



Kindest Cut Launches New Health Program

Page 2

PLUS:
Orchard
Chosen as New
SMUD CEO

Page 3



AMERICAN RIVER MESSENGER

Volume 9 • Issue 9

Serving Fair Oaks, Orangevale & Sacramento County

First Edition for May 2014

George Runner:
When the Government
Takes Your Money
Illegally, Shouldn't You
Get it Back?



Page 9

**United Way Collects
1,427 Children's Books**



Page 8

Jodie Myers:
Conscious Un-Mothering



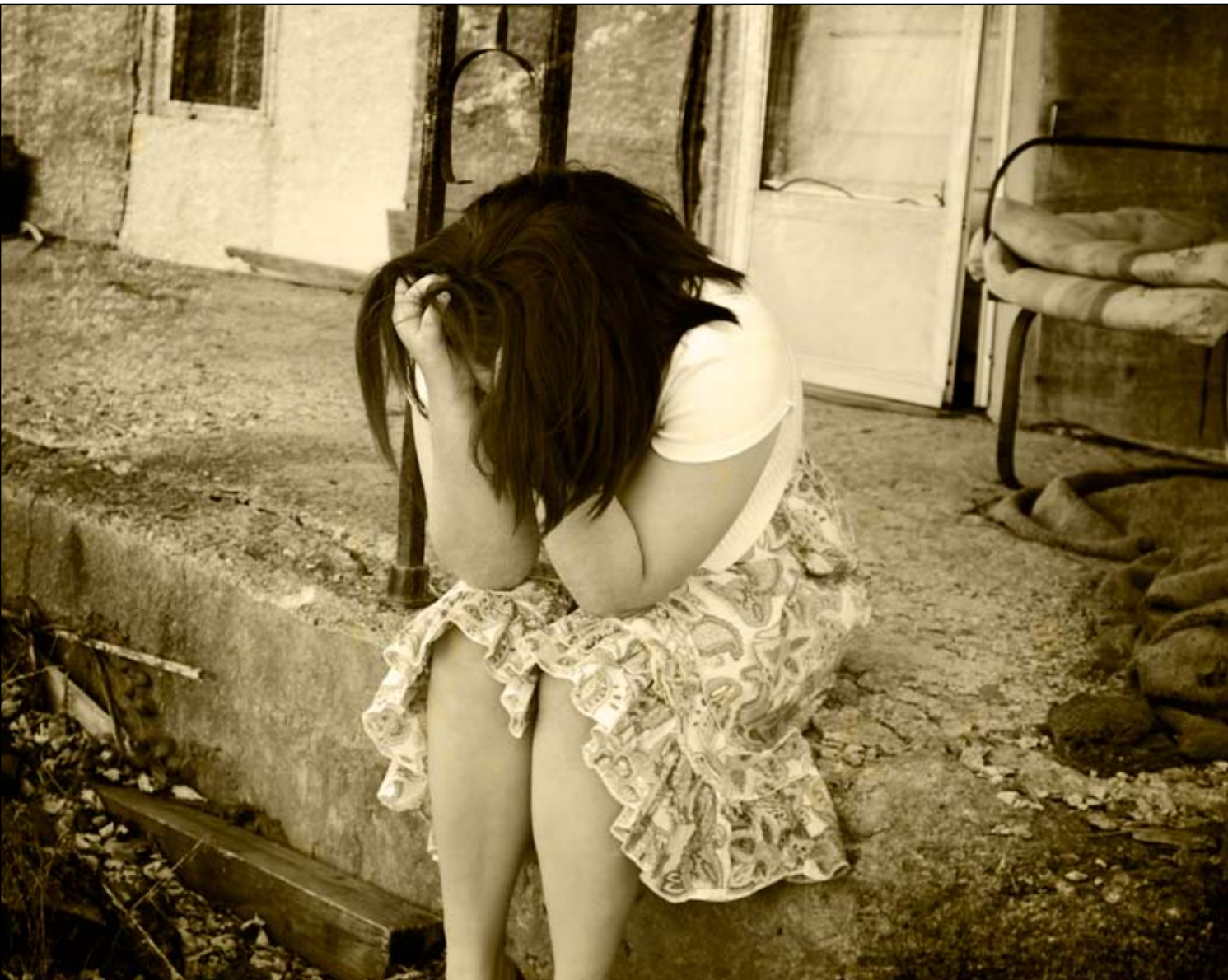
Page 10



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

PRESORTED STD.
US POSTAGE
PAID
PERMIT 350
Carmichael, CA
Change Service Requested

Art Combats Human Trafficking



Human sex trafficking is a lucrative industry and has been identified as the fastest growing criminal industry in the world second only to drug trafficking. Events are a great platform to educate and bring awareness.

FAIR OAKS, CA (MPG) - On May 17, 2014, the third annual ArtOfFreedom event will take place from 10 a.m. to 2 p.m. at 4700 Chicago Avenue in Fair Oaks. This hands-on experience, organized by MadeForThem™, is designed to educate and energize the Sacramento community, and invites individuals to come together to stand against human sex trafficking.

ArtOfFreedom will feature a survivor's story of courage, local mixed-media artist Judith Monroe, and Courage

Worldwide Founder and CEO, Jenny Williamson.

For the first time in the Sacramento area, ArtOfFreedom will be held in a garden setting at a private and historic residence in Fair Oaks. At this unique event, local artist Judith Monroe will teach a hands-on art experience to guests of all levels of artistic ability. Women will have the opportunity to experience freedom through art, creating a masterpiece all their own. Each guest will be given a blank canvas, symbolic of the fresh start

that survivors coming out of slavery are given. From the novice to the experienced, everyone leaves inspired.

Guests walk away with their own tangible piece of mixed media art they created while nibbling on artistic foodie creations and enjoying an afternoon with girlfriends new and old.

The intent of this fun and innovative event is to remind women of the freedom we have to be ourselves while bringing awareness to the millions in slavery who hope to one day find their

own artistic expression. Create Art. Create Change.

Human sex trafficking is a lucrative industry and has been identified as the fastest growing criminal industry in the world second only to drug trafficking. MadeForThem™ is committed to making a significant impact against modern day slavery by raising awareness and resources. Events are a great platform to educate and bring awareness.

For event tickets and information, visit www.madeforthem.org/artoffreedom-sacramento.

Courage Worldwide (CWW) is an international, 501 c(3) non-profit Christian organization that is building homes around the world for children rescued out of sex trafficking. It is their passion and vision to build Courage Houses in every city that needs one so rescued children will have a safe place to call home. They also want to eradicate sex trafficking completely. For more information, visit www.courage-worldwide.org

MadeForThem™ is a non-profit 501(c)(3) that began with a vision to help raise awareness and resources to combat human trafficking using the arts. Using fashion and events as a catalyst, MadeForThem™ is evolving into becoming a leading national organization that uses fashion to raise awareness and resources for the 27 MILLION Men, Women and Children in forced labor and sexual exploitation. The company's headquarters are based in Central California, driving our proceeds to organizations combating human trafficking issues regionally and around the world. For more information, visit www.madeforthem.org.

Judith Monroe is a photo-based mixed media artist, born and raised in California. After receiving her journalism degree, she and her husband traveled the world courtesy the U.S. Army, returning home to California with two children. Always creating wherever she went, Judith has incorporated mixed media with photography for over twenty-five years. She shares her passion for art and photography while teaching at Sierra College, and her artworks are included in public and private collections from Sacramento to Scotland and shown in galleries throughout California and Arizona. For more information, visit www.judithmonroe.com

Source: Courage Worldwide, www.courageworldwide.org ★

Del Campo JR ROTC Welcomes Returning Hero

By Susan Maxwell Skinner

FAIR OAKS, CA (MPG) - Returning hero Colonel Earl Farney was guest speaker at Del Campo High's recent ROTC Military ball at Carmichael Elks. Now 78, Farney established the school's award-winning ROTC program. He is now retired and living in Camdenton, Missouri.

When invited to fly west for the event, the Col replied: "You realize it's 2000 miles from Missouri to Fair Oaks? Sure, I'll be there."

Respected by a quarter-century of Del Campo (San Juan District) students, his homecoming was an old war horse's tour of honor. Farney's Air Force career spanned 56 years and included long periods of continuous alert during the Cold War. He also served two tours in Vietnam and flew 100 combat missions over Cambodia. A master navigator and missile man, his Whiteman AFB squadron was the first to earn the "Golden Missile Trophy" as the best missile squadron in the 8th Air Force. At the age of 42, (then) Major

Farney was cited for heroism after a 1972 mission over Hanoi. His B-52 aircraft received serious damage from enemy surface-to-air missiles but managed to return to base. This adventure earned Farney the Distinguished Flying Cross. His other decorations include the Legion of Merit, a Meritorious Service Medal and a Vietnam Gallantry Cross.

In 1986, he activated the California 863 Air Force Junior ROTC Cadet Squadron at Del Campo and served as senior aerospace science instructor until his 2011 retirement. Now led by Col

Robert Dominguez and Master Sergeant Noah Dula, the unit continues Farney's top-rated academic traditions and routinely supplies honor guards for community events. A spit-and-polish highlight of the ROTC year, the cadets' Military Ball also salutes departing seniors who passed through the program.

"The unit is a credit to its instructors and cadets," said Farney. "Many graduates have achieved great distinction in the military and private sector. 'I couldn't be more proud of what we helped establish here.' ★



Colonel Earl Farney (center) joined Del Campo High School VIPs for the ROTC unit's 28th annual Military Ball in Carmichael. Flanking Farney were Master Sergeant Noah Dula, Mrs Merle Farney, Mrs Christina Dominguez and Colonel Robert Dominguez. Photo courtesy Earl Farney.

The Perfect Combination!

AME
MESSENGER

An Educational Feast

CLINCHED!
No capture A.J. Most title
has secured your attention

THE SACRAMENTO BEE

START YOURS TODAY!

✓ **American River Messenger delivers your local community news 24 issues a year.**

✓ **Get The Sunday Sacramento Bee!**

BOTH NEWSPAPERS FOR ONLY \$15⁰⁰ FOR 6 MONTHS!

See inside for details

Kindest Cut Launches New Health Program



San Juan School District children will be among beneficiaries of the program. Thomas Edison Elementary pupils joined physician and Congressman Ami Bera (back, center) to inspect the mobile clinic.

Story and Photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Joining VIPS at the ribbon-cutting, grade school kids’ excitement might have heralded an ice cream parlor opening. If not dessert, Thomas Edison Elementary pupils were getting something they deserved, access to wellness.

They beheld a first of its kind vehicle for Sacramento. The new mobile health clinic will deliver a program dubbed Health on Wheels. In the style of traveling libraries and blood drives, the 44 foot van will roll into San Juan District schools this summer. With a \$400,000-plus price tag, it contains two state of the art examination rooms. Children and parents from low-income and immigrant neighborhoods will be among the first customers.

Elica Health Centers are federally qualified health centers and have added the vehicle to their Sacramento services. A grant

partnership between Elica and San Juan School District enabled Affordable Health Care Act funding for the purchase. At-risk children, including those from Encina High and Howe, Dyer-Kelly, Thomas Edison and Greer elementary schools, may seek treatment from onboard medical professionals.

The truck’s other function is to initiate children and families into health care systems. It will also provide referrals to hospitals and benefit programs. The clinic may also visit at-risk folk through churches, food banks and homeless shelters.

“We are breaking out of traditional boxes by reaching people who have not been reached before,” said Elica CEO Elizabeth Cassin at the truck’s recent welcome event. “We can take pride (in improving) the health of our under-served and immigrant families.”

Kaiser Permanente Chief Physician Robert Azevedo

(whose organization joined Dignity Health as co-sponsor) deemed the 44 ft van “a wonderful gift.” He predicted it would help “some of the most vulnerable people in the community.”

Fellow ribbon cutter Congressman Dr Ami Bera added: “Speaking as a doctor, I know it’s not enough to give someone an insurance card. If you don’t have access to a doctor or nurse, you don’t have access to care.”

Those selected San Juan schools serve diverse and needy populations; most students receive free or subsidized lunches. San Juan District Superintendent Kent Kern predicted the mobile clinic would make students “healthier, happier and more ready to learn.”

For more information on the Health On Wheels program, visit www.elicahealth.org.

Senior Financial Crime Victims Could Receive Aid

SB 847 approved by Senate Public Safety Committee on 7 – 0 vote

SACRAMENTO REGION, CA (MPG) - Seniors victimized by fraud and theft would be eligible for limited assistance through the state’s Victim Compensation Fund under SB 847, a measure approved Tuesday in the Senate Public Safety Committee.

SB 847 by Senator Marty Block (SD-39) would add seniors and dependent adults who suffer financial abuse to the list of victims eligible to receive reimbursement for mental health and financial counseling from California’s Victims of Crime Fund. The state fund is financed through restitution

finances imposed on convicted defendants.

Currently, crime victims may receive reimbursement for the financial or pecuniary losses they suffer as a direct result of criminal acts, but elder and dependent adult financial abuse is not among the crimes eligible for reimbursement.

“Seniors are easy targets for financial predators who take advantage of their loneliness, isolation and vulnerability,” Block said. “The financial loss of savings and other income can be devastating, especially if it is caused by the acts of a trusted family member or friend. Elder victims need help to recover financially and emotionally.”

Block added for too many elders

and dependent adults the loss results in depression, emotional distress, and even suicide.

SB 847 establishes a maximum reimbursement of \$1,000 for financial counseling and a combined reimbursement amount of \$2,000 for mental health and financial counseling.

It is sponsored by the California Commission on Aging and also supported by the California Police Chiefs, AARP, Crime Victims United, the California Assisted Living Association, the Consumer Federation of California and the California Welfare Directors Association and others. ★

Source: Senator Marty Block



FAIR OAKS CEMETERY MEMORIAL DAY AND AVENUE OF FLAGS CEREMONY



The Fair Oaks Cemetery District and the Memorial Day Ceremony Committee will be holding one of the most popular and inspiring Memorial Day ceremonies in the area again this year.

The Sixteenth Annual Memorial Day and Avenue of Flags Ceremony will be held Saturday, May 24, at the Fair Oaks Cemetery, located at 7780 Olive Street, Fair Oaks. The formal ceremonies start at 10 AM. This year’s theme is to honor “Families of Fallen Heroes”.

Over the years, beginning when the Plymouth Colony was at war with the Pequot Indians, the Pilgrims passed a system of compensating veterans and their families. Congress has continued through the years to improve the benefits system for the families of War.

In spite of these benefits, the families still need our emotional support. The Fair Oaks Cemetery’s Memorial Day Ceremony is a fine example of how we, the community, say thank you to the families for their sacrifice.

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

A formal Color Guard and Rifle Salute Team will provide military honors and assist with the laying of the wreath at the memorial in honor of over seventeen hundred veterans who are buried in the cemetery.

The musical program will be provided by the American Veterans Band, conducted by Warren “Bud” Turner. Refreshments will be served at the conclusion of the ceremony by the Orangevale Fair Oaks Grange & Fair Oaks Historical Society.



Takeoff to Hawaii with CLASSIC VACATIONS and CWT Vacations & SAVE!



Waikiki Beach Marriott Resort & Spa

- \$225 air credit
- Every 4th night free
- Daily buffet breakfast for two
- Ocean View

4 nights from \$709 per person

Book by 12/13/18 and Travel by 12/18/14



Wailea Beach Marriott Resort & Spa

- \$200 air credit
- Every 5th night free
- Daily buffet breakfast for two
- Garden View

5 nights from \$979 per person

Book by 12/13/18 and Travel by 12/18/14

HAWAII AIR CREDIT: If each adult traveler purchases an optional Classic Vacations travel protection plan, the party's total package price (including the travel protection cost) will be reduced by the value of the Hawaii air credit. The credit will vary and increases with length of stay. Each credit is per booking, not per traveler. Combable with select Classic Hawaii promotional offers. Offers are subject to availability at time of booking and may be changed or discontinued at any time without notice. Minimum night stays, minimum stay requirements on air, seasonal surcharges, resort fees (if any), and other restrictions may also apply. Some booking and travel dates may vary. Other promotions and departure dates available which may result in a different rate and/or hotel inclusion. Customer is responsible for hotel taxes and fees on the free night offers. Offers valid on new bookings only. Prices shown are per-person, land only based upon double occupancy, except if expressly noted otherwise. Offers are subject to availability at time of booking and may be changed or discontinued at any time without notice. Blackout dates, minimum night stays, minimum stay requirements on air, seasonal surcharges, resort fees (if any), and other restrictions may also apply. Individual offers may require purchase of Travel Smart Plan or travel waiver. Offers are not valid for Group Travel. Some booking and travel dates may vary. Other promotions and departure dates available which may result in a different rate and/or hotel inclusion. Customer is responsible for hotel taxes and fees on the free night offers, where applicable. For those properties where Classic Vacations has access to dynamic pricing rates, those rates will likely fluctuate from time to time based on market conditions and other factors beyond Classic Vacations control. Classic Vacations CST# 2079429-20. 134-0414



CALL 773-1111 TO ADVERTISE www.AmericanRiverMessenger.com



Publisher, Paul V. Scholl

AMERICAN RIVER MESSENGER

“Written by the people, for the people”

Publisher’s Statement: It is the intent of the *American River Messenger* to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. 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.

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*, 7405 Greenback Lane, #129, Citrus Heights, CA 95610. Subscription rate is \$25 per year; \$30 per year in Sacramento and Sacramento county; \$40 per year outside Sacramento county. *American River Messenger* is published twice monthly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

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

Advertising Sales Paul V. Scholl
Bill Martin • Linda Harper
Banerjee Designs • Stump Removal Graphics

Graphics & Layout

Contributing Writers Susan Skinner • Mary Jane Popp • Marlys Johnsen Norris • Tim Reilly
David Dickstein • Dave Ramsey • Dr. E. Kirsten Peters • Kay Burton
Dr. Bob Graykowski • Julie Parker
David Graulich • Ronnie McBrayer

Distribution Assistant Gabriel Scholl
Accounting Nicholson & Olsen CPA

Web Master RJ at thesitebarn.com • JWS Promotions • Mikahn Design

News Services Whiskey & Gunpowder • StatePoint Media • NewsUSA • PRWEB NewsWire
North American Precis Syndicate • Blue Ridge Press • ARA Content
Family Features • WorldNetDaily
Amadora Morello • Susan Skinner

Photography

Member of Carmichael, Citrus Heights, Fair Oaks, and Orangevale Chambers of Commerce

We are proud members of these newspaper associations.



American River Messenger is a member of Messenger Publishing Group



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.

Transportation is the Topic

My next Community Coffee Meeting will be on Wednesday, May 21, featuring guest speaker Sacramento County Transportation Director Michael Penrose who is responsible for maintaining more than 5,200 lane miles of paved roadway in the unincorporated area. Here’s an opportunity to hear first-hand about the challenges facing our transportation infrastructure.

I host these Community Coffee Meetings five times throughout the year with guest speakers on topical issues in the morning at 7:30 a.m. at the Fair Oaks Water District’s conference room, 10326 Fair Oaks Blvd.

near Winding Way. For a list of future meeting dates, please visit my webpage at bos.saccounty.net.

Family Fun at the County Fair

The 2014 Sacramento County Fair will be held May 22–26 at Cal Expo. Activities include a carnival, food, barn animals, music, and shopping.

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

Separate special entertainment includes a demolition derby on Friday night, May 23, the Stars and Stripes Invitational Bull Riding Event on Saturday night, May 24, the Gran Jaripeo (Mexican Rodeo and Fiesta) on Sunday, May 25, and Freestyle Motocross on Monday, May 26.

Please visit sacfair.com for more information.

Honoring Those Who Served

Memorial Day is a special occasion we as a nation remember those who served in the Armed Forces and made the ultimate sacrifice for our country – and the Fair Oaks Cemetery District will be holding its annual Memorial Day and Avenue of Flags Ceremony at the cemetery on Saturday, May 24.

Located at 7780 Olive Street in Fair Oaks, the cemetery will be decorated with hundreds of

flags lining its roadways and the program will include military honors as well as the laying of the wreath at the memorial in honor of the more than 1,700 veterans at the cemetery.

The formal ceremony starts at 10 am. For more information, please visit fairoakscemetery.com.

Alcohol Ban keeps Parkway Family Friendly

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

Past holiday weekends had become major problems along the American River due to excessive alcohol consumption resulting in public nudity, profanity and littering. That led the Board of Supervisors to restore decorum through the ban and families I have talked to have expressed appreciation for making the holiday weekend a time again for everyone to safely enjoy the Parkway.

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

Orchard Chosen as New SMUD CEO

SACRAMENTO REGION, CA (MPG) - Arlen Orchard, general counsel, has been named to succeed John Di Stasio as the Sacramento Municipal Utility District’s (SMUD) general manager and chief executive officer.

Orchard, a 24-year SMUD veteran, verbally accepted the offer from the SMUD Board of Directors to fill the GM position after a national search. The appointment was finalized when the SMUD Board of Directors issued a formal approval at its April 3rd meeting. Orchard assumed his new position April 12th. Di Stasio’s last day as GM and CEO was April 11th. Di Stasio announced his retirement last fall after working at SMUD for more than 32 years.

“I am honored to be chosen by the Board of Directors and humbled to be given the opportunity to run this great organization,” said Orchard. “That the Board chose from among the internal candidates speaks highly of the excellent work of SMUD’s staff over the years.”

Orchard says the focus on the customer and the community will continue to power SMUD forward. “The utility industry and SMUD have many opportunities



Arlen Orchard

and also face many challenges. The guiding principle of delivering the best possible service and reliability at the lowest possible rates will continue to make SMUD a key community leader,” said Orchard.

“SMUD attracted many strong candidates, each eager to lead one of the most progressive utilities in the world,” said Genevieve Shiroma, president of SMUD’s Board of Directors. “After many interviews, followed by thorough deliberation, it became clear that Arlen was the best choice to navigate SMUD through the increasingly complicated legislative and regulatory

environment, while keeping our power generation running, making progress reducing our carbon footprint, and ensuring that electric rates remain affordable,” Shiroma said. “Arlen’s expertise as SMUD’s general counsel for more than a decade will serve our customer-owners very well.”

Orchard moves to SMUD’s top post after serving as general counsel for SMUD since 2001. In that capacity, he served as SMUD’s top lawyer.

Orchard joined SMUD in 1990 as a staff attorney and served as assistant general counsel before accepting the general counsel post. He serves on the Board of Trustees for the Northwest Public Power Association and as the general counsel for the California Municipal Utilities Association. He also serves on the Boards of Directors of Capital Stage, a nonprofit professional theater company, the Greater Sacramento Urban League and the Sacramento Metro Chamber of Commerce.

Source: Sacramento Municipal Utility District

Kaiser Medical Center Receives Top Safety Score

SACRAMENTO REGION, CA (MPG) - Kaiser Permanente Sacramento Medical Center has received the top score of “A” by The Leapfrog Group in its annual safety report, which examined and graded more than 2,500 hospitals throughout the United States.

The Leapfrog Group, an independent national non-profit run by employers and other large purchasers of health benefits, released its Hospital Safety Scores on Tuesday after

examining publicly available data on patient injuries, medical and medication errors, and infections at U.S. hospitals, which were then assigned A, B, C, D, or F grades for their safety records.

“We’re extremely pleased to be recognized by an “A” ranking because it affirms that patient safety is a top priority for Kaiser Permanente,” said Ron Groepper, area manager and senior vice president for Kaiser Permanente, Sacramento. “This

couldn’t have happened without the dedication of our physicians, nurses and staff who work hard every day to provide world-class care to our patients.”

A total of 19 Kaiser Permanente hospitals in Northern California received “A” scores, including the Roseville and South Sacramento medical centers.

“Our highest priority is to provide safe, effective, and efficient care,” said Rob Azevedo, MD, the physician in chief of

Sacramento Medical Center. “The ‘A’ grade reflects the commitment our hospital has made to provide an integrated, technologically enabled approach to patient care.”

The Leapfrog Group is a coalition of public and private purchasers of employee health coverage founded in 2000 to work for improvements in health care safety, quality and affordability. It is an independent advocacy group working with a broad range of partners,

including hospitals and insurers. Since 2006, the organization has published an annual list of Top Hospitals in the U.S. using national measures of health-care quality, safety, and efficiency. This is the third year it has published the Hospital Safety Scores, which use 28 measures of publicly available hospital safety data to produce a single score representing a hospital’s overall capacity to keep patients safe from infections, injuries, and medical and medication

errors.

To see all hospital scores as they compare nationally and locally, visit www.hospitalsafetyscore.org, the Hospital Safety Score website, which also provides information on how the public can protect themselves and loved ones during a hospital stay. Local hospitals’ scores are also available on the free mobile app, available at www.hospitalsafetyscore.org.

Source: Kaiser Permanente

SAC COUNTY
311
CONNECT

PHONE

WEBSITE

APP

YOUR LINK TO COUNTY SERVICES

Report Issues in Your Neighborhood Such As:

- Abandoned Vehicles
- Abandoned Shopping Carts
- Animal Issues: Stray or Deceased
- Code Violations

- Curb, Gutter or Sidewalk Repair
- Graffiti
- Illegal Dumping
- Potholes
- Street Light Problems

SACRAMENTO
COUNTY

It's as easy as dialing 3-1-1
www.311.saccounty.net • 3-1-1 or 916-875-4311

SAC COUNTY
311
CONNECT

Your Link to
County Services

DISCOVER *the difference*

Celebrating our older American

Now it's your turn to enjoy life...you've earned it.

Home is Crosswood Oaks where...

New Friends are waiting!

Crosswood Oaks's proud to support our Veterans, thank you for your Service.

Call 916-969-6161

for a complimentary Lunch and Tour

CROSSWOOD OAKS

An Independent Living Community

6650 Crosswoods Circle
Citrus Heights, CA 95621

tel 916-969-6161 | fax 916-726-4223

Visit us online at crosswoodoaks.com



POPPOFF!

with Mary Jane Popp

I tried to put on a happy face and joke and tease when I was with her until I got in the car and the tears would come for the Mom I used to know. I knew she was well taken care of. I saw her most every day, but I felt helpless that time marched on and I could not stop the progression of her condition. Yes, she slowly drifted away from me and this life, so when she passed, I knew it was better for her to leave and rest in peace with no more pain or anguish.

Then the healing began, or so I thought. You go through the whole bad time and think “There was more that I could have done,” yet realize that was not in fact true. You know that intellectually, but not emotionally.

My DAD passed many years before MOM, and it’s strange how one comes to grips with one’s own mortality when both parents pass on. Saying that, I slowly began to remember the better days. Were all the memories positive? No, but then that’s reality. Mom had a very negative nature. You know what I mean. It’s the type of personality that, if I took a trip, “OMG, your plane is going to crash” type of personality. Sometimes it made me crazy. Happily, I took after Dad who was just the

opposite. I guess opposites do attract. But we had some wonderful times together on trips to all parts of the country, and she had a laugh that you could pick out of a crowd and had to laugh with her.

We loved her old fashioned cooking and Christmas was a glorious time of year. She loved watching my brother and me perform on stage. I sang, he played the accordion, and she loved meeting the celebs I would have on my Radio and TV shows. She passed on some great gifts to me, like always dressing impeccably. But perhaps the greatest gift she gave to me was her gift of gab. She could talk to anyone about anything. It sure helped in the business I chose. She also loved to dance and sing. Guess that gene got passed on too.

When I look back now, it’s the good times I recall. The bad times just don’t matter. It’s the beautiful woman with gorgeous blue eyes and blonde hair who is in my heart. I only wish I could hug her one more time.

If your Mom is still with you, give her a hug for me. Let her know you care. The time will come when you too will wish for that last hug! Love to you Mom and HAPPY MOTHER’S DAY to all! ★



By Pastor Ray Dare

You were made for more than just getting up and going to work and coming home and getting up and doing it all over again and again for 50 or 60 years. You must understand that you are a person of destiny. You are here in God’s divine plan. He has strategically placed you here at this particular time in history because He has great confidence in you to be the person He’s made you to be for Him. God didn’t choose Moses, or David, or Paul to live in this hour. He chose you to live in this hour to make a difference with your life.

The Bible tells us in 1 Timothy 1, to “Stir up the gift of God...” that is within us. God is counting on you to make a difference and He has given you incredible gifts and talents that must be developed. The enemy will tell you you’re just a housewife. You’re just a businessperson. You’re just a plumber. You’re just an accountant...whatever. No. Listen friend, God has given you something very important to do for Him. You’ve got to be obedient, you’ve got to be open to following

You Are a Person of Destiny

the God-given dreams and desires He’s put on the inside of you.

So many people are waiting for a big voice to boom out of heaven to instruct them what to do. But most of the time, it’s not like that. It’s going to be a simple desire. The Bible talks about “A still, small voice”. You may be sitting around waiting for the right time to do what God’s been telling you to do. You think as soon as my kids get out of school, I’ll do it. I’ll be obedient to God. I’ll get involved. As soon as this big project at work gets over, then I’m going to get involved. Whenever the right time comes, then I’m going to do what God’s calling me to do. But friend, you all know as well as I do, there will never be a right time. The time to do what God’s telling you to do is right now. We’ve got to quit making excuses. Everyday you put it off you’re missing out on God’s best for your life.

Jesus told a parable of the talents in Matthew, chapter 25. I encourage you to read it today.

God has given every one of us talents. Let me ask you a very important question today, what are you doing with the talents God has given you? Are you making the most of what God has entrusted you with? Or are there weights that are holding you back? Are you too busy to come to church on a regular basis? Are you letting the enemy deceive you into thinking

you don’t have what it takes to do what God’s telling you to do?

Let me challenge you- Don’t hide your talents anymore. You’ve got to stir yourself up and step out in faith and do what God’s been telling you to do. You will never be truly fulfilled if you compromise what God has put on the inside of you. Get in the race. Get involved. Act on the dreams and desires He’s put in your heart. You have seeds of greatness on the inside of you. You have more to offer this world than you can imagine.

I believe we’re living in a very historic and critical time in God’s timetable. He’s counting on us to rise up and to make a difference in this generation. Soon, you and I will be giving an account to our Master as to what we’ve done. Let’s make the most of the time. Be serious about your relationship to God. Stay focused on the things of God. Stay in church. Be faithful in your tithe. Don’t hide your talents anymore. Be quick to obey God. If you will dare to step out in faith and begin developing the potential He has placed within you, God will be pleased. ★

Pastor Ray
New Beginnings Church
YOU’RE INVITED.
Sunday service at 10 am
“We Do Church Differently”
www.NBC4U.org



It’s Tour Time!

Take a self-guided tour of the 2 acre *Antelope Garden* for ideas on creating your own water efficient landscape.

Open May 1 to October 31, 2014
Monday through Friday
Second and Fourth Saturdays
9:00 a.m. to 3:00 p.m.

FREE Admission



7800 Antelope North Road
Antelope



POTOCKI FAMILY CHIROPRACTIC

SPECIAL VALUE!
\$79⁰⁰
SPRING OFFER!

THE NATURAL WAY TO GOOD HEALTH

Consultation, Exam, X-Rays, Second Day Report of Findings and First Adjustment

\$79⁰⁰* A \$265⁰⁰ Value

* 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

You’re Invited!



“We Do Church Differently”

Sunday Mornings at 10am

We are creating...

- Quality Children’s Programs
- Meaningful Friendships in Small Groups
- Ministry for Healthy Families and Marriages
- Contemporary Worship in which God is experienced

We Meet At:
Foothills Community Center

For More Information
(916) 992-1997

“A Community Church Your Entire Family Will Enjoy”

www.NBC4u.org





CALL 773-1111 TO ADVERTISE
www.AmericanRiverMessenger.com

Best of Fair Oaks 2014



Three lucky winners will get four Regular Season game tickets to the Sacramento River Cats
Vote Now at www.BestofFairOaks.com

You're Invited!

Experience area restaurants, wineries and regional microbreweries at the 12th Annual Taste of Fair Oaks.

You can sample wine, beer, food and desserts. There will be music, a golf putting contest (\$5,000 grand prize!), gift raffle and silent auction.

A portion of the proceeds will benefit a local non-profit charity. The Taste of Fair Oaks is the largest Chamber fund raising event of the year. Attendees must be 21 years of age or older.

Tickets will sell out fast so don't miss your chance to attend one of the best Taste of Fair Oaks events!

\$40 per ticket before May 30th
\$50 at the door or after May 31st

Friday June 6th, 2014 • 6-9:30 p.m.

North Ridge Country Club,
7600 Madison Avenue (at Mariposa)

Best of Fair Oaks 2014

List of Categories

1. Best Breakfast Restaurant _____
2. Best Lunch Restaurant _____
3. Best Dinner Restaurant _____
4. Best Burger in Town _____
5. Best Pizza in Town _____
6. Best Family Fun Spot _____
7. Best Grocery Market _____
8. Best Spa/Hair Salon _____
9. Best Health/Fitness Spot _____
10. Best Car Care Service _____
11. Best Pet Care Service _____
12. Best School _____

Award will be given for the Top Vote Getter

Name _____ Telephone _____
Address _____
City _____ Zip _____ Email _____

Contest Rules

Businesses must be located in Fair Oaks.

All votes must be received no later than June 4th at 6:00 p.m. at the office of Messenger Publishing Group.

Votes can be made either by mailing this form to American River Messenger at 7144 Fair Oaks Blvd, Suite 5, Carmichael, CA 95608, or by completing the online form at www.BestofFairOaks.com.

Only one vote per category per person. All voting entries must have complete information or the votes will not be counted.

Best of Fair Oaks winners will be presented at this year's "Taste of Fair Oaks" event.

This year's event will be held at the North Ridge Country Club, 7600 Madison Avenue (at Mariposa), Fair Oaks. The event is scheduled for Friday, June 6th, from 6:00 – 9:30 p.m.

To purchase tickets for this event please call (916) 967-2903 or go to www.FairOaksChamber.com



CALL A PROFESSIONAL!

Business & Service Directory

LANDSCAPE SERVICES

SLS

Superior Landscape Services
Landscaping and Maintenance

- Sprinkler Repair/Install • Pruning
- Mowing/Trimming • Fertilizing

Insured
Lic#794551

(916) 728-5812 • Cell (916) 761-0999
Dave Cochran Owner • dave_SLS@surewest.net

DRUG AND ALCOHOL REHABILITATION

CLEAN & SOBER
LIVING
CSTL, Inc.

HELPING PEOPLE AND THE COMMUNITY WITH
THE ALCOHOL AND DRUG PROBLEM!
18 YEARS IN BUSINESS!

DETOX (916) 965-3386

SOBER LIVING (916) 961-2691

DENTAL CARE

HMF Family

DENTISTRY
Located at 11230 Gold Express Dr. #306
Gold River, CA • 916-852-7660

• Restorative and Cosmetic Dentistry • Oral Sedation

• Invisalign • Extractions (including wisdom teeth)

• 1 hour Teeth Whitening (as seen in extreme makeover)

• White Fillings • Digital X-Rays (uses less radiation) • Financing Available

SOLAR POWER



STEINER'S SOLAR

ELECTRIC | POOL | HOT WATER

www.steinersolar.com 916 681-5872

QUALITY WORK SINCE 1981 FREE ESTIMATES CL #887507

CHILD CARE



JUST BABIES

...a healthy, loving,
educational environment
for your infant

Lic # 343619790

916-261-9598

sophiabenedettojustbabies@gmail.com

CEMETERY SERVICES

*Respectful,
Affordable Burial*

Endowment Care Facility
Beautiful Park like setting
Monuments allowed • Cremation Niches
Commingle Scattering Garden
Quality & Affordable Service

Fair Oaks Cemetery District

7780 Olive St., Fair Oaks, 95628

916-966-1613

PET SITTING SERVICE

Professional, Loving
PET CARE

Established Reputation
Kennel Free Environment
Lots of TLC

Call Madeline

(916) 723-1608

HOME OWNERSHIP

1st Time Home Buyer??



Me out

Charles Vines

Broker Associate
(916) 216-9349
DRE# 01789423



Scan QR Code to see YouTube Video

COMPUTER SERVICES

YourAppleGuru.com

PERSONAL TRAINER

for your
iPhone, iPad,
iMac, MacBook,
Apple TV



Expert Experienced Help
Beginners to Advanced Users
Reasonable Rates

(916) 996 - 0609

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

PRINTER AND COPIER SERVICE

Specialties Plus

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



Specializing in Digital
Printers, Copiers,
Fax & Multifunction
Machines

E-mail:
specplus@comcast.net
(916) 723-8430

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

American Standards

HEATING AND AIR CONDITIONING

**13 SEER Equipment
Change Out System**

starting
as low as

**\$4,995
INSTALLED!**

CALL FOR AN IN-HOME ESTIMATE

916-224-3629

LIC#845319

make a real
connection

Call Livelinks.
The hottest place to meet
the coolest people.

Try it Free!

800.920.5217



Ahora en Español 18+



Messenger Publishing Group

STATEPOINT CROSSWORD • WORLD WAR II

CLUES

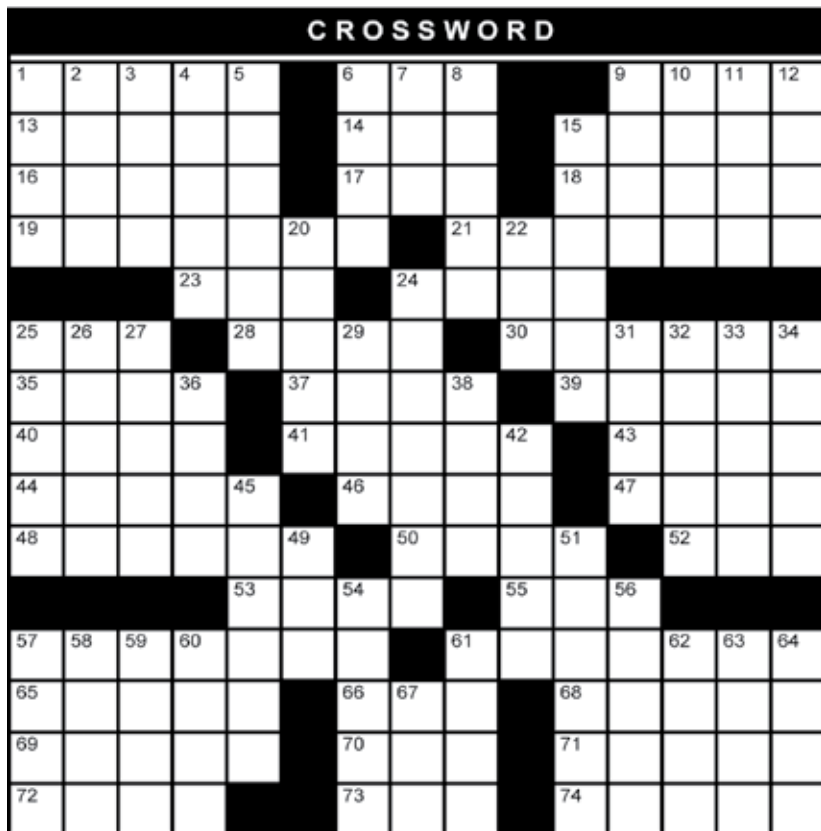
ACROSS

- Low life?
- Hot springs
- Nerd
- _____ International Airport, Kyrgyzstan
- "It ended in 1945
- *Peninsula, location of El Shatt WWII refugee camps
- March celebrants
- "Much ____ About Nothing"
- Bond
- "Russian soldiers, en masse
- *Ribbentrop's co-signer
- ____-tzu
- Absorbed
- "Yakety ____"
- Short skirt
- Geo-spacial positioning system, for short
- Genesis man
- Cell phone button
- Wynonna Judd's mother
- Mischievous Scandinavian god
- Dress up or deck out
- Elegant and stylish
- ____-la
- Russell Crowe's 2014 role
- Comedy Central's "____.0"
- One of the founders of scholasticism
- Box office failure, e.g.
- One of Five Ws
- Bread portion
- Corn spot
- Entertain, as in idea
- *WW II consequence
- Love intensely
- Snake-like fish
- Open-mouthed
- *He defeated Max Schmeling before enlisting
- In the past
- In the buff
- Formerly
- Rin tin tin, e.g.
- Done for success

DOWN

- Gulf V.I.P.
- Filly's mother
- Blyton or Bagnold
- Primary
- Hindu retreat
- Go to and fro
- Mouse turf
- Enophile's sensory concern
- Drunkard
- "Get ____!"
- *Post WWII military alliance
- *Battle of _____, encirclement of Russian troops
- Arabic ruler
- Damp
- Operations, as in military
- Hang up the phone
- *Churchill/Roosevelt/Stalin

- meeting site
- Bedazzle
- New Zealand parrots
- Type of sign
- Boors lack this
- In no manner
- American Mennonite
- *Like France under Pétain
- Eight furlongs
- Involving two parts
- Selfie
- *Axis opponents
- "Word" in French
- *Germany's invasion target
- Beforehand
- J. _____ Hoover
- Tall one is a lie
- Carbon monoxide lacks this
- Y'all
- Court order
- Heidi's shoe
- Boat track
- "Planet of the ____"
- Co-written, produced and directed by Warren Beatty
- Bigheadedness



dish

Make the Switch
to Dish Today
and Save Up To 50%

Call Now and Ask How!

1-800-318-5121

Call 7 days a week 8am - 11pm EST Promo Code: MB0113

© StatePoint Media

Promotional
Packages
starting at only ...
\$19.99
mo.
for 12 months

FREE

PREMIUM MOVIE CHANNELS*

For 3 months.

HBO CINEMAX SHOWTIME starz

dish

*Offer subject to change based on premium channel availability

SUDOKU

you could save 28%
Call 1-800-970-4376 to see how much
you could save on car insurance.

*National average annual savings based on data
from customers who reported savings by switching to
esurance between 12/1/13 and 4/30/14.
© 2014 esurance Insurance Services, Inc. All rights reserved. C14-000000000000

esurance
an Allstate company

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

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

For Solutions See Page 7

Come back every week for Crossword and Sudoku!

Announcements

MULTI-FAMILY GARAGE SALE
• Furniture • Tools • Clothes
• Baby Items. *Many items like new or gently used!*
Saturday May 17, 2014
9AM-4PM
(MPG 05-15-14)

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)

DID YOU KNOW Newspaper-generated content is so valuable it's taken and repeated, condensed, broadcast, tweeted, discussed, posted, copied, edited, and emailed countless times throughout the day by others? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

DID YOU KNOW that not only does newspaper media reach a HUGE Audience, they also reach an ENGAGED AUDIENCE. Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

Antiques/Collectibles Wanted

Old Railroad Items Wanted: lanterns, locks, china, paper, etc. Call (916) 663-2463 (MPG 06-30-14)

Old Porcelain Signs Wanted: oil & gas, highway, RR, etc. Call (916) 663-2463 (MPG 06-30-14)

Apartments For Rent

RETIREMENT APARTMENTS, ALL INCLUSIVE. Meals, transportation, activities daily. Short Leases. Monthly specials! Call (877) 210-4130 (NANI)

Auto Donations

DONATE A CAR - HELP CHILDREN FIGHTING DIABETES. Fast, Free Towing. Call 7 days/week. Non-runners OK. Tax Deductible. Call Juvenile Diabetes Research Foundation 1-800-758-0408 (NANI)

Autos Wanted

WE BUY CARS! Running or Not. Any Make, Model or Year. Call today for an INSTANT OFFER. Free Towing/Pickup. Call 309 Dollars. We're Local! 1-800-844-3595 (SWAN)

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 (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)

AVON For Sale

Avon Online!
youravon.com/terrirussell
(MPG 02-28-14)

Business Opportunity

OWN YOUR own Medical Alert Company! Be the 1st and Only Distributor in your area! Unlimited \$ return. Small investment required. Call toll free 1-844-225-1200 (Cal-SCAN)

Cable/Satellite TV

DISH TV Retailer - Starting at \$19.99/month (for 12 mos.) & High Speed Internet starting at \$14.95/month (where available.) SAVE! Ask About SAME DAY Installation! CALL Now! 1-800-357-0810 (Cal-SCAN)

DirectTV 2 Year Savings Event! Over 140 channels only \$29.99 a month. Only DirectTV gives you 2 YEARS of savings and a FREE Genie upgrade! Call 1-800-291-0350 (Cal-SCAN)

REDUCE YOUR CABLE BILL! Get a whole-home Satellite system installed at NO COST and programming starting at \$19.99/mo. FREE HD/DVR Upgrade to free callers. SO CALL NOW 1-866-982-9562 (Cal-SCAN)

DISH TV Retailer. Starting at \$19.99/month (for 12 mos.) & High Speed Internet starting at \$14.95/month (where available.) SAVE! Ask About SAME DAY Installation! CALL Now! 1-800-375-0156 (MB 06-30-14)

Career Training/ Education

Learn to Sew
Register Now! Saturday Classes Available. **916-476-6092.**
(MPG 03-31-14)

AIRLINE CAREERS begin here - Get FAA approved Aviation Maintenance Technician training. Job placement and Financial assistance for qualified students. CALL Aviation Institute of Maintenance 888-242-3382 (Cal-SCAN)

The path to your dream job begins with a college degree. Education Quarters offers a free college matching service. Call 1-800-348-8192. (Cal-SCAN)

Credit/Debt Services

GET FREE OF CREDIT CARD DEBT NOW! Cut payments by up to half. Stop creditors from calling. 855-341-6281 (MB 12-31-13)

GOT LOCAL NEWS?
Call 773-1111



Divorce

Before you list your home, order Free Special Report that reveals what happens to your matrimonial home before, during, and after a divorce. Free recorded message **1-800-213-4205** ID# 1009 DRE # 00809220 R Dumont (MPG 08-30-12)

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 09-30-13)

Financial Aid

Cut your STUDENT LOAN payments in HALF or more even if Late or in Default. Get Relief FAST! Much LOWER payments. Call Student Hotline 855-341-7551 (MB 06-30-14)

Financial Services

Do You Want to Know What Your Home is Worth?



Are you in BIG trouble with the IRS? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Seen on CNN. A BBB. Call 1-800-761-5395 (Cal-SCAN)

Do you owe over \$10,000 to the IRS or State in back taxes? Get tax relief now! Call BlueTax, the nation's full service tax solution firm. 800-393-6403. (Cal-SCAN)

Is Your Identity Protected? It is our promise to provide the most comprehensive identity theft prevention and response products available. Call Today for 30 Day FREE TRIAL 1-800-908-5194. (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)

Food For Heroes

Forgotten Warrior will be giving food to veterans & families. Every Monday 10-12p At The ElCamino Baptist Church 2805 ElCamino Ave. Sacramento, CA 95821. Call **916-533-9811** for more info. (MPG 02-28-14)

For Sale Travel Trailer

2003 21FT TAHOE LITE TRAILER Very Clean, 4 New Tires, 15ft Awning, AC/Heating, Shower, Tub. Asking \$6,000. **541-218-2871.** (MPG 04-30-14)

2013 Wildwood Extra Lite 22 ft, self-contained with awning and air conditioning. Like new. Includes Hitch. \$16,5000 OBO. 916-726-1275. (MPG 02-28-14)

Foster Parenting



Aspiranet is seeking loving homes for foster children in need. Contact 1-877-380-HERO for info and register for training. aspiranetheroes.org (MPG 04-30-13)

Handyman

One call, does it all! Fast and Reliable Handyman Services. Call ServiceLive and get referred to a pro today. Call 800-958-8267 (Cal-SCAN)



Health & Medical

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 75 percent on all your medication needs. Call today 1-800-281-3958 for \$10.00 off your first prescription and free shipping. (MB 06-30-14)

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 90 percent on all your medication needs. Call today 1-800-273-0209, for \$10.00 off your first prescription and free shipping. (Cal-SCAN)

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)

Heating & Air

AC Repair Low Prices 487-4609 (MPG)

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

STATISTICIAN (Sacramento) Utilize statistical theory, methods to collect, org/ analyze econ, financial, business data for database creation. Econ/ econometric modeling. Required Masters Economics or Financial Engineering & 1 year experience or 1 one year alternative occupational experience as statistical analyst. Email resume/ refs to **lskylar@econone.com**. Econ One Research, Inc. (MPG 05-08-14)

PSYCHIATRIST The Psychiatrist will be responsible for serving patients with mental health problems. He or she will be responsible for managing patient care independently along with other health care professionals and subordinates. Requirements: M.D. or D.O. in Psychiatry; must be eligible for Controlled Substance Registration Certificate and California State Medical License. Please mail CV to: Heather Prowd, Mark David Levine, MD Psychiatrists PC, 3841 N. Freeway Boulevard, Suite 120, Sacramento, CA 95834. (MPG 03-31-14)

AIRLINE CAREERS Get FAA approved Aviation Technician training. Housing and Financial aid for qualified students. Job placement assistance. Apply now with AIM Dallas 877-205-0503 or Houston 888-216-1687 (SWAN)

HELP WANTED Earn Extra income Assembling CD cases From Home. Call our Live Operators Now! No experience Necessary **1-800-405-7619 Ext 2605 www.easywork-greatpay.com** (NANI)

\$1000 WEEKLY PAID IN ADVANCE!!! MAILING BROCHURES or TYPING ADS for our company. FREE Supplies! PT/ FT. No Experience Needed! **www.HelpMailingBrochures.com** (NANI)

Caring Compassionate Seniors WANTED! SENIORS HELPING SENIORS®, a leader in the Senior in-home service industry, has immediate PT openings for Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules...we'll work around your schedule! Valid driver's license and use of auto is required. Call us today for more information. (916) 372 9640 (MPG)

Help Wanted Drivers

Truck Drivers - Obtain Class A CDL in 2 ½ weeks. Company Sponsored Training. Also Hiring Recent Truck School Graduates. Experienced Drivers. Must be 21 or Older. Call: (866) 275-2349 (Cal-SCAN)

ATTN: DRIVERS! \$\$\$ Top Pay \$\$\$ Be a Name, Not a Number Quality Home time! BCBS + Pet & Rider. Orientation Sign On Bonus! CDL-A Required. 877-258-8782 **www.ad-drivers.com** (Cal-SCAN)

DRIVERS: CDL-A train and work for us! Professional, focused CDL training available. Choose Company Driver, Owner Operator, Lease Operator or Lease Trainer. Call 877-369-7126 **www.CentralTruckDrivingJobs.com** (Cal-SCAN)

Inhome Childcare

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

Legal Services

Auto Accident Attorney: INJURED IN AN AUTO ACCIDENT? Call InjuryFone for a free case evaluation. Never a cost to you. Don't wait, call now, 1-800-958-5341. (Cal-SCAN)

Medical Supplies /Equipment

Medical Alert for Seniors - 24/7 monitoring. FREE Equipment. FREE Shipping. Nationwide Service. \$29.95/ Month CALL Medical Guardian Today 855-334-1975 (MB 06-30-14)

Miscellaneous

Toastmaster's Open House Meets first and third Fridays. Join us to gain confidence and find your voice. Denny's, 3520 Auburn Blvd., March 21st at 6:30 pm. Bring this ad for free Cheese Quesada Good to Great Club 916 215-1035 **www.toastmasters.org** (MPG 03-31-14)

Feel The Vibe! Urban woman and men ready to MAKE THE CONNECTION. Call singles in your area! Try FREE! Call 1-800-974-0356 (SWAN)

Where Local Singles Chat! Real callers in YOUR area! Fun and Discreet! Live 1-on-1 phone chat. Try FREE! Call 1-800-963-7493 (SWAN)

Have fun and find a genuine connection! The next voice on the other end of the line could be the one. Call Tango 1-800-905-0676. FREE trial! (SWAN)

OLD PHOTOS RESTORED LAWS STUDIO. 916-483-6051. (MPG 03-31-14)

Order Dish Network Satellite TV and Internet Starting at \$19.99! Free Installation, Hopper DVR and 5 Free Premium Movie Channels! Call 800-597-2464 (NANI)

Meet singles now! No paid operators, just people like you. Browse greetings, exchange messages, connect live. FREE trial. Call 1-877-737-9447 (NANI)



Miscellaneous

AIRLINES ARE HIRING - Train for hands on Aviation Career. FAA approved program. Financial aid for qualified students - Job placement assistance. CALL Aviation Institute of Maintenance 888-686-1704 (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)

TOP CASH PAID FOR OLD GUITARS! 1920's thru 1980's. Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg, and Gibson Mandolins/ Banjos. 1-800-401-0440 (NANI)

ROTARY INTERNATIONAL - A worldwide network of inspired individuals who improve communities. Find information or locate your local club at **www.rotary.org**. Brought to you by your free community paper and PaperChain. (NANI)

DIRECTV, Internet, & Phone From \$69.99/mo + Free 3 Months: HBO® Starz® SHOWTIME® CINEMAX® + FREE GENIE 4 Room Upgrade + NFL SUNDAY TICKET! Limited offer. Call Now 888-248-5961 (NANI)

DISH TV Retailer. Starting at \$19.99/month (for 12 mos.) & High Speed Internet starting at \$14.95/month (where available.) SAVE! Ask About SAME DAY Installation! CALL Now! 1-800-341-7308 (SWAN)

DirectTV Over 140 channels only \$29.99 a month. Triple savings! \$636.00 in Savings. Free upgrade to Genie & 2013 NFL Sunday ticket free for New Customers. Start saving today! 1-800-416-7254 (SWAN)

Miscellaneous for Sale

SAWMILLS from only \$4397.00- MAKE & SAVE MONEY with your own bandmill - Cut lumber any dimension. In stock ready to ship. FREE Info/ DVD: **www.NorwoodSawmills.com** 1-800-578-1363 EXT.300N (Cal-SCAN)

KILL BED BUGS! Buy Harris Bed Bug Killer Complete Treatment Program or Kit. Available: Hardware Stores. Buy Online: **homedepot.com** (NANI)

Music Lessons

Piano Lessons. GREAT RATES! Available Monday through Saturday. Any age can learn piano, flute and singing. **planocap.com** or call **916.974.7397** (MPG 04-30-14)

Music Lessons

Guitar Lessons - Beginner to Advanced. \$10/half hour. \$20/hour. **freddiebalbert1@yahoo.com**. **916-335-9741** (MPG 12-31-13)

Piano lessons for children and adults by experienced, creative teacher. Citrus Heights. For more information, visit **www.anitraalexander.com**, or call (916) 725-1054 (MPG)

Music Lessons Piano Beginner and Classical, \$60 (916) 859-8529

Painting Services



Personals

Looking for a special man. I am healthy and active and have many interests. Quiet time with a special person. Long or short trips, little theatre, dancing, cruising, dining and conversation. The ideal man should share some of these and be in his seventies. **916-967-6289.** (MPG 10-31-13)

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)

Pet Care

Give your pets great care while you're gone. Kennel free environment. Lots of TLC. Call Madeline 916-723-1608. (MPG 12-31-13)

Keep your pet Happy, Healthy, and Protected. Call 800-675-7476 Now and get a free Pet Insurance Quote for your Dog or Cat. Choose Up to 90% Reimbursement. Get Special Multiple Pet Discounts. (Cal-SCAN)

Pets/Animals



Sudoku Puzzle on Page 6

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

Pets/Animals



Piano Lessons

Available Monday through Saturday. Learn piano, flute, and guitar. GREAT RATES! **916-974-7397** (MPG 03-31-14)

Position Wanted

HOUSEKEEPER. Honest and Dependable, Supplies Furnished. Experienced in move-outs and vacancies. **916-961-7651.** (MPG 04-30-14)

Classy Senior Lady with 16 yrs experience seeks caregiver/companion position including house-keeping, cooking, transportation, etc. Call **896-5882** (MPG 03-31-14)

Real Estate

Hope for Troubled Homeowners



WE PROVIDE SOLUTIONS Call Our Short Sale Hotline for a FREE Consultation **(916) 331-3311** **Sac Short Sale Pros** License #01128753 (MPG 06-30-13)

HONEST LOCAL INVESTOR BUYS HOUSES FOR CASH... Call Me First! Mike (916) 203-1585 **mike@rlsproperty.com** (MPG 02-28-14)

Real Estate Sales

316+- Acre White River Ranch Auction, Calico Rock, AR. Minimum Bid \$800,000. Sealed Bids Due by May 27. Atlas RE Firm, #2276. 5%BP. 501-840-7029. **AtlasRealEstateFirm.com** (Cal-SCAN)

Room for Rent

in Rancho Cordova. Pool, internet, cable, no smoking, no pets, house privileges, near Hwy 50 and shopping. \$500. **916-635-4694.** (MPG 04-30-14)

Schools

HIGH SCHOOL DIPLOMA FROM HOME. 6-8 weeks. ACCREDITED. Get a Diploma. Get a Job! No Computer Needed. FREE Brochure. 1-800-264-8330. Benjamin FranklinHigh School **www.diplomafromhome.com** (Cal-SCAN)

Station for Rent A & R Salon



Veterans Non Profit Starting Security Company

Forgotten Warrior, a non-profit organization, is looking for veterans with experience in security or management for an upcoming guard service. Only veterans should apply. Call (916) 533-9811. (MPG 05-31-14)

VICTORIA HEATING & AIR CONDITIONING



Volunteers Needed

LIKE TO PLAY BINGO? **Support Veterans While You Play!** Bingo Volunteers needed every Thursday, Friday, Sunday nights from 4-10pm at Sacramento Bingo Center. **916-533-9811.** (MPG 03-31-14)

Bristol Hospice is looking for volunteers to provide companionship with our hospice patients and families. We provide the training and match you with a family in your area. Please call volunteer services for more information at (916) 782-5511. (MPG 12-31-13) ter. **916-533-9811.** (MPG 03-31-14)

Sutter Auburn Faith Hospice Thrift Store invites volunteers to work as cashiers, sales floor assistants, donation processors or pricers. Training is provided; a four hour weekly commitment is requested. Location: 13342 Lincoln Way, Auburn. Call store coordinator, Kim Chase, 530-887-0561. (MPG 12-31-13)

Sutter Auburn Faith Hospital</



By Ronnie McBrayer

Rifling through old family records I discovered the obituary of my great-grandmother. Her name was Ola Whitfield, a simple woman born in the 19th century, and so much like the other sharecroppers in the Deep South at the time.

She worked hard, was sparsely educated, remained anonymous to the greater world, birthed a farmhouse full of children, and died young. Much too young, from an infection that would likely be cured by a single round of antibiotics today. She lived only 36 years.

Of course, I take great interest in her otherwise uncelebrated life, because without her, I would not exist. And I take great interest in her simple, confident faith; a faith passed along to those she left behind. It is a faith that has outlasted both her and her children. Even as the ink on her obituary fades and slowly evaporates with the decades, it appears her legacy will not.

That obituary, written in the vibrant language of the time, captures her simple faith so well. It reads, “Ola professed a hope in Christ in August 1901 and joined the Baptist church at Antioch. Oh, it was so hard to give her up but she left a true evidence of her faith: She called her husband

Your Life Will Outlive You

to her side and told him that if it had been the Lord’s will she would have loved to stay with him and help raise the children.

“She told him to carry the children to church and Sunday School and raise them right. Such a consolation to us all to hear such words as she gives us to do the will of our Father. Therefore, we ought not to grieve for we have this sweet assurance: She is at rest.”

Granted, raising children “right,” (a Southern colloquialism for instilling proper social manners, respect for elders, and weekly church attendance) is no guarantee that said children will turn out well. They just might become ungodly little monsters. That wasn’t dear Ola’s point, I don’t think. In her unpretentious way, she understood the profound truth that she would live on in those who followed her. So she was being intentional, planning for her life to outlive her.

Actually, you don’t have to plan such a thing. The kind of person you are; the kind of person you will become; the kind of person you will be remembered as, will echo off the walls of your descendants’ lives for generations to come – even if your life is a short one.

There is a reference in the Old Testament, more of a proverb than anything else, which says the sins of a father are visited on the children, the grandchildren, and down three or four generations. In other words, your life will roll down through history and land at the feet and on the backs of those who come behind

you: For good or for bad.

In our “what have you done for me lately world,” where time is measured by quarterly dividend reports or in two-year election cycles, we forget that the fruit of one’s life may reach maturity only after many years, decades, or even centuries. It could be that those whom we will never meet, those who will walk in our footsteps generations from now, will be the ones to gain the most from the lives we have led.

So when I read my great-grandmother’s obituary, I am thankful; thankful for her and the ones who have gone before me. I am grateful that those who never dreamed of me or my children, made decisions and lived in a way that bettered our future. And all this reminds me, challenges me, and humbles me that as the generations proceed, whether I like it or not, others will rely upon me and you for the same.

Is Ola’s yellowed obituary filled with as much wistfulness and nostalgia as it is with faith? Yes. On this Mother’s Day weekend, is it all a bit melodramatic? Probably. But this truth remains: Your life will outlive you. Make it a good one.

Ronnie McBrayer is a syndicated columnist, pastor, and author. His newest book is “The Gospel According to Waffle House.” You can read more at www.ronniemcbrayer.me. ★

Ronnie McBrayer is a syndicated columnist, pastor, and author. His newest book is “The Gospel According to Waffle House.” You can read more at www.ronniemcbrayer.me.



By Marlys Johnsen Norris, Christian Author

Throughout our lifetime every one from time to time makes huge mistakes in relationships. Most often what has been done or said has been an impulsive reaction to something. Numerous causes such as illness and stress can cause someone to react unfavorably. When this happens, how do we once again reestablish and reconcile ourselves with others and especially our relationship with God?

We must remember that unless we forgive others (and ourselves, for an unkind act) God holds us accountable and He is not pleased with us, therefore He withholds His forgiveness of us. It certainly would be terrible to enter heaven’s door without God’s forgiveness. God’s Holy Word states, “For if we forgive men

Accept and Give the Pardon Freely

their trespasses, your heavenly Father will also forgive you. But if you forgive not, men their trespasses, neither will your Father forgive your trespasses.” (Mat. 6:14-15) Those words should cause us all to take proper action to correct our impulsive reaction and be restored into God’s unconditional love, grace and mercy...

One may never forget the incident but if they have been carrying a grudge against someone, wanting or planning to get even -- Don’t! - Instead, confess the sinfulness right now and let God take care of it. After all, a lack of forgiveness is dishonoring the God one claims to be following. Let’s not be a hypocrite and be reunited and reconciled to God’s family.

God’s instruction for such a happening is “Vengeance is Mine (Let it be and God will take care of it); I will repay, said the Lord.” (Romans 12: 19) His words indicate, “if” one chooses to let-go of the grudge and forgive God will teach them and He will take care of it the right way! Gods Holy Spirit has a special way of helping all of His children to find a

deeper meaning to everything.

God does give second chances -- but one will never hear Him ever say “I forgive but!”. The “but” indicates to the other person, that there is not a sincere forgiving action involved in one’s efforts to make things right again. He expects the same “unconditional love” to be exemplified from us when we have developed the character of His Beloved Son, Jesus Christ..

Living in right relationship with God, our Heavenly Father means we forget about our self pride and any discomfort to do the right thing. If we claim to love and appreciate Him our relationship is much more important than anything that took place! The Holy Bible tells us to be reconciled to all men/women, therefore we cannot just ignore the incident, and with God’s direction we must take action. ★

Marlys Johnsen Norris; Christian Author; Speaker, Teacher Pat Boone recommends her book “Recipes for a Happier Marriage” Contact me: Marlysjn@gmail.com

I am on a Roll so don’t Rock My Boat

Dr. James L. Snyder

Have you ever had one of those weeks where everything went exactly as planned? Well, neither have I, except for last week. I do not know what was going on last week, all I know is everything went according to plan. My plan, that is. I was on a roll.

In a sense, that worries me. I am not accustomed to having my week work out according to my plans. Normally, if I can get 50% of my plans accomplished in a week, I am doing pretty good. Last week was one of those weeks, which may never repeat itself ever again, I am sorry to say. Or, am I sorry?

In contrast, the week before it was horrendous.

I was out of town on business for the week and had to return via the airplane. If you have ever been on an airplane, you know that the 10 dwarfs of Snow White fame designed the seats. I think the one in charge of the seat project was Grumpy.

I was flying from Chicago to Orlando, which is not that bad of a trip. I boarded the plane in Chicago and took my seat at B3. I got all snuggled and strapped in and was prepared for the trip. No sooner had I gotten into this state of affairs, and you know getting into those seats is one of the great challenges that a real man has, somebody came and stood at the aisle looking at me and said in a high pitch grumpy voice, “You are sitting in my seat.”

The emphasis on the word “my,” indicated to me I was up against someone that I did not want to be up against.

“I’m sorry, madam,” I stated as calmly as possible, “but this is my seat.” I tried to emphasize the word “my” to get the message across.

She stared at me with one of those stares that penetrates the

very soul of a person’s manhood. Then she waved her ticket at me and said, “You are sitting in MY seat.”

I took out my ticket to wave at her and prove she was wrong. Much to my chagrin, my seat was B13. Do you know what it takes to get unbuckled from a plane seat and extradite yourself out of it? Especially when Ms.Grumpy is staring at you with one of those stares.

I went back to B13 and went through the same procedure to get myself situated in the seat for someone half my size. Just before the plane took off, I heard in the seat behind me a little baby start to cry.

“Oh, no,” I said to myself, “not a crying baby!” Sure enough, in the seat behind me was a baby with lungs the size of an elephant. I tried pretending I did not hear, but the more I pretended the more I heard. That baby cried from the moment we took off until the moment we landed. When we landed, the baby fell asleep. I wanted to cry myself.

That was last week. This week was different in every respect. I enjoyed this week, particularly the fact that I got all my “to-do-list” accomplished and by early Friday afternoon, I had nothing to do.

Nothing to do!

Then a thought wrestled my brain to the mat. What if the Gracious Mistress of the Parsonage found out I had finished all my work and had nothing to do?

When I thought about this, one thought that was predominant was that it is a good thing when I do NOT finish everything in a week. Then, I have the excuse that I have too much to do to delve into the “honey-do-list” of which my wife is most famous.

I believe this “honey-do-list” is something mothers pass on to their daughters. It is part of the

women’s secret society that does not permit any intrusion from the non-female counterpart. It is the reason wives prefer their husbands call them the secret name, “Honey.” Whenever the husband uses this term of endearment the wife smiles one of those romantic smiles that her husband has no idea what is behind that smile.

It has taken me a long time to come to this point of understanding. While, it is very gratifying to get your work for the week done ahead of schedule, it creates an opportunity for the intrusion of that infamous “honey-do-list.” This list has no end to it.

When you accomplish one item on the “honey-do-list,” three other items appear automatically. It is virtually impossible to finish everything on that list. It is part of the wife’s secret society no man can penetrate.

Being on such a good roll in any given week is not the grand thing I thought it was. I am now content to have my desk piled high with unfinished work at the end of each week.

Since I had a little bit of time on my hands, I read what good old King Solomon, the wisest man that ever lived, thought along these lines. “Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest” (Ecclesiastes 9:10).

If I do not use my time to the best of my ability, the probabilities are pretty high somebody will intrude and use that time for some other use. ★

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 jamesnsnyder2@att.net. His website is www.jamesnsnyderministries.com.

United Way Collects 1,427 Children’s Books Through 3rd Annual Star Readers Book Drive

SACRAMENTO REGION, CA (MPG) - United Way Emerging Leaders came together last week to sort 1,427 children’s books collected through United Way California Capital Region’s 3rd Annual STAR Readers Book Drive. The drive benefited United Way’s STAR Readers project that is working to increase graduation rates by improving early reading skills. The eight STAR Readers nonprofit partners picked up the books Friday morning to distribute to the 650 children in the program.

“This is what happens when people come together and form a movement,” said Stephanie McLemore Bray, president and CEO. “We know that when kids are reading at grade level by fourth grade, they are far more likely to graduate from high school. This community came together to make sure the 650 kids in our program could feel special by having their own books, making them even more excited to practice reading and stay in school.”

The online book drive gave donors the chance to choose from four age-appropriate books for 650 children in kindergarten through third grade. The drive kicked off on March 2 as part of Fairytale Town’s Dr. Seuss’ Birthday Celebration. Clear Channel Radio also collected books at Sacramento-area Huntington Learning Centers. Other partners included Runaway Stage Productions, The Sacramento Bee, Scholastic, Sacramento Public Library, KSTE Talk 650 and KFBK News Radio.

Nonprofits benefiting from the STAR Readers Book Drive include Amador-Tuolumne Community Resources, Boys & Girls Club of Placer County, Boys & Girls Club El Dorado County Western Slope, Boys & Girls Clubs of Greater Sacramento, Davis Bridge, New Morning Youth and Family Services, Yolo County Children’s Alliance and Sacramento Chinese Community Service Center.

For 90 years, United Way

California Capital Region has actively worked to address the community’s most pressing issues, now focusing on innovative solutions related to high school graduation rates, household financial stability and obesity. United Way’s team of nonprofits, businesses, donors and volunteers have formed the Live United Movement to provide positive, measurable results on these issues through United Way projects: STAR Readers, SenSe-Ability and Fit Kids. Community members can give, volunteer and advocate in support of the causes they care most about, benefiting United Way and hundreds of nonprofits in Amador, El Dorado, Placer, Sacramento and Yolo counties. United Way is an independent, local affiliate of United Way Worldwide. For more information, visit www.yourlocalunitedway.org. ★

Source: Kristin Thébaud Communications

Kevin Kitrell Ross
Senior Minister/CEO
Unity of Sacramento

Host, Design Your Life on UnityOnlineRadio.org

Coach to
America’s Rising Stars

A positive path for spiritual living

Welcome to Unity of Sacramento

We are a transdenominational, intercultural, interfaith, spiritual community of love open to all people. We are a place to heal and a space to grow. We are a soft place to land for the traveler on the spiritual journey.

Our Spiritual Leader
Reverend Kevin Kitrell Ross, Senior Minister

Our Vision
“Centered in God, we co-create a world of peace, prosperity and unconditional love for all.”
Unity of Sacramento is home of the Daily Word and is an affiliate of the Unity Worldwide Ministries and Unity Institute at Unity Village, Missouri.

OUR SUNDAY CELEBRATION SERVICES

Traditional /Contemplative 9:00 AM
Guided Meditation 10:15 AM
Contemporary/Inspirational 11:00 AM
with Sunday school for children and teens during the 11:00 am services

**Unity of Sacramento, 9249 Folsom Blvd
Sacramento, CA 95826 • 916-368-3950
unityofsacramento.com**

Grace Baptist Church

Come and Experience God's Amazing Grace

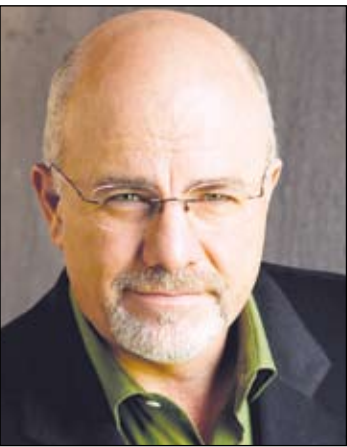
Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung.

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 :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



Dave Ramsey is America's trusted voice on money and business. He has authored four New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover and EntreLeadership. His newest book, written with his daughter Rachel Cruze, is titled Smart Money Smart Kids. It will be released April 22nd. The Dave Ramsey Show is heard by more than 6 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

Not a Good Idea

Dear Dave,
I'm 23, transitioning jobs, and I make \$32,000 a year. I have \$11,000 in a 401(k), and about \$15,000 in debt. Should I cash out the 401(k) to pay down my debt?
- Cody

Dear Cody,
I don't think so. When you take money out of a 401(k) they charge you a 10 percent penalty, plus your tax rate. Your tax rate is about 20 percent, so that means you're going to take a 30 percent

Dave Says

hit. While I love dumping debt, your idea would be kind of like saying, "I want to borrow \$11,000 at 30 percent interest to pay off my debt." That doesn't make a lot of sense, does it?
I never tell folks to cash out a 401(k) or IRA to pay off debt, unless it's the only way to avoid foreclosure or bankruptcy. You're not facing either one of those situations, Cody. So my answer is no.
- Dave

You Can do it With No Fees

Dear Dave,
What do you think about making bi-weekly mortgage payments?
- Jeremiah

Dear Jeremiah,
I think it's an awesome idea. By doing that, you can pay off a 30-year mortgage in about 22.8 years, on average, depending on the interest rate.
However, I would never pay someone a fee to set up bi-weekly mortgage payments. All you do on a bi-weekly schedule is make half a payment every two weeks. Since there are 26 two-week periods per year, that equals 13 whole payments. It's nothing magical, and it's not difficult.
Go for it, Jeremiah. Get rid of that house payment as fast as you can. Just don't pay extra fees to make it happen!
- Dave

Move to the Head of the Line!

Dear Dave,
I owe the IRS \$6,000, and currently I'm making monthly payments. Should I roll this debt into my debt snowball, and then really attack it when it gets to the top of the list?
- Jared

Dear Jared,
My advice would be to put the IRS at the very top of your debt snowball. Usually, when it comes to paying off debt, I advise people to arrange their debt snowball from smallest to largest, then start with the smallest one and work their way up. This doesn't always seem to make mathematical sense, but the truth is personal finance is 80 percent behavior and only 20 percent head knowledge. Paying off some small debts quickly energizes you and gives you motivation. It makes you feel like you can really do it. Besides, if you were such a math genius you wouldn't have debt in the first place.
But the IRS is a different animal altogether. Their interest rates and penalties are ridiculously high. Plus, they have virtually unlimited power to collect. So put them at the top of the list, and get them paid off as fast as you can!
- Dave

**For more financial help, please visit daveramsey.com. ★*

When the Government Takes Your Money Illegally, Shouldn't You Get it Back?



By George Runner

Did you know, if the State of California takes your money in the form of an illegal tax or fee, you might not be able to get it back?
I was outraged when I first learned if a taxpayer pays a tax or fee that is later found to be unconstitutional or illegal in court, the government does not necessarily have to refund their money.

Currently, taxpayers are only eligible to receive refunds if they have exhausted all of their "administrative appeals remedies," even if the tax they paid is later declared illegal or unconstitutional.

In order for taxpayers to exhaust their "administrative appeals remedies" they must file a timely refund claim with the proper agency. The time period to file a refund claim is different for each tax and fee program, ranging anywhere from 30 days to several years.

That's right; your state government will keep any and all money it illegally took from you, unless you have already jumped through several confusing administrative hoops – even hoops that you were never aware of.

That's why this legislative session, I am proud to sponsor legislation to change this situation by extending important, common sense protections to

taxpayers. Two identical measures, AB 2510 (Wagner) and SB 1327 (Knight), would require the state to provide a full refund to all individuals who paid a tax later declared unconstitutional or illegal.
These bills would require the state to automatically issue refunds to taxpayers who were illegally taxed. It would also open up an additional appeals period of one year after a state tax is declared unconstitutional, giving taxpayers a chance to apply for the refunds they deserve.

Our legislation would apply to state taxes and fees paid by both businesses and individuals, and would affect people all across California.

For example, these bills would apply to the controversial Fire Prevention Fee, paid by nearly 800,000 rural homeowners every year. Even if the class action lawsuit currently challenging the fire fee is successful, only taxpayers who filed appeals within 30 days of the date on their bills would be eligible for refunds. Under SB 1327 and AB 2510, every fire fee payer would receive a refund.

Businesses and large taxpayers would also benefit from these bills becoming law. For example, a number of years ago the Board of Equalization (BOE) overstated the property values of a number of power plants. One of the plants, Elk Hills Power, sued the BOE and eventually won,

resulting in a partial refund of the taxes it paid. However, several other plants were deemed ineligible to receive a refund because they did not protest the original assessment.
In my opinion, this is just wrong.
According to SB 1327 author Senator Steve Knight: "When government makes a mistake, they need to do the right thing. This bill would return illegally collected taxes to the taxpayers... it's just common sense."

Assemblyman Donald Wagner, author of AB 2510, adds: "When California taxpayers have been illegally forced to pay a tax, it should not be their responsibility to fill out paperwork that they may or may not know exists, in order to recoup this money. The State needs to reimburse the taxpayers as quickly and painlessly as possible – it is not our money."

It is criminal that the State of California can keep money it illegally collects from its citizens. Anyone who in good faith pays what ends up being an illegal tax should get their money back. It's as simple as that. ★

George Runner represents more than nine million Californians as a taxpayer advocate and elected member of the State Board of Equalization. For more information, visit boe.ca.gov/Runner.

Sacramento Hospice.com

Hospice Resources Patient Needs Caregiver Needs

ARE YOU A MILITARY VETERAN?

NOTIFICATION

SACRAMENTO VALLEY NATIONAL CEMETERY

IN DIXON, IS NOW AVAILABLE

Burial at a National Cemetery is FREE for Veterans Who Have Been Honorably Discharged and FREE for Their Spouses.

UNLIKE PRIVATE OR CITY CEMETERIES, BURIAL EXPENSE IS AT ABSOLUTELY NO COST!

-NO CHARGE-

Over \$7,500 in Savings!

At the Sacramento Valley National Cemetery in Dixon

MOST IMPORTANTLY, ONE OF THE MOST BEAUTIFUL NATIONAL CEMETERIES IN THE COUNTRY IS AVAILABLE TO YOU... RIGHT IN YOUR OWN AREA!

BEAUTIFUL CREMATION SECTIONS ARE AVAILABLE TOO.

MAIL COUPON TODAY

For Full Details about your veterans burial benefits

Name _____ Your Age _____

Your Spouse's Name _____ Spouse's Age _____

Phone _____

Address _____

City/State _____

Zip _____

Email Address _____

Mail to:
Veteran's Burial Program
Attn: Lisa West
5757 Greenback Lane
Sacramento, CA 95841

Play Bingo with FORGOTTEN WARRIOR

Every Thursday, Friday & Sunday nights

First Time Players Discounts:

New Players Buy In At \$35 Get \$5 OFF
New Players Buy In At \$75 Get \$10 OFF

FIRST TIME VETERAN PLAYER GET \$10 DISCOUNT OFF BUY IN!

Sacramento Bingo Center 3399 Arden Way, Sac. CA 95825
info: (916) 583-9811 email: info@forgottenwarrior.org

CALL 773-1111 TO ADVERTISE

www.AmericanRiverMessenger.com



By David Koenig

Every now and then you come across a news story that just makes you sick to your stomach for any number of reasons. It can be the irony, devastation, inhumanity, outright stupidity or blatant disregard for human life that sets you off or any combination of these. The story I read over the weekend encompasses all of these things and then some.

Brandon Majewski and two of his friends were riding bikes in the early-morning hours on a dark road in Innisfil, Ontario, about 55 miles north of Toronto in October of 2012 when they were struck by a car driven by

You Can't Make This Up

Sharlene Simon. Brandon was killed and one of his friends was seriously injured with multiple fractures while the other friend managed to escape with a few scrapes and bruises.

Six months after Brandon's funeral, his older brother was found dead after popping too many pills and drinking too many shots that many believe was his way of trying to stifle the grief of losing his younger brother. You would think that this is the end of the story for this family that has now lost two young sons within six months of one another, but the family was dealt another blow that seems incomprehensible.

The driver in the accident that killed their son is now suing the family for \$1.35 million in damages due to her psychological suffering, including depression, anxiety, irritability and post-traumatic stress. She blames the boys for negligence claiming that "they did not apply their brakes properly and were incompetent bicyclists".

Just when you think you have heard every stupid, mind-

boggling, frivolous lawsuit, whether it's dumping coffee in your lap and suing McDonalds or burglars suing homeowners because they hurt themselves when breaking in, this one takes the cake. I am just at a complete loss to understand how ANY lawyer in good conscience (and maybe that's the rub) could sign up to be a part of something like this.

Also, how can this woman look in the mirror every day without making herself sick? Does she not have any friends or family to talk some sense into her about the devastation these events have already brought to this family? I'm sure it has weighed heavily on her to be a part of an accident like this where there is loss of life but therein lies the problem with society today, it's all about ME, ME, ME.

As much as I would like to, I can't bring myself to wish for something bad to happen to this woman but I will definitely pray that God shows her some grace and mercy ... or that karma rears its ugly head. ★



**Call Lenka
(916) 338-7156**

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 reimb.



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

Tune in our Radio Program:
KFIA 710 AM, Sun & Mon 3 PM
listen online & visit us at:
www.ugmsac.com
[Facebook.com/UGMSAC](https://www.facebook.com/UGMSAC)

(916) 447-3268

400 Bannon Street • Sacramento, CA 95811
Exec. Director, Pastor Tim Lane
P.O. Box 1108, Sacramento, CA 95812

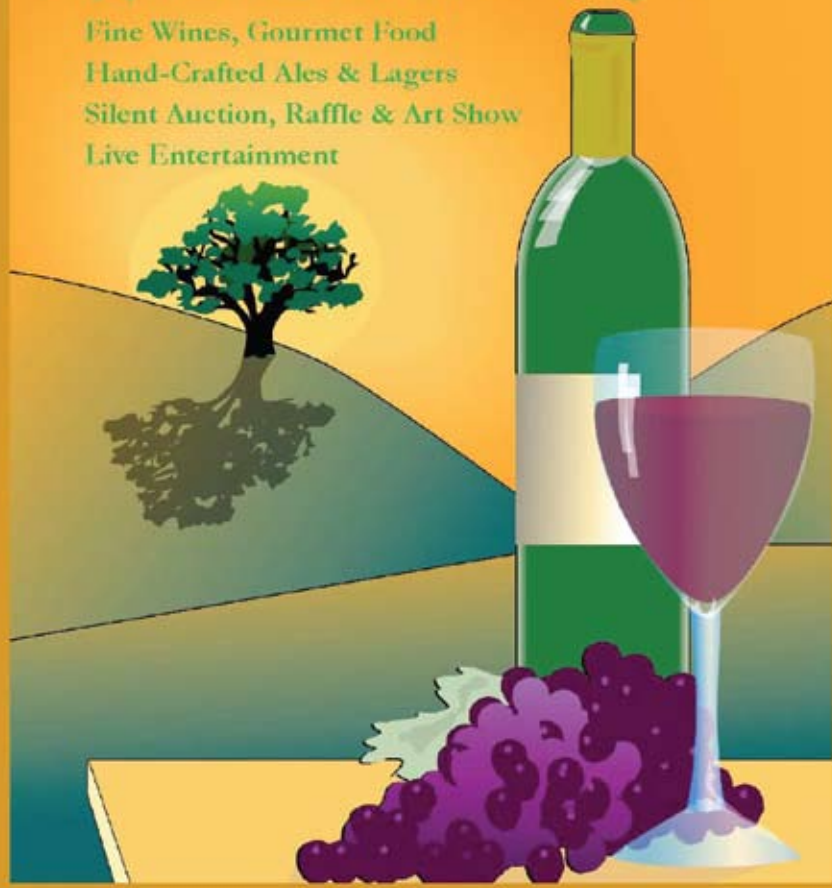
21st Annual a Taste of Fair Oaks

Presented by the

Fair Oaks Chamber of Commerce

Enjoy a Festive, Fun-Filled Evening of ...

Fine Wines, Gourmet Food
Hand-Crafted Ales & Lagers
Silent Auction, Raffle & Art Show
Live Entertainment



Artwork by Chris McCann

June 6, 2014

6pm ~ 9:30pm

Pre-Event Tickets: \$40

Tickets at the Door: \$50

North Ridge Country Club

7600 Madison Avenue
Fair Oaks, CA

For Advance Tickets & Additional Information:
Call (916) 967-2903 or Visit www.fairoakschamber.com

Must be 21 or over to attend

Chapanian's Carmichael Furniture

Serving Carmichael since 1940 • A Full Line of Quality Brand Name Furniture

SPRING CLEARANCE SALE!



Storewide
Savings

Up to
50% Off



6649 Fair Oaks Blvd. Carmichael, California 95608
(Corner of Fair Oaks Blvd. & Angelina Ave)

916-487-7895

Store hours: Tuesday thru Friday 10:00 A.M. - 5:30 P.M., Saturday 11 A.M. - 6 P.M.

Closed Sunday
and Monday

We Specialize in Custom Orders!
Visit our web site at www.carmichaelfurniture.us

ESKATON ASSISTED LIVING and MEMORY CARE



Where residents are #1

Eskaton was recently voted the BEST by numerous publications in the Greater Sacramento area, including *The Press Tribune*, *Mt. Democrat* and *Village Life*.

THANK YOU! And may we humbly admit that the reason we are number one is because our residents are number one with us.

Call or come by for a visit. Learn more about the Eskaton FountainWood Lodge difference.

ESKATON
Transforming the Aging Experience

Eskaton FountainWood Lodge
Assisted Living and Memory Care
8773 Oak Avenue
Orangevale, CA 95662

916-900-1201
License # 347003574



eskaton.org

PRESENTED BY

CENTER ENDOWMENT FOR EDUCATIONAL EXCELLENCE

COUNTRY LIVE ENTERTAINMENT

Sac Summer Festival - Benefiting Center Joint Unified School District

JUNE 27-29

FREE ENTRY INTO THE PARK

SAC SUMMER

Festival

B92.5

TODAY'S COUNTRY

FRIDAY

Carnival with Rides and Games
by Brass Ring Amusements
10am-10pm

SATURDAY

Carnival 10am-10pm
Live Music 3pm-10pm
BBQ Rib - Workshop:
Hosted by
Cooks for Hire Pat Stiltner

SUNDAY

Carnival 10am-10pm
Live Music 11am-8pm
Chili Workshop:
Hosted by
Cooks for Hire Pat Stiltner
Car Show Registration
7:30am to 9:30am
Car Show 9:30am - 3pm
Classic & Race Cars
Sponsored by:
Sac City Muscle Club

Free Entry to the Park. Car Show \$15 Registration Fee. Will accept registration day of show. Registration starts 7:30 - 9:30. Open to all year vehicles. Advertising/Promotions through B92.5 - listen to win carnival tickets on B92.5. Car show registration contact Sac City Muscle Club - Tim (916) 919-5927, Clint (916) 862-8671. Rib and Chill Cook-off contact Pat Stiltner (916) 714-3765. Carnival ticket information - Delrae Pope (916) 765-9626.

CARNIVAL TICKET INFORMATION

Presale wristbands are only \$18 (One Day Unlimited Rides) \$25 at event. Contact Delrae Pope (916) 765-9626 for more information.

SAC CITY MUSCLE

CAR CLUB

PERFORMANCE ENGINES
Carmichael 916-482-8053

NOR CAL AUTO BODY
Citrus Heights 916-722-4361

Sacramento, CA
Est. 2013

CHAVEZ, INC.
KYLE'S AUTO REPAIR
Sacramento 530-682-6750

O'REILLY AUTO PARTS

GIBSON RANCH REGIONAL PARK

8556 Gibson Ranch Road, Eleverta, Ca 95626

No Dogs, No Drugs, No Burnouts, No Outside Alcohol Allowed

SPRING 2014

Sacramento

CHORAL SOCIETY

& Orchestra

Donald Kendrick Music Director

Full Professional
Orchestra

CARMINA

BURANA

A Celebration of Youth,
Love, Passion and Springtime!

A Team of 300+ Musicians on Stage

Schicksalslied (The Song of Fate) | Johannes Brahms

Angels' Voices | John Burge

Toward The Unknown Region | Ralph Vaughan Williams

Carmina Burana | Carl Orff

Nikki Einfeld, Soprano

Kirill Dushechkin, Tenor

Dan Kempson, Baritone

Special Guests: Sacramento Children's Chorus
Lynn Stevens, Conductor

PROJECTED
SUPERTITLE
TRANSLATIONS

Saturday, May 17, 2014 at 8:00 PM

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

Sacramento Community Center Theater

1301 L Street, Sacramento

SACRAMENTOCHORAL.COM

Community Center Box Office | 916 808-5181 or Tickets.com

Tickets On Sale Now | Students 50% discount

The Perfect
Combination!

AMERICAN RIVER
MESSENGER

Serving Fair Oaks, Orangevale & Sacramento County

CLINCHED!
As capture A.L. West title
for second year sports | Page 13

Keapernick struggles.
Luck shines in Colts' 27-7 rout of Niners

SPRINGS | Page 13

THE SACRAMENTO BEE

Monday, September 22, 2013

Housing rises
from meltdown

SUPER COMMUTERS
INVESTORS FLOCK
TO BATTERED AREA

Group in mall
attack
resilient

KENYA ASSAULT A
SHOCK AS ISRAELIS
FIGHTING EXTREMISTS

As a valued American River Messenger subscriber, you receive the Sunday Sacramento Bee as part of your subscription.

BOTH NEWSPAPERS FOR ONLY \$15 FOR 6 MONTHS!

IT'S THE PERFECT COMBINATION!

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

Start Yours Today!

Get a 6 month subscription for only:

\$15.00

Here's what you'll get!

- ✓ The American River Messenger, two issues each month.
- ✓ The Sunday Sacramento Bee, every week!

CLINCHED!
As capture A.L. West title
for second year sports | Page 13

Keapernick struggles.
Luck shines in Colts' 27-7 rout of Niners

SPRINGS | Page 13

THE SACRAMENTO BEE

Monday, September 22, 2013

Housing rises
from meltdown

SUPER COMMUTERS
INVESTORS FLOCK
TO BATTERED AREA

Group in mall
attack
resilient

KENYA ASSAULT A
SHOCK AS ISRAELIS
FIGHTING EXTREMISTS

YES! START MY SUBSCRIPTION NOW!

NAME _____

ADDRESS _____

CITY _____ ZIP _____

PHONE () _____ EMAIL _____
(OPTIONAL)

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

*Some delivery restrictions may apply.

Conscious Un-Mothering



By Gold River Resident Jodie Barringer Myers

Gwyneth and her husband are doing it: they’re Conscious Un-coupling. And I’ve come to realize that -- by necessity, not by choice—I have been trying to practice Conscious Un-mothering for a while now.

My daughters don’t need or want my mothering anymore...which I guess is a good thing, because that means we did an okay job of giving them strong, healthy wings to fly the coop, leaving Chuck and me with the proverbial empty nest, while they busily, happily feather their own fine nests.

Sure, I’ll forever and always be their mother (the noun), but as for the mothering (the verb) part, let’s just say they’ve tacitly, and blantly, told me to back off.

When Julia was struggling mightily in her new fresh-out-of-college, non-challenging job, in her new I-know-nobody-except-my-roommate environs of Newport Beach last year, I worried about her well-being, fretted that she would hastily quit her job, not give it a chance, and move back home, thereby forfeiting her \$2500 deposit she had on her apartment.

So I sent her daily emails, left what I thought were oh-so-clever, inspiring texts, and called her every night at 5:20 after she got off work, each time dispensing loving, sage, encouraging, motherly (my words, not hers) advice. I grew to learn that each of my well-intentioned, unwanted and unsolicited messages fell on very deaf ears.

“Mom, you need to let me figure this out on my own!” she said.

Cassidy weighed in too, reminding me for bordering on obsessive, being perilously intrusive, and going way overboard on the mothering thing. “Leave her alone, Mom.”

But I can’t sleep at night worrying about her, and I love her so much, and I’ve been through stuff like this myself before, and I’m her mother, and I know what is best, and I need to counsel and console her, I thought to myself.

When Cassidy expressed concern over some weird spots on her skin last fall, I spent two-plus hours one afternoon researching and “interviewing” the best dermatologists in Portland. Helpful mom that I am, I made an appointment for her.

Relieved and proud, I called her. “I made an appointment for you next Thursday at 3:15 with Dr. Kl!”

“Ummmm. Okay. Thanks, Mom.”

Woops. Did I over-mother there, I thought. No way. She really appreciated it. Didn’t she?

After each of their birthdays, I’m quick to give them about a five-day grace period...and then I pounce. “Have you written the grandmas a thank-you note yet?”

Last year I didn’t have to wonder if I stepped beyond my mothering bounds. “Mommomm! We’re 22 and 25. Give it a rest!”

Ouch.

I recently helped Julia and two friends move into a new apartment. They had gotten thee most gorgeous orange and blue patterned pillows that beautifully adorned their living room furniture in the last place.

So on moving day, I walked into the new living room. There sat the oversized neutral-colored couch and chaise, the leather ottoman/coffee table, and just the blue patterned pillows. Not a titch of orange in sight. “Oh,” I said, “you haven’t unpacked the orange pillows yet?”

“We decided we’re not going to do orange in this room. We like just the sand and blue. What do

you think?”

Energetically, I responded. “I love the orange. You need that accent color! It’s a must!”

“Nope. We like just the blue. We’re keeping it as-is.” said the three roomies in unison.

Be bland and boring, I said to myself.

So I was lamenting to Sue S. at the club a while back. “How are your girls doing?” she asked.

“Oh, they’re doing well. A lot of drama and trauma in their lives these days. But no matter what I say, it’s either wrong or mortifying or irritating to them.”

So experienced, been-there-done-that Sue, who has a daughter a few years older than mine, said, “I know exactly what you mean. And here’s what I’ve learned: Show Up and Shut Up. That’s all we can do.”

“I like that. Good advice. I’ll give it a try.”

So I’ve been working on it. Slowly but surely, I’m Consciously Un-mothering.

When Cassidy called on a recent Saturday and told me she and a group of friends were going on a remote, all-day hike and couldn’t be reached all day, I whined, “Oh, man. Will you please call me the second you get service back to let me know –“

“Mom! I’m almost 26 years old!”

“Okay. Sorry. Have fun!!”

See? I’m getting better. But I thought to myself: Please be extra safe in that stupid Portland rain. I mean, you could slip in the mud and/or hit your head and/or potentially cause great bodily injury.

Conscious Un-mothering means biting your lip (as exemplified by my bloody lip). Not to brag or anything, but I think I’m doing a stellar job of perfecting the fine art of Conscious Un-mothering.

But I still have a ways to go...

It’s Mother’s Day soon. Whatever mode of mothering you’re currently in – HAPPY MOTHER’S DAY! Celebrate and revel in the power of unconditional love. Because that’s what moms do best. ★

GOSPEL SONG-WRITING LEGEND ON TOUR

from NASHVILLE, TENNESSEE

THE DARTTS

LIVE - IN CONCERT



LIVE MUSICAL
PERFORMANCE

Tracy Dartt and his musical family group, “The Darts,” are a treat to the ears of music lovers everywhere, especially if you’re a fan of gospel music. Their song list flows from one style of music into another, built from a catalog of original Gospel songs they’ve written themselves, and it’s all delivered with a smooth vocal blend and beautiful harmonies too!

The Darts travel full time throughout the USA and abroad, doing around 200 concerts a year. Their brand new album, “Get Up and Get Your Shoes On” is a wonderful collection of freshly written songs that audiences everywhere seem to love.

The Darts invite you to check out their full length movie, “The God on the Mountain Legacy,” which has been aired on television, featured in magazines and websites.

When: 7 p.m. on Thursday, May 15, 2014

Where: Grace Baptist Church, 6724 Palm Ave.
Fair Oaks, CA • (916) 967-3915

Tickets: At the door, love donation

Visit www.DarttMusic.com to see a preview of the film, listen to samples of the album, and to order CDs, mp3s and the DVD.

SUPPORTING LOCAL FARMERS, YOUTH AND COMMUNITIES

California Certified



Health Fairs on May 17 at all of our Saturday locations.

Enjoy organic produce, specialty gourmet foods, live music, chef demos and craft/health fairs.

EAT HEALTHY, BUY LOCAL

SATURDAY	Sac Unity Farmers Market NEW MARKET OPENING MAY 31! 9249 Folsom Blvd, Sacramento (at Unity of Sacramento Church) on Saturdays 8 am - 1 pm, year round.
SUNDAY	Carmichael Park Farmers Market 5750 Grant Avenue, Carmichael (Corner of Grant & Fair Oaks Boulevard under the trees in the Park). Every Sunday from 9 am to 2 pm - all year round.
SATURDAY	Sacramento Midtown Farmers Market 2020 J Street (Between the STANF Native American Health and Bioware buildings). Every Saturday from 8 am to 1 pm - all year round, rain or shine.
SATURDAY	Sunrise Mall Farmers Market 6190 Sunrise Boulevard, Citrus Heights (behind Sears located in SE Parking Lot). Open every Saturday from 8 am to 1 pm - all year round.
SATURDAY	Historic Folsom Farmers Market 915 Sutter Street, Historic Folsom Public Plaza, Folsom. Every Saturday from 8 am to 1 pm - all year round
THURSDAY	UC Davis Health System Farmers Market 45th and Y Street (UC Davis Campus). Seasonal - Opens 4/24. 3 pm - 7:30 pm
WEDNESDAY	Fair Oaks Farmers Market NEW LOCATION, LOTS OF PARKING! 8101 Sunset Ave. (New Life Church). Seasonal - Opens 4/16. 3 pm - 7:00 pm
WEDNESDAY	VA Mather Farmers Market 10535 Hospital Way (VA Hospital). Seasonal - Open Now. 9 am - 1 pm

For more information: www.bemoneysmartusa.org

SACRAMENTO AREA WOOD SPECIALISTS

Flooring Sales & Installation



Services Offered:

- FLOORING SALES
- LAMINATES
- HARDWOODS
- CARPETS
- BASEBOARDS

...AND MORE!

We have been in the Sacramento area for over 18 years and continue to work with many of the areas investors, Realtors, property managers, retail shops, large area production builders as well as countless homeowners and numerous custom builders.

We specialize in the installation of prefinished hardwood, laminate, carpet and vinyl flooring in both the residential and commercial environment. Installing flooring since 1993 has given us many years of experience in both remodels and new construction. Because we work on our own and also as part of a larger team of licensed and insured contractors, no job is too big or too small.

We show up on time, get the job done and leave the client happy. We understand that the client is what drives our business and we always conduct ourselves in a professional manner.

Flooring Sales & Installation License #920682



Check out our incredible prices on our website:
12mm laminate, upgraded laminate pad and installation from \$3 sq ft
8mm laminate, upgraded laminate pad and installation from \$2 sq ft
Engineered Hardwood and Installation from \$6 sq ft

Check out our new website complete with flooring samples, photos and references at: www.sawsflooring.com

SACRAMENTO AREA WOOD SPECIALISTS
Denny Alexander, Owner / Operator
916-879-1798 • saws.flooring@hotmail.com

Visit our Showroom

11265 Sunco Dr., Suite 100
Rancho Cordova, CA 95742

