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AMERICAN RIVER Messenger

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Serving Fair Oaks, Orangevale & Sacramento County

DECEMBER 15, 2017

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A Purpose in Life

Providing Food, Resources and Hope



Pat Nelson (left) and Lisa Oakumura (above photo) register clients at the front desk of the Orangevale Food Bank. Claire Bennett (left) and Laila Bottomly (photo at right) pass out food at Orangevale Food Bank. Photos by Gary McFadyen

By Margaret Snider

ORANGEVALE, CA (MPG) - Orangevale Food Bank found its mission when it was conceived as an idea in 2011. That mission is to make a positive impact in the communities of Orangevale and Fair Oaks by providing food, resources and hope to families in need. Their doors opened in January of 2012.

"We primarily get our food through small local donations in addition to donations from local grocery stores," said Keith Wright, assistant director. "We get close-to-date food from Trader Joe's, WalMart, Safeway, and Sprouts locally." They also have food drives to collect nonperishable foods.

The food bank relies on volunteers for everything from bringing food in,

to sorting it and preparing it for easy dispersal. On distribution days volunteers check in clients and distribute the food. "I come on Monday before they open up at 11," said volunteer Linda Eldredge. "I do the bags, and I stock and I condense, and tell them what they're going to need. . . I think the hardest part is that we sometimes don't have enough volunteers."

Linda Ervin was a client of the food bank at one time, when her husband had passed away and she needed help. She figured that they were helping her, she should start giving back. Ervin started volunteering three years ago. "I love the clients, they're fantastic, the volunteers are fantastic, they're my

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Fishman Elected SMUD Board President

SACRAMENTO REGION, CA (MPG) - SMUD Director Gregg Fishman was elected president of the SMUD Board of Directors. His term as president will run from January through December 2018. Fishman served as vice president in 2017.

He was first elected in 2014 and began serving on the SMUD Board of Directors in January, 2015. He represents Ward 3, covering East Sacramento, much of the Arden-Arcade area, and the Campus Commons, College Glen and Rosemont neighborhoods, as well as parts of the Florin and Vineyard Park areas.



In his varied career, Fishman has been a news reporter and anchor at KFBK and KGO Radio, a public information officer at SMUD and the California Independent System Operator (CAISO), and he currently serves as the communications coordinator for the California State Association of Counties.

Fishman is also active in the community, having served on the board of his neighborhood homeowners association, the Arden Park Recreation and Park District Board, and he is an active volunteer with the Sacramento Tree Foundation. He led a tree-planting program aimed at replacing the old Modesto Ash trees in his neighborhood, resulting in the planting of more than 2,000 new trees since 2001.

He received an award from the MLK 365 organization for helping to make it easier to remove racially restrictive clauses from local property records, and he is a 20-gallon blood donor with the Sacramento Blood Source. He is also a frequent volunteer master of ceremonies for Project Ride in Elk Grove.

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Much Needed Warm Wishes from Meals on Wheels

Story by Jacqueline Fox

SACRAMENTO COUNTY, CA (MPG) - To have food to eat is one thing. To be warm and remembered may possibly be the other top two most requested "gifts" on the list of many seniors this year, and Sacramento's Meals on Wheels is hoping for your help in making those wishes possible.

If Meals on Wheels doesn't ring a bell it should. The non-profit provides roughly 500,000 meals and safety checks to roughly 1,500 home-bound seniors annually. The Sacramento operation is part of a network of more than 5,000 local Meals on Wheels chapters across country. Meals on Wheels was established under the Older Americans Act created by congress in 1965 to ensure seniors 60 and over have food. It is funded through a combination of

public-private partnerships, state and federal grants, private donations and an army of volunteers.

This year, the agency has introduced a new program giving you another option for supporting: Project Warm Wishes, says Michelle Bustamante, program specialist for Meals on Wheels, Sacramento, has a goal to give each of its participants the gift of warmth, as in fuzzy slippers, blankets, throws, hats, gloves and socks, anything to help participants stave off the cold.

"The goal of this new part of our services is to provide a simple Christmas gift to let people know they are remembered and they are not alone, because so many are isolated and don't have anybody to share the holidays with," said Bustamante. "So our goal is to get a gift to all of those individuals who are registered for our home delivery



The non-profit provides roughly 500,000 meals and safety checks to roughly 1,500 home-bound seniors annually. Photo courtesy Meals on Wheels

program and we are thinking about ways to keep them warm and comfortable."

Scarves, warm sweat suits,

even tea and tea kettles are also potential gifts you can donate through Project Warm Wishes, and you can add to the list things

like toothbrushes, toothpaste, coloring books for adults, jigsaw puzzles and word search books.

Continued on page 2

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Donations Needed for Baby Basket Drive

Donate to Help New Moms at Sacramento Life Center

By Kristin Thébaud

SACRAMENTO REGION, CA (MPG) - Local residents are invited to be a baby's first Santa as Sacramento Life Center holds its annual Baby Basket Drive for local women and teens spending the holidays preparing to become new moms in the coming year. The drive runs through Dec. 31 so the Sacramento Life Center can provide a basket of needed items to every patient who gives birth in 2018. Donations can be made online at www.saclife.org. Gifts can be made in any increment, but a donation of \$50 buys one basket, which includes formula, diapers, newborn clothes, pacifiers and more.

"One of the most overwhelming feelings is learning that you're pregnant and fearing you won't have the resources to care for your vulnerable baby," said Marie Leatherby, executive director, Sacramento Life Center. "Sometimes something as simple as a gift of diapers and newborn clothes can give expecting mothers the confidence that they have a support system to help raise their child. Gifts to our Baby Basket Drive give expecting mothers proof that they will always have a family here at the Sacramento



A Sacramento Life Center client receives a baby basket shortly after giving birth. The center is running its annual Baby Basket Drive through December.

Life Center and cheerleaders out in the community rooting for their family."

The Sacramento Life Center's mission is to offer compassion, support, resources and free medical care to women and couples facing an unplanned or unsupported pregnancy. The Sacramento Life Center's licensed Sac Valley Pregnancy Clinic includes a primary clinic and two Mobile Medical Clinics that provide all services for free, including pregnancy tests, STD tests, ultrasounds, peer counseling

for men and women, education and resource referrals. The non-profit also offers a school-based teen education program, a 24-hour hotline and a program for women seeking support after having an abortion. For more information about the Sacramento Life Center's Sac Valley Pregnancy Clinic, visit www.svpclinic.com. For more information about the Sacramento Life Center or to make a donation, visit www.saclife.org.

Source: Kristin Thébaud Communications ★

Much Needed Warm Wishes from Meals on Wheels

Continued from page 1

"In addition to a meal, this holiday season we also want to give the gift of warmth and let our participants know that, even though they may be alone, they are not forgotten," Bustamante said.

If you want to go deeper, consider becoming a driver for Meals on Wheels. While the job is 100% volunteer base and requires you to use your own car and pass a DMV and background check, the relationships formed with participants and the warmth you get in return are unsurpassed.

"I will tell you that, in addition to providing nutritional meals for our participants, one of our main areas of focus is the relationships that are formed between the drivers and our participants," said Bustamante. "We provide a safety check with every visit and the bonds formed between our drivers and the participants is unbelievable. They are so reliant on seeing that friendly face and the elimination of isolation is so important."

Not all seniors are home-bound. For those who are more mobile, Meals on Wheels has 20 All Seasons cafes set up across the Sacramento County region where more than 1,000 receive a free lunch and a place to socialize with others—a critical component of fighting off isolation.

There is an All Season Café set up at Rusch Park Community Center in Citrus Heights, Mission Oaks Community Center in Carmichael, and the Orangevale Community Center. Transportation to and from the café's is available for some participants.

"The café population is a bit more mobile, and they love the idea of having a place to go each day during the week for a meal and contact with others," Bustamante said. "Those folks are also forming relationships with the volunteers and some of these centers where the cafes are, is like a second home



If you want to go deeper, consider becoming a driver for Meals on Wheels. Photo courtesy Meals on Wheels

"In addition to a meal, this holiday season we also want to give the gift of warmth and let our participants know that, even though they may be alone, they are not forgotten."

MICHELE BUSTAMANTE
PROGRAM SPECIALIST, MEALS ON WHEELS, SACRAMENTO

working in one of the cafes, lays a foundation for longevity.

"We are always in need of new volunteers to help us out," Bustamante said. "We are not really clear on what the future holds. As we all know there are future budget cuts that could affect us and the senior population is skyrocketing, so we need to be able to keep up."

Humans are not the only ones who benefit. The aniMeals on Wheels program also provides pet food for the critters who provide vital companionship for many Meals on Wheels program participants.

"Seniors' pets are often the only family member they have," said Bustamante. "And we found out that many of our participants were feeding their pets part of the meals we deliver, so we always need donations to help make it possible for them to keep their pets and enjoy their meals."

to them. They'll celebrate birthdays there together, the birth of grandchildren, and really make connections that are so important when you are elderly and perhaps on your own."

There has never been a more critical time to support Meals on Wheels, including becoming a volunteer. Congressional budget cuts could impact the future of the public-private partnership for the agency, Bustamante said. Having a solid core of rotating volunteers (there are currently about 500 in the region) who spend their time either preparing the packing of the meals for the drivers, delivering the meals and providing safety checks, or

Meals On Wheels, Sacramento/Project Warm Wishes

7375 Park City Dr., Sacramento

To Donate or Inquire about Volunteering: Call (916) 444-9533

www.mowsac.gov ★

County Opens Mental Health Urgent Care Clinic

SACRAMENTO COUNTY, CA (MPG) - Over the past year the Sacramento County Department of Health and Human Services, Division of Behavioral Health Services has been working on an innovative Mental Health Urgent Care Clinic, funded by the Mental Health Services Act (MHSA). On Wednesday, Nov. 29, the clinic officially opened, providing mid-level service that will help stabilize community members who are experiencing a mental health crisis with same day interventions.

To introduce this this new program to the community, the Division of Behavioral Health Services and Turning Point Community Programs hosted an open house on Tuesday where Sacramento County Board of Supervisors, County staff, system partners and community members were in attendance.

"This intermediate level of service for mental health has been an ongoing need in our community," says Uma Zykofsky, Sacramento County Behavioral Health Services

Director. "This will fill the gap between outpatient and inpatient services and serve as a connector to the appropriate level of service needed. This clinic will allow us to test different ways to successfully adapt the physical health urgent care model to address mental health needs in our community for all ages. What we learn will provide our local practice with the insights needed to improve our county's service delivery system across many healthcare partners."

In addition to helping stabilize community members experiencing a mental health crisis, the Mental Health Urgent Care Clinic will reduce the impact on hospital emergency departments and psychiatric hospitalizations. Once stabilized at the Mental Health Urgent Care Clinic, staff will make appropriate referrals for ongoing mental health support and services. The opportunity to intervene at the start of a crisis will help staff reduce the impact a mental health crisis might have on patients such as loss of housing, broken/

disrupted relationships, and/or incarceration.

"This clinic represents a core component of the mental health continuum the County and its partners are striving to create," says Rosemary Younts, Dignity Health Behavioral Health Services Senior Director. "We're excited over the benefits it will offer to our patients and all consumers and we look forward to continuing to work with the County in the future."

Located on Stockton Boulevard on the same campus as the Mental Health Treatment Center, the Mental Health Urgent Care Clinic will be open 7 days a week from 10 a.m.-10 p.m. Monday-Friday and from 10 a.m. - 6 p.m. weekends and holidays. The address is 2130 Stockton Boulevard, Building 300. The clinic will offer a variety of services including, clinical and psychiatry services, alcohol and drug screening, medication, peer support and recovery services.

Source: Sacramento County Media special release ★

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It's a Wrap in Fair Oaks! Last Chance to Vote for the Best of Fair Oaks!

By Dot Boyd

FAIR OAKS, CA (MPG) - The 34th Annual Fair Oaks Christmas in the Village event was a smash hit by all accounts! It had everything you would expect in an old-fashioned village setting with live music from Elena Sogard, The River City Ukies, Santa's Workshop, a festival of decorated trees, craft vendors, shopping and dining in The Village, and of course, the parade! Horns blaring, Sac Metro Fire Engine led the way followed by Grand Marshall, Bryan Welsh with the Hotheads classic car club, JROTC Color Guard from Del Campo High School, State Senator Ted Gaines, County Supervisor Susan Peters and the Fair Oaks Chamber of Commerce dignitaries including the Honorary Mayor, Jr. Honorary Mayor and Miss Fair Oaks!



Kathy O'Brien and Penny Howard celebrate together. Photo courtesy FOCC

Cambi Brown of Good Day Sacramento emceed the parade of over 30 local businesses and community organizations winding through Fair Oaks behind the Bella Vista High School Marching Band. Pulling up the rear, were Santa and Mrs. Claus in their illuminated sleigh! But wait, there was more! Candles were passed out and everyone filled Plaza Park for the lighting of the huge tree by Fair Oaks Recreation and Park District!

Santa had another surprise in store for one young woman when her fiancé got down on his knee on the stage and asked

her to marry him!! She said, yes! Whew!! The tree then lit up the park and the caroling began amongst the festival of trees. It was magical.

Fair Oaks Chamber of Commerce would like to thank our sponsors: Bob's Cycle Center, Oakmont of Fair Oaks, Farm Fresh to You, UPS Store in Gold River, Nautilus Tea Co., Sarah Hensler of Keller-Williams Realty, The Recognition Group, Central Valley Community Bank, Fair Oaks Cemetery District, Fair Oaks Foundation for Leisure &

the Arts, Fair Oaks Recreation & Park District, Clean & Sober Living, and B & J Auto Body. We could not have done it without the leadership of Fair Oaks Chamber Executive Director, Kim Pitillo, countless volunteers, among them Charles Miller of William Charles Salon and Denise Frazier of EJ's Little People!

Don't forget! You can still vote for your favorite businesses at www.BestofFairOaks.com. Look for more details in this issue. The winners for 2017 will be revealed at a gala reception on Thursday, January 25, 2018! Save the date and come cheer on your favorites!

One last thing...we invite you to "shop locally" throughout the year and in the upcoming holiday season. Please check out our Member Directory at www.fairoakschamber.com. Your support of our member businesses helps us give back to our community year after year. Thank you!!

See you in Fair Oaks!
Dot Boyd Ambassador Chair
Fair Oaks Chamber of Commerce ★



Pete Schroeder just can't get enough of "parade time." Photo courtesy FOCC

By MPG Staff

FAIR OAKS, CA (MPG) - Time is running out for your chance to vote for the Best of Fair Oaks! Now is your chance to have your customers vote for you as their favorite business in the Best of Fair Oaks.

Businesses can promote the vote at their stores, through their social media contacts or other means to get people to cast their votes to win. The award winners are voted on by Chamber members, Fair Oaks citizens and readers of the American River Messenger newspaper. Votes are accepted via email and tabulated by the American River Messenger staff. An impressive

442 different businesses received votes last year.

The rules are simple. Businesses must be located in the Fair Oaks zip code 95628, or must be a member of the Fair Oaks Chamber of Commerce to be recognized as "The Best".

There can only be one vote per category per person. You may return to the web site to vote for different categories at a later time, but you may not vote more than once for any one category. You do not need to vote for all categories for your vote to count. All votes must be received no later than December 31st, 2017 at 5:00 pm.

Votes can only be made by completing the online form at

www.BestofFairOaks.com. All voting entries must have voter's completed information or the votes will not be counted.

This year's event will be held at the North Ridge Country Club in Fair Oaks. The event is scheduled for January 25th, 2018 from 5:30 - 7:30pm. Get your tickets and enjoy the evening in your favorite cocktail or business attire. Come and enjoy some great food, great fun, and great recognition of the best businesses in the community.

To buy tickets contact the Fair Oaks Chamber of Commerce at 916-967-2903 or go to www.fairoakschamber.com ★

Which of These Costly Homeseller Mistakes Will You Make When You Sell Your Orangevale Home?

Orangevale - A new report has just been released which reveals 7 costly mistakes that most homeowners make when selling their home, and a 9 Step System that can help you sell your home fast and for the most amount of money.

This industry report shows clearly how the traditional ways of selling homes have become increasingly less and less effective in today's market. The fact of the matter is that fully three quarters of homesellers don't get what they want for their homes and become disillusioned and - worse - financially disadvantaged when they put their homes on the market.

As this report uncovers, most homesellers make 7

deadly mistakes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. In answer to this issue, industry insiders have prepared a free special report entitled "The 9 Step System to Get Your Home Sold Fast and For Top Dollar".

To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-800-665-3596 and enter 1000. You can call any time, 24 hours a day, 7 days a week.

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This report is courtesy of Bob Kelhofer, RE/MAX Gold, Cal. BRE 01215785. Not intended to solicit buyers or sellers currently under contract. Copyright © 2017

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Crossword Puzzle on Page 5

A	W	A	R	D	P	R	O	W	R	I	T		
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Sudoku Puzzle on Page 5

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

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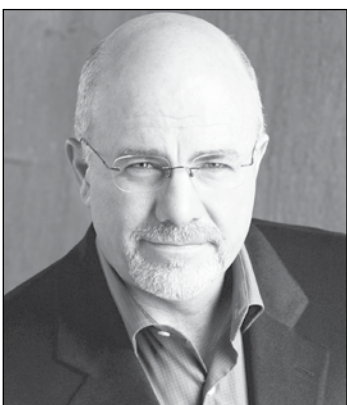
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Dave Says

Dear Scot,
Working to get out of debt can cause stress within a relationship. That stress is sometimes magnified if you're serious about getting out of debt during the holidays. I'm glad you two are on the same page where your finances are concerned. The fact that you're committed to becoming debt-free as a couple will go a long way toward ensuring a merrier Christmas.

chance one of you wants to spend what the other considers to be too much, talk about how and why you arrived at that figure. Then, using your budget as a guide, gently and lovingly talk things out.

Honestly, I don't think you're going have problems if you've already been working together to get your finances in order. And remember, you don't have to spend a lot of money to make people happy. Delicious homemade treats and thoughtful, handcrafted gifts can put a smile on anyone's face.

Merry Christmas!
—Dave

Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including *The Total Money Makeover*. The Dave Ramsey Show is heard by more than 13 million listeners each week on 585 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at [@DaveRamsey](https://twitter.com/DaveRamsey). ★

Just sit down together, have a look at your budget, and ask what she thinks is a reasonable amount to spend on gifts and things while you're trying to get out of debt. If you think her suggestion is a manageable figure, just give her a hug, tell her you agree, and move on. If you've been trying to get out of debt for a while, you might even propose using last year's Christmas budget.

The important thing is to make sure you listen to each other, and approach this together. On the off

Budgeting for holiday happiness

Dear Dave,
My wife and I are trying to improve our finances by living on a budget and following your plan. We're in the middle of Baby Step 2, so we're working to pay off everything but our house using the debt snowball. We only bring home about \$40,000 a year combined right now, so how should we handle Christmas budgeting in the middle of working our debt snowball?

—Scot

Unclaimed Checks Listed on SMUD.org

SACRAMENTO REGION, CA (MPG) - SMUD has posted the names of customers and vendors who have not yet cashed checks dated between October 1, 2013 and September 30, 2014. The list of names will remain online until December 22, 2017. Each year SMUD posts this information in an effort to locate the money's rightful owner.

Claims for these uncashed checks should be filed on or before December 22, 2017 with SMUD Unclaimed Monies, 6201 S Street, Mail Stop K109, Sacramento, CA 95817-1818 or by calling (916) 732-7440.

Replacement checks will be issued only to the payee whose name is on the list, or upon proof of death, to the

payee's beneficiary. The claimant's name must be included on the list of unclaimed checks for the claim to be considered valid. Checks not claimed by December 22, 2017 become SMUD property under California Code Section 50050-50057.

Source: SMUD ★

Savers Credit Helps Low and Moderate Income Workers

Save for Retirement Now, Get a Tax Credit Later

By David A. Tucker II, IRS

WASHINGTON, DC (MPG) - The Internal Revenue Service reminds low- and moderate-income workers to plan now to earn a credit on their 2017 tax return. A special tax break can help people with modest incomes save for retirement. It's called the Saver's Credit and it could mean up to a 50 percent credit for the first \$2,000 a taxpayer contributes to a retirement plan.

Also known as the Retirement Savings Contributions Credit, the Saver's Credit helps offset part of the amount workers voluntarily contribute to a traditional or Roth IRA, a 401(k) or 403 (b) plan, and similar workplace retirement programs.

Taxpayers with an IRA have until April 17, 2018, (the due date of their 2017 tax return) to contribute to the plan and still have it qualify for 2017. However, contributions (elective deferrals) to an employer-sponsored plan must be made by the end of the year to qualify for the credit. Employees

who are unable to set aside money for this year may want to schedule their 2018 contributions soon so their employer can begin withholding in January.

The Saver's Credit can be claimed by:

- Married couples filing jointly with incomes up to \$62,000 in 2017 or \$63,000 in 2018
- Heads of Household with incomes up to \$46,500 in 2017 or \$47,250 for 2018
- Singles and married individuals filing separately with incomes up to \$31,000 in 2017 or \$31,500 in 2018

To qualify for the credit, a person must be:

- Age 18 or older
- Not a full-time student
- Not claimed as a dependent on another person's tax return

Like other tax credits, the Saver's Credit can increase a taxpayer's refund or reduce the amount of tax owed. Though the maximum Saver's Credit is \$1,000 (\$2,000 for married

couples), the IRS cautioned that it is often much less and may be zero for some taxpayers.

The amount of the credit is based on filing status, income, overall tax liability and the amount contributed to a qualifying retirement plan. It may also be impacted by other credits and deductions or reduced by any recent distributions from a retirement plan.

To claim the Saver's Credit, taxpayers must complete Form 8880 and attach it to their tax return. Form 8880 cannot be used with Form 1040EZ.

In tax year 2015, the most recent year for which complete figures are available, Saver's Credits totaling nearly \$1.4 billion were claimed on more than 8.1 million individual income tax returns.

The Saver's Credit can also add to other tax benefits available to people who contribute to their retirement; for example, most workers can also deduct contributions to a traditional IRA.

Source: IRS Media ★

Providing Food, Resources and Hope



Daniel Stauble, Susie McKee, and Trinity Putnam (left to right) at work in the bagging area at Orangevale Food Bank. Photo by Margaret Snider

Continued from page 1
second family." Ervin also serves the organization as ambassador to the Orangevale Chamber of Commerce from the food bank. "The work is so rewarding. It's my first love," Ervin said. "I will never give this up, never in a million years." Wright joined up soon after the organization started. A friend was volunteering there and since Wright had construction skills, the friend recruited Wright to do light construction work. Now he serves alongside the volunteers as assistant director, along with Tom Carden, executive director. Wright said the biggest challenge right now is reaching the people who need

help. "Some people don't have the means to get here, or don't have the physical capability to get here," Wright said. "We're a volunteer organization . . . So we've got to find a way to meet that need without overtaxing our volunteer sources."

Ray Cook, who is retired, finds the food bank a great place to volunteer. "You feel like you're part of something bigger than you could be as an individual," Cook said. "This, to me, is my purpose in life, to help other people."

The volunteers at Orangevale Food Bank are very mission driven, Wright said. "I think they are here because they want to take care of people. I assume the same is true of all food

banks, but I feel like Orangevale does a fantastic job of nurturing that volunteerism. People who come here seem to come with the spirit that they really want to help people."

The food bank is open for food distribution three days a week: Mondays from 11 a.m. to 1 p.m., Wednesdays from 4:30 p.m. to 6:30 p.m. and Thursdays from 9 a.m. to 12:30 p.m. The food bank is located at 6483 Main Ave. in Orangevale.

You can sign up to volunteer for the Orangevale Food Bank by going to <https://www.just-serve.org>. Just enter your town or zip code to find a variety of projects and ways to serve in your community. ★

STATEPOINT CROSSWORD • HAPPY HOLIDAYS

- CLUES**
- ACROSS**
1. Oscar, e.g.
6. Debate position
9. Judicial document
13. Hawaiian veranda
14. Deadeye's forte
15. Capital of Egypt
16. Lumps of something soft
17. Beluga yield
18. Ar on table of elements
19. *First state to officially recognize Christmas
21. *Country which produced first artificial Christmas trees
23. Boiling emotion
24. Grain in "The House That Jack Built"
25. Equinox mo.
28. *On Christmas it often includes ham or goose
30. In style
35. Twelfth month of Jewish year
37. *Max and Santa's Little Helper
39. Jack Black's Libre
40. Saturnalia's place of origin
41. Rat's world
43. Movie spool
44. Actress ___ Perlman, pl.
46. Angler's decoy
47. Partner of "void"
48. "A Connecticut ___ in King Arthur's Court"
50. Speed of object divided by speed of sound
52. A layer in plywood
53. Please do not delay
55. *___ the season to be jolly...
57. *Beloved Montgomery Ward creation
61. *"Christmas Carol" author
65. Avoid, as in taxes
66. ENT's first concern?
68. Alfred Hitchcock in his own movie, e.g.
69. What tailor did

CROSSWORD											
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Crossword Puzzle Solutions on Page 4

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Solutions on Page 4

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By Marlys Johnsen Norris, Christian Author

Most everyone is so very aware that the beginning of the end times has already begun. Nature itself is giving us warnings, not to mention the murders in our streets and the hatred of anyone who is different! Different ideas,

Our Creator's Design

about religion, family or politics, as well as daily living. Small groups of people have also influenced the laws of our country to be changed to meet their agenda. One must believe their way or are wrong which has led to death in some cases.

Persecution of Christians has been on the rise all over the world and it appears that those same ideas are penetrating our country as well. Because American was founded on respecting all religions and allowing their expressions of faith in our society, our people have gotten along for generations.

However today, an over emphasis of people with foreign ideas and religions into America there now appears to be a constant unrest. Unrest because these ideas are ones that

want to irradiate anyone who differs from their religious ideas of what is right. Sadly that means the destruction of the sacred values we have had since the country was founded and the Constitution was signed by men of honor.

Christians believe honoring our God, we forgive those who offend us and do good to them. A hope that they might desire to learn and desire to know our Jesus and Father God of Creation, hope, love and mercy who provided the gift of eternal life to those who come to Him. Ironically, we may need to be willing to die - for what we believe- in the days ahead.

Marlys Johnsen Norris
American River Messenger since 2006
Christian Author of 7 Books
Marlysjn@gmail.com ★



By Pastor Ray Dare

There's no other time during the year when our lives are more rushed than the holidays. We hit the holiday parties, visit the relatives, buy gifts, and basically run ourselves ragged. We may sing about "Peace on Earth" during the Christmas season, but most of us aren't experiencing it.

So what's the antidote? A night out? A relaxing trip to the beach? A week of sleep? Those activities might refresh your body, but they'll hardly restore your soul. When we're empty inside, our culture tells us we need more. We need to do more, go more, and be more.

Jesus says something different. The antidote to our overloaded soul isn't a time-management program. It's not a new philosophy. It's not a new plan or pill. It's a person. It's Jesus.

Pastor Ray's Encouraging Words

How to Relax This Season

Jesus says, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light" (Matthew 11:28-30, NIV).

How can we live relaxed rather than rushed all the time? These verses give us three important clues:

Come to Jesus. You don't just do this once — you do it every single day. No matter what the problem, no matter how deep the hurt, you bring it to Jesus. Take a few minutes out of each day, read the Bible a little, pray a little and bring those cares to Him. If it's worth worrying about it's worth praying about.

Connect with Jesus. Jesus says we must yoke up with him. The yoke is a piece of wood that puts two cattle together to pull a cart. It makes a load easier because the two cattle are sharing it. Jesus doesn't want you to carry all your burdens. You weren't designed to do that. He wants you to "yoke up" with him. He wants to help you carry

those burdens.

Cooperate with Jesus. Jesus wants you to learn from him and as you do, he'll change you in the process. For example, Matthew 11 tells us that he wants to make us more humble and gentle. You might think that the road to real peace would be more about endurance and stamina. But God knows what causes the stress in your life. He knows humility and gentleness are the antidotes to the two biggest causes of stress in your life: arrogance and aggression. Jesus wants to give you a better way — but you have to learn from him. You must let him change you.

The Bible says, "You will keep in perfect peace those whose minds are steadfast, because they trust in you" (Isaiah 26:3). Are you tired of being stressed out? Are you ready to have true peace that only comes from Jesus? It's yours for the taking. It's His free gift to you this Christmas Season.

Pastor Ray
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Latest 'Star Wars' Out of This World



In "Star Wars: The Last Jedi," Mark Hamill shines, and what a thrill to see him swashbuckling almost as spryly as he did 40 years ago.

By David Dickstein

SACRAMENTO REGION, CA (MPG) - Just past the 2-hour mark of "Star Wars: The Last Jedi" (opening Thursday night), there's a scene that would make for a gripping ending. The First Order (the bad guys) has the Resistance (the good guys) on the run, and the surviving arch enemies repping each side are soooooo ready to rumble. The moment is ripe for drooling in anticipation over Episode IX slated for release two years from now. What a perfect time to fade out and play some John Williams over the closing credits, right?

Not on writer-director Rian Johnson's watch. Like so much of the movie, the climax isn't what you think it is. In fact, this fake-out cliffhanger is in many ways just the beginning. And that's one of the countless beauties of the latest "Star Wars"; it keeps giving you more.

From the appearance of those beautiful blue words, "A long time ago in a galaxy far far away ...," to what does serve as the final scene, your goosebumps,

heartstrings and funny bone get a workout the likes this fan of the franchise (save for the Jar Jar Binks era) hasn't experienced since "The Empire Strikes Back."

Trying hard not to give away spoilers, let's scratch only surfaces here. Following an exhilarating opening battle scene, which deliciously includes some banter straight out of Austin Powers' joke vault, we venture where "The Force Awakens" left off. Unlike Episode XII, in which Luke Skywalker (Mark Hamill) makes his appearance in the final minutes, the self-exiled Jedi Master is the driving character in this one. Hamill shines, and what a thrill to see him swashbuckling almost as spryly as he did 40 years ago.

More somber reminiscing comes at first sight of Carrie Fisher, who finished her scenes as Leah before passing away last December. A couple moments may spawn a tinge of morbidity or beauty, depending on the viewer, and unless Fisher already shot scenes for the yet-titled

Episode IX, how her character is dealt with is yet another reason December 2019 can't come soon enough.

Other icons from the original trilogy are welcome sights, including C3PO, R2D2 and Chewbacca, who has an entertaining running gag with the Porgs, a new breed of creatures that look like a cross between a puffin, a seal and a pug dog. They're a crack up, and if you ask Chewie, quite tasty, too.

Lead characters introduced in the current trilogy are all purposeful and three-dimensional. Plicky heroine Rey (Daisy Ridley), who we last saw handing Luke his trusty lightsaber on a remote island, is on a quest to find herself while saving the free world. Also fighting the good fight are former Stormtrooper Finn (John Boyega) and ace pilot Poe (Oscar Issac), who has an interesting run-in with new character Vice Admiral Amilyn (Laura Dern).

For safety sake, we'll end things here. May the Force and pleasant surprises be with you at the theater. 5 of 5 Stars ★

SacRT Board Votes to Reduce K-12 Student Monthly Pass to Just \$20

By Wendy Williams, SacRT

SACRAMENTO, CA (MPG) - How often do you see prices go down in today's economy? Well, that's exactly what going to happen at the Sacramento Regional Transit District (SacRT). The Board of Directors unanimously voted last night to roll back SacRT's student monthly pass from \$55 to just \$20 (65% reduction). The fare reduction is being proposed as a six month pilot and is expected to cost the District approximately \$100,000.

"The reduction in price is part of SacRT's effort to encourage young people to learn about the region's public transportation system and travel without restriction," said SacRT Board Chair Andy Morin. "It's our hope that students in grades K-12 will adopt this mode of travel as they become adults, so providing them

affordable transit access in their youth seems to be an excellent approach."

It's all part of SacRT's Ridership Building Initiative. A recent analysis of ridership data identified K-12 students as the least subsidized category of passengers with the highest sensitivity to rate increases.

A ridership committee recently spent several months evaluating ridership trends, and determined that this fare reduction would have the greatest number of positive impacts, including increased ridership.

"In addition to ridership building, we believe the discounted student monthly fare will help many Sacramento families by reducing the financial burden of transportation," said Henry Li, SacRT General Manager/CEO. "Attracting more students to transit would also have the residual

effect of reducing traffic congestion and greenhouse gas emissions, because fewer parents would need to shuttling their children from place to place in a car."

The \$20 student monthly pass will go into effect on Monday, January 1, 2018, and will remain in effect through June 30, 2018. Advance sales of the January monthly pass will begin on December 20, at the reduced price.

SacRT operates approximately 69 bus routes and 43 miles of light rail throughout Sacramento County, including the cities of Citrus Heights, Folsom, Rancho Cordova and Elk Grove. Sacramento buses and light rail trains operate 365 days a year. SacRT's entire bus and light rail system is accessible to the disabled community. ADA services are provided under contract with Paratransit, Inc. ★

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WEEKLY MEAT SPECIALS

PRICES EFFECTIVE: DECEMBER 13 - DECEMBER 19, 2017

Farmland Pork Loin Chops Bone-In Chuletas de Cerdo con Hueso 99¢/lb	Beef Tri Tip - Peeled Punta de Ternera \$2.99/lb
USDA CHOICE Beef London Broil & Top Rnd Roast-Bnls Pulpa Para Hornear Roast sin Hueso \$2.79/lb	USDA CHOICE Top Round Steak/Pulpa-Thin Sliced Pulpa Para Hornear Steak sin Hueso \$2.99/lb
IBP/SEABOARD Pork Neck Bones Huesos de cuello de Cerdo 99¢/lb	Chicken Leg Quarters Pierna y Muslo de Pollo 40 lb Box.....\$21.99/ea
Beef New York Strip Steak-Bnls Filete de Res Estilo Nueva York sin Hueso \$3.99/lb	BONUS BUY

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO BAINCHECKS. PRICES EFFECTIVE DECEMBER 13 - DECEMBER 19, 2017. *RECALLED ITEMS ADVISORY: The following items have been recalled due to Proposition 65 guidelines: Night Diagonal Cutter (JMS Nam Yang), Picnic Pad (JMS Durr Co.) and Happy Animal Tumbler (JMS Adria Glass). Please return these items to the store to receive a full refund.

FRESH PRODUCE

SALES FOR PRODUCE WILL BEGIN ON WEDNESDAYS @ 12:00PM

Russet Potatoes 10 lb Bag 2.29	Roma Tomatoes 89¢/lb	American Eggplant 89¢/ea	Jicama 2lbs/\$1	Fairy Tale Pumpkin 2lbs/\$1	Banana Leaves 99¢/lb
Avocados 2 lb Bag 2.49	Green Cabbage 3lbs/\$1	Kiwi Clamshell 1 lb 2/\$3	Red Potatoes 79¢/lb	Fuji Apples 79¢/lb	Yellow Onions 3 lb Bag 99¢/ea
Navel Oranges 79¢/lb					

AMERICAN/HISPANIC GROCERY

NETSOL Navel Coffee 10.58 oz \$5.99	Tostitos Queso Pasa 10.58 oz \$2.99	Costeña Whole Black Beans 19.75 A 20.5 oz 99¢	Costeña Heirloom Black Beans 19.75 A 20.5 oz 99¢	BUY 3 GET 1 FREE! Pilsener Beer 2/\$3
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ASIAN GROCERY

Panda Gear Panda Gear 2.99	Lotus Brand Lotus Brand 1.29	Shrimp Chips Shrimp Chips 1.29	Lotus Brand Lotus Brand 1.39	Green Life Brand Green Life Brand 3/\$2
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EUROPEAN GROCERY

Petibon Petibon 2.49	Neapolitaner Neapolitaner 1.99	Butter Cookies Butter Cookies 2.99	Bonnie Butter Cookies 2.99	Vanilla Flavored Season Extra 6.44 gr \$3.29
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KOREAN/JAPANESE GROCERY

CJ Rice CJ Rice 7.99	Bowl Ramen Bowl Ramen 7.99	Jack Tofu Jack Tofu 8.99	Binggrae Banana Binggrae Banana 1.99	Bibigo Beef Bibigo Beef 1.99
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FROZEN DEPARTMENT

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EUROPEAN DELI

Pilsener Beer Pilsener Beer \$4.29/lb	Swiss Emmentaler Cheese Swiss Emmentaler Cheese \$6.49/lb	Beef Smoked Beef Smoked \$7.49/lb
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<p>NOVEL MAGIC Electric Kettle 1.5 L</p> <p>Reg. \$24.99 \$14.99 EA</p>	<p>JAPANESE STYLE Porcelain Tea Mugs</p> <p>Reg. \$8.99 \$4.99 EA</p>
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Sacramento County DA Reports



Early Prison Releases: NOVEMBER 2017 Update

In January 2015, the Department of Corrections and Rehabilitation began a new parole determination process after a federal court ordered California to reduce prison overcrowding. As a result, inmates characterized as “nonviolent second-strikers” (NVSS) became eligible for early parole. In November 2016, Proposition 57 was then passed with the promise that “nonviolent” inmates who “turn their lives around” in prison could also earn early parole under a new “nonviolent parole review” (NVPR).

Qualifying NVSS and NVPR inmates must not currently be serving a sentence for a crime legally categorized as a violent felony and must not be required to register as sex offenders. NVSS inmates must have served (or be within 12 months of serving) only 50 percent of their sentence, while NVPR inmates may be paroled after serving the base term for the principal offense and may earn additional conduct credits.

The Board of Prison Hearings (BPH) determines whether NVSS or NVPR offenders would pose an unreasonable risk of violence to the community based on a paper review of prior criminal history, facts of the current commitment offense, behavior in prison, rehabilitation efforts, whether the inmate has any medical condition which might affect the ability to re-offend, and written statements.

Unlike parole hearings - where the prosecution, defense attorney, and victim may appear - there is no public hearing for these BPH administrative reviews. Additionally, no evidence-based risk assessment is conducted prior to consideration of early release to indicate an inmate’s safety risk.

The Sacramento County District Attorney’s Office takes an active role in evaluating NVSS and NVPR cases. For inmates who appear to pose a danger to the public, the office writes opposition letters to BPH with an overview of the inmate’s criminal history and current commitment offense, and an opinion on the public safety risk if an inmate is granted early release. NVPR cases are especially concerning since prosecutors are denied access to records of the inmate’s behavior behind bars, which is critical to rehabilitation, and do not have a right to appeal an early parole decision.

Many of the offenders who are granted early prison release have violent and lengthy criminal histories. District Attorney Anne Marie Schubert feels it is important for the public to be aware of the so-called “nonviolent” offenders being released early from prison into our neighborhoods.

As of November 30, 2017, 297 inmates sentenced from Sacramento County have been granted early prison release. Information about some of these inmates can be found on the Early Prison Releases webpage at www.sacda.org/early-prison-releases. Monthly press releases are issued to provide the public with a sampling of recent noteworthy offenders, including:

Celeste Jordan (Case #13F07499) – Jordan’s criminal history began in 1979 with a misdemeanor burglary conviction, followed by another misdemeanor burglary conviction in 1980. In 1982, he was convicted of felony robbery involving the use of a weapon and received a 4-year prison sentence. Jordan was also convicted of felony second-degree burglary. He was paroled in 1984, but was back in prison in 1985 on a parole violation. He was convicted in 1986 for a first-degree burglary, resulting in another 4-year prison sentence. After being paroled in 1988, he was arrested for auto theft and added another misdemeanor conviction and parole violation to his record. Jordan was arrested in 1989 for being high on methamphetamine, which put him back in prison in 1990 on a parole violation. Approximately two weeks after his release, he was arrested for robbery and received another parole violation in 1990. He was convicted of felony burglary in 1992, resulting in a 28-month prison sentence. In 1995, Jordan was in Illinois when he committed an armed robbery with a firearm. He received a 12-year prison sentence for this violent offense. After his release, Jordan was convicted of vandalism. He returned to prison in 2003 for an attempted burglary on Christmas 2002. He was paroled in 2004, and went back to prison in 2005 on a parole violation. Jordan then reoffended in 2006 and was convicted of second-degree burglary. He was sentenced to 8 years in prison. In his current 2013 commitment offense, Jordan was convicted for the first-degree residential burglary of one of his relative’s house. Jordan’s criminal history is prolific, choosing a life of crime. He has been in jail or prison custody constantly for more than 37 years, since he was 18 years old. He has left a trail of victims in his wake and multiple violent felonies in his past.

Jimmy Lee Stewart (Case #05F03941) – In 1972, Stewart was sentenced to 6 months in jail for stealing a car. Almost immediately after his release, he stole another car and was sentenced to 1 year in jail. In 1975, Stewart and an accomplice committed a robbery while armed with a gun. In that case, they entered a market and stole money from the register and a handgun from behind the counter. He was sentenced to 6 months to life in prison for this violent offense, but was paroled in 1978 after serving three years. Shortly after his release, Stewart was convicted of being a felon in possession of a loaded

firearm and petty theft in 1979. In 1984, he committed six separate first-degree burglaries. Stewart was convicted of all six burglaries and six counts of receiving stolen property. He was sentenced to 12 years, 8 months in prison. After being paroled six years later, he was convicted of petty theft in 1992. In 1993, he was convicted of giving a false identity to a police officer and possession of drug paraphernalia. That same year, Stewart committed another first-degree burglary. While he was in the custody of the Sacramento County Sheriff’s Department, he briefly escaped during an outside medical appointment. Stewart was convicted of the burglary and the escape, resulting in a 14-year, 8-month prison sentence. While on parole from this sentence, he sustained five separate parole violations, including a theft conviction, and was returned to prison custody. Stewart was discharged from parole in April 2005. Less than a month later, he committed another burglary and was convicted of committing his eighth first-degree burglary. Stewart has a criminal history spanning more than 44 years. He has had numerous chances to reform himself, but continued to reoffend.

Jose Mata (Case #15F07857) – Mata is a violent four-time felon. He began his criminal career in 2000 with a residential burglary, which resulted in a grand theft conviction. In 2002, he threatened a victim and displayed a handgun in the waistband of his pants. He was observed pointing the handgun at a window and threatened to shoot. Mata then pointed the handgun at the victim before a witness took the handgun away from him. The handgun was later determined to be a BB gun. Mata was convicted of brandishing a weapon. In 2006, he was convicted of DUI. In 2007, he burglarized the home of his ex-girlfriend. The victim had two restraining orders against Mata at the time. He was convicted of first-degree residential burglary, admitted to a prior strike allegation, and was sentenced to 4 years in prison. In 2008, Mata was convicted for another DUI and sentenced to jail. In 2012, he was convicted of petty theft with priors, a felony, and admitted his prior strike. He was sentenced to 32 months in prison. Currently, Mata is serving a 4-year prison sentence for violently assaulting his girlfriend. In that case, Mata became aggressive and verbally abusive with the victim. He ripped the victim out of her vehicle, causing her to fall to the ground, and took her car keys. Mata then deliberately stepped on the victim’s lower back to get into her car and drove over the front fence of her home. As a result of the assault, the victim suffered abrasions and bruising. The next day, Mata crashed the victim’s car. After the collision, he fled the scene on foot and abandoned the vehicle. In 2016, Mata was convicted of felony domestic violence and he admitted to a prior strike. He was sentenced to 4 years in prison. Mata has been classified as a Northern Associate gang member. Over the last 16 years, he has victimized people by physically assaulting them and stealing their property. His failure to abstain from criminal conduct demonstrates his continued risk to public safety.

Doctor Sentenced for Sexually Assaulting Patient

DATE: November 15, 2017
CASE: Logan Vincent Ford (Case #15F04758)
PROSECUTOR: Deputy District Attorney Susan Nelsen, Domestic Violence Unit

The Honorable Geoffrey Goodman sentenced medical doctor Logan Vincent Ford to 12 years in prison and ordered him to register as a sex offender for life. On September 21, 2017, a jury convicted Dr. Ford of forcible rape, forcible digital penetration and two counts of sexual exploitation of a patient.

In March 2015, the 53-year-old victim went to the 420MD clinic to get a prescription for medical marijuana to treat pain from various health conditions. Dr. Ford committed his forcible sexual assaults on the victim during the examination. The victim reported the assault later that same day and participated in an evidentiary examination at a hospital. Unknown male DNA was recovered during the examination. Testing by the District Attorney’s Crime Laboratory determined that the DNA was a match to Dr. Ford. Dr. Ford is also facing charges in Alameda County for allegedly committing a sexual battery against a different patient during an examination at a Berkeley 420MD clinic.

Former Coach Sentenced for Having Sex with Minors

DATE: November 21, 2017
CASE: Michael Martis (Case #16FE011239)
PROSECUTOR: Deputy District Attorney Maria Wilson, Adult Sexual Assault Prosecution Unit

The Honorable Michael Bowman sentenced Michael Martis to 4 years in county jail prison and ordered him to register as a sex offender. On September 22, 2017, Martis pled guilty to unlawful sexual intercourse involving two minors.

One of the minors, age 15, played on a softball team Martis coached between 2006 and 2007. The other minor, age 16, was also a player on a separate team he coached in 2013. That relationship began with flirtatious text messages and developed into a sexual relationship. ★



POPPOFF!

with Mary Jane Popp

It all over your body or simply do a foot massage. You can take a clue from Chinese medicine and apply pressure to the fleshy place between your thumb and index finger for 30 seconds. It’s been shown to reduce upper body stress.

maintain good health.

Holiday Survival

It’s fun, family and friends. That’s what the holidays bring, but they also bring celebrations, shopping and stress. And, it takes a toll on the body. But **Dr. Susan Smith-Jones** gave me nine surefire tips to look and feel your best and emphasize the FUN factor. **Dr. Jones** has traveled the world and helped many celebs in Hollywood hold their own, and she’s authored some 25 books on health. Soooooo:

- 1) **NUTRIFY YOUR SHOPPING.** Malls tempt wallets and taste buds, so bring healthy snacks like nuts, cut up veggies or fruit when shopping. Keeping your body fueled will help with long stressful checkout lines too.
- 2) **GET HANDS ON.** Give yourself a mini massage or ask your partner to give you one. Restore vitality even more with this Mediterranean secret. Combine extra-virgin olive oil with three to four drips of Olbas Oil and rub
- 3) **SLOW DOWN.** When you constantly direct your attention and energies outward, it’s easy to lose your sense of inner wonder, calmness and happiness. Your body will relax and you will feel less bogged down.
- 4) **SET A POSITIVE TONE FOR THE DAY.** The first 40 minutes of each day sets the tone for your entire day. Choose to make the first few moments as peaceful, positive and uplifting as possible. Spend a few minutes in quiet meditation and prayer time.
- 5) **SLEEP LIKE A BABY.** Avoid nighttime calls and turn off your cell phone before going to bed. A study at University of Zurich found that exposing people to electromagnetic fields from cell phones altered their brain waves during sleep, which resulted in sleep disturbances.
- 6) **KEEP HYDRATED.** Our bodies are 70% water. Our cells and planet are 70% water. Drink eight glasses of purified water or more to

- 7) **BATHE IN LAVENDER.** The flowers of lavender are an age-old remedy for stress. Bathing by itself is calming, but a bath infused with lavender oil significantly reduced anger, frustration and negativity.
- 8) **REFRESH WITH HONEY.** Honey has been used for centuries to keep skin looking youthful. Apply raw, unfiltered honey on your face like a mask for 20 minutes and rinse with warm water afterwards. It moisturizes the skin and helps it to look taut and supple.
- 9) **BOOST YOUR MOOD WITH DARK CHOCOLATE.** Chocolate is a wonderful mood booster because it stimulates the production of endorphins, which are the chemicals in the brain that promote pleasure. Dark chocolate contains serotonin, which is a natural mood booster. Keep a small square with you at all times for emergencies.

Dr. Jones has a free monthly newsletter. Sign up at www.susansmithjones.com. You can get personally autographed copies of her books there like **The Curative Kitchen and Lifestyle** and **Healthy, Happy and Radiant at Any Age**. ★

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What NIMBY Means to Recovery Homes, and Why We Go the Extra Mile

By Don Troutman, Founder, Clean & Sober Transitional Living

SACRAMENTO REGION, CA (MPG) - "Not in my back yard" has been a long-standing issue with sober livings and their residents throughout the country. Sometimes the NIMBYism is overt; sometimes it is more cloistered. I've heard, as an example, of a businessman who hesitated to rent one of his business properties to an AA group for their weekly meetings. Tell me - what is the risk in renting to a group of people who continue to bolster their sobriety? Wouldn't it be riskier to rent to a group of people who were drinking and taking drugs?

By the same token, I've experienced prejudice by some in our community who don't oppose sober living homes - as long as they are in someone else's back yard. The flip side of this attitude is represented by the award I received from the California State Assembly for my work in the world of recovery since 1989. Sobriety and personal integrity should be commended, and sober living homes should be viewed as essential assets to community health.



Don Troutman, Founder, Clean & Sober Transitional Living

And the truth of the matter is that, according to the Americans with Disabilities Act, people who struggle with chemical dependency have protections as a disabled class. They lose that designation if they use illegal drugs, such as heroin. But if they have become chemically-dependent upon the painkillers they took after a crushing car crash, then they cannot be discriminated against.

In 2015, the City of Newport Beach paid \$5.25 million (and incurred another \$4 million-plus in legal fees) to three sober living companies after the companies sued the city over an ordinance that regulated recovery group homes by establishing

quiet hours, parking and smoking areas and van routes. The three companies asserted that the ordinance violated anti-discrimination and fair housing laws, since individuals recovering from an addiction are a protected group. The 9th Circuit Court of Appeals ultimately sided with the companies, saying there was enough evidence to argue discrimination. The court pointed to comments made during the 2008 hearing, which implied that the City Council was targeting recovery group homes.

Sober livings, while protected, have to go the extra mile to earn respect. Here at CSTL, we are careful to restrict smoking to an area buffered from our neighbors. Our street is meticulous because we don't litter in the first place and we pick up the trash left by anyone who does. The only time non-residents gather in our neighborhood of sober homes is to attend one of the many AA, NA or Big Book studies that we are proud to host in our meeting house. Now, that's the kind of activity I'm proud to have in my back yard.

Find out more about Clean & Sober Transitional Living at 916 961-2691 ★

Fishman Elected SMUD Board President

Continued from Page 1

Fishman is a graduate of CSU Sacramento with a bachelor's degree in journalism. He and his wife live in Arden Park and are the parents of two daughters.

As the nation's sixth-largest community-owned electric

service provider, SMUD has been providing low-cost, reliable electricity for more than 70 years to Sacramento County (and small adjoining portions of Placer and Yolo Counties). SMUD is a recognized industry leader and award winner for its innovative energy

efficiency programs, renewable power technologies, and for its sustainable solutions for a healthier environment. SMUD's power mix is about 50 percent non-carbon emitting. For more information, visit smud.org.

Source: SMUD Media ★



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By County Supervisor Sue Frost

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

It is a difficult time to be a police officer in the United States. While it may or may not be fair, incidents across the country have left many people feeling deeply negative towards how officers handle difficult situations. In response, many departments are equipping their officers with body cameras. I bring this up because it was recently announced that the Sacramento County Sheriff will soon be conducting research to identify possible vendors to supply the department with body cameras for officers to wear.

In a day and age where transparency, accountability, and building trust are more important than ever for departments across the country, I applaud our Sheriff for seriously looking at implementing this emerging technology. I have three main reasons for supporting body cameras.

First, the video collected by body cameras help juries paint an accurate picture of what happened in an incident. Whether that comes in the form of helping convict more criminals, or proving the innocence of the accused, society is better off for it. It will also provide clarity in cases of suspected police misconduct, as corrupt police officers will be more

Orangevale Community Update

Bodycams for Sacramento County Sheriff's Department

likely to be caught, and the honorable ones will be more likely to be exonerated.

Speaking of police misconduct, my second reason for supporting body cameras is that it causes improved behavior by everyone involved. Officers tend to be on better behavior when they know they are being watched, and the likelihood of citizens acting aggressively towards officers also diminishes. It also allows officers to review their own footage and improve how they handle their interactions. Speaking personally, the first time I was interviewed on TV I cringed a little as I evaluated my performance, but it served as a great learning opportunity and helped me improve.

My third reason is because it quantifiably reduces complaints and related expenses, as departments across the country are seeing positive results. In one study performed by the Rialto police department, it was found that there was a 60% reduction in use of force incidents and an 88% reduction in the number of citizen complaints. I also believe these cameras could present a fantastic opportunity for the Sheriff's Department to give the public a good idea of what the average day is like for an officer and potentially highlight the everyday good that officers do for our community.

But while there are numerous proven benefits to recording police interventions, there are also potential pitfalls, and this makes the careful approach the Sheriff is taking all the more important.

Like all new technology, there are large upfront costs associated with the cameras. This cost takes the form of the physical cost of the cameras themselves, and also the

cost of storing the evidence and public records requests. While agencies certainly save time collecting and managing digital photographic evidence - video evidence requires an investment in either cloud-based storage systems or physical storage hardware, both of which are expensive. I have concerns about personal privacy while officers are in private residences and how evidence that could impact the outcome of a trial would be managed. There's also the problem of doing too much too fast, as when you have been doing the same job for twenty or more years, it can be a challenge to suddenly change procedures.

But these issues should be solvable. It seems clear that bodycams for our Sheriff's could be worthwhile if we implement them carefully, and based on initial results from other agencies who are using bodycams, they can potentially add clarity and save money in the long run.

Before ending, I wanted to invite you to participate in my community survey by going to www.bit.ly/FrostSurvey and answering a few questions. Filling out the survey helps me understand what you want me to fight for. Thank you for reading - and as always, if you want to contact me, call me at 916-874-5491 or e-mail me at SupervisorFrost@saccounty.net.

Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangevale, Antelope, Rio Linda, Elverta, Gold River, Rancho Murieta, North Highlands, Carmichael, Foothill Farms, and Fair Oaks. ★



You're Invited!

Tickets will sell out fast so don't miss your chance to attend the "Best of Fair Oaks" event. This year's event will be held:

Where: North Ridge Country Club, 7600 Madison Ave, Fair Oaks, CA 95628

When: Thursday January 25, 2018 • 5:30 to PM-7:30PM

Cost: Contact the Fair Oaks Chamber of Commerce for details. To purchase tickets for this event please call 916-967-2903 or go to FairOaksChamber.com.

Contest Rules

Business must be located in Fair Oaks.

All votes must be received no later than December 31, 2017 at 5:00 pm at the office of Messenger Publishing Group.

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

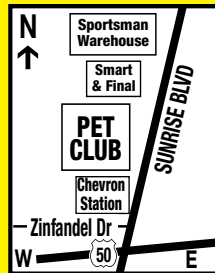
Best of Fair Oaks winners will be presented at this year's "Best of Fair Oaks" event.

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•Large Breed Adult...
Effective 12/13/17 - 12/19/17

DIAMOND NATURALS DRY DOG FOOD
40 Lb Bag
•Chicken •Lamb •Beef •Large Breed
•Senior 35 Lbs
•Lite 30 Lbs
(Lrg Breed Lamb \$31.99)
(Ex Athlete \$36.99)
\$29.99
Effective 12/13/17 - 12/19/17

NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD
•Chicken, Brown Rice & Oatmeal Formula (Adult & Large Breed Adult) •Senior •Lite
30 Lb Bag
Limit 2 Bags Per Family
\$35.99
Effective 12/13/17 - 12/19/17

EARTHBORN HOLISTIC DRY DOG FOOD
Natural Grain Free
•Pimitive Feast •Great Plain Feast •Meadow Feast •Coastal Catch (Reg. Price \$43.99)
28 Lb Bag
Limit 2 Bags Per Family
\$39.99
Effective 12/13/17 - 12/19/17

9 LIVES CANNED CAT FOOD
5.5 Oz
All Varieties
Limit 1 Case Per Family
35¢
Effective 12/13/17 - 12/19/17

FANCY FEAST GOURMET CANNED CAT FOOD
All Varieties except Elegent Medley
3 Oz
Limit 2 Cases Per Family
20¢ / \$11.00
Effective 12/13/17 - 12/19/17

PURINA CAT CHOW DRY CAT FOOD
•Regular •Indoor 16 Lb Bag
Limit 2 Bags Per Family
\$11.99
Effective 12/13/17 - 12/19/17

SCOOPAWAY CLUMPING CAT LITTER
20 lb Box
•Multi-Cat •Unscented
(Fresh Step Scoop, 20 Lb Box - \$7.49)
Limit 2 Boxes Per Family
\$5.49
Effective 12/13/17 - 12/19/17

PURINA PRO-PLAN CANNED FOOD SALE
Limit 2 Cases
•Selected Dog Food 13 Oz **\$1.09**
•Selected Cat Food 3 Oz **69¢**
NUTRO MAX GRAIN FREE ADULT RECIPE DRY DOG FOOD
•Chicken •Lamb •Salmon •Mini Chunk
25 Lb Bag Limit 2 Bags Per Family **\$23.99**
PEDIGREE DRY DOG FOOD
•Adult 50 Lb Bonus Bag
Limit 1 Bag Per Family **\$21.99**
MEOW MIX DRY CAT FOOD
•Original Choice 16 Lb Bag
Limit 2 Bags Per Family **\$10.99**

WORLD'S BEST CAT LITTER
14 Lbs Limit 2 Bags **\$11.99** Original **\$12.99** Extra Strength
PRECIOUS CAT CLUMPING CAT LITTER
18 Lb Bag Limit 2 Bags Per Family **\$5.99**
JONNY CAT PREMIUM CAT LITTER
10 lb Bag Limit 2 Bags Per Family **\$1.69**
CAT'S PRIDE FRESH & LIGHT PREMIUM CLUMPING CAT LITTER
15 Lb Jug Limit 2 Jugs **\$5.99**

CANIDAE PURE GRAIN FREE ADULT DRY DOG FOOD
24 Lb Bag Limit 2 Bags •Lamb •Duck •Salmon only **\$10.00 OFF**
WELLNESS CANNED CAT FOOD
Limit 1 •Selected Varieties Case •Grain Free 5.3oz. Core Signature Select **\$1.35** **\$1.39**
WILDERNESS DRY CAT FOOD AS MARKED \$5 OFF
•Chicken •Salmon •Duck •Indoor •Weight Control 100% Grain Free
11-12 Lb Bag Limit 2 Bags **OUR REGULAR LOW PRICES**
PEDIGREE CANNED DOG FOOD
•Choice Cuts in Gravy •Chunky Ground Dinner •Chopped Ground Dinner All Varieties 13 Oz Limit 2 Case (12 ct) **69¢**

HAMILTON PET LEASHES
•Collars •Harnesses All Varieties **20% OFF**
•Leads •Nylon Varieties **OUR SUPER LOW PRICES**
•Leashes •Leather
BARKWORTHIES ALL NATURAL DOG CHEWS
•Bully Sticks •Antlers •Treats All Varieties **20% OFF**
STAR-MARK PRODUCTS
•Treat Balls •Chuckers •Treats •Bento Ball •Dura Foam Disc •Ball •Chew Ball •Mints All Varieties **20% OFF**
PET LINK SYSTEMS CAT PRODUCTS
•Cat Toys •Scratchers •Scratching Systems & Posts •Activity Toys All Varieties **20% OFF**
PETSPORT USA DOG TOYS
•Tuff Balls •Fetch Me Fido •Fling Thing •Tug Max •Soft Toys •Asst Toys All Varieties **20% OFF**
OUR SUPER LOW PRICES

MARINELAND POWER FILTER SALE
MODEL TANK SIZE PET CLUB SALE
PENGUIN 100B20 Gal. **\$17.99**
PENGUIN 150B30 Gal. **\$24.99**
PENGUIN 200B50 Gal. **\$29.99**
PENGUIN 350B75 Gal. **\$39.99**
TETRA BOXED 10 GALLON TANK
With Economy Kit
Just add Heater For Tropical Fish **\$36.99** Limit 1 Per Family
KORDON WATER CONDITIONERS
Amquel 16 Oz **\$5.99**
Amquel Plus 16 Oz **\$5.99**
Novaqua Plus 16 Oz **\$5.99**
O.S.I. PREMIUM FISH FOOD
ALL VARIETIES **20% OFF**
•Freshwater •Goldfish **OUR SUPER LOW PRICES**
•Marine •Spirulina

BONUS COUPON
FANCY FEAST ELEGANT MEDLEYS CANNED CAT FOOD
Selected Varieties - 3 Oz
Limit Cans with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
59¢
Effective 12/13/17 - 12/19/17 PLU 568

BONUS COUPON
PURINA WHISKER LICKINS CAT TREATS
•Soft & Delicious - 2.5 Oz
•Crunchy & Yummy - 1.7 Oz
Limit 2 Pouches with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon. Effective 12/13/17 - 12/19/17 PLU 446
69¢

BONUS COUPON
ARM & HAMMER CAT LITTER DEODORIZER
20 Oz Box
Limit 2 Boxes with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 12/13/17 - 12/19/17
\$1.49
ARM PLU 422