

Bright Shining Stars

DOVIA Annual Awards Shines
a Light on Outstanding Volunteers
PAGE 7

Fun for the Family: Annual Gem Show Rocks On

PAGE 2



Citrus Heights Messenger

"Written by the people, for the people"

VOLUME 8 • ISSUE 06

Serving the City of Citrus Heights & Sacramento County

MARCH 23, 2018

COME ENJOY HISTORY DAY



PAGE 3

ADVENT WELCOMES A NEW PASTOR



PAGE 10

TASTY WORLD EASTER TREATS



PAGE 8



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

**GOT MORE
LOCAL
NEWS?
CALL 773-1111**

**LEGAL ADS FOR
SACRAMENTO
COUNTY?**

**We Can
Do That!**
MPG

To place your legal
advertising, go to

CarmichaelTimes.com

Choosing Kindness A Hands-On Approach to Understanding



Dwight Lunkley (above center) has a little fun with some of the students in a sensitivity workshop at California Montessori Project, American River Campus in Fair Oaks. Alaina Lawrence, 9 (photo at right) of Carmichael working at the Braille learning table, practices spelling out her name in Braille.

Story and photos
by Jacqueline Fox

SACRAMENTO REGION, CA (MPG) - One of the students had a little trouble reaching the foot pedals on his wheelchair. The break was a bit of a challenge too. As he tried rolling it out on to the blacktop at the California Montessori Project, American River Campus in Fair Oaks, a trail of fellow fourth graders followed, bringing up the rear.

This was exactly the kind of learning experience intended: hands on, real time, fumbling through it kind of learning. It was only for practice however, practice for what it really feels like to be wheel chair bound. Once the students tackled the wheel chair they got a shot at walking blindfolded with a white cane, punching out their names backward in Braille, learning

about how prosthetic limbs work and what it feels like to have the not-so visible kinds of disabilities, such as autism and dyslexia.

"It's not as easy as it looks," said Alaina Lawrence, 9 of Carmichael working at the Braille learning table. She and some of her schoolmates were participating in an onsite sensitivity and awareness workshop led by volunteers with the Grant Bay-based nonprofit organization, A Touch of Understanding (ATOU). Officially launched in 1996 by Leslie DeDora and her father, Edward Ennis, ATOU marshals the wisdom and experience of volunteers, many with disabilities themselves, and, along with a truck-load of

Continued on page 3



CHP Investigation Results in Arrests of Davis Tow Incorporated Employees

By California Highway Patrol

SACRAMENTO REGION, CA (MPG) - A two-year criminal investigation by the California Highway Patrol, Valley Division Investigative Services Unit, culminated yesterday in the arrests of five employees from Sacramento County-based Davis Tow Incorporated (Davis Tow), which included the owners.

The investigation revealed Davis Tow developed business practices that involved the illegal towing of vehicles from commercial properties in the area of Sleep Train Arena in order to profit from the towing and impound fees.

Davis Tow routinely failed to properly report private property tows resulting in increased storage fees and often the lien sale of the vehicles at a profit to Davis Tow. Each of the individuals listed below were arrested and charged with 29 counts of auto theft (10851(a) V.C.) and one count of conspiracy to commit a crime (182(a)(1) P.C.). Bail for each person has been set at \$1,000,000.

Owners:
Scott Gordon Davis, 54
- Placerville
Christopher Gerald Davis, 46
- Antelope
Leslie James McKenzie, 50
- Chico

Employees:
Andrew Robert Harless, 30
- Homewood
Erik Steven Dyer, 37 - Elverta

The investigation thus far has identified more than 250 victims resulting in approximately \$100,000 in damages. If you feel that you have been a victim of an unlawfully towed vehicle by Davis Tow, please go to <http://www.chp.ca.gov/davis-tow-investigation>, where you can complete an incident report or call the California Highway Patrol at (916) 731-6431. ★

Project Linus Seeks Blanketeers for Local Children in Need

By Elise Spleiss

SACRAMENTO REGION, CA (MPG) - On Christmas Eve morning, 1995, Karen Loucks came across the compelling photo of a bald three-year-old girl named Laura Williams in a long pink dress, holding her special "blankie."

Written by Pulitzer Prize-winning photo-journalist Eddie Adams, the article in Parade Magazine told of Laura's battle with leukemia and how her blanket has helped her get through more than two years of grueling chemotherapy.

After reading that article, Karen Loucks, who was 23 at the time, and had just learned to crochet, decided she could crochet blankets to help children like Laura; thus started Project Linus.

To date, Loucks, her friends and hundreds of volunteers have presented thousands of homemade blankets to Denver's Rocky Mountain Children's

Cancer Center and many other venues locally and worldwide.

'Linus' was chosen for the logo, as the image of Charles Schulz's beloved Peanuts character with his trusted security blanket tells the mission of the project perfectly.

Since 1995, 400 chapters nationwide have delivered close to 7,000,000 blankets to children in need of all ages.

In a recent phone interview with Loucks, she said, "For me, it's thrilling to be a part of this... I don't like to do something unless I can make a difference. I don't get on the hamster wheel just to see it turn.... Here I can see results every day. We can't stop the disasters but can have a positive effect and help where we can... It's kids helping kids, they use their own hands to help others."

The Sacramento Chapter, with Claire Gliddon at the helm since 1997, is working tirelessly to get their own blankets



An elementary soccer team with blankets from Sacramento Chapter Linus Project. Photo courtesy of Claire Gliddon

out to children in need in Sacramento and Placer counties. Local "blanketeers" made and delivered 12,437 blankets to needy children in 2017.

Today Gliddon is seeking more volunteers of all ages and organizations that need that "hug" for children. Donations

of material and yarn to make even more blankets are needed. Seniors and others who love to knit, crochet, quilt or sew can join in the fun and camaraderie of creating something that will make a huge difference in the life of a child

Continued on page 5

Annual Roseville Gem Show Rocks On for 2018

By MPG Staff

SACRAMENTO REGION, CA (MPG) - Roseville Rock Rollers 56th Annual Gem, Jewelry, Fossil, and Mineral Show will take place at the Placer County Fairgrounds in Roseville March 24-25. Hosted by the Roseville Rock Rollers, also known as the Roseville Gem and Mineral Society, this year's show features gemstones, jewelry, fossils and minerals and has something for the whole family.

The group was established in 1960 as a group of local "rockhounds," according to show chair James Hutchings. That group, deeply interested in the science and art of the earth's natural beauty in rocks and minerals, first met in homes and then as their numbers grew, expanded to the use of a local school room.

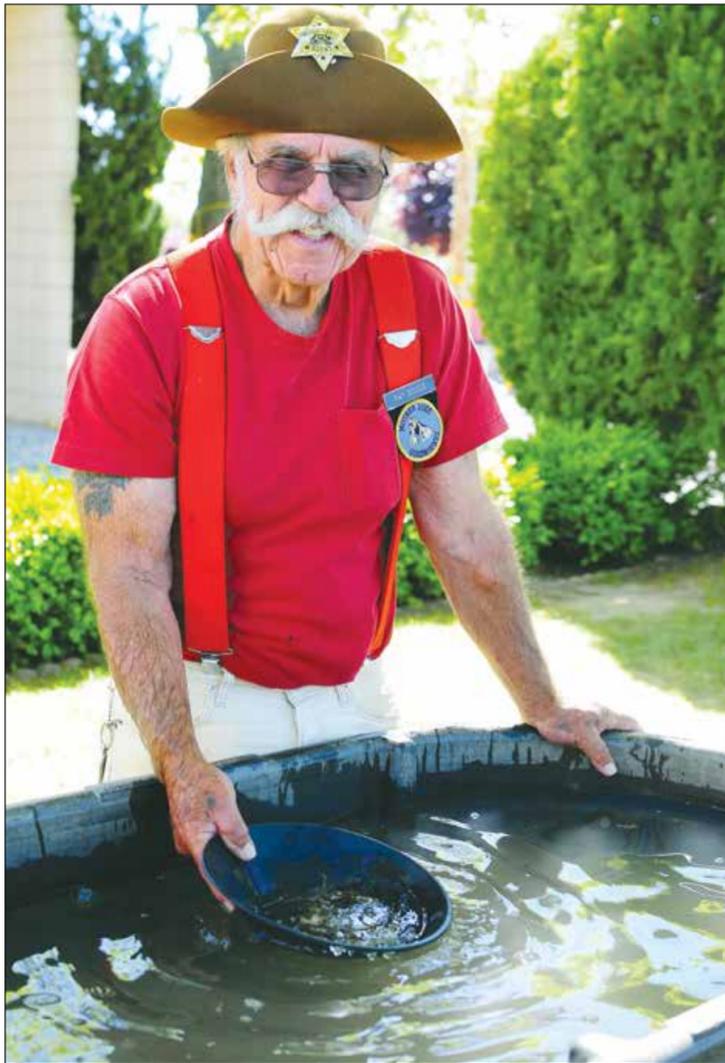


Beautiful, polished stones have been strung by hand in a variety of colors and sizes to create one of a kind necklaces for sale during the Gem Show (above). Photo courtesy Roseville Rock Rollers

This year's show has dozens of exhibits for attendees, such as jewelry, metal, wire and glass beading arts, fossils, crystals and minerals, but that's not all. So that attendees aren't rushed, the show also provides a cafeteria. "A very fine hot lunch is available at our own kitchen in Johnson Hall," states Hutchings. The group has put together a menu of very reasonably priced food and beverages will also be available at the show's cafeteria.

In addition to exhibits, classes and demonstrations, show goers can pan for gold, purchase equipment, buy raffle tickets, have rocks, gems and mineral identified by experts or make purchases at a silent auction.

Wishing to share the art and science of the mineral world, in the tradition of gem and mineral shows around the world, the Roseville Rock Rollers established their own gem and mineral



Ray Dodds of the Mother Lode Goldhounds gives gold panning lessons and tips at the Roseville Rock Roller's annual Gem and Mineral Show. MPG file photo

show around 1962. The society grew, the show grew, and the show and the Society moved to the Placer County Fairgrounds where it continues today.

"As the Roseville Gem and Mineral Society has expanded, the show expanded to support the costs associated with its programs, such as the Rookie Rock Rollers, juniors program, the Annual Scholarship program to Geology Students at Sacramento State Geology Department, and our year round Lapidary shop on the fairgrounds," said Hutchings. "The lapidary shop on the Fair Grounds is the heart

and soul of our Society, where we teach lapidary arts, jewelry fabrication, conduct mineral identification and mini tail gate rock sales."

Hutchings developed his love for "rockhounding" at an early age. "Personally, I as most young people, was fascinated with rocks minerals and crystals. My parents encouraged me with my first Golden Book of Rocks and Minerals, a book still in current print, and my first rock pick."

At the age of 38, he became seriously interested in rockhounding and gold mining, attending a mineral



Featured (above) a budding "rockhound" under supervision as she delicately sorts through a tray of semi-precious stones during the Gem Hunt event during the Gem Show. Photo courtesy Roseville Rock Rollers

identification course at Sierra College, next pursuing an in depth understanding the chemistry and physics that form "these miracles in the earth." He has put that knowledge to good use today providing what he refers to as a "mini lab" during the show to test rocks, minerals, and gems to provide guest an idea of materials they have in their possession.

While the Rock Rollers must generate funds to keep their programs operating, the primary purpose of any Gem and Mineral Show is to promote the Art and Science of the mineral world, according to Hutchings.

Like many of the group members, an early exposure to rockhounding and lapidary arts often provides a genesis of interest that often blossoms later in life, Hutchings said. "We really work hard, to attract the parents who want to expose their children to the natural world and foster that spark."

There are presentations and activities for youngsters on identifying and handling specimens of all kinds. Students and Scouts can reinforce their California Rock Cycle curriculum and merit badge information. Scouts can have their mineral finds evaluated for rock type or mineral and validated for their required collection.

Hutchings suggests visitors come early and plan on spending the day at the show. "We take over the entire fairgrounds with exhibits, demonstrators, and vendors."

Not to be missed are real treasures the group will have on display. "Folks tend to walk by the display cases," he said. "These simple, well lighted boxes contain the best of the best of personal collections of minerals in variety or by theme. The displays are, 'literally' miniature museums showcasing specimens in the possession of individuals who have spent a lifetime collecting the best of the best of their favorite species of rock or mineral," said Hutchings.

"We are looking for the general public who are looking for gem stones, set and unset, handmade, and fine art jewelry, and mineral specimens from every corner of the world! We find the single most striking comment from folks who, by accident, end up at our show is, "I had no idea such things existed in the world!"

For more information, tickets and coupons, visit the group's website at www.rockrollers.com

Contributed by James Hutchings, Roseville Rock Rollers Show Chair. ★

FREE HEALTH FAIR



Bring a friend!
Friday, April 20
8-11am

- 50+ Vendors
- Health Screenings
- Door Prizes
- Fitness Demonstration



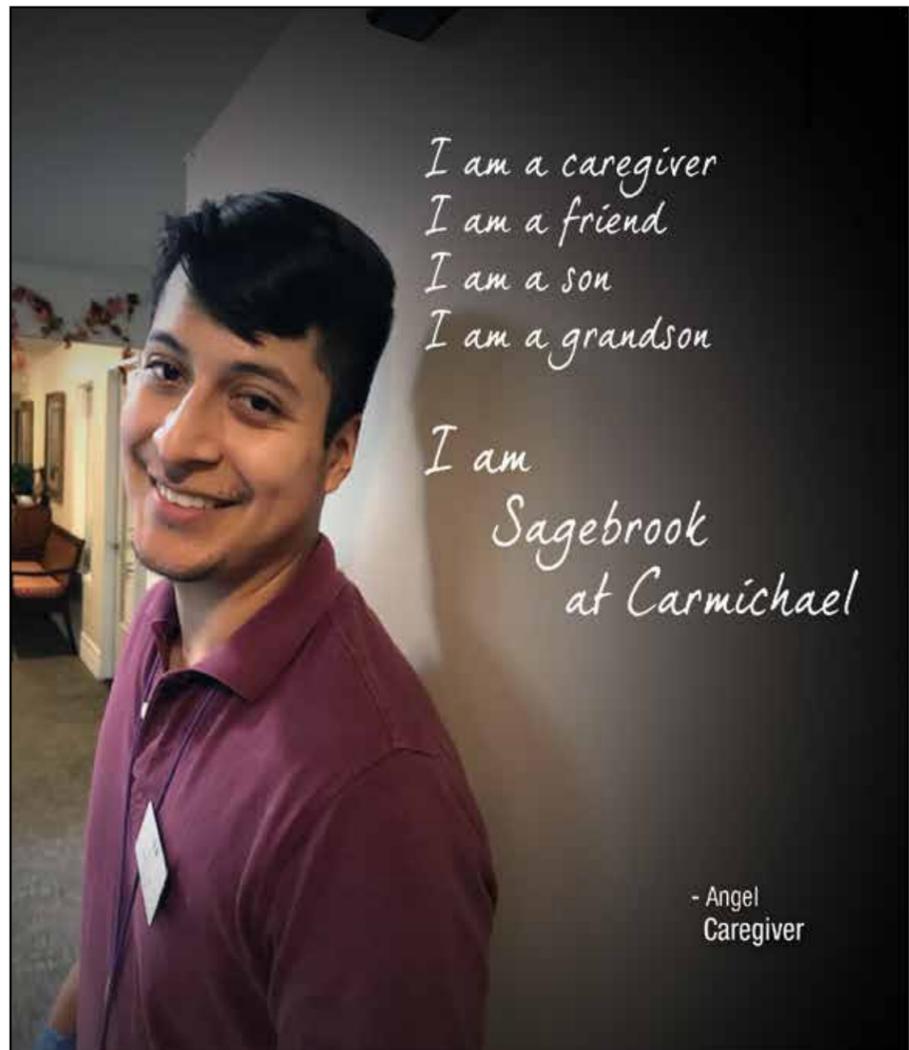
Mission Oaks Community Center
4701 Gibbons Drive, Carmichael

Healthy Food Show

sponsored by



Show Times: 9:15, 10, & 10:45



*I am a caregiver
I am a friend
I am a son
I am a grandson*

*I am
Sagebrook
at Carmichael*

- Angel
Caregiver

Our Community retains many loving and kind caregivers like Angel. Come live where your independence can thrive and assistance is readily available.



(916) 481-7105

7125 Fair Oaks Blvd
Carmichael, CA 95608

www.SagebrookCarmichael.com



Lic #342700032



Visit the Rusch Home on History Day



The home built in 1915 by brother and sister Fred and Julia Rusch.

By Citrus Heights Historical Society

CITRUS HEIGHTS, CA (MPG) - Displays of early-day Citrus Heights may be viewed on Saturday, March 31st, at the Rusch Home, from 10:00am to 2:00pm. The public is invited to browse through the historic and seldom-open home to see photos and artifacts of local farms, schools, businesses, emergency services and public works.

The Rusch Home sits back off of Antelope Road at the west end of Rusch Park. It was built by brother and sister Fred and Julia Rusch in 1915. They ordered the Craftsmanstyle home from a Sears and Roebuck catalog and had it shipped in pieces by railroad. Fred and Julia lived in the home the remainder of their lives



Fred and Julia Rusch on the front porch of their new home circa 1915.



Citrus Heights Historical Society Board of Directors. From left to right: Chuck Engvall, Jerry Still, Teena Stern (Vice President/Secretary), Ray Oliver, Haley Reid, Larry Fritz (President/Treasurer).

and bequeathed it to the Sunrise Recreation and Park District. The home has many unique features, including a built-in ironing board that can be used indoors or outdoors.

History Day is sponsored by the Citrus Heights Historical Society. The Historical Society was formed in 1991 to preserve and promote the history of Citrus Heights. While it has been inactive in recent years, the Society is now working with the Sunrise Recreation and Park District to promote local history and the Rusch Home.

History Day is an opportunity for visitors to see the inside of the house that many have driven or walked past for years without knowing what it is. Everyone is welcome to come to this free

event and meet others who enjoy local history. Historical Society members will be on hand to give tours and answer questions. The Rusch Home may be accessed from a parking lot off of Rusch Drive.

Citrus Heights History Day is being funded by the City of Citrus Heights through their History and Arts Grant Program. The History and Arts Grant Program took the place of the recently dissolved History and Arts Commission. The grant for the History Day event is the first to be awarded under this new program.

For more information, please contact Larry Fritz at (916) 802-7241. ★

Choosing Kindness

A Hands-On Approach to Understanding

Continued from page 1

props, heads into schools across many portions of the Northern California region to conduct onsite workshops for school age children in an effort to minimize bullying, social isolation and discrimination against those living with disabilities.

“We know children are curious and they will ask questions if they feel comfortable doing so,” said DeDora. “What we do is provide a safe space for them to learn how to talk to and accept someone who is different from them. I think in many cases kids in schools mistreat others because we don’t give them the information they need to truly understand what it means to walk in someone else’s shoes.”

Dwight Lunkley, who sports two prosthetic arms and is partially disfigured from a near-death off-roading accident in 1994, handled a portion of the speaker sessions that accompany the hands-on activities. He says there’s nothing more impactful than one-on-one interaction with children as a way to teach tolerance and educate them about what happened to him and how it has impacted his life.

“I love coming in to the schools and talking to kids,” said Lunkley. “You’d be amazed at how smart, compassionate and inquisitive they are about me. So we work together to teach them about what is going on with us, why and how we are really just like them and that even with a physical disability we can have happy lives. But we show them, we don’t just tell them. That’s how they learn the compassion.”

DeDora said her aunt had intellectual disabilities that were initially difficult for her



Leslie DeDora, founder of A Touch of Understanding, far right, and volunteer Amanda Mulanix, far left, with some of the participants in a sensitivity workshop at California Montessori Project, American River Campus in Fair Oaks.

to understand until she was taught by her parents about the importance of celebrating, not rejecting someone because of their differences.

“I remember inadvertently making my aunt cry because I didn’t understand why she looked like the adults in the room, but acted like the kids,” said DeDora.

DeDora parlayed that early education in compassion into a career working as a tutor of students with disabilities in the public schools system. Realizing more could be done to provide young people with tangible opportunities for breaking down misconceptions about people with disabilities, she launched “Walk a Mile In Their Shoes” in 1996. After conducting 60 successful “pilot” presentations, ATOU was formed. Today, the organization has an annual budget of approximately \$400,000, three staff members and an army of volunteers, including interns from Sacramento State College working on degrees in adaptive recreation, nursing programs or other related fields.

Much of ATOU’s funding comes through grants and the

sensitivity workshops, the fees for which \$1,200 each are split between ATOU and the participating campus.

ATOU also relies heavily on funds raised during its annual “Art from the Heart” gala, now in its fifth year. This year’s gala is slated for April 20. Donated artwork is displayed and available for purchase. The event includes silent and live auctions, a raffle, wine, appetizers and likely some of the most inspirational speakers you’ll ever have the pleasure of hearing from.

“It will be a fun, informative and inspirational evening, celebrating art in its many forms and embracing those among us with disabilities,” DeDora said. ★

A Touch of Understanding Fifth Annual Art from the Heart Gala and Fundraiser

Friday, April 20 6:30 p.m. to 9:30 p.m.

Blue Goose Event Center
3550 Taylor Rd., Loomis

For more information:
visit: www.touchofunderstanding.org, or call: (916) 791-4146





The Welcome Place

Easter / Holy Week dates are:

Good Friday	March 30	Noon & 7:00 pm
Easter Sunday	April 1	9:00 & 11:00 am
Easter Breakfast	April 1	8:30 am - 10:30 am
Easter Egg Hunt	April 1	10:30 am

ADVENT LUTHERAN CHURCH
5901 San Juan Ave.
Citrus Heights, CA
(916) 966-7242
adventcitrusheights.org



A funeral service should be about memories, NOT HIGH PRICES.



Whether your family is in need of immediate service or interested in planning ahead to lock in prices for tomorrow’s needs, your Dignity Memorial® provider can help.

Call today and find out how to celebrate a life like no other, beautifully and affordably.

Cremation starting at	Burial starting at
\$1,295*	\$2,540**

Dignity
MEMORIAL

☞ LIFE WELL CELEBRATED® ☞

REICHERT’S
FUNERAL & CREMATION SERVICES
CITRUS HEIGHTS
916-729-2229

SacramentoDignity.com

*Cremation includes basic services of the funeral director and staff, transfer of remains to the funeral establishment and crematory fees. Crematory fee is included. Excludes all merchandise and additional services. Charges may vary depending on selections.
**Burial includes basic services of the funeral director and staff, transfer of remains to funeral establishment, and transportation of remains to cemetery. Price quoted does not include any merchandise, such as casket, or cemetery property or services. Prices may vary based on selections.

FD 1489



**Publisher,
Paul V. Scholl**

Citrus Heights Messenger is a member of Messenger Publishing Group

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

Citrus Heights Messenger
“Written by the people, for the people”

Serving Citrus Heights and Sacramento County Since 2006

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

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

Subscriptions should be mailed to *Citrus Heights Messenger*, 7405 Greenback Lane, #129, Citrus Heights, CA 95610. Subscription rate is \$28 per year in Citrus Heights. *Citrus Heights Messenger* is published twice monthly. Call (916) 773-1111 for more information.

MPG

We are proud members of these newspaper associations.





Adoption

PREGNANT? CONSIDERING ADOPTION? Call us first. Living expenses, housing, medical, and continued support afterwards. Choose adoptive family of your choice. Call 247. 1-877-879-4709 (Cal-SCAN)

Announcement

Water Damage to Your Home? Call for a quote for professional cleanup & maintain the value of your home! Set an appt today! Call 855-401-7069 (Cal-SCAN)

KC BUYS HOUSES - FAST - CASH - Any Condition. Family owned & Operated. Same day offer! (951) 805-8661 WWW.KCBUYSHOUSES.COM (Cal-SCAN)

Auctions

AUCTION of RARE US GOVERNMENT COPPER Map Engraving Plates for 82 areas in California. Produced from 1880. Each is a unique museum quality one of a kind unique work of art. Areas include Malibu, Newport Beach & Sacramento. View auction online at: benbensofcollection.com or email for more info: benbensofcollection@yahoo.com (Cal-SCAN)

Autos Wanted

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

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

Donate your CAR to Volunteer for Veterans Foundation. Help Support Our Veterans! Local. Fast - FREE Pickup. 100% Tax Deductible. Call 1-800-720-4520. (Cal-SCAN)

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

Cable/Satellite TV

DISH TV \$59.99 For 190 Channels \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. 1-844-536-5233. (Cal-SCAN)

DIRECTV SELECT PACKAGE ? Over 150 Channels? ONLY \$35/month (for 12 mos.) Order Now! Get a \$200 AT&T Visa Rewards Gift Card (some restrictions apply). 1-866-249-0619 (Cal-SCAN)

Electrical

NOBLE ELECTRIC
For All Your Residential Electrical Needs
\$99.00 Electrical Check-Up
CALL NOW!!
(916)891-8788

Classified Advertising
773-1111

Financial Services

Unable to work due to injury or illness? Call Bill Gordon & Assoc., Social Security Disability Attorneys! FREE Evaluation. Local Attorneys Nationwide 1-844-879-3267. Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL (TX/NM Bar.) (Cal-SCAN)

Fitness/Yoga

Your Fitness Genie
Allow Your Fitness Goals to Come True!
FREE Fitness Goal Planner
17 Years of Experience
St. Patrick's Jumpstart, 3 Sessions for \$99
• Weight Loss • Injury Recovery
• Senior Fitness • Yoga • Pilates
• Affordable Group Training
Be Active, Call Today!
Jenn@YourFitnessGenie.com
(916)768-8767

LEGAL ADS FOR SACRAMENTO COUNTY?
We Can Do That!
Call **483-2299**

Handyman

A Quality Home Maintenance
Hauling Demo
Gutters Cleaned
Yardwork
You Name It!
Scott Lehman
Gutter Dog
(916) 613-8359

Health & Medical

Stop OVERPAYING for your prescriptions! SAVE! Call our licensed Canadian and International pharmacy, compare prices and get \$25.00 OFF your first prescription! CALL 1-855-397-6808 Promo Code CDC201725. (Cal-SCAN)

OXYGEN - Anytime. Anywhere! No tanks to refill. No deliveries. The All-New Inogen One G4 is only 2.8 pounds! FAA approved! FREE info kit: 1-844-359-3976. (Cal-SCAN)

ELIMINATE CELLULITE and Inches in weeks! All natural. Odor free. Works for men or women. Free month supply on select packages. Order now! 1-844-703-9774. (Cal-SCAN)

Weight loss/ increase your energy. I will juice fruit and vegetable juices in your home. **Have Juicer will Travel.** Call Tim B. for details. 503-460-7149 12-31-17

Medical-Grade HEARING AIDS for LESS THAN \$200! FDA-Registered. Crisp, clear sound, state-of-the-art features & no audiologist needed. Try it RISK FREE for 45 Days! CALL 1-877-736-1242 (Cal-SCAN)

Insurance/Health

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

DENTAL INSURANCE. Call Physicians Mutual Insurance Company for details. NOT just a discount plan, REAL coverage for 350 procedures. 1-855-472-0035 or http://www.dental50plus.com/canews Ad# 6118 (Cal-SCAN)

SAVE on Medicare Supplement Insurance! Get a FAST and FREE Rate Quote from Medicare.com. No Cost! No Obligation! Compare Quotes from Major Insurance Cos. Operators Standing By. CALL 1-855-690-0310. (Cal-SCAN)

Landscaping

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

Living Elements Landscape
• Landscape design & installation
• All aspects of landscaping
• Hardscape and artificial turf
• Drought tolerant concepts
• Licensed and insured Lic #1013372
Your Local Landscaping Pro's
916-430-3777
bilalb@livingelementssac.com
www.livingelements916.com

Lawn / Yard Care
JOHN WILLIAMSON LAWN & YARD. Res/comm. Wkly services, cleanups, pruning, gutters. Riding mower prop. ok. 916-508-2158 BizLic 836256 Not serving Gold River/ Rancho

Miscellaneous
SAWMILLS from only \$4397.00-MAKE & SAVE MONEY with your own bandmill- Cut lumber any dimension. In stock ready to ship! FREE Info/DVD: www.NorwoodSawmills.com 1-800-567-0404 Ext:300N (Cal-SCAN)

Music Lessons
Guitar Lessons - Beginner to Advanced. \$10/half hour. \$15/hour. freddiebbalbert1@yahoo.com. 530-263-6926 (MPG 12-31-18)

Pets/Animals

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

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

EARN \$200⁰⁰ per month for just a few hours' delivery work per week
CALL 916-773-1111

Roofing

BERNARDINO ROOFING
Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. BBB MEMBER!
FREE ESTIMATES
SENIOR DISCOUNTS
Lic #817946 35 Years Experience
916.920.0100
www.bernardinorooing.com

RV Sales

Bill Eads RVs
Buy, Sell, Trade & Consign

"Results... not Promises"
Number 1 Consignment Lot in Northern California

We Pay Top \$\$ for clean RVs!
Great, Secure I-80 Freeway Location.

Lic & Bonded - 29 Years Exp!
Check out **BillEadsRV.com**
4409 Granite Dr. Rocklin, CA
Office 916-624-7600
Bill 916-878-0273

LEGAL ADS FOR SACRAMENTO COUNTY?
We Can Do That!
Call **483-2299**

Senior Living

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

Tax Services

Are you in BIG trouble with the IRS? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 855-970-2032. (Cal-SCAN)

Tree Service

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

Wanted
WANT CASH? I buy mobile Homes. CALL 916-757-8906

Work Wanted

I do garage and house organizing, cleaning, and de-cluttering. Pruning and weeding. I will juice fruit and vegetable juices in your home. **Have Juicer will Travel.** Health background. References. College grad. Tim, 503-460-7149. (MPG 12-31-18)

Vacation/Tours

Tours, Vacation Packages and Travel Packages since 1952. Visit Caravan.com for details or call 1-800-CARAVAN for catalog. (CalSCAN)

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

AIRLINE CAREERS START HERE
Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call Aviation Institute of Maintenance
877-205-4138

Crossword Puzzle on Page 5

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

VARIETY OF AFFORDABLE, eastern Montana properties For Sale! Many opportunities in a great recreational area! Please go to our website www.montanalandauctions.com or call (406)366-5588. (Cal-SCAN)

Sudoku Puzzle on Page 5

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

Classified Advertising
773-1111

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That! Call **483-2299**

Land For Sale

NORTHERN AZ WILDERNESS RANCH - \$219 MONTH - Quiet secluded 37 acre off grid ranch set amid scenic mountains and valleys at clear 6,200'. Near a historic pioneer town & large fishing lake. No urban noise & dark sky nights amid pure air & AZ's best year-round climate. Evergreen trees /meadowland blend with sweeping views across uninhabited wilderness mountains and valleys. Self-sufficiency quality garden loam soil, abundant groundwater & maintained road access. Camping & RV's ok. No homeowner's Assoc. or deed restrictions. \$25,500, \$2,550 down. FREE brochure with additional property descriptions, photos/ terrain map/ weather chart/area info: 1st United Realty 800.966.6690. (Cal-SCAN)

Costa Rica
9-DAYS \$1295
Volcanoes, Beaches, Rainforests
Fully guided tour with all hotels, meals and activities. Plus tax, fees.
FREE Brochure
The #1 In Value 800-CARAVAN, Caravan.com
caravan
Fully Guided Tours Since 1952

CALL A PROFESSIONAL Business & Service Directory

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

JUNK REMOVAL
The JUNK Revolution
Full Service Junk Removal • Commercial and Residential
ONE CALL - WE HAUL
(916)-500-JUNK

HOME SERVICES
Diversified Home Services, LP
We do the following services
• Trash Hauling • One Time Clean Ups
• Appliance Removal • Tree Trimming
• Brush Removal • Lawn Care
(916)579-9745
diversified.services916@gmail.com

Painting Services
QUALITY A PAINT SERVICE
Over 20 years Experience ♦ Testimonials Available ♦ Bonded & Insured
Especially on small kitchen cabinets
Ext & Int Paint on small homes & Mobiles
Ext Patio Furniture-A brand new look
We paint wrought iron gates
also, do power wash on drive ways etc.
916-967-0763 State Lic. 646386

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

IF YOU'RE READING THIS SO ARE YOUR CUSTOMERS
Advertise Your Business Here
CALL 773-1111

LANDSCAPING
Living Elements Landscape
Experience the power of curb appeal
• Landscape design & installation
• All aspects of landscaping
• Hardscape and artificial turf
• Drought tolerant concepts
• Licensed and insured Lic #1013372
Your Local Landscaping Pro's
916-430-3777
www.livingelements916.com bilalb@livingelementssac.com
✓ Warranty all work ✓ Quality materials ✓ Convenient ✓ Reliable

PSYCHIC READINGS
PSYCHIC READER
57 Years Experience
PSYCHIC READER AND ADVISOR
ON ALL PROBLEMS OF LIFE
LOVE • BUSINESS • MARRIAGE • MONEY • HEALTH
She can and will help you solve your problems!
Why worry when you can have the answer?
(916) 353-1161

Print Your Flyers With Us!
Low Cost • High Volume • Quick Service
Specialties Plus
• Machine Repairs (all makes and models)
• Toner Cartridge Refills
• FREE Cleaning (with our cartridge)
(916) 723-8430
specpluscopiers@gmail.com

Project Linus Seeks Blanketeers for Local Children in Need



Founder Claire Gliddon with blankets ready to be delivered. Photo courtesy of Claire Gliddon

Continued from Page 1

or teenager. These 'homemade hugs' can be as simple or complex as the creator chooses.

There are no meetings, no quotas. The only requisite is that blankets be new, handmade and washable. Whether you are a beginner or an expert, whether you can make one blanket a year or 100, all are welcome. Blankets can be made at home, with friends, at a community facility such as the Fair Oaks Library, or at one of the many chapter gatherings that take place all over Sacramento and Placer County. Yarn and fabric is available if needed.

"Blanketeers" include seniors, members of faith communities, Boy Scouts, Girl Scouts, 4-H Clubs and both junior high and high school students needing community service hours. Yarn is even provided to the Chowchilla Women's Prison and men at Folsom State Prison to make blankets for the chapter.

Blankets are donated to over

100 local organizations all year. These include hospitals, low-income elementary schools, food closets, shelters, police departments, child abuse prevention programs, the Sheriff's Department, Ronald McDonald House, My Mother's Voice, My Sister's House and Wellspring Women's Center, to name a few. Blankets are also donated to children of veterans. Every blanket gets a tag sewn on that says, "Made with Love for Project Linus."

The children know the difference from a manufactured blanket and are "touched that a stranger would take the time to make something for them." One child stated, "This is the only thing in the hospital that's mine."

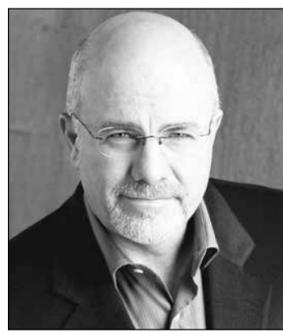
Following the Columbine school shooting in 1999, blanket donations expanded to victims of other disasters. Besides mostly staying local, children affected by 9/11, Hurricane Katrina, fires in California, and school shootings are just some of the

recipients of blankets from Gliddon's blanketeers.

Gliddon and her volunteers have been invited to exhibit their blankets at the California State Fair since 2015.

A special plea is going out to all collectors for new or almost new Beanie Babies. The project starts at the beginning of each December when they choose a handful of low income schools and present every kindergartener with a warm blanket. A very special touch is the addition of a Beanie Baby in a little pouch with each blanket. In 2017, 790 blankets were delivered to these schools just before Winter break.

Those who join receive an information packet with a list of gatherings, drop-off sites and suggested sizes. For more info, contact Claire Gliddon at (916) 965-8955, e-mail claire@sac.projectlinus.us or visit their website www.sacprojectlinus.org and Facebook page at Project Linus-Sacramento-Chapter. ★



Dave Says

reason, they avoid banks. That's their choice, but in the process, they leave themselves susceptible to bad deals.

As I said, I don't feel the same way about check-cashing companies as I do about payday lenders. But it's still not a financially smart move to regularly pay a storefront operation fees just to cash your checks.

—Dave

Dave Ramsey: Not a fan of check cashing companies

Dear Dave,
How do you feel about check cashing companies?

—Norman

Dear Norman,
I'm not a big fan of check cashing companies. They're not nearly as bad as payday lenders, but it still seems kind of silly to me there's even a market for this kind of thing. If you want a place to cash your checks and store your money, all you have to do is walk into a bank and open an account.

I realize there's a small segment of the population that some people in financial circles like to call "the unbanked." This means that, for whatever

Here's a better idea

Dear Dave,
My mother wants everything, except for her home, left to my brother and I when she dies. She would like her long-time boyfriend to have her house. We don't have a problem with this, but it has not been written into her will. Her mind is still sound, so does she need to officially update the will?

—Kris

Dear Kris,
You're doing very well at a young age. Congratulations! I'm glad you're thinking about your financial future, too. But I've got a better idea.

How about opening a Roth IRA with good growth stock mutual funds inside? That would be my choice. Fund it up to \$5,500 a year, and make sure the mutual funds have strong track records of at least 10 years. This investment — growing tax-free — will be superior to a non-matching 401(k) or certificate of deposit. If you want to invest even more, you could then put additional cash into the 401(k) offered by your company.

With your income and maturity, plus the proper investment strategy, you're likely to retire a very wealthy lady. Keep up the great work, Kris!
—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. ★

How High Schoolers Can Boost American Business

Commentary by JD Hoye

SACRAMENTO REGION, CA (MPG) - Finding skilled workers is an ongoing challenge for American businesses.

Media reports tend to focus on the lack of science, tech, and math skills. But more than four in 10 business executives complain that too many job applicants lack "soft skills" like creativity, teamwork, and communication. Indeed, a full half of the nation's hiring managers say the college graduates they meet are short on "critical thinking and problem solving" skills and the ability to pay adequate "attention to detail."

Closing this soft skills gap is critical. Fortunately, business leaders don't have to wait on schools or colleges to step in -- they can easily take action on their own.

It all starts at the local high school. With well-designed internship programs, businesses can help young people acquire the full range of skills they need to be successful throughout their lives.

While many employers have internship programs for college students and recent graduates, smart companies will get a head start on building a workforce by identifying and developing even younger talent.

Employers who have already opened their door to high school interns have witnessed the contributions that young

people bring to their businesses from day one. A recent survey found that 45 percent of those who offer internships to high schools were "very likely" or "completely likely" to extend full-time job offers to their former interns.

As David Bilodeau, a senior member of the technical staff of Verizon, explains: "[Students] don't have any preconceived notions of what you can and can't do, and that's invaluable." He estimates that Verizon makes a "tenfold" return on its investment in interns. One in four business leaders say they get fresh ideas from their high school interns.

I know from personal experience what high school interns bring to business. The organization I lead, NAF, helps high school students qualify for and obtain intern slots at top companies like Verizon, Capital One, and Marriott.

Throw away any preconceived notions of interns making coffee; our students work in robotics, plan events, and devise cost-cutting strategies. By the time they finish their internships, they have enough confidence to run social media campaigns, develop business plans, and cold-call sales leads. That's value added for companies -- and marketable skills for student resumes.

Reaching out to high schoolers also offers tremendous potential in an area of perennial

concern for employers: diversity. Due to structural barriers, too many young people of color never make it to college or leave before they finish. A New York University study found that over "60 percent of the racial gap in college completion rates can be attributed to factors that occur before college." Put simply, companies that look only to college students and grads put themselves at a diversity disadvantage.

These internships benefit students too, of course. Urban Alliance's High School Internship Program provides career training, internships, and mentorship to at-risk students in Washington, DC., Baltimore, Northern Virginia, and Chicago. An internal assessment found that completion of an internship correlated with increased rates of college attendance for young men.

And whether college-bound or not, students who have completed a high school internship programs enjoy starting wages 11 percent higher than the average for students who have not been interns.

Companies across the country can play an active role in shaping the talent pipeline and can be confident in knowing that the solution is closer than they realize -- in local high schools with perfect hires.

JD Hoye is the president of NAF. ★

STATEPOINT CROSSWORD • POPULAR TV

CLUES

ACROSS

1. Necklace lock
6. Put together
9. "To ___ and to hold"
13. Hindu sage
14. Hula dancer's ornament
15. *Morning show
16. Front wheels alignment
17. St. crossroad
18. Excessively fat
19. *Pablo Escobar's story
21. *Game of ___
23. Once around
24. Russian autocrat
25. "Four score and seven years ___"
28. Respiratory rattling
30. Sage's forte
35. Uh-uh
37. Iranian money
39. Deep skin layer
40. "Just ___"
41. Affirmatives
43. Shark's provision
44. Kidney-related
46. *Use QVC
47. Certain Scandinavian
48. Pupil protector
50. Dealing with a problem
52. Acronym on Pinterest
53. City sound
55. Not a friend
57. *The Mindy ___ or ___ Runway
61. *Handmaid of Gilead
64. Painting support
65. Greedy one
67. *"You're ___!"
69. Small streams
70. Between E and NE
71. Food safety threat
72. *American ___
73. Poor man's caviar
74. Relieves

DOWN

1. Tube in old TV
2. ___ share
3. On a cruise, e.g.
4. Bake, as in eggs
5. Crab's grabber
6. "Sad to say..."
7. *Aziz Ansari in "Master of None"
8. South Beach and such
9. Great Depression drifter
10. Port in Yemen
11. Flower holder
12. Windows to the soul?
15. Full of tribulations
20. Estrogen producer
22. *Hee ___ (started in '60s)
24. "English Afternoon" stop
25. *Johnson of "Blackish"
26. Soft and sticky
27. Speak one's mind
29. *Big Little ___
31. Narcissist's love
32. Apple alternative
33. Yemeni neighbor
34. *a.k.a. Manuel Alberto Javier Alejandro Delgado
36. Et alibi
38. *J.B. Smoove in "Curb Your Enthusiasm"
42. Attractiveness in appearance
45. Type of false news, pl.
49. Holiday mo.
51. English treat

CROSSWORD													
1	2	3	4	5		6	7	8		9	10	11	12
13						14				15			
16						17				18			
	19					20		21	22				
			23				24						
25	26	27		28		29		30		31	32	33	34
35			36			37		38		39			
40						41				42		43	
44				45		46				47			
48						49		50		51		52	
						53		54		55		56	
57	58	59	60					61			62	63	
64						65	66			67			68
69								70			71		
72								73			74		

DISH DEALS!!

190 Channels Now only... **\$49.99/mo.** for 24 months

ADD HIGH-SPEED INTERNET **\$14.95/mo.** where available

CALL TODAY PROMO CODE: **FreeEchoDot** 1-888-416-7103

Switch to DISH and Get a FREE Echo Dot

© StatePoint Media **Crossword Puzzle Solutions on Page 4**

SUDOKU

The support you need to find quality SENIOR LIVING SOLUTIONS

A Place for Mom has helped over one million families find senior living solutions that meet their unique needs.

There's no cost to you! CALL (855) 439-6734

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

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

For Solutions See Page 4

Got Church News? Call 916-773-1111

BAUER car wash

Monday - Saturday 8:30-5 • Sun 9-4

We accept all competitors' coupons!

Locally owned & operated. Professional auto detailing. No extra charge for trucks, vans or SUV's that accommodate. our automatic car wash!

5927 San Juan Ave. Between Madison & Greenback Citrus Heights • 916.967.3083

COUPON

\$2.00 OFF Any Car Wash

BAUER CAR WASH Citrus Heights • 916.967.3083

Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp. 04/30/18



By Marlys Johnsen Norris, Christian Author

Do you really believe a powerful force we call Creator/God (who brought everything and everyone into the world) would just let anyone or anything take control of it all? Just because there are numerous different religions throughout the world does not indicate their ideas are in control of what our Creator accomplished. Has God allowed them to exist? Of course, but He alone provides the ultimate truth about all things.

Who is in Control?

Getting to really know the God of all creation is a lifetime journey. It takes one on a path into the Kingdom of God that is often rejected by many. Objectors are following false concepts about creation as well as the Creator/God of all that exists. Many false ideas and beliefs created by men who want to be famous or popular amongst people. What they teach is not truth, but lies that will never bring anyone life eternal. (Remember Jim Jones)

God does have an adversary and he is constantly trying to distort and destroy everything and everyone who follows the One True God. He wants to put those who follow false religions in "bondage". He leads you into all kinds sinful pleasures. (Yes I know because I came out of a false religion 49 years ago! PTL) Remember the Scripture about God casting His favorite Angels to earth? He name was i Lucifer and is called the Devil or Satan. He was and is a liar even today! (John 8:44 Amplified Version)

states "You are of your father the devil; and it is your will to practice the lusts and gratify the desires (which are characteristic of your father. He was a murderer from the beginning and does not stand in the truth, because there is no truth in him. When he speaks a falsehood he speaks what is natural to him, for he is a liar (himself) and the father of lies and of all that is false."

Who is in control of your life? Only you can answer that question and you need to seek the truth that only comes from His Holy Word, the Bible and God's Holy Spirit alone through Jesus Christ, His Beloved Son. He loves you and died to save you from everything you ever did wrong that is called sin. He forgives and forgets with grace, love and truth.

Marlys Johnsen Norris
Christian Author of 7 books
Writer: American River Messenger
Marlysjn@gmail.com ★



By Pastor Ray Dare

When you're stressed out, how do you typically unwind? How do you de-stress when you're exhausted and overloaded? Maybe you watch a movie or go out to dinner so you don't have to cook. Or maybe you have a hobby or a sport that helps you unwind.

There's nothing wrong with any of those things, but none of them are going to provide the relief you really need. You can take all the naps in the world, but it's not going to de-stress your mind.

What you fill your mind with determines the level of stress in your life. The battle with stress is between your ears. The battle is in your mind! It's in your thought life. If you want peace of mind, you're going to have to start controlling what you allow in it. Whatever you put in your

Pastor Ray's Encouraging Words

How to De-stress

mind is going to come out in your life.

The Bible says to "think about the things that are good and worthy of praise. Think about the things that are true and honorable and right and pure and beautiful and respected" (Philippians 4:8 NCV). If you want to lower your stress, you have to change what you think about and control what you allow in our mind. In this verse, the Bible gives us eight tests for whether we should allow something in our mind or not. Ask yourself, "Is it good? Is it worthy of praise? Is it true? Is it honorable? Is it right? Is it pure? Is it beautiful? Is it respected?"

When you think about things that are good, worthy of praise, true, honorable, right, pure, beautiful, and respected, you're really picturing God, God's words, God's promises. Paul is saying in Philippians 4:8 to think about God and His promises.

Psalm 56:4 (NLT) says, "But when I am afraid, I will put my confidence in you. Yes, I will trust the promises of God..." Learn to replace the problem that you've been thinking about,

that worry that has you stressed out with a promise. I focus on a promise, not a problem. I learn to fix my thoughts on a promise, not a problem. I dwell on promises, not problems. If you dwell on all the problems that you have in your life the result will be stress! However if you learn to dwell on a promise, the result is peace. Isaiah 26:3 says, "You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!" (NLT)

When you focus on a promise rather than a problem, you're not denying reality. You're not denying the problem exists. You're defying the problem. You're saying, "Yes, the problem exists, but so does God exist! And He's bigger than my problem!"

What you think about determines how stressed and worried you are. If you fix your thoughts on God and His promises, He will keep you in perfect peace.

Pastor Ray
New Beginnings Church
10am Sundays, You're invited!
www.NBC4U.org ★

The Roseville Rock Rollers Gem and Mineral Society 501(C)
56th Roseville Gem, Jewelry, Fossil & Mineral Show!
Family Fun!
March 24 & 25
 Saturday 10 am - 5 pm • Sunday 10 am - 4 pm
 Roseville (Placer County) Fairgrounds
The Big Show!!
60 Vendors Family Fun Exhibits
 • Crystals • Beads • Jewelry • Gemstones
 • Gold Panning • Meteorites • Fossils
 • Minerals • Free Door Prizes • Fabulous Food!
PARKING! \$5
General Admission \$6.00
Seniors 60+ \$5.00
Kids 12 and Under FREE
 Rain or Shine • Inside & Outside
\$1 OFF ADMISSION WITH THIS AD
www.rockrollers.com
 Kids & Scout's "Education Station"

YOU'RE INVITED!
 Sundays 10:00a.m.
 A Purpose Driven Church
 "We do Church Differently"
www.nbc4u.org | (916) 992-1997
 New Beginnings CHURCH
 5510 Diablo Drive
 Sacramento, CA

EAST LAWN
 CEMETERIES • MORTUARIES • CREMATION • PREPLANNING
 ACE AMERICAN CEMETERY EXPERIENCE AWARD WINNER
 Make your final arrangements, then go enjoy the rest of your life.
The Privilege of Planning
 A 25-minute free presentation. We'll serve you with a Catered Meal!
Make Sure Those You Care About Are Always Cared For
 "The Privilege of Planning" is not a sales seminar. It is a 25-minute educational presentation that focuses on the importance of advance funeral planning and all of the options available. Information will be presented on Veterans benefits, cremation and burial choices as well as key consumer advice. In addition to a catered meal, each attendee will receive a FREE Emergency Planning Guide.
CHOOSE ONE OF THESE SEMINARS
Wed., May 9
Wed., July 18
 11:30 am to 12:30 pm
EAST LAWN
 Sierra Hills Memorial Park & East Lawn Mortuary
 5757 Greenback Lane, Sacramento, CA 95841
 To RSVP or More Info: **916.732.2020**
 Lic. #FD-1242
Thurs., April 5
Thurs., June 7
 11:30 am to 12:30 pm
EAST LAWN
 Memorial Park & Crematory
 4300 Folsom Blvd., Sacramento, CA 95819
 To RSVP or More Info: **916.732.2000**
 Reservations Required. Please RSVP to the location of your choice. Seating is limited to 30 attendees per seminar. If you prefer to RSVP via email, log onto our website and go to the seminar registration page.
www.EastLawn.com

JESUS SAVES UNION GOSPEL MISSION Sacramento
Ways to Give for Easter!
 CELEBRATE EASTER
 We will be giving 100+ food boxes and need
 • Turkeys & Ham
 • Canned Veggies & fruit
 • Boxed Potatoes
 • Stuffing and Gravy
 Easter is the perfect time to share Jesus Christ's incredible love and His Resurrection with our hurting neighbors in our community. It starts with a special holiday meal from Union Gospel Mission Sacramento.
 Just **\$1.92** provides a hot meal to someone who is homeless and alone this Easter. That's why I'm asking you to send your most generous gift today – thousands of lonely, lost, and broken souls will be coming to the Mission this Easter, looking for a meal and the chance for a new beginning.
Please consider donating today!
 For more info go to: **www.ugmsac.com**
 Office: (916) 447-3268 Email: info@ugmsac.com
 P.O. Box 1108, Sacramento, CA 95812
UNION GOSPEL MISSION SACRAMENTO
 Easter Meals Just **\$1.92 Each**

Grace Baptist Church
 Come and Experience God's Amazing Grace
 Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung.
 Grace Baptist still stands on the Principles, Doctrines and Separation, found and taught in The Bible
Service Schedules
 Sunday Schools (All Ages) 9:45am
 Sunday Worship 11:00 am
 Sunday Evening 6:00pm
 Wednesday Evening 7:00pm
6724 Palm Avenue, Fair Oaks, CA 95628
 (Located one block South of Madison; just East of Dewey)
Pastor Charles Carter (916) 967-3915
 Call for more information

Bright Shining Stars

DOVIA Annual Awards Shines a Light on Outstanding Volunteers

Story and photos by Jacqueline Fox

SACRAMENTO COUNTY, CA (MPG) - How do you inspire a team of volunteers not to roll their eyes when asked to do perhaps the most humble of tasks - scooping up dog waste?

With a lot of patience and a willingness to meet them where they are at, says Janice Wagaman, who was selected by the Directors of Volunteers in Agencies (DOVIA) March 8 as the agency's 2018 Outstanding Volunteer Coordinator of the Year.

DOVIA Sacramento is a non-profit organization providing support, workshops and trainings for professional volunteer managers at agencies across the county.

For the last five and a half years, Wagaman has served as the director of volunteers at the Front Street Animal Shelter in Sacramento. Wagaman is tasked with the job of overseeing roughly 2,400 volunteers at the shelter, which range from high school students to elderly adults with retirement time on their hands - all of whom come in with various levels of passion and commitment for service and, of course, an unwavering dedication to helping animals.

"It's a tough job, lots of passion there, and often it is very emotional," said Wagaman. "But I absolutely would not have any other job in the world," said Wagaman. "In my case, one of the



Third from left, front row, Janice Wagaman, Volunteer Director, Front Street Animal Shelter and 2018 Outstanding Volunteer Coordinator of the year joins members of the board of directors from DOVIA.

biggest challenges is inspiring new volunteers who are starting out at the first level to understand the importance of some of the more menial tasks we have to get done, which is go and pick up poop. And the other challenge is that, with so many people and so many different levels of compassion and passion for being of service at the shelter, I don't always have the time I would like

to have to get to know all of my volunteers on a personal level."

Under her directorship, Wagaman has created a new volunteer program called "SMART (Sacramento Missing Animal Response Team) Pet Alert, which has played an instrumental role in helping to boost the number of the shelter's lost animals who are returned to their owners from 23 percent to nearly 30 percent.

"My volunteers are really pushing this at an amazing level," said Wagaman, one of three volunteers nominated for the award. "They are using social media apps and programs, like Next Door and Facebook to help reconnect lost animals with their owners and it is having a huge impact. I'm super proud of them and this program."

In addition, the shelter's overall "Leave Live Rate" under Wagaman's direction is at 87 percent - that means 87 percent of the animals brought in to the shelter due to separation from their owners, abandonment or other reasons, are being rehomed each year.

"That's a good number," said

Wagaman. "Of course, we'd love to see 100 percent, but we are proud and always working toward the goal."

The annual awards also include recognition for Outstanding Youth Volunteers. Taking that award for 2018 was Janae Bonnell, 18, a senior at Oak Ridge High School in El Dorado Hills. Bonnell has worked as a volunteer at Shriners Hospital for Children in Sacramento since 2016. One of 14 young volunteers nominated for the 2018 award, she plans on a career in pre-med. She has clocked hundreds of hours as a volunteer working in, among other places, the hospital's pre-operation unit, post-anesthesia care unit, operating rooms and admissions department.

"Really, this is amazing, but I am very impressed with all of the other nominees who are volunteering out there like me," said Bonnell, as she posed for photos alongside her parents and sister. "I love working with people and of course being at Shriners gives me valuable experience that goes along with what I

want to do, which is pre-med."

Bonnell took home a scholarship for \$500 as part of her award.

Included among the list of nominees for the Outstanding Youth Volunteers is Carmichael resident and El Camino High School senior, Konark Mangudkar, honored for his volunteer work at Eskaton Village Carmichael since 2016. He is interested in a career in neuroscience and technology and has an infinity for working with seniors and in the arena of memory care.

"I get a lot out of working with the elderly, especially those with memory loss issues," said Mangudkar. "I know they often don't know who I am, but sometimes they do. It's a very rewarding place to help out. I know I am getting more out of this than I expected at first."

The other nominees in the Outstanding Youth

Volunteers category were Ivori White, with the Sacramento Public Library, North Natomas branch; Adrian McCauley,

Sacramento Public Library; Rachel Neches, Reading Partners Sacramento; Cassandra Ng, City of Sacramento Volunteer Program; Cassidy Schreiner Girl Scouts, Friends of Meals on Wheels; Jihad "Gigi" Hamid, Sacramento Public Library, Arden Dimick; Cecilia Uribe-Smith, Sacramento Public Library-Arden Dimick; Celio Gonzalez, Sacramento Public Library, Galt; Isabel Nguyen, Kaiser South Sacramento; Hadley Nevin, Fairytale Town; Isabel Gatdula, Angeliq Ashby's Youth Action Corps and Emily Chin-Ito, ACC Senior Services.

The two other nominees for Outstanding Volunteer Coordinators adult category are Jordon Powell, American River Parkway Foundation and Katie Curler, Alzheimer's Association. ★



Janae Bonnell, second from left, selected as the Outstanding Youth Volunteer award winner by DOVIA, joins her parents, Bridget and Bill and sister Sabrina.



Group photo of the 2018 Outstanding Youth Volunteers nominees who attended the annual DOVIA awards ceremony.

KP International MARKET
FOOD COURT NOW OPEN
Come Enjoy the Flavors of the World!
10971 Olson Drive · Rancho Cordova, CA 95670 · 916.853.8000

PRICES EFFECTIVE MARCH 23 - MARCH 27, 2018
WED 23 THU 24 FRI 25 SAT 26 SUN 27

WEEKLY MEAT SPECIALS

Porterhouse Steak \$3.99/lb	Chicken Drumsticks Piernas de Pollo 40 lb Box.....\$24.99/ea
Beef T-Bone Steak Filete de T-Bone \$3.69/lb	Beef London Broil & Top Round Roast-Boneless Pulpa Para Hornear Roast sin Hueso \$2.89/lb
Beef Top Round Steak/Pulpa-Thin Sliced Steak Pulpa Para Hornear Steak sin Hueso \$3.19/lb	Pork Butt-Bone In Trozo de Puerco con Hueso \$1.39/lb
Pork Butt-Boneless Trozo de Puerco sin Hueso \$1.69/lb	

USDA CHOICE

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

Granny Smith Apples 79¢	Green Seedless Grapes 1.99/lb	Danjou Pear 99¢	Cilantro 3/\$1	White Onions 2lbs/\$1	Papaya 79¢
Manila Mango 14 ct 7.99	Avocado 2 lb Bag 2/\$5	Green Onions 3/\$1	Popeye Spinach 10 oz 2/\$3	Lemons 3/\$1	Mexican Mango 7.99

AMERICAN/HISPANIC GROCERY

CRV Gatorade Thirst Quencher 25.11 oz \$1.29	Fine Paper Towels 89¢	OLD BAY Seasoning Large 16-oz \$5.99	CRV Liquid Soap 89¢	Delmonts Chalk Light Taste in Water 30 oz \$2.79
--	-----------------------	--------------------------------------	---------------------	--

ASIAN GROCERY

Luans Noodle 334.53 lb \$4.99	Soft Flour 40 lb \$1.99	Erlic Beer 3oz \$2.99	Double Happiness Brand \$1.99	Sealed Brand \$1.99	Yong Deenon Juice w/ Poly 16.9 fl oz 79¢
-------------------------------	-------------------------	-----------------------	-------------------------------	---------------------	--

EUROPEAN GROCERY

AKBAR \$7.99	AKBAR \$1.49	AKBAR \$8.99	AKBAR \$1.99	AKBAR \$2.99
--------------	--------------	--------------	--------------	--------------

KOREAN/JAPANESE GROCERY

Light Milled Brown Rice 15 lb Bag 9.99	Low Cholesterol 11.85 oz 1.99	Nongshim Ramen Family Packs 3 Kinds 4 x 120 gr 2.99	Korean Creasers 3 Kinds 3.99	Yonsei Asian Noodle 4 lb 5.99	Belmont's Citrus Tea 2.2 lb 5.99
--	-------------------------------	---	------------------------------	-------------------------------	----------------------------------

HOUSEWARES

4000 FEET UNCLE TOM'S SANITARY PADS 4 KINGS \$4.99	Electric Rice Cooker \$19.99	Electric Kettle \$19.99	Electric Pressure Cooker \$29.99	Electric Slow Cooker \$19.99	Electric Toaster \$19.99
--	------------------------------	-------------------------	----------------------------------	------------------------------	--------------------------

FROZEN DEPARTMENT

Japanese Style Baked Sponge Cake 4 Kinds - 14.1 oz \$4.99	Frozen Sliced Shrimp 400 to 600 \$4.99
---	--

EUROPEAN DELI

Scholar's \$3.69	Scholar's \$3.69	Scholar's \$3.69
------------------	------------------	------------------

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 RAINCHECKS. PRICES EFFECTIVE MARCH 23 - MARCH 27, 2018.

WEEKEND PROMOTION!

POCKY & PEJOY BISCUIT STICK SNACKS 8 KINDS

BUY 2 POCKY PACKS GET ONE FREE PEPPY LIP BALM OR BALLOON!

BUY 3 POCKY PACKS GET ONE FREE BACK PACK!

BUY 5 POCKY PACKS GET ONE FREE PREMIUM INSULATED GROCERY BAG!

\$1.49 ea
reg. price \$2.49

THIS SATURDAY & SUNDAY ONLY (3/24 & 3/25) FROM 11:00AM - 5:00PM

Building a Business While Re-Building Lives

By Don Troutman, Founder, Clean & Sober Transitional Living

SACRAMENTO COUNTY, CA (MPG) - Out of the blue, I received a surprising message last week. It read, "I just wanted to send you an email to tell you how happy I am for your success. Back in 1989 when you were first starting Clean and Sober, I remember the struggles you were going through getting the business up and running. Well, you did it!! I remember having lots of admiration and respect for you working so hard to make Clean and Sober a reality. I just wanted to thank you for your years of dedication and making your program a success for all these years."

I was so touched by this letter, and then I had an epiphany: **growing a business and nurturing sobriety really do have a lot in common.**

Starting a business is a touch-and-go proposition. When I first opened the doors of CSTL, I had no example to follow or assurance of getting clients. I had to figure out a way to get people to check out what sober living offered.

"Not in my back yard" was rampant because people didn't understand recovery, and **bigotry and prejudice ran thick.** The general public spread rumors about what went on in my houses, and even my peers in the field were skeptical. Sacramento County was among the vigorous critics until **I demonstrated that my transitional living community helped people reclaim productive lives.**

My business lost money for the first four years, so I fed the business with my 401k. Eventually, due to time constraints, I gave up my full-time job after telling my boss, "If this doesn't work out for me, I'll be crawling back." That's how important it was for me to create a successful sober living community. **That's how much I wanted to share recovery with others.**

At first, the only people to give me hope to forge ahead were those who were getting healthy in my homes. When I saw that they could build strong, healthy lives because they were sharing recovery in a community of sobriety, that became my driving force.

Building a strong business

sounds to me a lot like building a strong recovery. At first, you are frail and vulnerable. Your critics are looking over your shoulder at every move, wondering if you can "stick" your recovery. People talk about you and speculate about the staying power of your sobriety. Some of your "friends" may even try to undermine your resolve to bring their drinking buddies back home.

Just as it takes tenacity and dedication to build a business in spite of the odds, it takes tenacity and dedication to reclaim your sobriety and rebuild your life. I'm proof, and so are many of the 6000-plus residents who have called CSTL "home" since 1989. I used to live behind the flea market on Folsom Boulevard, and now I have 14 sober living home for people who've left campsites and unhealthy lives behind. **Together, we're claiming our power** to build a business and build sobriety... one sober home at a time, one sober step at a time.

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



POPPOFF!

with Mary Jane Popp



Russian Kulich

World Easter Treats

Easter is coming and with this celebration, there will be lots of good eats from around the world. So I thought I'd share a few with you. It seems almost every Easter-celebrating country has its own special Easter bread or cake. Hot Cross buns are an Easter favorite in many areas including Britain. The tradition allegedly derived from ancient Anglo-Saxons who baked small wheat cakes in honor of the springtime goddess, Eostre. After converting to Christianity, the church substituted with sweetbreads blessed by the church. These individual yeast buns are spiced and filled with dried fruit and the lemon icing drizzled in the form of a cross on top.

I have a good friend named Larisa who happens to be Russian. So I asked if she has a special delight she makes at Easter. It's called Kulich. Bread plays an important role in Russian

holiday and religious ceremonies. During Easter the most popular bread is the semi-sweet, tall cylinder-shaped Kulich. It's usually baked in coffee or fruit tins to achieve its towering shape. After it's cooled, it's topped with a sugar glaze and decorated with flowers and served with cheese pashka, the pyramid in the photo. It's a symbol of atonement on the cross by Jesus Christ. Thus, the initials XB for Xrucmoc Bockpece or Christ is Risen, is decorated on the side. The bulging top represents a church dome with snow on it. Traditionally, family matriarchs bring loaves of Kulich to church where they are blessed by a priest. Families eat the bread for breakfast and dessert for 40 days after Easter until Pentecost.

Then I found a GREAT site called "Life Buzz" and discovered more great tidbits like the stringy Easter bread from Greece

called Tsoureki which contains two traditional Greek spices, mastic and mahlab.

How about the Schinken im Brotteig from Germany. The name means "ham in bread" and



Pacoca de Amendoim from Brazil

that's what you'll find when you cut it open.

What's Easter without candy like the Pacoca de Amendoim from Brazil which is ground peanuts, cassava flour, sugar and salt.

Can't leave out our neighbors to the south and Mexican Caspirotada. This Mexican bread pudding is made with nuts, fruits, figs, and mixed aged cheese. It's served throughout Lent, particularly on Good Friday.

Don't forget our always favorite American classic Ham... sweet, glazed, even spicy. And lamb dishes made it on the list from several countries. No matter what the dishes, here's wishing you and yours a **BLESSED AND HAPPY EASTER!** ★

LEGAL ADS FOR SACRAMENTO COUNTY?
We Can Do That!
 Call to place your legal advertising **916-483-2299**
 All Legal Ads Published by Messenger Publishing **MPG**

Fair Oaks EcoHousing
 A Family-Friendly Green Neighborhood

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

Join us for a monthly site tour

For more information, visit **FairOaksEcoHousing.org**

Sacramento CHORAL SOCIETY & Orchestra
 Donald Kendrick, Music Director

SPRING SEASON 22

Praise and Jubilation
 West Coast PREMIERE

- *Jubilate Deo* | Dan Forrest
- *Te Deum* | Antonin Dvorak
- *Ancient Airs and Dances* | Ottorino Respighi

Rachel Songer, Soprano
 Anne-Marie Endres, Soprano
 Shawn Spiess, Baritone

Projected supertitle translations

GUEST CHORUSES
 Sacramento Children's Chorus – Alexander Grambow, Director
 Sacramento State University Chorus

Saturday, May 12, 2018 at 8 pm
 Pre-concert talk by Donald Kendrick 7 pm
 Sacramento Community Center Theater

TICKETS CCT BOX OFFICE | 916.808.5181 or TICKETS.COM SACRAMENTOCHORAL.COM

Healthy, Wealthy & Wise

living smart Eat Healthy, Buy Local Farmers Markets

Sunrise Mall FARMERS MARKET
 Every SATURDAY, 8 AM - 1 PM

- ⇒ Mall Parking Lot behind Sears—6041 Sunrise Blvd.
- ⇒ Live Music & Entertainment
- ⇒ 80+ Certified Farmers & Organic Producers
- ⇒ Specialty Gourmet Foods
- ⇒ EBT/WIC & SNAP Accepted

2nd Saturday
 Artisan & Crafts Show
 SUNRISE MALL FARMERS MARKET—YEAR ROUND

Join us every 2nd Saturday to pick up some unique handmade items and art from local artisans and crafters in conjunction with the weekly Farmers Market. Quality made art, furniture, clothing, free trade baskets, blown glass items, jewelry, ceramics and more await you! Open second Saturday of every month all year round from 8 am to 1 pm.

Present this coupon for a chance to win the **OCTOBER FARMERS MARKET GIFT BASKET** and receive 5 Raffle Tickets at the Farmers Market. One Per family. Expires October 31, 2017.

ILoveMyFarmersMarket.com



Share your heart
Share your home
Become a Mentor today

California MENTOR
Family Home Agency

Everyone Deserves a Home Like Yours!
Make a real difference in the life of someone who needs you!
Become a Mentor!

For over 30 years California **MENTOR** has been the leading host home provider for adults with Developmental Disabilities. Today we serve over 750 individuals throughout California. California **MENTOR** is seeking individuals/ Families with a spare bedroom to support adults with Developmental Disabilities who might not have the opportunity to live with a loving home like yours.

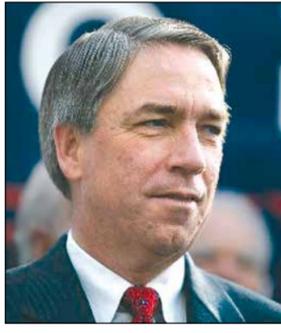
Receive ongoing support and a generous monthly stipend \$1,100 - \$3,900 per month

Call a California **MENTOR** recruiter today to learn more about this special program.
(916) 383-9785 x 28

And join us for one of our info sessions:
Monday – Friday at 11am
Wednesday at 4pm
7801 Folsom Blvd, Ste 375,
Sacramento CA 95826

Visit our website at www.mentorswanted.com

School Security



Commentary by Doug Ose

Have you thought about school security? I talked with a retired high school principal recently about how to address concerns about maximizing campus security at our schools. This wide-ranging discussion was informative in terms of linking existing technology to physical layout of both existing and proposed schools. First on the list of improvements would be to ensure that there are two doors leading out of each classroom in opposite directions. These doors would have locks controlled from the inside. For schools that are two story or taller structures, emergency exit chutes like are used

on airplanes can be installed for classrooms on the upper floors. Another improvement is to install bullet proof glass to a height of eight feet. Another improvement would be to install video cameras covering the likely paths of entry onto a campus or within hallways and corridors. The cameras would broadcast to screens in multiple locations to ensure that someone was always watching; think screens in the principal's office, the teachers' lounge, and the kitchen, for example. Use the technology that already exists in various cities to identify the location of any gunshot. This would allow school officials to know where the shooter is. Perhaps we should install barriers in hallways and corridors that can be automatically closed in response to reports of gunfire. With the proper technology, it might be possible to have the gates be automatically closed when gunfire is detected. This concept is similar to fire doors that restrict the spread of fire in high rise buildings. Notwithstanding the concerns of many, the fact is that gun free zones around schools sends the message to potential shooters that schools are a risk-free environment. It seems that every incident of a school shooter ends with the shooter committing suicide or surrendering when confronted by armed personnel. We need to take the "risk free" aspect of the environment out of the equation. I support arming a limited number of personnel on each campus. These individuals would be required to get extra training, wear something known to law enforcement to identify them as "good guys", and be known only to the principal. There may be additional safeguards to be considered on this aspect. In urban settings where schools are compact, magnetometers can be installed at points of entry with personnel there to take custody of items deemed inappropriate for a school campus. These are steps that can be taken to reduce the likelihood of such terrible events. We need to discuss every aspect of these events, but we can't let perfect be the enemy of good in finding responses that protect our children. Doing nothing is not an option. ★



"O SON OF SPIRIT!
My first counsel is this;
Possess a pure,
Kindly and radiant heart,
That thine may be a sovereignty
Ancient, imperishable and
Everlasting."

from the "Hidden Words of Baha'u'llah
More info: Isacarmichael@yahoo.com
Telephone: 1 800 22 unite

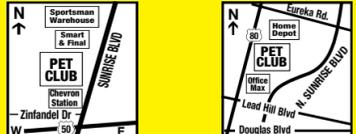
CALL 916-773-1111 TO ADVERTISE



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

PET CLUB
FOOD AND SUPPLIES

EVERYDAY LOW PRICES
Super Discount Prices • Hot Specials & Coupons
(No Membership Fees)



2344 Sunrise Blvd. 318 N Sunrise Blvd.
Rancho Cordova, CA Roseville, CA
916-635-5008 916-781-8500

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

FREE 1 LB SPORT MIX PREMIUM DOG BISCUITS
with the purchase of pet, fish food or supply.
Limit 1 Lb PLU 332 CHM
Limit 1 Coupon per family
Effective 3/21/18 - 3/27/18

\$5.00 OFF
ANY PURCHASE OF \$15.00 OR MORE OF PET OR FISH SUPPLIES (Excluding Pet Food or Litter)
Cannot be used in conjunction with similar dollar or percentage off coupons & advertised sale items.
Limit 1 PLU 351 CHM
Limit: 1 Coupon Per Family
Effective 3/21/18 - 3/27/18

TASTE OF THE WILD GRAIN FREE DRY DOG FOOD
•Wetlands •Sierra Mountains •Pacific Salmon •High Prairie •Southwest Canyon
30 Lb Bag **\$39.99**
Effective 3/21/18 - 3/27/18

BLUE BUFFALO WILDERNESS DRY DOG FOOD
•Chicken (\$10 Off Reg Price) •Duck •Salmon •Large Breed Adult •Healthy Weight
24 Lb Bag **NEW \$8 MARKED LOW PRICE**
100% Grain Free
Our Regular Low Prices!
Effective 3/21/18 - 3/27/18

PRO-PLAN DRY DOG FOOD
•Chicken & Rice 33-35 Lb Bag
•Beef & Rice •Lamb & Rice
•Sensitive Skin & Stomach
•Lite •Bright Minds
Super Buy \$3 OFF
Limit 2 Bags per Family
OUR SUPER DISCOUNT PRICES!
Effective 3/21/18 - 3/27/18

FRISKIES DRY CAT FOOD
16 Lb Bag
•Seafood •Indoor •Surfing & Turfing
\$9.99
Limit 2 Bags per Family
Effective 3/21/18 - 3/27/18

9 LIVES CANNED CAT FOOD
5.5 Oz All Varieties
Limit 1 Case Per Family
35¢
Effective 3/21/18 - 3/27/18

FANCY FEAST GOURMET CANNED CAT FOOD
All Varieties except Elegant Medley
3 Oz Limit 2 Cases Per Family
20/\$11.00
Effective 3/21/18 - 3/27/18

JONNY CAT PREMIUM CAT LITTER
20 Lb Bag
•Regular •Multiple Cat Formula
Limit 2 Bags Per Family
\$3.29
Effective 3/21/18 - 3/27/18

FRESH STEP SCOOPABLE CAT LITTER
42 Lb Bag
Limit 2 Bags Per Family
\$12.99
Effective 3/21/18 - 3/27/18

FANCY FEAST DRY CAT FOOD (Purina One Dry Cat 3 lb. \$5.99) 3 lb Bag Limit 2 Bags \$5.49	Market Fresh Recipe FUSSIE CAT PREMIUM DRY CAT FOOD •Chicken & Turkey •Salmon •Salmon & Chicken 2 Lb, 4 Lb, 10 Lb bag As Marked 20% OFF OUR REGULAR LOW PRICES	Limit 2 Cases Natural 12.5 oz. Regular WELLNESS CANNED DOG FOOD \$1.89 •Stew •Core \$1.99
EARTH BORN HOLISTIC CANNED CAT FOOD •Grain Free •Selected Varieties Limit 1 case 3 Oz. 79¢ 5.5 Oz. \$1.29	60 Liter (Ultra Not Included) CAREFRESH PET BEDDING \$14.99	20 Lb Bag Limit 2 Bags FELINE PINE HEALTHY CAT LITTER \$7.99
28.5 lb-33 lb Bag SCIENCE DIET DRY DOG FOOD \$4 OFF OUR DISCOUNT PRICES	Market Select 2.75 Oz Cup Limit 1 Case MEOW MIX CAT FOOD 49¢	35 Lb Bag Limit 2 Bags GRAVY TRAIN DRY DOG FOOD \$13.99
New MERRICK'S WHOLE EARTH FARMS DRY DOG FOOD •Adult •Grain Free Chicken & Turkey •Grain Free Beef & Lamb •Grain Free Salmon & White Fish Limit 2 Bags per Family ON SALE	20 Lb Box Limit 2 Boxes Cat Attract PRECIOUS CAT CLUMPING CAT LITTER 11.99 Touch of Outdoors \$7.49	Super Buy UNDER THE SUN DRY DOG FOOD \$10 OFF OUR REGULAR LOW PRICE •Adult •Grain Free Lrg Breed •Grain Free Chicken •Grain Free Lamb •Grain Free White Fish (23.5 lb) 25 Lb. Bag Limit 2 Bags

ASPEN PET & PETMATE PET BEDDING
All Varieties, Including Self Warming Bedding
20% OFF
OUR SUPER LOW PRICES

TRUE CHEWS PREMIUM JERKY CUTS \$7.99 All Varieties 100% Natural Dog Treat 12 oz pkg	Super Buy BRAMTON SIMPLE SOLUTION TRAINING PADS \$9.99 23" x 24" 50 Ct Box
PRESTIGE DOG CABLE TIE OUT & AERIAL RUN 20% OFF All Varieties OUR SUPER LOW PRICES	PET AG ESIBILAC 20% OFF Puppy Milk Replacer Weaning Food KMR Kitten Milk Replacer Weaning Food OUR SUPER LOW PRICES

PENN-PLAX CASCADE POWER FILTER SALE

MODEL	TANK SIZE	PET CLUB SALE
CASCADE 100	20 Gal.	\$13.99
CASCADE 150	35 Gal.	\$17.99
CASCADE 200	50 Gal.	\$20.99
CASCADE 300	100 Gal.	\$27.99

TETRA BOXED 10 GALLON TANK
With Economy Kit
Just add Heater For Tropical Fish
\$36.99
Limit 1 Per Family

PENN PLAX PLASTIC AQUA-PLANTS 20% OFF
OUR SUPER LOW PRICES

INSTANT OCEAN SEA SALT \$12.99
50 Gal. Salt Mix

BONUS COUPON FRISKIES BUFFET CANNED CAT FOOD 5.5 Oz All Varieties Limit 1 Case With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 3/21/18 - 3/27/18 45¢ CHM PLU 367	BONUS COUPON FRISKIES PARTY MIX CAT TREATS 2.1 Oz •Selected Varieties Limit 2 Pkgs Per Family Limit One Coupon Per Family Price Valid Only With Coupon Effective 3/21/18 - 3/27/18 \$1.09 CHM PLU 573	BONUS COUPON JONNY CAT CAT LINERS Jumbo Drawstring - 5 Ct Limit 1 Box with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 3/21/18 - 3/27/18 \$1.89 CHM PLU 449
--	--	--

Citrus Heights Community Update

The Illusion of Rent Control

they cannot afford. Proponents will argue that low income families don't have enough options for where to live as it is, and that having to find a new home can be devastating (in some cases lead to homelessness). But while these proponents are correct, their proposed solution to this growing issue unfortunately magnifies the problem.

The amount that property owners charge for rent is largely dependent on market forces. If the demand for rooms is low and supply is high, then rents decrease to ensure that owners are able to keep vacancy rates as low as possible. Conversely, if the demand for rooms is high and supply is low (as is the case currently) then the rents increase as more people compete for less units. If the government imposes restrictions on property owners and forces them to offer lower rents than the market would otherwise dictate, we see two incredibly negative things immediately happen.

First, no new housing will be built and in some cases, housing will be torn down and be replaced with other uses (like commercial business). By forcing rents below the market price, rent control reduces the profitability of rental housing, directing investment capital out of the rental market and into other more profitable markets. In a situation where there is already a lack of housing options, this is about the worst thing that can happen. If the quantity of housing options does not keep pace with population

increases, the problem is greatly exacerbated.

Second, due to diminishing profits for property owners and an increase in demand, they are no longer financially able to perform proper upkeep of the property or to quickly respond to requests for repair.

The quality of the properties quickly decline and that is not a positive thing for the renter, or for the community of Citrus Heights who has to live with deteriorating buildings in their neighborhood.

In places where there is demand for more housing, a more effective policy is to simply build more housing. The challenge then becomes how to reduce the cost of construction, where to site the housing, and how to implement affordable housing programs in a way that works for the neighboring communities. But in order to keep our housing affordable, we can't create policies that sound good on paper but make the situation worse – we have to come up with long term solutions if we ever want to fix things.

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. ★



By County Supervisor Sue Frost

Through the generosity of the Citrus Heights Messenger, this column serves to provide an update about matters affecting the community of Citrus Heights.

It is quite rare to see economists largely agree with each other on governmental policy. While economists are supposed to be non-partisan and purely scientific, that's not really how it works in practice. Often times you can have well respected economists taking radically different positions on the same subject. So for an issue that has 0% of economists strongly supporting it, one would think that the concept of rent control would similarly have zero political support. Yet as you read this, efforts are underway to bring rent control to Citrus Heights.

Rent control can sound good on the surface – rent gets set at a fair price and can only be raised by modest percentages so renters aren't priced out of their homes with huge rent increases that

Advent Welcomes a New Pastor

By Advent Lutheran Church

CITRUS HEIGHTS, CA (MPG) - Rev. Dr. Gabriele ("Gabi") Schroeder has been called to serve as pastor of Advent Lutheran Church at 5901 San Juan Ave in Citrus Heights, beginning March 1. Pastor Gabi comes to Advent after serving as foreign missionary with her denomination and as pastor to local congregations in Cupertino and South San Francisco. Prior to working in congregational settings, she has served as interfaith hospital chaplain at different hospitals in Northern California. She studied for the ministry in her native country of Germany, spent time as an exchange student in Israel, and pursued post-graduate studies in Berkeley, CA. Pastor Gabi is married to Kumar, who hails from Southern India. The



Pastor Gabi Schroeder took over as the new pastor of Advent Lutheran Church on March 1.

couple has two teenage daughters who attend Mira Loma High School. Pastor Gabi states that she looks forward to becoming

part of the community of Citrus Heights and to leading her new congregation in intergenerational worship, adult education, and hands-on service ministries. "There are so many things that I love about my Lutheran tradition." Pastor Gabi says. "I love that we 'dig deep' to discern the meaning of Scripture. We are not satisfied with easy answers and are willing to live with paradoxes. I love that we are an outward-oriented church that actively and intentionally serves its low-income and homeless neighbors. I love that we welcome all people to worship with us. I love that we embrace diversity – diversity of education, income, race, gender, age, sexual orientation, and so forth. All are welcome." We welcome you to worship with us at 9:30am on Sunday mornings. ★

All Stage Canine Development's Grand Opening Ribbon Cutting



All Stage Canine Development, Inc. held their grand opening ribbon cutting on Saturday, March 10th. They are located at 5910 Auburn Blvd. in Citrus Heights. Owner Miranda Viani, surrounded by her team and customers with furry friends, cuts the ribbon. Attendees included City of Citrus Heights Mayor Steve Miller, Council Members Jeff Slowey and Al Fox, Citrus Heights Chamber Executive Director Cendrinne DeMattei, Citrus Heights Chamber Board Members Rosa Umbach and Ilene Martzen, and Citrus Heights Chamber Ambassadors Caryl Balko and Victoria Ridge. By Citrus Heights Chamber

LEGAL ADS FOR SACRAMENTO COUNTY?
We Can Do That!
 Call to place your legal advertising **916-483-2299**
 All Legal Ads Published by Messenger Publishing **MPG**

Political Campaigns Winning with MPG

All of These Campaigns Advertised with Us and Won Their Elections

Dave Cox, US Senate

Dan Lungren, US Congress

Roger Niello, State Assembly

Sue Frost, Sacramento County Supervisor

Susan Peters, Sacramento County Supervisor

Sue Frost, Citrus Heights City Council

Jeff Slowey, Citrus Heights City Council

Jeannie Bruins, Citrus Heights City Council

Steve Miller, Citrus Heights City Council

Mel Turner, Citrus Heights City Council

James Shelby, Citrus Heights City Council

Greg Paulo, SJUSD Board

Mike McKibben, SJUSD Board

Scott Yuill, Rocklin City Council

Tami Bogert, Sacramento County District Judge

Bob McGarvey, Rancho Cordova City Council

Linda Budge, Rancho Cordova City Council

Rick Sloan, Cordova Rec and Park District

Measure H, City of Rancho Cordova

If You Plan on Running for election,

Plan to Run with Us!
Call 1-916-773-1111

Triple Play!

1. Guaranteed Delivery of the Citrus Heights Messenger
2. Guaranteed Delivery of The Sunday Sacramento Bee
3. And One Free Car Wash from QUICK QUACK Car Wash (\$799 value)

Get a great deal on this 6 month subscription for only:

\$15⁰⁰



YES! START MY SUBSCRIPTION NOW!

NAME _____

ADDRESS _____

CITY _____ ZIP _____

PHONE (____) _____ EMAIL _____ (OPTIONAL)

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

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

CHM
 *Some delivery restrictions may apply.

As a valued Citrus Heights Messenger subscriber, you receive the Sunday Sacramento Bee as part of your subscription. **BOTH NEWSPAPERS FOR ONLY \$15 FOR 6 MONTHS!**

IT'S THE PERFECT COMBINATION!

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