



Take a Sentimental Journey via Cabaret

Page 3



American Pickers Coming to Northern California: Be a "Junk Opportunist"

Page 3

AMERICAN RIVER Messenger

"Written by the people, for the people"

Volume 11 • Issue 03

Serving Fair Oaks, Orangevale & Sacramento County

February 12, 2016

THOMAS DEWINTER CARVES A LEGACY



Page 8

DISTRICT ATTORNEY PUTS MORE BAD GUYS AWAY



Page 5

POPPOFF!

with Mary Jane Popp



Page 7



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

PRESORTED STD.
US POSTAGE
PAID
PERMIT 350
Carmichael, CA

Change Service Requested

Fair Oaks Folks Talk Transients and Scammers

Sheriff's Deputies Discuss Neighborhood Security



Deputy Jason Gillock of the Sacramento County Sheriff's Department advises the public on neighborhood safety.

**Story and photo by
Seraphim Winslow**

FAIR OAKS, CA (MPG) - On Jan. 26th, Sacramento County Sheriff officers from all three shifts—morning, swing and graveyard—were on hand at La Vista School in Fair Oaks to discuss neighborhood security at a community sheriff's meeting with local residents and participants in active neighborhood watch groups. Deputies talked

about projects they have been working on in the area, and members of the public expressed concerns and posed questions about suspicious activity in several Fair Oaks neighborhoods.

The main speaker of the evening was Deputy Jason Gillock, who is responsible for the Carmichael, Orangevale, Old Foothill Farms, and Fair Oaks areas. One issue that Gillock highlighted was the prevalence of a variety of ongoing scams,

both by telephone and door-to-door solicitation. There is, for example, a so-called "grandma scam" that occurs when an elderly resident receives a phone call from a speaker who starts the conversation with words like, "Hi, Grandma (or Grandpa). It's your grandson/daughter." The scammer then proceeds to elicit as much personal information as possible before the resident realizes what is going on. Other scams include callers posing as

representatives of local electric and gas companies, banks, and even the I.R.S. Sheriff's deputies urged the public to be extremely cautious when answering the telephone.

Another pressing problem, which is mostly the concern of the County Sheriff's Transient Enforcement Team, is the acute rise of suspicious activity throughout Sacramento County arising from the

Continued on page 5

Local Bistro Charms in Fair Oaks Village

By Jan Dalske



Chef Gerard and his wife welcome you to The Village Bistro, on California Avenue at the Fair Oaks Village. Photos courtesy The Village Bistro

FAIR OAKS, CA (MPG) - The Village Bistro, located in the Fair Oaks Village, is surrounded by antique shops. They "dish up" a splash of sophistication while offering homey ambiance. This locally owned restaurant is a hotspot for locals and weekend bicyclists. They do caution visitors to their charming little restaurant to watch out for the roosters that roam around the square.

To celebrate the New Year, they are offering a Thursday night special. The special dinner for two includes two glasses of specialty wines which are mostly French and California selections. The owners of the Bistro, Gerard and Tina Robert, have been married for 34 years



Chef Gerard's famous Monte Cristo sandwich.
Photos courtesy The Village Bistro

and have three children. They relocated to the Sacramento area in 2003 when they opened Gigi's restaurant in Folsom.

Chef Gerard was raised in the small village of Valence, France, and received his formal chef training at the three-star Chez Pik. His wife, Tina, is Filipino and has a B.S. in hotel and restaurant management. Together they have created a menu that appeals to most diners. Their education and training in the food and hospitality industry has contributed to their love of food and ability to please customers. White table cloths, attentive service, and wonderful food are all guaranteed when you enter their bistro.

Their bistro is open seven days a week, six

Continued on page 3

Triple Play!

- 1. Guaranteed Delivery of the American River Messenger
- 2. Guaranteed Delivery of The Sunday Sacramento Bee
- 3. And One Free Car Wash from QUICK QUACK Car Wash (60¢ value)

Get a great deal on this one year subscription for only:

\$28⁰⁰

See inside for details

An Educational Feast

CLINCHED!

State Water Project Allocation Boosted

*Early Winter Storms
Promising, but State
Remains in Drought*

SACRAMENTO REGION, CA (MPG) - Sacramento Region, CA (MPG) - With winter storms slowly boosting water supply, the Department of Water Resources (DWR) recently increased its water delivery estimate for most recipients from 10 percent of requests for the calendar year, as announced in December, to 15 percent.

Although there is no exact formula for ending the drought and conditions vary region by region, a rough guidepost is that approximately 150 percent of average winter precipitation — rain and snow — would significantly ease statewide conditions, with the major exception of groundwater depletion.

The State Water Project (SWP) delivery estimate (allocation) may be increased further if storms continue to build rainfall and snowpack totals. The 29 public agencies that receive SWP water (State Water Project Contractors) requested 4,172,786 acre-feet of water for 2016. With today's allocation increase, they will receive 631,115 acre-feet.

It is important to note that nearly all areas served by the SWP also have other sources of water, among them streams, groundwater, and local reservoirs.

Key reservoirs are beginning to rise from early winter storms, but remain low.

Though still critically low, many reservoir levels have dramatically risen from recent storm runoff. Groundwater aquifers recharge more slowly, with many in the Central Valley sinking toward record levels.

Last year's (2015) 20 percent allocation was the second lowest since 1991, when agricultural customers of the SWP got a zero allocation and municipal customers received 30 percent of requests. In 2014, SWP deliveries were five percent of requested amounts for all customers.

The last 100 percent allocation — difficult to achieve even in wet years largely because of Delta pumping restrictions to protect threatened and endangered fish species — was in 2006.

Governor Edmund G. Brown Jr. declared a drought state of emergency on Jan. 17th, 2014 and followed up with statewide water conservation mandates. Since then, the state has been swept by drought-fueled forest fires, vast tracts of farmland have been fallowed and some communities have scrambled for drinking water.

Long-range weather forecasts are uncertain, and there is no way to know if this winter will deeply dent the state's historic drought.

DWR's California Data Exchange Center (CDEC) Web sites show current water conditions at the state's reservoirs and weather stations.

To learn about all the actions the state has taken to manage our water system and cope with the impacts of the drought, visit Drought. CA.gov. Every Californian should take steps to conserve water; find out how at SaveOurWater.com.

Source: DWR Public Affairs Office



California Department of Public Health Reminds Public to Guard Against Mosquito Bites

SACRAMENTO REGION, CA (MPG) - California Department of Public Health (CDPH) Director and State Public Health Officer Dr. Karen Smith recently advised that although there is no evidence of mosquitoes carrying Zika virus in California, people should always take steps to avoid mosquito bites, including removing standing water and wearing insect repellent when necessary. Californians should also be advised of international travel alerts for the countries where Zika virus is circulating.

“Although no one has contracted Zika virus in California, mosquito bites can still be harmful and the public should take steps to protect themselves,” said Dr. Smith. “Help reduce the risk of mosquito bites by removing standing water from around your home and wearing mosquito repellent when appropriate.”

As of Jan. 29th, 2016, there are six confirmed cases of Zika virus in California, all of which were contracted when traveling in other countries with Zika virus outbreaks in 2013 (1), 2014 (3) and 2015 (2). CDPH will continue monitoring for any confirmed cases in California and will provide weekly updates every Friday. To protect patient confidentiality, specific locations of infected patients cannot be disclosed.

Zika virus is primarily transmitted to people by Aedes aegypti and Aedes albopictus mosquitoes, the same mosquitoes that can transmit dengue and chikungunya viruses. These mosquitoes — which are not native to California — have been identified in 12 California counties, although there are no known cases where the mosquitoes were carrying the Zika virus in this state. The six confirmed cases of Zika virus in California were acquired in other countries.

The Centers for Disease Control and Prevention (CDC) have issued a travel alert



Most people infected with Zika virus will not develop symptoms. If symptoms do develop, they are usually mild and include fever, rash and eye redness.

(Level 2-Practice Enhanced Precautions) for people traveling to regions and certain countries where Zika virus transmission is ongoing: American Samoa, Brazil, Colombia, Costa Rica, Curacao, El Salvador, French Guiana, Guatemala, Haiti, Honduras, Martinique, Mexico, Nicaragua, Panama, Paraguay, Suriname, Venezuela and Puerto Rico.

People traveling to these and other countries with known Zika virus risk should take steps to avoid being bitten by mosquitoes, including:

Use insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-diol for long lasting protection. If you use both sunscreen and insect repellent, apply the sunscreen first and then the repellent. Pregnant women and women who are breastfeeding can and should choose an EPA-registered insect repellent and use it according to the product label

Wear long-sleeved shirts and long pants

Use air conditioning or window/door screens to keep mosquitoes outside. If you are not able to protect yourself from mosquitoes inside your home or hotel, sleep under a mosquito bed net

Help reduce the number of mosquitoes outside by emptying standing water from containers

such as flowerpots or buckets

The CDC and CDPH have also issued guidance for pregnant women recommending they avoid countries where Zika virus is circulating. Pregnant women who cannot avoid travel to these countries should talk to their health care provider and take steps to avoid mosquito bites. The CDC and CDPH have also provided guidance for physicians on the evaluation of pregnant women and infants who may have been exposed to Zika virus.

Most people infected with Zika virus will not develop symptoms. If symptoms do develop, they are usually mild and include fever, rash and eye redness. If you have returned from an affected country and have fever with joint pain, rash within two weeks, or any other symptoms following your return; please contact your medical provider and tell the doctor where you have traveled. While there is no specific treatment for Zika virus disease, the best recommendations are supportive care, rest, fluids and fever relief.

There is concern that Zika virus may be transferred from a pregnant woman to her baby during pregnancy or delivery. Preliminary reports suggest that Zika virus may cause microcephaly (abnormal fetal brain development). This possibility has not been confirmed and is being actively investigated. CDPH has requested that health care providers report suspected Zika virus disease or associated conditions of microcephaly to local health departments. Local health departments will report cases to CDPH, which is coordinating referral of any specimens to CDC for diagnostic testing.

For more information on Zika virus disease and other mosquito-borne illnesses, please visit the CDPH Zika virus information webpage.

Source: CDPH

SCSO Singathon Gives You Something to Sing About

FAIR OAKS, CA (MPG) - Strains of great Broadway hits—and perhaps a preview of Carl Orff’s riveting Carmina Burana—will put a smile on the faces of Sunrise Mall shoppers of all ages on Thursday evening, Feb. 18th, during the Sacramento Choral Society and Orchestra’s (SCSO) annual Singathon fundraiser in front of Macy’s Women’s store from 6:30 to 8:00 p.m.

SCSO members will come to sing...and sing they will! Under the able and entertaining direction of Conductor Donald Kendrick, both singers and shoppers will croon their way through such great Broadway memories as The Sound of Music, Westside Story, and Oklahoma, with an excerpt or two from the SCSO’s March 5th Carmina Burana concert thrown in for good measure. The event may include some “spontaneous guest conductors” and would-be Fred Astaires and Ginger Rogers who will add heartwarming entertainment value to the event.

According to Singathon 2016 Coordinator Brent Wallace, “The purpose of this Chorus-generated fundraiser is to work off the pledges that our dedicated volunteer Choral Society members have



Conductor Donald Kendrick will lead the Chorus and Guest Singers (Surprised Shoppers) in well known and beloved Broadway tunes in the Mall. Proceeds will help the SCSO with their Spring 2016 education and outreach efforts. Photo courtesy SCSO

obtained over the past month. We are absolutely thrilled to say that we are spiraling our way towards our \$40,000 goal. With the help of our community we hope to surpass this year’s goal of 40K. In fact, people wishing to support our efforts can make an online donation at www.sacramento-choral.com. We are pleased to continue to uphold our reputation as a fiscally accountable and well managed arts organization in our community.”

Proceeds from the Singathon

will help offset professional orchestra expenses for the SCSO’s upcoming March and May 2016 choral orchestral classical concerts at the Sacramento Community Center Theater. The fundraiser will also support the SCSO’s important education and outreach to veterans, students, the underprivileged, and other area nonprofits. Come join in the fun and support the SCSO!

Source: SCSO



DC Unlimited Lawn Care

Will Beat Any Reasonable Price



One time basic service \$35.00 or less

Need Affordable Landscaping?

- Monthly Service
- Weekly Service
- Bark/Rock Installation
- Fence Repair
- Hauling
- Shrub Maintenance
- Bi-Weekly Service
- One Time Clean Ups
- Sprinkler/Drip Repair
- Gutter Cleaning
- Rototiller
- Lawn Care

• FREE ESTIMATES • Call (916) 896-8413

Put my
Experience,
Knowledge, Service and
Professionalism
to work for you



I’m very proud to announce that I’ve made the Smart Move! At HomeSmart ICARE Realty, I have all the tools, systems and support I need to BEST serve my buyers and sellers. Please contact me with any questions you may have and let my years of experience work for you!

Call me today!

Kathryn Oldenburg
REALTOR®
00996529

916-308-5222

KathrynsHomeSales@gmail.com
www.KathrynsHomeSales.com



HOME SMART
ICARE REALTY

 **Sacramento**
CHORAL SOCIETY
& Orchestra

Donald Kendrick, Music Director

Carmina Burana



"The SCSO owns Carmina Burana!"
The Sacramento Bee

PROJECTED
SUPERTITLE
TRANSLATIONS

Carl Orff | *Carmina Burana*

Karl Jenkins | *Songs of Sanctuary* (selections)

Jonathan Dove | *Psalms For Leo* (West Coast Premiere)

Shawnette Sulker, Soprano

Brian Staufenbiel, Tenor

Lee Poulis, Baritone

SATURDAY, MARCH 5, 2016 AT 8 PM

7:00 PM Pre-concert talk by Conductor Donald Kendrick

Sacramento Community Center Theater

Tickets \$55, \$45, \$35 | Students 50% discount
Community Center Box Office | 916.808.5181 or TICKETS.COM

SACRAMENTOCHORAL.COM

American Pickers to Film in Northern California: Be a “Junk Opportunist”

SACRAMENTO REGION, CA (MPG) - California is excited to welcome Mike Wolfe, Frank Fritz, and Antique Archeology to the area. The team will film episodes of their hit series American Pickers throughout California. Filming is scheduled for early March.

American Pickers is a documentary series that explores the fascinating world of antique “picking” on History. This hit show follows two of the most skilled pickers in the business, Mike Wolfe and Frank Fritz, as they embark on an epic road trip across the U.S. in search of America’s most valuable antiques from motorcycles, classic cars, and bicycles to one-of-a-kind vintage memorabilia. Mike and Frank are on a mission to recycle America, restore forgotten relics to their former glory, and learn a thing or two about American history along the way.

American Pickers is looking for leads and would love to explore what you may have. They are on the hunt for interesting characters with interesting and unique



The hit show American Pickers follows two of the most skilled pickers in the business, Mike Wolfe and Frank Fritz, as they embark on an epic road trip across the U.S. in search of America’s most valuable antiques from motorcycles, classic cars, and bicycles to one-of-a-kind vintage memorabilia. Shown here with Wolfe and Fritz is Danielle Colby Cushman. Photo courtesy American Pickers on History Channel

items. Some of what they look for: vintage bicycles, toys, unusual radios, movie memorabilia, advertising, military items, folk art, vintage musical equipment, vintage automotive items, early firefighting equipment, vintage clothing, pre-50’s western gear.

American Pickers is produced by Cineflix Productions for History. New episodes air

Wednesdays at 9pm E.T. on History.

If you have a large collection or want to refer someone to Mike and Frank, email: your name, number, address and description of the collection and photos to: americanpickers@cinelflix.com (855) OLD-RUST.

Source: American Pickers on History Channel ★

Governor Brown Appointments Ajax

FAIR OAKS, CA (MPG) - Governor Edmund G. Brown Jr. recently announced the following appointments:
Lori Ajax, 50, of Fair Oaks, has been appointed chief of the Bureau of Medical Marijuana Regulation at the California Department of Consumer Affairs.

Ajax has been chief deputy director at the California Department of Alcoholic Beverage Control since 2014, where she has served in several positions since 1995, including deputy division chief, supervising agent in charge and supervising agent. She is a member of the National Liquor Law

Enforcement Association and the St. Sava Mission Foundation. This position requires Senate confirmation and the compensation is \$150,636. Ajax is a Republican. Source: Governor Brown’s Press Office ★

Local Bistro Opens in Fair Oaks Village

Continued from page 1

days a week at 8 a.m. for breakfast. Biscuits and gravy, eggs Benedict, frittatas, or a Monte Cristo sandwich are just a few of the breakfast entrees. Sandwiches of many varieties, including chicken, turkey, steak, or burgers, are all served with a mixed green salad. Dinner selections include pasta, steaks, chicken, scampi, sweetbread, beef stroganoff, and many delectable choices. The Village Bistro also offers take

out platters.

When you have finished your meal, desserts such as Apple Strudel, Chocolate Ecstasy, Crème Caramel, Key Lime Pie, and Pear Almond Tart are offered to satisfy your sweet tooth. If you are celebrating a special occasion such as a birthday, graduation, rehearsal dinner or anniversary, they can accommodate small private parties for up to thirty guests. Their charming bistro is an ideal place for small

and intimate gatherings.

Chef Gerard and his wife welcome you to The Village Bistro, on California Avenue at the Fair Oaks Village. Their restaurant is where tradition meets invention most rewardingly and where the atmosphere is friendly and the service in warm and gracious. On a busy day, you may see one or more family members there, bussing tables or assisting in the kitchen. They wish you bon appétit! ★

The Village Bistro

California Cuisine

Welcome to the Village Bistro

Charming little bistro favored by locals

- ◆ Best Monte Cristo Sandwich
- ◆ Frittatas
- ◆ Eggs Benedict
- ◆ Homemade Soups and Desserts
- ◆ Thursday Night Special: Dinner for 2 + 2 glasses of wine for \$25.95
- ◆ Beef Stroganoff
- ◆ Lamb Shank

7984 California Ave.
Fair Oaks, CA 95628

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

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

Fall in Love with a New Career!

Admission is FREE

Sacramento's HIREvent

Tuesday, February 23 Noon-4pm
Lions Gate Hotel 3410 Westover St, McClellan

Connect with Job Journal SPONSORED BY: **JOB JOURNAL**

For more information, visit **JobJournal.com**, **HIREvents.com** or call **888-THE-JOBS**.
Assistance for attendees with disabilities provided upon written request at least 14 days prior to event. Job Journal • 3050 Fite Circle, Suite 100 • Sacramento, CA 95827

FREE RESUME REVIEWS

The perfect place to find a job you'll love, or pursue your passion toward a new career. Make new connections with representatives from private and public-sector organizations all under one roof seeking to fill rewarding positions in a wide variety of fields. Come prepared to make a great first impression because employers will be eager to hire.

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

Call to place your legal advertising

483-2299

All Legal Ads Published in the Carmichael Times

MPG

www.AmericanRiverMessenger.com

A tradition of care and hospitality

...from our family to yours

www.ciminocare.com

Assisted Living & Residential Care in San Mateo, Sacramento and surrounding areas.

CIMINO CARE®

SERVING THE NEEDS OF SENIORS

Going back to our roots, CiminoCare, in addition to our long standing Assisted Living communities, is now providing In Home Care services, allowing seniors to age in place, and remain at home. These services include assistance in: Meal preparation, transportation, personal grooming, and medication management. For those interested in learning more about these services, please call 916-704-0152.

Please Call (916) 704-0152
Fruitridge Villa
5490 Enrico Blvd., Sacramento, CA 95820

- Meal Preparation • Hygiene Assistance
- Transportation Errands • Light Housekeeping
- Medication Reminders • And More!

Adoption

PREGNANT? CONSIDERING ADOPTION? Call us first. Living expenses, housing, medical, and continued support afterwards. Choose adoptive family of your choice. Call 24/7. 1-877-879-4709 (Cal-SCAN)

Announcements

Hot Flashes? Women 40-65 with frequent hot flashes, may qualify for the REPLENISH Trial - a free medical research study for post-menopausal women. Call 855-781-1851 (Cal-SCAN)

Antiques/Collectibles Wanted

Old Railroad Items Wanted: lanterns, locks, china, paper, etc. Call (916) 663-2463 (MPG 12-31-15)

Old Porcelain Signs Wanted: oil & gas, highway, RR, etc. Call (916) 663-2463 (MPG 12-31-15)

Autos Wanted

CASH FOR CARS


We Buy Any Car, Truck or Van, Running or Not. Sacramento Auto Transport 916.612.2998

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 800-731-5042. (Cal-SCAN)

Got an older car, boat or RV? Do the humane thing. Donate it to the Humane Society. Call 1- 800-743-1482 (Cal-SCAN)

WANTED: Old Porsche 356/911/912 for restoration by hobbyist 1948-1973 Only. Any condition, top \$ paid 707 965-9546 (Cal-SCAN)

Cable/Satellite TV

Dish Network – Get MORE for LESS! Starting \$19.99/month (for 12 months.) PLUS Bundle & SAVE (Fast Internet for \$15 more/month.) CALL Now 1-800-357-0810. (Cal-SCAN)

Switch to DIRECTV and get a FREE Whole-Home Genie HD/ DVR upgrade. Starting at \$19.99/ mo. FREE 3 months of HBO, SHOWTIME & STARZ. New Customers Only. Don't settle for cable. Call Now 1-800-385-9017. (Cal-SCAN)

AT&T U-Verse Internet starting at \$15/month or TV & Internet starting at \$49/month for 12 months with 1-year agreement. Call 1- 800-453-0516 to learn more. (Cal-SCAN)

Child Care

Child care and Pre-school, with a lot of TLC. Kindergarten readiness, structure learning, activities, and field trips. Please call Ms. Linda (916) 879-3519 (MPG 12-25-15)

Computer Service

VERNON'S COMPUTER SERVICE
Any Computer - Any Service 24hrs/7days-Low Prices! 916-339-3738 (MPG 12-31-15)

Electrical Services

RETIRED MASTER ELECTRICIAN, problem solver! 30 yrs experience, senior discounts. Save big – don't replace panel – rebuild it. Lic.# 513168, **916-595-3052** (MPG 12-31-15)

Financial Services

SOCIAL SECURITY DISABILITY BENEFITS. Unable to work? Denied benefits? We Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-800-966-1904 to start your application today! (Cal-SCAN)

Sell your structured settlement or annuity payments for CASH NOW. You don't have to wait for your future payments any longer! Call 1-800-673-5926 (Cal-SCAN)

For Sale

1995 Jeep Grand Cherokee. V8. 200K plus miles. 2nd owner. Good Condition \$1,700. 916 270-5843 (mpg 2-26-16)

Handyman

QUALITY LABOR & MAINTENANCE

Yard Work, Hauling, Gutter Clean, Odd Jobs
You Name It!
(916) 613-8359

Health & Medical

Got Knee Pain? Back Pain? Shoulder Pain? Get a pain-relieving brace -little or NO cost to you. Medicare Patients Call Health Hotline Now! 1- 800-796-5091 (Cal-SCAN)

Stop OVERPAYING for your prescriptions! Save up to 93%! Call our licensed Canadian and International pharmacy service to compare prices and get \$15.00 off your first prescription and FREE Shipping. 1-800-273-0209 (Cal-SCAN)

ELIMINATE CELLULITE and Inches in weeks! All natural. Odor free. Works for men or women. Free month supply on select packages. Order now! 844-703-9774. (Cal-SCAN)

Help Animals

SPCA Thrift Shop Helpless animals need your donations. The Real Non-Profit. Will pick up. Call 916-442-8118. 1517 E Street for donations-10-4pm (MPG)

Help Wanted

I need some Digital Camera training. Please Call 916 782-3183 (MPG 2-5-2016)

ATTN: Drivers - \$2K Sign-On Bonus! Make \$60K+ a Year! Great Benefits + 401K. Paid Orientation + Tuition Reimb. CDL-A Req - (877) 258-8782 drive4melton.com (Cal-SCAN)

Home Maintenance

A Quality Home Maintenance

Gutters Cleaned By Gutter Dog (916) 613-8359

Insurance/Health

Lowest Prices on Health & Dental Insurance. We have the best rates from top companies! Call Now! 888-989-4807. (Cal-SCAN)

Legal Services

Xarelto users have you had complications due to internal bleeding (after January 2012)? If so, you MAY be due financial compensation. If you don't have an attorney, CALL Injuryfone today! 1-800-425-4701. (Cal-SCAN)

Landscaping

CREATE YOUR PARADISE

Winter Yard Cleanups, Complete Landscape Design/ Installation, Sprinkler System Installs/Repairs, All Types Concrete Work, Fence Installation, Retaining Walls- All Types, Drainage Systems-all types, Landscape Lighting, Residential/ commercial
American Landscape Design & Installation, Est 1987
American Construction & Property Maintenance Company
WE ACCEPT VISA & MASTER CARD
(916)612-0776
Lic#690968

Medical Supplies / Equipment

Safe Step Walk-In Tub Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 800-799-4811 for \$750 Off. (Cal-SCAN)

CPAP/BIPAP supplies at little or no cost from Allied Medical Supply Network! Fresh supplies delivered right to your door. Insurance may cover all costs. 800-421-4309. (Cal-SCAN)

Life Alert. 24/7. One press of a button sends help FAST! Medical, Fire, Burglar. Even if you can't reach a phone! FREE Brochure. CALL 800-714-1609. (Cal-SCAN)

Miscellaneous

HOME BREAK-INS take less than 60 SECONDS. Don't wait! Protect your family, your home, your assets NOW for as little as 70¢ a day! Call 855-404-7601 (Cal-SCAN)

Does your auto club offer no hassle service and rewards? Call Auto Club of America (ACA) & Get \$200 in ACA Rewards! (New members only) Roadside Assistance & Monthly Rewards. Call 1- 800-242-0697 (Cal-SCAN)

Moving Services

STEADY MOVES
You rent the truck... we will make sure it is loaded/ unloaded PROFESSIONALLY! (Lic#322945) **916-206-3183.** Email msmith2661@comcast.net (MPG 12-25-15)

Music Lessons

Guitar Lessons – Beginner to Advanced. \$10/half hour. \$15/hour. freddiebbalbert1@yahoo.com. 530-263-6926 (MPG 12-31-16)

Personals

MEET SINGLES RIGHT NOW! No paid operators, just real people like you. Browse greetings, exchange messages and connect live. Try it free. Call now 1-800-945-3392.

Pets/Animals

DOG RESCUE Gary
(916) 334-2841
Please Adopt or Foster Because so many really great dogs are dying for a good home...
ShelterMOU @hotmail.com

Pet Sitting

Professional, Loving PET CARE
Established Reputation
Kennel Free Environment
Lots of TLC
Call Madeline (916) 723-1608

Plumbing

FRANK'S PLUMBING
LOCAL 25 YRS EXP
SEWER & DRAIN CLEANING \$89.00
LOW COST!
REPAIRS & INSTALLS
*Faucets *Disposals
*Toilets *Water Heaters
"FREE ESTIMATES"
SENIOR DISCOUNTS
916-988-1525
Lic#613102

Psychic Reading

PSYCHIC READINGS
by April

Palm Tarot Cards Crystal Ball Readings
Help in
• Love
• Home
• Business
\$10 OFF WITH THIS AD
916-900-4399
5736 Winding Way Carmichael, CA 95608

Roofing

BERNARDINO ROOFING
Roofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated, BBB MEMBER!
FREE ESTIMATES
SENIOR DISCOUNTS
Lic.#817945 35 Years Experience
916.920.0100
www.bernardinoroofing.com

RV Sales

Bill Eads RVs
We Consign & Buy RVs
"Results.... not Promises"
Number 1 Consignment Lot in Northern California
We Pay Top \$\$ for clean RVs!
Great, Secure I-80 Freeway Location.
Lic & Bonded - 27 Years Exp!
Check out **BillEadsRV.com**
4409 Granite Dr. Rocklin, CA
Office **916-624-7600**
Bill **916-878-0273**
Paula **916-257-9355**

Rooms for Rent

NO HIGHLANDS Furnished Employed/Senior \$450 month-deposit. Ref credit check 916-348-6844. (MPG 2-12-16)

Schools

AIRLINE CAREERS Start Here – Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call Aviation Institute of Maintenance 877-205-4138 (Cal-SCAN)

Senior Living

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-800-550-4822. (Cal-SCAN)

North Idaho's Premier 55+ Active Community. Imagine a New Home with a Built in network of Caring friends and neighbors! www.golden-spikeestates.com (Cal-SCAN)

Tax Services

Do you owe over \$10,000 to the IRS or State in back taxes? Our firm works to reduce the tax bill or zero it out completely FAST. Call now 855-993-5796 (Cal-SCAN)

Tractor Work

TALL WEEDS, blackberries cut, dirt moving, discing, trenching, rototill, bobcat backhoe. Dave #571637 916-988-3283
MPG 10-28-16

Tree Service

BP TREE SERVICES

TREE & STUMP REMOVAL
TREE TRIMMING/ SHAPING
FREE ESTIMATE
10% OFF WITH THIS AD
Insured. Workman's comp. Arborist
916-722-6321
bptreeservices.com
VISA / MASTER CARD
California Contractors Lic #831766

Work Wanted

Anytime hauling, house, yard, clean outs, spa, deck, concrete, anything anytime 916-271-3365 (MPG 2-5-16)

I do pruning, weeding and planting, interior painting, garage and house cleaning. And de-cluttering and organizing. I transport to medical, other appointments, shopping etc. and errands. No job too small. Health and Security background. References. College grad. **Tim 916-334-8903, 503-460-7149.** (MPG 12-31-16)

WE SUPPORT OUR MILITARY

Crossword Puzzle on Page 5

S	P	R	I	G		N	I	M		M	A	A	M
P	I	A	N	O		A	L	A		B	I	L	B
A	C	I	D	S		A	L	P		A	S	T	E
M	A	D	I	S	O	N		L	I	N	C	O	L
			A	I	R			M	E	N	D		
A	P	T		P	A	P	A		K	I	T	B	A
D	I	R	T		T	O	N	S		T	I	L	E
A	C	A	I		E	L	D	E	R		N	A	G
M	O	D	E	M		K	A	M	E		G	R	I
S	T	E	R	O	L		T	I	N	T		E	S
				N	I	N	E		A	W	E		
E	N	G	A	R	D	E		C	L	I	N	T	O
W	I	L	C	O		W	H	O		S	U	A	V
E	L	A	T	E		S	U	N		T	R	E	A
R	E	D	S			Y	E	S		Y	E	L	L

Yoga

Your Fitness Genie

Making Your Fitness Goals Come True!
15 Years of Experience
• Weight Loss • Injury Recovery
• Senior Fitness • Yoga • Pilates
Safe, Effective, Functional Resistance Training
Be Active, Call Today!
Jenn@YourFitnessGenie.com
(916)768-8767

FRANCHISE OPPORTUNITIES

Anago
The Superior Choice For Commercial Cleaning
• Own your own business
• Leave your day time job
• Work a few hours at night
• Local support, training, and financing
• Guaranteed accounts
• Attain \$1k – \$25k in monthly revenue
• As low as \$1000 down
Ranked top 100 fastest growing franchises in America
– Entrepreneur Magazine
Anago
of Sacramento
916.782.3300
www.ANAGOSAC.COM

Classified Advertising
Sell Your Stuff!
Reach 1000's of Readers Every Week!
MPG
773-1111

NOTICE TO READERS
California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www.cslb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.
DISCLAIMER
Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

CALL A PROFESSIONAL

Business & Service Directory

LANDSCAPE SERVICES

SLS
Superior Landscape Services
Landscaping and Maintenance
• Sprinkler Repair/Install • Pruning
• Mowing/Trimming • Fertilizing
Insured
Lic#794551
(916) 728-5812 • Cell (916) 761-0999
Dave Cochran Owner • dave_SLS@surewest.net

COMMERCIAL JANITORIAL SERVICES

FRANCHISE OPPORTUNITIES AVAILABLE
Anago
OF SACRAMENTO
The Superior Choice for Commercial Cleaning
Call to schedule your FREE Quote
916.782.3300 • www.ANAGOSAC.COM

LAWN CARE AND LANDSCAPING

DC Unlimited Lawn Care *Will Beat Any Reasonable Price*

One time basic service \$35.00 or less
Need Affordable Landscaping?
• Monthly Service
• Weekly Service
• Bark/Rock Installation
• Fence Repair
• Hauling
• Shrub Maintenance
• Bi-Weekly Service
• One Time Clean Ups
• Sprinkler/Drip Repair
• Gutter Cleaning
• Rototiller
• Lawn Care
• FREE ESTIMATES • Call (916) 896-8413

PARALEGAL SERVICES

Living Trust • Living Will
Includes: Trust, Will, Powers of Attorney, Family Residence Deed
Single \$495 • Couple \$550
Call Lynda K. Knight (916) 214-1215
1337 Howe Ave. Suite 103, Sacramento

HOUSE CLEANING SERVICES

Sparkle Clean Agency
Communication just as important as great cleaning

Ann Jackson, Owner
• Serving greater Sac since 1987
• Professional cleaners
• Detail oriented
• Floor cleaning on hands and knees
• Move ins/outs
Call for FREE estimates
916-483-2009
annspkcln@gmail.com
residentialcleaningsacramento.com


CUSTOM CABINETS

Everwood
Custom Cabinets
Custom built to your specifications by *Charles Ferguson*. over 30 years experience
Contractors License No. 446488 C-6
(916) 455 -1225
www.everwoodcabinets.com

COMPUTER SERVICES

Zinsky's
PC Configurations
"Don't replace it - REPAIR IT!"
Custom Desktop Computer Configurations
• PC Repair • Home Wireless Networking
• Installations • Viri & Spyware Eradication
Alan Zinsky
Phone: **916-622-2269**
Zconfig@sbcglobal.net
Bus. Lic. # 305312 • B. E. A. R. Reg. #84416
www.zinskyspcrepair.com

DRUG AND ALCOHOL REHABILITATION

CLEAN & SOBER
LIVING
CSTL, Inc.
HELPING PEOPLE AND THE COMMUNITY WITH THE ALCOHOL AND DRUG PROBLEM!
18 YEARS IN BUSINESS!
DETOX (916) 965-3386
SOBER LIVING (916) 961-2691

NOTARY SERVICE

Notary Public of the State of California
Professional, Quick, Easy and Affordable.

Theresa L. Kain
916.340.4350
TLKNotary4U@gmail.com
By Appointment Only.
Call or Email for Details.


FAMILY LAW

BARBARA PEYTON & ASSOCIATES
Family Law Attorney
916.488.2701
Divorce
Domestic Partner Cases
Custody & Support
Serving Sacramento for over 30 years
PeytonFamilyLaw.com


Sacramento County DA Reports

Recent cases of interest



CASE: Michael Williams
PROSECUTOR: Deputy District Attorney Matt Chisholm, Homicide Unit
The Honorable Geoffrey Goodman sentenced Michael Williams to 56 years to life in prison. On December 16, 2015, a jury convicted Williams of first-degree murder. The jury also found true a personal use of a deadly weapon allegation.

Michael Williams’ wife, Tanganyika Williams, was planning on ending their marriage. On July 8, 2014, the two were in Michael Williams’ van on 24th Street near Meadowview Road when Williams stabbed his wife twice in the neck and then fled the scene. Mrs. Williams was able to exit the van and identify Michael Williams as her killer to bystanders and police officers. She was pronounced dead 30 minutes later due to massive blood loss. Williams was captured three weeks later when a citizen spotted him and called 911. When Williams was captured, he was planning to take a bus to Oklahoma.

Williams has a prior conviction for shooting with intent to kill in 1992 in Oklahoma. He shot his previous wife’s mother in the face when he tried to get back at his wife for leaving him.

CASE: Mark Charles Nielsen
PROSECUTOR: Deputy District Attorney James Wax, Cyber Crimes Unit
Sixty-year-old Mark Nielsen was convicted by jury of knowingly possessing child pornography.

On March 22, 2013, Nielsen’s roommate called 911 to report she had located child pornography on his computer. Police responded to the apartment and seized two computers. Two days later, police again responded to the residence and were provided 33 discs, many of which were labeled “porn.” A forensic exam of the computer and discs revealed tens of thousands of images and videos of pornography, classified by type. Among those, 422 were verified by the National Center for Missing & Exploited

Children as containing known child victims. Many others contained children well under the age of 18 posing nude or engaging in sexual conduct.

Nielsen faces a sentence of 3 years in prison. Sentencing is set for March 11, 2016, at 10:00 a.m. in Department 36 before the Honorable Gerrit Wood.

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

Porche Wright pled no contest to premeditated attempted murder and admitted the allegation that she personally inflicted great bodily injury.

On April 4, 2015, Wright was upset with her 7-year-old daughter for not listening to her. Wright doused her daughter with gasoline and lit her on fire. Once her daughter was aflame, Wright placed her in the bathtub and put out the fire. Her daughter was on fire long enough to leave scorch marks in the bathtub.

Wright’s boyfriend, who had left the house the night before, returned that morning to find the little girl severely burned. He told Wright they needed to call for help, but she insisted they not contact anyone. The boyfriend left the house, claiming he was going to the store to get burn cream. He called 9-1-1 as soon as he left the house.

First responders entered the home, where there was an overwhelming smell of gasoline. They found the little girl standing in the hallway with severe and significant burns. She was transported to Shriners Hospital, where she underwent surgeries. Her daughter suffered second and third-degree burns to over a third of her body and will be scarred for life.

Wright will be sentenced to 10 years to life in prison. Sentencing is set for February 25, 2016, at 8:30 a.m. in Department 62 by the Honorable Geoffrey Goodman. ★

Fair Oaks Folks Talk Transients and Scammers

Sheriff’s Deputies Discuss Neighborhood Security

Continued from page 1

homeless population. North Crime Prevention Specialist, Sherrie Carhart, said that, “One of the big complaints we get is people hanging out in front of businesses asking for money.” Carhart also told the story of a local resident who did not realize that a transient had been camping out in her backyard for over two months. Sergeant Michael Haynes remarked that residents should report the presence of vacant houses in local neighborhoods, since unoccupied homes are a magnet for squatters and transients.

Since so much of this activity goes unreported by the public, law enforcement officers face

a daunting challenge in their attempt to monitor and control incidents of suspicious transient activity, as well as the confidence tricks and scams, which they mentioned at Tuesday evening’s meeting. In this regard, Sergeant Haynes mentioned one instance of “an older Russian gentleman who goes from house to house telling people that he’s down on his luck and needs help. We hear talk about him, but no one ever reports him.” Unreported cases like these are more common than most people think, and if the sheriff is not informed about them, they continue to be a nuisance to the community.

In light of these difficulties,

Officer Gillock encouraged the public to be diligent in reporting any and all suspicious activity. There are a number of ways this can be done. “We have an online reporting system,” remarked Gillock, as well as the numerous telephone numbers through which the public can access the relevant branch of the sheriff’s office. Apart from 911, a few of these numbers include the sheriff’s non-emergency line at (916) 874-5115 and the sheriff’s emergency number at (916) 974-5111. Nuisance complaints involving activities such as abandoned shopping carts, illegal dumping, street light problems, and vacant or dangerous buildings can be reported by dialing 311. ★

SILVER RESTORATION EVENT

Are you proud to use & display your family silver...or do you hide it away because it's old or broken?



For two days only, Silver Restoration Expert Kathleen Bryant will be at our store to provide free recommendations and estimates on bringing new life back to your old sterling & silverplated heirlooms. Missing parts replaced. Broken pieces repaired. Sterling silver polished. Replating too!

You'll love entertaining again with your family silver or just having it restored to pass along to the next generation. So gather up your old silver today and come Save 20% Off!

Frith & Bradshaw

JEWELERS

Tue-Wed, Feb 23-24 • 10:00 - 4:00
3933 California Ave
(Off Fair Oaks Blvd)
Carmichael • 916-944-1670



SAVE 20%
2 Days Only!

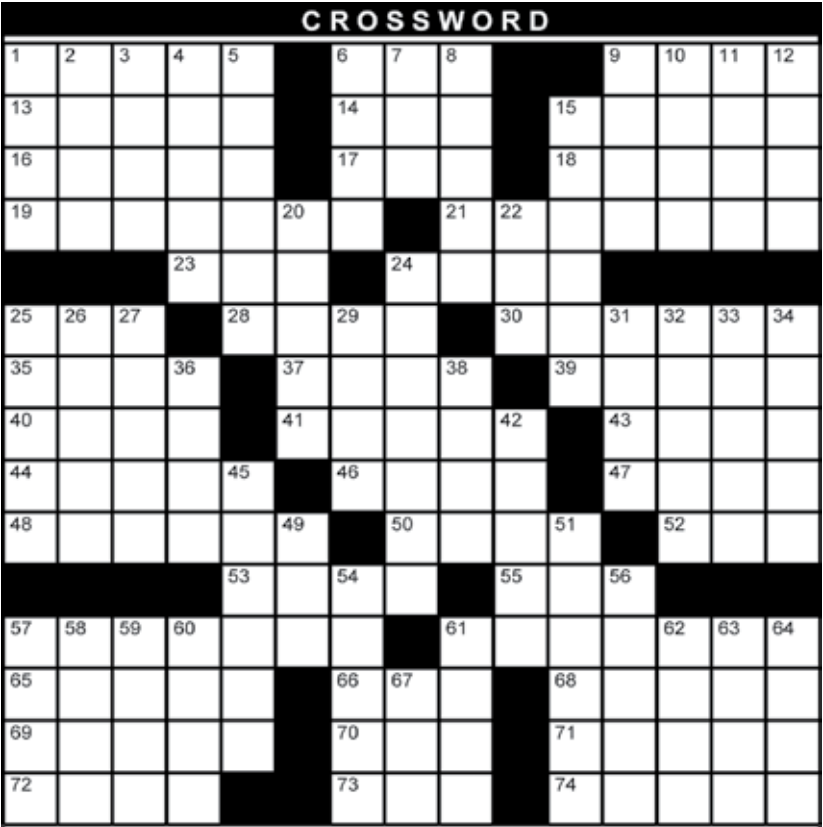
No appointment necessary



25-YEAR WARRANTY ON REPLATING

STATEPOINT CROSSWORD • U.S. PRESIDENTS

- CLUES**
- ACROSS**
1. Bit of parsley
6. Jodie Foster's "___'s Island"
9. Hat-tipper's word
13. Baby grand, e.g.
14. ___ mode
15. Baggins of the Shire
16. DNA and RNA
17. Any high mountain
18. Daisylike bloom
19. "Hailed as the "Father of the Constitution"
21. *First Republican President
23. Lungful
24. Darn a sock, e.g.
25. Bldg unit
28. *John Adams to John Quincy Adams
30. Soldier's knapsack
35. Inside scoop
37. 16 of these in Tennessee
Ernie Ford song
39. Masonic doorkeeper
40. Smoothie berry
41. *George to George W.
43. Hindu serpent deity
44. Most are now wireless
46. Glacier's deposit
47. Smiley face
48. Chole ___
50. Windshield option
52. "C'___ la vie!"
53. Number of judges on Supreme Court
55. Leave speechless
57. "On guard" to a fencer
61. *Under him, the White House debuted its website
65. "Will comply" in radio communication
66. One of five W's
68. Smooth
69. Fill with high spirits
70. Tan maker
71. October 31 option
72. Scarlet and crimson
- DOWN**
1. Unwanted correspondence
2. Type of type
3. Policemen's surprise
4. Calcutta's home
5. Blake Lively's "___ Girl"
6. Indian flatbread
7. "___ at ease"
8. Breakfast syrup
9. Catchall abbr.
10. ___phobia, fear of heights
11. Cain's unfortunate brother
12. Between dawn and noon
15. Movie "Smokey and the ___"
20. Talk like Demosthenes
22. Cartridge contents
24. Official command
25. *First to live in Executive Mansion
26. Lace loop
27. *Clinton signed North American Free ___ Agreement
29. *First "Dark Horse" presidential candidate



Want The Best Deal On TV & Internet?

Call Now and Ask How!

1-800-318-5121

All offers require 24-month commitment and credit qualification. Call 7 days a week 8am - 11pm EST. Promo Code: 88882915. *Offer subject to change based on premium channel availability.

Get DISH!

promotional prices starting at only...

\$19.99/mo.

for 12 months.

ADD HIGH-SPEED INTERNET

\$14.95/mo.

where available

dish

© StatePoint Media For Solutions See Page 4



GOT KNEE PAIN?

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

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

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

Triple Play!

1. Guaranteed Delivery of the American River Messenger
2. Guaranteed Delivery of The Sunday Sacramento Bee
3. And One Free Car Wash from QUICK QUACK Car Wash (\$699 value)

Get a great deal on this one year subscription for only:

\$28.00



YES! START MY SUBSCRIPTION NOW!

NAME _____

ADDRESS _____

CITY _____ ZIP _____

PHONE (____) _____ EMAIL _____ (OPTIONAL)

☐ * To opt-out of delivery of the Sacramento Bee, simply check this box

MAIL YOUR PAYMENT TO:
MESSENGER PUBLISHING GROUP
7144 FAIR OAKS BOULEVARD, SUITE 5
CARMICHAEL, CA 95608

ARM

*Some delivery restrictions may apply.

As a valued American River Messenger subscriber, you receive the Sunday Sacramento Bee as part of your subscription. BOTH NEWSPAPERS FOR ONLY \$28 FOR 12 MONTHS!

IT'S THE PERFECT COMBINATION!

Offer available to new and current subscribers. To take advantage of this unique opportunity please call (916) 773-1111.



By Marlys Johnsen Norris,
Christian Author

Many do it by exchanging truth for a lie which is totally irresponsible. It is “exactly” what Adam and Eve did in the Garden -- when Satan deceived them and they yielded to their fleshly nature allowing it to overrule the instructions of God not to eat of the tree of good and evil. Therefore their disobedience (sin) caused the wrath of God to fall on every future

generation of souls born until this very day. Their sin of disobedience dishonored God who gave them life and the seriousness of such an act brought the wrath of God on every life born from the beginning.

Old Testament scriptures clearly foretell the story about the “One” who would come to deliver those who believed. Isaiah 53 The New Testament declares the time of His actual coming as the Son of God, the sacrificial Lamb of God shedding His Blood to save His people. There is no forgiveness of sin without the shedding of Blood. When a person repents for their acts of sin, accepts Jesus death and commits and surrenders their life to follow His example and teaching, He promises to never leave

or forsake them also granting them the “gift” of eternal life in heaven with Him one day.

Denial of the existence of God and His laws (Bible) is a willful act leading to idolatry, sin and immorality that leads one into experiencing the very wrath of God. Hostility towards God is evil and sinful leading to death. Those who suppress the power and sovereignty of Creation that reveal His power and authority need to refer to the TRUTH OF GOD because they automatically bring the wrath of God into and on their lives. There is no one else to blame!

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

Why Do People Deny God?

Now I Lay Me down to Count Sheep

Dr. James L. Snyder

All my life, sleep has been a most trusted companion. I never leave home without it. It does not matter where I am or what I am doing, I can sleep at the drop of a hat.

For years, I have heard of people who had problems sleeping at night. I have never been one of those people. I can sit down in a chair and in a few winks, the snoring machine begins.

I can never understand people who could not sleep. I always thought they were kind of joking about the whole scenario.

Then it happened to me this week.

Whatever led up to this occasion, I am not sure, but all of a sudden, I found myself in bed at night and my eyes would not close. Every time I closed my eyes, they snapped open almost violently.

I tossed. I turned. I did everything I could think of but nothing seemed to help me go to sleep. This is the first time something like this has ever happened to me. No matter what I did, I could not go to sleep.

I lay quietly staring up at the ceiling. Nothing seemed to work.

Thinking if I got up and walked around a little bit, maybe get a drink of water, it would help me relax and I could lie down and go to sleep. It did not help. I was just as wide-awake when I got back to my bed, as I was when I left it.

When I got into bed, a thought struck me. Out in the kitchen were some fresh chocolate chip cookies that the Gracious Mistress of the Parsonage had baked that day. Of course, she gave me the usual warning that I was not allowed to touch them. This, however, was an emergency.

What if eating one of those chocolate chip cookies made me relax enough to fall asleep? I think the proof is in the eating.

Slowly I extricated myself from bed and my wife muttered, “You’re not getting up are you?” “I forgot something out in the kitchen that I need to go get now.”

“Remember,” she said in somewhat of a stupor, “do not touch those cookies.”

Thinking to myself as I shuffled off into the kitchen, “What if eating one of those chocolate chip cookies made me fall asleep?”

I must confess that I have a curiosity streak in me. I like to explore things and find out if something is true or not. Moreover, this cookie-sleeping solution was intriguing me so much that I really did not hear what she was mumbling.

Tiptoeing out into the kitchen, I turned on the light as carefully as possible and walked over to where the cookies were. They looked so delicious. They looked so inviting. In fact, I think one of them winked at me.

“She won’t miss one cookie,” I thought to myself. After all, there were dozens of cookies there on the cookie sheet.

Very carefully, I lifted one from the cookie sheet and took one luxurious sniff. Wow!

I have not smelled anything like this for a long time. Nothing quite compares to the smell of a freshly baked chocolate chip cookie.

Before I knew it, that cookie was in my mouth and quickly melted into a delicious sauce of warm delight and it was gone. It tasted so good. In fact, it tasted like another one.

I am not sure how many cookies I ate that night, but they were delicious. After this eating frenzy, I thought it was about time to slip back into the bedroom and go to sleep. I should be ready to sleep now.

I laid myself down and tucked myself in hoping that sleep would invade my body.

Unfortunately, sleep was

nowhere to be found for me.

I once heard somebody say that if you cannot sleep at night, start counting sheep and within no time you would fall fast asleep. At this point in my sleepless night, I would try just about anything.

So, I started counting sheep. One, two, three, four and I kept counting until I hit 197. At this point, I could not fall asleep because all of the bleating of the sheep in my room kept me awake. They simply would not quiet down.

I laid there quietly waiting for the sheep to leave and for the dawn to arrive.

I heard my clock click on the hour every hour. Then a light began to glow through my window. It was the sun. The night was over and the day had begun.

About this time, I fell asleep.

“Wake up,” someone was saying as they were violently shaking me. “You’re not going to sleep all day are you?”

I got up, drug myself to the bathroom, then went out to the kitchen to sit down for my morning coffee.

The night is over and another day has come.

I was reminded of a special verse in the Bible that says, “It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep” (Psalms 127:2).

As I meditated upon this verse, the thought came to me; the more I try to do something, like sleep, the less successful I am. What I need to learn to do is to give everything over to God and trust Him.

Rev. James L. Snyder is pastor of the Family of God Fellowship, P.O. Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 866-552-2543 or e-mail jamesnyder2@att.net. His website is www.jamessnyderministries.com. ★



Senior Produce Market

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

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

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



Grace Baptist Church

Come and Experience God's Amazing Grace

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

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

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

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

Call for more information




Saint Francis Episcopal Church
welcomes you

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

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

WIDOWED PERSONS ASSOCIATION OF CALIFORNIA



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

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

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

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



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”

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



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



AMERICAN RIVER Messenger

Serving Fair Oaks, Orangevale and Sacramento County since 2006

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


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

Subscriptions should be mailed to *American River Messenger*, 7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608. Subscription rate is \$28 per year in Fair Oaks and Orangevale. The *American River Messenger* is published twice-monthly. Call 916-773-1111 for more information.
(ISSN # 1948-1918).

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

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Editorial5@mpg8.com. Be sure to place in the subject field “Attention to Publisher.” If you do not have email access, please call us at (916) 773-1111.

We are proud members of these newspaper associations.





POPPOFF!

with Mary Jane Popp

Only Once
Valentine’s Day is a very popular time for marriage proposals. It’s sooooo romantic, right? Then comes marriage and all the trials and tribulations that comes with a new put-together family. Expectations are high that it will last, but knowing full well your chances are about 50/50. Want to better your odds? I had the opportunity to speak with renowned educator and therapist Chana Levitan, on POPPOFF, and she gave me ten essential questions for getting it right the first time. Her book is full of hope that you will find your prince or princess charming called “I Only Want to Get Married Once.”

1) Values, goals, and interests. Do you share the same basic goals and values? And which ones are most important to have aligned? No matter how great the initial chemistry is, if your values are on two different pages, the odds of your marriage working decrease significantly.

2) Are you relating to the person you are dating or to an image? It’s easy to get caught up on image. Infatuation thrives on image while love thrives on knowledge.

3) Can you admit that the person you are dating has faults? Are you realistic about your own faults? There are three typical reasons for this. You don’t know the faults. You ignore the faults. You admit the faults, but infatuation takes over.

4) Does your relationship have healthy boundaries? A misconception is that two become one, by one person disappearing into the other person. Disappearing is not the same as merging.

5) What do people you are close to have to say about the person you are dating? What is the general feedback? If everyone or almost everyone you trust is telling you something is wrong, take it seriously.

6) Do you respect the person you are dating? Is there mutual respect? Remember you can have chemistry with people you don’t even like. There is a difference between respect and what is called “puppy admiration.”

7) Can you be open and honest with the person you are dating? Can you trust him or her? Keep

in mind, physical chemistry and emotional intimacy are not the same thing.

8) How well do you get along with the person you are dating? How is your communication? Some arguing does happen. The key to avoiding destructive, unhealthy arguing is---no matter what, you remember you are a team.

9) Does the person you are dating bring out the best in you?

10) If the person you are dating never changes, would you still want to get married? Contrary to popular belief, women do not have a monopoly on trying to change a spouse. The joy of marriage can only be experienced when the couple is not trying to change or fix each other. The joy is experienced when you can love your spouse as is.

These are great questions, but I added one more since I have a little experience being married 45 years. Do you like this person? After what I call the bunny years when chemistry overpowers all logic, then will you like this person in sickness and health and for richer or poorer? Remember that commitment? It means everything! For more info on Chana, go to www.chanalevitan.com. Bells are ringing for me and my gal or guy! HAPPY VALENTINE’S DAY! ★

Fair Oaks EcoHousing

A Family-Friendly Green Neighborhood

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

Join us for a monthly site tour

For more information, visit FairOaksEcoHousing.org

What is the most important thing that seniors can leave to their loved ones?



Goldenlynk Videographer
Cameron Fisher

Preserving Legacies Through Video
Share your story with a Goldenlynk DVD package to preserve your legacy for your family



Call Today! (916) 224-9111
www.goldenlynk.com



Lisa West
Community Outreach Director



What Veterans Need to Know



*Memorial Parks
Mortuaries & Crematory*

By Lisa West

Are you a veteran or do you know one? First, let me say, I love veterans. They are truly our heroes and deserve our respect and undying gratitude for their service.

Veterans are entitled to many benefits. I can’t possibly list them all here, and I wouldn’t want to try. But I do want to give you some basic information regarding burial that I hope you find beneficial.

There are some misconceptions about veterans getting a “free burial;” first, depending upon your service, veterans are entitled to be buried in a VA cemetery. The closest one to Sacramento is called Sacramento Valley National Cemetery, although it’s not in Sacramento, it’s in Dixon (in Solano County).

Please note that although you are entitled to be buried in the VA cemetery, you still must be prepared for burial and taken to the VA cemetery by a funeral home. This is where people sometimes get confused.

Simply put, your burial plot at the VA cemetery is free of fees and

yours to use if you qualify. To find out if you qualify, call a licensed funeral home and they can tell you. If you do qualify, you still need to make your final arrangements through a mortuary or funeral home. It is always a good choice to do this in advance.

This means you need to be brought into the care of the funeral home after you pass away. Your body must be prepared through either cremation or casketing, and these fees are not free or paid for by the VA.

Other important facts to know are that a licensed funeral director is required to make the arrangements with the VA cemetery at the time of need (it cannot be made in advance like other arrangements can), and that funeral home must transfer your casket or cremation urn to the VA cemetery for the interment.

Lisa West is the community outreach director for East Lawn and her column appears monthly. You can reach her at lisaw@eastlawn.com or (916)732-2020. For previous articles, please visit www.EastLawn.com. ★

www.EastLawn.com

25 Minute Educational Presentation and a Free Luncheon



East Lawn Funeral Homes, Cemeteries & Crematory

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



This is not a sales seminar. It is a 25-minute educational presentation that focuses on the importance of advance funeral planning and all of the options available, including Veteran’s

benefits, cremation, and burial choices as well as key consumer advice. In addition to a catered meal, each attendee will receive a FREE Emergency Planning Guide.

FREE LUNCHEON SEMINARS

East Lawn Memorial Park & Crematory
4300 Folsom Blvd.,
Sacramento, CA 95819
RSVP: (916)732-2000 or on-line at www.EastLawn.com
Friday, February 5 @ 11:30 a.m.
Friday, April 8 @ 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, February 17 @ 11:30 a.m.
Wed, April 13 @ 11:30 a.m.

www.EastLawn.com



A pathway to success for every child.

- STEM
- Career Academies
- International Baccalaureate
- Performing Arts
- Athletics

2016-17
Registration is open!
www.FCUSD.org



Thomas DeWinter Carves a Legacy

SACRAMENTO REGION, CA (MPG) - Thomas DeWinter is a “Jack of All Trades” kind of guy. His earliest memories are of drawing with his Italian grandmother. He spent 21 years in the U.S. Coast Guard traveling all over the world. When he got out, he created a successful business designing and remodeling kitchens and bathrooms. Somewhere in the midst of remodeling houses, Thomas began sculpting wood with a chain saw. This led to the creation of an array of life size wood sculptures, including figures of Pete

Townsend of the Who, a leprechaun, a Native American, Jerry Garcia, Buddha, The Lone Sailor and last but not least, Snow White and the Seven Dwarves. His wood comes primarily from tree trimming services in the surrounding area. He has a permanent installation of “The Lone Sailor” at the Coast Guard Air Station at McClellan. Thomas has won several awards in chainsaw carving competitions in California in addition to his woodworking he also works with oil and acrylic on canvas. He has a studio space at Artistic Edge Gallery, 1880 Fulton Avenue, Sacramento, Calif. 95825. He has so much work to show that a few months ago he expanded his single gallery space into a larger space.



Thomas DeWinter. Photo courtesy Jerry DeWinter



De Winter’s wood comes primarily from tree trimming services in the surrounding area. Photo courtesy Jerry DeWinter

Source: Artistic Edge Gallery and Framing ★

It’s River City Chorale’s Cabaret! “Sentimental Journeys”



Four Fabulous Performances!
Saturday, March 5, 4:00 pm and 6:30 pm
Sunday, March 6, 4:00 pm and 6:30 pm

Tables seat up to 8 people. Open bar.
Includes hors d’oeuvres served by smiling, singing servers.
Serbian Church Hall
7777 Sunset Ave., Fair Oaks (Near Sunrise Blvd.)
Tickets \$25.00 Reservations www.RiverCityChorale.org
or call 331-5810



Rotary Club of Citrus Heights

28th Annual Crab Feed Fundraiser



Bring Your Valentine!

Minestrone Soup, Caesar Salad, Penne Pasta.
All of our Dungeness Crab comes from the waters off Alaska & Washington State. Always fresh and delicious!

February 13, 2016 5:30PM to 11:00PM
Citrus Heights Community Center
6300 Fountain Square Drive, Citrus Heights, CA. 95621
Tickets: \$50

Fabulous Live & Silent Auction Prizes, Raffles, Wine Toss, Desserts for Sale, Heads or Tails Game. Your support of our Crab Feed makes possible... Scholarships, Dictionary Project, Rotary Youth Leadership Awards, International Youth Exchange Program, Christmas Food Baskets.

Purchase Tickets at rotarycrabfeed.eventbrite.com
Sponsorships available, contact: Rich Hale 916.599.5457

The Roseville Rock Rollers Gem and Mineral Society 501(C)

54th Roseville Gem, Jewelry, Fossil & Mineral Show!

FREE PARKING!

March 26 & 27
(Easter weekend)
Saturday 10 am - 5 pm • Sunday 10 am - 4 pm
Roseville (Placer County) Fairgrounds

The Big Show!!

Family Fun!

General Admission \$6.00
Seniors 60+ \$5.00
Kids 12 and Under FREE
Rain or Shine • Inside & Outside
\$1 OFF ADMISSION WITH THIS AD
www.rockrollers.com

60 Vendors
Family Fun ♣ Exhibits
• Crystals • Beads • Jewelry • Gemstones
• Gold Panning • Meteorites • Fossils
• Minerals • Free Door Prizes • Fabulous Food!

Kids & Scout’s “Education Station”





POTOCKI FAMILY CHIROPRACTIC

**WE LISTEN
WE CARE
WE GET RESULTS**

THE NATURAL WAY TO GOOD HEALTH

Consultation, Exam, X-Rays (if necessary), Repair, and Adjustment for
\$45⁰⁰*

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

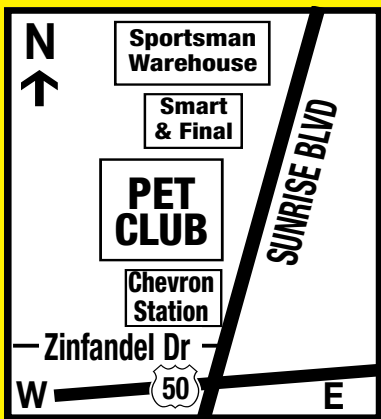
* Excludes Medicare and Worker’s Compensation.

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

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

PET CLUB
FOOD AND SUPPLIES

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



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

We Only Accept ATM, Cash, & Checks M-F 9-8, SAT 9-7, SUN 10-7 Effective 2/10/16 - 2/16/16

COUPON

FREE
1 LB SPORT
MIX PREMIUM
DOG BISCUITS

with any purchase of pet,
fish food or supply.
Limit 1 Lb PLU 332 ARM
Limit 1 Coupon per family
Effective 2/10/16 - 2/16/16

COUPON

GREEN FOREST
FACIAL
TISSUE **79¢**

175 Count. White
"Environmentally Friendly"
With any Purchase of Pet,
Fish Food or Supply.
Limit 1 Pkg. PLU 328 ARM
Limit: 1 Coupon per Family
Effective 2/10/16 - 2/16/16

AVODERM
NATURAL DRY DOG FOOD

24-26 Lb Bag Limit 2 Bags Per Family

•Lamb Meal & Rice **\$31.99**
•Chicken Meal & Rice ... **\$32.99**
•Lite **\$33.99**
•Original
•Large Breed Adult
Effective 2/10/16 - 2/16/16

IAMS
DRY DOG FOOD

26 - 30 Lb Bag

•Lamb Meal & Rice •Weight Control
•Mini-Chunk •Lrg Breed Adult

Limit 2 Bags
Per Family **\$25.99**
Effective 2/10/16 - 2/16/16

DIAMOND NATURALS
DRY DOG FOOD

40 Lb Bag

•Chicken •Lamb •Beef
•Senior 35 Lb •Light 30Lb **\$29.99**
•Large Breed **\$31.99**
•Large Breed Lamb **\$36.99**
•Ex-Athlete
Effective 2/10/16 - 2/16/16

IAMS
DRY CAT FOOD

•Original •Weight Control
•Hairball •Indoor/Weight/Hairball

16 - 17 Lb Bag **\$19.99**
Limit 2 Bags
Effective 2/10/16 - 2/16/16

9 LIVES
CANNED CAT FOOD

5.5 Oz
All Varieties

Limit 1 Case
Per Family **35¢**
Effective 2/10/16 - 2/16/16

FANCY FEAST
GOURMET CANNED
CAT FOOD

All Varieties 3 Oz

Limit 2 Cases
Per Family **20/\$11.00**
Effective 2/10/16 - 2/16/16

PURINA
CAT CHOW
DRY CAT FOOD

•Regular •Indoor 16 Lb Bag

Limit 2 Bags
Per Family **\$11.99**
Effective 2/10/16 - 2/16/16

SCOOPAWAY
CLUMPING CAT LITTER

20 lb Box
•Multi-Cat •Unscented
(Fresh Step Scoop, 20 Lb Box - \$7.49)

Limit 2 Boxes
Per Family **\$5.49**
Effective 2/10/16 - 2/16/16

PURINA PRO-PLAN
CANNED FOOD SALE

Limit 2 • Dog Food Dog Food **99¢** Cat Food **63¢**
Cases Grain Free \$1.29 13 Oz 3 Oz

MERRICK'S
GRAIN FREE DRY DOG FOOD

•Chicken/Sweet Potato •Duck/Sweet Potato 25 Lbs
•Buffalo/Sweet Potato Limit 2 Bags **ON SALE**

PEDIGREE
DRY DOG FOOD

•Adult •Large Breed Adult (36 Lb \$21.99)
46 Lb Bag Limit 2 Bags Per Family **\$23.99**

CAT'S PRIDE
FRESH & LIGHT PREMIUM CLUMPING CAT LITTER

15 Lb Jug Limit 2 Jugs **SUPER BUY \$5.99**

WELLNESS
CANNED DOG FOOD **15% OFF**

Natural 12.5 Oz Can, Limit 2 Cases Full Case **OUR REGULAR LOW PRICES**
(Reg.Price - Reg. \$2.39 Stew \$2.49 Core \$2.49)

PRECIOUS CAT
CLUMPING CAT LITTER

18 Lb Bag
Limit 2 Bags Per Family **\$5.99**

JONNY CAT
PREMIUM CAT LITTER

10 lb Bag
Limit 2 Bags Per Family **\$1.69**

WILDERNESS DRY CAT FOOD **AS MARKED \$5 OFF in store coupon**

•Chicken •Salmon •Duck •Indoor
•Weight Control 100% Grain Free
11-12 Lb Bag Limit 2 Bags **OUR REGULAR LOW PRICES**

WORLD'S BEST
CAT LITTER

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

SCIENCE DIET
FELINE MAINTENANCE DRY CAT FOOD

7 Lb. Bag •Indoor (Adult & Mature) **\$14.99**
•Sensitive Stomach •Hairball (Adult, Lite & Mature)
•Oral Care \$19.99 •Adult •Lite •Senior Age Defying. **\$16.99**

MEOW MIX
CAT FOOD

Market Select
2.75 Oz Cup Limit 1 Case **49¢**

EARTHBORN
HOLISTIC OVEN BAKED DOG TREATS

•Chicken Meal •White Fish Meal **\$3.99** **\$5.99**
•Lamb Meal •Bison Meal 14 Oz. 2 Lb.

HAMILTON PET LEASHES

•Collars •Harnesses All
•Leads •Nylon Varieties
•Leashes •Leather **20% OFF**
OUR SUPER LOW PRICES

DOGSWELL **20% OFF**
DOG & CAT TREATS
•Chicken Breast Jerky •Bars
•Grillers •Veggie Chew **OUR SUPER LOW PRICES**

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

EIGHT-IN-ONE **20% OFF**
PERFECT COAT
SHAMPOO
All Sizes All Varieties **OUR SUPER LOW PRICES**

KAYTEE FIESTA **15% OFF**
Treat Sticks OR
EIGHT-IN-ONE All Varieties
ECOTRITION **OUR SUPER LOW PRICES**
Treat Sticks & Honey Bars

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

KORDON WATER CONDITIONERS

Amquel 16 Oz. **\$5.99**
Amquel Plus 16 Oz. **\$5.99**
Novaqua Plus 16 Oz. **\$5.99**

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

BONUS COUPON

FANCY FEAST
ELEGANT MEDLEY CANNED CAT FOOD

Selected Varieties - 3 Oz
Limit 6 Cans with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 2/10/16 - 2/16/16

59¢
ARM
PLU 568

BONUS COUPON

GREENIES
DOG TREATS

Chewy Texture Easy to Digest
•Teenes 22 Ct •Petite 10 ct
•Regular 6 ct •Large 4ct
6 oz Pkg. Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon. Effective 2/10/16 - 2/16/16

\$4.99
ARM
PLU 355

BONUS COUPON

ARM & HAMMER
CAT LITTER DEODORIZER

20 Oz Box
Limit 2 Boxes with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 2/10/16 - 2/16/16

\$1.49
ARM
PLU 422



U B E R

BE YOUR OWN BOSS. DRIVE WITH UBER.

Sign up now and receive an additional \$100 after your first trip

T.UBER.COM/MESSENGERGROU

COME SHOP WITH US!

EAT HEALTHY. BUY LOCAL.

SUNRISE MALL FARMERS MARKET

Every Saturday

8:00 a.m. – 1:00 p.m.

6196 Sunrise Mall (parking lot)
Citrus Heights, CA 95610

.....

Live Music & Entertainment • Chef Demos
Specialty Gourmet Foods • Artisans/Crafters
EBT/WIC & SNAP Accepted

Open Year-Round Rain or Shine!

ILoveMyFarmersMarket.com

Other Markets Near You:

Historic Folsom

Every Saturday

8:00 a.m. - 1:00p.m.

915 Sutter Street
Folsom, CA 95630

Carmichael Park

Every Sunday

9:00 a.m. - 2:00 p.m.

5750 Grant Ave.
Carmichael, CA 95608

Fair Oaks Sunset

Every Wednesday

3:00 p.m. - 7:00 p.m.

8101 Sunset Ave.
Fair Oaks, CA 95628

Bring this Ad with you to any market location and receive FIVE raffle tickets to enter to win our Monthly Farmers Market Gift Basket!

MPG

ESKATON®

Transforming the Aging Experience

A fine balance:

Independence + Peace of Mind

Mom’s priority? *Independence*. Yours? *Peace of mind* knowing she is happy and healthy when you can’t be by her side. At Eskaton, we’ve found the balance:

- *Hospitality and support services* according to each resident’s wants and needs
- Advanced *smart-sensor technology* to detect variations in normal routines allowing for quick response
- *All-inclusive pricing structure*, so there are no surprises

Pick up the phone or go online for more!

eskaton.org

Affordable all-inclusive rent from \$2,957 / mo.

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

Pet Friendly

EQUAL HOUSING OPPORTUNITY

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