: California Affordable Homebuilders ★

LETTER TO THE EDITOR

What Did Ami Bera Know, and When Did He Know It?

By Zach Hunter, NRCC

Ami Bera claims he learned just last October of the illegal campaign finance scheme that brought nearly \$270,000 into his campaign coffers, but a cursory look at the facts raises even more questions about his involvement.

In court, Ami’s 83-year-old father requested a translator for the hearing and needed a cane to move about effectively, yet

Bera expects us to believe that his elderly father masterminded a massive money laundering scheme without help, including from his son?

Babulal Bera used the illegal practices widely over multiple election cycles. How could the candidate, campaign managers, and finance directors in both cycles be completely unaware of these activities as money was pouring in the door?

Did Rep. Bera ever have personal conversations with any of these donors reimbursed by his father? Did they ever mention his father’s role?

Why did Babulal Bera use these practices in 2010 and 2012, but not 2014? Who put a stop to the scheme?

Clearly, recent revelations are just the tip of the iceberg. ★

George Runner Responds to Brown’s May Budget Revise

SACRAMENTO, CA (MPG) - Board of Equalization Member George Runner issued the following statement in response to Governor Brown’s May Budget Revise:

“The governor is right to bolster our rainy day fund, as a recent report shows California isn’t ready for the next recession.

“Prioritizing education by freezing tuition rates will help ease the burden on students.

Great schools and good jobs are the best way to help lift struggling Californians out of poverty.

“Yet the governor’s continued calls for higher taxes on cars and gas is downright disappointing. These tax hikes will hurt the very people we’re trying to help.

“Before our leaders ask for even more money, they need to explain why the tax dollars we already pay haven’t given us better schools and roads.

“California is collecting record revenues to the tune of \$124 billion, and yet Californians continue to pay some of the highest taxes in the country.”

George Runner represents more than nine million Californians as an elected member of the State Board of Equalization. For more information, visit www.boe.ca.gov/Runner. ★

Senator Gaines Issues Statement on Governor’s Budget Revise

SACRAMENTO, CA (MPG) - Senator Ted Gaines (R-El Dorado) issued the following statement regarding Governor Brown’s revised state budget proposal:

“I think every time the Governor talks about the budget he should start with an apology to the people for supporting the money pit that is the High Speed Rail. Brown continues to sound all the right notes about fiscal discipline and debt reduction, but has the largest ever state spending

plan and wants to raise taxes on transportation.

“The Legislative Analyst’s Office reports that California’s personal income tax collections were about \$1 billion short of projections during month of April. I know the legislature will be tempted to sink every last dollar into new and ongoing spending programs – including the absurd High Speed Rail project – at a time when we should heed the LAO’s warning against making ‘new commitments’ or else we

risk difficult choices ahead.

“My constituents need tax relief, not more government spending that will be taken right out of their pockets.”

To view the entire revised budget, visit www.ebudget.ca.gov.

Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties. ★

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California Pioneer Day, the Legacy Lives On

Continued from page 1

of the heritage they have been given and want them to appreciate the sacrifice made by others for them and their well-being,” Holland said.

Among the many interactive exhibits, the ship Brooklyn display will re-create the type of berth that the 250 plus Latter-day Saints had to occupy for six months while sailing from New York Harbor to the pueblo of Yerba Buena in San Francisco. “It is one of my favorites,” Holland said, “because we don’t realize what it took to travel by ocean sailing ship in the old days.”

In addition, periodically there will be black powder musket firings, and the firing of a replica of the cannon purchased from Captain John Sutter in 1848. Special occasional firings of the “Candy Cannon” will shoot candy to kids who are gathered for the event.

Visitors can try their skills making bricks, candles, and dolls. There will be quilting and kids can roast a biscuit on a stick to get a feeling for how the pioneers had to improvise. Families can bring lunches to dine in the picnic areas, and a hamburger stand will raise funds for the State Park. The picnic area is also the location of the stage entertainment.

Jeri Clinger, co-founder with her husband Richard of the Galena Street East singing and dancing troop, is one of the organizers of the entertainment for California Pioneer History Day. “Singers will sing songs of that period, ones they might have been singing at some of the mining camps.” Entertainment is continuous from 10 a.m. until 3 p.m. and will be centered at the picnic area. Visitors are encouraged to come in period costume if they wish.

Many cultures made important contributions to California’s history. Hawaiians helped to build Sutter’s Fort in Sacramento and Hawaiian songs and dancing will be included, as well as Mexican song and dance. A booth will trace the role of the Chinese. The part of Latter-day Saints as they fled from persecution and headed west will also be incorporated.

Historical groups will participate including the Pony Express Association, Daughters of Utah Pioneers, and the Buffalo Soldiers. Bill Terrell of Sacramento is one of the Buffalo Soldiers, and said



Activities and interactive displays illustrating the history of California pioneers, accompanied by pioneer games and free wagon rides make California Pioneer History Day a special occasion for everyone no matter their age. The historic setting of Marshall Gold Discovery State Historic Park brings the heritage to life. Photo by Richard Montgomery

that though blacks fought in the Civil War and in state militias, they could not be members of the U.S. military until 1866. The 150th anniversary of the official formation of U.S. black cavalry and infantry divisions is being celebrated this year. The “prowess, bravery, and tenaciousness on the battlefield” inspired the Native Americans to call them Buffalo Soldiers and the name has carried forward to the present day.

“My father was a Buffalo Soldier, he was in the 9th cavalry back in 1942,” Terrell said. “That’s what really got me started and involved in the Buffalo Soldiers, so we ask everybody to stop by and listen to our story.”

The setting at the Marshall Gold Discovery State Historic Park in Coloma is the historic spot of John Sutter’s sawmill, where gold was discovered in 1848.

“It’s a very family oriented day,” Clinger said. “It’s ideal to help people in California feel the pioneer heritage here.” It is hoped that the day will become an annual event.

Parking will be available inside the park for \$8. Some parking areas outside the park will be free and shuttles will run every 20 minutes. Come early to beat the crowds. For more information, please see www.californiapioneer.org/cphd. ★

FAIR OAKS CEMETERY

18th ANNUAL MEMORIAL DAY EVENT

SATURDAY, MAY 28TH, 2016 @ 10:00AM



Honoring Pearl Harbor Survivors

The Eighteenth Annual Memorial Day and Avenue of Flags Ceremony will be held Saturday, May 28, at the Fair Oaks Cemetery, located at 7780 Olive Street, Fair Oaks. The formal ceremonies start at 10am. This year’s theme is to honor the “Survivors of the Attack on Pearl Harbor”, and with special emphasis on our Pearl Harbor Veterans.

The Fair Oaks Cemetery will be decorated with hundreds of flags lining its roadways as ‘The Avenue of Flags.’ We will also be adding more names to the Veterans Memorial Wall.

The laying of the wreath at the memorial in honor of over seventeen hundred veterans who are buried in the cemetery, will be done by VFW Post 6158 and American Legion Post 383.

The musical program will consist of Pipers, a Drummer and Recorded Music by a local disc jockey. Refreshments will be served at the conclusion of the ceremony by the Orangevale/Fair Oaks Grange & Fair Oaks Historical Society.

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Crossword Puzzle on Page 5

S	T	A	R	S		L	E	G			R	A	J	A					
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P	E	S	O				O	R	E			S	E	E	K	S			

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Sudoku Puzzle on Page 5

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

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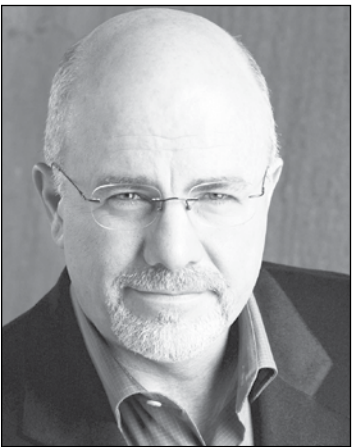
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Condos Are Fine, But Do Your Research

Dear Dave,
I know when it comes to investing you like mutual funds and paid-for real estate. What do you think about using condominiums as investment properties instead of single-family homes?
-Jason

Dear Jason,
I don't really have a problem with condos as paid-for investments. I own a couple of them myself. When it comes to making this kind of investment for the first time, however, I would advise that you keep a few things in mind.
Based on equal price and equal neighborhood, the average single-family home will probably increase more in value over the years. Now, a nice, well-placed condo will obviously go up in value faster than a traditional house in a lesser neighborhood. So speaking in an overall sense, they're not bad investments if you do your homework.
You have to think about what you're getting into and also take into consideration a number of variables. What are the HOA dues or condo fees going to be? Is the condo association being managed well? That and the neighborhood are the two biggest concerns I have when buying a condo. A lot of condo associations are very poorly

Dave Says

managed. And if they don't provide proper maintenance or keep a certain percentage of the complex owner-occupied versus rental, the condo association or complex can lose the ability to get normal permanent financing. If they can't get FHA, VA or conventional financing, the values are going to drop like a rock — because you've only got cash buyers and investment buyers at that point.
Research on these kinds of things doesn't take an awful lot of work. Just call the management company, and the realtor who's involved if it's listed, and ask for the documentation. Most of the time this sort of stuff is public information, so it's not hard to access. Some other questions you might ask are: What are the reserves for the roof? What are the reserves for paint and the parking lot? Are they collecting enough to pay their bills, and are they actually paying their bills?

Then you start looking at things from a buyer's perspective. Would I want to live in here and have my wife and children here? Would a normal, reasonable person want to live here? If the answers are yes, then you've probably got a good, solid condo complex.
—Dave

The Church's Emergency Fund

Dear Dave,
I pastor a small church that is debt-free. I'd like for us to save an emergency fund for the church, but I'm not sure what would be considered an expense. Can you help?
-David

Dear David,
In terms of mathematics, I would advise looking at it the same way you would a small business. The goal, first and foremost, is to keep the doors open in case something bad happens. The secondary goal could be to pay bills on time for the sake of the church's reputation, and the third goal would be to do all this without putting a strain on the organization. In business, we would call this fund "retained earnings." Technically, a church doesn't have earnings, but they do have income. You'll want to retain some of that on a regular monthly basis.
For a church, basic things like payroll, utilities, insurance and taxes would need to be covered under an emergency fund. Coffee and donuts, new hymnals, and mission trips aren't necessities. You should already be running a monthly and annual budget on the church, so separate the necessities per month and multiply that by a three to six month figure.
There's a huge level of wisdom involved in a church being debt-free, David. Congratulations!
—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, Entrepreneurship 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. ★



War and Peace

Marriage! It can be both of these...war and peace! So why don't some marriages last? After 35 years of helping couples make the break, Attorney Joryn Jenkins decided to reveal some relationship advice that she says divorce lawyers could share if they wanted to keep that marriage going. So she authored "War and Peace:" Avoid the destruction of divorce court. Who better to give advice than a divorce lawyer who has seen and heard it all. Joryn shared these tips with me on POPPOFF. They might be simple, but they are relevant.
1) GO TO A MARRIAGE COUNSELOR-EVEN IF YOU THINK YOU DON'T NEED TO. Seeing a counselor should not be an admission of failure. It should be like signing up for guitar lessons. If you can't think of a good reason to go, Jenkins can. Go to work on your communication,

POPPOFF!

with Mary Jane Popp

problem-solving, or co-parenting skills. Go to protect your marriage. Too many couples seek counseling when it's too late.
2) SHOWER OR BATHE TOGETHER EVERY DAY. Jenkins and her husband do it at least twice a week and it's a great time to plan and discuss matters outside of the hearing of little ears. It's also a great time to unwind from a busy schedule, and it's something private and special you share. It will keep you connected.
3) NEVER STOP HAVING SEX. One common characteristic in many divorcing couples is they stopped having sex a long time ago. It is the one thing you share together. Even if you are tired, not in the mood, or not even attracted to your spouse in that moment, make sex a regular part of your relationship. You need to depend on one another to meet that need. Vow to make love at least once a week.
4) DON'T ALLOW FAMILIARITY TO BREED CONTEMPT. Start your marriage with the idea you will both work together on "being married" every day. Being married is not a state of being. It's a work in progress. Treat your spouse like a date every day. Notice the little things that attracted you

to begin with and enjoy them every day. Don't take them for granted.
5) CUDDLE AND MORE CUDDLING. Maintaining a strong relationship takes time together. Stay in bed together one day a week and talk. No agenda. If there's any agenda, it's just to cuddle. If you both have to brush your teeth first, get up and do it and then get back in bed. Lock the door. No kids. Cuddle. One of you needs that, and the other will find that she or he enjoys it more than they think.
6) RELIGHT THAT FIRE. Remember that you vowed to be together "for better for worse," and sometimes it's a "for worse" period. Take advantage of holidays and really wow your partner. Think back to your first special day together and put forth the same effort to really do something special for your spouse.
You might want to check out her website at www.OpenPalmLaw.com for more information. It's great to see that a divorce lawyer that wants couples to stay together. Joryn Jenkins really gets into the nitty gritty in "War and Peace:" Avoid the destruction of Divorce Court. Perhaps these tips can help bring down those heavy divorce statistics. BE HAPPY TOGETHER! ★

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- CLUES
- ACROSS
- 1. Astrologer's concern, pl.
 - 6. Lamb serving
 - 9. Rane's husband
 - 13. Sunday strip
 - 14. Formal vote
 - 15. Rubberneck
 - 16. "All kidding ____."
 - 17. *Mythological creature
 - 18. Beginning of a sickness
 - 19. "Game of ____"
 - 21. Cow chow
 - 23. Detective ____ of "Around the World in Eighty Days"
 - 24. Denim innovator
 - 25. Luftwaffe's WWII enemy
 - 28. What Caesar did before he saw and conquered
 - 30. Virtual you
 - 35. Black cat, e.g.
 - 37. Boundary line
 - 39. Davy Crockett's last stand
 - 40. "Do ____ others as..."
 - 41. Became upright
 - 43. Snatch
 - 44. Better than nice
 - 46. Desperate
 - 47. Opposing prefix
 - 48. Perennial garden flower
 - 50. Post-it slip
 - 52. *It gets punished in Dante's "Inferno"
 - 53. Take a ____ from a jug
 - 55. Tokyo, once
 - 57. *Old Norseman
 - 60. *Holy war
 - 64. Singing femme fatale
 - 65. Luau welcome
 - 67. Representative of Allah on earth
 - 68. Cupcake topper
 - 69. Granola grain
 - 70. Opposite of digest
 - 71. 100 centavos
 - 72. Bonanza find
 - 73. *Galahad does this to the Holy Grail
- DOWN
- 1. Ella Fitzgerald's craft
 - 2. Comedy Central's "____0"
 - 3. Gulf V.I.P.
 - 4. Free from
 - 5. Like a longer route?
 - 6. Cleaning cabinet supplies
 - 7. Snake-like fish
 - 8. Blooper
 - 9. "Atlas Shrugged" author
 - 10. Cathedral part
 - 11. Audience's rejection
 - 12. *Illuminated manuscripts or tapestries, e.g.
 - 15. *Long-haired naked tax-opponent
 - 20. SAT and ACT
 - 22. Female gametes
 - 24. Allowing
 - 25. *Like Arthur's table
 - 26. Embryo sacs
 - 27. "Bring back!" to Fido
 - 29. *Fermented honey libation
 - 31. Aquarium organism
 - 32. Mountain lakes
 - 33. Stradivari competitor
 - 34. *He stole from the rich and gave to the needy
 - 36. English playwright Coward
 - 38. Continental currency
 - 42. *____Abelard, Heloise's unfortunate lover
 - 45. Moving like phoenix
 - 49. Barley bristle
 - 51. Derives a theory
 - 54. Cooler manufacturer
 - 56. Meryl Streep's "August: ____ County"
 - 57. Biden, e.g.
 - 58. *Fleur-de-lis
 - 59. Bingo-like game
 - 60. Give a ticket
 - 61. Away from wind
 - 62. Floppy storage
 - 63. Newts in terrestrial stage
 - 64. Hot tea amount
 - 66. Listening device

CROSSWORD											
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	2			9		7	

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By Marlys Johnsen Norris,
Christian Author

Early in our life we automatically create our boundaries for living our life. We create them due to our economic standard, parent's attitudes and circumstances that affect our lives. We are unaware that those boundaries can bind us and cripple us from becoming all

Boundaries

we can become.

It is only after we have surrendered and committed our life and accepted God's Son as our personal Lord and Savior do we understand that those boundaries have bound us more than they have limited others. When we venture into the Word of God and discover who God says we are, we are often surprised to discover and understand His love and grace. We become heirs of the His eternal Kingdom and His child forever. We find new victory and freedom to become more than we ever imagined. We are given God gifts enable us by His Spirit. Trusting, believing and living out the truth of His Word we experience a new "freedom" and become a new person in Christ. We find new freedom we never

experienced before as He gifts us with His Agape love, grace and power to be a witness of all He has done in our lives.

The power of His light fills every part of our being as our heart longs for the good things He longs to provide us in life. Everything about us changes as we pray to be like Him, to show forth to others His love, forgiveness, kindness, hospitality and the gifts of His Spirit within us. We desire to bring our Heavenly Father honor and glory as we pray we are planting seeds of His love in every heart and life we touch.

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



By Pastor Ray Dare

We all know that too much stress is bad for you. Sometimes you're stressed to the breaking point. You're stressed to the point you feel like, "I'm ready to pop. I'm going to explode. I'm going to fall apart." What do you do when you're stressed and stretched to the breaking point?

Release Your Frustrations. You don't repress it. You don't ignore it, deny it, pretend it doesn't exist and wear a mask. And you also don't rehearse it, where you go over and over it in your mind and it just gets bigger and bigger. God says, "Release it. Tell Me about it. Pour it out to Me." God wants you to be real. God understands those emotions. He created you and gave you the ability to feel those things. He wants you to express them to Him. Psalms 62:8 says, "Pour out your heart to God, for He is our refuge." We call that prayer. Part of prayer is releasing your frustrations to God.

Resist Becoming Bitter. Hebrews 12:15 says, "Watch out that no bitterness takes root among you. It causes deep trouble, hurting many in their spiritual lives." Bitterness never changes anything.

Pastor Ray's Encouraging Words

At the Breaking Point

When you start griping that life's unfair and start getting resentful, that's not going to change it. That's not going to change your past. It's not going to control your future. But it's going to mess up today. What you have to do instead of being bitter, is to learn to accept the things in your life that you can't change and never will be able to change. Then start focusing on the things that you CAN change and work on those things.

Refocus on Christ. When you get under stress, your life gets out of focus. You start looking at your problem and stop looking at Christ. You become very preoccupied with yourself. All you can see is your pain. All you can see is your pressure, your stress, your anxiety. Your focus just gets narrower and narrower when you're under stress. So, how do you refocus your life on Christ?

1) Read God's Word. God's Word is a great stress reliever particularly the book of Psalms. Go through and underline some verses that mean a lot to you, then meditate on them and memorize them. Psalm 18, 23, 25, 27, 56, 62, 118 are some of my favorites to turn to.

2) Remember God's goodness. Psalm 27:13-14 says, "I would have despaired unless I believed I would see the goodness of the Lord. Be strong. Let your heart take courage. Wait for the Lord."

We need to remember God's goodness because we're usually focusing in on all the badness. He is a good God and He knows how to bring good out of bad things

3) Rely on God's Power. The key to crisis control is Christ take control. Let Him have it. Put it in His hands. Pour your heart out to God and say, "God, take this. You have more power than I do." You stop focusing on your problems and start focusing on God's power.

Are you at the breaking point today? Or maybe you're on the way and the stress level is rising in your life. I don't know the pain in your heart right now, but God does. God is aware of the stress in your life and God cares about the stress in your life. God can help you in the stress in your life if you will take these steps and take it all to Jesus Christ and say 'I put it in Your hands'. Jesus said it like this, "Are you tired worn out? Burned out on religion? Come to Me. Get away with Me and you'll recover your life. I'll show you how to take a real rest.

Walk with Me and work with Me. Watch how I do it. Learn the unforced rhythms of grace."

Matthew 11:28-29 (Mes)

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Why Mothers Would Make Good Politicians

Dr. James L. Snyder

In thinking of Mother's Day, I could not help but think about the mess our country is in right now. Not that messes remind me of mothers in particular, but honesty compels me to admit they are good at cleaning up messes. Moreover, the messes they cleanup are not their doing, which is what makes it so terrific.

Anybody who steps outside their house knows that the country is in a terrible mess these days. It would be impossible to blame one political party over another. In this area, everybody is equal. The truth is, politicians make messes. Furthermore, they leave these messes for other people to clean up. Many politicians have dirty mouths and minds, but none has dirty hands from cleaning up messes.

Our country is in the soup, and not the kind of soup your mother used to make. Politicians make soup out of circumstances that nobody can stomach while mothers have a marvelous way of making soup out of almost anything, and it tastes heavenly, plus it is good for you.

But getting back to my subject, I believe mothers would make wonderful politicians. There are several reasons why

I think so. Mothers, generally speaking, know how to ask questions.

"Have you washed behind your ears?"

"What time are you coming back?"

"Do you have clean underwear?"

"If all your friends jumped off a bridge would you?"

It is one thing to ask a question, but it is another thing altogether to ask the right question. I firmly believe asking questions is a highly refined art. Politicians, for example, ask questions they think people are asking. Before they query any audience, they take 197 polls to make sure they have the right question so they are not embarrassed.

Question a politician, you get the runaround. Question your mother and she will chase you around. It would be more beneficial to be chased around by your mother than to have some politician give you the runaround.

It would be beneficial for our country if every politician were apprenticed to a mother with four or five kids. Let him follow her around for a week, if he can last a week, and he will get some idea of what working is all about.

Let some politician clean

up after four or five kids for a week and experience what real work is all about. Perhaps, if he has to clean up messes of other people's making he might think twice before he makes a mess himself. The only work a politician really does, is working his mouth, which rarely accomplishes anything useful.

Instead of putting his political career ahead of everything else, he would sacrifice himself to benefit other people, to help clean up the messes around him.

Although it may seem like a good idea, we cannot afford to send mothers to Washington and neglect the important work she has at home. Nehemiah said it so well, "I am doing a great work, so that I cannot come down: why should the work cease, whilst I leave it, and come down to you?" (Nehemiah 6:3).

God knew exactly what he was doing when he put together a marvelous creature we now know as Mother.

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 jamessnyder2@att.net. The church website is www.whatafellowship.com. ★

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

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

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

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Antelope Church of Christ

Antelope Crossing Middle School

9200 Palmerson Drive
Antelope, CA 95843

Send mail to: PO Box 1253
No. Highlands CA 95660

Minister Larry McCullum
916-223-2827

Sunday Bible Class 9:45 a.m. Sunday Worship 10:45 a.m.
www.antelopecofc.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!

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

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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

25 Minute Educational Presentation and a Free Luncheon



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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.

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Sacramento, CA 95819
RSVP: (916)732-2000 or
on-line at www.EastLawn.com
Thursday, June 9 @ 11:30 a.m.

**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, June 15 @ 11:30 a.m.

www.EastLawn.com



The Real Estate Insider

with Realtor, Developer
and Radio Host

Ellen Herrle

Listen weekdays 12n-1pm on Money,
The Wall Street Business Network, 105.5 FM

Q&A with Buyers & Sellers

This column is here for you as a resource in sorting out buying and selling property. When you ask a question we answer here so everyone benefits. What don't you know about buying and selling property? Let me help.
It's easy, just email your question to us and we share the answer so everyone can learn from it. Email: ellenherrle@hotmail.com or leave a message at 916-761-2108.

Q : Hi Ellen! I have been reading your Q & A column for several months and I just want to ask a basic question. I am so confused. We had three real estate agents come out and they all gave me different values for my home. We even looked at online estimators and also received values that were all over the place. How does one really know how much their home is worth? Help!
Lisa, Elk Grove

A : Now - I'm going to confuse you even more. Your home is worth only what buyers are willing to pay for it. There are a lot of factors, such as the market conditions, especially interest rates and,

of course, the condition of your home. What we do is access data on sales in your area, that might not be recorded yet, at the Assessors office, as well as taking in other sales in the last 6 months. You also need to take into consideration the competition - other homes that are currently on the market. Than a comparison is made with properties close to the size of your home, built around the same time, the number of bedrooms and baths, and the square footage of your home. Also, in addition to the above, you need to take into account the layout of your home, the quality in construction and any special features. Do you have a pool, outdoor kitchen and any other special amenity? Does it back up to a busy street? You add or subtract. It's not an exact science, but a Realtor with experience and knowledge of your area can make an educated guess. We are in a seller's market right now, which means that there are more buyers than sellers. If your home is priced right and shows well, you will probably get multiple offers. As we get more into the summer months, this can reverse and there could be more sellers than buyers. If you are wanting a more accurate valuation, please give us a call. (916)

726-9000. Thanks for reading our column and listen to us live, M-F, 12-1 on the Wall Street Business Network, KSAC, on 105.5 FM. Remember happiness is homemade. We don't consider our job as selling houses, but selling lifestyles thru real estate. A good REALTOR® will also factor in market conditions. If there's an imbalance with more buyers than sellers, your home's value is likely to be higher than recent sales since competition can drive up prices quickly. If the market in your area has slowed and sellers are competing for buyers, then your value could have declined. Good luck and if you need help, please call me directly at (916) 726-9000 or email me at ellenherrle@hotmail.com
For those who get in touch each month you'll also receive one of three pamphlets on buying and selling strategies, and be entered in a random drawing for a **dinner for two** at one of our great Sacramento or Placer restaurants! Don't spend more than you have too, or sell for less than you deserve by asking the expert first! Call us to help when you decide to buy or sell at 916-761-2108.
Next time: Buyers and sellers learn more to earn more! Listen weekdays at noon on Money 105.5 ★

IT'S ALL ABOUT YOU

When selecting a real estate agent, you need someone who puts your needs and wants above everything else. You need an agent who:

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Buyers down payment assistance programs, sellers we show how to get the most for your home. Starter or luxury home, Showcase Real Estate Group puts you first.
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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.

Matthew 25:40
"Caring for the Least"

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EAST LAWN

★ **MEMORIAL DAY** ★
★ **CELEBRATIONS** ★

Monday, May 30, 2016

Coffee • Food • Music
• Special Tributes
• Memorial Day Service

Services are as follows:

- ★ East Lawn Memorial park,
4300 Folsom Blvd: 10:00 a.m.
- ★ East Lawn Elk Grove Memorial park,
9189 E. Stockton Blvd: 10:00 a.m.
- ★ East Lawn Sierra Hills Memorial park,
5757 Greenback Lane: 10:00 a.m.



www.EastLawn.com

FAIR OAKS COMMUNITY UPDATE



By County Supervisor Susan Peters

FAIR OAKS, CA (MPG) -Through the generosity of the American River Messenger, this column serves to provide an update about matters affecting the unincorporated community of Fair Oaks.

Alcohol Ban Keeps Parkway Family Friendly
If you are planning to enjoy the American River Parkway over the Memorial Day holiday weekend, there will be a complete ban on alcohol consumption and possession both on land and in the water between Hazel and Watt avenues (an exception exists for Ancil Hoffman Golf Course).

In past years summer holiday weekends had become major problems along the American River due to excessive alcohol consumption making the parkway less of a family friendly outing because of fights, public nudity, profanity and littering. The problem was very apparent Fourth of July in 2006 when hundreds of rafters and partygoers consuming excessive amounts of alcohol created what one observer called a “chaotic scene” along a portion of the parkway.

Motorcycle Collision Results in Fatal Injuries to Rider

SACRAMENTO REGION, CA (MPG)
- On May 15th, 2016 at approximately 2:20 a.m., a two-officer California Highway Patrol (CHP) unit attempted to make an enforcement stop on a 2000 Yamaha motorcycle on Watt Ave. in North Highlands. The motorcycle yielded to the right shoulder near the intersection of Watt Ave. and Roseville Road. As the CHP patrol vehicle pulled in behind the motorcycle and began to stop, the rider fled the scene on the motorcycle at a high rate of speed eastbound on Madison Ave. The CHP unit attempted to locate the motorcycle on Madison Ave., but lost sight of the motorcycle as it continued eastbound. As the CHP unit approached the intersection of Madison Ave. and Hillsdale Blvd., they observed that a collision had occurred involving the motorcycle and a 1996 Honda. As a result of this collision, the motorcycle rider was ejected from the motorcycle. The motorcycle rider was transported to Mercy San Juan Hospital where he succumbed to his injuries.

The driver and the passenger of the Honda sustained minor injuries as a result of this collision.

The motorcycle rider was wearing a helmet. At this time, it is unknown if drugs and/or alcohol were a factor in this collision.

Any additional information about this news release should be directed to Officer Berry who will be available at the CHP North Sacramento Area business phone number: (916) 348-2317, Monday through Friday 8 a.m. to 5 p.m. For urgent matters or to contact after hours you can reach her on her cell phone at (916) 936-2120. Follow us on Twitter @chpnasac or like us on Facebook.com/chpnorthsac.

Source: CHP ★

Besides Memorial Day weekend, the restriction is also applicable for the holiday weekends of Independence Day as well as Labor Day. In addition, the Board of Supervisors delegated authority to the Director of Regional Parks in consultation with the County Executive the ability to prohibit alcohol in the Parkway on any additional days between Memorial Day and Labor Day when such a ban is needed to maintain order to address excessive alcohol consumption encouraged by social media.

After the Board restored decorum through the ban, families I have talked to have expressed appreciation for making the holiday weekend a time again for everyone to enjoy the Parkway.

Amgen Bike Tour in Capital Area

For the very first time Sacramento County will host the overall finish stage for both men and women riders participating in the 11th annual Amgen Tour of California, which is the largest cycling event in the United States. The tour kicked

off in San Diego May 15 as part of a nearly 800 mile trek that will end on Sunday, May 22, at our State Capitol in downtown Sacramento following an 84-mile Final Stage highlighting the beauty of the Sacramento region which will route riders along the Sacramento River through the delta and cross the iconic Tower Bridge twice before crossing the finish line around the Capitol.

Sacramento County will also be home to Stage 6 of the men's race and Stage 2 of the women's race. Both events will ride

through the City of Folsom on Friday, May 20.

More information is available online about the stages at amgentourofcalifornia.com.

Family Fun at the County Fair

The 2016 Sacramento County Fair will be held May 26 - 30 at Cal Expo. Activities include a carnival, food, barn animals, music, and shopping.

General Admission is only \$5. Children age 12 and under are admitted free.

Separate special entertainment includes a Monster Truck Tour

on Thursday and Friday nights, May 26 and 27) plus the Stars and Stripes Invitational Bull Riding Event on Saturday night, May 28.

Please visit sacfair.com for more information about hours, general admission entertainment schedules, tickets to the monster truck and bull riding events, etc.

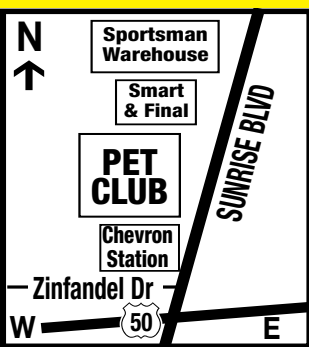
Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susan-peters@saccounty.net. ★

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

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We Only Accept ATM, Cash, & Checks M-F 9-8, SAT 9-7, SUN 10-7 Effective 5/18/16 - 5/24/16

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\$200 OFF ANY 28 LBS OR MORE PREMIUM DRY DOG FOOD PLU #336

\$100 OFF ANY 14 LBS OR MORE PREMIUM DRY CAT FOOD PLU #337

Nutro, Science Diet, Eukanuba, Avoderm, IAMS, Nature's Recipe, Natural Balance, Wellness, Pro Plan. Limit 1 Bag.
(Cannot be used in conjunction with similar dollar off, percentage off coupons, or advertised sale items)
Limit: 1 Coupon Per Family ARM
Effective 5/18/16 - 5/24/16

COUPON

SPARKLE PAPER TOWELS

39¢ Regular Roll

With any Purchase of any Pet, Fish Food or Supply
Limit 1 Pkg. PLU 326
Limit 1 Coupon per Family ARM
Effective 5/18/16 - 5/24/16

TASTE OF THE WILD GRAIN FREE DRY DOG FOOD

•Wetlands •Sierra Mountains •Pacific Salmon •High Prairie •Southwest Canyon

30 Lb Bag **\$39.99**

Effective 5/18/16 - 5/24/16

NUTRO MAX ADULT RECIPE DRY DOG FOOD

•Regular Max •Large Breed Adult •Beef •Senior •Lamb Meal & Rice

NEW SIZE 25 Lb Bag Limit 2 Bags Per Family **\$22.99**

Effective 5/18/16 - 5/24/16

PRO-PLAN DRY DOG FOOD

•Chicken & Rice 33-35 Lb Bag
•Beef & Rice •Lamb & Rice
(•Sensitive Skin & Stomach •Lite- \$41.99)
(•Bright Mind 30 Lb Bag \$47.99)

Limit 2 Bags per Family 3 Free 13oz Dog Food (Savor & Focus only) w/ each purchase
Effective 5/18/16 - 5/24/16 **\$39.99**

FRISKIES DRY CAT FOOD

16 Lb Bag
•Surfing & Turfing •Seafood •Indoor

Limit 2 Bags Per Family **\$9.99**

Effective 5/18/16 - 5/24/16

9 LIVES CANNED CAT FOOD

5.5 Oz All Varieties

Limit 1 Case Per Family **35¢**

Effective 5/18/16 - 5/24/16

FANCY FEAST GOURMET CANNED CAT FOOD

3 Oz All Varieties Except Elegent Medley

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

Effective 5/18/16 - 5/24/16

JONNY CAT PREMIUM CAT LITTER

20 Lb Bag
•Regular •Multiple Cat Formula

Limit 2 Bags per Family **\$3.29**

Effective 5/18/16 - 5/24/16

FRESH STEP SCOOPABLE CAT LITTER

42 Lb Bag

Limit 2 Bags per Family **\$12.99**

Effective 5/18/16 - 5/24/16

NUTRO CANNED CAT FOOD

Limit 1 Case • Selected Varieties 3 oz Max **55¢** Natural Choice **75¢**

SOLID GOLD DRY DOG FOOD

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BLUE BUFFALO WILDERNESS DRY DOG FOOD

100% Grain Free
•Chicken •Duck •Salmon •Large Breed Adult •Healthy Weight 24 Lb Bag Limit 2 Bags **\$49.99**

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35 Lb Bag Limit 2 Bags **\$13.99**

FELINE PINE HEALTHY CAT LITTER

20 Lb Bag Limit 2 Bags **\$7.99**

BLUE BUFFALO CANNED DOG & CAT FOOD

As Marked **20% OFF**
•Homestyle •Blue's Stew •Wilderness 12.5 oz
•Spa Select •Wilderness 3 & 5.5 oz Selected Varieties **OUR REGULAR LOW PRICES**

NUTRO MAX MAX CAT DRY CAT FOOD

Selected Varieties 6 Lb Bag Limit 2 Bags **\$8.99**

NEW FRESH STEP CLUMPING CAT LITTER PLUS CRYSTALS

25Lb Box Limit 2 Boxes per family **\$8.99**

NUTRO CANNED DOG FOOD SALE

Limit 1 Case • Selected Varieties 12.5 oz Max **89¢** Natural Choice **\$1.25**

CAREFRESH PET BEDDING

60 Liter (Ultra Not Included) **\$12.99**

Super Buy FRESH STEP CRYSTALS CAT LITTER

8Lb Bag Limit 2 Bags **\$10.99**

CANIDAE ALL LIFE STAGES DRY DOG FOOD

• All Life Stages Formulas 44 Lbs Limit 2 Bags **\$7 OFF** OUR REGULAR LOW PRICES

CAT FURNITURE 20% OFF

•CRS LOTS OF SELECTIONS ASSORTED STYLES **OUR SUPER LOW PRICES**

PET CENTER 100% Natural

•Chicken Breast Tenders **\$9.99**
• Chicken Nibblers 16 Oz Jar

BODY GEAR 20% OFF

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STAR MARK PRODUCTS All Varieties 20% OFF

•Treat Ball •Clickers•Treats •Bento Ball •DuraFoam Disc & Ball •Chewball •Mints **OUR SUPER LOW PRICES**

FARNAM COMFORT ZONE DIFFUSER, SPRAY, & REFILLS Cat With D.A.P. & Feliway & "Controls Behavior" Dog 20% OFF

OUR SUPER LOW PRICES

MARINELAND POWER FILTER SALE

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

TETRA BOXED 10 GALLON TANK With Economy Kit

Just add Heater For Tropical Fish **\$39.99** Limit 1 Per Family

PENN PLAX PLASTIC AQUA-PLANTS 20% OFF

OUR SUPER LOW PRICES

INSTANT OCEAN SEA SALT

50 Gal. Salt Mix **\$14.99**

BONUS COUPON

FRISKIES BUFFET CANNED CAT FOOD

5.5 Oz All Varieties Limit 12 Cans With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 5/18/16 - 5/24/16 **43¢** ARM PLU 367

BONUS COUPON

WHISKAS TEMPTATIONS CAT TREATS

•All Varieties Except Natural - 3 Oz Limit 2 Pkgs with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 5/18/16 - 5/24/16 **\$1.19** ARM PLU 569

BONUS COUPON

JONNY CAT CAT LINERS

Jumbo Drawstring - 5 Ct Limit 1 Box with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 5/18/16 - 5/24/16 **\$1.89** ARM PLU 449

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

Stand Up Paddleboarding Supports a Great Cause



The Paddle 4 DART Solo Race Course is a 4 mile looped course, perfect for experienced and novice races alike. Paddle 4 DART was created by Riverbank Marina, Crawdad's on the River and FLOW Stand Up Paddle to help raise money for the Drowning Accident Rescue Team (D.A.R.T.). Photo courtesy Paddle4DART.com

SACRAMENTO REGION, CA (MPG) - So, you like the water. You need a new hobby. You need to switch up your workout routine. It's time to check something off your bucket list. You need a new date idea. Whatever it is for you, this is something that you have to try! Stand Up Paddleboarding! It's the fastest growing sport and there is a reason why. Come see for yourself.

The 2nd annual Paddle

4 DART is happening at Crawdad's on the River on June 11th, 2016. Starting at 9am, there will be a competitive 4 mile solo race. The course consists of loops on the Sacramento River in front of Crawdad's so that the paddlers can get extra motivation from on looking fans as they pass by multiple times. It's also a reason to have them go through the water gun alley more than once. At 11am

is when the real fun begins...the relay race! Teams of four come together, beginners, advanced and competitive to take the win! Teams will be dressed up, they will fall in the water, they will bond, they will win, they will laugh and most importantly they will have a great day supporting a great cause.

Paddle 4 DART was created by Riverbank Marina, Crawdad's on the River and FLOW Stand Up Paddle to help raise money for the Drowning Accident Rescue Team (D.A.R.T.). They wanted to create a way to support this amazing non-profit organization that supports our community so much. D.A.R.T. is a 100% volunteer run organization that provides water safety and education for the greater Sacramento Area. The dedicated volunteers are on call 24/7 and are prepared to for emergency water rescues and recoveries whenever they are needed. Last year Paddle 4 DART raised \$15,000 and has a goal of \$20,000 for 2016.

For more information, registration and to make a donation go to www.Paddle4DART.com or www.facebook.com/paddle4DART.

Source: Paddle4DART.com ★



This year, FLOW Stand Up Paddle will be offering RACE TRAINING for those of you who want to take the leap from recreational paddling to the exciting world of racing! Photo courtesy Paddle4DART.com

ROYAL BALL

Stop by our Photography Booth



May 29, 2016

6pm-8pm

at

Christ Community Church in Carmichael

Heroes of the kingdom are invited to bring their princesses and princes to a special evening of dancing, refreshments, crafts, and more. (Any combination of fathers, daughters, mothers, sons, grandparents, and so on from all over the Sacramento area are welcome to attend.) While there is no age restriction, activities are designed for ages 5-13.

All proceeds from this dance benefit HeART House

Reserved your tickets at royalstage.org today!

DJ, Sound, and lighting provided by "White Diamonds Entertainment and Events."



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Sacramento County Office Of Education

Please help me help our students!

Vote June 7



My highest priorities are closing the student achievement gap; access to college prep courses and career technical education; and safe and secure schools for our students, teachers and staff!

Susan Peters

Trusted Leadership for a Better Sacramento County



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“I know Susan. I have worked with her over the years, and most importantly, I trust her leadership and decision-making.” ~ John McGinness, Former Sacramento County Sheriff

- Worked to restore 86 sheriff’s deputy positions to be put back on patrol in our neighborhoods
- 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

PROMOTING FISCAL ACCOUNTABILITY AND ECONOMIC GROWTH

“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 ★

Paid for by Susan Peters for Supervisor 2016 | FPPC ID #1254446

www.JoinSusan.com

The Eagles Have Landed

River Parkway Hosts Rare Residents

Continued from page 1

Department. “This shows how well the species is recovering. We’ve also had eagles nesting at Folsom Lake for the last eight or nine years.”

The news comes decades after the giant birds seemed close to extinction. In years following WW II, widespread use of the DDT pesticide — absorbed by animals common to eagle diets — caused eggshell weakness and incubation failures. Bald eagles faced a bleak future. By the 1970s, less than 50 breeding pairs remained in California. The pesticide was banned in 1972. Protective laws and programs were introduced and the birds have repopulated in what could only be called a victory for conservation. “Their numbers are on the rise all across the nation,” confirms Captain Jeter.

My American River quest to photograph the eagles began years ago. During the 2006 salmon run I heard of a juvenile near Nimbus Dam. Reports filtered in over following seasons. Early this spring, my camera trigger-finger itched when I heard a pair had alighted at Carmichael’s William Pond Park. They began a nest but apparently reconsidered — possibly after a holiday weekend when scores of off-leash dogs hit the parkway. Newer hints from El Dorado Hills sent me to an eyrie built there, not by eagles but by red-tailed hawks — magnificent birds but not my Holy Grail.

Weeks ago, Lake Natoma neighbors confirmed gold. A hiker swore point-blank a bald eagle had snatched a fish from the water before her astonished eyes. Then my KFBK radio editor friend Judy Farah identified a “bald” flying near the lake. I followed her directions and searched. During a recent, unforgettable sunset, my eagles landed. The couple perched 30 feet



The “balds” are back. An iconic presence on Fair Oaks and Orangevale bluffs, bald eagles keep evening watch.

above me, mere yards from bluff-side homes. As their pompadours caught sunlight I idiotically felt like saluting. They eyed me with unconcerned majesty. I learned bluff residents had been observing these rare raptors for months.

Flying from the forbidden snake-infested bluffs, the couple landed atop conifers below. On lake trails, hikers greeted me with news of “our eagles.” Their presence seemed common knowledge.

The birds are unmistakable when spotted on tree tops. Huge, yellow feet enable precarious landings and perches. Unannounced lunges into the abyss indicate a fish is in sight. As predators, they are not infallible. I photographed the female circling (inadvertently buzzing a kayaker), before her talons hooked, and then dropped, a carp. Though they often hunt solo, the partners remain within calling distance of each other. They reunite chattering. Their whistles and chuck-chucks are sweet, melodious celebrations.

Is there a nest? Probably, but I suspect this couple might yet be childless. Eagles can skip a breeding year if a nest fails or

eggs are lost. My photos indicate traces of juvenile plumage on the male so I theorize he might be younger than the five-year age for breeding. His mate appears older, larger, and dominant. Perhaps they will multiply next year.

Isolated from others of their species, the Natoma couple finds smaller raptors acceptable company. As thermal air rose above Folsom one evening, they spotted a distant gang of turkey vultures enjoying the free lift. My balds sped from the bluffs to join the rapturous rally. From a telephoto vantage, I saw them — huge and shining — in the vortex. According to eagle expert Captain Jeter, the birds employ thermal air to gain effortless height and a stable lookout for prey.

To me, it seemed like they were rejoicing in camaraderie, and in survival.

Footnote: The bald eagles frequent much of Lake Natoma State Park but Negro Bar (off Greenback Lane) is a reliable point to spot the couple. The eagles will not harm humans. They, their nests, and eggs are protected by law. Contact the author at sknrband@aol.com. ★

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