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AMERICAN RIVER Messenger

"Written by the people, for the people"

Volume 11 • Issue 02

Serving Fair Oaks, Orangevale & Sacramento County

January 29, 2016

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People Power Night for Fair Oaks Volunteers



Diana Cralle, Dot Boyd, Kimberly Pitillo, and Rose Barbary of the Fair Oaks Chamber of Commerce greet visitors to the Volunteer Social and Recruitment Night.

Story and photos by Seraphim Winslow

FAIR OAKS, CA (MPG) - The whole spirit of Fair Oaks can be summed up in the way organizers of the town's Volunteer Social and Recruitment Night, which took place on January 15th, asked for an admission price to get into the event. All you had to do was bring a can or a box of food for the hungry and drop it off at the table of Orangevale Food Bank to get in. This is just what people do in Fair Oaks; everybody pitches in. Some wise philosopher once said, "From each according to their ability, to each according to their need." He obviously shared the same spirit of volunteering and giving that abides in Fair Oaks.

Once inside, attendees saw the clubhouse's social hall, which was filled with many organizations and associations of folks with a real can-do attitude. First, they were greeted by the ladies who represent

the whirlwind of activity that takes place throughout the year with the help of the Fair Oaks Chamber of Commerce. Some of this year's events include (but are not limited to) the Fair Oaks Honorary Junior Mayor's program, the 23rd annual "a Taste of Fair Oaks," the Fair Oaks Fiesta, and the annual Christmas parade.

Next, there was Tom Carden of the Orangevale Food Bank, who was accepting donations of non-perishable food items for the residents of Fair Oaks' neighbor city. Then, there were a couple of



Tom Carden (above right), executive director of the Orangevale Food Bank, accepts donations of non-perishable food items at Fair Oaks Volunteer Social and Recruitment Night.

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Prepaid Wireless Services Soon to be Subject to New Surcharge

SACRAMENTO REGION, CA (MPG) - Beginning Jan. 1st, 2016, consumers purchasing prepaid wireless services will pay a new surcharge similar to the taxes and fees paid by consumers of postpaid, or contract, wireless services.

Assembly Bill 1717, known as the Prepaid Mobile Telephony Services (MTS) Surcharge Collection Act, was signed into law in 2014, and requires sellers of prepaid wireless services to collect the new surcharge from their customers beginning Jan. 1st, 2016. At the point of sale, all consumers of prepaid wireless services will pay a statewide minimum of 9.26 percent of the sales price. That rate will be higher in areas where a local government has imposed its own taxes or charges. Consumers will see the surcharges on their receipt. Visit the Prepaid MTS Surcharge Rate Web page for details.

"At the point of sale, all consumers of prepaid wireless services will pay a statewide minimum of 9.26 percent of the sales price."

Most retailers will remit the full amount of the surcharge to the California State Board of Equalization (BOE). Then the BOE will allocate the funds to the state Emergency Telephone Number Account, California Public Utilities Commission (CPUC), and local governments that have contracted with BOE to collect utility users taxes. The funds are spent by those agencies on state 9-1-1 and emergency services, the California LifeLine Program, and other local government programs. Businesses registered with the CPUC as a telephone corporation or with the BOE as a service supplier are considered direct sellers and will continue to remit portions of the surcharge directly to the BOE, the CPUC, and local governments.

For more information, read the BOE's Prepaid MTS Surcharge Consumer Guide, Retailer Guide, or visit the CPUC Web page.

The five-member California State Board of Equalization (BOE) is a publicly elected tax board. The BOE collects \$60 billion annually in taxes and fees, supporting state and local government services. It hears business tax appeals, acts as the appellate body for franchise and personal income tax appeals, and serves a significant role in the assessment and administration of property taxes. For more information on other taxes and fees in California, visit www.taxes.ca.gov.

Source: State Board of Equalization ★

\$232 Million to Improve California Water Management

SACRAMENTO REGION, CA (MPG) - The California Department of Water Resources (DWR) recently announced approximately \$232 million in grant funding of 26 proposals for Integrated Regional Water Management (IRWM) projects that will leverage hundreds of millions of additional local and federal dollars.

The award of funds from a 2006 water bond passed by voters statewide will support projects and programs to meet California's long-term water management needs, including delivery of safe drinking water, enhancement of recycled water use, water conservation, flood risk reduction, watershed protection, ecosystem restoration, protection of water quality and management of groundwater.

The grant recipients, dollar amounts and related purposes include the following:

- Association of Bay Area Governments, \$41.3 million, 10 projects for dam

seismic retrofit, groundwater infrastructure, watershed protection and other purposes;

- San Diego County Water Authority, \$31.1 million, 14 projects for urban water conservation, turf removal rebate program, water treatment facility and other purposes;
- Los Angeles County Flood Control District, \$27.7 million, 26 projects for meter installation, storm water management, water conveyance infrastructure and other purposes;
- Humboldt County, \$11 million, 25 projects for water and wastewater conveyance and treatment infrastructure, watershed protection and restoration, agricultural efficiency and other purposes.

A list of the projects, their grant requests, their final awards and the grants' percentage of the projects' total costs can be found here: <http://water>.

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This latest round of grants will advance the Brown administration's two-year-old California Water Action Plan, which sets forth the actions needed to provide more reliable water supplies, restore important species and habitats and create a more resilient, sustainably managed water resources system that can better withstand climate change and additional population growth.

What Alzheimer’s Won’t Ever Let Us Forget

BY JUSTIN GOURLEY

“She rarely knows who I am. Often, I’m her brother or her husband. I’m never Gary,” Gary Bechtel said, sharing the challenges of his mother who suffers from Alzheimer’s. His mother, Norma, sat at our side, sipping on tomato juice as a caregiver from All For You Home Care kept her entertained. Norma continued to engage him as if he was her brother, but her sentences were incoherent and scattered. “It’s not easy,” Gary said, “But it has its rewards. She knows I’m family and that I care for her.” He hugged his mother who was more than willing to grant the same affection.

Gary had a successful career in Hollywood, working as a location scout for hit TV shows like the X-Files. When his mother fell ill, he had to choose the career or his family, but for him, there was no debate. He left Southern California to move back home and take care of his mother. This is not out of the ordinary, often, the children do care for their mother or father who has Alzheimer’s. “That’s why caregiver’s can be so valuable. They alleviate some stress, even if it’s only a few hours every day,” Gary said. The relationship Gary had with the caregiver seemed to give him a way to share the burden.

Observing Norma reminded me of my own experiences with Alzheimer’s. I was staying with a friend who was solely responsible for his mother’s welfare. The first morning is something I would never forget. I was startled by a wood splintering knock at my bedroom door. I only had a moment to see the time: 7 a.m., before a panicked and unpleasant voice yelled, “Open this door, right now!” The doorknob wiggled with a maddening attempt to get into the room. I was a guest in the house and the sheer horror which sounded from outside was alarming, so I shot up and raced over to the door. When I opened it, standing in front of me was a petite 70-year-old woman whose furrowed brows unclenched and a smile dawned on her face. “Were you sleeping?” she asked with a smile. “Come on, get ready, we’ll go out to Dino’s—my treat.” As she spoke, her



Caring for someone with Alzheimer’s isn’t the same as a physical ailment. If someone breaks their leg, they may need assistance to bathe or dress, but they understand the burden.

eyes were empty of recognition, but her voice was friendly and endearing. I knew she meant well, but Dino’s didn’t open for another four hours, so I smiled, told her I’d be right out, closed the door, and locked it as I was instructed by her family.

As the months flew by, the empty recognition was no longer a void. She no longer seemed alarmed with my presence; the knocks at the door were less violent; something had changed. She knew me. But how could that be? “Imprinting,” Gary said, nodding along. “She knows you like your baby does. She bases her actions and emotions more on instinct.” As an example, Gary stood at the other end of the room and raised his voice as he spoke. Quickly, his mother’s usual smile turned in and she grew angry and scared and pleaded with the caregiver to leave. But as soon as everything quieted, she was content once more. It was clear that she fed off our emotions, from the smiles, to the yelling. Even if she couldn’t remember a single word, she could still feel the moment.

Norma’s reaction of anger and fear reminded me of the arguments I personally witnessed. The shouting would come from nowhere, but it would be intense. Something the son said to his mother was enough to set off emotional triggers.

She relied on the way his voice made her feel and would respond in kind. Instincts don’t understand context and so her reaction relied more so on his demeanor and tone. This inability to converse naturally lead to his frustration and only heightened her intensity. It was obvious that solely caring for his mother was weighing on him. Unknowingly, he was being trained to resent her and this feeling was being parroted by his ill mother.

Caring for someone with Alzheimer’s isn’t the same as a physical ailment. If someone breaks their leg, they may need assistance to bathe or dress, but they understand the burden. They will thank you and appreciate you. But those who suffer from Alzheimer’s will never be able to empathize with your sacrifices or realize you’ve already eaten five times in the past hour. They don’t know that you’ve already heard the same stories countless times and the inability to communicate this can be overwhelming and heartbreaking. So when the stress of the situation becomes too much to bear, and yelling and screaming seems to be the antidote, try to smile, try to make nice, let them mimic your good moods instead of your bad, but most of all, remember to thank yourself, to appreciate yourself, even if they can’t anymore. ★

All Veterans Wanted



By Dominick Damore and Ben LaPolla

The Veterans of Foreign Wars (VFW) Post 6158 and American Legion Post 383 in Fair Oaks would like to extend a warm welcome to all veterans who have served in the recent Middle East conflicts. They would like to commemorate your service as is done for veterans from WWII, Korea, and Vietnam. The clubhouse walls are covered with memorabilia from these conflicts but too few from recent campaigns.

If you are a veteran of Desert Storm, Iraqi Freedom, the war in Afghanistan, or any other mid-east conflict or recent campaign, please send a unit patch, a photo or poster, or some other remembrance. If you are a parent, friend, or spouse of a veteran in any recent conflict and would like to honor your loved

one, your contributions are also welcome and needed.

If you want to see some examples of items on display, just stop by VFW Post 6158 in Fair Oaks. Take a look around the clubhouse and our memorial park for ideas of what you might want to donate. Or just call and have a phone discussion.

Center Township VFW Post 6158 is co-located with the VFW Auxiliary and American Legion Post 383. VFW is next to Phoenix Field Park located at 8990 Kruithof Way, between Sunset and Winding Way, east off of Hazel Ave. It has been there for almost 70 years.

The commander and quartermaster can be reached by telephone at (916) 966-1663 or by e-mail at vfw6158@comcast.net. New members are welcome. God bless America and those who serve. ★

People Power Fair Oaks Volunteer Night

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healthy looking young men eager to talk about the many sports activities available through the Fair Oaks Recreation Department. One such outlet for physical fun is the slightly serious, somewhat silly bubble soccer game. Bubble soccer is best described as a cross between bumper cars and soccer.

Down the line of volunteer display tables, more shining, happy youth greeted people at a stand where activities with the Fair Oaks Youth Advisory Board were on display. Between the Easter Eggstravaganza in March, “It’s My Park” Day, the Kid’s Art Festival in April, Teddy Bear Tea in November, and Cookies with Santa in December, these young people had their calendars full

with lots of things to do and many ways to express the spirit of volunteerism.

One of the most prominent service opportunities in Fair Oaks, which gives young ladies the chance to become an integral part of their community, is the annual Miss Fair Oaks contest. Diana Cralle, who organizes this program for the Chamber of Commerce, said that it, “offers a young woman the chance to be an ambassador the community by attending events, participating in projects, and earning school service hours.” Miss Fair Oaks is crowned on April 29th, and presented at the Fair Oaks Fiesta. This year’s title belongs to Gabby Coulter. The program accepts applications from girls, 15 to 19 years old. ★

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Responses to Gov’s State Address

From Senator Jim Nielsen: “The State’s first priority must be saving money for the Rainy Day fund to ease the pain of budget cuts in an economic downturn. Programs that provide care to the most vulnerable Californians like Developmental Disability Services have not been adequately funded.

“To better serve people with developmental disabilities, I introduced Senate Bill 818, a bill similar to the one I introduced in Special Session last year. My commitment to make this funding permanent in the State's General Fund is unwavering.

“And I am so glad to hear that the Governor reaffirmed his commitment to build water storage. We must increase the state's above-ground water storage.

“Conservation alone won't get us out of this historic drought nor will it help get us through the next drought.

“Sites Reservoir is shoveled-ready to store up to 1.8 million acre feet of water.

“Planning for access to clean water is essential to the prosperity of future generations.”

Source: Office of Senator Jim Nielsen

From Senator Gaines: “In a state with the highest poverty rate in the nation, hundreds of billions in unfunded liabilities, and some of the highest gas taxes and worst roads, I hoped to hear more about the Governor's vision for solving those massive problems without

crushing taxpayers. “I’m happy that the state revenues are surging, but that should be viewed as an opportunity to pay down debt and fund one-time, high-priority projects. This month's stock market meltdown shows that our budget picture could change dramatically in just one year proving again that California needs to be a model of prudent, careful spending.

“I want the Governor to put some money back into working families' pockets. No tax increase extensions, and no new taxes on gas and health plans. Let’s—once—grow the quality of life instead of growing bureaucracy.”

Source: Office of Senator Gaines

From Board of Equalization Vice Chair George Runner: “I share the governor’s optimism when it comes to California's future. Our state has a diverse economy, a strong commitment to education and more than enough revenue to fully fund roads, schools, and water storage without raising taxes.

“As the governor himself warns, we must continue to exercise fiscal prudence. The true test of his leadership will be whether he can hold the line on spending against the tax-and-spend liberal legislators of his own party.

“Instead of raising taxes, our focus should be on providing greater value for Californians by improving quality of life and by

seeking solutions that make this state a more affordable place to live and work.”

Source: Office of George Runner

From Assemblymember Rocky Chávez: “Today, the Governor continued his theme of fiscal caution and hopeful planning for the future in his comments. While I applaud his recognition of this important principle, Governor Brown needs to focus on practical government solutions that cut back on waste and gets our State back to common sense governance,” said Chávez.

“We have a major hole in our Healthcare system, we have a backlog of billions of dollars in infrastructure repairs and we continue to face one of the worst droughts in California with no adequate water storage. The rubber band can only stretch so far until it snaps. We need to put practical solutions into place to take care of these issues while continuing to budget for our rainy day fund.”

“In his closing, the Governor discussed being courageous yet cautious. With the changing world markets, the uncertainty of how foreign affairs will affect our state and our volatile income tax dependency, Brown made one thing certain today, 2016 will not be 2015,” said Chávez.

Source: Office of Rocky Chávez ★

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Crossword Puzzle on Page 5

A	B	A	C	K		F	A	Q			L	A	M	A
P	I	Q	U	E		E	M	U		V	I	X	E	N
T	A	U	P	E		S	P	A		I	N	E	R	T
	S	A	I	N	T	S		S	I	N	G	L	E	S
		D	E	W		D	I	D	O					
D	O	M		R	A	C	E		O	U	T	G	A	S
O	V	E	N		N	A	V	Y		S	A	L	V	O
Z	O	L	A		G	R	I	O	T		N	E	E	R
E	L	O	P	E		D	A	R	E		H	E	R	R
N	O	N	E	T	S		T	E	R	N		S	T	Y
		H	A	Z	E		S	E	T					
R	O	M	A	N	C	E		H	E	A	R	T	S	
A	L	I	B	I		B	A	Y		R	A	S	E	D
M	I	M	I	C		R	I	P		L	L	A	N	O
P	O	E	T		A	L	E		Y	A	R	D	S	

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Sudoku Puzzle on Page 5

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

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Sacramento County DA Reports



Recent cases of interest

CASE: Marco Barrera
PROSECUTOR: Deputy District Attorney Laura Froome, Domestic Violence Unit

The Honorable Steve White sentenced 37-year-old Marco Barrera to 16 years, 8 months in prison. On December 4, 2015, a jury convicted Barrera of attempted murder and felony domestic violence. The jury also found true great bodily injury and use of knife allegations on both charges. Barrera was also convicted of assault with a deadly weapon causing great bodily injury and carjacking.

On June 8, 2015, Barrera tried to reconcile with his estranged partner. When she declined, he pulled a knife from a lanyard around his neck and stabbed her multiple times in the chest, stomach, back, hip, wrist and side. After leaving the scene, he returned hours later and encountered his sister sitting in her car in front of the house. He got into the passenger side and ordered her to drive. When she refused, he threatened to hit her. Frightened, she got out of the car and Barrera drove off with the car. He was apprehended the next morning.

PROSECUTOR: Deputy District Attorney Laura West, Juvenile Division

Three teens who faced charges in Juvenile Court for violent events that occurred on October 26, 2015, at Florin High School were held responsible and sentenced. A portion of the events were captured by students on cellphone video and posted on YouTube, making national news.

In court this week, one teen admitted to a felony charge of assaulting the school principal during the event, and a misdemeanor charge of resisting and delaying a law enforcement officer in the performance of his duties. Another teen

admitted to a felony assault charge causing great bodily injury to a school staff member. A third teen admitted to conduct amounting to committing a misdemeanor assault against a school staff member, and making criminal threats against a law enforcement officer.

All of the teens were made wards of the Juvenile Court and are currently serving time at the Youth Detention Facility, which will be followed by time on electronic monitoring. They were also ordered to complete juvenile work project, and participate in counseling programs.

A hearing will be held in the future to determine the amount of victim restitution, which should be ordered related to the staff member who suffered great bodily injury as a result of the assault.

CASE: George Demetri Pappadopoulos
PROSECUTOR: Deputy District Attorney Kelly Jobe, Special Investigations Unit

The Honorable Ben Davidian sentenced 42-year-old George Demetri Pappadopoulos to 20 years, 4 months in prison and ordered him to pay restitution. On December 9, 2015, Pappadopoulos pled no contest to 11 felony counts of passing worthless checks. He also admitted to the allegation he took property exceeding \$65,000 in the commission of the offenses, and that he has a prior strike conviction.

In 2013 and 2014, Pappadopoulos engaged in a lengthy and bold fraudulent check scheme primarily targeting small businesses in Sacramento. The fraud resulted in a total theft of \$195,345 from 38 victims, some of whom were victimized more than once.

Pappadopoulos has a prior 1993 strike conviction of battery causing serious bodily injury. ★



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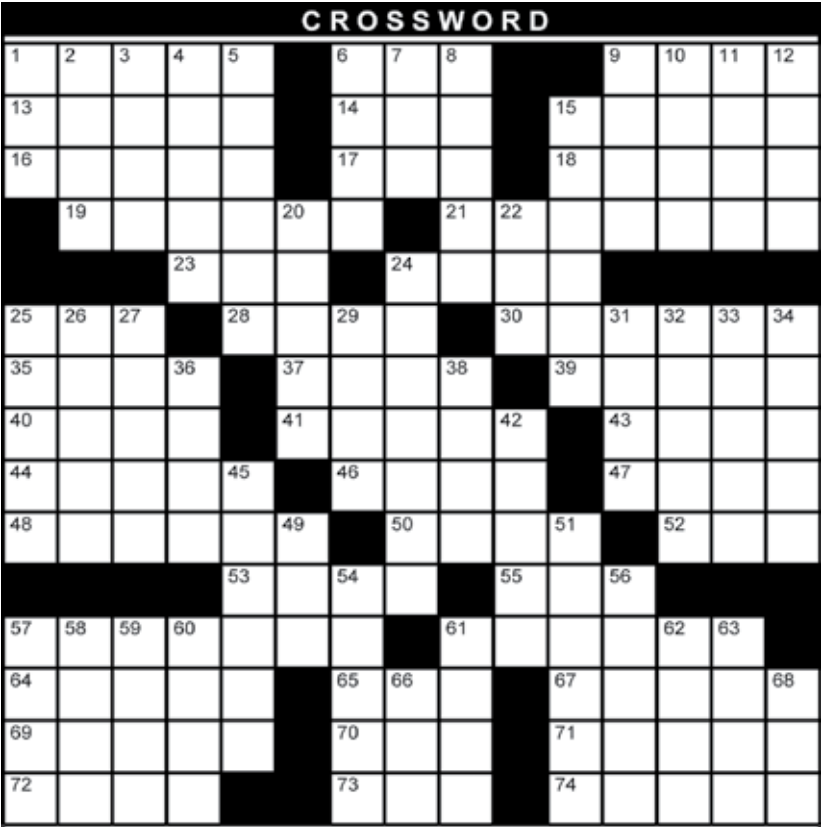
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- CLUES**
- ACROSS**
- Often follows “taken”
 - Common inquiries
 - Tibetan monk
 - Shakira’s soccer-playing partner Gerard
 - Down Under bird
 - Female fox
 - Greyish brown
 - *Romantic destination
 - Unable to move
 - *Valentine and the like
 - *a.k.a ____ Awareness Day to some
 - Found on grass some mornings
 - *Lover of Aeneas
 - *Special celebratory drink
 - Preakness, e.g.
 - Release of gas
 - Baker’s baker
 - *“In the ____” by Village People
 - Sound of battle
 - *“Nana” novelist
 - West African storyteller
 - ____do-well
 - *Keep nuptials a secret
 - Alternative to truth
 - German mister
 - Nine voices, pl.
 - Seaside bird
 - Chester White’s home
 - Lack of clarity
 - Workout unit
 - *Woo
 - *Popular Valentine shapes
 - Defendant’s excuse
 - Cook’s leaf
 - Torn down
 - Imitate
 - Grave acronym
 - Treeless plain
 - *Chaucer or Poe
 - Sierra Nevada, e.g.
 - An end zone is 10 of these
- DOWN**
- Address abbreviation
 - Objectivity preventer
 - Greenish blue
 - *Expert archer?
 - More keen
 - Come clean, with “up”
 - Unit of electric current
 - To some degree
 - End of “traveling”
 - Figure skating jump
 - Mother in Provence
 - *“Hardworking” insects
 - Relating to wine
 - Nasality in speech
 - *Words of commitment
 - Stray from the accepted
 - *Rose amount
 - Convex molding
 - Cantaloupe, e.g.
 - *Form of greeting
 - Hyperbolic tangent in math
 - Songs sung by three or more voices
 - Deflect
 - *“Love means never having to say you’re ____”
 - Back of neck
 - Bygone era
 - To the point
 - Like Thai cuisine, e.g.
 - Cul de ____
 - Just about
 - Monochromatic equid
 - ____-la
 - Freeway exit
 - Hodgepodge
 - Play charades
 - Slightly
 - Hoopla
 - Russian autocrat
 - *Seal with a kiss and do this
 - Be ill or unwell
 - *“ ____ and don’ts”



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7		2			4		1
	6					2	4
1				3			9
				7	5		
2							1
				9	1		
4			1				3
9	3						5
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By Marlys Johnsen Norris,
Christian Author

Often, people are raised in a loving home with physical expressions of hugs and kisses, so the words “I love you” may seem needless. We automatically take so much for granted living with these many loving people in our lives. The warmth and love of being a part of a family is evident and the years come and go. Before we know it, we are grown and have a loving family of our own. Sadly, there are some people that do not experience this kind of home. They experience many

Powerful Words

hurtful emotions and have a deep need to be loved. Rarely are they aware God is aware of their need as He tries to reach them in a million different ways. They are unaware that only God Almighty is the author of genuine love! When a family has a genuine love journey as a child in a Christian family they experience unconditional love in many different ways throughout their life. Many do not understand this until they become a born-again Christian.

However, being a part of a loving family does not guarantee the words “I love you” will be spoken. The interactions with the family are obvious. Many years after I was married and had moved several miles away from my parents, I received a thank you note from my mother and she included those words on it. For some strange reason, seeing those words written to me by my mom really touched my heart. Several days as I thought about them, tears flowed from my

eyes. I experienced her love living over 600 miles away in a profound way that came to me as a surprise.

Years later, we had gone to visit my parents. Just as we were leaving, my dad stood to his feet and we exchanged a hug as he verbally said those precious words: “I love you.” I didn’t recall them ever being spoken to me before and I was deeply touched and surprised. Hearing those precious words for the first time in my life from my father’s lips meant the world to me. I always knew I was loved, but having it expressed in a verbal way ministered knowledge of his love in a profound way.

Speaking those words to the people one really cares about is important. It helps to establish their value of you as a person.

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

There Is No Known Cure for Happy-itis

Dr. James L. Snyder

Now that the pressure of the Old Year is off and the New Year has just begun, I can chill out a little and rest for a while. Towards the end of the Old Year, there is a lot of pressure to get caught up on all of those stupid New Year’s resolutions I made for the year. Every year I am pressured into making some silly New Year’s resolution. I would think that after a while this would get old.

For some people, this is simply a way of life and addressing the New Year. “Have you got your New Year’s resolution list made up,” my wife always badgers me.

I used to be able to get away with saying, “Yes, I sure do.” That worked until one year she said, “Can I see your list of New Year’s resolutions?” I dodged that for as long as I could and then had to confess that I really did not have any New Year’s resolutions. That was a major mistake on my part because the Gracious Mistress of the Parsonage volunteered to help me make up a list of New Year’s resolutions. That list was so long that, if taken seriously, it would take me the rest of my life just to put a little dent in it.

From then on, I made up my own little list of New Year’s resolutions. Usually on my list is one resolution dealing with losing weight. I cannot tell you how many times I have lost a pound only to find it and its friend the next day. I cannot help it, I guess I am so pleasant to be around this weight cannot stay away from me. Maybe I should try to be a little grumpier this year. (That would make a great New Year’s resolution!) Somebody in our house is very serious about New Year’s resolutions. The year starts out with, “You got your New Year’s resolutions all ready?”

It then evolves into, “Have

you started on your New Year’s resolutions yet?” The next evolutionary point is, “What New Year’s resolution have you completed?”

The evolution ends with, “Have you completed your New Year’s resolutions yet?” This is one reason why I do not believe in the theory of evolution. At each evolutionary stage, my stress level increases appropriately. By the time December comes around my life has evolved to a point of absolute nervous recklessness and major stress because I know not one of those New Year’s resolutions were met.

That is why I like January. Yes, I have that list of New Year’s resolutions, but I have not really started thinking about them yet. That is the beauty of January. Nobody is thinking about working on those resolutions nor is anybody, especially in my happy domicile, questioning about where we are along with our New Year’s resolutions. For the most part, January finds me in a state of sheer happiness. I call it, happy-itis and as far as I know, there is absolutely no cure for it. I just love being happy and on occasion my face joins in the celebration.

“Why,” my wife demands, “are you so happy?” This is where a husband has to carefully think about his next response. Should I tell her the truth or should I tell her what she really wants to hear? Sometimes these two do not hold hands. I compromise and say, “I’m just happy about starting a new year and what it has for us.” Then I smile broadly, which usually throws her off her game.

Being happy is one of the great benefits of life that not many people have discovered. I know there are many times when happiness does not really fit the occasion, but I am concentrating on those times when it does fit. I love being

happy. Not only that, but I love trying to make other people happy as well. Wherever you go these days all you find are people under stress and discouraged without much motivation to go forward. I think everybody needs a dose of happiness every now and again.

I am hoping that somehow I could be infected with the happy-itis virus and infect as many people as I can. Of course, I know there is absolutely no cure for this disease and if I ever find anybody looking for a cure, I am going to go after them with everything I got. (That would make a great New Year’s resolution!)

Often when facing a serious problem, my wife will look at me and say, “Wipe that smile off your face right now. Let’s get serious for a change.” That has been my problem. It is very difficult, especially during the month of January, for me to get serious about anything. Everything I see brings a smile to my face. Every person I meet causes me to giggle and when I giggle, it is hard to hide it from my face. James understood this when he wrote, “Behold, we count them happy which endure. Ye have heard of the patience of Job, and have seen the end of the Lord; that the Lord is very pitiful, and of tender mercy” (James 5:11).

There is more to life than being happy, but not much more. Happiness comes from deep inside and flows to the outside so everybody can see it and benefit from it.

Rev. James L. Snyder is pastor of the Family of God Fellowship, P.O. Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 866-552-2543 or e-mail jamesnyder2@att.net. His website is www.jamesnyderministries.com. ★

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1) **PROTECT FROM TOO MUCH SUN.** Without sun, there is not life. Too much sun and skin is lifeless. Everything in moderation. Over exposure can break down the collagen and elastin components of the skin, causing

5) **EXERCISE YOUR WAY TO RADIANCE.** Exercise is also a natural and effective way to increase the health of your skin by increasing circulation, eliminating toxins through the skin, and giving the skin that healthy glow. After aerobic exercise, such as brisk walking, jogging, cycling, swimming, or aerobic classes, the skin takes on a beautiful natural glow that no makeup artist could duplicate.

6) **CATCH MORE ZZZZs.** Getting adequate rest and sleep is essential for cultivating and maintaining beautiful youthful skin. Sleep is when most of the body's repair work and maintenance are completed. In fact, there's nothing more restorative for our bodies than getting ample sleep, night after night. Research suggests that even one or two nights of sufficient sleep (experts recommend 8 hours) can lower cortisol levels more than a number of other stress-management techniques combined. Remember that too much unmanaged stress negatively affects the quality of our skin.

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Lisa West
Community Outreach Director



Funeral Insurance Versus Life Insurance



Memorial Parks
Mortuaries & Crematory

By Lisa West

People ask me this question all the time, "What's the difference between funeral insurance and life insurance? Won't my life insurance cover the costs of my funeral?"

Yes and no. Here's the scoop: Life insurance won't pay the next of kin immediately after your death; it can take several weeks or months. Some funeral homes may require you pay them in full at the time of need, and then you will have to wait to be reimbursed by the life insurance company.

That is not to say all funeral homes won't accept life insurance; many will, however, there are lots of hoops to jump through and it can drag the funeral arrangement process out longer than need be.

Advance of need funeral insurance on the other hand, pays the funeral home immediately. This ensures you can make the funeral arrangements quickly and choose the date and time of the service that is most convenient for you.

There are some other benefits to funeral insurance; for example, you can be turned down for life insurance but you cannot be turned down for funeral insurance. Funeral costs

are guaranteed when you purchase funeral insurance. Premiums will not increase over time with funeral insurance, and premiums will end after a 3-, 5-, 7- or 10-year term depending on what you choose.

Life insurance is designed to maintain the life style of your family if you die unexpectedly. Funeral insurance pays your funeral expenses so those expenses don't have to be deducted from the life insurance payout.

By purchasing funeral insurance, you relieve your family of significant stress over arrangements at the time of loss and uncertainty because you arrange exactly what you want at the time you purchase your funeral insurance policy.

For more information on the benefits of funeral insurance, please visit www.EastLawn.com and go to the events page to find out when our next free luncheon seminar is available for you to attend.

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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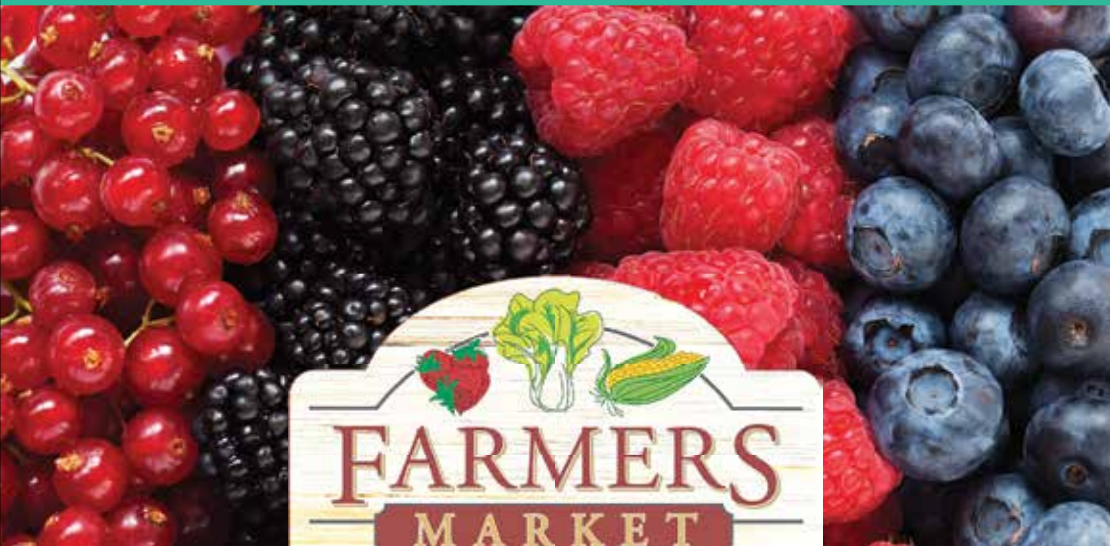
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Wed, February 17 @ 11:30 a.m.

Wed, April 13 @ 11:30 a.m.



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LETTER TO THE EDITOR

Detrimental Delta Tunnels

Dear Farmer and municipal user of water taken through the Delta:

The Delta tunnels would be detrimental to Delta flows as the Peripheral Canal would not. The intake for the peripheral canal would have been above the Delta so that Delta flows would take their natural pattern. The tunnels would distort the flows in the delta.

For every foot of 40 foot diameter tunnel excavated, nearly 140 cubic yards of tunnel muck must be disposed of. The Peripheral Canal would produce ZERO waste because all excavated material would be incorporated in the banks of the canal.

The tunnels have no recreation potential. The Peripheral Canal would have had the potential for a fishery, and recreation areas,

even boating.

For the price of the tunnels, the Peripheral Canal could have added an Eastside canal to supply water to Eastside groundwater basins, that feed the Westside groundwater. An Eastside canal could supply off-stream reservoirs that could release water back to the Delta in drought conditions, or allow new or larger reservoirs on the Eastside of the valley for the next time we have a drought.

An earthquake strong enough to damage the tunnels would require dewatering the entire tunnel system and removal of more tunnel muck in order to repair. The Peripheral Canal would only have to dewater the short section in which the damage occurs. The tunnels could take months to repair while the

canal only weeks.

The Peripheral Canal would be versatile, that is, it could supply water to areas adjacent to the canal in exchange for natural stream flows to the Delta, and/or recharge groundwater along the way. The tunnels could not.

The tunnels have as much potential to "steal" northern California water as was alleged for the Peripheral Canal.

The construction time for the tunnels would be far longer than to build a canal. Thus the correction for Delta flows could occur much sooner, and allow for recovery of the Delta fisheries also much quicker.

Respectfully submitted,
Dale Creasey PE Retired,
Hydrologist for 27 years with the U.S. Bureau of Reclamation ★

Letters to the Editor are published as they are received.

Orlean Koehle to Speak on Common Core

SACRAMENTO REGION, CA (MPG)

- Orlean Koehle, Founder and Director of Californians United Against Common Core to be Guest Speaker at American River Republican Women Federated on Feb. 13th, 2016. Orlean has been a guest speaker for organizations throughout California, Nevada, Utah, Idaho, Missouri, Iowa, New Mexico, and Washington D.C. She also has been interviewed on television and many talk radio programs. She is the author of Common Core, a Trojan Horse for Education Reform, published

in 2012, and The Hidden Cs of Common Core, published in 2014. Her most recent book which tells of the property and water rights barrels presently going on in California. It is called, "California's Water Crisis. Do you Smell a Fish?"

After Orlean graduated from Brigham Young University and marriage, she returned to teach speech, drama, and journalism at a middle school in Idaho Falls. She took along leave of absence to raise her six children and then returned to her love of teaching in Sonoma County, California,

from 1992 until 2010 when she retired to have more time to write and speak about her books. Her husband is an administrator at Sonoma State University. More information available on the website www.CUACC.org.

Meeting and Luncheon held at Lake Natoma Inn 702 Gold Lake Drive, Folsom, with check in at 11:30 AM and Luncheon at 12 Noon. Please call Beth Fogarty at 916-995-5006 for reservations or information about the club.

Source: American River Republican Women Federated ★





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\$232 Million to Improve California Water Management

Continued from page 1
ca.gov/irwm/grants/p84imple-
mentation.cfm.

The new awards come from the final round of DWR’s Proposition 84 Integrated Regional Water Management Implementation Grant Program. The 26 proposals that were awarded funding involve 136 projects with total costs in excess of \$1 billion.

DWR Director Mark Cowin said, “The award of these funds represents a significant milestone in advancing Integrated Regional Water Management, which continues to be a key initiative in managing water resources throughout California.” Cowin said that all together, DWR has awarded \$808.5 million to fund almost 600 projects in four rounds of Proposition 84 IRWM implementation grant solicitations.

This latest round of grants will advance the Brown administration’s two-year-old California Water Action Plan, which sets forth the actions needed to provide more reliable water supplies, restore important species and habitats and create a more resilient, sustainably managed water resources system that can better withstand climate change and additional population growth. The Plan is available

here.

In May 2015, DWR issued the final 2015 IRWM Grant Program Guidelines and the 2015 Implementation Grant Proposal Solicitation Package. Applicants were required to submit grant proposals by Aug. 7th, 2015. DWR received proposals from 37 IRWM regions requesting approximately \$307 million.

Funding for the projects is available through Proposition 84, the Safe Drinking Water, Water Quality and Supply, Flood Control, River and Coastal Protection Bond Act of 2006, as amended 2010 (Proposition 84 IRWM). Proposition 84 was passed by California voters in November 2006 and authorized the Legislature to appropriate \$1 billion for IRWM. Administered by DWR, Proposition 84 IRWM grants are awarded to local public agencies and non-profit organizations for projects and programs consistent with an adopted IRWM Plan that help meet long term water needs of the State.

Visit <http://drought.ca.gov> to see how California is dealing with the effects of the drought, and go to <http://SaveOurWater.com> to learn how everyone can do his or her part. Information on the State’s turf and toilet rebate

program is found at: <http://www.saveourwaterrebates.com>.

The Department of Water Resources operates and maintains the State Water Project, provides dam safety and flood control and inspection services, assists local water districts in water management and water conservation planning, and plans for future statewide water needs.

Source: Save Our Water ★

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MPG

Andy Warhol: Portraits

Coming in March to the Crocker Art Museum



Andy Warhol, Self-Portrait, 1986. Acrylic and silkscreen ink on linen, 108 x 108 x 1 1/2 in. The Andy Warhol Museum, Pittsburgh; Founding Collection, Contribution The Andy Warhol Foundation for the Visual Arts, Inc., 1998.1.814. © 2015 The Andy Warhol Foundation for the Visual Arts, Inc. / Artists Rights Society (ARS), New York

SACRAMENTO REGION, CA (MPG) - The status symbol of the disco era was the commissioned Warhol portrait. Opening in March 2016 at the Crocker Art Museum, “Andy Warhol: Portraits” features more than 160 works exploring the development of the artist’s iconic portrayal of the famous or wealthy. Included are Polaroids, fashion sketches, photo-booth film strips, and more. Visitors will also have the interactive opportunity to create their own Warhol Screen Test using a 1960s film camera outfitted for the digital era.

Mapplethorpe, and Jean-Michel Basquiat. Actors Judy Garland, Jane Fonda, and Sylvester Stallone epitomize Warhol’s fascination with Hollywood and filmmaking.

“Celebrity fascination never goes out of style. It evolves with us generation by generation, through the transformation of media,” said Crocker Curator Diana L. Daniels. “Andy Warhol was an original in making us lust for what we already have in abundance: images of sex appeal, power, and wealth.”

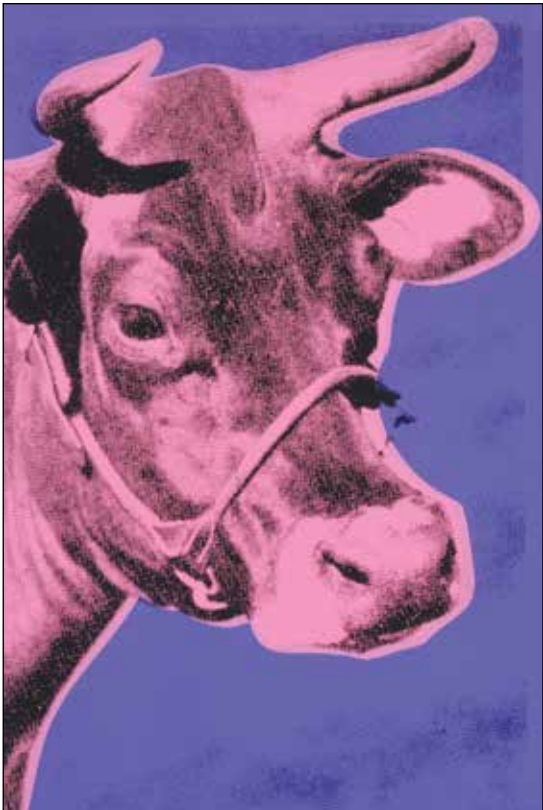
Significantly, it was Warhol’s commissioned portraits that became synonymous with power and beauty, wealth and accomplishment. The basis for Warhol’s paintings was always his Polaroid photography. After 1968, sitters posed privately for dozens of unique images taken by the artist. Only one from a session resulted in a final portrait, and commissioned works were sold in pairs. This practice was profitable, but also paradoxical. The dual image emphasized the vanity of the sitter while the doubled-up presentation effaced the notion of the sitter’s originality, or being one-of-a-kind.

The exhibition, which runs through June 19th, 2016, will be complemented by additional Museum programming, including portrait-making workshops for youth in March and April, live performances, Warhol-inspired parties, a symposium, and more. The Crocker is the only California venue for this career survey, which was organized by The Andy Warhol Museum, one of the four Carnegie Museums of Pittsburgh.

The Crocker Art Museum was the first art museum in the Western U.S. and is one of the leading art museums in California today. Established in 1885, the Museum features one of the country’s finest collections of Californian art, exceptional holdings of master drawings, a comprehensive collection of international ceramics, as well as European, Asian, African, and Oceanic art. The Crocker is located at 216 O Street in downtown Sacramento. Museum hours are 10 a.m.–5 p.m., Tuesday–Sunday; 10 a.m.–9 p.m., Thursdays. Every third Sunday of the month is “Pay What You Wish Sunday” sponsored by Western Health Advantage. For more information, call (916) 808-7000 or visit crockerartmuseum.org.

Source: Crocker Art Museum

★



Andy Warhol, Cow, 1976. Screen print on wallpaper. 45 1/8 X 29 1/2 in. The Andy Warhol Museum, Pittsburgh, IA1994.7. © 2015 The Andy Warhol Foundation for the Visual Arts, Inc. / Artists Rights Society (ARS), New York

“Andy Warhol: Portraits” spans Warhol’s life-long preoccupation with self-portraits in addition to images of the 20th-century luminaries who eagerly sat for him. Featured in this career survey are fashion scion Yves Saint Laurent, playwright Tennessee Williams, Pulitzer-Prize winner Truman Capote, and artists Keith Haring, Robert

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Are You Ready to Rugby?

Sacramento Valley Rugby Foundation Set to Host The 32nd Annual “Kick Off Tournament” at Cordova High, Jan. 30th And 31st

Story by Ray Schwartz
(ray@geremiapools.com)

SACRAMENTO REGION, CA (MPG) - What started from humble beginnings—an opportunity to get pre-season playing time for lots of young high school rugby squads—has blossomed into the largest Youth and High School Rugby Tournament in the United States (and likely the entire Western Hemisphere!).

The Kick Off Tournament, affectionately referred to as the KOT, is still run today by some of the pioneers who first took this on in 1984, when seven high school clubs were featured. Jerry Ahlin, Ray Thompson, Pete Deterding, Bob Luttrell, Joe Cavallero, Zack Finney, and a posse of their finest friends, come together in a massive volunteer effort to pull off quite a show, each and every year. They do so for the love of the game, and for the kids who love to play!

Many of the finest players, coaches, and rugby clubs in America have been featured over the years, including Jesuit High, many times over National Champions. Other top local clubs to have begun their season at the KOT, and gone on to compete that Spring at the National Championships include Cougars (Del Campo), Islanders (Burbank), Vacaville, Christian Brothers, and most recently Dixon, Granite Bay, and Sierra Foothills.



Many of the finest players, coaches, and rugby clubs in America have been featured over the years, including Jesuit High, many times over National Champions. Photo courtesy David Barpal Photography



Today, top high school rugby players have often grown to compete over six or eight seasons, and in some cases, played under the same coach, or program, the entire time. The quality at the top keeps growing finer each and every year. Photo courtesy David Barpal Photography

By 2005, the event had grown to 30 clubs, playing on three fields at Granite Park. The popularity of youth and high school rugby was beginning to explode at that time, not simply locally, but across the Bay Area and indeed America. In fact, a recent report from the Sports & Fitness Industry Association (according to the Maryland-based organization’s U.S. Trends in Team Sports Report) reveals participation in tackle football fell 21 percent from 2008-2013, while rugby experienced the biggest gain of all youth and high schools sports, growing a whopping 81 percent during that time!

The KOT, a large, established structure on the game’s competitive calendar, was uniquely positioned to help foster this growth. 2006 saw the addition of Girls play, while 2007 saw the event expand to two days and include a free Middle School clinic. For the past three years, now at Cordova High, seven to nine fields have seen play all day, both Saturday and Sunday, featuring an average of 130 sides playing a staggering 205 30-minute matches!

Clubs have visited the KOT in the recent past, seeking some warm California sun, and the chance to compete with locals, the likes of the Jesuit Marauders..., clubs from across the Bay Area (Santa Rosa to Morgan Hill), but also from as far

away as Oregon, Utah, Colorado, Washington, SoCal, and even several from Alberta, Canada.

Referees visit from even further, with several coming each year from Canada, but also Pittsburg, New York, Massachusetts, Idaho, Germany, and South Africa! In order for the KOT to grow, and to continue to provide quality matches, the word went out across USA Rugby, “Send us your refs!” Four brave souls answered the call in 2006, and more and more refs have come every year since.

As the KOT grew, however, the need to help produce and develop a local crop of refs came with the territory. So the KOT leveraged our wealth of sunshine and matches needing officials, to create a unique Referee Development Program. The KOT RDP features a free day of referee training Friday at Sac State, and two full days of valuable referee coaching throughout the event. Our own Raley’s College Greens donates all the food for the ref tent!

As richly rewarding as hosting young stars of the game can be (many ruggers who’ve played at past KOTs have gone on to play for, and even Captain, USA National teams), there’s no greater joy than watching U-8s and U-10s blossom into feisty U-12s and eventually become skillful, competitive middle schoolers!

It’s at these junior levels that the popularity of rugby has finally taken off. Today, top high school rugby players have often grown to compete over six or eight seasons, and in some cases, played under the same coach, or program, the entire time. The quality at the top keeps growing finer each and every year.

So why rugby?

To some rugby is a muscular ballet with mud and blood, while to others it just looks like a brawl. A violent contact sport with no padding? In this day and age of heightened concerns over sports concussions? But to those who take the time to peel back the veneer and take a closer look, they see adults mentoring children; coaches who carefully teach players to respect themselves, their opponents and the game itself.

With top notch coaching, confidence and skills grow over time. Fitness reigns supreme. The head and neck must never be a part of the rugby tackle. Speed and power, choreographed teamwork, brilliant ball handling and precision kicking are often on display. But look closer still and you’ll notice there are no timeouts. The coach, who runs practice, has little to no input once the match has started. The coach elects a Captain, who is the only conduit to the Ref. The Ref, in turn, tries to manage a fair contest between two sides through the Captains.

Rugby is certainly an interesting contradiction. Though the players seem to be trying to tear each other’s head off, they help each other up off the ground, and cheer each other (and meet to shake hands) after every match. And players will always refer to the referee as “sir.” While the ref is just trying to keep heads from being torn off, a good ref can bring a competitive match up to a boil, while never allowing it spill over. All players contribute, all get to handle the ball, and all shapes and sizes of players are welcome. Passion created from this game is measureable.

Why Sacramento Rugby?

Students of sports history know the oldest sport offered at Cal (UC Berkeley) is rugby, which started playing in the 1880s. Other local rivals, St. Mary’s, Santa Clara and Stanford, all share long, rich rugby traditions as well, with St. Mary’s having just won their first National Championship (in any sport), May 2014, at Stanford (featuring many local ruggers), and repeated in 2015!

As the First World War concluded, the Olympics embraced rugby, offering a Gold Medal (won by the USA) in both 1920 and ’24. Graduates of these Universities combined, with rugby players from San Francisco’s Olympic Club, to train, as they traveled by ship, and win these medals. Captaining the ’24 team was Colby “Babe” Slater from nearby Woodland. But after the Gold Medal match in Paris, where unruly French fans nearly rioted as USA beat France, rugby was dropped from the Olympic program.

The tradition of rugby, however, lingered across Northern California. Though college and then pro football took over, 1953 saw a small rebirth of rugby when the first Monterey Rugby Classic was held. Clubs and tournaments popped up everywhere throughout the 1960s (UC Davis and Sac State have both recently celebrated their 50th year of rugby). In 1982, a sturdy group of Sacramento sportsmen travelled to Europe on a rugby tour. They went as players, only to return with a newfound desire to teach the game they grew to love. So a new high school rugby competition began in Sacramento, kicking off with our first ever KOT!

Most years, weather permitting, Sacramento offers a long winter/spring playing season, as local clubs draw upon a wealth of coaches, referees, and administrators to help develop young players and squads to enjoy the game, the same game played in Olympics of old. The size and depth of the local competition here remains unrivalled across American rugby’s landscape.

It is no coincidence that as soon as Sacramento built a top notch soccer facility, USA Rugby scheduled an International match here.

As USA beat Canada in front of a sold out crowd, 8,000 made it out to Bonney Field, June, 2014, the blazing Sacramento sunshine proved a valuable advantage. When USA played the mighty New Zealand All Blacks at sold out Soldier Field in Chicago, November 1st, three Jesuit grads suited up for USA (Lou Stanfill, Eric Fry & Blaine Sculley) while another three players came from Bay Area high school programs.

A doubleheader then came back to Bonney Field last July (during the State Fair) as we witnessed USA beat Japan, and Fiji tie Samoa. And as PRO Rugby announced its inaugural season (this coming April-June), Sacramento was awarded its first of six teams!

An abbreviated brand of the game of rugby called “Sevens” has traditionally been played locally, though only in the summers. Sevens is now introduced to the Olympics, with the first Gold Medals, Men’s and Women’s, on offer in 2016 in Rio de Janeiro. With USA Women presently ranked 5th, and the Men ranked 9th (and rising!) on the World Sevens circuit, we can certainly expect to see Americans, and hopefully some Sacramentans, competing in the Medal rounds in Rio!

So, to get your rugby knowledge and appreciation flowing, plan to attend the 32nd Annual KOT at Cordova High Jan. 30 and 31! Matches kick off early both days!

This year’s KOT features (in addition to the usual local clubs) a first ever Girl’s Middle School seven-a-side competition, and far more Girl’s play than ever. Gridley makes its first appearance, fielding 6 sides! Davis and Dixon has combined to form Solo (Solano-Yolo) Rugby, Los Gatos United is coming strong, Liberty (Washington) returns for their fourth KOT, bringing 3 sides.





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