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AMERICAN RIVER Messenger

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August 7, 2015

FAIR OAKS COMMUNITY UPDATE



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FOR THE LOVE OF BOOKS



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An Epic Day for Eppie's Athletes



Story and photos by Susan Maxwell Skinner

FAIR OAKS, CA (MPG) - Almost two years after its founder died, Eppie's Great Race endures as restaurateur and philanthropist Eppie Johnson's legacy. Inspired by his love of the American River Parkway and dedication to fitness, Arcade resident Johnson began an annual event that has become almost as central to Sacramento summers as Independence Day.

For the 42nd Eppie's Great Race last weekend, the American River flowed cool and fast. In contrast, morning Parkway temperatures rose to challenge more than 1,300 athletes. As it has since 1974, the "world's oldest triathlon" set a cracking pace through stretches of Sacramento, Arcade, Carmichael, Fair Oaks, and Rancho Cordova. Participants ranged in age from 11 to over 80 years old. The overall winner was a 57-year-old Sacramento orthodontist, Dr. Vic Vicari. The Ironman sealed his 11th Eppie's victory in less than one hour and 50 minutes.

The race began with the national anthem at William Pond Park in

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Last weekend, Eppie's Great Race tested athletes from across the nation. 1,300 cyclists turned bike trails into speedways (top photo). Competitors completed the kayak stage below the Harold Richey Bridge. The event's three phases traveled Arcade, Carmichael, Fair Oaks, Rancho Cordova, and stretches of the American River and its Parkway (above).

SCSO Announces New Director of Marketing and Public Relations

FAIR OAKS, CA (MPG) - The Sacramento Choral Society & Orchestra (SCSO) has released a statement announcing the appointment of a new hire to the SCSO Board. The statement is as follows:

"As the Sacramento Choral Society & Orchestra eagerly embraces its 20th season of providing classical music performances and education and outreach opportunities for our



Jeannie Brown is the Director of Marketing and Public Relations for the SCSO. Photo courtesy of SCSO

region, we are delighted to announce that arrival of a new Team Member on the SCSO Board. Jeannie Brown is the Director of Marketing and Public Relations for the SCSO.

"Our arts nonprofit organization is enjoying a healthy period of growth and we are delighted to have Jeannie share her time, talents, energy, and vision as we continue to cultivate and enhance the arts in our region," says SCSO Board President James McCormick.

A San Jose, California native and local Realtor with Keller

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Splish Splash Summer Fun at the Aquatic Center

By Sal Arrigo Jr.

How many times have you driven near or bicycled past that lake located on Hazel Avenue just off of Highway 50? This is Lake Natoma, home to the Sacramento State Aquatic Center, a facility that opened in 1981 and is open to the general public, but is the best-kept secret for water recreation activities in the area. Perhaps residents believe it is a private facility only to be used by Sacramento State faculty and students, but let me tell you, they are missing one quality aquatic venue.

There are water activity programs for all ages and abilities at the Aquatic Center, and if you are afraid of the water, the Aquatic Center staff is available to assist you in conquering that fear. If you have ever wanted to sail or kayak, here is your chance to learn in an atmosphere dedicated to teaching you the proper techniques and, above all, how to be safe on the water. Cindi Dulgar, associate director of the Sacramento State Aquatic Center and veteran water enthusiast, told me about an eight-year-old girl who took a boating safety class from

her many years ago. The girl remembered her safety training and was instrumental in averting a potentially dangerous situation that occurred on a family outing.

I asked Cindi about the highlights of her time at the Aquatic Center, and she pointed to the many photos she has accumulated over the years of people who have taken classes in water safety and now have gone on to help educate others, not just in boating safety, but in learning the teamwork and leadership skills that are also taught at the Aquatic Center. The Center

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Windsurfing is another popular recreation activity on Lake Natoma. Photo courtesy of the Aquatic Center

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Golf Tournament Changes the Lives of Special Needs Youth

By Elise Spleiss

SACRAMENTO REGION, CA (MPG) - "It's All About the Kids" is how all those involved in this year's annual Sacramento Rotary "Golf 4 Kids" fundraiser on August 10th. Funds raised from this one event have been changing the lives of 100 special needs students at Ralph Richardson Center in in the San Juan Unified School District (SJUSD) in Carmichael and three other schools in the Sacramento City Unified School District (SCUSD) for three decades.

The annual tournament held at the Northridge Country Club in Fair Oaks funds programs for the physically and health impaired at the Richardson Center, and at Luther Burbank High School, Fern Bacon Middle School, and Bowling Green Charter School in the SCUSD.

Parents of children with special needs living in these school districts are very fortunate. The Ralph Richardson Center is a unique and successful public school located within the SJUSD. They provide a wide variety of unique resources for 100 children and young adults with special needs ages 3 to 22.

Richardson Center Principal Beth Von Striver in a phone interview emphasized the importance of the event: "What happens on this golf course on this one day makes or breaks what we do here." Eighty-five percent of funding for these schools comes from the proceeds of this one event.

Von Striver added that the center would not have the quality of their aquatic program or maybe even its existence if not for the funds they receive from the Rotary. Funds are needed for equipment used in and out of pool and for its upkeep. Most of the therapy can only be done in the warm water pool, not on land.

According to Bob Miller, event chair, providing technology is of major importance to

Staff members from Richardson Center and Luther Burbank High School pose with the Diedrich family and Andre Justice's family. Photo by John Swentowsky

these students. Von Striver added, "The only way for most students to communicate and make their needs and wants known is from access to latest technology." A large cost has been the purchase of seven wall-sized Smart Boards and and one Apple TV at a cost of \$5,000 each, including installation by the district.

Programs include physical and occupational therapy, adaptive PE classes, and music classes. It is common for students to produce their very first words and sounds during their music classes, which are also aided by technology.

A typical example of success is eight-year-old Ian Diedrich. At the Sacramento Rotary meeting on July 21st, Ian was able to get up from his wheelchair with the help of braces on his legs and walk with his mother's help. His mother and father, Colleen and James, moved to Carmichael from Rancho Cordova in mid-2014. After just one year at Richardson, Ian, who upon arrival was confined to his wheelchair, was walking with help, his stamina had improved, and he was happy. Colleen said he would often cry when they began to pull away from the school at the end of the day.

Colleen Diedrich noted that, "A key to the success of their programs for these students is the many professional and collaborative skills all on one campus from

staff who have dedicated their lives to helping and supporting their students." Many staff members have been at these schools for decades.

Andre Justice is another success story, recently graduating from Luther Burbank High School in Sacramento. Prior to his four years at Burbank, Andre attended Bowling Green Charter School for three years. His mother, Andrinus Pernell, says she no longer worries about her son, who is proud of his independence. Although still in a wheelchair, he can take the bus on his own, budgets his money, and was elected prom king.

These schools change students' quality of life and greatly affect their transition into the real world. This assistance is especially helpful for older children and young adults transitioning into the workforce.

The "Golf 4 Kids" tournament is in its 93rd year, making it the oldest charitable event in the history of the Rotary. This Rotary event is the oldest charitable event in the history of Rotary International. In the mid-1980s, it shifted to a golf tournament.

For information on the golf tournament or to register, go to www.sacrotarygolf4kids.com or call (916) 929-2992. You can also visit [RalphRichardsonCenter](https://www.facebook.com/RalphRichardsonCenter) on Facebook.

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Crowds of Locals Run the Fab 40's 5K



More than 900 people participated in this year's Fab 40's 5K Run/Walk, with the proceeds going to the local chapter of the Alzheimer's Association for use in support of caregivers in the region. Photo by Paul Scholl

By Sal Arrigo Jr.

A beautiful Saturday morning was had by all! The eighth annual Fab 40's 5K Run/Walk took place in East Sacramento on Saturday, July 25th. This is a unique event: It starts and ends at East Lawn Memorial Park, and if that is not enough to get your attention, it is the only 5K of its kind in the United States, and is home to the Alzheimer's Wall of Remembrance. This Wall was constructed so people can permanently inscribe the name of a loved one who has succumbed to Alzheimer's disease.

There were more than 900 people who participated in this year's event—six from Fair Oaks and nine from Orangevale—taking in the sights and sounds of the area as they reflected on the importance of the morning. The proceeds from this event went to the local chapter of the Alzheimer's Association for use in support of caregivers in the region. As participants made their way along the 3.1-mile course, they read

educational signs informing them about Alzheimer's disease. The one that sticks in my mind read, "Everyone knows someone who has been affected by this disease." A co-worker, your mailman, your banker, the grocery store clerk, all know someone who is dealing with the sixth leading cause of death in this country—Alzheimer's disease.

Even though this race brings to light a serious subject, the participants were able to enjoy some diversions in the form of the many vendor booths, which included chili sampling, face painting, and snacks and refreshments.

Special thanks must be given to Big Jim Hall, the announcer for the event. There were also more than 40 sponsors for this year's event, including the following:

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Thank you, everyone, for your support of the 2015 Fab 40's 5k Run/Walk! As the founder of "Sal's Pal's," I will once again be doing my part next year on July 30th, 2016. Team "Sal's Pal's" has been challenged by "Team Unforgettable" to get the most people to participate. Help us be victorious—consider joining me next July. You have a year to prepare for the 3.1-mile walk! ★

Splish Splash Summer Fun at the Aquatic Center



Try stand-up paddling at the Aquatic Center. Photo courtesy of the Aquatic Center

Continued from page 1

employs a small full-time staff and many part-time employees. Many are students from Sacramento State who have an interest in outdoor recreation.

Cindi mentioned that the Aquatic Center is very affordable for a family to enjoy, and they see families from "all walks of life." I asked Cindi to name some of the major reasons why people enjoy recreation at the Aquatic Center, and she said, "There is no pressure or competition to learn how to kayak;

you go at your own pace." The facility also has meeting rooms, birthday party packages available for the general public, and a barbecue area. It is a beach party right here in the Sacramento region without having to go to the coast.

Some of the opportunities available include basic windsurfing, basic sailing, basic kayaking, river kayaking, basic canoeing, and stand-up paddling. There are special events such as the Sunset Paddle, or if that is too late in the evening for you, then try the Breakfast

Club that launches at 6 a.m.! The Aquatic Center is home to the Sacramento State Rowing Team along with many collegiate and state championship events.

There is still time to sign up and enjoy the Aquatic Center. Classes are available now through Labor Day and beyond. Summer vacations may officially end at this time, but the Sacramento State Aquatic Center is open for business! For more information, go to www.sac-stateaquaticcenter.com or call (916) 278-2842.

See you on the lake! ★



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FAIR OAKS COMMUNITY UPDATE



County and then introduce Mr. Hudson as our guest speaker followed by questions and answers.

And thank you to all Fair Oaks residents who dropped by my table last month when I held “Office Hours” before the Thursday Night Concert in Village Park on July 23rd. I started holding “Office Hours” in 2005 at various venues around the Third District and it is now an annual tradition that provides residents the opportunity to visit with me at selected community events and talk about items of interest with no appointment necessary.

District Attorney Youth Academy

District Attorney Anne Marie Schubert in partnership with the Sheriff’s Department and Sacramento Police Department will be sponsoring a youth academy for students to actively learn about the criminal justice system, hear from our criminal justice partners, and engage in open communication with law enforcement about issues that affect young people today.

Topics include anatomy of a criminal case, race as a factor in the criminal justice system, law enforcement use of force, gun violence, gangs, dating violence, stalking, human trafficking, marijuana and the law, Laboratory of Forensic Services, crime scene investigation (CSI), and distracted

driving. There will also be an optional one-day field trip to the Sacramento Superior Court.

Classes will be held twice a month on Thursday evenings from 6 p.m. to 7:30 p.m. beginning October 8th, 2015, through March 31, 2016, at the Sacramento County Sheriff’s Community Center, 7000 65th Street.

The program is open to current Sacramento County high school students (incoming 10th through 12th graders). Eligible students can apply for the program this fall and need to submit a completed application, which can be downloaded at www.sacda.org. The deadline to apply is September 11th.

For more information, please email YouthPrograms@sacda.org.

Waste Collection Reminder

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

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

County Executive to Speak

Please join me 7:30 a.m. on Wednesday morning, August 19th, at my Fair Oaks Community Coffee Meeting featuring County Executive Brad Hudson.

This meeting will be held at the Fair Oaks Water District’s conference room, 10326 Fair Oaks Boulevard, near Winding Way. The meeting starts at 7:30 a.m. and I will give a brief update on what is going on with Sacramento

Park Ranger Pilot Program

FAIR OAKS, CA (MPG) - The District will begin a new Park Ranger Pilot Program with the Fulton-El Camino (FEC) Park Rangers. The program will allow park rangers to patrol parks daily, providing security and law enforcement services for park users and programs.

The goal of the Pilot Program is to provide park visitors and their families with a safe and enjoyable recreation atmosphere

in all of the parks and facilities. Professional interaction with visitors, as well as a balanced combination of education and enforcement of parking and basic code violations (dogs off leash, vandalism, theft, etc.) by the FEC Park Rangers, will help accomplish this goal.

Additionally, the District is currently in the recruitment phase to obtain a contracted towing company to assist in

maintaining safe parking practices in the parks, with a focus on maintaining clear fire lanes and accessible ADA access.

For additional information, please contact the District office at (916) 966-1036 or email communitysuggestion@fairoakspark.org.

Source: Fair Oaks Recreation and Park District ★



Dare to Live Without Limits

The Things You Didn't Do

by Bryan Golden



Looking back on their lives, people tend to regret the things they didn’t do, rather than those things they did do. It’s the chances they didn’t take or the opportunities they allowed to go by that they lament.

Human nature makes us risk avoidant. We prefer that which we perceive as safe instead of anything risky. The known is much more appealing than the unknown. So your innate tendency will be to avoid those opportunities where success isn’t guaranteed.

Put things off until later and you wind up never doing them at all. Time goes by too fast and its speed increases every year. Your age doesn’t matter. You’re never going to be as young as you are today. So get started today working on those things you want to accomplish.

Here are some common regrets expressed by people in surveys. Use them as a guide to assess where you are and make any adjustments needed. You may see things you haven’t done up to this point. If there are things you really want to do, get started.

Not finishing your education. An education is an investment in yourself that pays off your entire life. It’s easier to complete your schooling while you are young and free from the obligations and responsibilities of later life. However, you can continue your education at any point in your life. There are numerous examples of people getting degrees well into their retirement years.

Not spending more time with your children. When your kids are young, you are working hard to support your family. This process holds true whether one or both parents are working. You are striving to keep your family comfortable and providing for all of their needs.

Your kids will grow up quickly. Before you know it, they will be starting families of their own. Spending time with your children when they are young should be at the top of your priority list.

They need you and you need them. It’s never too late to start spending more time with your kids. If they live a distance away from you, keep in contact via phone and internet.

Not spending enough time with your parents. You only have one set of parents. You are uniquely connected to them in a way that is different from everyone else. Your parents won’t be around forever. When you have a busy life, you tend to put off spending time with family. This is especially true when they live far away. When your parents are no longer with you, you don’t want to feel bad that you didn’t appreciate them more and spend additional time with them.

Not living life your way. There is always a lot of pressure to conform. You worry about what other people say, think, and do. You don’t want to disappoint those closest to you or make them unhappy. It’s your life and you are responsible for your happiness. Achieving someone else’s goals results in frustration. Follow your own path and pursue your own dreams.

Not trying something because of fear. Fear of failure can prevent you from pursuing your interests. Allowing fear to dictate your actions inhibits success. You feel it’s safer to avoid risky behavior rather than attempting something that may not work out as planned. However, the only way to attain goals is by moving out of your comfort zone. Something that doesn’t work out as planned isn’t failure, it’s a learning experience. Live your life to its fullest. Do things and try things. When you look back on what you have done, you don’t want to regret those things you didn’t do.

NOW AVAILABLE: “Dare to Live Without Limits,” the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2011 Bryan Golden. ★

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By Ronnie McBrayer

There are some people who, quite frankly, are impossible to love. You can't dig deep enough, can't try hard enough, can't believe enough, and can't go far enough to make it happen. And I'm not talking about the likes of Adolf Hitler and Charles Manson, either. If only a few such sinister creatures existed, then the world could sing together one great chorus of "Kum Ba Ya," and move on to the Promised Land.

No, the unlovable are everywhere, and they are fairly normal people, not sinister monsters who challenge our capacity to love. Bosses, coworkers, in-laws; your rival on the field, in the boardroom, or in the marketplace; your ex-spouse. The guy who cut you off in traffic. The obnoxious mother at your kid's Little League game. There are some real jerks in the world, and they aren't too interested in becoming kinder, gentler, more loving people.

The irony in all of this lack of love is that your personal ability to love others has nothing to do with them. And it has nothing to do with you. See, you can't make yourself love other people, and you can't make them more loveable.

Real love, if it is love, comes from God. So, if the unlovable people we encounter are going to be objects of any level of affection – and I'm not talking about hot, fiery emotion but genuine, gracious concern



Practice Love

– then love is something that God must do through us, to us, and for us – and for others. It's not something we can produce on our own.

Instead, we must get to know God better; be more receptive to the Divine; become more trusting of who God is and what God can do, and less confident in our own limited abilities. The more this relationship deepens, the more of God's love we experience; and the more of God's love we experience, then the more loving we become.

So if we start with the source of love, rather than starting at a hoped for outcome and work backwards, we get what we really need, and we are empowered to become people who are patient, kind, and unselfish. We become the kind of people who, as the ancient Church Father Clement of Alexandria put it, "practice being God," for "God is love" (as the Apostle John put it), and those who know God best love the deepest.

But doesn't that seem counterintuitive to much of what we witness in the world of faith? Those who know God best love the deepest? This would appear not to be the case. To hear the tale told, those who know God best are those who are the most doctrinally entrenched, the most committed to their particular dogma, denominationalism, or neo-puritanism.

Those who claim to know God the best are often the most inflexible, stubborn, and most

difficult with which to work. Those who are the most "spiritual" can simultaneously be the most ungracious and unloving. Yet, this is a horrible oxymoron, inconsistent with a genuine relationship with God.

I interact with people all the time who think the solution to Christianity's contemporary troubles is "more." We need "more doctrinal statements; more declarations of what we believe, more clarification of right and wrong, more lines to determine who is in and who is out." I would agree that the answer is "more," for sure. But it is more God, resulting in more love, and that will make the difference.

The objections to such conclusions I hear all the time as well: "If we only focus on love, we'll wander into all manner of error and heresy," some will say. Maybe. But we cannot ignore the fact that the greatest act of sacrilege has nothing to do with doctrine. The greatest act of sacrilege is the failure to love one another. We might have all of our doctrinal "T's" crossed and our authoritative "I's" dotted, but if we aren't allowing the love of God to flow through us to others, then we have a lot of practice still to do.

Ronnie McBrayer is a syndicated columnist, pastor, and author. His newest book is "The Gospel According to Waffle House." You can read more at www.ronniemcbrayer.me. ★



By Marlys Johnsen Norris, Christian Author

God longs to have a personal relationship with each one of us. Those whose desire is to please God with their lives most likely have decided to become a part of God's heavenly kingdom here on earth. The Spirit of God indwells every believer from the day they invited Jesus into their hearts and lives. This unity makes these people an effective

Citizens of the Heavenly Kingdom

and powerful team of love and mercy for Jesus Christ. They stand as an immovable force of their faith in the Gospel, representing sound doctrinal truths.

The legacy of faith has existed for generations and will live on forever. The people of faith come together in one accord, standing and understanding the wrath of God and His response to those who reject His deity and holiness. Yet, they will still reach out in love so that some might also receive God's gift of eternal life given through His beloved son. They are not fearful of those who oppose them for standing firm in their faith. They stand with uplifted love and prayer that others will receive a "new life" and the blessings of God. They

are unified for all eternity and are loving witnesses to all peoples everywhere.

The longer one knows God, the more amazed one becomes at how the hand of God's loving grace and mercy touches so many lives. God forgets no one! His love is so magnanimous that none of us have any idea how powerful and miraculous it really is. Our knowledge and understanding of God only scratches the surface, but one day we will know all things as citizens of His Heavenly Kingdom in eternity.

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

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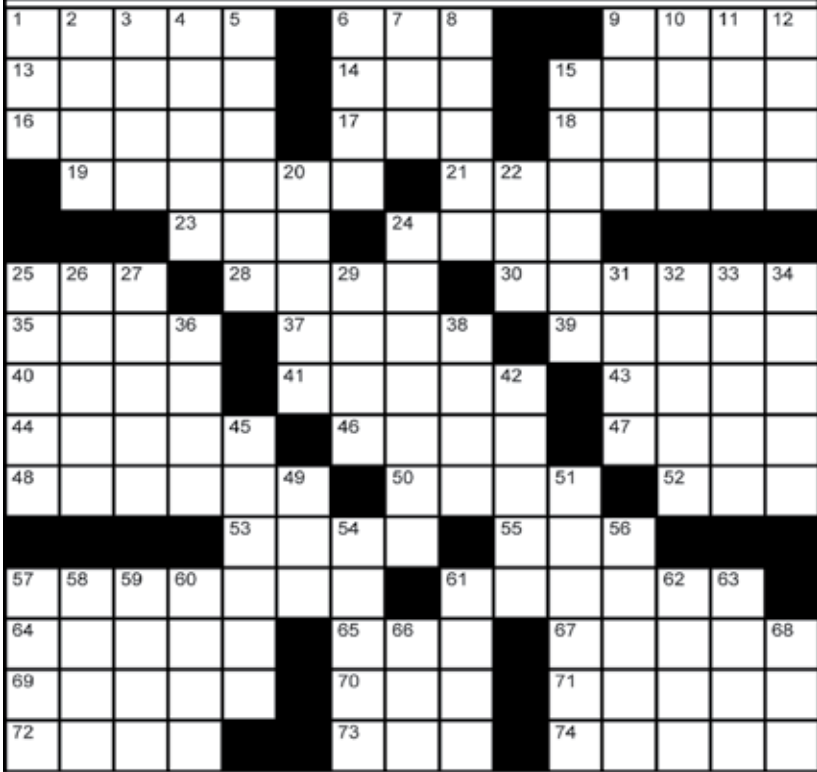
ACROSS

1. Bewildered or confounded
6. Cul de ____
9. Rum cake
13. Church bell sounds
14. Anger
15. Give a green light
16. Dogma
17. ____ Aviv
18. Cancer sign?
19. *Higher education result
21. *L in LMC
23. "Yakety ____"
24. W.'s advisor
25. Tube in old TV
28. *Classroom pests
30. Catching sight of something
35. "Jack and the Beanstalk" instrument
37. ____ Scotia
39. Ownership document
40. Sixth month of civil year
41. *Classroom ball
43. It's a long story
44. Fat or wax
46. Kindred
47. Resembling wings
48. Destiny
50. Volcano in Sicily
52. Japanese capital
53. *You work with it in shop class
55. *Where most of American History occurred
57. *Difference between public and private school
61. * ____ and (#34 Down)"
64. Saw logs
65. Like arctic air
67. *Digital text
69. *He's in the class play
70. *Driver's Ed classroom
71. Kitchen appliance
72. "The ____ Not Taken"
73. Lamb's mother
74. Iron Mike

DOWN

1. Pertinent
2. Got ready to drive
3. Healthy
4. Lament for the dead
5. Stellar
6. Place or location
7. "We ____ the World"
8. *Usually in orchestra but not marching band
9. Foggy view?
10. * ____ mater
11. Uncouth one
12. Wrong
15. As good as it can be
20. Augmenting
22. " ____ Got the World on a String"
24. Canceled
25. *Marker's predecessor
26. *r in a math formula, pl.
27. Golf bunkers
29. Kind of soda pop
31. Leaning Tower city
32. "The "boot" in Geography class
33. Aquarium scum
34. *"(#61 Across) and ____"
36. " ____ and proper"
38. Not much
42. Boredom
45. More dewy
49. Also
51. Declare with confidence
54. Chilled
56. Cornered
57. Nicholas II of Russia, e.g.
58. To a remarkable degree, British
59. I, to a Greek
60. Walked on
61. Greek muse's strings
62. A long, long time
63. Not happening
66. Crow sound
68. Boy toy

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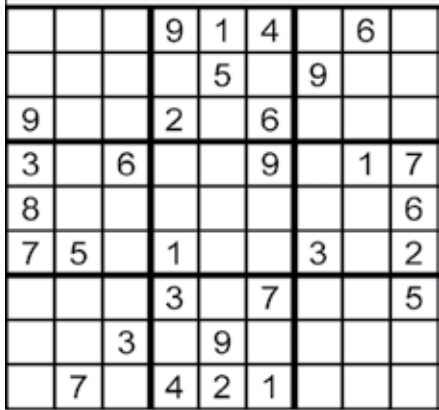
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Crossword Puzzle on Page 6

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

Sudoku Puzzle on Page 6

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



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Raley’s Customers Raise Funds for Veterans

SACRAMENTO REGION, CA (MPG) - Raley’s Family of Fine Stores was pleased to present Friends of Travis Fisher House with a check in the amount of \$100,000. The money was raised by customers through Raley’s nickelAid program.

The Fisher House Foundation is best known for a network of comfort homes where military and veterans’ families can stay at no cost while a loved one is receiving treatment.

“The Friends of Travis Fisher House is greatly appreciative to Raley’s for this generous donation,” said Terry Meader, treasurer. “Your donation will go far toward our normal operating expenses for food, supplies, and upkeep. We will now also be able to repair or replace our gazebo, cover our patio, and do necessary repairs and upkeep to the children’s playground.”

Through nickelAid, every time a customer used a reusable grocery bag—paper, plastic, or canvas—at any Raley’s, Bel Air Markets, Nob Hill Foods, or Food Source locations, the company donated 5 cents per bag to the benefiting cause and absorbed 100% of administrative fees related to the effort. “Raley’s is proud to support our local communities and it is with great honor that we donate \$100,000 to Friends of Travis Fisher House,” said Chelsea Minor, Raley’s spokeswoman. “In partnership with our customers, we are reducing the number of plastic bags in the waste stream, while giving back to our community.”

With changing regulations on the use of plastic bags, the nickelAid program will be discontinued.

For more information, please contact Raley’s Director of Public Relations and Public Affairs Chelsea Minor at (916) 207-7060 or email her at Cminor1@raleys.com.

Source: Raley’s ★

Eppie’s 42nd Is Epic for Athletes

Continued from page 1

Carmichael. Runners followed a six-mile route to the Guy West Bridge near California State University. Here, the bike transition initiated a 12-mile pedal to the beach below Sunrise Boulevard Bridge. Boarding kayaks and braving the San Juan Rapids, the competitors followed the American River downstream to celebrations at River Bend Park in Rancho Cordova. An estimated 4,000 supporters and 1,000 volunteers cheered participants throughout the event’s three stages.

In 42 years, the triathlon has raised more than one million dollars to aid programs for Sacramento County Therapeutic Recreation Services. “Eppie loved the activities it provides for disabled people,” said a race spokesperson. “And he loved this race. It was his baby.” ★

SCSO Announces New Director of Marketing and Public Relations

Continued from page 1

Williams in Folsom, Jeannie grew up in a family of talented artists and music lovers. After raising her own family, Jeannie found her niche of creativity in home staging and real estate marketing. Jeannie is a professional speaker and trainer whose list of community service leadership includes: High School PTA President, California Ambassador - IAHPSP Charity Foundation, San Jose Area Director Jacob’s Heart – Children’s Cancer Association.

Jeannie enjoys horseback riding, dressage, cooking, BBC TV, great music, and travelling with her husband who is a Captain for United Airlines. The Sacramento Choral Society & Orchestra offers an exuberant ‘Chorus of Welcome’ to its new Board Member, Jeannie Brown.”

Source: Sacramento Choral Society & Orchestra ★



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How to Choose the Best Place to Retire

Dear Savvy Senior,
My wife and I will both be retiring in a year or two and are interested in moving to a smaller house in a better climate but could use some help. What resources can you recommend for locating and researching good places to retire in the U.S.?
Looking To Relocate

Dear Looking,

If you’re interested in relocating when you retire, like millions of other baby boomers, there are a wide variety of free Web-based resources that can help you find and research a new location that meet your wants, needs and budget. Here are several to help you get started.

Where to Retire?

If you aren’t sure where you want to retire, a good place to begin is by taking a retirement test at sites like Sperling’s Best Places (bestplaces.net/fybp) or Find Your Spot (findyourspot.com). These are free quizzes that ask dozens of questions on your preferences such as climate, recreation, community size and more, and suggest possible destinations that best match your answers.

There are also various media sources and websites, like U.S. News and World Report, Kiplinger’s, Forbes, Money magazine, Reuters, Bankrate.com, TopRetirements.com, the Milken Institute and AARP that publish top retirement location lists you may find helpful too. To find them, go to any search

engine and type in “best places to retire” along with the name of the media source.

You should also consider getting a subscription to “Where to Retire” magazine (wheretoretire.com, 713-974-6903), which is designed to help you find ideal retirement settings. A yearly subscription runs \$18 for six issues.

Once you find a few areas that interest you, your next step is research them. Here are some important areas you need to investigate.

Cost of living: Can you afford to live comfortably in the location you want to retire to? BestPlaces.net and Numbeo.com offer tools to compare the cost of living from your current location to where you would like to move. They compare housing costs, food, utilities, transportation and more.

Taxes: Some states are more tax friendly to retirees than others. If you’re planning to move to another state, Kiplinger’s has a tax guide for retirees at Kiplinger.com/links/retiree-taxmap that lets you find and compare taxes state-by-state. It covers income taxes, sales tax, taxes on retirement income, Social Security benefits taxes, property taxes, and inheritance and estate taxes.

Crime rate: To evaluate how safe a community or area is, NeighborhoodScout.com is a top tool that provides property and violent crime rates, and

crimes per square mile.

Healthcare: Does the area you want to relocate to have easy access to good healthcare? To locate and research hospitals in a new area, use HospitalCompare.hhs.gov and QualityCheck.org. To search for new doctors that accept your insurance, contact your plan, or, if you’re 65 or older use Medicare.gov/physiciancompare. It’s also important to know that healthcare costs can vary by region, so you should contact your insurer to check out possible cost variables.

Transportation: If you plan to travel much, or expect frequent visits from your kids or grandkids, convenient access to an airport or train station is a nice advantage. You should also investigate alternative transportation options, since most retirees give up driving in there eighties. To do this contact Rides in Sight (ridesinsight.org, 855-607-4337), a free transportation referral service, and the Area Aging Agency – call the Eldercare Locator at 800-677-1116 to get the local number.

Other Resources

To learn more about specific communities across the U.S., AARP’s new livability index (livabilityindex.aarp.org) along with Epodunk.com and GangsAway.com are three excellent resources, as well as the city’s chamber of commerce office. To locate it, go to any search engine and type in the name of the city and state followed by “chamber of commerce.”

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit www.savvysenior.org. Jim Miller is a contributor to the NBC Today show and author of “The Savvy Senior” book.

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Return to the Dark House

by Laurie Faria Stolarz

- ◆ Publisher: Hyperion
- ◆ Release date: July 21, 2015
- ◆ Hardcover, 368 pages
- ◆ Audience: Young Adult
- ◆ Rating: ★ ★ ★ ★ ★

For the **Love of Books**

Book Review

by Amy Shane

Email: amy-shane@att.net



On the Book Jacket: *Two months have passed since Ivy narrowly escaped the Nightmare Elf's grip, but the memories of Parker, Natalie, Shayla, Frankie, and Garth continue to haunt her. Their killer is still out there somewhere. The police trail has gone cold, though, and it's up to Ivy to piece together the clues to find him.*

When a cryptic video arrives in her inbox, Ivy soon finds herself back in the spotlight, this time on a twisted scavenger hunt through the dark, ancient halls of a long-forgotten Gothic school building. Ivy's not alone, either. Taylor Monroe has returned to the scene. But can Taylor be trusted? Or is she another pawn in the Nightmare Elf's deadly game? Laurie Faria Stolarz crafts a mesmerizing thriller that will leave readers looking over their shoulders.

Amy's Review: When Ivy Jensen escaped from the Dark House, she never thought that she would have to return again. Tortured for years over the murder of her parents, Ivy is now haunted every night by the nightmares of those she left behind and the killer's true intentions. The trail has run cold and the police no longer want her help even though she is at the station numerous times a week. More importantly, Ivy can't forget Parker and the others as questions continue to plague her mind: Are the others still alive and trapped within the clutches of a killer, or did they die like the killer wants everyone to believe? The only resource she has left is to contact Taylor, the other contestant who escaped the Dark House weekend alive.


For Taylor, life has been torturous since she escaped the Dark House. Some say it's her fault that the other contestants died, and some say she was a coward for leaving them behind. All she knows for sure is that they weren't there and they will never understand the horrors she saw. However, everything resurfaces when Ivy contacts her looking for help and answers.

Consequently, as soon as the girls meet, mysterious notes and videos start to appear, forcing the girls to decide if they will participate in their leading roles once again or risk the lives


of their costars. Determined not to let the killer get away, Ivy takes the killer's directions and returns for the Dark House sequel, unaware of the horrors that await her. In true Nightmare Elf fashion, Ivy must once again face nightmares; however, this time they are someone else's. Now faced with horrors that are not her own, Ivy is expected to live out continuous nightmares in exchange for the clues she needs to find Parker and the others.

A must read for any horror fan, *Return to the Dark House* is a wicked and tormenting ride. Laurie Faria Stolarz once again leaves readers dangling on the edge of fear and reality, letting readers decide for themselves what is truth and what is a spun reality created by a director who is out to kill.

Told between the two voices of Ivy and Taylor, readers are able to look inside the minds of two terrified girls who each have their own agenda and reason for returning. Keeping up with the thrilling tempo set by the first book, *Return to the Dark House* introduces new fears and nightmares that will keep readers up late at night with a flashlight. Unable to escape from its grasp, *Return to the Dark House* will take hold of readers, propelling them into fear itself.



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PIXELS (Rated PG-13)
A film review by Tim Riley

Given its premise that aliens assume arcade games to be a declaration of war, "Pixels" finds that its target audience just might be middle-aged persons who spent a lot of time roughly three decades ago plunking quarters into video games at the local arcade.

Director Chris Columbus (the first two "Harry Potter" films and the "Night at the Museum" franchise) became sold on guiding "Pixels" to the big screen because the blend of comedy and action allowed him, in his own words, to create "an original summer movie that took you back to the 80s in an evocative, nostalgic way."

To some extent, "Pixels" would have us believe that years of mispent youth could have a payoff in the future. This would come as welcome news if you spent a lot of time in arcades, and as such, the film does have a nostalgic touch.

As kids in 1982, Adam Sandler's Sam Brenner, Kevin James' Will Cooper, Josh Gad's Ludlow Lamonsoff and Peter Dinklage's Eddie "The Fire Blaster" Plant mastered the gaming arcade universe.

A prologue centered around the world championship bout of Donkey Kong in 1982 results in a protracted gaming battle in which teenage whiz kid Sam Brenner eventually loses to the arrogant, voluble and preening Eddie Plant.

The loss is devastating to Brenner's self-confidence, though his buddies Will Cooper and Ludlow Lamonsoff try to buck him up. Still, Brenner ends up in the present day in the unsatisfying job of a techno geek, installing flat

Riley Reviews

ALIEN WAR GAMES IN "PIXELS" DERIVATIVE BUT MOSTLY FUN

screen TVs and other gadgets.

Meanwhile, Lamonsoff, younger than the other guys and the child prodigy amongst the gamers, fares even worse than Brenner. He's turned into a conspiracy theorist that still clings to his childhood crush on Lady Lisa, the cartoonish lead character in Dojo Quest, his favorite game.

On the other hand, Kevin James' Will Cooper, barely literate, it would seem, has inexplicably become the President of the United States. Yes, I am surprised too, because the likable James is more like your mall security guard or, at best, manager of a fast-food joint.

And yet, President Cooper, floundering in the polls, is in need of a boost, one that will come from the most unlikely source, namely his video tech buddy who wears a hideously ugly orange Nerd Crew uniform, and yet could be the key to a strategy to defeat alien invaders who resemble creatures from Pac-Man and Donkey Kong, among many others.

Apparently, NASA launched into space a video cassette of the 1982 championship match, and then thirty or so years later the aliens decided that this questionable cultural exchange was, in fact, a hostile act.

I would say these aliens are slow-witted if it took them this long to arrive at this erroneous deduction.

Then, perhaps, they needed several decades to create a war machine influence by Donkey Kong, Galaga, Pac-Man, Q*bert, Space Invaders, Frogger, and Centipede, among others.

Oh, let's not forget Dojo Quest, because Lady Lisa has to come alive, if for no other reason than for the socially awkward Lamonsoff to have his fantasy realized. Indeed, the sword-toting

female warrior makes a big mark.

Speaking of women, the major flesh-and-blood version is Michelle Monaghan's Violet Van Patten, who first meets Brenner when he comes to her house for an installation job. Brenner and Violet don't exactly hit it off, mostly trading sarcastic barbs and insults.

Coincidentally, Violet happens to be Lieutenant Colonel Van Patten, a trusted military and scientific advisor to the President, one who is in the war room when Cooper summons his old pal Brenner to the White House to offer tactics on fighting the alien invaders.

The fact that video game enthusiasts, known as Arcaders, would be called upon to rescue New York City from a full-scale attack seems too absurd for the military leaders, including Admiral Porter (Brian Cox, having little to do other than express contempt for the gamers).

To wage the war, the government is forced to release Eddie Plant from federal prison. Though he's still obnoxious and continues to sport a mullet, "The Fire Blaster" also has a large ego, reminding everyone how good he is at video games.

Bad attitude makes Plant the most interesting character to watch. His demands are so ridiculous that he insists on, well, a date with both tennis star Serena Williams and Martha Stewart (both of them making cameo appearances, along with assorted others).

"Pixels" is a Happy Madison Production starring Adam Sandler. This combination alone is enough for many to doubt that this film is much different than other recent Sandler efforts that flopped.

However, in a big change of pace, Sandler is more restrained than usual, allowing Josh Gad and Peter Dinklage to grab plenty of attention for comedic antics.

Younger children won't grasp a lot of the humor and cultural reference, but will likely enjoy the extensive battle scenes.

"Pixels" has its inevitable flaws, and yet a sense of fun runs through the ultimately breezy comedic action that director Columbus intended to be evocative and nostalgic. ★

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POPPOFF!

with Mary Jane Popp

transported into a land far, far away? That’s exactly how I felt as we left port in Seattle and set sail for Alaska aboard Oceania’s Regatta. It is a land like no other with fabulous scenic views of glorious forests as far as the eye can see. What an amazing state to explore. It was a fun stop at the Lumberjack Show in Ketchikan and the stately totem poles at Wrangell. These were tiny fishing ports and you got the flavor of what life is really like for the hearty people who choose to live there. By the way, they

love it and would never leave. But I have to admit it was fun getting back to the ship with all the pampering as we sailed the high seas. With 77 chefs to feed just 686 passengers, we were fed morning, noon, and night by a crew that hailed from 40 countries. High Tea was served in the afternoon with goodies and pastries as we were entertained by a String Quartet from the Ukraine. Way too extravagant, but truly lovely... The food was absolutely incredible with lobster and crab and...well, you name



Shimmering blue ice at Sawyer Glacier. Photo by Erick Sprunger

it, we ate it—including hot dogs and hamburgers and malts in the soda shop. Oi...what a spread. And there was entertainment each night with singing, dancing, and magic too. The piece de resistance was seeing the Tracy Fjord and Sawyer Glacier with the most dazzling blue ice that shimmered in the sunlight. The captain got us up close and personal with the glacier and kudos to Captain Meinhardt Hansen—it’s no easy feat with the icebergs floating so close you think you can touch them. He even sent out a rescue

boat to gather ice from the glacier so we could actually touch it. Then, add the wonders of animal life—from sea otters by the hundreds, to orcas that went by in pods, to the majestic bald eagles. And what a thrill to get to visit the bridge of the Regatta; I had a super conversation with the captain that I used on my POPPOFF Radio Show. And what a sight as we pulled out of port at Prince Rupert—would you believe the captain actually let me blast the ship’s horn as we left the dock, signaling all other ships we were

setting sail? I was like a kid in a candy shop. This was the same horn that was sounded every few minutes, just days before, as we traversed a heavy fog. I could almost hear Celine Dion singing “My Heart Will Go On.” I lived the dream of looking over the bow as we set sail for our home port of Seattle, safe and sound, with sights I will never forget. I had to share my voyage with you. If you ever have the opportunity to visit Alaska, do it. You can’t imagine the vast open spaces yet to be explored! Our 50th State is a sight to behold. ★



Could not resist the hunks at the Lumberjack Show in Ketchikan. Photo by Erick Sprunger

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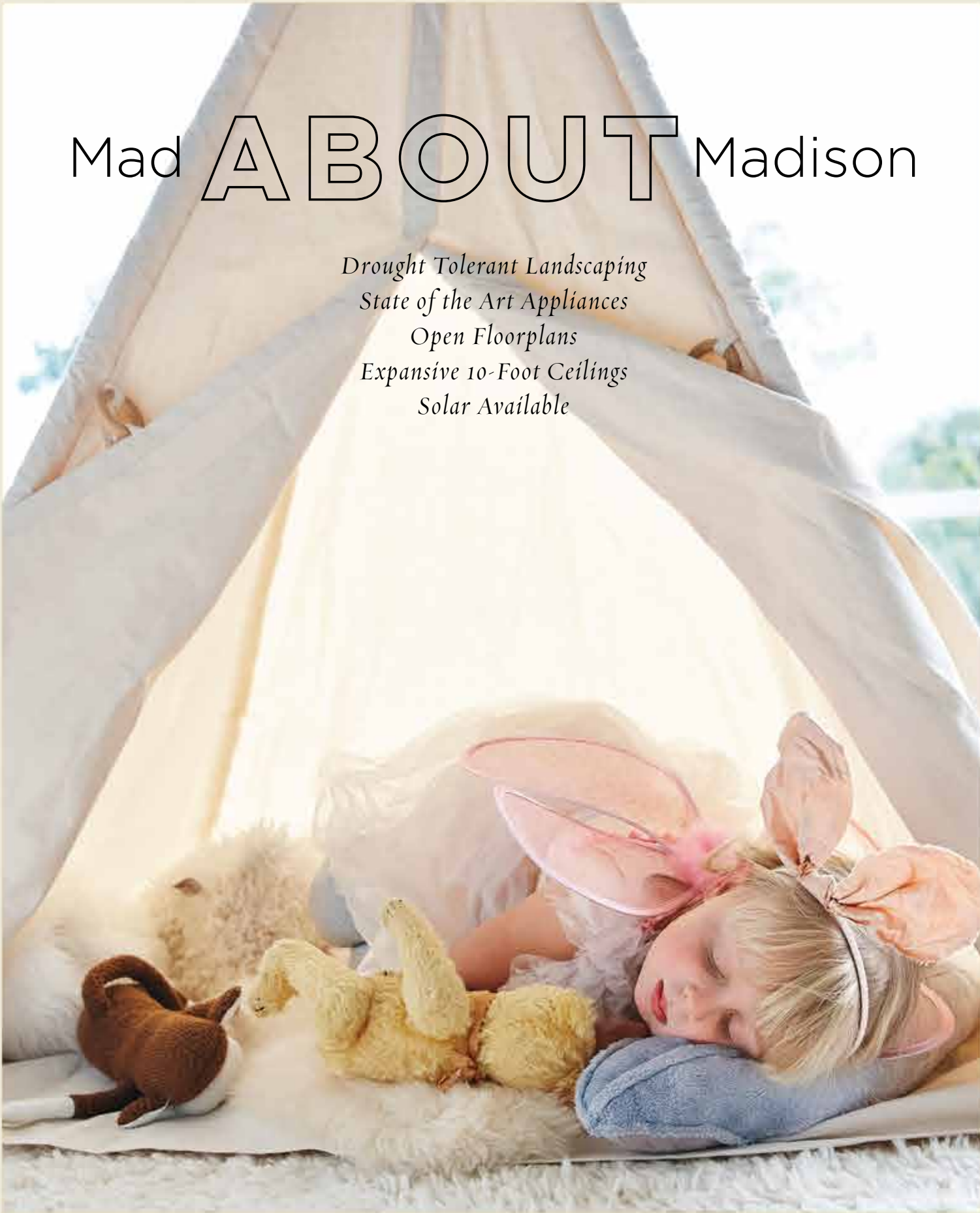
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