



Sharing the Love of Photography

Page 2



Easter Events...

See Page 2

AMERICAN RIVER Messenger

"Written by the people, for the people"

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March 25, 2016

WHAT IS ALL THE STRESS ABOUT?



Page 8

DISTRICT ATTORNEY PUTS MORE BAD GUYS AWAY



Page 5

POPPOFF!

with Mary Jane Popp



Page 7



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Carmichael, CA

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Reverend is Just a Regular Joe

Story and photos by Steve Liddick

FAIR OAKS, CA (MPG) - If you want to get formal about it, the name of the Priest in Charge of the Saint Francis Church Center on Fair Oaks Boulevard in Fair Oaks is the Reverend Doctor Joseph F. Duggan. But there's not much that's formal about the tall, easy-going man who is better known as "Reverend Joe."

For the past five years, Reverend Joe has overseen the many activities at the church. The complex is also host to three other churches: The Valley Redemptive Church; The Living Church of God and The Christian Community—all sharing space. "We are multi-religious, racial, and generational," the priest said. Indeed, the makeup of those who come there for their many reasons reflect the community they are a part of.

One of those reasons is that every Tuesday morning between 10 a.m. and 11 a.m. Saint Francis holds the Senior Produce Market. It is a kind of mini farmers' market, primarily for senior citizens, although it is open to all. People come primarily from Fair Oaks, but many of the regulars are from Citrus Heights, Carmichael, Rancho Cordova, and other nearby communities.

Regulars and new visitors alike are greeted at the door by smiling volunteers who treat everyone like an old friend.

The produce market "offers low-cost, high quality food," Reverend Joe said. The object is to make available not only nutritional benefits, but a social opportunity, as well. "And they can buy a single stalk of celery rather than an entire bulb."

While bargain foodstuff is the initial attraction, dozens of seniors are seated at tables around the big room, enjoying the social interaction as much as the low cost groceries they will take home with them. Small baskets on tables around the room contain fresh, crisp produce of all kinds.

The weekly gathering reflects what the priest says is "Saint Francis's history of the food and fellowship essential of the early church."



Mary Lee Pennington is among Saint Francis Church Center volunteers who greet visitors with a flower and a smile. Rev. Joe Duggan is the Priest in Charge of the Fair Oaks church.

"We are in partnership with the non-profit Episcopal Senior Communities of Walnut Creek," Reverend Joe said. "They operate 20 senior produce markets, this being the

first one in Sacramento."

Before he was the head of the Saint Francis church and its community

Continued on page 6

'Giovanni's Bucket List Vacation' Fund

Local Man Kicks off GoFundMe Account for Boy and Family Laughed off Airplane

SACRAMENTO REGION, CA (MPG)

- Like most people who read their story, Keith Anthony doesn't know the Phoenix family—7-year-old Giovanni, his mom, Christina Fabian, and dad, Jorge Alvarado—personally, but he was deeply moved by their recent plight when they were removed from an Allegiant Airlines flight after Giovanni began to experience an allergic reaction to a dog that was on the airplane. As many stories reported, passengers applauded as the family—who was attempting a "bucket list" trip due to Jorge's stage-4 terminal throat cancer—exited the airplane.

Anthony, a father of two who lives in Roseville, wanted to make right what he saw as a major lack of compassion—and to help this family take their trips before Alvarado can no longer do so, and launched a GoFundMe page: "Giovanni's Bucket List Vacation" at <https://www.gofundme.com/zqr7vc9k>.

"I want to raise as much money for this family as possible," explained Anthony, who plans to send the money directly to the family. "They need to continue to create memories with their young son as long as they possibly can."

Anthony has been in contact with the Texas television station, NBC affiliate KCEN, which was

Continued on page 2

Franklin Graham Headlines Prayer Tour

SACRAMENTO REGION, CA (MPG)

- SaveCalifornia.com invites you to join national Christian leader Franklin Graham in Sacramento, Thursday, March 31st, for an important election-year rally supporting faith, family, and freedom.

As our nation hangs in the balance, the "Decision America Tour" is your opportunity to unite and take a public stand for Godly, moral values and for your constitutional freedoms. It's a time to pray for God to do what only He can do, and a time for you to commit to what He's called you to do.

The vision: "Franklin Graham is traveling to all 50 states in 2016 to hold prayer

rallies, to preach the Gospel, and to challenge believers to take a stand and take action. He'll be urging Christians to vote, to live out their faith in every part of their lives, and to pray for our nation just as Nehemiah cried out to God to rebuild the walls of Jerusalem and restore hope to His people."

This totally aligns with the moral, family values of SaveCalifornia.com—and you!

"If people who know what is good are not the main influencers of government, how in the world can we have good government?" ~ SaveCalifornia.com President Randy Thomasson.

Source: SaveCalifornia.com ★



Franklin Graham is traveling to all 50 states in 2016 to hold prayer rallies, to preach the Gospel, and to challenge believers to take a stand and take action. Photo courtesy SaveCalifornia.com

Sue Frost - a small business owner, local councilwoman & community volunteer.

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Sue Frost will make public safety the top priority,
ensure budget discipline to protect taxpayers,
use her business experience to help create jobs,
and launch new efforts to reduce growing homeless problems.



County Supervisor

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Sharing the Love of Photography

Story and photos by Elise Spleiss

FAIR OAKS, CA (MPG) - Ask San Juan High School's former photography teacher, Don Taggart, anything about photography, from its early history to the genesis of modern photography, how each of his aged cameras work, or how he and his students developed photos in the "old days," and he will have a detailed answer for you.

Taggart, 90, is an icon at San Juan High School (SJHS) where he taught photography to both students and adults from 1958 to 1991. Though long-retired he continues to be a presence at the school and is continually volunteering his time and talents in the community.

Augmenting Taggart's 30 years of teaching the art of photography to hundreds of San Juan students, was the recent donation of dozens of antique cameras and video cameras spanning the 1950s to 1970s to

the SJHS Legacy Exhibit.

On February 25th, Taggart and SJHS principal, Vanessa Adolphson, accepted the generous donation from Lupe Barraza, a local photographer and long-time friend of Taggart's. Adolphson said of the gift, "We are so fortunate to have received such rich history in our San Juan Legacy Room!"

Barraza was ready to downsize his large personal collection of cameras. Many had been a gift from a good friend who he knew like himself, would want the donation to go somewhere it would be appreciated. Barraza had hosted many of Taggart's classes at Barraza's studio in Fair Oaks, giving students a real-world hands-on experience in a professional studio environment. This was the perfect place.

At SJHS students in the Digital Media Pathway program are learning not only digital photography but also video production, how to develop websites, plus media arts, and T.V. and theatre production.

Barraza and Taggart saw the need for students to learn about life before the digital world; to understand how today's highly technical products developed from their prototypes: before pixels and thumb drives there was the box camera and the dark room.

Legacy Exhibit co-chairs Louise Brown, Elthia Hannum, and Jerry Still gratefully accepted the donation to their collection of school history.

Taggart worked his students hard and expected a lot from them but decades of instilling his love for taking pictures and creating memories led many to not only earning extra money but to build successful careers for themselves.

Taggart's work ethics have taken him into his 90th year, and he shows no signs of slowing down. He continues to teach adults digital photography and has been volunteering at Kaiser helping patients navigate the campus and making them smile for over 20 years. His secret for a long life is, "Just keep moving, get out, and volunteer and



Local photographer Lupe Barraza (center) poses with San Juan High principal Vanessa Adolphson and some of the dozens of vintage cameras and video cameras he presented as a gift to the San Juan Legacy Exhibit. Barraza and former photography teacher Don Taggart (right) knew it was important for students to understand how today's highly technical products developed from their prototypes.

help others." It seems to be working for him!

The donated vintage cameras and antique video cameras will be added to those found by construction workers in cabinets and closets during the school's recent renovation. Taggart also donated some of his own retired photo equipment which he had used in his classes.

Legacy co-chair Jerry Still said of the donation, "It's great to see the community and alumni getting more involved. With their help the Legacy Exhibit will continue to thrive."

This irreplaceable photographic equipment and lots of other SJHS memorabilia can be viewed at the San Juan Legacy Exhibit open at 7551 Greenback Lane every Monday 10 a.m. to 2 p.m. and the 2nd and 4th Saturday of every month from 10 a.m. to 2 p.m. Sign in at the front office and access the exhibit through the cafeteria. Donations and loans of school mementos are always welcome. ★



Don Taggart, former photography teacher, demonstrates how an old photo enlarger works to develop photos from roll film. This enlarger was used by Taggart during his 20 years at San Juan.

'Giovanni's Bucket List Vacation' Fund

Local Man Kicks off GoFundMe Account for Boy and Family Laughed off Airplane

Continued from page 1

one of the earliest stations to air the story of the family's plight on Feb. 24th, 2016.

Since Anthony started the GoFundMe fund for the family Southwest Airlines has offered airfare and tickets to Disneyland for the family. Now, any funds raised will be used for medical expenses, Jorge's final expenses, a college fund for Giovanni, or other needs.

Anthony said he will keep the GoFundMe page up as long as families contribute.

Source: Keith Anthony ★

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

Traditional Service with the choir and guest brass ensemble.

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11430 Fair Oaks Blvd

saintfrancisfairoaks.org

Palm sunday, 9am

Maundy Thursday, 6pm

Easter Sunday, 9am

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Sacramento

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Come! Join Us

Friday 7:00PM - Good Friday Service

American River Community Church

Wonder-Land Christian Pre-School & Day Care

3300 Walnut Avenue - Carmichael

Easter Sunday

9:30AM - Contemporary Praise Band

11:00AM - Classic Blend Service

www.arcconline.org info@arcconline.org 916.483.3465

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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.

Hazel Avenue Widening Project in Progress

Phase 2 of the Hazel Avenue Widening Project from Curragh Down Drive to Sunset Avenue is now in progress.

This current project is part of a comprehensive three phase effort to improve Hazel Avenue from US-50 to Madison Avenue. The overall purpose of Hazel Avenue improvements is to reduce congestion and increase safety and mobility for all modes of transportation in this corridor. The first phase of the project was completed in September 2011.

- The Phase 2 project includes:
- Widening Hazel Avenue from four to six lanes within the project limits.
 - Constructing bicycle lanes, landscaped medians, and separated sidewalks with

landscaping along Hazel Avenue from Curragh Downs Drive to just north of Sunset Avenue.

- Modifying existing traffic signals at the following intersections: Hazel Avenue @ Curragh Downs Drive; Hazel Avenue @ Winding Way; Hazel Avenue @ La Serena Drive; Hazel Avenue @ Sunset Avenue
- Installing new traffic signal interconnect to ease traffic congestion.
- Replacing overhead utilities with underground facilities on Hazel Avenue within project limits (69kV lines will remain overhead).
- Replacing Fair Oaks Water District's aging and undersized existing water main with a new 12" pipeline.
- Constructing sound walls to minimize noise impacts from Hazel Avenue on residential neighborhoods.
- Planting more than 270 new trees to beautify the corridor. The \$19.5 million Phase 2 project is being funded with revenue from Federal Transportation funds, the Measure A Sales Tax, and Development Fees. SMUD is a significant partner for the utility undergrounding component of the project. In addition, the Fair Oaks Water District is partnering on replacement of the 12" water main along Hazel Avenue.

Receive Traffic Lane Closure Notices

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.

American River Parkway Spring Clean-up

Mark your calendar for next month's "Spring Clean-Up" of the American River Parkway that will be held on Saturday, April 9, from 9 am to 12 Noon.

The American River Parkway Foundation sponsors this annual event as one way to maintain the natural habitat that comprises this 23 mile stretch along the American River.

Volunteers can register online and many students use the event as a way to earn community service credits for school. More information can be obtained online at arpf.org.

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



By Christian Montgomery

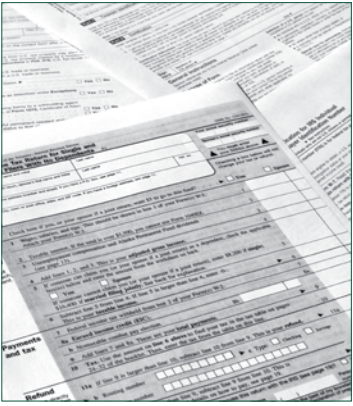
SACRAMENTO REGION, CA (MPG) - The Internal Revenue Service (IRS) recently announced that it is holding \$950 million in unclaimed refunds for tax year 2012. Maybe... This is not the first time the IRS has used a large estimated refund figure hoping to entice the public to file their missing tax returns. Last year's estimated refund figure for tax year 2011 was more than a billion dollars.

If you are enticed by the large refund figure, unfortunately the IRS doesn't have a large stack of \$950 million designated for taxpayers to just pick up. However, if you are owed a refund for tax year 2012 and you fail to file your 2012 tax return by April 18th, 2016, then your refund is forever gone. That's not an exaggeration.

Unfortunately, there is a

Here's a Carrot, Please File Your Tax Return

three-year window by which you can claim a tax refund from the IRS. If the IRS really cared about the estimated \$950 million being not refunded to the public, I'm sure it would have promoted the deadline sooner than just more than a month before the looming deadline.



According to IRS Commissioner John Koskinen as quoted in the IRS press release, "We especially encourage students and others who didn't earn much money to look into this situation because they may still be entitled to a refund. Don't forget, there's no penalty for filing a late return if you're due a refund."

The large estimated refund amount that was publicized was calculated by an estimated median refund potential of \$718 and an estimated

1,037,600 returns that need to be filed. The IRS estimates 94,900 IRS returns in California returns need to be filed with a median estimated refund of \$656.

If you are not due a refund, the IRS has a process for that scenario too, even if you don't file your tax returns. If you don't file a tax return, the IRS may file a tax return for you, assess a balance against you, and pursue you for the assessed balance. This is called a substitute for return. Additionally, collections on the substituted balance may continue against you even if you eventually file your missing tax return.

So, even if you were tricked into eventually filing your tax return by a likely exaggerated estimated refund figure, filing your missing tax return is still likely a good idea.

Christian Montgomery is a West Sacramento resident and a tax attorney at Montgomery & Wetenkamp, Tax Relief Attorneys, located in Sacramento and Modesto. For more information regarding tax matters contact Montgomery & Wetenkamp at (916) 452-7033 or online at www.mwattorneys.com. This article is not intended as legal advice, and cannot be relied upon for any purpose without the services of a qualified professional. ★

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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Crossword Puzzle on Page 5

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Sacramento County DA Reports

Recent cases of interest



CASE: Sean Kelly
PROSECUTOR: Deputy District Attorney Shauna Franklin, Homicide Unit
The Honorable Matthew Gary sentenced 20-year-old Sean Kelly to 72 years to life in prison. On December 3, 2015, a jury convicted Kelly of second-degree murder and attempted murder. The jury also found true that Kelly personally used a firearm in the commission of those crimes.

In April 2014, Kelly and the victim, Romainia Tyson, were involved in a verbal altercation where firearms were displayed on both sides. On the morning of April 23, 2014, Kelly was hanging out at a barbershop operated out of the garage of a Natomas residence. Mr. Tyson and his friend drove by, turned around and parked in front of the driveway of the home. Mr. Tyson got out of the car and headed up the driveway toward where Kelly was seated. Kelly removed his firearm from his waistband and began firing, striking Mr. Tyson a number of times, killing him. Mr. Tyson’s friend who was driving the car was also struck in the arm. Kelly fled the scene and was arrested the next day.

CASE: Salvador Martinez, James Wallace & Tana Dania
PROSECUTOR: Deputy District Attorney Casey Newton, Gangs & Hate Crimes Unit

The Honorable Delbert Oros sentenced Salvador Martinez to 40 years to life in prison. On December 3, 2015, a jury convicted Martinez of murder. The jury also found true the allegation that Martinez personally used a firearm causing death. James Wallace was convicted of being a felon in possession of a firearm and sentenced to 4 years in prison on January 8, 2016. Tana Dania was acquitted of all charges.

Close to midnight on July 12, 2014, Tyrell Hall went to the Hookah Lounge on Fulton Avenue with several friends, including Martinez. Outside the lounge, a verbal dispute escalated into a fistfight and then a gunfight among several people,

including Martinez, Dania, and Wallace. Martinez was one of the shooters, setting off the gunfight. Mr. Hall was hit by gunfire, killing him.

CASE: Ryan Roberts
PROSECUTOR: Deputy District Attorney Eric Kindall, Homicide Unit
The Honorable Gerrit Wood sentenced Ryan Roberts to 26 years to life in prison. On September 21, 2015, a jury convicted Roberts of first-degree murder. The jury also found true a use of knife enhancement.

Thirteen-year-old Jessica Funk-Haslam was murdered in a dugout of a baseball field in the Rosemont Community Park in March 2012. DNA consistent with Roberts’ genetic profile was found on eight cigarette butts found near Jessica’s body and on her belt.

CASE: David Earl Billoups
PROSECUTOR: Deputy District Attorney Nicholas Johnson, Felony Bureau

The Honorable Matthew Gary sentenced David Earl Billoups to 5 years in county jail prison. On February 18, 2016, a jury convicted Billoups of felony animal cruelty. Billoups has a prior 2006 conviction for evading police officers and a prior 2009 conviction for burglary.

Billoups and Lynda Witherspoon were in a romantic relationship. On February 19, 2015, Billoups went to Ms. Witherspoon’s residence and the two argued in her bedroom. When Ms. Witherspoon told Billoups she wanted to end the relationship, Billoups walked out of the room. Ms. Witherspoon then heard Billoups curse at her two-month-old Pit Bull puppy “Baby” followed by a thumping noise. When she ran out of her bedroom, she saw Baby twitching. The dog died at the residence.

Sacramento Animal Care Services performed a necropsy of Baby and determined the dog had two broken vertebra, a fractured skull, and bruising on the skull. ★

Eye Screenings for Free Cataract Surgeries

SACRAMENTO REGION, CA (MPG) - Kaiser Permanente physicians and staff in Sacramento will offer screenings for area residents who may be eligible for free cataract surgeries that will be performed this spring.

The screenings, by appointment only, will be on Saturday, April 16th, at the Kaiser Permanente Point West Medical Offices, 1650 Response Road, Sacramento.

The surgeries are part of Mission Cataract USA, an annual program in which participating doctors provide the sight-restoring procedure to hundreds of people across the nation who have no health insurance and can’t afford the operation. This is Kaiser Permanente’s 21st year in the program. Kaiser Permanente physicians and staff will perform as many as 20 free cataract surgeries on eligible individuals in early May.



A Kaiser Permanente ophthalmologist performs cataract surgery during Mission Cataract 2013 on a patient who regained her eyesight following the operation. Photo courtesy Kaiser Permanente

Screening appointments can be made until the available slots fill up. To sign up for the screening, or to request more information, call: (916) 973-7159.

Annual service is for Sacramento-area residents who are uninsured.

Source: Kaiser Permanente ★



Shred Day 2016

St. Vincent de Paul Fund Raiser
“Help Us Help The Poor”

At: Our Lady of the Assumption School Parking Lot,
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April 23, 8:00 a.m. - Noon
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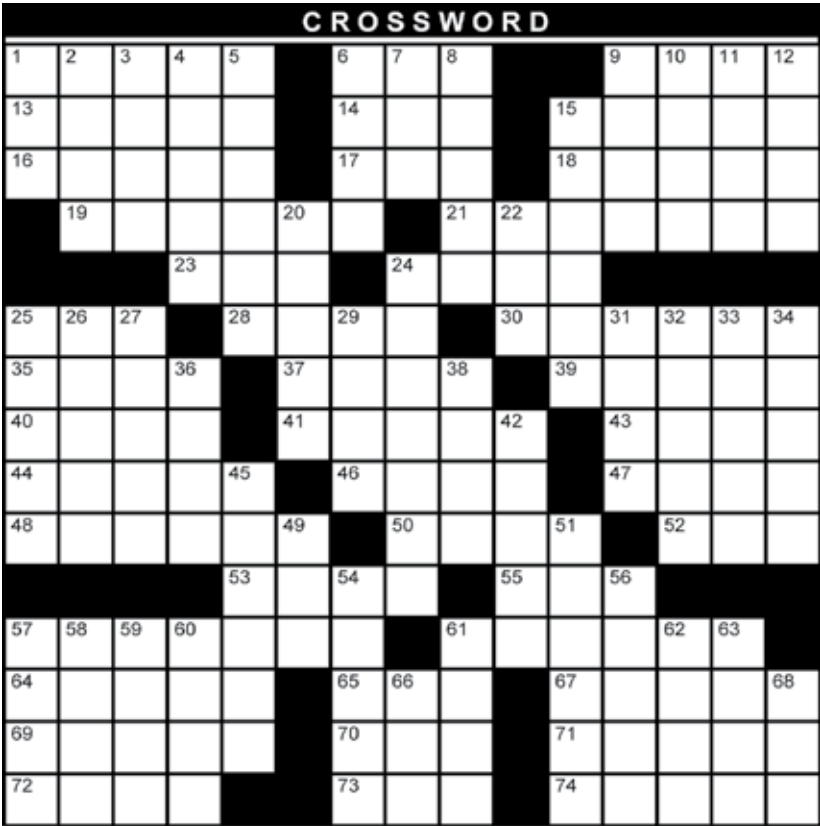
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- CLUES**
- ACROSS**
1. *Science fiction author Asimov
6. Baby's apron
9. Arctic floater
13. Mexican revolutionary
14. Victorian, e.g.
15. Teeny-____
16. Worry or cause anxiety
17. *Bradbury of "The Martian Chronicles" fame
18. Perform on a dais
19. *"The Call of the Wild" author
21. **"A Good Man Is Hard to Find" author
23. Andrew Cuomo's title, for short
24. Angler's decoy
25. Refuse to comply
28. Late Scalia's garb
30. Type of coat
35. Dwarf buffalo
37. Vietnam's neighbor
39. Rosetta Stone, e.g.
40. Negatively charged particle
41. External
43. Skater's jump
44. Bert's best friend
46. "____ Mia!"
47. Confident answer
48. Old time playground staple
50. Reduced Instruction Set Computer
52. Limit, to some
53. **"Ten Days That Shook the World" author
55. Café alternative
57. *Go Tell It on the Mountain" author
61. *"The Executioner's Song" author
64. Greeting from Don Ho
65. Give it a go
67. Gigantic wrestlers
69. Kick back
70. Longest division of time
71. *Wharton of "The Age of Innocence" fame
72. Auction off
73. DNA transmitter
74. River in Hades
- DOWN**
1. I have
2. Outer layer of Earth's crust
3. Kind of sax
4. *James Patterson's "____ Came a Spider"
5. Open book?
6. Capital of Switzerland
7. Retirement investment
8. Louisiana swamp
9. *Woodrow Wilson Rawls' "Where the Red ____ Grows"
10. Meat quality
11. Upon
12. Observer
15. Woman's suitors
20. Convex molding
22. Tube in old TV
24. Jane Fonda's 1980s garb
25. **"The Turn of the Screw" author
26. Habituate
27. Trailblazer Daniel
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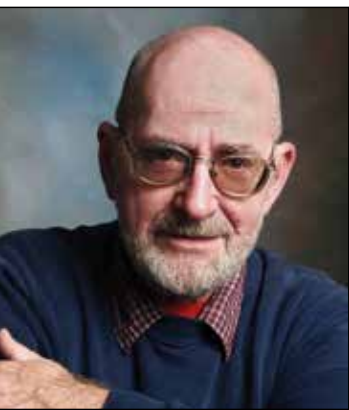
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By Steve Liddick

Some use the term “Sacratomato” as a slur and to pigeonhole all Sacramentans and their suburban brothers and sisters as rubes. They tar everyone with the same brush...and other clichés I’ll probably get around to as I continue to rant.

A few years ago, a former NBA basketball coach who shall remain nameless (named Phil Jackson) called Sacramento a “cow town.” Well phooey on him and the cow he rode in on. I happen to like it here, cows and all.

Talking About The Big Tomato

Even residents of the many Sacramento suburbs who have never set foot on a farm, or ranch, or stepped in horse paddocks, can appreciate the small town feel. Having grown up on a farm, I happen to be among those who enjoy the fact that the region is known as an agricultural hub.

I read somewhere that, before the current drought, 75 percent of the world’s rice was grown right here in the Sacramento region. Further, we could probably steal the name “Beantown” because a lot of the beans Bostonians bake come from here. And I wouldn’t be at all surprised to learn that pickles Peter Piper picked by the peck got their alliteration from right here, as well.

To further fertilize the field, let me just say that if we are judged by the company we keep the rurally-inclined are a pretty solid bunch to be associated with.

Even as the metropolis expands into the RDs, Sacramento manages to retain a countrified air. In fact, the air is full of country essences

which we don’t really need to go into in great detail.

I do have one big concern, however: As Sacramento expands eastward with people wanting to get farther away from what those with a sense of humor call “civilization,” what happens when those east of us who want get farther from their particular civilization move westward and run smack into our escapees? A particularly precarious point perched upon the precipice to ponder...and further alliterate.

Imagine now that you are standing in downtown Sacramento. Even as we face our semi-majestic capitol building you can sense our agricultural roots.

Tomatoes? Yes!
Cows? Undoubtedly!
Rice? Absolutely!
Pickles? Positively!
Beans? You’re darn tootin’!

Steve Liddick is the author of the time travel novel “All That Time.” ★



By Marlys Johnsen Norris, Christian Author

The old covenant is what people followed since the time of Moses and stories and words are preserved in the Old Testament. The old covenant represents many significant promises and prophecies (for the future) given to His people as well as guidelines of truth and worship for living their lives. The Ten Commandments are given as the guide for life. It was a time by good works working out ones salvation to enter heaven. It is

Old and New Covenants

conditional and it cannot bring righteousness. (Hebrews 8:8)

The new covenant was created when the prophecies of the Old Testament came into fruition and became reality. It is unconditional and can bring righteousness. (Hebrews 8:10,11) And it is written on human hearts. One by one the prophecies have been fulfilled as God’s Son, Jesus came and shed every ounce of His blood providing forgiveness, grace and mercy to draw people into the knowledge of accepting the Heavenly Father’s will for their lives. When they do, up to this very day, He provides “His Gift” to enter and live in His eternal home forever with Him. Jesus became the Truth, the Way and the Life.

Old Testament teaching about the blood sacrifice being the only way to gain God’s approval continues into the New Testament teaching. In Old Testament times the blood of

animals were sprinkled on the altar. In New Testament teaching when Jesus shed every ounce of His blood, it is recorded the huge curtain in the Holy of Holies tore from top to bottom and blood sacrifices were now finished. Indicating that something wonderful had happened for all believers! Almighty God (Father-Son-Holy Spirit) had provided the supreme blood sacrifice for those who would accept the sacrificial death of His Beloved Son!

Ask God to remove the spirit of unbelief and then, invite Jesus Christ into your heart and life. Tell him that you repent of all your sins and accept he new life He desires to give you. Believe me, He forgives and loves you unconditionally and He will hear your prayers forever.

Marlys Johnsen Norris is the Christian author of seven books. You may contact her at Marlysjn@gmail.com. ★

Reverend is Just a Regular Joe

Continued from page 1

outreach mission Reverend Joe was in charge of four intensive care units at the Einstein Medical Center in Philadelphia, Pennsylvania. His present duties are worlds away from the daily exposure at a major city trauma unit, where grief and heartache were the order of the day...every day.

In addition to the weekly senior produce market, Saint Francis hosts several recovery groups. Among them, Alcoholics Anonymous has called the church home for over 30 years. “Part of our baptismal covenant to serve the community. We are unique in that way,” he said.

It has always been typical for church members to give ten percent of their earnings to



With Rev. Joe Duggan are four of the nearly dozen regular volunteers at the Saint Francis Church Center. Left to right are: Mary Ann Legate, Keith Oren, Rev. Joe Duggan, Lynn Steen, and Jeanne Brown.

the church. In the case of Saint Francis, the church also tithes. “We give one-tenth of our funds to local groups,” Reverend Joe said.

With its mission of service to

the community, the church sends the very clear message that they intend to practice what they preach. ★



Richard Adams of Citrus Heights (at right) is a regular at the Saint Francis Church Center’s regular Tuesday morning Senior Produce Market. Reverend Joe Duggan is Priest in Charge of the large complex, which hosts three other church congregations in addition to his own.



Standing outside the Saint Francis Church Center is bagpipe player Bruce Locken to call attention to the weekly Senior Produce Market. Locken’s piping can easily be heard throughout the surrounding neighborhood and cars passing by on Fair Oaks Boulevard to invite them in.

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POPPOFF!

with **Mary Jane Popp**

rooted in the fact that hares, not rabbits, are born with their eyes open. Rabbits are born blind. There is also a fertility thing in there someplace. Maybe, that’s why the rabbit is more familiar in America. Rabbits beat hares big time in being more prolific.

How about Easter eggs? Despite claims that Easter eggs were originally pagan symbols, there is no solid evidence of this. It was not until the 18th century that Jakob Grimm theorized a putative connection with a goddess of his own whom he named Ostara, a suggested version of Eostere. At the Passover Seder, a hard-boiled egg dipped in salt water symbolizes both new life and the Passover sacrifice offered at the temple in Jerusalem. The ancient Persians painted eggs for Nowrooz, their New Year celebration falling on the Spring Equinox. In Christian times, the egg was a symbol of new life just as a chick might hatch from the egg. The Easter egg tradition may have celebrated the end of the privations of Lent. In Medieval Europe, eggs were forbidden during Lent. It was during Easter that the consumption of eggs resumed after the strict Lenten fast.

And who doesn’t love the Easter Lily? Its acceptance in

America dates back around the 1880s. It came in with the rise in the Easter observances by the Protestants. It took some time to find acceptance. The native American lilies like the Madonna lily bloom in the early summer. It could be forced to bloom early in hot houses, but it was a hassle. In the 1880s, while in Bermuda, Ms Thomas P Sargent became familiar with a beautiful lily that blooms naturally in springtime. She fell for this lovely white Bermuda lily and brought its bulbs back home in Philadelphia. And so the story goes.

And most important, there’s chocolate! Chocolate eggs began in the 19th century France and Germany and soon spread to the rest of Europe and eventually the United States. Children were told to make nests or baskets so the Easter Bunny could leave them there. No surprise adults love it too since it’s a common modern-day Lenten sacrifice. Bring it on!

There are many stories to go around, but the fact remains, this is a truly blessed time! Family and friends come together for this wonderful celebration of the renewal of life and rebirth! **HAPPY EASTER!** ★



Lisa West
Community Outreach Director

Funeral Pre-Planning Made Easy



Memorial Parks Mortuaries & Crematory

By Lisa West

Death and taxes...ugh! Two things we love to put off as long as possible. I don’t know about you but April 15th comes and goes every year without my taxes being done and I always file an extension. Typically there is a mad dash in early October for me to do it before the final, final deadline of October 15th.

The same is true about funeral pre-planning. Most people say, “I really need to get that done...” but it just keeps getting postponed. If I can give you ANY incentive at all – let me tell you these three things that will benefit you the most.

One, by doing it now, you can pay over time instead of coming up with a big lump sum at the time of a death. Two, by doing it now, you save money because you lock in today’s pricing and shouldn’t have to pay anything additional in the future. And three, peace of mind. Who doesn’t need more of that these days?

Not only peace of mind for you, but for your family as well. When the time of death does occur, your family will be so grateful you made all of

your arrangements ahead in advance. You will save them a tremendous burden while they are grieving. You will also take the decision making out of their hands ensuring you have the disposition and services you wanted.

Here’s another incentive, how about a free lunch to go with it? Each month, we offer a free luncheon seminar. It is not a sales seminar. It is a nice catered lunch with a quick 20-minute presentation on all the options available to you. It also contains valuable key consumer advice for when the moment comes that you are ready to make a purchase. It’s important to know you are comparing apples to apples.

So go for it. Get off the procrastination band wagon and RSVP for one of our free luncheon seminars. You can find all the dates/times and locations on the events page of our website at www.EastLawn.com.

Lisa West is the community outreach director for East Lawn and her column appears monthly. You can reach her at lisaw@eastlawn.com or (916)732-2020. For previous articles, please visit www.EastLawn.com. ★

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Wed, February 17 @ 11:30 a.m.
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By Sal Arrigo, Jr.

If you have ever experienced moving from one house to another, you know this can be a stressful time in your life. If you are someone with dementia, it only adds to the stress. I spoke about this with Carrin Jankowski, owner of Silver Lining Transitions, a company that assists families in moving older people from their homes to a new living environment. Often these senior citizens are moving from a home they have lived in for decades, and now, because of circumstances beyond their control (e.g. dementia, a loss of spouse, or the upkeep of residence that is too daunting), these seniors must move.

Carrin started Silver Lining Transitions in 2014 and is currently a student in the Gerontology Department at American River College. As Carrin made her way through the educational system she came into more and more contact with people who were facing the difficult task of transitioning loved ones to a new living environment. It was not just simple tasks, such as what should a person take or leave behind, but it was much greater than this.

A medical diagnosis called “Relocation Stress Syndrome” is affecting senior citizens. It causes “physiologic and psychological disturbances that are triggered by transferring a person from one environment to another.” Symptoms may include exhaustion, sleep disturbances, depression, and disorientation. These symptoms are increased in someone who has dementia, or who is already in poor health. One of

What Is All the Stress About?

the findings is this: people usually developed this syndrome when, without much notice, were moved into an assisted living facility. However, it is not just being forced to leave one’s home, but findings show that people who are moving of their own choice are also developing relocation stress symptoms.

signals a loss of control in their environment.”

Silver Lining Transitions provides a wide range of services that includes placement, geriatric counseling, downsizing, packing, removal, staging, move coordination, and setting up the new home. Carrin said she does this “with a sense of humor.”



Carrin Jankowski, owner of Silver Lining Transitions

When Carrin is hired to help move an older family member, she told me: “This is more than dollars and cents.” Carrin engages the family in all aspects of the move, from packing boxes to taking pictures of the new surroundings, and, as much as possible, “creating the exact setup of the living space from old to new.” As Carrin told me about her business, she mentioned that “people have their whole life story in front of them, and this is unsettling, and

The move is tough enough she said, so maintaining some sense of normalcy is a positive for all. Silver Lining Transitions has a list of professional references, if needed, such as realtors, elder law attorneys or in-home care services.

If you or someone you know can benefit from the services that Carrin provides, you can contact Silver Lining Transitions at (530) 409-4614. You can find additional information at www.sltransitions.net. ★

It’s Good Friday, but Sunday’s a Comin’

Dr. James L. Snyder

For those who follow the church calendar Good Friday is a special day, one of the high religious days among many Christians. Personally, I think it is a good one to remember and celebrate.

Overall, apart from a few exceptions, I do not like special days. As far as I’m concerned, every day I get up and take nourishment is a special day for me.

Everybody seems to have their own special day and I find it rather difficult to keep up on all of these “special days.” If a person would honor and celebrate every “special day” posted on the calendar there would be no days to get any work done whatsoever. And, as luck would have it on my side, I would miss a very special “special day.”

I am in favor of setting aside one day a month as the official “special day” of the month in which everything that anybody wants to celebrate during that month could be included. That way we could get the celebrating of special days done and then we can get back to business as usual.

One of the most frightening phrases a husband can hear is, “Do you know what anniversary it is today?”

Every husband has been backed into a corner like this sometime during his marital career. I for one say it is not fair. Because everyone knows special is as special remembers, which puts husbands at a great disadvantage.

It is not that men cannot remember, a man’s memory is limited and so he must be very selective. And to be honest about this, anniversaries are simply not on any man’s radar.

I learned this very early in my relationship with the young woman who graciously accepted my invitation of matrimony.

We had been dating for around a month and one night

when I picked her up to go out, she said something that confused me. “You know this is our first anniversary?”

My confusion lay in the fact that an anniversary had to do with something yearly. I had only known her for several months at the time. I know time gets away with a person, but this was rather ridiculous. In the short time we had known each other, it was impossible for us to have an anniversary of anything.

It was at this point I did something, although innocent enough at the time, that I have regretted the rest of my life. I looked at her and laughed. That was when I was introduced to the marvelously mysterious world of women-lore. With a woman, anniversaries are not something to laugh about, at least in their presence. An anniversary is something to celebrate whether it makes sense or not. When I realized how serious the situation was, I wiped that silly grin off my face and inquired as to what anniversary she was referring to. “Why, don’t you know,” she said as seriously as I have ever seen her up to that point. “This is the first month anniversary of our going out together.”

Now, what do you do on the first month anniversary of going out as a couple? However, the thing that really frightened me was, do we celebrate this every month? What is the protocol for these monthly anniversaries? How do I keep track of all of this? What gift is appropriate? I was afraid that I would go broke before we got around to getting married. I would come to discover that these “monthly anniversaries” were to continue until they were superseded by a more important anniversary. Of course, her responsibility was to select the anniversary that would trump the monthly anniversaries.

My responsibility? To remember the latest anniversary. How is a husband to keep track of all of these anniversaries?

Once I mistakenly bought a special gift for what I thought was our fifth wedding anniversary. It turned out to be our seventh. Where those two years went, only my wife remembers.

I cannot remember all those anniversaries now, but they went something like this. The anniversary of when we first met. The anniversary of getting her the first Valentines box of candy. The anniversary of sharing our first hot fudge sundae together. The anniversary of giving her an engagement ring. Looking back over all those years I have a list of my own anniversaries I can never remember celebrating.

For example. The anniversary of when she slammed the car door on my finger. Ha, she probably forgot that one. (I wonder if Hallmark has a card for this?) I still have the gruesome scar on my finger reminding me of that anniversary. How about the anniversary of the day the diamond fell out of the first engagement ring I gave her? Fortunately, someone had a microscope and we were able, after diligent search, to find the rock. Then, there is the anniversary of the day she backed into my parked car. Enough said.

As we celebrate Good Friday, a very special day, remember that its goodness comes from the following Sunday when Jesus rose victoriously over sin and the grave. “For I delivered unto you first of all that which I also received, how that Christ died for our sins according to the scriptures; And that he was buried, and that he rose again the third day according to the scriptures.” (1 Corinthians 15:3-4 KJV).

It is Good Friday, but Resurrection Sunday’s a comin’.

The Rev. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife, Martha, in Silver Springs Shores. Call him at 352-687-4240 or e-mail james-snyder2@att.net. The church website is www.whatafellowship.com. ★



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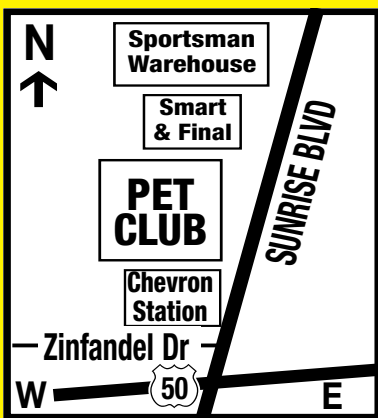
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This Spring, I'll Sit Out Back In The Sun With My Guitar And That Little Chord Wheel The Grandkids Gave Me For Christmas.

It happened just the other day for the first time since ... *Halloween?* Yeah, around then. Sun. Yes, the sun came out and put the tiniest tickle of warmth right there on the back of the neck, and that flipped the switch into springtime and left us dreaming of tire swings on Lewis Creek, casting stone-fly nymphs to tempt a rainbow trout, planting things that will

one day give shade to us and others. We even look forward to mowing the lawn! Well, the first mowing, anyway. After that, it becomes a chore. Spring! A time for renewal, for plans, for work. A time to paint the kitchen, paint a painting, paint the dog, take a gardening class, tie fishing flies, read a book. Hey ... write a book! Dig up weeds, go to a baseball game, have a baby. Fall in love. Not necessarily in that order. This spring, I'll sit out back in the sun with my guitar and that little chord wheel the grand-kids gave me for Christmas. And I'll learn two new chords. Hey, I'll learn two new chords *every* week! By summer, Carnegie Hall! (If I have enough money for a ticket, of course) Recipes. New ones. A trip to someplace exotic where I've never been. North Dakota? Sure. Why not? And this spring I'll diligently sit down and plan how to load cartridges for the deer rifle that will dot the i on the word "idyllic" at 200 yards, even if diligence is one of my least favorite words. Well, at least I can wash the pickup. If it doesn't look like rain Brought to you by Ol' Slim's Views from the Porch, now on Amazon.com. ★

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