



A Haven of Hope

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Cooley Working to Save State Trademarks

Assemblymen Ken Cooley, Adam Gray, and Frank Bigelow Unite to Introduce New Legislation

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AMERICAN RIVER Messenger

"Written by the people, for the people"

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March 11, 2016

MISS FAIR OAKS APPLICATION EXTENSION



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RECENT CASES OF INTEREST AT THE D.A.'S OFFICE



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POPPOFF!

with Mary Jane Popp



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Gem and Mineral Show Set to Rock the Region

Story and photos by Anne Stokes

SACRAMENTO REGION, CA (MPG) - The Roseville Rock Rollers Gem and Mineral Society is set to host their 54th annual Gem and Mineral Show March 26th and 27th. The colorful event will take over the Placer County Fairgrounds with 60 vendors, lapidary demonstrators, and educational presentations for rock hounds of all ages. The Easter weekend event will run Saturday from 10 a.m. to 5 p.m. and Sunday 10 a.m. to 4 p.m.



A cut agate slab show off the beautiful and colorful pattern within the rock. The slab was for sale at the Roseville Rock Roller's annual Gem and Mineral Show held at the Placer County Fairgrounds.

With over 3,000 visitors in attendance last year, even more are expected this year. Actually, it's becoming one of the largest gem and mineral shows on the west coast, according to show chairman James Hutchings. But don't call it a gem fair. "It's not a 'fair,'" said Hutchings. "A gem 'fair' is a commercial thing; it has nothing to do with rocks and minerals."

Enthusiasts and vendors from all over the west coast will bring their collections of rough and polished gem stones, mineral specimens, fossils, meteorites, and jewelry collected from all over the world to be put on display or put up for sale. Collectors are also able to bring in rocks for expert identification.

"We've got mineral identification, so people can come and bring their rocks, their gemstones, we'll put them through the testing here and determine whether they have

Continued on page 7



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



Enjoy A St. Patrick's Day Dinner

FAIR OAKS, CA (MPG) - The Fair Oaks Theatre Festival will hold their 27th annual Corned Beef and Cabbage Dinner in honor of St. Patrick, on Saturday, March 12th, beginning at 6 p.m. The "Home Cooked Style" dinner will be served at 7 pm.

This year, Joey Sestito will again prepare his renowned corned beef and signature Caesar salad at the Fair Oaks Community Clubhouse. Great prizes will be raffled off and a silent auction will include a two-night stay at the Plymouth House with dinner at the Taste Restaurant in Plymouth. You could also win chance to "Be a Star" with a walk-on part in one of this year summer plays.

Come join the Fair Oaks Community Clubhouse, located at California Street and Temescal Avenue in the Old Fair Oaks Village. Actors from Fair Oaks Theatre Festival ensemble will be presenting this year's entertainment. Tickets are \$25 each. A reserved table of eight with a complementary bottle of wine will be only \$200.00 and only a limited number of reserved tables will be sold. Tickets are available at in Old Fair Oaks at BBQ Pro, Sierra Vista Bank, and Regent Street Salon.

Source: The Fair Oaks Theatre Festival ★

Local Swimmer Qualifies for Olympic Trials

FAIR OAKS, CA (MPG) - Sierra Marlins Senior swimmer Liam O'Haimhirgin recently qualified at the 2016 Speedo USA Sectionals Championship Series in College Station, Texas, for the 2016 USA Swimming Olympic Trials in Omaha, Neb., which takes place June 26th through July 3rd.

O'Haimhirgin, age 18, hails from Fair Oaks, Calif., and swam a 50.52 in the men's 100-meter freestyle event to qualify for the Trials. O'Haimhirgin is committed to swim for PAC 12 division University of Utah in the fall.

O'Haimhirgin joins fellow Marlins teammate Bryce Mefford, age 17, of El

Dorado Hills, Calif., who previously qualified for the Trials in the men's 100- and 200-meter backstroke, and added the 100-meter butterfly over the weekend. Three recent Sierra Marlins alumni are also competing at the 2016 Olympic Trials: Jordan Anderson (sister of 2012 Olympians and former Marlins: Haley and Alyssa Anderson) in the 400-meter individual medley, Whitney Jorgenson in the 200-meter breaststroke and 400-meter individual medley, and Stephanie Klotz in the 200-meter breaststroke.

The Sierra Marlins finished third overall at the Speedo USA Sectionals meet in College Station, Texas, and

Bryce Mefford was first runner up for the Individual High Point award.

The Sierra Marlins Swim Team, led by Head Coach Scott Shea, is one of the top competitive USA Swimming Clubs in the country and is located in Folsom, Calif., with swimmers from all over the greater Sacramento region. The Marlins team is recognized by USA Swimming as a Silver Level Team, a special recognition designated by USA Swimming to acknowledge a club's commitment to performance excellence.

Source: The Sierra Marlins Swim Team ★



Liam O'Haimhirgin, age 18, hails from Fair Oaks, Calif., and swam a 50.52 in the men's 100-meter freestyle event to qualify for the Trials. O'Haimhirgin is committed to swim for PAC 12 division University of Utah in the fall. Photo courtesy The Sierra Marlins Swim Team

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Local Youth Recognized at Athletic Conference

FAIR OAKS, CA (MPG) - Sarah Hughes, graduating class of 2019, of Fair Oaks was recognized by the Southern Collegiate Athletic Conference (SCAC). SCAC recognizes students for their academic and athletic achievements.

Since the inception of the SCAC Student-Athlete Academic Honor Roll in the fall of 1997, over 23,500 male and female student-athletes have been recognized for their contributions in the classroom.

To qualify, a student-athlete must maintain a minimum grade point average of 3.25 for the term.

To learn more about University of Dallas student-athletes, visit www.udallasathletics.com.

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Source: *The University of Dallas* ★

A Haven of Hope

By Seraphim Winslow

FAIR OAKS, CA (MPG) - Don Troutman has been clean and sober for 30 years, and he knows exactly why: “I realized that what was saving me was living with other people in recovery,” said the sprightly 67-year-old Vietnam vet and Harley Davidson enthusiast.

Today, Troutman owns and operates the Clean and Sober Transitional Living facility in Fair Oaks and says he prefers “to use intentional living, rather than clean and sober.” It’s intentional because the 47 people who live in and around the nine-house community make a deliberate and concerted effort to recover from addiction and to become better people.

all of these arrangements. The most optimal description for Troutman’s vision might be a “recovery commune.” But still, Troutman prefers to call it simply: “intentional living.”

Ultimately, Troutman’s idea has enjoyed success because, soon after he got clean and sober, he learned an invaluable lesson about recovery: the social element is the key to success. A user may have his or her biological and psychological problems solved, but unless he or she can find encouragement and support being in the continual presence of other folks who are dealing with the same issues, a relapse is all but inevitable. In the process of recovery Troutman knew “how important peers would be” and thanks to his long-range vision, strategic planning, and boundless enthusiasm; an enthusiasm focused intently on helping folks who struggle with abuse of substances like alcohol, cocaine, crack, heroin, OxyContin, methamphetamine, opioids, speed, and other prescription drugs.

Intentional living is designed to be part of a long-term alcohol and drug rehabilitation program that helps strengthen one’s resolve to get clean and sober by providing tools to a new way of living while in a safe, secure, and supportive environment.

One of the drawbacks of having located in such an attractive part of Fair Oaks is the battle that Troutman has had to wage with what he calls “NIMBYism” or a “Not In My Backyard” attitude. At one point, after hearing about the type of a community they had on Madison Avenue, some of the neighbors got together to try to get rid of Clean and Sober Transitional Living of Sacramento, or, at least, to make them move to some other part of the county. Troutman said, “I found out that after a neighbor’s inquiry, some of them had a secret meeting and were circulating a petition to give to the county supervisor. They conjured up a bunch of reasons they didn’t want us in the neighborhood.”

Troutman knew in his heart that if people in recovery are forced to live in an environment that reminded of them of their former habits of addiction—with all the same friends, places, situations, and opportunities to use and abuse—true recovery would be impossible. If NIMBYism squeezed him and his clean and sober companions out of their little haven of hope near the border of Orangevale, and made them go live in one of the areas of Sacramento County known for being home to addicts, homeless, and other marginalized people, the force of intention necessary to make a clean break



An ice cream social at the Clean and Sober intentional living community in Fair Oaks. Photo courtesy Clean and Sober Transitional Living

In 1989, when Troutman formally got this facility off the ground, the term “sober living” was not being used. “The term closest to what I was doing was ‘transitional living.’”

When Troutman first started out, there were no existing models for the type of association he had in mind. At first, it was tough to get the formal permission and licensing from Sacramento County, because something like this had never been done before. It wasn’t a rehab facility, or a church, or a family, but it seemed to include the best virtues of “wanted to create a structure of ‘for the peers, by the peers.’”

To implement this vision of intentional living, a house was found at 8934 Madison Avenue—just on the cusp of Orangevale. This 4,900 square-foot house could be modified and expanded into a 12 bedroom main residence hall where roommates would spend the first month in the first phase of a two phase agreement.

Since 1989, over 5,000 people have recreated their lives in the Madison Avenue house, as well as in nearby houses that Troutman subsequently acquired

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Don Troutman with his favorite Harley at the Madison Avenue house for intentional living. Photo by Serephim Winslow

from alcohol and drugs would be drowned out by too close contact with all the old ways of partying, getting high, and other dysfunctional social patterns. So, Troutman had to go to war against NIMBYism in East Sacramento County. He had to show that, far from being a danger or nuisance, having people in recovery next door was an asset. He began attending all the County Supervisor meetings, and he always brought along a group of his roommates wearing red T-shirts that said ‘clean and sober’ on them. “Eventually the county supervisor sent out an emissary who was in recovery from alcohol. We spent hours together and he liked what he saw. He went back to the supervisor and told him that what was going on at Madison Avenue was a really good thing. He said there

were a lot of people being helped there from a seemingly hopeless disease.” Finally, not only the county leadership, but the residence of his Fair Oaks neighborhood came around to understanding that people who have come together in order to live a life of intentional self-improvement and spiritual healing are the best kind of neighbors you could ask for. Now, Troutman is so well-known and well-liked in his town that he will be running for the office of Honorary Mayor of Fair Oaks this year. A vision of such promise automatically makes one think of cost. Surely, getting access to recovery services in what many might describe—frankly or ironically—as a utopian society comes with a big price tag. But Troutman is not out to make money. It’s all a

labor of love. The charge for rent plus everything else that comes with clean and sober living is little more than you would pay for room and board in a house located in the same peaceable part of Fair Oaks. This minimal rent covers not only the roof over your head, but utilities, three meals a day (with steak once a week!), snacks, coffee, toiletries, birthday night giveaways, entertainment, and a lot of other perks. But none of this comes even close to the benefits that come with being able to live elbow-to-elbow with friends and housemates who have gone through what you have gone through, and who can understand all the struggles, fears, and hopes of getting clean and sober. It turns out that companionship on the road to recovery through intentional living is priceless. ★

FAIR OAKS COMMUNITY UPDATE



By County Supervisor Susan Peters

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

Office Hours at Carmichael Egg Hunt

Since 2005 I have been holding “Office Hours” which is now an annual tradition that involves me setting up a table at various community events where residents can drop by and talk about items of interest with no appointment necessary. Earlier this month I was in Arden Arcade during the annual trout fishing derby in Howe Par and I’ll be moving my “office” to Carmichael on Saturday, March 26th, for another informal “Office Hours” at the annual Carmichael Egg Hunt. I will be holding “Office Hours” between 9:30 to 11 a.m. on that

Saturday morning visiting with residents on a first come basis. The Egg Hunt starts at 10 a.m. sharp, rain or shine. In addition, there will be a pancake breakfast that runs from 7 to 11 a.m. The Carmichael Recreation and Park District along with the Kiwanis Club of Carmichael are sponsoring the two activities at Carmichael Park, 5750 Grant Avenue. For more information about the egg hunt, call the Park District at 485-5322 or visit carmichaelpark.com. I’ll set up an “office” at other locations throughout the year. Future dates will be posted on my web page accessible at www.bos.saccounty.net. Rebuilding Together Sacramento has created safe and healthy homes since 1991. More information is available online at rebuildingtogethersacramento.org. You also can call the organization at 455-1880.

Free St. Patrick’s Day Senior Dance & Concert

Seniors and music aficionados are invited to a free St. Patrick’s Day holiday dance and concert performed by the John Skinner Band on Thursday, March 17th, at the Mission Oaks Community Center, 4701 Gibbons Drive, in Carmichael. The fun begins at 1:15 p.m. and will continue until 3:45 p.m. that afternoon. The Mission Oaks Recreation and Park District will be hosting this event designed to provide an enjoyable time for seniors and older adults.

For more information about this dance and concert as well as the others schedule in 2016, please contact the Park District at (916) 972-0336 or visit its website www.morpd.com. **Traffic Closure Alerts** Traffic obstacles can make driving frustrating. Make sure you have up to date information when planning your travel route so as to avoid lane closures when driving to your desired destination. Sacramento County’s Department of Transportation can send you electronic updates regarding lane closures for streets and roads located within the unincorporated area. These notices do not include state highways (e.g., Jackson, Hwy 50 and I-80) nor are they all-inclusive of every county roadway but you will be advised about those closures most affecting the traveling public. Criteria considered include time of day (peak traffic hours), duration, location, number of lanes, and scope of work or event. This month there are a number of closures occurring on Arden Way, El Camino Avenue, Fair Oaks Boulevard, Hazel Avenue, and Watt Avenue. For more details about these current lane closures as well as to sign up for future notices, please visit sacdot.com and click on Roadways. Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susan-peters@saccounty.net. ★



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Crossword Puzzle on Page 5

C	A	R	G	O		B	I	Z			R	A	M	P	
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Sudoku Puzzle on Page 5

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

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Sacramento County DA Reports

Recent cases of interest



District Attorney Anne Marie Schubert Announces Joint MOU with Motel 6

The Sacramento County District Attorney’s Office, the City of Sacramento and the City of Rancho Cordova are pleased to announce that they have reached agreement with Motel 6 on the terms of a memorandum of understanding (MOU) regarding enhanced operational standards.

The MOU allows the District Attorney and the municipalities to ensure Motel 6 will maintain the significant operational changes they have implemented over the past months that have improved and addressed nuisance conditions at its properties in the county. The MOU provides cash security to ensure each of the six locations within Sacramento County meet best industry standards and practices. Additionally, during the term of the agreement, Motel 6 agreed to contribute \$750,000 to the Sacramento County District Attorney’s Office of Public Safety and Community Improvement Trust Fund. The District Attorney’s Office and the Cities of Sacramento and Rancho Cordova will be working with Motel 6 to distribute those funds for education and law enforcement training in the local hospitality community and to local nonprofit organizations that focus on human trafficking prevention, domestic violence issues, and youth intervention programs.

Through the MOU, Motel 6 has the ability and incentive to ensure that they are good corporate neighbors. All parties have agreed to work cooperatively to create a positive community partnership resulting in lasting and meaningful change in our community.

CASE: Lonnie Glenn Schmidt PROSECUTOR: Deputy District Attorney Dean Archibald, Real Estate Fraud Unit

The Honorable Donald Currier sentenced Lonnie Glenn Schmidt to 24 years, 8 months in state prison, and 1 year in county jail consecutive. On December 9, 2015, a jury convicted Schmidt of 30 felony real estate fraud charges involving foreclosure consultant fraud, recording false documents, unauthorized use of personal identifying information, second-degree burglary, perjury, grand theft, and attempted grand theft. The jury also found true out-on-bail, white-collar crime, and property loss enhancements.

Between 2009 and 2013, Schmidt falsely promised homeowners facing foreclosure that he would save their homes by eliminating their mortgage. Desperate to believe Schmidt’s promises, homeowners who signed up for his program gave Schmidt control over their properties. Schmidt then tried to use those properties as collateral for personal loans or tried to sell them outright for his own profit—all the while charging the victims “rent” to continue living in what had been their own homes.

Schmidt was previously convicted of four felonies in 1990 in federal court for a tax scam involving conspiracy to impair and impede the IRS, witness tampering, aiding and abetting witness tampering, and conspiracy.

This case was investigated and prosecuted by the Sacramento County District Attorney’s Real Estate Fraud Unit.

CASE: Gary Eberly PROSECUTOR: Deputy District Attorney Donell Slivka, Homicide Unit

The Honorable Michael Kenny sentenced Gary Eberly to 25 years to life in prison. On January 28, 2016, a jury convicted Eberly of first-degree murder.

On November 27, 2013, Eberly called 911 and said he found his wife dead in their backyard shed. Responding officers found the victim, Rhonda Jones, in the shed covered in blankets. Her head was wrapped in a plastic garbage bag with tape wrapped around her face and head. Eberly told law enforcement officers his wife left him for another man and took her belongings. Eberly said he then traveled to Los Angeles to look for a job and found his wife dead in the shed several days later. Further investigation revealed Eberly did not leave town as he claimed. Investigators also found blood on the headboard and pillows in the master bedroom.

DNA analyzed by the District Attorney’s Crime Lab revealed the blood matched the victim. The coroner determined the victim died from probable asphyxia. She also suffered multiple blunt force trauma and facial contusions to her mouth, the bridge of her nose, and her forehead.

Taxpayers Aren’t Propping up Big Pharma



By Sally C. Pipes

Like your iPhone? Federal officials designed it. Couldn’t live without the Internet? Thank Uncle Samhe invented it. Sick and need a new medicine? Don’t worry—the government is here to help.

This fantastical line of thinking—that because the government funded basic, early-stage research, it can claim credit for a final product decades later—underpins the latest calls for more federal control of drug prices. Such calls are grossly ill-informed and demonstrate a deep misunderstanding of the drug development process.

And if lawmakers listen to them, they could prove deadly.

With rare exceptions, the NIH doesn’t create new medicines, nor does the government cut checks to pharmaceutical companies. Less than 10 percent of all new drugs—and less than 20 percent of the most innovative “priority-review” drugs—are patented by public-sector developers.

Instead, the NIH funds and

conducts important but extremely early stage scientific research that may prove useful—or may not. For instance, NIH researchers might seek to discover the structure of a protein found in the brains of Alzheimer’s patients. They’re not looking to create a medicine—just to better understand the possible cause of a disease.

Sometimes, the NIH’s research points the way to potential avenues of treatment.

Biopharmaceutical firms, large and small alike, then run with the NIH’s findings to research possible new medicines.

Small biotech startups are particularly good at this sort of technical work. But they often lack the financial wherewithal to conduct giant clinical trials and navigate the tremendously expensive, distressingly complex and lengthy process that leads to final FDA approval. Large biopharmaceutical companies can provide that kind of support, which is why the biggest pharmaceutical companies constantly purchase start-ups.

But even this later-stage research and testing is far from a fait accompli. Many pending drugs are removed from development or clinical trials when they don’t meet expectations.

Eli Lilly recently removed evacetrapid, a drug once considered extremely promising for treating cardiovascular disease, from late clinical trials. These failures represent hundreds of millions of dollars in lost investment.

Despite such setbacks, the pharmaceutical development system is working. In recent years, U.S. firms have produced over half of the world’s new

prescription drugs.

Drug development is a symbiotic chain, with each link—the National Institutes of Health, the smaller biotech firms, and the large biopharmaceutical companies—supporting each other.

Federal interference in drug pricing, such as through the price caps and controls, would break this chain. Indeed, a National Bureau of Economic Research study concludes that reducing drug prices by 40 to 50 percent will cause new early stage R&D projects to decline by 30 to 60 percent.

If biopharmaceutical companies can’t earn a return on their investments, they won’t invest in the research or clinical trials that yield new drugs. That means fewer new treatments.

The NIH doesn’t focus on drug development—and doesn’t have the infrastructure or know-how to develop actual medicines. Less investment would mean fewer new treatments.

If lawmakers opt for short-term savings via price controls, America will lose its preeminence in biopharmaceutical research, and patients will lose out on dozens of new medicines that are never created and that provide hope and cures for diseases for patients now and in the future. That’s one disaster the government would be able to take credit for.

Sally C. Pipes is the President, CEO, and Thomas W. Smith Fellow in Health Care Policy at the Pacific Research Institute. Her latest book, “The Way Out of Obamacare,” was published by Encounter Books, December 2015.

STATEPOINT CROSSWORD • THINK SPRING

CROSSWORD

1	2	3	4	5		6	7	8		9	10	11	12
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64					65	66				67			68
69						70				71			
72						73				74			

CLUES

ACROSS

1. Boat load
6. Line of work
9. Stairway alternative
13. Hitler’s mistress
14. High or low card
15. Country on Samoan Islands
16. Stiff hair or bristles
17. Kan. neighbor
18. Holy See loyalist practicing different rites
19. *Daylight ____ time
21. *Spring is a symbol of this
23. Much of this about nothing?
24. “Stop!” to marchers
25. Feather glue
28. World’s largest continent
30. To show off
35. Functions
37. Jittery
39. End of a poem
40. *Before you spring clean you make one?
41. Manet’s and Gauguin’s contemporary
43. Seaside bird
44. **“Spring to mind” or “Spring into action,” e.g.
46. Table mineral
47. Equal
48. Correspondence friend
50. Part of ROM
52. *Spring is a cure for ____ acr.
53. As opposed to “want”
55. Pine juice
57. *Vernal event
61. *Japanese spring blossom
64. Knucklehead
65. Wear and tear
67. Made cow noise
69. Old hat
70. June honoree
71. Muscat resident
72. #23 Across, pl.
73. Mama sheep
74. Relating to Scandinavia

DOWN

1. *Masters Tournament network
2. Mars, to the Greeks
3. “Pro” follower
4. Exotic jelly flavor
5. Iroquois tribe
6. “More ____ for the buck”
7. *It dissipates in spring
8. Striped equine
9. Raja’s wife
10. Gulf V.I.P.
11. Castle’s line of defense
12. Beaten by walkers
15. Difficult to detect
20. Red-____ like Rudolph
22. Hermey the dentist, e.g.
24. Wasted-looking
25. *Popular spring flower
26. Comment to the audience
27. Pine product

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By Marlys Johnsen Norris,
Christian Author

Yesterday in Sunday school I sat next to a young man whose name was Eric. He told me his story about hearing God’s voice. He obviously had some form of disability but had a loving and kind spirit and at the end of class he wanted to relate with me. He said, “I heard God’s voice speak my name and it was very loud like this: ‘Eric, Eric, Eric!’” He knew it was unmistakably God Himself.

Listen to the Voice of God and Be Healed

He appreciated when I shared with him that the same thing happened to me years ago as a new Christian when I was washing dishes. He reached over and gave me a hug and I knew he enjoyed knowing that I understood.

The Holy Bible reflects we can hear Him -- God said: “Listen carefully to my words... Let them penetrate into your heart, for they bring life to those who find them and healing to their whole body.” (Proverbs 4:20-22)

During your lifetime has God ever become your “first love” and focus? If and when those moments happened and He was your first love it was the beginning of a brand new life. What happened to draw you away from the bountiful path of blessings?

God desires a personal relationship with each one of us. He desires for us to hear His voice, study His Word and follow it. Progress happens when we listen and obey, following His guiding words.

Turning away from the past life of any kind of sin, certainly can be difficult for some people because they do not understand that a loving God will step in and help them. And possibly they do not understand the mighty power God has available, because their faith is newly born. God never gives-up on us and He is a God of second chances! No greater love will anyone ever experience than God’s personal love for them in their lifetime.

Marlys Johnsen Norris is the Christian author of seven books. You may contact her at

Miss Fair Oaks Application Extension

FAIR OAKS, CA (MPG) - Fair Oaks Chamber of Commerce announced that applications are now being extended until March 18th for their next Miss Fair Oaks, 2016-17.

The present Miss Fair Oaks, Gabby Coulter, for 2015-16, has been an outstanding Ambassador for the community of Fair Oaks. Coulter lives in Fair Oaks and goes to school at Bella Vista, where she is a cheerleader, member of several clubs, and volunteers at various charity events. Her responsibilities as Miss Fair Oaks include attending various events of the Chamber, as well as Fair Oaks Recreation and Park District and community projects.

Prior to becoming Miss Fair Oaks, Coulter was Junior Miss Orangevale, Miss Placer County, and Young Miss Greater Sacramento. Although her year won’t be over until May, she is excited to help coach future candidates for the next Miss Fair Oaks.

Applicants must be female between the ages of 15-19, attend school or live in Fair Oaks. She should have a willingness and ability to attend various events in the community to act as a Fair Oaks Ambassador. No prior experience is necessary. This is a great experience that will look good on any college or



The present Miss Fair Oaks, Gabby Coulter, for 2015-16, has been an outstanding Ambassador for the community of Fair Oaks. Photo courtesy Fair Oaks Chamber of Commerce

job application.

All candidates will have opportunities for practices before the actual crowning event, where they will receive coaching on how to present themselves in public. These are skills that will help them later in life whether they are crowned Miss Fair Oaks or not.

When chosen, Miss Fair Oaks will receive a beautiful crown and sash to keep, an opportunity to meet a mentor in her field of

choice, as well as other opportunities to expand her service to the community. She will also be presented with a very nice scholarship at the end of her year.

For more information and application, contact the Fair Oaks Chamber Office at 10014 Fair Oaks Boulevard, Fair Oaks, or call (916)967-2903; or contact the Miss Fair Oaks Chair Diana Cralle at (916) 880-6334.

Source: Fair Oaks Chamber of Commerce



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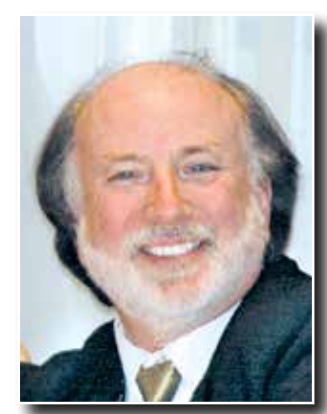
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Publisher,
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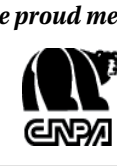
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POPPOFF!

with Mary Jane Popp

cravings and give you better health. So here they are.

4) **CHEW 22 TIMES—INCLUDING PROTEIN DRINKS.** Many people gulp down those big protein drinks thinking it's a good thing to do, but the reality is, it's like swallowing steak whole. You have to chew protein, or the signals to the brain won't be there. If you don't chew along the way, you're shocking the system. Got to be honest. This one kind of floored me. How the heck do you chew ice cream?

5) **DON'T EAT OVERLY-COOKED AND OVERLY-PROCESSED FOODS.** Because we don't know what's added to the food we buy, when we take it home, we tend to over process it because we're afraid we'll get sick if we eat something raw. Meat should never be heated in excess of 118 degrees, as the enzymes in that protein are destroyed when they are heated. This one makes me kind of nervous.

6) **GIVE YOUR FOOD A BACKGROUND CHECK.** Learn how to be a food detective and know the history of what you are putting in your mouth. Where did those apples come from? Have they been colored or sprayed with glazes and preservatives? The more fresh,

locally grown meat and produce you consume, the fewer chemical additives you are likely to encounter. Start your own small garden. Make sure whatever you are consuming is the finest you can purchase or grow.

7) **USE SPICES AND NATURAL DIGESTIVE AIDS TO HELP BREAK DOWN WHAT YOU EAT.** Certain cultures add ginger to their food, which is super for digestion. Others add hot peppers, a stimulant to the digestive tract which helps secret more hydrochloric acid. There are cultures that use a lot of turmeric which is good for digestion. There are other aperitifs that get the digestive enzymes flowing. Some people add pineapple to their meat dishes to help break it down and you can always use formulated enzyme supplements like AbsobAid.

There you have what the good Doc thinks will help wean us off those delightful fast foods that beckon us on with their titillating tastes. Perhaps they will wear off if we do the Docs way. If you need to know more about **Dr. David Magnano**, you can go to www.naturessources.com. I have to be honest with you. I might sneak a Big Mac once in a while. Hey, you only live once! Stay well! ★

Dump Your Fast Food Addiction Part Two

I'M BAAAAACK with more tips on how ditch your fast food lifestyle with Wellness expert **Dr. David Magnano**.

It's all for getting rid of those aches, pains, and degenerative diseases. At least that's what he told me on my POPPOFF Radio Show at KAH1 Radio. He had seven tips that can get us going. Here are the ones we covered in Part One.

1) **EAT ONLY WHEN YOU ARE HUNGRY**

2) **DON'T MIX FOODS AND EAT FOODS IN THE PROPER ORDER**

3) **DON'T EAT WHEN YOU ARE FEELING STRESSED, ILL, OR INJURED.** Okay. Now let's get to the other four so we can get you going on your way to dumping those fast food

Gem and Mineral Show Set to Rock the Region

Continued from page 1

something really interesting, sort of like Antique Roadshow, and give them an idea of what they have," explained Hutchings.

The Roseville Rock Rollers started out in 1960 with a handful of rock hound enthusiasts who banded together over a shared love of earth sciences and

College. Last year, Junior Rock Roller member Cannon Hansen of Roseville, age 9, brought a selection of his already extensive rock collection to be identified but couldn't quite put a finger on where his love for rocks and minerals comes from.

"I've been collecting for years," he said. "I don't know,



Eric Lingo, age 7, inspects a mineral sample up close with father Shawn Lingo, at last year's event.

elder Hansen.

Hutchings hopes that such hands-on experiences with rocks, minerals, and geology will help to expand young minds. "Hopefully they're going to understand that the rocks in their back yard, the rocks along their driveway, are not the [same as the] rest of the rocks in the world," he said. "The rocks of the world are absolutely exquisite productions of Mother Nature. There are things you never knew existed, and that's the most common comment we get by people who have never been to a show: 'I had no idea that these things existed.'"



A "before" and "after" (left) sample of polished lace agate from Mexico, for sale at the Roseville Rock Roller's annual Gem and Mineral Show.

an affinity for collecting. The group now includes over 280 adult and youth members who enjoy lapidary and jewelry-making classes, specimen collecting field trips, and monthly meetings with their membership. They early show not only covers the group's annual operating costs but also gives members the opportunity to display their prized personal collections.

"We put out about 50 display cases of the most exquisite collections in the possession of individuals who have spent their lifetime collecting the best of the best," said Hutchings. "They keep them at home and once a year they bring these mini-museums to our show to show people what they collect."

The show is a family friendly event, with special attention to educational opportunities for young rock hounds at the Kid's Junction, which featured jewelry arts and crafts and a fossil exhibit courtesy of Sierra

they're just cool things. I like fossils too, they're my favorite."

Cannon's father, Erick Hansen, who is also a Roseville Rock Roller member, brought his son to the show to cultivate his enthusiasm. "Cannon has always shown an interest in rocks; every time we go on a walk outside he's always looking on the ground trying to pick up rocks. He's kind of fascinated with that and it's a good way for us to teach him science," said the



A quartz amethyst crystal for sale from the Frank Zbierski Minerals booth at the Roseville Rock Roller's annual Gem and Mineral Show held at the Placer County Fairgrounds.

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Cooley Working to Save Historic Trademarks

Assemblymen Ken Cooley, Adam Gray, and Frank Bigelow Unite to Introduce New Legislation

RANCHO CORDOVA, CA (MPG) - Assemblyman Ken Cooley (D-Rancho Cordova), Assemblyman Adam Gray (D-Merced), and Assemblyman Frank Bigelow (R-O’Neals) announced recently the AB 2249 bill in response to the U.S. National Park Service’s dispute with its concessionaire at Yosemite National Park.

The current concessionaire has operated at the Park since 1993, but after losing its bid to renew its contract it lost its claim to the names of several landmarks—which have existed for many decades more than the current contract—as its intellectual property. Unable to resolve the dispute, the National Park Service has re-named several historic landmarks.

On March 1st, the Ahwahnee Hotel will become the “Majestic Yosemite Hotel,” Curry Village will become “Half Dome Village,” the Wawona Hotel will become “Big Trees Lodge” and Badger Pass Ski Area will become the “Yosemite Ski and Snowboard Area.”

AB 2249 ensures nothing of the same occurs in a California state park. To keep concessionaires



Assemblyman Ken Cooley (D-Rancho Cordova). Photo courtesy Ken Cooley



Curry Village in the 1920s. Curry Village is named after the couple who established a summer camp there in 1899. Photo courtesy Shorpy

from co-opting state landmarks, this bill adds to state law a prohibition on concessionaires claiming ownership of a name associated with a California state park and declares such a claim disqualifies any bidders from future contracts if they attempt such trademark claims.

“AB 2249 clarifies that in our state parks, an awarded food or lodging contract does not entitle the concessionaire to any

legal claim of a trademark,” said Assemblyman Cooley. “Moreover, this bill would disqualify them from further consideration as a bidder if they made any such statement.”

“Our state parks are not like football or baseball stadiums, trading sponsorship deals to the highest bidder,” said Assemblyman Gray. “The people of California protect and preserve these landmarks as a part of our

history, and it is the people of California who own their storied names.”

“I have the privilege of representing Yosemite National Park and know first-hand how treasured

these landmarks are by the people of our state,” said Assemblyman Bigelow. “I’m proud to co-author AB 2249 to protect historic sites up and down California.”

California’s Yosemite National



The Wawona Hotel. The Wawona Hotel, in the southwest corner of Yosemite National Park, was originally constructed 140 years ago, in 1876. Photo courtesy of the California History Room, California State Library, Sacramento, CA



Jo and Spencer Cooley at Mirror Lake, grandparents of Assemblyman Cooley. Photo courtesy Office of Assemblyman Ken Cooley

Park is on the short list of America’s most magnificent parks and is filled with historic landmarks built decades ago—some date back to the 19th century. The Ahwahnee Hotel was built in the 1920s in a valley meadow with the sheer granite of Half Dome as its backdrop; its filing for the National Register of Historic Places explains its name comes from a local Native American word meaning “deep, grassy meadow.” Nearby Curry Village is named after the couple who established a summer camp there in 1899. The Wawona Hotel, in the southwest corner of Yosemite National Park, was originally constructed 140 years ago, in 1876. All three were placed on the National Register of Historic Places in the 1970s.

“Our state parks showcase the beauty and incredible history of California, and should always serve the interests of the people,” said Assemblyman Cooley. “This bill is a small but vital act to protect our parks for many future generations of Californians to enjoy.”

Source: Office of Ken Cooley ★

EASTER

@

Celtic Cross

Presbyterian Church

7:00 am

Sonrise Service, a casual Contemporary Service outside.

9:30 am

Contemporary Service with the Praise Team.

- Children and Youth programs
- Easter Egg Hunt at 10:30 am

11:00 am

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HOLY WEEK

WORSHIP SCHEDULE

AT NORTHMINSTER

March 20 - 27, 2016

PALM SUNDAY

March 20, 10 a.m.

A worship celebration of Jesus’ entry into Jerusalem with the children waving palm branches joined by the chancel and handbell choirs, and a joyous message by Pastor Jack F. McNary.

MAUNDY (“Mandate”) THURSDAY

March 24, 7 p.m.

Remembering Jesus’ Last Supper with His disciples with a symbolic cleansing with the washing of the hands and then coming to the Table of Grace to partake of the Sacrament of the Lord’s Supper. All are welcome.

GOOD FRIDAY

March 25, 7 p.m.

A “Service of Darkness” (Tenebrae), extinguishing candles throughout the service as we hear the “Seven Last Words of Jesus from the Cross.” Featuring the choir and handbells.

EASTER SUNDAY

March 27, 7 a.m.

A contemporary style worship celebrating the Resurrection of our Lord Jesus, led by our Youth with singing and an uplifting message by Pastor Jack.

10 a.m.

Traditional worship with brass, handbells, choir and an inspiring message by Pastor Jack. There will be a special time and gifts for the children with eggs for all!

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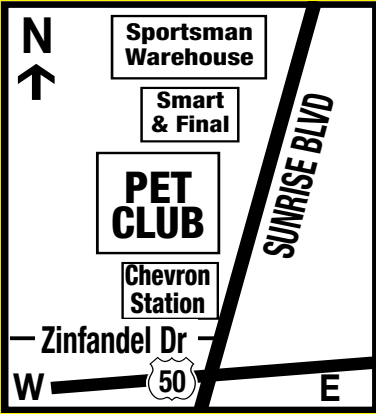
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