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AMERICAN RIVER Messenger

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July 3, 2015

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Local Actress Fritz Grows into Star Role



A compilation of cast members in costume for the new production of *Mulan, Jr.* Photos courtesy of El Dorado Musical Theatre. Photo collage by Allison Buchholtz

FOLSOM, CA (MPG) - El Dorado Musical Theatre is proud to present Disney's *Mulan, Jr.*, which will run from July 10th through 19th at the Harris Center (formerly Three Stages at Folsom Lake College) in Folsom.

Emily Fritz of Orangevale is one of two cast members that performed in the 2009 production of *Mulan*. She was just six years old at the time and it was her third show. Now, in 2015, she'll star as the title role of *Mulan* in her 22nd show with El Dorado Musical Theatre—she just turned 13 last month! In 22 shows, Emily has never missed a show. She has performed in every age-appropriate production that El Dorado Musical Theatre has run since 2008. Emily is also a part of the theatre's performing group, High Voltage. She is the youngest member of the group.

For those who are new to the story, *Mulan* is the tale of a girl who has heart and spunk. Defying the village matchmaker, Mulan takes

up arms and disguises herself as a boy in order to spare her father from having to serve in the army. The Huns have invaded, and it is up to the misfit Mulan and her mischievous sidekick Mushu to save the Emperor. Disney's *Mulan, Jr.* is a heartwarming celebration of culture, honor, and the fighting spirit. The show allows for a large ensemble of actors playing soldiers, family members, and brides-to-be. The score includes favorites like "Reflection," "Honor to Us All," and "I'll Make a Man Out of You," as well as new songs that will get the audience up on its feet. The show is appropriate for all ages.

Ticket prices range from \$14.75 to \$36 and can be purchased online at www.harriscenter.net or by calling the Harris Center Ticket Office (hours Monday through Saturday from 10 a.m. to 6 p.m.) at (916) 608-6888. Group discounts are available—10% for groups of 10-14 and 15% for groups of 15 or more.

The Harris Center is located at 10 College Parkway in Folsom.

About El Dorado Musical Theatre: El Dorado Musical Theatre is an award-winning, regional theatre company based in El Dorado Hills featuring performers aged 6-22. It is a 501(c)(3) non-profit arts education organization founded in 2001. The company's focus is helping young people build confidence for life through excellence in theatre production. El Dorado Musical Theatre produces four major productions per year that are performed at the Harris Center for the Arts in Folsom. The 2015-2016 season includes A Christmas Carol, The Addams Family, Hello, Dolly, and Disney's Alice in Wonderland. For more information about El Dorado Musical Theatre, visit www.edmt.info.

Source: El Dorado Musical Theatre ★

Goats in the Moat

Wilhaggin Basin Has Eco-Friendly Trim

Story and photos by
Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - If it takes 100 goats two weeks to do what machines and herbicides might achieve in days, American River Drive residents have few complaints.

Employed by Sacramento County for brush clearing in Wilhaggin Detention Basin, the herd was recently trucked in from Herald. Over 14 days, the herbivores munched through the 10-acre trough that protects lowland Carmichael/Arden from floods. "It's the second year we've employed them here," said County senior engineer Rod Goss. "Goats take time to do the job but they're more cost-effective than sending in men and machines. They're good on steep terrain where human ankles have been turned. They free up County staff to deal with emergency situations at times of fire risk. After goats do their work, we've found weed regrowth

is limited. Less ongoing maintenance is needed."

The Wilhaggin Basin is one of five County areas that Debbie Olympius's KD Goat Ranch herd was contracted to graze this summer. The owner sees her 400 animals as natural fire preventers: "Mower blades hit stones and cause sparks," she explains. "My goats don't do that. They also cohabit well with wildlife. They won't hurt quail or turkey chicks in the grass. Their droppings return nitrogen to the soil. Goats eat stuff other animals won't touch—invasive plants like blackberries or thistles. Machines spread seeds everywhere. Goats grind seeds down so they can't germinate. They're also quieter and nicer to have around."

Mostly nannies and babies, the grazers gave brief sylvan allure to Wilhaggin Basin. During the flock's evening stroll to a water ditch near the road, children lined fences. "It's like having a petting

zoo next door," said a neighbor. "When they first arrived, the goats practically stopped traffic."

The herd is also educational. "Farm animals are something suburban children don't often see," says their owner. "They're personable and fun to watch. Who wouldn't love a baby kid? Goats sometimes get bad press but if you treat them right, they look to you as a guide. You can trust them to make good decisions."

As protection from coyotes, rogue dogs, or—on one occasion—a mountain lion, Olympius's Great

Continued on page 2



Flock leader Lilly greets her boss.

Capitol Pops to Perform at Grange Hall

ORANGEVALE, CA (MPG) - The Capitol Pops Concert Band continues its 18th season with a free, family-friendly public concert over the Independence Day weekend.

The band will perform from 7 to 8:30 p.m. on Friday, July 3rd on the Orangevale Grange Hall grounds at 5807 Walnut Ave. in Orangevale. The patriotic concert is part of the Orangevale Grange Independence Day Celebration.

The all-ages event begins at 6:30 p.m. and includes an on-site snack bar, raffles, and a free fireworks demonstration at dusk. Attendees are encouraged to bring blankets and lawn chairs to the grassy meadow behind the hall. Assisting at the event will be the members of Troop 144 of the Boy Scouts of America, chartered by Christ the King Lutheran Church. For more details, call (916) 417-9750 or (916) 988-8871.

Under the baton of Director Kurt Pearsall, the performance will include a mix of some of the band's traditional American popular standards and familiar patriotic selections celebrating the nation's 239th birthday. The concert also will include music recognizing service veterans and branches of the U.S. military. Voice and instrumental soloists will be part of the show.

Started in 1997, the Capitol Pops Concert Band has performed a diverse portfolio of high-quality, well-prepared music heard by thousands of concert-goers throughout Northern California. Based in Citrus Heights, the self-supporting, nonprofit community band of about 65 musicians represents a wide cross-section of the Sacramento area. For more information on the Capitol Pops, visit www.capitolpops.org.

Source: Linda Glover with Capitol Pops Concert Band ★

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Eppie's 2015 Great Race Team Sets Time to Beat



While the American River's water flow is low this spring, flows in the summer—including on Eppie's Great Race day—should be very similar to last year's flow, which was very good for boating/paddling. Photo courtesy of Eppie's Great Race

SACRAMENTO REGION, CA (MPG)

- Each year prior to "Eppie's Great Race," a three-person team and two "Iron People" who are regional celebrities, officials, media personalities, or community leader athletes set the "time to beat" for all of the competitors who participate in the following week's Eppie's Great Race, to be held this year on July 18th, 2015.

Known as "Eppie's Great Team," Eppie's pacesetters have included some of California's most respected government officials, media representatives, successful business leaders, renowned athletes, local celebrities and semi-celebrities throughout its 42-year existence. All Eppie's Great Race participants who beat the Great Team's pacesetter time receive a free breakfast coupon courtesy of IHOP Restaurants and the Eppie's Great Race Foundation.

Eppie's Great Team will be setting their time on Wednesday, July 8th. This year, Eppie's Great Team will feature Melissa Cabral (reporter for KMAX TV, "Good Day Sacramento," and KOVR TV/CBS 13) as the team's Runner, George Johnson (President of Eppie's Great Race Foundation and the son of race founder Eppie G. Johnson) as the Cyclist, and Richard Sharp (reporter for KCRA TV and My 58) as the Paddler.

Eppie's Great Team Iron People will be Ironman Angel Preciado (Senior Producer/Editor, Univision Communica-tions) and Iron-woman Michelle Gaskill (Associate Producer at News 10 Sacramento ABC TV).

Eppie's Great Team will set their times on Eppie's Great Race Course: American River Parkway, Rancho Cordova, and Sacramento. The course begins at William Pond Recreation Area in the American River Parkway. The Run-to-Bike Transition will occur at the east end of the Guy West Bridge off University Avenue across from California State University, Sacramento. The Bike-to-Paddle Transition will happen in lower Sunrise Parking Lot and Footbridge, between Fair Oaks and Rancho Cordova. The Finish Line will be at River Bend Park, American River Parkway, Sacramento.

The 42nd annual Eppie's Great Race—known as "The World's Oldest Triathlon"—is scheduled for Saturday, July 18th. Both teams and/or individuals can compete in divisions from "Junior" to "Iron Person." Eppie's Great Race participants run 5.82 miles, cycle 12.5 miles, and paddle 6.35 miles, on a racecourse located on and alongside the American River Parkway. New, modern elements have been added to this

year's race, which include integrated technology and social media uplinks, updated race sports gear, and other interactive elements to provide a better and more fun experience for the participants and fans. Race event participants, volunteers, event sponsors, and potential exhibitors are encouraged to check www.eppiesgreatrace.org to sign up or receive more information. If you have any questions, call (916) 480-0270.

Eppie's Great Race has been implemented each year as a fundraising event benefiting the Therapeutic Recreation Services (TRS), a Sacramento County program for individuals with disabilities and special needs. Eppie's Great Race entry fees are donated to support TRS. To date, Eppie's Great Race has raised over \$1.4 million for TRS, and now accounts for more than 25% of the program's overall operating budget.

Eppie's Great Race Committee, Eppie's Great Race Foundation, and event organizers are proud to report that while the American River's water flow is low this spring, flows in the summer—including on Eppie's Great Race day—should be very similar to last year's flow, which was very good for boating/paddling.

Source: Eppie's Great Race ★

Goats in the Moat



Mowers on the move. Goat owner Debbie Olympius herds grazers at Wilhaggin Detention Basin on American River Drive. The Department of Water Resources employed 100 goats to clear brush from the flood basin.

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Pyrenean guard dogs stay overnight at grazing sites. Her human crew visits daily to count caprines and feed canines.

Spring is the mobile mowers' busy time. They recently cleared the La Riviera/Manlove Basin in Rosemont. A 60-acre Orangevale

Park Department project followed. Cal Expo Basin was next under hoof. "It's a short season; everyone wants to get weeds and brush cleared before July 4," explains Olympius. "Then the goats rest at home until their fall breeding season." The secret to their happy employment is

getting the babies used to travelling as soon as possible. "They're excited when we load them in the trailer," their boss. "They know they're off to be somewhere new and interesting with their moms."

To learn about the KD Ranch, visit www.kdgoatranch.4t.net. ★

Chamber Bash Boosts Businesses

Story and photo by Susan Maxwell Skinner

FAIR OAKS, CA (MPG) - Uniting area merchants, four chambers of commerce recently joined forces at Northridge Country Club in Fair Oaks. More than 200 business people from Carmichael, Citrus Heights, Fair Oaks, and Orangevale swapped cards and visited vendor booths.

The annual event allows greater visibility for members of participating chambers. Business leaders in attendance included (from left to right) Jay Hornbuckle



(Citrus Heights Chamber executive), Sam Swenson (Orangevale Chamber president), Linda Melody (Carmichael Chamber

executive), Jim Bielgard, (Orangevale Chamber vice-president), and Kim Pitillo (Fair Oaks Chamber executive). ★

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Chef Meet & Eat

FOLSOM, CA (MPG) - The Historic Folsom Farmers Market presents the first annual Chef Meet & Eat. Enjoy five cooking demonstrations throughout the day by local chefs, restaurants, and your favorite farmers market vendors featuring farm-fresh produce. The event will take place on Saturday, July 11th from 8 a.m. to 1 p.m. on 915 Sutter Street in Folsom. For more information or to view the event lineup, visit their website at www.ILoveMyFarmersMarket.com. *Source: Historic Folsom Farmers Market* ★



FAIR OAKS COMMUNITY UPDATE



By County Supervisor Susan Peters

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

Use Only Safe & Sane Fireworks

Because of the current drought and risk of fire danger, please only use those fireworks that have been certified as “safe and sane” when celebrating this year’s Independence Day. Dangerous illegal fireworks

like aerial shells and other flying devices pose a significant fire hazard, potentially allowing sparks to fall onto roofs and dry brush. If you are aware of illegal fireworks being used, please call the Sheriff via the non-emergency number at (916) 874-5115 or, if an emergency situation exists, dial 911.

Penalties for owning illegal fireworks start with five days in county jail—and the sanctions increase if the fireworks were actually used or if child endangerment occurred.

Fair Oaks Office Hours

In 2005, I started holding “Office Hours” at various venues around the Third District, and it is now an annual tradition, with me setting up a table at selected community events where residents can drop by and talk about items of interest with no appointment necessary.

This month my “office” will be open prior to the free Fair Oaks Thursday Night Concert in the Park on July 23rd.

The concert begins at 7 p.m. at Village Park, 4238 Main Street, featuring Douglas Newton & the Schwamigo’s (folk, blues, and

bluegrass). I will be available to meet with residents an hour before, from 6 p.m. to 7 p.m. on a “first-come basis.”

For more information about the concert series, please visit www.fairoakschamber.com.

Parkway Alcohol Ban

This Fourth of July weekend there will be a complete ban on alcohol consumption and possession both on land and in the water within the American River Parkway between Hazel and Watt avenues. An exception exists for Ancil Hoffman Golf Course.

In past years, summer holiday weekends had become major problems along the American River, making the parkway less of a family-friendly outing because of fights, public nudity, profanity, and littering. The Board of Supervisors restored decorum beginning with the 2006 Labor Day weekend and the ban is also applicable for Independence Day as well as Memorial Day.

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

Garden Party Raises Funds for “Delightful” Museum



SACRAMENTO REGION, CA (MPG) - Characters from Alice in Wonderland such as the Mad Hatter and the Queen of Hearts milled around a garden filled with food, drink, and whimsical décor. Many people attended the recent fundraiser for Dolph Gotelli’s Museum of Wonder and Delight, which was held at a private

residence in Granite Bay. The museum is slated to open on September 11th in the Folsom Historic District, and will feature displays with vintage and antique toys, dolls, and more, all from Dolph Gotelli’s collection. Pictured is a close-up view of one of Gotelli’s displays from the fundraiser. *Photo by Christie Spurlock* ★

Concerts in the Park 2015

July

July 2nd
Stone Kold
Classic Rock

July 9th
Stone Kold
Classic Rock

July 16th
Fulton Street Jazz Band
Traditional/Classic Jazz

July 23rd
Amboy Rambler
Classic Rock

July 30th
Douglas Newton & the Schwamigo's
Folk, Blues, Bluegrass

August

August 6th
Kyle Rowland Blues Band
Blues

August 13th
Unlicensed Therapy
Classic Rock, Country, 80's

August 20th
Tom Rigney & the Flambeau
Cajun, Zydeco, New Orleans Tunes

August 27th
On Air
Classic Rock & Power Horns

Website:
fairoakspark.org/events/summer/concerts-in-the-park

Thursdays, June 25th - August 27th
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Dare to Live Without Limits

The Gift of Freedom

by Bryan Golden



On Independence Day, we celebrate the gift of freedom given to us 239 years ago by the founders of our great nation. Freedom is as precious as life itself. However, its true value is rarely appreciated unless it is either threatened or lost.

July Fourth isn't just a day off. It's more than barbecues and parties. The Fourth of July is a time to renew your gratitude for your good fortune to be living in the greatest country in the world.

In 1776, America became the first country to be founded on the recognition of the sanctity of individual freedom. Life, liberty, and the pursuit of happiness is the core of America.

The power of American freedom unleashed the human spirit as never before. In less than 200 years, Americans had invented, developed, produced, and accomplished more than societies thousands of years old. Our gift of freedom has enabled Americans to create the highest standard of living in history.

Although the human spirit yearns for freedom, tyrannical regimes have been the norm throughout history. Since the dawn of mankind, people around the world have lived miserable, subjugated lives repressed by monarchs, fascists, tyrants, and dictators who controlled virtually every aspect of their lives.

Our founders understood the tactics used by these oppressors to enslave a population through the suppression of freedom. America's founders knew tyrants had an attitude that they were above the law and better than others. Our founders foresaw that authoritarian individuals would inevitably come along, intent on stealing power and wealth from the people.

Authoritarians' quest for power and control utilizes a strategy of deception. They publicly claim to seek to protect your liberty, while deceitfully working behind your back to eliminate one freedom after another. In America, no one has the right to take your freedom.

The yearning to be free from oppression is our core. We recognize freedom as a fundamental, unalienable right. In America, we are free to succeed or fail. It's an individual choice, not the dictate of any ruling class. We are free to take personal responsibility for our lives, rather than expecting others to take care of us. It is this freedom, to be the masters of our destiny, which is a precious gift.

We have more rights and freedoms than anywhere else in the world. Our freedoms are innate, not privileges granted by government. Every item in the bill of rights is a precious jewel designed to ensure the immortality of our liberty.

America was founded to allow each citizen to control his or her destiny without fear of interference by government or others. Our government was intentionally designed to serve the people rather than vice versa. Our government was specifically structured to play a minimal role in people's lives.

Every American benefits from the gift of freedom. Success has a positive impact on all. It creates a vibrant, growing society filled with opportunity. People are willing to work hard when they are free to benefit from their efforts and able to retain the fruits of their labor.

Nothing surpasses the gift of freedom where each individual has the right to determine their own life. What is the alternative? Is it being told what you can and cannot do? Is it having some person or government deciding what, and how much, you are permitted to have?

Our Constitution was crafted explicitly to protect freedom and prevent government from infringing on individual liberties. The constitution has numerous checks, balances, and safeguards designed to prevent the rise of tyranny.

But our Constitution is only a document. Maintaining our free society requires constant vigilance and participation. There will always be those seeking to subvert the Constitution in order to seize control.

If freedom is allowed to fall, one freedom after another is lost, creating a chain reaction that ultimately consumes all of your liberty. Your freedom was hard to get, but it is easy to lose. Although it takes vigilance to protect it, it takes so much more effort to get it back once it's gone.

Only you can ensure that no one steals your gift of freedom.

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@columlist.com or write him c/o this paper.* © 2015 Bryan Golden. ★



By Ronnie McBrayer

Sharing faith, in Christian terms, is known as "evangelism." This is the English rendering of a Greek word meaning "to proclaim the good news." That's a problem, because the news isn't always good.

There was a subtext to the evangelization method I was taught that went something like this: "God is really ticked off with you. He's mad as hell – literally. And if you don't pray this prayer, believe the way I believe, and don't hurry to the baptismal waters as quickly as possible, then he will likely strike you dead before I'm finished talking to you." I would then scurry away before God's vengeance fell like fire on the sinner and I was caught in the collateral damage.

Again, there wasn't much good news in such confrontations, because there was no sharing of God's love. Love? Forget it. God didn't love, God hated. God didn't invite, God demanded. God didn't plead, God prosecuted. God wasn't pursuing wayward children as a heartbroken parent; God was dogging hardened criminals like a trigger-happy bounty hunter, a ready execution order in his hip pocket.

I no longer share with others my faith in an angry, perpetually irritated God who only wishes to stamp out humanity because I no longer believe in such a Deity. In light of Jesus, and the love of God he came to reveal to the



The Good News Is Good News

world, evangelism can radically change. We are now "compelled by love," to employ a phrase from Paul.

We share our faith not to coerce, force, intimidate, or to instill terror. We share our faith because of and for love's sake – the only worthy compulsion. We have learned that God loves us, remarkably so, and loves our neighbors with equal measure. This love changes us; cures our dysfunction; and gives us new life. It really is "good news."

This reminds me of an ancient story about a man named Demosthenes, a skilled orator from Greece. But he was not always a skilled wordsmith. As a young man he had a terrible speech impediment. This became painfully evident when his inheritance was stolen and he had to argue his case in open court.

His speech was so bad, they gave him an ambiguous nickname in the Greek, meaning either "stutterer" or "sphincter" (While neither is flattering, I prefer the former over the latter). He was laughed out of the courtroom. But Demosthenes was determined. He secluded himself in a cave and began studying the methods of the great orators of the past.

He stuffed rocks in his jowls, a crude form of speech therapy, forcing himself to slow down when he talked. Then he shaved off one side of his facial hair so that he would be too embarrassed to go into public. That way, he had to remain in isolation practicing until his hair grew back, and would face no one until he was properly prepared for the task. This would be a good practice for most of us.

Before we breathe a word about the gospel or "good news," we should be properly prepared.

What is the proper preparation? Well, it's not about having all the theological answers or a collection of "gotcha" responses to objections. It's about having God's love consume our hearts.

When we can share the love of God by speaking of the ever-loving Christ, while loving those to whom we speak, only then are we ready to open our mouths, and not a minute sooner.

If we must, we will shave our heads and hide our faces. Let us go live in a secluded cave, if need be. Maybe we should stuff our mouths full of stones (or at least cover them with duct tape). It would simply be a good idea not to speak a word about religion, church, God, or the gospel until love is the means, message, and motivation for everything we say. If we can shut our mouths for just a little while, it just might open our hearts – to the love of God – which really is "good news" for all.

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

If one has looked within after they read that question, they may begin to understand a lot about themselves. Most of us have areas of denial in our lives because we do not want to face the issues of truth. However, denial only leads us into more areas of denial and takes us away from finding the answers to life that we seek.

We often wonder why we have problems with our self-image and sense of any kind of value in our lives. We are aware

What Motivates Your Love?

that many others live far above us and appear to over-value their sense of worth. They only make us feel more worthless than we do already.

Dear one, without Christ it is impossible to operate from true love and godly motivations. It is only by becoming a child of God and accepting the Heavenly Father's son do we begin to understand the tremendous amount of love God has for each one of us. And that is why His son came and died; that we might find true love, acceptance, forgiveness, and a brand-new life. It is His love, which is poured out into our hearts through the Holy Spirit, that has been given to each of us. We surrendered and committed our lives when we invited Jesus into our hearts (Romans 5:5). It is only in Christ we can exhibit and be motivated by the Biblical

love He alone provides.

Christianity is the only religion that began with the motivation of God's love to mankind. Christianity has survived because its core is Biblical love given by our Heavenly Father through His Beloved Son and directed by His Holy Spirit to all who will come to Him.

Christianity itself becomes a living demonstration of God living in each of our lives. Christianity will never die because we have a promise to live forever with God in heaven. He loves us from everlasting to everlasting and because of Him, we love you!

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



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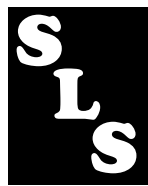
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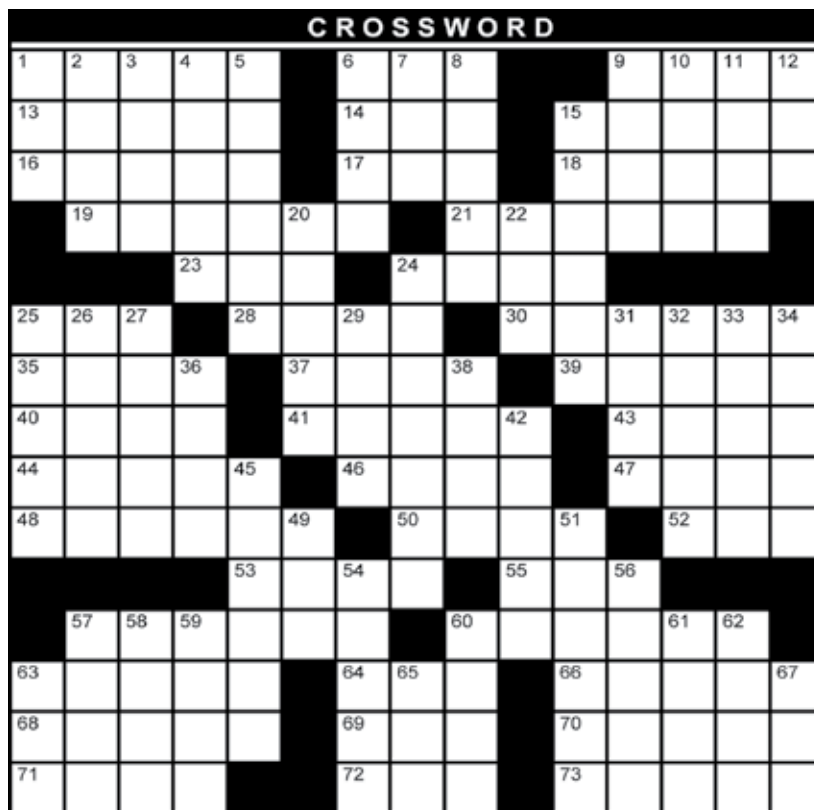
CLUES

ACROSS

- Audition tapes
- More of the same
- Sound of astonishment
- Incompetent
- Ancient Chinese state and major Chinese river
- Root of iris
- Japanese-American
- ENT's first concern
- *Hurricane Jeanne's Greater Antilles victim, 2004
- *Sudan's troubled region
- Pamper and indulge
- "___ the President's Men," movie
- *Obama___
- *Kendrick Lamar's genre
- ___ a Sketch toy
- Antietam happening
- "I'm ___!"
- Caviar and Wade's opponent
- *"Mad Men" star Hamm completed it in real life
- Wine
- Saints' lights
- Japanese restaurant staple
- Run off together
- Opposite of knit
- Facial treatment
- Eye part
- It prevents objectivity
- ___ Angelico
- A in BA
- One who follows teachings of Lao-tzu
- *Subject of Russia/Ukraine dispute
- *Modern self-portrait
- Trouser fabric
- Old French coin
- Type of island
- "Mad" forté
- Habitual twitch
- High IQ society
- End of grace
- Member of a "benevolent and protective order"
- Picture within a picture, e.g.

DOWN

- Clamor
- Children's author Blyton
- ___ Verde National Park
- Verdi's output
- Smother or suppress
- Type of pitcher
- * ___ Party
- Approximately, as in date
- Obama to Harvard Law School
- Seed coat
- www.google.com, e.g.
- Tire measurement
- "___, ___!" said Piglet
- Extremist
- Scaptor's partner
- Duo at the Sistine Madonna's feet
- *Mars vehicle
- Feeble old woman
- Can be noir or grigio
- *Egyptian ___ d'état
- Short-term employee
- *These days, he often steals identities
- Light acronym
- *Cause of 2014 global health scare
- Large African antelope
- Delhi dress
- Fill with spirits
- Bewitch
- Am is to I as ___ is to we
- sandwich meat
- Gustatory sensation
- More than occasional
- *"Paw'n Stars" employee nickname
- Frost residue
- Involved in a secret
- Draw in, as in air
- Charged particles
- Other than what's implied
- It's repeated 2 or 3 times to form dance name
- *Gulf polluter
- Back muscle, for short



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

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

For Solutions See Page 7

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Sudoku Puzzle on Page 6

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

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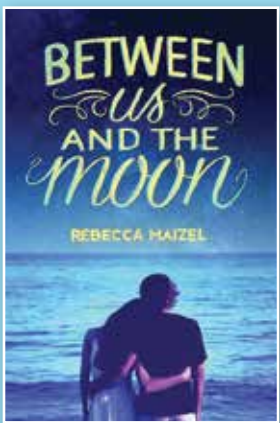
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Crossword Puzzle on Page 6

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



Between Us and the Moon

by Rebecca Maizel

- ◆ Publisher: Harper Teen
- ◆ Release date: June 30, 2015
- ◆ Hardcover, 384 pages
- ◆ Audience: Young Adult
- ◆ Rating: ★ ★ ★ ★

For the Love of Books

Book Review

by Amy Shane
Email: amy-shane@att.net



On the Book Jacket: *Ever since Sarah was born, she's lived in the shadow of her beautiful older sister, Scarlett. But this summer on Cape Cod, she's determined to finally grow up. Then she meets gorgeous college boy Andrew. He sees her as the girl she wants to be. A girl who's older than she is. A girl like Scarlett.*

Before she knows what's happened, one little lie has transformed into something real. And by the end of August, she might have to choose between falling in love and finding herself.

Fans of Jenny Han and Stephanie Perkins are destined to fall for this story about how life and love are impossible to predict.

Amy's Review: A story of summer love, the strained bond of sisters, and discovering who you are truly meant to be.

Sarah is perfectly content making lists and tracking the stars while watching and observing the world instead of truly living in it. Perhaps it's from always being cast in the shadows of her older, charismatic sister, or maybe it is just because that's where she is the most comfortable. Surrounding herself with bio labs, telescopes, and notebooks of data, she has her summer in Cape Cod perfectly planned out. Incidentally, an unknown variable crashes Sarah's perfect plan when her boyfriend breaks up with her just before the summer starts to date one of the most popular girls in school.

Set to reclaim her life, Sarah decides that this will be the summer that she will finally be part of world instead of observing it from afar. She will live life no longer as the sister in the shadows, but more like her popular and charismatic sister Scarlett. And what better way to do that than with a life experiment: the Scarlett Experiment?


Sarah quickly determines that by wearing her sister's clothes, she will also be wearing her confidence, which might result in finally being accepted and loved. Within days, she is borrowing her sister's clothes, flipping her hair, and starting a web of lies, all the while repeating to herself: *Don't be you, be Scarlett.* The only thing that Sarah didn't calculate in her experiment was actually meeting a handsome college boy that falls for her, resulting

in the kind of love where you give your heart, soul, and body.


Now, Sarah spends her time worrying about the many lies she created for the "experiment," knowing that she can't turn back and let him know that she is a sixteen old girl pretending to be someone she is not. However, lying has a way of catching up, and her whole world quickly comes tumbling down when she realizes everyone who she has lied to will all come face to face, revealing her true identity.

Wishing she could hide among the stars, Sarah has to face the fact that there aren't any answers in wishing. With the stars leading the way, Sarah will have to learn how to be the scientist she truly is while discovering who she wants to be.

Beautifully and emotionally written, *Between Us and the Moon* is a consuming read that leaves readers wanting to go out and chart the stars, or just shoot for them. Gently exploring the tender side behind first love and the intimate choices that arise, Rebecca Maizel delicately tells the story of a girl rushing to be older and discovering who she is meant to be. While this is a story of personal growth with some sexual content that is geared for older young adult audiences, it's a refreshing change to see a strong-minded science girl who thinks she has it all together, only to discover that science can't calculate the perfect formula for life. A top summer reading pick, perfectly paired with a beach tote and sunglasses.



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Jim Miller
Answers
Your
Senior
Questions



Check Out This
Week's Topic!

Savvy
SENIOR

How Seniors Can Tame Pet Care Costs

Dear Savvy Senior,
What tips can you recommend to help senior pet owners with their veterinary bills? I have two cats and a dog that are family to me, but their vet bills have become unaffordable.

Fix Income Frankie

Dear Frankie,
The high cost of veterinary care has become a problem for millions of pet owners today, but it can be especially difficult for seniors living on a fixed income. Routine medical care can cost hundreds of dollars, while urgent/specialized treatments and procedures can run into the thousands. But, it is possible to reduce your pet care costs without sacrificing their health. Here are some tips that can help you save.

Shop around: If you're not attached to a particular veterinarian, call some different vet clinics in your area and compare costs. When you call, get price quotes on basic services like annual exams and vaccinations, as well as bigger-ticket items, like to repair a broken leg, so you can compare. Also, check to see if you live near a veterinary medical school (see aavmc.org for a listing). Many schools provide low-cost care provided by students who are overseen by their professors.

Ask your vet for help: To help make your vet bills more manageable, see if your vet's office accepts monthly

payments so you don't have to pay the entire cost up front. Also, find out if your vet offers discounts to senior citizens or reduces fees for annual check-ups if you bring in multiple pets.

Search for low-cost care: Many municipal and nonprofit animal shelters offer free or low-cost spaying and neutering programs and vaccinations, and some work with local vets who are willing to provide care at reduced prices for low-income and senior pet owners. Call your local shelter or humane society to find out what's available in your area.

Look for financial assistance: There are a number of state and national organizations that provide financial assistance to pet owners in need. To locate these programs, the U.S. Humane Society provides a listing on their website that you can access at humanesociety.org/petfinancialaid.

Buy cheaper medicine: Medicine purchased at the vet's office is usually much more expensive than you can get from a regular pharmacy or online. Instead, get a prescription from your vet (ask for generic is possible) so you can shop for the best price.

Most pharmacies such as Walgreens, CVS, Walmart, Kmart, Rite Aid and Target fill prescriptions for pets inexpensively, so long as that same drug

is also prescribed to humans. And, many pharmacies offer pet discount savings programs too.

You can also save by shopping online at one of the Veterinary-Verified Internet Pharmacy Practice Sites accredited by the National Association of Boards of Pharmacy, like 1-800-PetMeds (1800petmeds.com), Drs. Foster & Smith (drsfostersmith.com), KV Supply (kvsupply.com), and PetCareRx (petcarerx.com).

Consider pet insurance: If you can afford it, pet insurance is another option worth looking into. You can get a basic policy for under \$10 per month, and some insurers provide discounts for insuring multiple pets. See petinsurancereview.com to compare policies. Membership discount plans like Pet Assure (petassure.com) are another way to save, but you'll need to use a vet in their network.

Look for other ways to save: In addition to cutting your veterinary bills, you can also save on pet food and other supplies depending on where you shop. Target, Walmart, Costco and the dollar stores typically offer much lower prices than supermarkets and specialty retailers like Petco and PetSmart. You can also save on treats and toys at sites like coupaw.com and doggyloot.com.

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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FAT-ME-NOT

Summer is creeping up on us. Have you looked in the mirror lately? Are you ready to shed those sweaters for the itty bitsy bikini? What if you could burn that nasty fat without pills or super exercising? Dr. Sandeep Grewal says there are fat burning foods. Along with Dr. Myo New, Dr. Grewal has finally connected the advances in weight-loss science in the book *Fat-Me-Not*, the weight loss diet of the future. Why try to lose weight the old way when powerful new research can make it simpler, easier, and safer to shed those pounds? Dr. Sandeep, board certified by the American Board of Internal Medicine shared the type of diet you should create to burn fat with me on my POPPOFF Radio Show, like:

1) **EATING REAL FOOD.** E.g. whole grain food, meat, eggs, vegetables and fruits that promote gut workout, spend about 35% more calories digesting and absorbing the food, and also increase the satiety and cut cravings for sweet sugary drinks. Choose the diet that

POPPOFF!

with Mary Jane Popp

allows you to eat real foods rather than protein shakes and powders.

2) **EATING A BALANCED DIET RATHER THAN A LOW CARB, LOW FAT DIET.** Different body organs need different nutrients, for example, sugar (carb) is essential for blood cells and brain cells. Without the sugar, the brain will be chasing cabs and sweets. That’s how cravings begin and the discipline of dieting gets ruined. That is the reason if you want to lose fat, you need to shoot for a balanced diet for long-term results. Losing weight from body water and lean body are short term. Quick fix diets will get you weight loss for a short time and then pounds come back with a vengeance.

3) **EATING FOUR OR FIVE TIMES A DAY.** Our metabolism goes down 40% if we do not eat for more than four to six hours. It shuts down the less essential departments of the body. If your body senses that you are a regular breakfast skipper or small lunch eater, or just one meal a day eater, it will be cutting the calories by 40% without realizing it. That’s why some obese people gain more weight without eating much. So let’s fast-pace our metabolism by eating at least four to five times a day in correct portions. Let the gut work hard by

digesting, transporting, absorbing, storing, and transforming the nutrients at the intervals of approximately every four hours. When your gut is working hard, you know it’s burning fat, too.

4) **FOODS THAT BURN FAT.** Whole grain breads and pasta, brown rice, legumes, lentils... good stable foods. A variety of colorful vegetables will give your gut a good workout and burn more calories. High-fiber diets promote fat-me-not bacteria in the gut and promote weight loss. Lean meat, fish, and seafood are great fat burners. For example, compare a protein shake vs a piece of lean meat with the same calories... eating meat will burn up to 40% more calories than the ready-made protein shakes and the lean meat will enhance the gut workout by chewing, digesting, absorbing, and transforming the nutrients. Coffee, pepper, and chewy veggies are good metabolism enhancers. Good fat such as avocado, nuts, and egg yolks are helpful too. Drinking eight glasses of water per day is essential to improve metabolism and burn fat. These are a few of the ideas explored in *Fat-Me-Not* and you can check out more at www.slimplatesystem.com. Good luck with that itty bitsy teeny weeny yellow polka dot bikini! ★

Comic Con Captivates Crowds



Victoria Cain discusses *Mystery Science Theater 3000 (MST3K)* and the art of movie riffing. Since *MST3K* ended in 1999, finding comedy in bad filmmaking has become something of an art among niche groups. Members of this panel have their own comedy riffing show called *Rabbit Ears*. Photo by Christie Spurlock

By Christie Spurlock and Allison Buchholtz

SACRAMENTO REGION, CA (MPG) - From June 19th through 21st, pop culture fans of all kinds swarmed into the Sacramento Convention Center to see their favorite celebrities, buy geeky wares, and show off their best costumes. Before the official start of the Con, Wizard World organized a Thursday pre-party and red carpet event, featuring Chris 51 (*Epic Ink*), Sean Patrick Flannery (*The Boondock Saints*), and Jason David Frank (*Power Rangers*). It also included a 3D IMAX screening of *Jurassic World*.

This year marked the second annual Wizard World Comic Con in Sacramento, and three-day tickets sold out far in advance. The convention featured tabletop gaming, video gaming, and meet-and-greets with celebrities. There were panels about costuming and cartoons, along with popular Q&A celebrity

panels where fan favorites answered questions from an eager audience. Two former *Power Rangers*, Jason David Frank and David Yost, did a joint panel, and Katie Cassidy from *Arrow* also joined the list of panelists. A costume contest helped round out the list of programming.

The Con was also a place to view new media from local-area creators hoping to be noticed. A few of the options for new media were *RELLIK*, *The Sun Devil* and *The Princess*, and *Jay and Silent Bob Get Old*.

Comic conventions like these celebrate individuality, allowing artists who have opted out of the traditional methods and markets to get more exposure. Hai Nanu, a local Sacramento-region vendor, spoke about the challenges he has faced as an indie comic book artist trying to make a living: “I’ve been scouted out by a few bigger companies, but they ask if I can do their similar, signature style to their comics and market,” said Nanu. “I say, ‘Yes, I can draw more like that. I’m not going to draw more like that.’ There are a lot of artists who are willing to bend to the whims of the comic industry just to be in it. I want to be known for what I do and I will stick to my guns.”

After the success of the first and second years of the Sacramento Wizard World Comic Con, Sacramento-region comic fans can most likely look forward to the event becoming a yearly tradition. The dates are already set for next year’s event. To find out more about Wizard World, go to www.wizardworld.com. ★

One-on-One with Comic Creators



Local artist Hai Nanu (Nooglian) shows off his art. Photo by Allison Buchholtz

“*Union St. Choir* is about a group of kids in San Francisco in the 1930s and they live on the streets by the wharf as sort of a street gang. They protect their street, doing gang things and fighting. Then they become involved in the supernatural. A black and white comic, fun, with a mature streak.

“Ben (owner of Empires Comics Vault) and I worked on it together. I came up with the initial concept and Ben helped me flush out the storytelling aspect of it. We worked together and teamed up, creating characters and dialogue. I do all the art for it.”



Former-local artist Melissa Pagluica in front of her booth. Photo by Allison Buchholtz

“*Above the Clouds* started as a project to learn how to create comics. I had originally had another story in mind and realized that I wasn’t getting anywhere. I gave myself a mountain I couldn’t climb in one leap so I decided to start a smaller project. One solely aimed at learning!”



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FAMILY FEATURES

Everyone will be bringing something to the 4th of July picnic, but you can bring the grand finale. Each of these tasty sweet treats captures the flair of the 4th without the fuss. In just a little time, you can add patriotic color and fun flavor to classics like cupcakes, ice cream cones and cookies.

Dipped Ice Cream Cones: Add color and crunch to your cones with a dip in red, white or blue melted Candy Melts candy and a variety of patriotic sprinkles. The Cone Cakes baking rack holds the cones for drying and serving.

Red, White and Blue Swirled Cupcakes: Everyone loves picnic treats they can grab and eat, and these July 4th cupcakes also bring pyrotechnics to the plate. Each is topped with an explosive three-color swirl of icing, easily created with the Color Swirl Three-Color Coupler.

S'mores Crispy Cereal Treats: These crunchy cereal bars pack the flavor of traditional s'mores while being much neater to eat. The marshmallow, cereal and candy mixture is laced with warm cinnamon graham and creamy vanilla custard flavors using Treatology Flavor concentrates.

Creamy Coconut Cookie Flag: Give the day a flag-waving finish with red, white and blue royal iced cookies that hold up to the heat using the Color Right™ Performance Color System. The tropical taste combination of toasted coconut and creamy vanilla is just right for summer.

It's a great feeling to bring a dessert that can't miss. The Wilton Test Kitchen developed these deliciously easy ideas to go with your summer celebration so you can enjoy the fireworks with everyone else. For more party ideas, visit www.wilton.com.

Dipped Ice Cream Cones

Yield: 12 ice cream cones

- 1 bag (12 ounces) Bright White Candy Melts Candy
- Sugar ice cream cones
- Jimmies 6-Mix Sprinkle Assortment
- Rainbow Jimmies

Melt candy in microwave safe bowl. Dip cones about 1 inch deep around opening of cone. Cut small hole in tip of bag and drizzle melted candy 1 inch deep around opening of cone. Tap cone lightly to smooth, and sprinkle with jimmies. Position cone in cone rack. Let chill, about 10–15 minutes.

Add ice cream scoops at party and serve in cone rack.

Red, White and Blue Swirled Cupcakes

Yield: 12 cupcakes

- Favorite cupcake recipe or mix
- 1 4.5-pound tub White Ready-To-Use Decorator Icing
- Color Right Performance Color System

Icing Colors

- Red (formula 186): 2 cups icing + 40 R
- White: Reserve 2 cups icing
- Deep Blue (formula 647): 2 cups icing + 26 B + 8 R + 4 P

Bake cupcakes according to package directions in red, white and blue standard baking cups.

Tint icing following color formulas above. Prepare Color Swirl 3-Color Coupler according to package directions, filling one decorating bag each with red, white and blue icing and fitting with tip 1M. Pipe a swirl on each cooled cupcake top.



Creamy Coconut Cookie Flag

Yield: About 3 dozen 3-inch cookies

Cookies

- 1 cup (2 sticks) unsalted butter, softened
- 1 1/2 cups granulated sugar
- 1 egg
- 1/4 teaspoon Toasted Coconut
- Treatology Flavor Concentrate
- 8 drops Creamy Vanilla Custard
- Treatology Flavor Concentrate
- 3 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt

Icing

- 3/4 cup + 3 teaspoons water
- 12 cups (about 3 pounds) confectioner's sugar, sifted
- 6 tablespoons Color Flow Mix
- Color Right Performance Color System (see colors tinted below)

Icing Colors

- Red (formula 32): 1 1/2 cups icing + 62 R + 8 O
- Deep Blue (formula 647): 1/2 cup icing + 27 B + 5 P + 6 R
- White: Reserve 2 cups icing

Note: Make and decorate cookies 1 day in advance to allow for drying time.

Heat oven to 350°F.

In large bowl, beat butter and sugar with electric mixer until light and fluffy. Beat in egg and flavors. Mix flour, baking powder and salt; add to butter mixture 1 cup at a time, mixing after each addition. Do not chill dough. Divide dough into 2 balls.

On floured surface with rolling pin, roll each ball into a circle approximately 12 inches in diameter by 1/8 inch thick. Cut cookies with star nesting metal cookie cutter. Dip cutter in flour before each use.

Bake cookies on ungreased cookie sheet 8–11 minutes or until cookies are lightly browned.

Prepare Color Flow icing. Tint icing following color formulas above. Use tip 3, a parchment bag and full-strength icing to outline cookies: 32 in red, 21 in white and 16 in blue. Let cookies dry 1–2 hours.

Thin 1 cup red, 1/4 cup blue and 1 cup white icing. Use thinned icing and disposable decorating bag to fill in cookies. Fill in 8 of blue outlined cookies with white icing and remaining cookies with matching outline color. Let dry 8–12 hours.

To serve, arrange cookies on tray in stars and stripes design.

S'mores Crispy Cereal Treats

Yield: 20 servings

- 6 tablespoons butter
- 1 bag (16 ounces) regular-sized marshmallows
- 1/4 teaspoon Warm Cinnamon Graham Treatology Flavor Concentrate
- 10 drops Creamy Vanilla Custard Treatology Flavor Concentrate
- 1/4 teaspoon salt
- 10 cups crisped rice cereal
- 1 bag (10 ounces) mini marshmallows, divided
- 1 1/4 cups Light Cocoa Candy Melts candy, divided

Prepare 13-by-9-inch baking pan with vegetable spray.

In very large saucepan, melt butter over medium high heat until it smells nutty and browns slightly. Reduce heat to medium low; stir in regular marshmallows, warm cinnamon graham and creamy vanilla custard flavors, and salt. Cook, stirring constantly, until melted and smooth.

Remove from heat; stir in cereal, 3 cups mini marshmallows and 3/4 cup light cocoa candy. Press into prepared pan. Sprinkle with remaining mini marshmallows and press lightly to adhere.

In small microwave-safe bowl, microwave remaining 1/2 cup candy on 50 percent power in 30-second intervals, stirring between each, until candy is almost melted. Stir thoroughly until smooth and drizzle over treats. Let cool completely.





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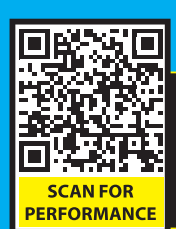


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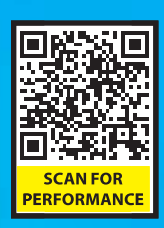


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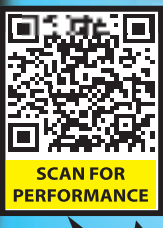
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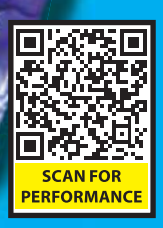
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