



## Advocates Advise Disabled Veterans

Page 4

## Sacramento County DA Reports

Page 9



# AMERICAN RIVER Messenger

"Written by the people, for the people"

Volume 10 • Issue 18

Serving Fair Oaks, Orangevale & Sacramento County

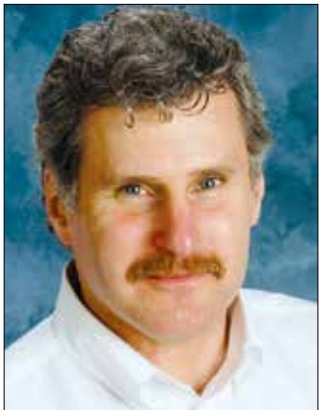
September 4, 2015

## FAIR OAKS COMMUNITY UPDATE



Page 4

## Dare to Live Without Limits



Page 5

## POPPOFF!

with Mary Jane Popp



Page 11



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

PRESORTED STD.  
US POSTAGE  
PAID  
PERMIT 350  
Carmichael, CA

Change Service Requested

## Oh Deer, It's Hot Out There

### American River Parkway Sizzles in Heatwave



(Above) It was how hot? American River Parkway inhabitants exhibited cooling mechanisms in the recent heatwave. A deer took a refreshing dip in river shallows. (Below and Right) As afternoon heat soared, a fledgling hawk and a weary coyote sought the camouflage of withered trees and panted.

Story and photos  
by Susan Maxwell Skinner

this observer watched an exhausted coyote slink over searing macadam to collapse in levy shadows.

**SACRAMENTO REGION, CA (MPG)** - Recent triple-digit days challenged species that endure without air conditioning or on-tap water. Already taxed by drought, American River Parkway animals slunk into the shade and waited for cooling nights.

River rafters observed deer swimming near Ancil Hoffman Park; fawns and wild turkey waded in ponds. Squirrels flattened bellies on parched earth. Newly fledged birds panted in parkway trees. Near Jacob Lane,



Though parkway inhabitants have endured drought and heatwaves over millennia, they still suffer dehydration. The worst heat often occurs when their babies are at their most vulnerable and when creeks and vital food supplies have dried up.

But wild animals have instinctive behaviors for survival. "We often find deer and turkey cooling their heels in our pond," reports Effie Yeaw Nature Center staffer Betty Cooper.

"Coyote find shady spots and scratch the soil down to a cool layer; they hunker down and stay as still as possible. Rattlesnakes coil up tightly under logs to prevent moisture loss. Birds sometimes find little breezes up in tree branches. If they're near an irrigated area, like a golf course, they can stay in cooler spots."

An animal that appears heat-stressed is best left alone. "Wild animals are pretty good at finding a drink," Cooper advises. "If they're heading towards water, stay out of their way. Raptors and reptiles usually absorb enough moisture from what they eat.

"Nature has ways to sort out the strongest animals to survive," she cautions. "Some will die from the drought. That's part of nature, too." ★



## Join the Sons of the American Legion Squadron

**FAIR OAKS, CA (MPG)** - Join the American Legion family! You can make a difference! The Fair Oaks American Legion, Post 383, has chartered a Sons of the American Legion (SAL) Squadron with 23 new members. These new charter members vary in age from young to old, but all have one thing in common: they are the direct descendants of someone who served in the U.S. Armed Forces, even if they are not a Legionnaire. If your parent or grandparent is a veteran, you, too, can join the Legion family.

Membership is now open to males of all ages who would like to make a difference by helping support our local veterans, participating in patriotic holiday observances and other civic functions, and fostering a true spirit of Americanism.

Although Sons has its own membership, the organization is not a separate entity. Rather, SAL is a program of the American Legion. However, SAL Squadrons can determine the extent of their services to the community, state, and nation.

Meetings are on the third Thursday each month, 7 p.m. at the Veterans of Foreign Wars Post 1658, 8990 Kruitof Way, Fair Oaks (off Hazel Avenue). For more information, please contact SAL Commander Josh Baker at joshjbaker@msn.com or Dominick Damore, SAL member, at 49dom@comcast.net or (916) 726-9462.

Source: Sheila LaPolla ★

## Freedmen's Bureau Project to Make African American Records Available

By Margaret Snider

**SACRAMENTO REGION, CA (MPG)** - When Linda Bradley of Sacramento got together with her sister and cousins to plan their family's first reunion in the 1990s, she told the others that at family reunions someone always presents family history. They looked at her and said, "Okay, that will be your assignment."

That was the beginning for her. "It went beyond just researching for the reunion," said Bradley. "I'm still researching today. It became like a legal addiction."

Bradley is a member of the African American Genealogical Society of Northern California, Inc., and is instrumental in the annual Sacramento African American seminars that take place every March at the Sacramento FamilySearch Library on Eastern Avenue. In June, she was there to attend the broadcast of a press conference from the California African American Museum in Los Angeles. The broadcast

announced the launch of the Freedmen's Bureau Project for the indexing and online publishing of records of an estimated four million African Americans from the Civil War era.

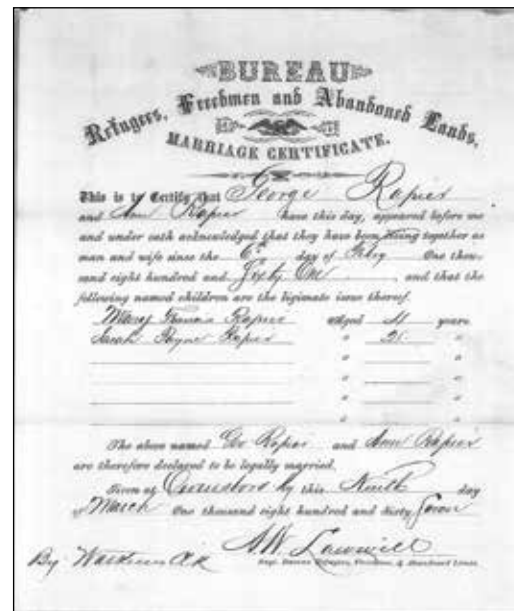
In 1865, the government-created Freedmen's Bureau gathered information to help with the transition of newly freed men and women and created over a million documents that when indexed can facilitate genealogy and family history research. FamilySearch, a nonprofit organization sponsored by The Church of Jesus Christ of Latter-day Saints, purchased copies of these records from the National Archives and Records Administration, "which has carefully preserved and protected them for the American people," said Elder D. Todd Christofferson of the Church's Quorum of the Twelve Apostles.

"What one also sees in these records is triumph and hope and resilience," Christofferson said at the conference. "What a great

Continued on page 3



This historic photo is of a freed family at a southern plantation in the Civil War era. Photo courtesy of Intellectual Reserve, Inc.



In 1865, the government-created Freedmen's Bureau gathered information and executed documents such as this marriage certificate to help transition newly freed men and women into the community. Photo courtesy of Intellectual Reserve, Inc.

## Triple Play!



1. Guaranteed Delivery of the Citrus Heights Messenger
2. Guaranteed Delivery of The Sunday Sacramento Bee
3. And One Free Car Wash from QUICK QUACK Car Wash (\$69.99 value)

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

# \$28<sup>00</sup>

See inside for details



# Caltrans Behaving Badly

**SACRAMENTO REGION, CA (MPG)** - California's highways are crumbling. It's a simple fact that we need to send more funding toward fixing our transportation infrastructure.

Sacramento Democrats believe that funding must come from increased taxes on fuel and fees on drivers. But the knee-jerk reaction to go back to the public tax trough is unconscionable when multiple reports continue to show high levels of government waste. Consider the following facts:

- A recent report by the California State Auditor Report found that Caltrans approved the timesheets of an engineer who played golf for 55 workdays from August 2012 to March 2014.
- The Los Angeles Times recently reported that the government email addresses of dozens of California state workers were included in the hacked list of users of Ashley Madison, the online dating site for married people, including employees from Caltrans.
- A report by the nonpartisan and independent Legislative Analyst's Office recommends eliminating 3,500 redundant positions at Caltrans. The report found that this would generate \$500 million annually for road repair, without impacting current construction projects.

If we can afford to pay 3,500 redundant employees to do things such as play golf and seek illicit affairs, we can afford to pay to fix some potholes!

The majority party put crumbling roads in the back seat while they pushed forward with fast-lane new spending programs during this year's budget planning. Assembly Republicans have offered a nine-point plan to provide \$6.6 billion to fix our roads without raising taxes, but Democrat leadership has stalled on the plan. It's long past time for the majority party to come to the table to discuss... or maybe they're just stuck in traffic.

For more information, please contact the Assembly Republican Caucus at (916) 319-2012.

*Source: Assembly Republican Communications* ★

---

## Almond Heights Senior Living Set to Open

**ORANGEVALE, CA (MPG)** - Everyone has been watching the construction at 8685 Greenback Lane for the last year, wondering what that big building is going to be and when it is opening. Well, that day is here. Almond Heights Senior Living started welcoming residents at the beginning of September and will have a grand opening event for the general public on September 18th from 4:30 to 7 p.m.

"It has taken a bit longer than we anticipated, but it has been worth the wait," said Bob Harwood, community relations director. "We have built a state-of-the-art building with features that no other building in the Sacramento area has."

The building consists of two distinct areas. The senior living portion is two floors and encompasses 84 individual apartments ranging from studios all the up to two bedroom with two bathrooms. There is also a Memory Care Community with its own separate entrance in the back side of the first floor. It will accommodate just over 30 residents.

There are more common areas in this building than are usually found in a senior living community. When walking through the building, you will see an activity room, movie theatre, living room, great room, wellness room, library, and computer lab, as well as a beautiful, bright dining room that has 30 foot ceilings and serves food all day. There were also a number of smaller sitting areas throughout the building to be enjoyed by residents and their guests.

When we spoke with Enrichment Director, Michele Tsihlas, she gave us a very different view of a senior living enrichment program. "At Almond Heights, we believe in enriching the entire resident and with my background in yoga and fitness, it is like giving every resident a personal trainer in addition to the usual activities you find in a building like ours."

Executive Director Chad Mundy said, "We have technologies at Almond Heights that you simply will not find anywhere else. From QuietCare to Eldermark, we have systems that keep our residents more independent while giving residents and their families a blanket of security while maintaining their independence."

Another distinction of Almond Heights is their Diabetic Program. "We have nursing staff 16 hours a day, seven days a week," said Nishi Chand, LVN and health services director. "It's just another way we better serve our community."

"When you add it all up, what you really have is a boutique community for the value-minded resident," said Harwood. "Deposits are very brisk and we expect them to increase dramatically between now and opening. We are still offering our Founders Club benefits that include a freeze in monthly rent until January of 2018. This has been incredibly popular for residents as they are comforted by knowing their rent will remain the same for so long. What people really need to do is stop by, take a look, and make our community yours!" ★

**PAID ADVERTISEMENT**



A Sense of *Belonging.*  
A Sense of *Purpose.*  
A Feeling of *Comfort & Care.*

*Let Our Community Be Yours!*

Almond Heights Senior Living  
Coming to Orangevale This Summer 2015



Almond Heights  
*Senior Living*  
Assisted Living • Memory Care


**Models Open, Call  
for Appointment!**

**916-573-2860**

8685 Greenback Lane  
Orangevale, CA 95662

[www.almondheights.com](http://www.almondheights.com)





# 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](mailto:Editorial5@mpg8.com).

**Be sure to place in the subject field "Attention to Publisher."**

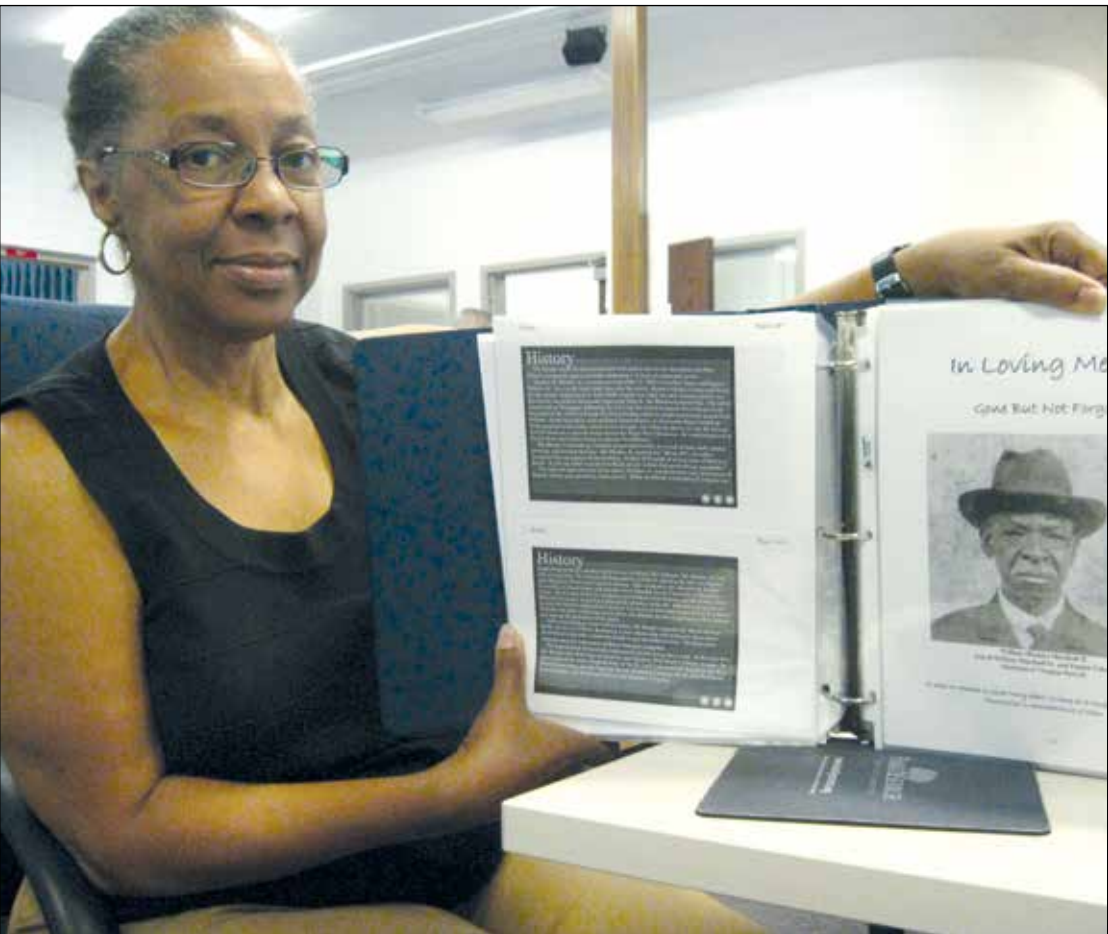
**If you do not have email access, please call us at (916) 773-1111.**

***We are proud members of these newspaper associations.***



# Freedmen’s Bureau Project to Make African American Records Available



Linda Bradley of Sacramento shows the binder she has filled with genealogy and family history information she has collected through years of work. The lines at the bottom of the page on the right say, “A man or woman is never truly dead, so long as a single person has some knowledge or remembrance of them.” Photo by Margaret Snider

Continued from page 1  
testimony to the sheer will and determination of this generation of people who had so little, yet rose to freedom and dignity.”

For Bradley and others, the indexing will facilitate use of Freedmen’s Bureau records. Researchers will only need to put the name into the search field in FamilySearch to bring up all records related to that name. Indexing will be done largely by African American researchers nationwide. The goal is to complete the work in time for the opening of the Smithsonian’s National Museum of African American History and Culture in late 2016. The Afro-American Historical & Genealogical Society and the California African American Museum are also collaborating with FamilySearch and the Smithsonian for this project.

Bradley delights in learning about her family members as individuals. She has created a large binder with the stories and records she has discovered, and she has more materials waiting to be organized. She considers it a living project with no end, a fascinating obsession.

“I have the 1865 marriage certificate for my grandfather’s grandfather,” Bradley said. “I also got where he initially bought one acre of land in Louisiana.” She has found microfilmed documents as far back as 1853 for the same person. “I got his parents, him with his siblings, in an 1853 estate probate record for the estate of one of the slave-holders. They listed the family valued at \$4,900.”

African American researchers will get first chance to index records. Technical assistance is available at the Sacramento

FamilySearch Library at 2745 Eastern Avenue, located behind the LDS Church. According to Gordon and Janet Orchard, associate directors of the Library, in 2014 there were 7,600 visits and the site has over 80 trained volunteers to help patrons. “When you do indexing, it makes you on fire and it makes you excited to do it,” said Janet Orchard.

Besides the voluminous resources available at the Sacramento FamilySearch Library, the LDS church has family history centers at individual meeting-houses located throughout the Sacramento area. For more information about the Freedmen’s Bureau records and project, visit <http://www.discoverfreedmen.org>.

Sources: Discoverfreedmen.org/media; FamilySearch Press Release; Mormonnewsroom.org ★



## Are You Looking for Full-Time Work?

Start the next step of your job search with **BACK TO WORK 50+ at Sacramento Works**. Our team can help you update your job search strategies, practice for interviewing and networking, and enroll in training programs that employers value.

**CALL TOLL FREE (855) 850-2525**

- Get AARP Foundation’s free job search guide
- Register for a local Information Session where you can:
  - Learn about smart strategies for job searching after age 50.
  - Apply for the BACK TO WORK 50+ Coaching and Training program.

Next Information Session: September 9<sup>th</sup>, 2015.

To learn more, visit: [www.aarp.org/backtowork50plus](http://www.aarp.org/backtowork50plus)



This program is available to all, without regard to race, color, national origin, disability, sex, age, political affiliation, or religion.



MAKE EVERY DROP COUNT



Help us reduce water use by 32%.

WHAT DOES A 32% REDUCTION IN WATERING RUN TIME LOOK LIKE?

Watering Run Time	32% Reduction
10 minutes	7 minutes
8 minutes	5-6 minutes
6 minutes	4 minutes
5 minutes	3-4 minutes

Remember to follow our current **ODD/EVEN** watering schedule.

ODD numbered addresses can water **Tuesday and Saturday**

EVEN numbered addresses can water **Wednesday and Sunday**

Water before **NOON** or after **8:00 P.M.** to reduce evaporation



# Advocates Advise Disabled Veterans



Disabled veterans (from left) Dick Brink, Wayne Austin, and Dennis Modin are among volunteers who will assist visiting veteran advisors on September 10th.

Story and photo by  
Susan Maxwell Skinner

**SACRAMENTO REGION, CA (MPG)** - A Carmichael program promises straight answers regarding benefits and rights earned by disabled veterans.

Disabled American Veterans (DAV) Chapter # 35 will host a clinic to supply advice to those challenged in health and daunted by bureaucracy. “Veterans of all ages have health problems that relate to their service,” explains

Chapter Commander Dennis Modin. “Our event aims to get them started in finding help within the VA system.” A van sponsored by the DAV’s National Service Office will bring Oakland-based representatives to the September 10th clinic at the Carmichael Veteran’s Memorial Building located at 5750 Grant Avenue. These advocates will supply free advice from 9 a.m. till 3 p.m. Veterans from all local areas are welcome and DAV membership

is not required for participation. Visitors should bring their Social Security number, existing claim documentation (if applicable), and records relevant to military service and health condition. DAV Chapter #35 hosts regular meetings on the first Thursday of each month. Business convenes at 7 p.m. For information regarding the Chapter or the September 10th program, call (916) 489-6408. ★

# FAIR OAKS COMMUNITY UPDATE



By County Supervisor  
Susan Peters

Through the generosity of the American River Messenger, this column serves to provide an update about matters affecting the unincorporated community of Fair Oaks.

## Parkway Labor Day Weekend Alcohol Ban

This Labor Day weekend, there will be a complete ban on alcohol consumption and possession both on land and in the water within the American River Parkway 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, making the parkway less of a family-friendly outing because of fights, public nudity, profanity, and littering.

After the Fourth of July in 2006 when hundreds of rafters and partygoers consuming excessive amounts of alcohol converged on the parkway, the Board of Supervisors restored decorum beginning with the 2006 Labor Day weekend, and the ban is also applicable for Independence Day as well as Memorial Day. As a result, families I have talked to have expressed appreciation for making the American River Parkway a much more enjoyable—and safer—experience for everyone.

## Fall Concerts in the Parks

During the summer there were plenty of great free outdoor concerts held in Fair Oaks—and the fun will continue with two encore performances in the Foothill Farms area. Mark your calendar for Saturday, September 19th at Foothill Community Park, 5510 Diablo Drive, for the “Dog Days of Summer,” which will feature family fun for everyone including pet adoptions, food trucks, and big trucks. Music will be provided by the band The 8 Tracks. Be sure to catch the fun from 2 p.m. to 5 p.m. that afternoon. Another Concert in the Park will be held on Saturday, October 3rd at Pioneer Park, 5100 Verner Avenue near Pioneer School. There will be information booths and children’s activities beginning at 1 p.m., with the concert featuring

the John Skinner Band from 2 p.m. to 4 p.m.  
For more information, please visit [www.sunriseparks.com](http://www.sunriseparks.com).  
**Visiting with Neighbors**  
During July, I continued the tradition of holding “Office Hours” by being available to chat with residents prior to the free concert in the park performed in Fair Oaks Village. Before the show, I visited with folks about county matters as they arrived with their blankets, lawn chairs, and picnic baskets to enjoy the music.  
Last month I participated in a number of neighborhood gatherings during “National Night Out” on August 4th, including visiting with residents at an event organized by the Lake Natoma Heights Neighborhood Association and at a gathering of the West Fair Oaks Neighborhood Watch group.  
I also held my Community Coffee during the morning of August 19th at the headquarters of the Fair Oaks Water District. County Executive Brad Hudson was the guest speaker. I hold these community gatherings five times throughout the year and the next one will be in October. For a listing, please visit my website at [bos.saccounty.net](http://bos.saccounty.net).  
Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at [susanpeters@saccounty.net](mailto:susanpeters@saccounty.net). ★

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

Their knowledge and wisdom from their own personal experiences!  
Now is the time to preserve your priceless treasures for your family today!

**GOLDENLYNK**

Call Today! (916) 224-9111 • [www.goldenlynk.com](http://www.goldenlynk.com)

*Every life is a treasure, containing priceless nuggets to be collected and shared with the world.*

# Foster Care

The need is great for loving, safe homes for foster children ages 0-18 & pregnant/parenting teens

We offer free training, fingerprinting, CPR/1st aid, 24 hr support, monthly reimbursement

**(916) 338-7156**

# Every 3 Seconds

Someone's Identity Gets Stolen.

- STOP ID Theft
- STOP Fraud
- Lost Wallet PROTECTION

ONLY **\$10** | No Contract. No Risk. No Obligation.  
A MONTH

**(916) 586-PATH (7284)**  
Proven. Personal. Professional. Local.

# PrimePath

of America®  
Total Financial Wellness

[www.PrimePath.org](http://www.PrimePath.org) • [info@primepath.org](mailto:info@primepath.org)

Sacramento CHORAL SOCIETY & Orchestra  
Donald Kendrick, Music Director

## 20<sup>th</sup> SEASON

### 2015–2016

*Stained Glass Concert*  
John Rutter | *Requiem*  
Rachel Laurin | *Fantasy for Organ and Harp*  
OCTOBER 24, 2015 8PM  
Fremont Presbyterian Church

*Wells Fargo Home for the Holidays*  
With the Sacramento Children's Chorus, Lynn Stevens, Director  
DECEMBER 12, 2015 8PM  
Memorial Auditorium

*Carmina Burana*  
Carl Orff | *Carmina Burana*  
Karl Jenkins | *Songs of Sanctuary* (selections)  
Jonathan Dove | *Psalms For Leo* (Area Premiere)  
MARCH 5, 2016 8PM  
Sacramento Community Center Theater


*European Masterworks*  
Franz Joseph Haydn | *Harmoniemesse*  
Vaughan Williams | *An Oxford Elegy*  
Antonín Dvořák | *Psalms 149*  
MAY 14, 2016 8PM  
Sacramento Community Center Theater

SCSO Office 916.536.9065  
CCT Box Office 916.808.5181 or [TICKETS.COM](http://TICKETS.COM)

Donald Kendrick Conductor

Ticket Information | [SACRAMENTOCHORAL.COM](http://SACRAMENTOCHORAL.COM)






# Dare to Live Without Limits

## Dealing with People Who Don't Like You

by Bryan Golden



You could be the nicest, kindest, most considerate person and yet there will be people who don't like you. Being disliked can be disconcerting, especially when you don't understand why.

You want to be the best you can. You want to be liked and appreciated. You want to make people happy. All of these are normal emotions. Encountering people who don't like you is upsetting.

If there is a legitimate reason for someone disliking you, you have an excellent opportunity for self-improvement. When someone has a problem with you, they may provide you with blunt criticism. Where this is the case, don't get defensive. Be thankful for the honest feedback. Strive to correct the offending behavior.

There are many causes for someone disliking you that have nothing to do with you. They may be jealous, insecure, angry, malicious, negative, have personal problems or a poor self-image. You'll drive yourself crazy trying to figure out what their problem is. Don't let them get to you by filling you with self-doubt.

No matter what you do, you'll never please everyone. If you try, you will get extremely frustrated. The human tendency is to focus on and attempt to mollify those people who don't like you. This is a distraction, since you concentrate on pleasing a select few who will never be happy. While you are trying to please the few who

don't like you, you are ignoring those many others who do like you. Additionally, the time you waste responding to inane comments is time taken away from the pursuit of your goals.

Ironically, the harder you try to please these people, the worse they get. There's nothing you can do to win them over. Whatever explanation you offer, they will have a retort to justify their position. Logic, facts, and reality have no bearing on how they feel.

Regardless of how you are being treated, don't react in kind. Becoming, nasty, rude, or inconsiderate, brings you down to their level while compromising your position.

So how do you deal with people who don't like you? Allow their criticisms to roll off your back. Don't let them get the better of you. Often, they are looking to set you off, make you feel bad, or demoralize you. You may be offended, angry, upset, bitter, resentful, or depressed by their comments. Let go of these negative emotions. They are harmful to you while encouraging those who don't like you.

Life is filled with challenges. Dealing with people who don't like you is one of them. Nothing is accomplished by getting annoyed. As your accomplishments grow, so do the number of people who don't like you. Highly successful people have become very adept at dealing with them.

You will become better at dealing with people who don't like you by visualizing your response to these troublesome individuals before actually encountering them. Visualization is a powerful mental technique where you rehearse potential scenarios over and over. Then when you are actually faced with a similar situation, you won't be caught by surprise.

Watch accomplished people who are in the news. Virtually every one of them is constantly dealing with detractors. Learn from what they do right while avoiding any mistakes they make. Whenever a public figure reacts nastily, it invariably backfires, causing him or her to be considered the offending party.

Welcome people who don't like you as an opportunity for self-development. This approach will improve your attitude when dealing with them and assist you in responding appropriately. Stay calm and collected while remaining on track. Don't be dragged down by people who don't like you.

*NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit [www.BryanGolden.com](http://www.BryanGolden.com) or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at [bryan@columnist.com](mailto:bryan@columnist.com) or write him c/o this paper. © 2011 Bryan Golden. ★*



By Marlys Johnsen Norris, Christian Author

Praise opens the doors to heaven! There is a tremendous power in the action of praise. When praise is used, it does many things. It honors the God of creation and it closes doors to the work of His enemy. Praise warms the heart of God when it is spoken. When praise is spoken, it changes a negative situation into a positive one. The power of praise is magnanimous and touches everything as God's love moves into any situation.

So when something bad

# Praise

happens to you, instead of breaking out with some negative or curse word, begin praising God who knows all about it. When you do He will move into the situation and change its course. Stop being a part of bad situations and move into action with God who wants to help you capture and encounter a positive resolve.

Haven't we all found ourselves trapped in some kind of situation and remained there because we didn't know what to do? Never let sin trap you. Remember the story in the Bible when Paul was put in prison. Then, when he prayed that an earthquake would happen, the prison door swung open. Yes, first pray and talk to God about your situation and end your prayer with faithful praise that you know God is with you. You may want to break into a song of praise as well. He will change the situation as you continue to fervently praise Him.

God called David a man of His own heart. David was an ordinary but very spiritual man who

acknowledged his wrongdoing when he sinned often. Yet, he believed his sin required accountability to God. He regularly went to God and repented for every sin he committed. God was pleased with David's devout and personal love for Him and David's desire to make things right. God knew the sincerity of David's heart just as He knows yours and mine by the fruit of our lips (Hebrews 13:15). God's dealings with David caused him to love God with his whole heart and soul, so David praised God often and scripture records this. David wrote, "*Seven times a day I will praise You, because of Your righteous judgments*" (Psalms 119:164). David walked close to God and kept short accounts. How many times a day to we remember and praise the Lord of our salvation?

*Marlys Johnsen Norris is the Christian author of seven books. You may contact her at [Marlysjn@gmail.com](mailto:Marlysjn@gmail.com). ★*

# It's My Mess And I Love It

Dr. James L. Snyder

In our house, we have a rule that has enabled us to live at peace with one another for more years than I can remember. That rule is simple, "Don't mess with my space and I won't mess with your space."

I must admit some rather close calls have challenged that relationship during those years. I will not say from which side of the house it came from; just that it was not my side.

It must be quite difficult for someone like the Gracious Mistress of the Parsonage whom, I must confess is a neat freak, and I am just a plain old messy freak.

My wife cannot relax if something is out of place. On occasion, I will catch her glancing in the direction of "my space" and I know exactly what she is thinking. I do not always know what she is thinking, because that would be very taxing on my thinking machine. But here, I know exactly what she is thinking. She wants to clean up my mess. "Do you need any help tidying up your office?"

I know it is a ploy for her to get her organizing paws on my things and arrange them so I cannot find anything I want, when I want it. Although it may not look like it to her, I am quite organized, thank you.

I guess we have a different idea when it comes to organization.

When I go to the cupboard in the kitchen, I know everything will be in its place. In the bathroom, the same thing goes. Everything is neatly put in its place. She knows where everything is and everything is where she wants it. Well, maybe not quite everything. There are those issues with me.

To make matters worse, she has this idea of cleaning the house on a regular basis. Do you know how

annoying it is to hear the vacuum cleaner running when trying to take a nap? Like clockwork, "our" vacuum cleaner takes its weekly, if not more frequently, run throughout the house. Do you know how much electricity it takes to do that on a weekly basis?

If I had to choose between dirt and electricity, I would choose dirt every time.

My space is just a little bit different. I like to think of my space as actual living/working quarters. It may look like a mess to some Philistine, but I can assure you everything has a place and everything is in its place. I can find what I want when I want it, which is the only thing that really matters. If I cannot find what I need when I need it, then I do not really need it. Life is that simple when you accept "messy" as a lifestyle.

Just recently, my wife suggested that perhaps she could help me organize my office space. I just scowled at her and said, "Don't mess with my space and I won't mess with your space."

She smiled one of those sympathetic smiles she gives everyone she thinks does not know what is going on in the world. Quite frankly, I do not need to know what is going on in the world. All I need to know is what is going on in my world and I have several piles in my office I can consult on that topic.

All offers to help me tidy up "my mess" go unheeded. I like my mess because it is my mess. I made it, I'm proud of it and I love it.

I have grown quite uneasy as of late. Every time I go away, I come back to find some new remodeling project completed in our house. I am starting to believe she sees too much of "This Old House."

I spent a week in California once, only to come home and find the kitchen completely remodeled. Now, I think the plan was for me

not to know where anything in the kitchen is. All the old cupboards have been replaced by newer and bigger cupboards.

I am afraid at this point to raise any kind of an objection. After all, we do have that "my space/your space" policy and I really do not want to jeopardize that in any fashion.

My basic concern is this; I fear when I go for a week and come back "my space" will be so completely remodeled and organized that I will not recognize it and will not be able to find anything I need. What, then, would I do?

If I compliment her on her remodeling jobs, it might make her confident about doing more remodeling jobs which may spill over into "my space." Can you imagine how awful it would be?

It would be a sad day if I came home from some trip and found "my mess" completely gone. What would I do with my life? I would have to start life all over again and you know how expensive that is.

It is tough married to a fix-up guru; then again, I suppose it is harder to be wedded to a mess-up guru.

I have one concession in this area. David said it so well, "*Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow*" (Psalms 51:7 KJV).

God specializes in cleaning up messes and preparing people like me for heaven. That's what really matters.

*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](mailto:jamesnyder2@att.net). His website is [www.jamesnyderministries.com](http://www.jamesnyderministries.com). ★*



## 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 II 9:00 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*



## 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 now serves women and children, too, and is an amazing testament to the good that comes with committed volunteers, inspired leadership and the community's support.**

*We accept donations, clothing and goods, 7 days a week...and prayer always!*

**Matthew 25:40**  
**"Caring for the Least"**

**50+ Years of Service**

**(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](http://www.ugmsac.com)**  
**[Facebook.com/UGMSAC](https://www.facebook.com/UGMSAC)**



## 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**

**\$45<sup>00\*</sup>**

\* Excludes Medicare and Worker's Compensation.

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



## 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](http://FairOaksEcoHousing.org)**



# CALL A PROFESSIONAL

## Business & Service Directory

### LANDSCAPE SERVICES



#### 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**

### PARALEGAL SERVICES

#### Living Trust • Living Will

Includes: Trust, Will, Powers of Attorney,  
Family Residence Deed  
**Single \$450 • Couple \$495**

**Call Lynda K. Knight (916) 214-1215**  
**1337 Howe Ave. Suite 103, Sacramento**

### CONSTRUCTION SERVICES

#### Brasiel's Construction Company



**Specializing in  
Residential Remodel and Repair**

*In addition to other services, we do  
bathroom remodels, kitchen remodels,  
pest report repairs and entire home makeovers.*

**Call for a free estimate:**

**Office Phone (916) 725-4061 • Cell (916) 745-2447**  
**E-mail garybrasiel@surewest.net**  
**Website: www.brasielsconstructioncompany.com**

### DENTAL CARE

#### Antelope Dental Associates

**CARING AND COMPASSIONATE  
FAMILY DENTISTRY**

Insured?  
Uninsured?  
All Welcome!



2925 Elverta Road  
Antelope, CA 95843  
**(916) 331-6288**

**www.antdent.com**

### PAINTING SERVICE

#### QUALITY A PAINT SERVICE

22 Years Experience ♦ Testimonials Available ♦ Bonded & Insured



**Prefer Small Jobs - My Specialty!**

Striving for perfection  
and achieving 100% satisfaction  
*All Seniors get 20% off*

**916-967-0763**

State Lic. 646386

### HORSE RANCH SERVICES



**Hughes Horse Ranch**  
*Providing Quality, Caring and  
Professional Horse Boarding  
in Carmichael since 1983*

- Large Covered Pipe Corral Stalls
- Individual, Secure Tack Lockers
- Horses Fed Alfalfa Twice Daily
- Automatic Water Systems

#### DRY STABLES AND RUN

**\$200/MONTH**  
**916.944.3119**

- Cement Wash Rack
- Riding, Grazing and Turn Out Pastures
- Arena • Trailer Storage
- Riding Distance to Ancil Hoffman Park

### CONCRETE LANDSCAPE SERVICE



**CONCRETE  
LANDSCAPE  
SERVICES**  
Commercial/Residential

11151 TRADE CENTER DRIVE  
SUITE 204  
RANCHO CORDOVA, CA 95670  
Ron Davis Bus Development  
**concretelandscapeservices.com**

All concrete  
finishes including  
stamp, salt, sand,  
broom, expose  
aggregate

Ofc **(916) 688-1550**  
Cel **(707) 280-5545**  
Fax **(916) 682-1884**  
Insured & Bonded

### HOME OWNERSHIP

#### 1st Time Home Buyer??



**LYON**  
REAL ESTATE  
www.GotLyon.com

✓ Me out

**Charles  
Vines**  
Broker Associate  
**(916) 216-9349**  
DRE# 01789423



Scan QR Code to see YouTube Video

### PET SITTING SERVICE

*Professional, Loving*  
**PET CARE**  
**Established Reputation**  
**Kennel Free Environment**  
**Lots of TLC**

**Call Madeline**  
**(916) 723-1608**

### 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**

### GARDENING SERVICE

Lawn Mowing  
Trimming  
Edging  
Sprinkler Repair  
Rototiller Aerating  
Stump Grinding  
Bark and Rock

**JASS GARDENING**  
**(916) 871-3649**  
Licensed and insured  
**1 Time Clean-up and Hauling**

### GENERAL CONTRACTOR

**A Retired General  
Contractor and Son**  
**All Home Repairs**

- Carpentry • Plumbing • Texture
- Kitchen and Bath Repair
- Tile Work • Painting
- Flooring - Linoleum and Wood

License # 684476 25 Years in  
Citrus Heights

**Call Tim at 916-495-6183**

### 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.*



### COMMERCIAL JANITORIAL SERVICES

#### FRANCHISE OPPORTUNITIES AVAILABLE



**Commercial  
Janitorial Service**

**The Superior Choice for  
Commercial Cleaning**

**Call to schedule your  
FREE Quote**

**916.782.3300 • www.ANAGOSAC.COM**

### SOCIAL GROUPS

#### NEWCOMERS AND NEIGHBORS

*New to the area? Want to live  
up your social life?*

Activities include Cards,  
Bunco, Movies,  
Book Reviews, Monthly  
Luncheons and more...

**www.nngsa.org**

### BARTER

#### ITEX

**Advantage**

Just don't ask to see our cape.  
Join thousands of businesses that have discovered  
the benefits of bartering.



Call Susan 916.779.5210 | sacramento.itex.com



### PAINTING SERVICES

#### Anni The Painter



**One Room  
at a Time  
Okay!**

- Perfectionist
- Fun Ideas • Kid's Rooms
- Cabinets • Bathrooms
- Kitchens • Etc.

**New Molding Installs • Small Jobs OK!**  
**Lic # 733938 • Free Bids**  
**916-532-6194**

**IF YOU'RE READING THIS  
SO ARE YOUR CUSTOMERS**

**Advertise  
Your  
Business  
Here**

**CALL 773-1111**

## STATEPOINT CROSSWORD • FOOTBALL

### CLUES

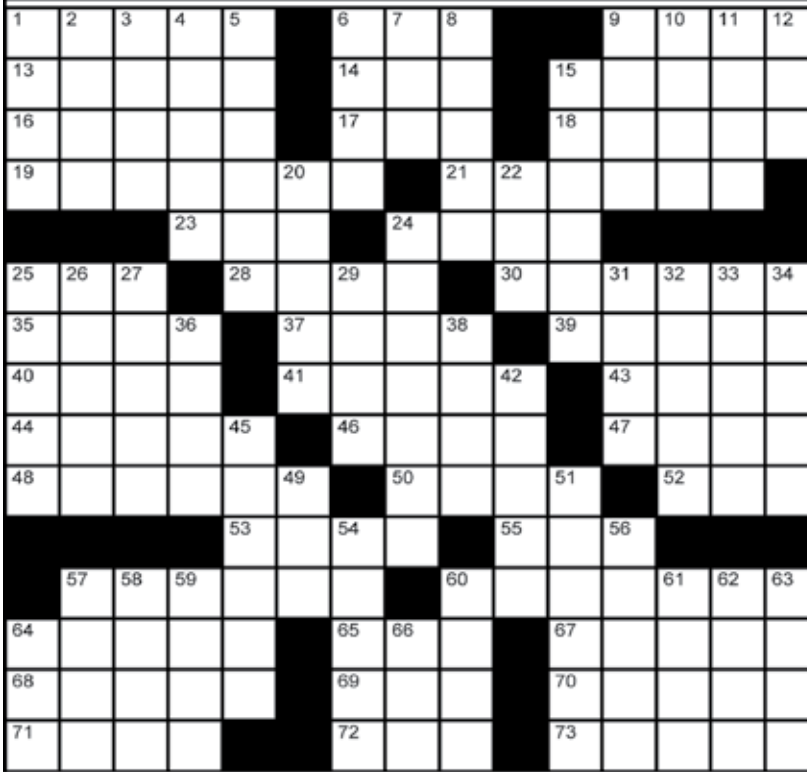
#### ACROSS

1. Giraffe's striped-leg cousin
6. Moo goo gai pan pan
9. Love-\_\_\_\_ relationship
13. \*\_\_\_\_ Gabriel, 1960s
- Rams star quarterback
14. What?
15. Enter a website
16. Samuel Butler's "The Way of All \_\_\_\_"
17. Big time
18. "\_\_\_\_ truly"
19. \*Non-contact league
21. \*Football game starter
23. Altogether or entirely
24. \_\_\_\_-de-camp
25. Club alternative
28. \*Houston Oilers star running back, Campbell
30. Top of the line
35. Not of the cloth
37. Leave in a bucket
39. Kitchen appliance
40. \*Legendary Graham
41. Friend
43. Porous rock
44. Good luck trinket
46. \*Tracked by chain gang
47. Dog trailer
48. Sort of
50. Prima donna
52. Don't do this at home?
53. Like Old Mother Hubbard's cupboard
55. Next to nothing
57. \*Type of linebacker
60. \*This year's top NFL pick
64. "To no \_\_\_\_"
65. Beauty treatment site
67. Cell phone bill item
68. L on clothes
69. Word between "dogs"
70. Sneers
71. Mark of a ruler
72. \*TV network, aired NFL games from 1990-97
73. Scandinavian fjord, e.g.

#### DOWN

1. \_\_\_\_ Approach, music education
2. Traditional cola caffeine source
3. Prayer ending
4. Italian restaurant staple
5. Draw in
6. Miss Muffet's repast
7. Thornton Wilder's "\_\_\_\_ Town"
8. Dockers' fabric
9. J. M. Barrie's captain
10. Flu symptom
11. Millimeter of mercury
12. Lt.'s subordinate
15. Aristotle's school
20. Common part of URL
22. Dog tags
24. Apple pie choice
25. \*NFL players can't do this in the back
26. Policeman's club in India
27. \*Tennessee player
29. Crucifix
31. Inedible parts of cherries
32. Jump for joy
33. Direct elsewhere
34. \*Deflategate star
36. Olden-day telephone part
38. New Zealand fruit
42. End of a poem
45. Alabama port
49. It's all the rage
51. Annulus, pl.
54. Kind of button
56. Ruhr's industrial center
57. Popular Russian name
58. Narcotics agent
59. Accompanies relief?
60. \*Texan defensive star
61. Asian weight unit
62. Scary fairytale creature
63. Swallow's house
64. Boxer Clay
66. Peter of the Lost Boys

### CROSSWORD



**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 Mon - Fri 9am EST Promo Code: 9882015 \*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

### DENTAL CARE

**Dr. John C. Riach  
Dr. Michael B. Holm  
Dr. Guy E. Acheson**

#### AMERICAN RIVER DENTAL

Appointments 7 a.m. to 7 p.m. • New patients welcome  
IV Sedation-Nitrous Oxide • Orthodontics

**10350 Coloma Rd. 362-9247**

### INTERNAL MEDICINE



**Delbert H Meyer, MD**, is pleased to announce the  
opening of his office for insurance free, HIPAA  
free Pulmonary and Internal Medicine Practice.

**Pulmonary Function and ECG testing**

**Delbert H Meyer, MD**  
Pulmonary and Internal Medicine  
**(916) 488-5864**  
**www.DelMeyer.net**

6945 Fair Oaks Blvd, Ste A-2  
Carmichael, CA 95608  
*next door to the  
Carmichael Post Office*

### SUDOKU

#### GOT KNEE PAIN?

Get a Pain Relieving Knee Brace  
At Little or No Cost to You  
You May Qualify for Free Shipping  
We Ship the Knee Brace  
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.

**For Solutions See Page 7**

**Come back every week for Crossword and Sudoku!**



**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)

**DID YOU KNOW** 144 million U.S. Adults read a Newspaper print copy each week? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

**DID YOU KNOW** 7 in 10 Americans or 158 million U.S. Adults read content from newspaper media each week? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

**EVERY BUSINESS** has a story to tell! Get your message out with California's PRMedia Release - the only Press Release Service operated by the press to get press! For more info contact Cecelia @ 916-288-6011 or http://prmediarelease.com/california (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**

**WE BUY CARS!** Running or Not. Any Make, Model or Year. Call to-day for an INSTANT OFFER. Free Towing/Pickup. Top Dollar. We're Local! 1-800-844-3595 (SWAN)

**Donate Your Car to Veterans Today!** Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-656-1632 (NANI)

**I buy old Porsche's 911, 356, 1948-1973 only.** Any condition. Top \$\$ paid. Finders Fee. Call 707-965-9546 or email porsche-classics@yahoo.com (Cal-SCAN)

**CARS/TRUCKS WANTED!** Top \$\$\$\$\$ PAID! Running or Not. All Years. Makes, Models. Free Towing! We're Local 7 Days/Week. Call Toll Free: 1-888-416-2330 (NANI)

**GET CASH TODAY** for any car/truck. I will buy your car today. Any Condition. Call 1-800-864-5796 or [www.carbuyguy.com](http://www.carbuyguy.com) (NANI)

**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)

**Bathroom or Kitchen Remodeling**

WAIT! Before You Spend MORE to Get LESS Call (916) 798-8388 License No. 998108 (MPG 10-2-15)

**Cable/Satellite TV**

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

**DIRECTV Starting at \$19.99/mo.** FREE Installation. FREE 3 months of HBO SHOWTIME CINEMAX starz. FREE HD/ DVR Upgrade! 2015 NFL Sunday Ticket Included (Select Packages) New Customers Only. CALL 1-800-614-8506 (NANI)

**DIRECTV Starting at \$19.99/mo.** FREE Installation. FREE 3 months of HBO SHOWTIME CINEMAX, STARZ, FREE HD/DVR Upgrade! 2015 NFL Sunday Ticket Included (Select Packages) New Customers Only. CALL 1-800 385-9017 (CalSCAN)

**Career Training**

**AIRLINE CAREERS.** Get FAA approved maintenance training at campuses coast to coast. Job placement assistance. Financial Aid for qualifying students. Military friendly. Call AIM 888-686-1704 (NANI)

**AIRLINE CAREERS Start Here** - Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call Aviation Institute of Maintenance 866-231-7177. (Cal-SCAN)

**MEDICAL BILLING TRAINEES NEEDED!** Train at home to process Medical Billing & Insurance! NO EXPERIENCE NEEDED! Online training at Bryan University! HS Diploma/GED & Computer/Internet needed. 1-888-734-6711 (NANI)

**Cemetery / Funeral**

**Crypt 40, Tier 4**  
Carmel East, \$9,000. East Lawn Fab 40 Memorial Park, quite location, beautiful marble, low price, Sacramento, CA. Please contact between 8am-5pm (916) 410-0862 (MPG 10-2-15)

**Niche, glass front, Sierra Hills** - East Lawn on Greenback Lane \$2,600 (916) 944-1548. (9-4-15)

**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)

**Reduce Your Past Tax Bill by as much as 75 Percent.** Stop Levies, Liens and Wage Garnishments. Call The Tax DR Now to see if you Qualify. 1-800-498-1067. (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**

**Area rugs.** Two soft clean beige. 5.5x9.5, 4x8.5. \$150 both. 916-486-3601. (9-4-15)

**1989 Ford Pickup** excellent condition. No dents \$1500 OBO (916) 270-5843 Chev Payen (8-28-15)

**CardTable & 2 Chairs** Legomatic original 1950s wood & cloth. \$295. 916-486-3601 (9-4-15)

**Magnavox Stereo.** Walnut console. Record player/radio speakers. \$495. 916-486-3601 (MPG 8-28-15)

**Immaculate white Kenmore elite HE3T washer, HE3 dryer,** \$800.00 for both 916-485-2628 (9-11-15)

**Health & Medical**

**OVERWEIGHT?** We have helped thousands of people across the USA since 1980. Guaranteed products, 100% money-back if not satisfied. Call Linda or Frank. (800) 319-5558 or [www.WeBeSlim.com](http://www.WeBeSlim.com) (SWAN)

**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. Call 1-800-356-4170 (SWAN)

**Canada Drug Center is your choice for safe and affordable medications.** Our licensed Canadian mail order pharmacy will provide you with savings of up to 93% on all your medication needs. Call today 1-800-273-0209 for \$10.00 off your first prescription and free shipping. (Cal-SCAN)

**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)

**Handyman**

**QUALITY LABOR & MAINTENANCE**  
Yard Work, Hauling, Gutter Clean, Odd Jobs  
*You Name It!*  
(916) 613-8359

**Help Animals**

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

**Help Wanted**

**Cost Analyst** wanted by a large grocery business for cost, fiscal, budget analysis and accounting records preparation.

**Send Resume:** Koreana Plaza Market Sacramento 10971 Olson Dr. Rancho Cordova, CA 95670

**AIRLINE CAREERS** start here - Get FAA approved Aviation Mechanic training. Financial aid for qualified students. Job placement assistance. Get started by calling AIM now 888-216-1687 (SWAN)

**ATTN: Drivers** - Great Pay and Bonuses Clean Truck w/ APUs and Invertors Family Company w/ 401k \$2,000 Loyalty Bonus CDL-A Req - (877) 258-8782 [www.drive4melton.com](http://www.drive4melton.com) (Cal-SCAN)

**Seeking Area Coordinator.** Manage successful tutoring program in your area. We will provide all back room expenses/ payroll. Great business opportunity for dedicated entrepreneur. 1-800-293-3091 [academictutoringservice@gmail.com](mailto:academictutoringservice@gmail.com) (Cal-SCAN)

**Home Maintenance**

**A Quality Home Maintenance**  
Gutters Cleaned  
*By Gutter Dog*  
(916) 613-8359

**Inhome Childcare**

**Nenes Smart Start** Small in-home Childcare M-F 7AM-6PM. Infant thru 5 Preschool certified Licensed & Insured,  
(916) 723-3342 [collher@surewest.net](mailto:collher@surewest.net)

**Insurance/Health**

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

**GOT LOCAL NEWS?**  
Call 773-1111

**MPG**

**Legal / Public Notice**

**DID YOU KNOW** Information is power and content is King? Do you need timely access to public notices and remain relevant in today's hostile business climate? Gain the edge with California Newspaper Publishers Association new innovative website capublicnotice.com and check out the **FREE One-Month Trial Smart Search Feature.** For more information call Cecelia @ (916) 288-6011 or [www.ca-publicnotice.com](http://www.ca-publicnotice.com) (Cal-SCAN)

**Legal Services**

**DID YOU KNOW** Information is power and content is King? Your doorway to statewide Public Notices, California Newspaper Publishers Association Smart Search Feature. Sign-up, Enter keywords and sit back and let public notices come to you on your mobile, desktop, and tablet. For more information call Cecelia @ (916) 288-6011 or [www.ca-publicnotice.com](http://www.ca-publicnotice.com) (Cal-SCAN)

**Medical Supplies / Equipment**

**JAZZY 600 power Wheel Chair** Like New. Gold & tan leather. \$1995 OBO (916)919-4680 (8-28-15)

**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)

**Moving Services**

**STEADY MOVES**  
You rent the truck... we will make sure it is loaded/ unloaded. PROFESSIONALLY! (Lic#322945) 916-206-3183. Emailmsmith2661@comcast.net (MPG 12-04-15)

**Miscellaneous**

**MAKE A CONNECTION**  
Real People, Flirty Chat. Meet singles right now! Call LiveLinks. Try it FREE. Call Now: 1-877-737-9447. 18+ (NANI)

**LEARNING TO READ** can be both fun and educational. Learn more about this wholesome farm book, Richard the Donkey and His LOUD, LOUD Voice at [www.RichardTheDonkey.com](http://www.RichardTheDonkey.com) (NANI)

**Make a Connection.** Real People, Flirty Chat. Meet singles right now! Call LiveLinks. Try it FREE. Call NOW: 1-877-737-9447. 18+ (NANI)

**Junk Cars for Cash (\$1,000+)** All Cars: Any Condition Cash Paid Same Day! Instant Phone Quote! No Title OK! 1-866-835-9249

**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 800-309-8027 (NANI)

**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 800-980-6076 for \$750 Off. (NANI)

**Got Knee Pain? Back Pain? Shoulder Pain?** Get a pain-relieving brace - little or NO cost to you. Medicare Patients Call Health Hotline Now! 1-800-491-6053 (NANI)

**ACCESS YOUR LAWSUIT CASH!** In an Injury Lawsuit? Need Cash Now? Low Rates. No Credit Checks/Monthly Payments. Call Now 1-800-568-8321. [www.lawcapital.com](http://www.lawcapital.com) (NANI)

**DIVORCE, ETC. \$240-\$550+ Covers Children, etc.** \*Excludes govt. fees! For a Local Office, Call 1-215-717-8499, Ext. 400 or 1-888-498-7075, Ext. 500 BAYCOR & ASSOCIATES Established 1973 (NANI)

**Struggling with DRUGS, ALCOHOL, PILLS?** Talk to someone who cares. Call ADDICTION HOPE & HELP LINE for a free assessment. 800-768-9180 (NANI)

**CASH FOR CARS:** All Cars/ Trucks Wanted. Running or Not! Top Dollar Paid. We Come To You! Any Make/Model. Call For Instant Offer. 1-800-864-5960 (NANI)

**CASH PAID for unexpired, sealed DIABETIC TEST STRIPS!** 1 DAY PAYMENT & PREPAID shipping. HIGHEST PRICES! Call 1-888-776-7771. [www.Cash4DiabeticSupplies.com](http://www.Cash4DiabeticSupplies.com) (NANI)

**SOCIAL SECURITY DISABILITY BENEFITS.** Unable to work? Denied benefits? We Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-800-290-8321 to start your application today! (NANI)

**DIRECTV starting at \$24.95/mo.** Free 3-Months of HBO, starz, SHOWTIME & CINEMAX FREE RECEIVER Upgrade! 2014 NFL Sunday Ticket Included with Select Packages. Some exclusions apply - Call for details 1-800-647-1163 (SWAN)

**Dish TV Retailer - SAVE!** Starting \$19.99/month (for 12 months.) FREE Premium Movie Channels. FREE Equipment, Installation & Activation. CALL, COMPARE LOCAL DEALS! 1-800-341-7308 (SWAN)

**Music Lessons**

**Guitar Lessons** - Beginner to Advanced. \$10/half hour. \$15/hour. [freddiebbalbert1@yahoo.com](mailto:freddiebbalbert1@yahoo.com). 530-263-6926 (MPG 12-31-15)

**Drum Set for the Adult Learner.** \$25 - 1/2 hr. [musicview@comcast.net](mailto:musicview@comcast.net) 916-482-6592 (8-31-15)

**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. (Cal-SCAN)

**Find the love you deserve! Discover the path to happiness.** New members receive a FREE 3-minute love reading! Entertainment purposes only. 18 and over. 800-639-2705 (Cal-SCAN)

**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**

**Want to Buy**

**CASH PAID ON THE SPOT FOR YOUR EXTRA DIABETIC TEST STRIPS UP TO \$30 PER BOX!**  
We buy One Touch and most brands. For FAST LOCAL PICK-UP please call Rachel (916) 505-4673 (MPG 10-03-15)

**Want to Buy**

**Want To Purchase Minerals** And Other Oil/Gas Interests. Send Details To: PO Box 13557, Denver CO 80201. (NANI)

**Cash for unexpired DIABETIC TEST STRIPS or STOP SMOKING PRODUCTS!** Free Shipping, Best Prices & 24 hr payment! Call 1-855-440-4001 [www.TestStripSearch.com](http://www.TestStripSearch.com) (NANI)

**CASH FOR DIABETIC TEST STRIPS!!** Don't throw boxes away - Help others. Unopened / Unexpired boxes only. All Brands Considered. Call Anytime! 24hrs/7days (888) 491-1168 (Cal-SCAN)

**Work Wanted**

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 to small. Health and Security background. References. College grad. **Tim 916-334-8903, 503-460-7149.** (MPG 08-31-15)

**Yoga**

**Your Fitness Genie**  
Making Your Fitness Goals Come True!  
14 Years of Experience  
• Weight Loss • Injury Recovery • Senior Fitness • Yoga • Pilates  
Safe, Effective, Functional Resistance Training  
Be Active, Call Today! [Jenna@YourFitnessGenie.com](http://Jenna@YourFitnessGenie.com) (916)768-8767

**Yoga recharging exercises** in Citrus Heights Sunday's 2pm (916) 729-0103 (8-14-15)

**Heating & Air**

**VICTORIA HEATING & AIR CONDITIONING**  
Lic#877379  
*Over 10 Years of Experience*  
We Provide SERVICE, REPAIR, CHANGE OUT AND NEW INSTALL  
• Easy • Fast Response  
• Reasonable Price  
• We offer a Special \$50 Diagnostic Fee  
• We will tell you what is wrong with your unit and how much it will cost to fix your unit before we begin work  
• Each project is confirmed in writing and one year warranty  
• OR, new unit installed with 5 to 10 years warranty  
*So Don't Wait! Call Us At (209) 338-4475 or (916) 474-0173*  
(MPG 04-30-15)

**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](http://www.ANAGOSAC.COM)

**First Time Buyers**

Why rent when you can own?  
Free list w/pics of homes available for under \$1,500/month\*.  
[Livewithoutrent.net](http://Livewithoutrent.net)  
Free recorded message 1-866-226-7552 ID# 1043 BRE# 00605628

**HELP WANTED**  
*Now accepting applications for*  
**Full time and Part Time help at the UPS Store**  
*Please inquire for positions at the store location with resume.*  
7405 Greenback Lane  
Citrus Heights  
CA 95610  
Please call (916) 725-1345

**Classified Advertising**  
**916-773-1111**

**BEST JOB IN THE WORLD**

**Funeral Professionals Wanted**

• A variety of part-time positions available with flexible hours.

• Equal Opportunity Employer



Apply in person at 5757 Greenback Lane, Sacramento, CA 95841 or email your resume to: [mikes@eastlawn.com](mailto:mikes@eastlawn.com)

**Senior Technology Auditor**

**Franklin Templeton Investments seeks a Senior Technology Auditor in Rancho Cordova, CA to execute technology audits for the Internal Audit Department.** Requires Master's degree in Engineering, Information Technology, or a related field, or equivalent, and three years of experience planning and executing I.T. audits of Operating Systems, Databases, Applications, Program Development, Computer Operations, and Network Infrastructure. Prior experience must include three years of experience documenting I.T. control weaknesses and inefficiencies; performing data integrity analysis; conducting I.T. audit test work and information gathering, including interviews, analytical procedures, re-computations, and document reviews; working with ACL; and utilizing knowledge of Sarbanes-Oxley Act of 2002 (SOX) and Audit Methodologies including Control Objectives for Information and Related Technology (COBIT). \*We will accept a Bachelor's degree and five years of experience as an alternate\*. Send resume by e-mail to Cindy Ailey at [Cynthia.Ailey@franklintempleton.com](mailto:Cynthia.Ailey@franklintempleton.com) & indicate job code AS08-15RCGI.

**TECHNOLOGY - Help Wanted**

**HP Enterprise Services, LLC is accepting resumes for the position of Technology Consultant in Rancho Cordova, CA (Ref. # ESRCDDUM1).**

Provide technology consulting to customers and internal project teams. Provide technical support and/or leadership in creation and delivery of technology solutions designed to meet customers' business needs and, consequently, for understanding customers' businesses.

**Mail resume to HP Enterprise Services, LLC,** 5400 Legacy Drive, Mailstop H1-2F-25, Plano, TX 75024. Resume must include Ref. #, full name, email address & mailing address. No phone calls please. Must be legally authorized to work in the U.S. without sponsorship. EOE.

**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](http://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.

**NEED EXTRA CASH?**

  
Rates are **LOW** - and home values have **INCREASED!**  
Tap into your home's equity today!  
Pay off Debt • Buy a Car • Pay for College • Improve your Home  
Military families can access up to 100% of your home's value!  
**Call Now: 1-877-628-5574**

Freedom Mortgage, NMLS is 2747, independent mortgage banker licensed in 50 states. Corporate headquarters located at 907 Pleasant Valley Avenue, Suite 3, Mount Laurel, NJ 08054. For complete licensing information, go to [freedommortgage.com/licensing](http://freedommortgage.com/licensing). Advertisement is not meant to imply that a loan will be originated or approved by HUD, FHA, VA or any government sponsored enterprise. Terms and rates are subject to change based on market conditions and borrower eligibility, and approval is subject to verification of credit, income, assets and value, among other criteria.

**DELIVERY ROUTES AVAILABLE**

**\$200<sup>00</sup> per month**  
**for just a few hours' work per week**

**CALL 916 773-1111**

**MPG**

**Specialties Plus**

- Machine Repairs (all makes and models)
- Toner Cartridge Refills (using Cartridge World? Take 10% off their price & try mine)
- Free Cleaning (with our cartridge)
- Service Contracts (monthly or yearly)
- Lease or Rent
- High Volume Copying (save wear & tear on your machine)
- We are Local

**Specializing in Digital Printers, Copiers, Fax & Multifunction Machines**

E-mail: [specpluscopiers@gmail.com](mailto:specpluscopiers@gmail.com)  
(916) 723-8430

**Crossword Puzzle on Page 6**

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



# Upward Sports First Annual Recreational Coach Clinic

**SACRAMENTO REGION, CA (MPG)**  
- On September 19th, Upward Sports will host the first annual coach clinic at Fair Oaks Presbyterian Church in the Family Life Center. Well-known college and high school coaches will hold sessions that will assist you in getting the best performance from your players in both practices and games. Below is a sample of the instructors for the clinic.

Danielle Viglione is one of the most energetic and talented skill-development instructors in the basketball world. She played at Del Campo High and holds 10 California state scoring records plus five national records. She broke former USC standout and WNBA player/coach Sheryl Miller's state record for most points in a season. Viglione played at the University of Texas and professionally for the Sacramento Monarchs, as well as overseas. She was also just inducted into the Sacramento Sports Hall of Fame and is currently co-owner of Sacramento Skills Academy.

Bill Baxter is the Assistant Coach Sacramento State Women's Basketball. Before joining the Hornets, Baxter developed a strong winning reputation in the Sac-Joaquin Section with a record of 601 career wins. His teams have won many league titles and championships including a perfect 36-0 en route to a CIF state championship. Baxter has also coached for UC Davis Consumes River College men's basketball team from 1974-1976.

Matt Davis has been coaching 28 years at both the high school and collegiate levels. Currently, he is the Associate Head Coach at CSU Maritime in Vallejo, CA and has also coached at American River College and Menlo College, as well as taking a team abroad to play in other countries.

Ruthie Bolton did her college



Well-known college and high school coaches will hold sessions that will assist you in getting the best performance from your players in both practices and games.

career at Auburn University. She participated in the World University Games in 1991, the FIBA World Championships for Women in 1994 and 1998, and the Olympic Games in 1996 and 2000, where she earned two Gold Medals. Ruthie was

experience at both high school and college level.

Chet Kammerer is tentatively scheduled to instruct. After garnering more than 30 years of experience as a coach at many levels and developing an incredible eye for talent, Chet Kammerer begins his 17th year with the Miami Heat and his 10th in the role of vice president, player personnel. Prior to joining the HEAT, Kammerer was an assistant coach for the Los Angeles Lakers from 1992-1994. Following his time with the Lakers, he served as head coach of the Division I Professional Basketball Team of Braunschweig, Germany. Kammerer also served as head coach for 27 years in the collegiate level and compiled a remarkable 542-256 (.679) overall record. He coached for 10 years at Grace (Ind.) College and then for 17 seasons at Westmont College where his teams compiled a sterling 359-156 (.697). On March 13th, 2000, Chet was inducted into the NAIA Hall of Fame for his coaching achievements at the collegiate level.

The clinic will go from 9 a.m. until 3 p.m. with lunch included. The cost is \$30 and online registration is available at [www.upwardstarssacramento.org](http://www.upwardstarssacramento.org). Space is limited so sign up early to ensure a spot. ★

When: **September 19th**  
Time: **9 a.m. - 3 p.m.**  
Price: **\$30**  
Register: **Online at [upwardstarssacramento.org](http://upwardstarssacramento.org)**  
Space is limited.

selected by the Sacramento Monarchs in 1997 and played for the Monarchs until 2004. Ruthie Bolton is the only Monarch with a retired jersey hanging in Sleep Train Arena. She is currently coaching at Vacaville Christian High School.

Tom Henderson has coached in almost every venue of high school sports, including both boys and girls basketball, varsity football, soccer, and baseball. Henderson was assistant basketball coach at UC Davis from 1975-1978. During that time, UC Davis were the Far West Conference champions from 1976 to 1978. He was assistant basketball coach at UC Santa Barbara for 1980-1983. Tom has 38 years of coaching

# MORE THAN A LEAGUE

MENTAL DEVELOPMENT  
SOCIAL AWARENESS  
SPIRITUAL DISCOVERY  
ATHLETIC IMPROVEMENT

## RECREATION BASKETBALL

CLINICS • CAMPS • ACADEMIES • LEAGUES

Upward Sports (kindergarten - 6th grade)

Fair Oaks Presbyterian Church | 11427 Fair Oaks Blvd., Fair Oaks

### DEVELOPING YOUNG ATHLETES

**MENTALLY** Make wise decisions  
**ATHLETICALLY** Improve physical abilities  
**SPIRITUALLY** Embrace life's purpose  
**SOCIALLY** Foster healthy relationships

#### THE UPWARD EXPERIENCE

- ▶ One practice and one game per week
- ▶ Unique substitution system ensures every young athlete plays
- ▶ Quality game day uniform and other sport related gear
- ▶ Age appropriate character and skill development both on and off the court

#### PLAY WITH PURPOSE

- ▶ 5 million participants over the past 19 years
- ▶ Build competitive athletic skills, character, confidence, and spirit
- ▶ Only youth sports experience delivering the 360 Progression-A unique sports experience that develops the total athlete.

More information at [www.upward.org](http://www.upward.org) or call Ken Friedman (916) 838-6577

Sign-ups start Monday, September 7 at [www.fopc.org](http://www.fopc.org)

## ESKATON®

Transforming the Aging Experience

### I am Vic. I *choose* Eskaton.

Experience a community where the surroundings are inspiring and:

- more than 9 of 10 residents like Vic **RECOMMEND** living there,
- you're **INVESTED** in the greater community through our nonprofit Foundation,
- you **FEEL SECURE** with complimentary smart sensor technology,
- you can **BRING YOUR BEST FRIEND** (we are pet-friendly),
- you **ENJOY LUXURIOUS AMENITIES** along with convenient services.

Come to an event here! Experience the Eskaton difference.

Pick up the phone or go online for more!

[eskaton.org](http://eskaton.org)

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

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

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



# Jury Duty Scam Nearly Costs Senior \$500

**SACRAMENTO REGION, CA (MPG)** - Better Business Bureau is warning area residents about a jury duty scam that nearly cost one senior Sacramento resident \$500.

The victim received a phone call informing him that he missed a jury duty summons. He informed the caller of his permanent waiver due to health reasons and that he is not required to perform jury duty. Undeterred, the scam artist pressed on.

“To fix this problem right away without further action against him, he would be required to pay \$500 right now. If he refused, the authorities would be by his home the following morning to take him into custody,” his caretaker recounted to BBB.

The resident became suspicious of the call when he was pressed to make payment immediately, and hung up the phone. Following a web search, the would-be victim found a report by Better Business Bureau warning consumers about jury duty scams. The Sacramento Superior Court also warns residents of scams like these, and on their website advises that if you receive a telephone call from someone identifying himself or herself as a court employee or an employee of the Sacramento County Sheriff’s Department regarding a failure to appear for jury service, this is a scam. Do not provide any personal information or pay them any money.

Avoid being the victim of a jury duty scam and remember:

- Watch out for the red flags. Courts almost exclusively contact consumers about jury duty by postal mail, not by phone or email. If you receive a phone call in the evening or late at night, it is also likely that it is a scam. Court-related calls should come during normal business hours.
- You cannot always rely on caller ID. Scam artists often spoof phone numbers of legitimate organizations to gain the victim’s trust. If you think you are being contacted by a scam artist, ask what their name is and where they are calling from. Hang up, and do a general web search or contact your local BBB to find the phone number yourself to verify.
- Never send money to someone you do not know. Court officials or police departments will never shake you down for payment or personal information over the phone. Requests for payment via wire transfer or prepaid debit card may also be signs of a scam.
- Think you may have missed a jury duty summons? Contact your local courts directly to find out if you missed a jury duty summons.
- Contact your local BBB. If you think you have been contacted by a scam artist, or are unsure how to contact your local court, contact your local Better Business Bureau at bbb.org.

Source: Better Business Bureau ★

LIVE BIG. BUILD SMART. HAVE FAITH.

25 YEARS

COACHING, MENTORING & BUSINESS ADVICE FOR ENTREPRENEURS, LEADERS & COACHES



## COMPANY CULTURE EXPERTS > TRANSFORMING LEADERS WORLDWIDE SINCE 1989

Since 1989, BusinessCoach.com has been transforming businesses and lives. Our holistic relationship-oriented approach to creating vibrant and healthy workplaces comes from a core belief that every human being has greatness inside them. Our passion is to work with companies that have a commitment to be great and want to learn how to create and implement a culture where people are thrilled to work.



2830 G Street, Suite 210, Sacramento, CA 95816 USA  
Office: 916-922-7766 | Email: info@businesscoach.com



# Sacramento County DA Reports

## Recent cases of interest



**CASE: Anthony Junkin**  
**PROSECUTOR:** Deputy District Attorney Darren Goodman, Domestic Violence Unit

District Attorney Anne Marie Schubert announced that Anthony Junkin was convicted by jury of pre-meditated attempted murder, and the allegation that he personally discharged a gun causing great bodily injury was found to be true. He was also convicted of two counts of making criminal threats, one count of witness intimidation, and one count of being a convicted felon in possession of a gun.

Junkin and his girlfriend shared a home in North Highlands. Junkin’s friend, Jason Hill, moved in with them for a short time. Junkin became jealous of his girlfriend’s relationship with Hill and started threatening them. His girlfriend attempted to break up with Junkin, but he would not leave her alone. He then threatened to kill her and Hill. On November 11, 2014, Junkin shot Hill in the back of the head. Hill survived the shooting, but the bullet lodged into his skull.

Junkin bragged to his girlfriend that he shot Hill. He later threatened she would be next if she went to the police. When he was arrested, a loaded .45 handgun was found in his possession.

Junkin faces a maximum potential sentence of 40 years to life in prison. Sentencing is set for September 18, 2015, at 9:00 a.m. in Department 22 before the Honorable Russell Hom.

**CASE: Wade Stevenson**  
**PROSECUTOR:** Deputy District Attorney Jennifer Kennedy, Major Narcotics Unit

District Attorney Anne Marie Schubert announced that Wade Stevenson was convicted by jury of manufacturing concentrated cannabis and recklessly burning an inhabited structure.

On January 22, 2014, firefighters responded to reports of a loud explosion and fire at an apartment on Mills Tower Road in Rancho Cordova. Law enforcement located an illegal butane honey oil extraction lab in the bathroom of a ground floor apartment. The blast blew out a neighboring apartment’s wall and window.

Stevenson was set on fire during the explosion and taken to the UC Davis Medical Center’s burn unit. As a result of the structural damage caused by the explosion, the apartment complex’s electrical, gas, and water supply had to be discontinued. As a result, 146 tenants were displaced from their homes.

Stevenson faces a maximum potential sentence of eight years in prison. Sentencing is set for October 2, 2015, in Department 20 before the Honorable Michael Sweet. ★

# 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<sup>00</sup>**



## 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.

## 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!



### 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

# ILoveMyFarmersMarket.com





10th Annual  
**Fair Oaks  
Chicken Festival**  
**Saturday, Sept. 19th**

10:00a.m.-6:00p.m.  
**Fair Oaks Village**

...**FREE**...  
**General Admission  
& Parking**

**www.fairoakspark.org**



**Old Fashioned Country Breakfast**  
8:00 a.m. - 10:30 a.m. ....\$5

**GREAT Chicken Contest**

**Cluck N' Crow Contest**  
12:00 p.m.

**Quality Crafts & Food Vendors**

**Craft Brew Tasting**  
11:30 a.m. - 5:30 p.m. ....\$2 tastes

**Kid's Park  
Unlimited  
Wristband**  
**\$5**

**Live Entertainment**

<b>Kick N 60's</b>	10:00 a.m.
<b>FBI</b>	1:00 p.m.
HEADLINER <b>Jagertown</b>	4:00 p.m.

**Presented by**



**FAIR OAKS**  
RECREATION & PARK DISTRICT

**Sponsored by**



**SMUD**



**HITMAN: AGENT 47 (Rated R)**  
**A Film Review by Tim Riley**

Eight years ago, Timothy Olyphant had the starring role of a humanoid killing machine in “Hitman.” He’s since gone on to better things, such as playing a determined U.S. Marshal in the long run of the TV series “Justified.”

Now, I can’t exactly remember if the original “Hitman” was good enough for a sequel, but somehow, in the back of my mind, the anticipation of “Hitman: Agent 47” to deliver the action goods at the end of summer seemed to be a reasonably justifiable expectation.

In this new “Hitman,” Rupert Friend comes along as the supposedly new and improved model known only as Agent 47, with a barcode tattooed at the back of his neck, which may come in handy when checking out the large stash of weapons he routinely needs for his assignments.

Much like his genetically engineered assassin predecessors, who apparently all used the same tailor, the baldheaded Agent 47’s indistinct style is that of sporting a crisp dark suit, a neatly starched white shirt and bright red necktie.

With his sartorial style accented by a colorful cravat, there’s no way that Agent 47 will inconspicuously blend into the scenery while running through the Berlin subway system or the streets of Singapore.

Whether intentionally drawing notice to himself or not, Agent 47, armed with an assortment of guns and knives, is on the hunt

## Riley Reviews

### EVEN WITH HIGH BODY COUNT “HITMAN” MISFIRES ON ACTION FRONT

for a mysterious woman named Katia von Dees (Hannah Ware), who has become the object of attention for nefarious purposes.

Another person on the trail of Katia is the suitably-named John Smith (Zachary Quinto), another secretive man. His intentions initially appear honorable, but he does have a curious interest in Katia’s obsession with searching for a mystery man for reasons unknown even to her.

Katia’s shabby apartment in Berlin includes a giant wall map covered in post-it notes and newspaper clippings, while large scrapbooks contain scribbled writings and renderings. She suffers a lot of flashbacks and exhibits signs of a heightened awareness of her surroundings.

We have no idea if Katia is suffering from trauma or a mental breakdown, but whatever it is, she is taking enough medications that one hopes she has decent health insurance. Of course, a good health plan is the least of her concerns once the shadowy John Smith and Agent 47 converge on the scene.

What are we to make of Agent 47, a supposedly cold-blooded killing machine absent conscience and human feelings? Is John Smith, a capable fighting force in his own right, really empathetic when he volunteers an escape route for Katia?

At the heart of the mystery is the reclusive Dr. Litvenko (Ciaran Hands), the man who engineered the Agent program years ago and now regrets his invention. Nefarious bad guys are looking for him to get the program refined to create even more insidious killing machines.

The question that won’t be fully answered here, lest a

certain amount of surprise is removed from the equation, is who is mostly responsible for wanting to create more mayhem in an already chaotic world?

There are signs pointing to an organization called Syndicate International, based in a gleaming Singapore high-rise, complete with the obligatory helicopter pad required for the criminal mastermind’s inevitable escape.

Note to self: any time the word “syndicate” is used to describe an organization, it’s an excuse to default to understanding this to be a criminal enterprise. After all, this was the case in the most recent “Mission: Impossible” film.

A good candidate for supreme leader of the forces of evil is Le Clerq (Thomas Kretschmann), if only because he is surrounded by machine gun-toting bodyguards and never leaves his fortified high-rise lair, even to mingle with his own staff.

As the story moves along, Agent 47, an unstoppable killing force of nearly inhuman skills, exhibits traits of humanity beneath the surface. But mostly, he’s just an indestructible machine capable of wiping out platoons of armed assailants.

Strip “Hitman: Agent 47” of its precious few moments of human interaction, and what you get is an orgy of gratuitous violence that is not surprising for a film originally adapted from an eponymous videogame.

The body count is so high in this film that it is easy to imagine that Agent 47 probably killed more people in the opening minutes than James Bond ever did in the entire span of the last 50 years of the 007 franchise.

In the end, it takes more than a plethora of shootings to make an action picture truly memorable on all fronts.

“Hitman: Agent 47,” with its moments of suspense, comes up short on character development. But who has time for that when gunplay and violent mayhem take up almost the entire 96-minute running time? ★

SUMMER SEASON 2015  
**FAIR OAKS THEATRE FESTIVAL**

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



**The  
Great American  
TRAILER  
Park  
CHRISTMAS  
Musical**

**Aug. 7  
Thru Sept. 6**  
**8:00 pm  
Fri., Sat., Sun.**

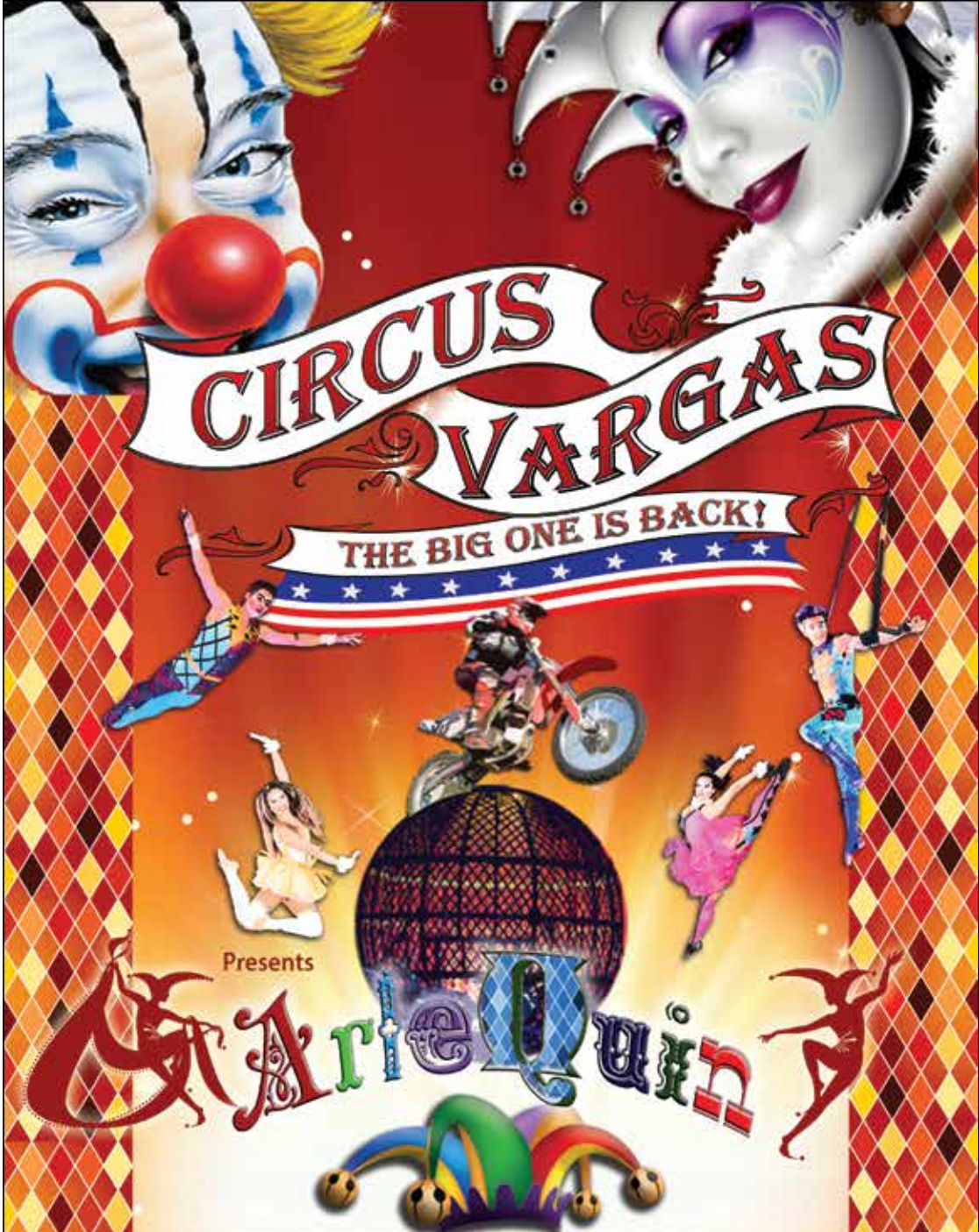
**General Admission  
\$18**  
Discounts for  
Seniors & Students

**Rated R**  
NOT for the  
entire family!

VETERAN’S MEMORIAL AMPHITHEATRE • FAIR OAKS VILLAGE • 7991 CALIFORNIA AVE.

**For Information: 916.966.3683**  
**www.fairoakstheatrefestival.com**

Directed & Choreographed By: Karen Bombardier • Vocal Direction By: Tracy Martin Shearer • Choreography By: Karen Bombardier  
Musical Direction By: Kirt Shearer • Music & Lyrics By: David Nehls • Book By: Besty Kelso



**CITRUS HEIGHTS**  
Sunrise Mall  
**September 10 - 14**  
Sponsored by: Sunrise Mall & Ben Ali Shrine

**ROSEVILLE**  
Westfield Galleria  
**September 17 - 27**

**Buy now!**  
**www.CircusVargas.com (877-GOTFUN1)**





# POPPOFF!

with Mary Jane Popp

iconic 1980s TV series Riptide and the made-for-TV movie The Cowboy and the Movie Star in 1998. It was after Cowboy that Perry decided he wanted to be his character. That’s when he purchased a 500-acre cattle ranch in the Sierra Nevadas, the King Ranch. He splits his time between the craziness of La La Land and the serenity of Northern California. But he had a dream—a dream to film a western on his own land. Now his dream has become a reality as he is shooting The Divide in the heart of Gold Country known as “The Divide.” So the movie is called The Divide.

The movie script was actually written to fit his ranch life. He and Janet Brown made it come together. I got to visit with

Perry on the set of his production, and he told me that a successful movie must make a promise. He told me that the script should make you get involved with the story and take away something that resonates in each of us. In The Divide there are three separate people who need help and redemption, each crushed by the weight of life. Sam Kincaid, Perry’s character, is in great pain. He is estranged from his daughter, his wife is dead, so what is left? I can’t tell you the ending, because you have to see the story itself. I can tell you it will relate to all of us who have dealt with loss and found a resolution.

Perry is also directing this movie, and I asked him if he doesn’t get a bit schizophrenic acting and directing



simultaneously. He laughingly said, “It’s like riding a horse and leading a horse at the same time.” But he loves cowboys and westerns and added that westerns were created here in the U.S. It’s a form of black and white, good versus bad. They have a purity of nature. He is less than pleased with so much—as he put it—“empty cartoon violence.” It might make money for the studios, but it has no redeeming value.

I also have to add that I have never met an actor like Perry King. He has character and is so willing to share his talents with others. That was verified by many, including Bryan Kaplan who stars in the movie. It’s nice to know actors like these still exist with all the nonsense we hear about in Hollywood these days.

The movie shoot will be completed by the end of September. Perry’s intent is to premiere

The Divide at the State Theatre in Auburn sometime next year. Guess what? That’s where I broadcast from—AM-950 KAHN, the noon news, and POPPOFF Radio Show. By the way, Perry will be joining me on POPPOFF after the filming is done. I really look forward to that promise.

After decades, Perry King’s dream is coming true each day. All the success, Perry. It’s much deserved! ★

## Windows & Patio Doors

Energy Efficient • Noise Resistant • No Stucco Damage



Celebrating 21 Years in Business!

Over 50,000 Satisfied Customers

- ✔ Quality Craftsmanship
- ✔ No Subcontractors
- ✔ Lifetime Warranties
- ✔ No High Pressure Sales
- ✔ InstallationMasters™
- ✔ Certified Installers
- ✔ AAMA & Lead Certified

**\$75 OFF**  
Per Window

**\$150 OFF**  
Per Door

Not valid with other offers or prior purchases. Expires September 16, 2015.

**SAVE**  
12 Months / No Interest  
Financing

Senior Discounts • Free Estimates  
On Approved Credit. Ask for Details

Check our reviews on **yelp.com**

Ranked among the Top NATIONWIDE by Qualified Remodelers



**www.BrothersHomeImp.com**  
**(916) 724-1480** CA Lic 699009

A True Family Business. Owned & Operated by NINE BROTHERS & SISTERS always striving for your COMPLETE SATISFACTION! Serving the area since 1994.

## Sacramento Hospice.com

**Hospice Resources**  
**Patient Needs**  
**Caregiver Needs**

## 20 Minute Educational Presentation and a Free Luncheon



### Sierra Hills Memorial Park & East Lawn Mortuary

#### 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 20-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.

Wednesday, August 26 (Dinner)  
6:30 p.m. to 7:30p.m.

Thursday, September 24  
11:30 a.m. to 12:30 p.m.

Friday, October 30  
11:30 a.m. to 12:30 p.m.

Sierra Hills Memorial Park & East Lawn Mortuary  
5757 Greenback Lane, Sacramento, CA 95841

Tel: (916) 732-2020 Lic#FD-1242 | RSVP: Jessica at jessicae@eastlawn.com

FD#136



**www.EastLawn.com**

## Living Trust Senior Special

with this ad

*If you have a house, you need a Trust.*  
*If you have a Trust, it needs to be up-to-date.*  
(Review of existing trust at no charge)

### SENIOR SPECIAL

#### Asset Protection Program includes the following:

- Revocable Living Trust • Powers of Attorney Financial • Powers of Attorney Healthcare
- Wills • One Residential Trust Transfer Deed
- No Charge for Notary Services • Prop 13 Protection
- Long Term Care Government Benefits Planning



### WILL ASSOCIATES

Richard H. Will  
ELDER LAW ATTORNEY  
Serving Seniors Since 1975

Avoid Probate —  
Call Today!  
**(916) 482-8897**

1337 Howe Avenue, Suite 103 • Sacramento • [www.willassociates.com](http://www.willassociates.com)

## A tradition of care and hospitality

...from our family to yours



[www.ciminocare.com](http://www.ciminocare.com)

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



**CIMINOCARE®**

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!





**2 MILITARY  
JET TEAMS**



  
**SACRAMENTO**  
COUNTY  
*presents*

**CALIFORNIA CAPITAL  
AIRSHOW**

*in partnership with*  
*a fresh take.*  
**RANCHO CORDOVA**  
CALIFORNIA

UNITED STATES AIR FORCE THUNDERBIRDS   CANADIAN FORCES SNOWBIRDS   F/A-18 SUPER HORNET DEMO TEAM  
WORLD-CLASS AEROBATICS, PYROTECHNICS, WWII AIRCRAFT, MILES OF ENTERTAINMENT, MUSIC, FOOD, AND INTERACTIVE EXHIBITS!

**OCTOBER 2-4, 2015**  
**MATHER AIRPORT**

[www.CALIFORNIACAPITALAIRSHOW.COM](http://www.CALIFORNIACAPITALAIRSHOW.COM)

**BUY YOUR TICKETS NOW!**