

Local High School Band Heat Of Damage Releases Self-Produced EP Page 5

**PLUS:** Hollywood Glitz and Glamour Galore Page 3



# AMERICAN RIVER

Volume 9 • Issue 4

Serving Fair Oaks, Orangevale & Sacramento County

**Second Edition for February 2014** 

**Prominent Automotive** 

**Dealer to Provide Million** 

**Dollar Gift to Museum** SACRAMENTO REGION, CA (MPG) -The Snider family has decided to focus philanthropic support on their distinctive automotive history and will give \$1 million dollars to support the California Auto Museum (CAM) in

According to Karen McClaflin, executive director of the California Automobile Museum, "We are inspired and humbled

by the Snider family's confidence in the Auto Museum's future, as demonstrated by their generous

\$1 million pledge to our new museum. This single-largest gift

to our organization provides a strong foundation for us to build upon as we move ahead with our plans to create a world-class museum to preserve, exhibit and teach the story of the automobile and its influence on our lives and

"We needed to move on," noted Paul Snider, automobile executive, philanthropist and project lead. "Our commitment to Sacramento and the California Automobile Museum remains strong and is underscored by our \$1 million dollar gift to advance plans for the new

automobile museum. We wish

CAM's McClaflin says, "We are certainly sorry the Sniders

have to forego their dream for a

Natural History Museum at this

time. Paul Snider made a perfect

partner given his success in the

automobile industry. Even so,

we understand their decision and

remain grateful for their support."

The Snider family will continue

their longstanding commitment

to and financial support of con-

servation and education efforts

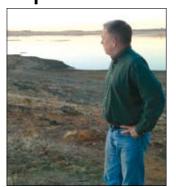
throughout the world. Plans for

them every success.'

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culture."

#### **Solutions for Local Water Crisis Requires Action**



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#### The Dog Days of Winter



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#### **Empowering Insights for** Spiritual Seekers

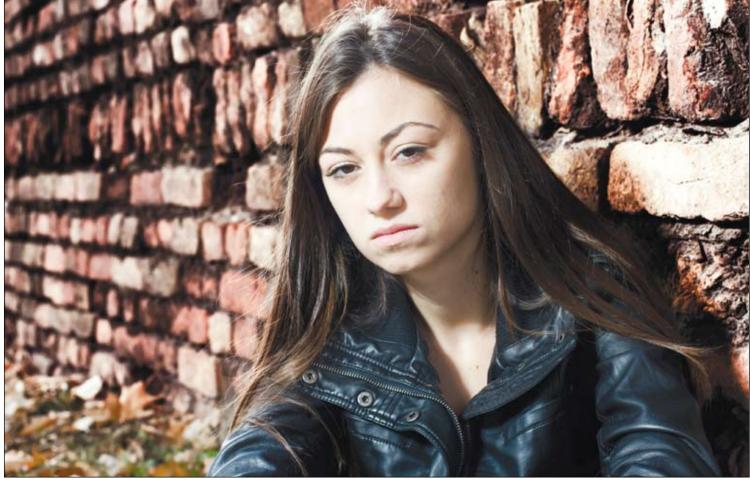


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# Human Trafficking Hits Sacramento Region Hard



Like drugs and arms trafficking, human trafficking is a market-driven criminal industry that is based on the principles of supply and demand. Many

WEST SACRAMENTO, CA (MPG) trafficking has been identified as the largest human rights violation in the history of mankind. It is the fastest growing criminal enterprise in the 21st Century. It is a 9 billion dollar industry. Human trafficking is the second largest criminal enterprise in the world, after drug smuggling and arms dealing. Victims of human trafficking are exploited for the purpose of commercial sex and forced labor. Human trafficking is a form of modern day slavery. It flourishes from the lack of community awareness. Victims are in plain sight. Those who are being trafficked

foreign nationals. Foreign-born victims can ies in the United States which is experiencing be either documented or undocumented in the United States. The United States is one of the top three destination points for trafficked victims. California. New York. Texas and Nevada are the top destination states within our country. Los Angeles is one of the top three points of entry into this country for victims of slavery and trafficking. This trafficking occurs in a triangle from Los Angeles, California to Las Vegas, Nevada, and back to Sacramento, California. The diverse communities of these sprawling cit-

women. They can be domestic citizens or survivors. Sacramento is among the top 5 cit-

an epidemic of child trafficking. Human trafficking is a form of modern-day slavery where people profit from the control and exploitation of others. As defined under U.S. federal law, victims of human trafficking include children involved in the sex trade, adults age 18 or over who are coerced or deceived into commercial sex acts, and anyone forced into different forms of "labor or services," such as domestic workers held in a home, or farm-workers forced to labor against their will. The factors that each of

#### a combined Natural History and Automotive Museum within the ies make it easier to hide and move victims these situations have in common are ele-Docks Waterfront Project have from place to place. This makes it very difments of force, fraud, or coercion that are ficult for law enforcement to locate potential include young children, teenagers, men and Continued on Page 9 Continued on Page 2

The Northern California Egg Artists Show and Sale show benefits the Shriners Hospital for Children -Transportation in Sacramento. Many talented local, national and international artists have donated egg art that will be both raffled and auctioned throughout the show. All proceeds will go the Shriners.

The event will be held at Crowne Plaza located T 5321 Date Ave. off I-80E at Madison Ave. (not Businesss 80). Call (916) 338-5800 for more information.

The show has artists participating and teaching seminars from the countries of China, S. Korea, Japan,

Mexico, Canada, The Netherlands, The UK, Australia, Spain, and the United States.

The artwork is done with real infertile eggshells from Ostrich, Rhea, Emu, Goose, Duck, Chicken, Finch, and quail to name a few.

The styles include but are not limited to beaded, carved, etched, jewel boxes, purses, painted, jewelry, pysanky, and diorama. The jeweled are in the Fabrege style.

The event includes four days of seminars: Feb 27, 28, Mar 1 & 2 and two days which is open to the public & 'eggers' for shopping and viewing the artwork. For any information, please call Diana Macias (916) 687-8721.





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# CDPH Warns About Consuming Cactus Imported From Mexico

Special CDPH Report

#### SACRAMENTO REGION, CA (MPG)

- California Department of Public Health (CDPH) Director and state health officer Dr. Ron Chapman has recently warned people not to eat cactus imported from Mexico that were sold at specific retail and wholesale locations around the state due to the presence of unapproved pesticides.

A recent routine surveillance sample collected by the California Department of Pesticide Regulation (CDPR) isolated as much as 5.8 parts per million of Monocrotophos, an organophosphate based pesticide that has been barred from use in the United States since 1989. CDPR immediately took action to remove all of the product it could locate from store shelves and distribution centers. It has been quarantined and/or destroyed so that it doesn't pose a threat to

The contaminated cactus was sold and offered for sale to

consumers and wholesale customers locally at La Superior SuperMercados in Sacramento, Stockton, Woodland and Pittsburg between 2/6/2014 and 2/12/2014

Whole cases of the cactus purchased from the wholesale produce companies were likely labeled with a supplier sticker that stated "Comercializadora De Chiles, Selectos Nieto S. De R.L. De C.V." Product sold in the retail stores was sold in bulk bins without any specific branding or labeling.

Washing or peeling the cactus prior to preparation as well as some cooking methods (boiling) can remove some of the pesticide, however, since consumers are unable to measure the effectiveness of these procedures, it is not recommended that consumers try to salvage any of this contaminated product. If consumers have any of this product remaining in their possession, they should return it to the place of purchase or dispose of it in the garbage.

No illnesses have been reported

to date, but symptoms of acute poisoning may include sweating. headache, weakness, nausea, vomiting, hypersalivation, abdominal cramps, and diarrhea. Consumption of Monocrotophos can lead to neurotoxicity and permanent nerve damage.

CDPH and CDPR are working with the U.S. Food and Drug Administration to identify the growers and importers responsible for shipping pesticide contaminated cactus into the United States, so that future shipments can be examined and verified that they are in compliance before making their way into the marketplace.

CDPH recommends consumers experiencing any ill effects after consuming cactus products consult their health care provider. Consumers that observe the product being offered for sale are encouraged to report the activity to the CDPH toll free complaint line at (800) 495-3232. For more information see www.cdph. ca.gov

### **A Sweet Delivery With** an Important Message

- The Regional Water Authority (RWA) and Girl Scouts Heart of Central California (GSHCC) are partnering to provide an important message with Girl Scout cookie deliveries this year - please conserve water

The Sacramento region is experiencing record-breaking dry conditions, and the Governor has declared a statewide drought emergency. Folsom Lake, a major water supply for people and wildlife, is expected to continue to drop to historically low levels as dry conditions persist.

To help raise awareness about these unprecedented conditions and how to use water wisely, Girl Scouts in Sacramento, Placer, El Dorado and parts of Yolo counties will be distributing as many as 70,000 water conservation tip cards with cookie deliveries in February and March.

"With these historically dry conditions, it's important to find every opportunity to educate the public about the actions they can take to save water," said RWA Water Efficiency Program Manager Amy Talbot. "We're delighted to partner

SACRAMENTO REGION, CA (MPG) with Girl Scouts to let the public know that making small changes can save hundreds of gallons of water, keeping more in the lakes and rivers that make our region unique."

> Tip cards invite readers to consider how they can save water inside and outside their home while enjoying their Thin Mints, Lemonades, Caramel deLites and Peanut Butter Patties. Suggestions

- · Keeping showers to five minutes or less
- Fixing leaky toilets, faucets and sprinklers
- Installing high-efficiency toilets, showerheads, faucets, dishwashers and clothes washers

"Girl Scouts has a long tradition of public service and conservation," said Liz Williams, GSHCC's Assistant Vice-President, Girl Experience. "Water efficiency is an important topic in California, especially this year. We welcome the opportunity to partner on reminding the public about ways to use water efficiently."

More information and tips for using water wisely are available at BeWaterSmart.info.

The Regional Water Authority is a joint powers authority representing two dozen water providers and affiliates in the greater Sacramento area. Its primary mission is to help its members protect and enhance the reliability, availability, affordability and quality of water resources.

Founded in 1912, Girl Scouts is the premier leadership development organization for girls. The local council, Girl Scouts Heart of Central California, stands behind its mission to build girls of courage, confidence and character who make the world a better place. Through the Girl Scout Leadership Experience, girls Discover their interests and talents, Connect with others, and Take Action to improve the world around them. The council is headquartered in Sacramento and serves more than 28,000 girls in 18 counties\* in Central California. For more information on how to join, donate or volunteer with Girl Scouts Heart of Central California, visit www.girlscoutshcc.org. ★

Source: Regional Water Authority

#### Prominent Automotive Dealer to Provide Million Dollar Gift to Museum

Continued from Page 1

been shelved. "Paul and Renee Snider are incredibly generous people and have given and done so much for our community," noted John Frisch, senior vice president of Cornish & Carey Commercial Newmark Knight Frank. "Their gift of a new

automobile and natural history museum would have benefitted the entire region and attracted visitors and money to the city. It is a sad day for all of us who want to move Sacramento's Waterfront projects forward."

Currently located in a former warehouse at 2200 Front Street, the \$1 million dollar

gift is the largest single donation ever given to the California Automobile Museum since it's inception 1983. The original Towe Ford Museum, predecessor to CAM, opened it's doors to the public May 1, 1987.

Source: Rick Reed Public Relations





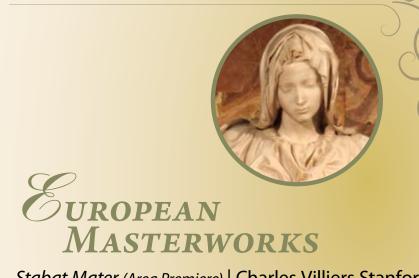


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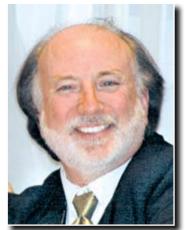
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### **Hollywood Glitz and Glamour Galore**

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#### SACRAMENTO REGION, CA (MPG) -

On March 15th, 2014, from 7 to 11pm, the Memorial Auditorium will be transformed into a glamorous Hollywood supper club, circa the 1930s. While Ginger Rogers and Fred Astaire will not be in attendance, the dancers of the Sacramento Ballet will be there, teaching the Continental and leading the Conga Line.

It's all part of Sacramento Ballet's Glitz and Glamour

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The fabulous supper club will expand into a casino and dance floor, where guests will roll the dice and dancers will harken back to the big band era. Also, Giggle and Riot will bring their photo booth with 30s accessories to glam up photo keepsakes.

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Guests will be treated to a champagne reception, 3-course dinner and live music by the Peter Petty Orchestra.

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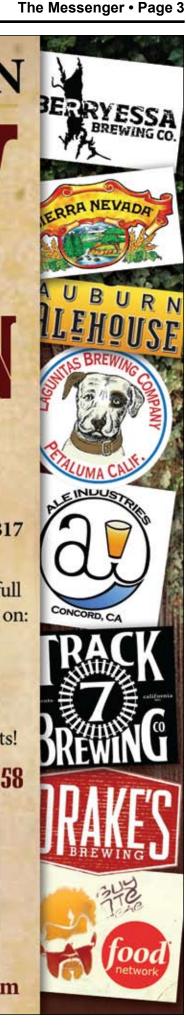
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By Pastor Ray Dare

In your life, between now and the time you die, you will experience many stressful changes. How are you going to respond to those changes? You can't prepare for them because you don't know what they're going to be. How will you handle them? What's going to be your source of stability? The Bible says, "Those who trust in the Lord are as steady as Mount Zion, unmoved by any circumstance." Psalm 125:1 That's what I call stability! You're unmoved by any circumstance. Security, stability and confidence in life come from being anchored in an unchanging God.

God never changes. "But whatever is good and perfect comes to us from God... He shines forever without change or shadow." James 1:17. There are three things about God that never change. Knowing these brings stability in your life.

God's love for you will never change. You need to constantly remind yourself of this. God says, "I have loved you with an everlasting love." Jeremiah

# Your Source of Stability

31:3 God's love for you is constant. One of the reasons why we get frustrated by relationships is people change, get moody, fickle. But God always acts like Himself. He never changes. He never acts out of character. The point is, you never need to doubt God's love. No matter what happens. No matter what you feel, God's love for you never changes. "For I am convinced that nothing can ever separate us from his love." Romans 8:38 He never changes His mind about you. It's important you understand that. If not, the next time something doesn't go your way or something bad happens, you're going to think, "That's God getting back at me". No, that's life. God's love for you never changes.

God's word never changes. The Bible is always relevant, always fresh and always up to date. Anything man writes eventually becomes obsolete, outdated. You need to build your life on something more stable, permanent and unchangeable than the current fad, therapy or the current thing in vogue. Jesus said, "Heaven and earth will pass away but My words will never pass away." Matthew 24:35. If you want to have more stability in your life when you're under stress, then fill your mind with things that never change

and things that you can always count on, God's word.

God's plan for you will never change. "The Lord will fulfill his purpose for me; your love, O Lord, endures forever." Psalm 138:8a (NIV). People say, "I made this big mistake. I missed God's plan. I'll just have to settle for second best." There's only one problem with that: You don't find that in the Bible. God is not the God of second bests, He's the God of second chances. You are still on Plan A. God knows everything that's going to happen in your life and He fits it all in to work for good in your life. Nothing can hinder God's plan for your life, not even your own mistakes. He saw them coming long before you ever made them. Romans 8:28 says, "ALL things work together for good to them who love God and are called according to His purpose." Good, bad, ugly, somehow God knows how to turn them all around and use them for His purpose in your life. God has not changed His mind about you. Pastor Ray

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# **Special Valentine's Day** Offer From Mathnasium!

of Fair Oaks is offering elementary and middle school students an initial assessment and one month of unlimited drop-in instruction for only \$99. This is a \$440.00 value for elementary students and a \$460.00 value for middle school students.

Mathnasium of Fair Oaks is making this offer to the local community because while other Mathnasium Centers like Folsom are no longer accepting new students, the Fair Oaks Center, newest in the Sacramento area, is still open for enrollment. So if your student is interested in a career with a future, or simply needs help with math at school,

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For details about this Valentine special offer, good through February 28, visit Mathnasium. com/fairoaks and click on "Special Offers", or call 916-967-6222. (Mathnasium has over 400 locations throughout the United States. Check out their newest location in Fair Oaks at 7840 Madison Ave. Suite # 148. Stop by any afternoon, Sunday – Friday, 3 - 6 pm.)

# Local High School *Band Heat Of Damage* Releases Self-Produced EP "Orenda" And Rocks Local Venues



FOLSOM, CA (MPG) - From the drummer's garage, using a 20-year old mixer, a constantly crashing computer, and the lyrics, talent and determination of 3 Folsom High School sophomores, Orenda is the result.

Starting just one year ago, Heat of Damage's Nick Lassalette, Dave Haug, and Julian Bohland have quickly become a local high school band favorite, regulars at The Boardwalk in Orangevale, and is ranked #9 as of this date out of 200 Sacramento area bands on Reverbnation.com.

In just over 3 months and

working around their school activities (Haug is on the football team and Bohland is in the awardwinning jazz band) the band's first EP, Orenda, was released on Reverbnation and SoundCloud February 4th. This 6-song ensemble includes hard-rock, edgy tunes such as "Watch You Burn" and "The End," along with inspiring and emotional songs such as their online acoustic hit, "Come N' Go," which describes the everchanging relationships and lives of a teen, and "Clovers," saying how "Now's the time to shine."

Heat of Damage will be playing

at The Boardwalk on February 22nd, opening for the hit rock bands Assuming We Survive and Dose of Adolescence. The band will also be playing at Club Retro in Roseville, CA on February 28th. EPs and T-shirts will be on sale at both venues.

For Further Information, Visit Heat Of Damage Websites on Reverbnation.com: SoundCloud. com: and Facebook.com

Contact: Angela Barber, (916)833-8942 or acbarber 1@



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#### **ACROSS** man 6. \*Phelomena's quest

9. Immanuel "Critique of Pure Reason" 13. B on Mendeleev's table 14. WSW opposite

15. "None the \_\_\_ 16. Lawyers' loads 17. Hula welcome

19. Kind of tire 21. \*Bullock's force of

23. Canny 24 \*Enterprise of "Star Trek Into Darkness'

28. Apiece 30. Part of India

37. LeBron's goal 39. Deen or Abdul 40. Against

41. Slow sipper's 44. Heat-conducting solid

-a-Sketch \_ Adler's stu-

dents won many Oscars 50. Folio page

53. \*Oscar of sports world? 55. "Before" prefix

61. Chemical cousin 64. Accord 65. Credit card acr.

70. \*2013 "wolf" portrayer

9. Capital on the Dnieper 10. Fungal spore sacs

12. Site of Trojan War

20. Nursemaid in India, pl

26. Article of faith

29. Pigeon's home

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#### **CLUES**

1. \*"Nebraska" leading

18. Right-hand page

attraction

25 20s dispenser

35. "Wanted!" state

equipment 43. Smiley face

47. Makes a great puppet 48. \*

52. Between do and mi, pl.

57. Punk hairdo, pl.

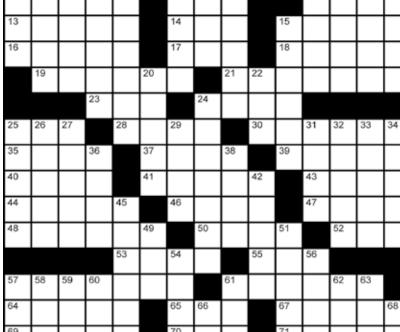
67. Some sorority girls 69. Popular synthetic fabric

74. African antelope

7. The loneliest number? 8. Sound like Secretariat

27. Opposite of glossy

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

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.

6

For Solutions See Page 7

Come back every week for Crossword and Sudoku!



1. British broadcaster 2. Women's lib cry? 3. Celestial hear 4. Campus girls 5. Store as fodder 6. Auction off

11. Post-deductions amount 15. Get through

24. Soon enough 25. \*Nominated "Hustler" 32. One of "12 Angry Men," e.g. 33. Rabbit hole wonderer 34. \*"Saving Mr. \_ 36. Obsolescent phone feature

C StatePoint Media

31. Old scolds

38. Tempo

42. Wallops

45. \*Folk singer "\_ 49. Pose a question 51. \*Nominated animated feature 54. Church song 56. Manicurist's board

nees Wahlberg or Ruffalo 58. Arab League member 59. "Hey!" 60. Above 61. \*"\_\_\_\_ Man 3," nominated for

62. European erupter 63. Commuter line 66. Princess tormentor 68. Yellow

Visual Effects

57. \*Previous Supporting Actor nomi-5 9

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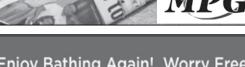
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#### **Crossword Puzzle on Page 6**

#### **Customer Service/**

advertising clients to verify

orders and information, and

offers general customer ser-

Must have editorial experi-

ence and work well with

others in a fast paced envi-

ronment. Position manages

incoming submissions via

email, copy edits submis-

sions to prepare them for

print and generally organiz-

news sites. This would be

ticle posted. Must be profi-

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layout duties at MPG offic-

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By Ronnie McBrayer

"Pitchers and Catchers report!" It's as sure a sign of the coming spring as erupting dandelions and fledgling fruit blooms. And as inhumane as this winter has been – as brutal as it remains in many locales – spring could not get here quickly enough, groundhog shadows and eminent March snowstorms be damned.

Yes, the return of baseball is a bellwether of warmer days, even if baseball itself should expect a somewhat chilly reception these days. Critics say the games are too long and frankly, painfully tedious. Smart, run-scoring strategy has been replaced by brutish free-swinging for the cheap seats, say baseball's purists. And don't even get tongues wagging about a certain Yankee third baseman.

For my own part, I've had a suspicion about the game for some time now. After the baseball players strike of the mid 1990s I fell off the wagon. The more recent scandals involving performance enhancing drugs and the obscene amounts of money paid to mere mortals for throwing and striking a rawhide ball have done nothing to reclaim my confidence.

And have you taken your kids to a game lately? To park, \$30. For tickets, \$75, \$60 for sodas and snacks. And forget the

### All That Once Was Good

souvenirs. I can't swing that kind of cash. What makes all of this so difficult to take is the fact that some of my fondest memories center on professional baseball.

I'm not old, but old enough to remember sitting in the now demolished Atlanta-Fulton County Stadium trying to snag foul balls off the bats of Brett Butler, Dale Murphy and Bob Horner – all for a few turnstile dollars. But I can count on one hand how many times I've been back to a stadium since.

Some of my fondest memories were also made at church; in the little "church in the wildwood" of my formative years. The pew bottoms were made of old wooden slats that creaked and groaned during the service, pinching this little boy's behind and picking holes in my mother's pantyhose.

The church's water fountain was a natural spring found down a path behind the sanctuary, and a trip to the toilet was a similar trek. On hot August nights I can recall the fiery summer revivals in that old house of worship – fiery in preaching and temperature – as I struggled to understand all that was going on (between explorations for spearmint gum in my grandmother's purse, of course).

Was this church "better" than what I have experienced as an adult? Probably not. Was it simpler, more sincere? Probably so. Major League Baseball and much of the church in America have arrived at the same place. Both are more driven by market and commercial forces than by a true sense of what they are. They

have largely been taken captive by the consumer, by self-indulgence, and vanity. We are all the

My children used to thrill me on the baseball diamond every spring, even when they were picking flowers in the outfield or putting their mitts on the wrong hand. There was an enjoyment, a purity in their play, that while unprofessional, was much more real than anything happening at the ball parks of big business. This is my same longing for the church. For I still love it and pray that it become truer to its roots and more authentic.

Terence Mann, James Earl Jones' character in "Field of Dreams," may have captured the sentiment best. Standing in that enchanted cornfield turned baseball diamond, he says, "They'll walk out to the bleachers; sit in shirtsleeves on a perfect afternoon. They'll find they have reserved seats somewhere along one of the baselines, where they sat when they were children and cheered their heroes.

"They'll watch the game and it'll be as if they dipped themselves in magic waters. The memories will be so thick they'll have to brush them away from their faces. This field, this game: it's a part of our past. It reminds us of all that once was good; and it could be again." May it be so.

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 Reverend **Kevin Kitrell Ross** 

Q: How do I find my purpose in life and start living it?

A: I'm so glad that you have raised this question because it's a question many people struggle with finding the answer. There are some very important clues that will support you as you come into the realization of your

Being in the space of inquiry is the first step. So it's very important you remain in the question. To remain in the question simply means to allow yourself to be in a space of exploration and experimentation. To explore your purpose is to look carefully at those activities in which you feel naturally drawn to and you are energized by.

for Spiritual Seekers

When you are functioning in your purpose, you will find you are connected to a cause for which you are willing to devote your passion, your resources, and your time towards accomplishing. When you are passionate about a cause, it means you are willing to "pass on" the energy of your entire being for the fulfillment of that cause. Your purpose is not always presented to you in a neatly gift wrapped package. Sometimes your purpose shows up in ways that are disappointing. Or your purpose may be presented to you in ways that are very disturbing. For example, you may be very disturbed and uneasy about the presence of racism in our nation

**Empowering Insights** 

The aspect of yourself that is irrepressible and cannot be stopped in the pursuit of taking some progressive action toward this cause squarely places you in the operation of your purpose. Don't think it too great a task or too daunting. Embrace it! Accept It! Enjoy it!

and you may be compelled to

take a stand to put an end to

this form of injustice within our

Your purpose is always there and when you embrace it and not resist it, you will become clearer

and more confident as you take steps to fulfill it. You will also discover its simplicity, however difficult it may be to achieve.

Idle contemplation and "futurizing" about your purpose are not the best ways to discover it. However, moving with the impulse and the restlessness of the soul guides you to take the journey up the path of purpose.

Every person is meant and sent to this earth. And the two greatest days in a person's life are "the day you are born and the day you find out why."

Dive in deep within yourself and contact the presence of God within you and you will undoubtedly uncover in some significant way you are here to express God as peace, love, harmony, joy, healing, and abundance.

Here's to the journey of a lifetime!

Kevin Kitrell Ross is an author, inspirational speaker, life coach, senior minister of Unity of Sacramento, and host of Design Your Life on Unity Online Radio. His hit DVD, Liberate Your Spirit, and other inspirational products are available online at kevinrossspeaks.com.

unityofsacramento.com

# What Comes After That Kiss?

Dr. James L. Snyder

I grew up in a generation that never kissed on the first date. Sad to say, that idea went out with Noah and his ark and you can kiss that idea goodbye.

Nothing wrong with a kiss, if it is with the right person. It seems we are living in a culture where all anybody thinks about is kiss, kiss, kiss. So much so, that the average kiss is just that, average. Whatever happened to the romance factor behind the kiss?

A kiss should be something special and not thrown around like some dirty old rag. It should mean something to the people

involved. I still remember my first kiss.

I was in Bible school studying for the ministry where I met this girl. We had been dating two months before I realized we were dating. On many things, especially in the romantic arena, I am rather slow. At the end of our first "date," she surprised me by hugging me. I had never been hugged before. I did not know what to do with my arms. I did not know if I should stand there or if I should say something. At the time nothing really came to mind so I just stood there saying

The frightening thing about

sleep all night long. I had no idea what it meant and I did not know what I was supposed to do. What would I say to this young lady when I met her the next day? How could I look her in the

I am not sure if I have ever gotten over that first hug after all these years. The thing I did not realize at the time was, every kiss begins with a hug.

the inevitable Then, happened.

We had concluded our "date," and I took her over to the doorway of the dormitory where she lived. All of a sudden, at least from my perspective, she rose up on her tippy toes and kissed me right on the lips. Then she turned around and went away into the dorm, leaving me standing on the porch not knowing what happened or what to do next.

It was February and just a week away from Valentine's Day. I had my Valentine's Day present and my dilemma was, what do I now give her in return? What in the world could ever top a kiss?

Being a naïve young gentleman, I did not possess the resources to process this sort of problem. I had never bought anybody a Valentine's Day present

this first hug was I could not in my life. What did they really look like?

> After some soul-searching and wallet rumbling, I bought her a heart-shaped box of candy. When I presented it to her, she was thrilled and kissed me again. What do I have to do now? Do I buy her another box of candy?

The next few hours were rather foggy to me and even the next couple of days. By the end of Valentine's Day, I discovered I was engaged to be married and it all started with a hug.

The apostle Paul put it best when he wrote, "And now abideth faith, hope, charity[love], these three; but the greatest of these is charity[love]" (1 Corinthians 13:13).

A kiss is an expression of love. t is not so much the kiss as what comes after that kiss; a relationship that gets better and better every year.

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 jamessnyder2@att.net. His website is www.jamessnyderministries.com.

# By Marlys Johnsen Norris, **Christian Author**

Some people believe that everyone is actually going to heaven when they die! One day they will wake up to a big surprise because this is NOT true according to the truth scribed in God's Holy Word, the Bible. Unfortunately unbelievers have chosen their own place. Not heaven but a place designed for those who do not follow the teachings of God

Lies originate from the mouth of a deceiver, the enemy of God, Lucifer or Satan is his name. The deceiver would like you not to believe in God and continue disregarding a holy and just Creator who one day caused you to

# Is Everyone Going to Heaven?

be born. He would like you to "miss the Divine call He has provided" or have you end up in his (Satan's) eternal place -- NOT heaven with God Almighty! (Read 2 Thessalonians 1:9) Such words may sooth the conscience and give false hope, however they are lies perpetrated by

God who created all that is - is the great I AM, He is Sovereign, Holy and Perfect. He requires those who enter His eternal home to also be made perfect and whole. There is only ONE way it can happen because His eternal home is filled with holiness and perfection. He will not allow any form of sin, uncleanness or imperfection to enter and contaminate His abode. People who say everyone will end up in heaven have no idea of "Who" God really is – nor, His expectations of those who desire to enter His home one day. (I Peter 1:4)

God loves all of His creation so He provided only ONE way,

whereby one might take on the righteousness of His Beloved Son and receive His gift of eternal life with the destiny to reside in heaven eternally. It is by accepting the death and blood sacrifice Jesus Christ willingly paid for all our sin debts on the Cross to purchase eternal life for those who make a decision believe and follow in submission and obedience..

Possibly this may be too simple an answer for some, but it is the "only key" that unlocks the door to God's eternal home for anyone! Obedience to God's instructions in one's life draws one into a dynamic and wonderful personal relationship with

Christian Author, Speaker, Teacher

Pat Boone recommends her book "Recipes for a Happier Marriage" Contact me: Marlysjn@gmail.com

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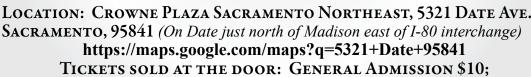
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# Human Trafficking Hits Sacramento Region Hard

Continued from Page 1

used to control people. Then, that control is tied to inducing someone into commercial sex acts, or labor or services. Numerous people in the field have summed up the concept of human trafficking as "compelled service." Every year, human traffickers generate billions of dollars in profits by victimizing millions of people around the world, and here in the United States. Human trafficking is considered to be one of the fastest growing criminal industries in the world.

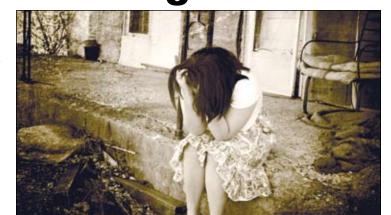
Labor trafficking occurs in diverse contexts that encompass all forms of labor or services. Common places where forced labor has been found in the United States include domestic servitude and small-scale "mom and pop" labor operations, to more large-scale operations such as farms and factories. Certain labor brokers that supply labor to multinational corporations have also been identified as an emerging type of labor traffickers. Sex trafficking includes commercial sexual exploitation of children (CSEC), as well as every instance where an adult is in the sex trade as the result of force, fraud, or coercion. Sex trafficking occurs within numerous venues in the broader sex industry, commonly found in street prostitution, online escort services, residential brothels, and brothels disguised as massage businesses. Under U.S. and international law, commercially sexually exploited children found in the sex trade are considered to be victims of trafficking, even if no force or coercion is

present. Because human trafficking is considered to be one of the fastest growing criminal industries, the U.S. government and academic researchers are currently working on an up-to-date estimate of the total number of trafficked persons in the United States annually. With 100,000 children estimated to be in the sex trade in the United States each year, it is clear that the total number of human trafficking victims in the U.S. reaches into the hundreds of thousands when estimates of both adults and minors and sex trafficking and labor traf-

ficking are aggregated. Like drugs and arms trafficking, human trafficking is a market-driven criminal industry that is based on the principles of supply and demand. Many factors make children and adults vulnerable to human trafficking. However, human trafficking does not exist solely because many people who are vulnerable to exploitation. Instead, human trafficking is fueled by a demand for cheap labor or services, or for commercial sex acts. Human traffickers are those who victimize others in their desire to profit from the existing demand. To ultimately solve the problem of human trafficking, it is essential to address these demand-driven factors, as well as to alter the overall market incentives of high-profit and low-risk that traffickers currently exploit. Why does demand thrive? Labor trafficking and sex trafficking of U.S. citizens and foreign nationals persist and thrive for a number of reasons, including: 1.Low Risk: When the community is unaware of this issue, when government and community institutions are not trained to respond, when there are ineffective or dormant laws to address the crime, when safety nets for victims do not exist, and when law enforcement does not investigate and prosecute the crime, human traffickers perceive little risk or deterrence to affect their criminal operations. 2. High Profits: When individuals are willing to buy commercial sex, they create a market and make it profitable for traffickers to sexually exploit children and adults. When consumers are willing to buy goods and services from industries that rely on forced labor, they create a profit incentive for labor traffickers to maximize revenue with minimal production costs. Left unchecked, human trafficking

will continue to flourish in envi-

ronments where traffickers can



Because human trafficking is considered to be one of the fastest growing criminal industries, the U.S. government and academic researchers are currently working on an up-to-date estimate of the total number of trafficked persons in the United States annually.

reap substantial monetary gains with relatively low risk of getting caught

Human trafficking victims make an alarmingly high number of consumer goods and food products that are both imported to the United States and produced domestically. More often than we realize, somewhere in the supply chain of the products we buy, elements of exploitative child labor or forced labor may be present. As economies

"Labor trafficking occurs in diverse contexts that encompass all forms of labor or services. Common places where forced labor has been found in the United States include domestic servitude and small-scale operations, to more large-scale operations such as farms and factories."

around the world integrate, it has become faster and easier for goods produced with forced labor to enter the global market. In the U.S., labor traffickers exploit and enslave both foreign nationals (some of whom enter the U.S. legally) and U.S. citizens. In many cases of labor trafficking, consumers provide the demand, and thus the profit incentive, to the traffickers. These consumers can include companies that subcontract certain types of services, end-consumers who buy cheap goods produced by trafficking victims, or individuals who use the services of trafficking victims. By changing purchasing choices and asking questions about how our products were made, consumers have the power to reduce these types of demand and help stop human trafficking.

Traffickers often threaten foreign national workers with arrest and deportation, even workers who have the legal right to work in the United States. Labor traffickers use violence, threats, lies, and other forms of coercion to force people to work against their will in many different industries. Common types of labor trafficking include people forced to work in homes as domestic servants, farmworkers coerced through violence as they harvest crops, or factory workers held in inhumane conditions with little to no pay. In the United States, these forms of forced labor are more prevalent than many people realize. However, Polaris Project and others working in the human trafficking field are learning more on a daily basis about the different types of labor trafficking that exist amongst us. In the United States, the Trafficking Victims Protection Act of 2000 (TVPA) defines labor trafficking as: "The recruitment, harboring, transportation, provision, or obtaining of a person for labor or services, through the use of force, fraud or coercion for the purpose of subjection to involuntary servitude, peonage, debt bondage or

Individuals who buy commercial sex acts create the demand for sex trafficking. Many sex buyers may be unaware, ill-informed, or in direct denial of the abusive realities of sex trafficking situations as they exist within the broader sex trade. When sex trafficking is present, victims are often subjected to violence, threats, controlling behaviors, false promises, lies, and manipulation perpetrated by

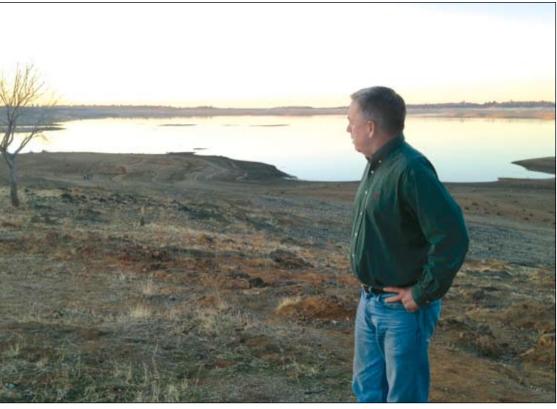
the traffickers/pimps. Popular media, including certain books, movies, television shows, and music, sometimes glamorize and romanticize the commercial sex industry without properly acknowledging the presence of sex trafficking. This glamorization then fuels the demand for paying someone else to have sex with them. Additionally, it is common that victims of trafficking will not discuss their situation with customers or ask for help because they are trained by their traffickers to lie and keep up the act. As a result, "johns" may not fully realize the truth behind the facade, or the pain behind the smile. In communities and places where there is a demand to buy sex, sex traffickers directly respond to the demand by seeking to offer a "product" to be sold for profit. To sex traffickers, the "product" they sell are the women and children they control.

How can you recognize the victims of human trafficking in your city? Victims of human trafficking may look like many of the people you see every day. They can be young children, teens, men or women. By looking beneath the surface and asked yourself some questions you may be able to help identify potential victims. Is the person often accompanied by another person who seems controlling? Is the person rarely allowed in public except for work? Can you detect any physical or psychological abuse? Does the person seem submissive or fearful? Does the person lack identification or documentation? Is someone else collected the person's pay or holding their money for "safe keeping"? If you get the opportunity to speak to the person alone, asking these questions can help you determine if you may be dealing with a victim: Can you leave your job or situation if you want? Can you come and go as you please? Have you been threatened if you try to leave? Has anyone threatened your family? What are your working or living conditions like? Where do you sleep and eat? Do you have permission to eat, sleep, or go to the bathroom? Is there a lock on your door so you cannot get out? Does someone prohibit you from socializing or attending church?

If you suspect that someone is a victim or Human Trafficking call the National Human Trafficking Resource Center at 1-888-3737-888. This hotline can help victims safely and securely begin to rebuild their lives by connecting them to basic services which include: Housing, Healthcare, Immigration Assistance, Food, and Employment as well as Legal Assistance. Victims of human trafficking who are not U.S. Citizens are eligible to receive benefits through the TVPRA to the same extent as refugees. Victims who are U.S. citizens may already be eligible to receive many of these benefits. Gaining the trust of a victim of human trafficking is an important first step for providing assistance. Confidentiality is vital for victims of human trafficking.

The Sacramento Rescue and Restore Victims of Human Trafficking Regional Program, which is administered by the Sacramento Employment and Training Agency (SETA), offers training and outreach on human trafficking, services to victims and referrals to resources. My Sister's House 916-428-3271 (24 hour Multilingual Help Line), Opening Doors, Inc. 916-492-2591, SETA 916-263-3800, The Grace Network 916-850-0846, and WEAVE 916-920-2952. ★

# Solutions for the Local Water Crisis Requires Action



Whether it's government shutdowns or droughts, Congress tends to wait until a crisis to act - and often it's too late. This is why who you elect matters.

By Doug Ose, Republican Candidate for Congress

#### SACRAMENTO REGION, CA (MPG)

- We know that government has no control over Mother Nature, but if there was a plan to store more water for dry years, we would not be experiencing such a water crisis today.

Whether it's government shutdowns or droughts, Congress tends to wait until a crisis to act — and often it's too late. This is why who you elect matters.

This may be the most severe drought in history, but it is not the first, and it won't be the last.

To date, Congressman Ami Bera has not introduced a single piece of legislation to help the region's immediate and long-term shortage of water. Instead it's been nothing but speeches and roundtable discussions — everything short of real leadership.

Underscoring his inaction, after voting against a California drought bill, Bera told the Sacramento Bee, 'We all agree there's a problem. Let's sit down and talk about a solution.'

Talk is cheap. Action is required now.

Congressman Bera should call for an immediate reduction in water released from Folsom Dam — with less water flowing to the ocean, more of our local needs would be served. He has refused to call for legislation denying Federal funding for the Governor's \$25 billion pipe dream that will send what little water we have south.

For the long-term, let's build new water supply facilities so we

have enough affordable water to protect our community, jobs, and food supply in the coming years.

Water is not a partisan issue. It is essential to protecting our quality of life. That's why finding real and lasting solutions to protecting our local water supply is simply common sense.

I worked with both Republicans and Democrats to secure funding for water projects, like increasing the water capacity of Folsom Lake. We got things done, and we can do it again.

Now, more than ever before, action is required. ★

When in Congress, Doug Ose helped secure funding for the Folsom Dam and public water projects to increase water supply. For more information, www. DougOse.com.





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#### DR. COY F. CROSS

Author Coy Cross II, Ph.D "The Dhance"

A Caregiver's Search for Meaning

#### STRENGTH IN UNITY

For a moment life seemed surreal. It's Friday afternoon, my friend Greg and I are having coffee in Peet's coffee-shop on 19th Street in Sacramento. Yesterday, my wife was diagnosed with Stage III, Level C, ovarian cancer. Her surgery is scheduled for Tuesday. As Greg and I are talking, I share with him: (1) I know there are profound spiritual lessons in this for both my wife and me; (2) I have to do it differently this time; (3) I have to accept this and "let everything be as it is." The only thing I can do is be "consciously present with her."

After walking away from a fundamentalist church as a teenager, by age 40 I felt something missing from my life and started looking for answers. I started going to a small Unity church in Modesto and later Carol Ruth Knox, a guest speaker, delivered the Sunday talk. For the first time in my life, I heard a message that resonated to the core of my being. I knew this was Truth, capitalized, emboldened and underlined.

A few months after that first

meeting, I bought a small busi-

ness in Walnut Creek, near her church. Over the next few years, her teachings on "Non-duality," "Progressing Spiritually from Victim to Victor to Vehicle," and "The Dark Night of the Soul" changed my life and the way I see God. This helped me see that my wife's cancer would have a profound spiritual impact on us both.

I had been a caregiver about

30 years before and it didn't go well. I tried to do everything myself and avoid the pain by "stuffing" my feelings and numbing out with alcohol. Part of "doing things differently" was to recognize I couldn't fix my wife. I could take care of many of her physical needs: cooking, driving her to doctor's appointments, buying groceries, cleaning house, etc. I realized this time I needed to take care of myself, if I was to remain strong enough to take care of her. I would ask for help or hire someone to do the routine chores.

The greatest gift I could give to her and to me was to remain conscious throughout the experience. I said to God, "Okay, I am going to

be present for all of this. I am going to feel it all." My promise to my wife was, "I will be consciously present with you and hold your hand throughout." As we move forward in time each of us will face a 'dark night of the soul,' a moment when we can feel alone in the Universe. How to find mental, physical and spiritual strength to cope, survive and assist those in need as a caregiver is just the beginning of finding strength in Unity.

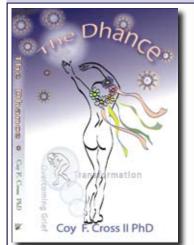
Share with us each month here and visit Facebook to learn more at The Dhance. See author Cross as he discusses discoveries, lessons and shares insights on YouTube.

You also can learn to cope in delving into the mind, life and acceptance of life and death that is the heart of Coy Cross's experience related for all to learn from in "The Dhance" (Available from KohoPono Press, ISBN 978-0-9845424-2-0, visit kohopono.com or call 503-723-7392).

Please note: author's permission required before reprinting these articles.

#### **Meet The Author: Coy Cross**

When They Need You Will You Be There? A Caregiver's Search For Meaning Arcade Library Community Room • 2443 Marconi Ave. • Saturday, March 1, 2014 • 1 pm - 2:30 pm Granite Bay Library • 6475 Douglas Blvd. • Saturday March 8, 2014 • 11:30 am - 1:00 pm



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# Sacramento Weekly Gas Price Update and Outlook

Average retail gasoline prices in Sacramento have risen 4.4 cents per gallon in the past week, averaging \$3.46/g yesterday, according to GasBuddy's daily survey of 720 gas outlets in Sacramento. This compares with the national average that has increased 5.0 cents per gallon in the last week to \$3.34/g, according to gasoline price website GasBuddy.com.

Including the change in gas prices in Sacramento during the past week, prices yesterday were 48.4 cents per gallon lower than the same day one vear ago and are 2.9 cents per gallon higher than a month ago. The national average has increased 6.1 cents per and stands 34.3 cents per gallon lower than this day one

"After weeks of relative stability with little change in gas price nationally, we've seen a new trend develop that has sent the national average to its highest level since mid-October," said GasBuddy.com Senior Petroleum Analyst Patrick DeHaan. "Oil prices have recently surpassed \$100/bbl, a \$6/bbl jump since we began 2014, and unfortunately this new trend may signal the beginning of "March Madness", the time of year that brings large spikes in gas prices. Very few stations have gasoline under \$3/gal, and I expect those few stations will

SACRAMENTO REGION, CA (MPG) - gallon during the last month all but dry up over the next couple weeks. The national average will likely rise 35-50 cents per gallon by the time gasoline prices peak in April or May, ahead of the start of the summer driving season that brings the switch to more expensive, cleaner burning summer gasoline," DeHaan said.

GasBuddy operates SactoGasPrices.com and over 250 similar websites that track gasoline prices at over 140,000 gasoline stations in the United States and Canada. In addition, GasBuddy offers a free smartphone app which has been downloaded over 25 million times to help motorists find the lowest gasoline prices in their

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# The Dog Days of Winter



By Gold River Resident Jodie Barringer Myers

They say you should write what you know. So I will. What I've lived, breathed and known the past month and a half is a rambunctious, darling, yellow Lab that we adopted on December 21, when she was almost eight weeks (weeks!)

You might have read the Dogs and Diamonds column from November...where I talked about losing our beloved dogs, and the kids moving out, moving on and getting engaged. Well, as fate would have it, we lost our 14-year-old Lab Mia on December 14. Losing her was not a surprise, as she was, after all, a 90-year-old "woman." But it was still very painful. Of course. She was our fifth family member. She made us other Myerses better, for we tried, often in vain, to be the great humans to her that I know she thought we were.

The days after our Mia died, kind friends and thoughtful neighbors sent flowers, cards and condolences. One of our friends asked Chuck, "So are you going to get another dog?"

"Hell, YES," was his lightning-quick reply.

"Hell, PROBABLY NOT," was mine.

I guess we know who wears the pants in this family... Exactly seven days and one hour after Mia being gone, we

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got another little Myers. Merry Christmas to us! We "interviewed" her parents, we met the owner, we consulted with our kids, we talked at length with our "dog mentor" friends, the Johnsons. We fell in love. We brought her home.

Her fancy name is Noel. Our first Noel. But we call her Noie (pronounced Noey) Julia looked up the meaning of Noe (they spell it wrong) in Hawaiian, and get this: it means "Mist from heaven." In our home, loosely translated, that means: "Mia is looking down from heaven, admonishing Noie to treat her forever family very, very well, for a very long time." Just like Mia did. Yes, Noie, you have HUGE paw prints to fill.

She's already acquired quite a few nicknames: Noey Bose, Noella Bella, Snowey, LuluHead, BooBoos, YouBrat, NoNoNoooo, and OuchhhThatHurts!

She poops, she pees, she even throws up. And she doesn't discriminate. She'll do all of the above inside, outside, in the car, in her crate, on Sisal or antique Persian rugs, hardwood and/or tile and/or carpet.

I had Chris our carpet cleaner on speed-dial the first couple weeks. But then I took a deep breath, quit stressing about the 10 new stains on the carpet, and imposed a moratorium on having houseguests over until she "grows up," at which time we'll re-cover all flooring surfaces in the entire house.

This girl is multi-talented. Pooping and peeing isn't all she does...

She digs, a lot, when given the chance. Which is why we have to be ever-vigilant of her every move, which means we can't let her out of our sight for more than a nano second, which means we can't get much of anything

And she sheds. A lot. Which is why my floors are coated in a fine, blond-colored fur. My house is in shambles. My Swiffer moves have become quite impressive and proficient, but, sadly, futile. I can't wait for summer, when our littlest angel will be in full-shed mode.

She can go from 100 mph to zero in the blink of those big brown eyes. Ah, how I love those naps. That's when I get a bit nostalgic, remembering with clarity what it was like when my kids would snooze. Noie's naptime is my time to rush to get my stuff done -- work on transcripts, do the laundry, return phone calls, unload the dishwasher... and write this.

So am I too old for this new puppy thing? I think so. No, I know so. But for the love of my husband, and at the behest of my two wonderful daughters (who live away from home and don't have to "live it" everyday), and for the exponential increase of the Cuteness Factor in this home, and for the sheer pleasure of smelling that puppy breath and fur, I will suck it up and... just do it. Happily. Well, for the most part happily. 98% happily. Okay...52% happily. (Just kidding.)

At this moment in time, she sleeps like a newborn, plays like a hyper toddler with ADD, eats like a ravenous adolescent boy, and too often acts like a defiant, rebellious teenager. The claws upon her pudgy paws are like razor blades. She IS a set of sharp teeth (think ice picks) with a honey-colored Labrador Retriever body attached. We have the cuts and bruises on our hands, arms, ankles and nose to prove it.

But gosh is she ever cute! (Okay. Who doesn't say that about their new puppy?) But,

You are more than welcome to stop by to meet, cuddle, play with or smell our newest family member at any time. But please knock quietly. Hopefully, she'll be napping.

Jodie Barringer Myers writes a blog, cottagecheeseandcrepepaper.com, and can be reached at jbthinmint@hotmail.com.



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# New Study Details Depth of California's Affordable Home Crisis

The California Housing Partnership Corporation released a report February 11th that shows California's private housing market is not providing an adequate number of homes affordable to low- and moderate-income households and calls on California's legislators to take immediate action to meet the housing needs of California's lowest-income residents.

Contrary to common belief, the study "How California's Housing Market Is Failing to Meet the Needs of Low-Income Families," finds that the housing bubble burst and the ensuing foreclosure crisis have

able to lower-income households. In fact, rents were higher in 2012 than they were at the height of the housing boom in 2006 in nearly all metro areas. One million lowincome households in California do not have access to an affordable home, and not one county or legislative district in the state has an adequate supply of homes affordable to extremely low-income households, those earning 30 percent or less of their metro area's median household income. More than fifty percent of extremely low-income households are elderly or disabled and living on a fixed

In the past five years, 79 percent of state and federal investment in affordable homes has disappeared. The elimination of Redevelopment funding in 2012 and the exhaustion of state housing bonds funded by Propositions 46 and 1C, has meant the loss of more than \$1 billion per year in state investment that is critical to spur the production and preservation of affordable homes. Combined with reductions in federal funds, investment in affordable homes in California has been reduced by more than \$1.5 billion annually.

The California Housing

state leaders to implement policies in three key areas. Area 1: Replace exhausted state housing bonds by passing the Homes and Jobs Act (SB 391) and by making an immediate general fund investment to the state's existing rental housing production program. Area 2: Strengthen local jurisdictions' tools for building and preserving affordable homes by taking three important steps: Lower the thresh**old** for voter approval of local infrastructure measures, including affordable homes, to 55 percent, as it is with education bonds; create a new tax increment financing

mechanism that gives local governments the ability to fund the development of basic infrastructure including transportation, housing and parks; and allow local juris**dictions** to require the inclusion of a percentage of affordable homes in new developments. Area 3: Invest a significant portion of Cap-and-Trade revenues in affordable transit-oriented homes and energy efficiency retrofits to existing multifamily affordable housing.

The California Homes and Jobs Act (SB 391) is a particularly important piece of the solution to our state's affordable-home crisis.

SB 391 will dedicate investment to public-private partnerships that will build 10,000 safe and affordable single-family homes and apartments each year for Californians in need, including families, seniors, veterans, and people with disabilities; reduce homelessness; and result in significant savings to tax-

Source: The California Housing Partnership Corporation is a private nonprofit organization dedicated to helping government and nonprofit housing agencies preserve and expand the supply of affordable homes for lower-income households throughout California.





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