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AMERICAN RIVER Messenger

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Clean Sweep for Creeks

Water Wisdom Shared by 1,800 Volunteers



Quick Quack Car Wash franchise spokes-duck (above) (at rear, with glasses) congratulates volunteers during Creek Week celebrations at Carmichael Park. A cleanup army earlier labored to remove tons of garbage from Sacramento County waterways. Weinerful welcome (at right): Hot dog lunches greeted workers. Servers (left to right) were Carmichael Chamber of Commerce board members Linda Melody, Barbara Safford, Virginia Stone, and Cathryn Snow.

Story and photos
by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - A party celebrating Creek Week recently caused a big splash—and vital lessons in water conservation—at Carmichael Park.

Displays and giveaways from many sponsoring agencies sent an unfiltered message: during California's worst drought, everyone must do their bit to save and protect water.

Earlier, almost 1,800 volunteers from youth and neighborhood groups formed a spring cleanup army. Teams scoured 70 creek locations from the Delta to Folsom and from Galt to Antelope. The 25-year-old community program aims to rejuvenate county waterways by removing garbage and invasive plants. The

project was this year aided by the Sacramento Regional Conservation Corps. Thanks to a state grant, the group is able to recycle dumped tires and, on the clean-up drive, corps members netted more than 100 of these water-polluting castoffs.

Though garbage results are still being tabulated, the haul gleaned many tons of other stuff alien to healthy creeks. Sacramento Area Creeks Council President Alta Tura observed an increase in the trash count over last year's tally: "Because of recent rains, more garbage was washed down streams," she ventured.



"But our waterways always need cleaning. The volunteers did a stellar job."

Part of their reward was 1,800 hot dogs, dished up by Carmichael Chamber of Commerce volunteers. "The Carmichael party celebrates everyone's hard work," said Tura. "It also teaches people about nature, how to save water and be better stewards of our environment."

Learn more about the annual creek cleanup at www.creekweek.net. To report illegally dumped tires to the Sacramento Regional Conservation Corps, call (916) 386-8394. ★

EcoHousing Project Unanimously Approved

FAIR OAKS, CA (MPG) - Fair Oaks EcoHousing, a new cohousing community of 30 homes, was unanimously approved by the Sacramento County Planning Commission on April 13th by a vote of 4-0. Not one individual showed up to object to the project. Commissioner Eric Guerra called it "a wonderful neighborhood that

will raise the quality of life in Sacramento County." This is the first time cohousing will be available in the Sacramento suburbs.

This environmentally friendly infill project is sponsored by a group of 11 local households, who are all investors as well as future residents. The project had previously received

unanimous approval from the Fair Oaks Community Planning Council (CPAC) and "enthusiastic, unanimous approval" from the Sacramento County Design Review Advisory Committee (DRAC) in September 2014.

When completed, the 30 privately owned homes will be clustered on the 3.7-acre property

bordered by Fair Oaks Boulevard and New York Avenue near Fair Oaks Village and the American River Parkway. The group has been working with architect and international cohousing expert Charles Durrett on the design of the community.

At the hearing, several future residents spoke. Bob Oyafuso of Folsom added, "My wife has Alzheimer's and requires 24-hour care. Her cognitive skills are so diminished that she no longer is able to entertain herself. Her quality of life depends completely on the interactions with others. When I investigated Fair Oaks EcoHousing I asked, 'If my wife was sitting on our front porch, would you come up to her

Continued on page 3

Senator Gaines' Privacy Package Moves Forward

SACRAMENTO REGION, CA (MPG) - Senator Ted Gaines announced that two of his California Privacy and Consumer Protection Act bills related to drone use—Senate Bills 170 and 271—passed the Senate Committee on Public Safety with unanimous, bi-partisan support.

"Privacy issues, especially in today's fast-paced internet and technology era, are among the most important policy issues facing Californians," said Senator Gaines. "We must protect the public's right to privacy and more importantly, their safety, from inappropriate drone use. These bills address this new reality and create harsh penalties for those who cross the line. I look forward to their continued support."

Senate Bill 170 mandates an increased sentence when a drone is used to deliver contraband into a prison or county jail. The bill also makes it a misdemeanor to fly a drone over a prison or county jail.

Keeping contraband out of prisons and county jails is critical to running safe and orderly facilities. With public access to drones increasing, this issue is becoming even more of a challenge. As drones become smaller and easier to operate, virtually anyone will be able to use the device to drop contraband into a prison or county jail. Drones can also be used to gather sensitive information from inside of prisons. This information can be used for a variety of dangerous exploits, including inmate escapes and prison riots. Placing restrictions on the use of drones over prisons and jails helps prevent these situations.

Senate Bill 271 safeguards children from kidnapping, harassment, stalking, or a host of other potential harm by making it illegal to fly drones over public schools grades K-12 during school hours. The bill also makes it illegal to capture images of the campus during school hours or during extracurricular activities.

This bill is intended to stay ahead of the technological curve by providing a safeguard for children while they are at school and provides an important layer of privacy to students at a place that should be a sanctuary.

"Drones are already helping our schools protect kids from harm. But in the wrong hands, they can be threats to safety in thousands of ways that we are only starting to imagine," said El Dorado County District Attorney Vern Pierson, who testified in support of the bill. "This legislation gets ahead of the issue and helps make our campuses safe."

Source: Senator Ted Gaines' Office ★

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BBQ Dinner and Dance Raises Funds for Local Veterans

By Sheila LaPolla and Elise Spleiss

FAIR OAKS, CA (MPG) - The American Legion (AL), Fair Oaks, Post 383, hosted a Bar-B-Q Blues dinner and dance fundraiser at the Veterans of Foreign Wars (VFW) hall in Fair Oaks, 8990 Kruitof Way, on April 11th.

Many American Legion and VFW veterans and their families as well as the general public enjoyed the festivities and delicious BBQ steak or chicken meal with all the fixings.

The crowd kicked up their heels with rhythm and blues, jazz, and classic rock music by the band Crystal Image. John Covert and his band provided an eclectic mix of listening and dancing music for the enjoyment of those from their 20s to Baby Boomers and beyond.

Sax player Dorothy Sills, 61, has been playing music since she was a young child and is possibly the only female sax player performing at her level in Northern California. She comes by her musical talent from her parents. Her father and musical mentor led the 12-piece Don Sills Orchestra and performed throughout the Sacramento region, playing in some of same venues Dorothy has played in the past. She still uses her mother's alto saxophone and her father's clarinet in her performances. Her two children continue the family musical tradition by leading their own bands.

The Moon Goddess Caravan Belly Dancers of Folsom also treated the audience to a dance performance, providing a sampling of different styles of belly dancing with an infusion of Tahitian, modern dance, and jazz.

Local businesses and AL members donated over 60 door prizes. Among the prizes was a spectacular patriotic quilt. The quilt was created and donated by Orangevale resident Suzanne Winters, wife of Air Force veteran Ed Winters, and was won by Air Force veteran Jacqui Daley



Air Force veteran Jacqui Daley (left), proud winner of the patriotic quilt, and quilt creator, Suzanne Winters (right) display the much-coveted door prize following the American Legion Bar-B-Q dinner. Photo by Elise Spleiss

of Carmichael. Daley served in the Air Force during Vietnam era. When her grandson showed excitement at her winning the quilt, she reminded him, "Don't worry, it's in the family; you'll get it someday." Quilt maker Winters, who has been creating quilts for many years, shared that quilting is her passion, as well as riding her motorcycle with the American Legion Riders.

The grand prize drawing was a six-burner barbeque grill donated by Air Force veteran Jay Jiter of Rancho Cordova. The lucky winner was Air Force veteran Christine McGlasson of Fair Oaks who, in turn, generously donated it back to American Legion Post 383, which meets at the VFW, for use in future events honoring U.S. servicemen and women. She noted she knew her donation would look much better serving veterans at the Post than on her back deck.

McGlasson served four years on active duty and 22 years as a "weekend warrior" in the A.F. Reserves and A.F. National Guard. As part of one of her "daytime"

jobs with Blue Diamond Growers, McGlasson was responsible for the 1986 slogan, "A Can a Week, that's All We Ask."

American Legion Commander Ben LaPolla announced that the donations received will benefit our local veterans and families in need as well as to fund programs promoting Americanism such as California Boys State (leadership), and American Legion baseball and the Jr. ROTC.

An event such as this could not take place without the help of dedicated AL members and their families volunteering their time and resources. They worked tirelessly for weeks preparing for the event.

The American Legion would like to thank the VFW for use of their facility and giving the American Legion Post 383 a home. Their facility serves VFW and other veterans in Fair Oaks and surrounding communities.

The Bar-B-Q Blues Dinner and Dance was a celebration reminding everyone of the freedom given us by all our veterans. ★

Local Crime Beat

Tuesday, April 28th
Breaking and Entering, 4800 Block Schuyler Dr.
Theft, 6000 Block Madison Ave.

Monday, April 27th
Homicide, 6000 Block Madison Ave.

Sunday, April 26th
Robbery, 4300 Block Watkins Dr.

Saturday, April 25th
Breaking and Entering, 5300 Block Primrose Dr.
Theft, 6000 Block Madison Ave.

Friday, April 24th
Theft, 8800 Block Madison Ave.
Theft, 4800 Block San Juan Ave.
Theft, 6000 Block Madison Ave.

Thursday, April 23rd
Theft, 9100 Block River Look Ln.

Wednesday, April 22nd
Theft, 7300 Block Fair Oaks Blvd.
Theft, 5100 Block Connecticut Dr.

Tuesday, April 21st
Breaking and Entering, 4700 Block Isabella Ave.

Theft, 6000 Block Madison Ave.
Theft, 4700 Block Illinois Ave.
Theft, 8100 Block Madison Ave.
Theft from Vehicle, 1900 Block Hazel Ave.

Monday, April 20th
Assault, 5500 Block Manzanita Ave.
Breaking and Entering, 8600 Block Pershing Ave.
Theft, 6900 Block Fair Oaks Blvd.
Theft, 4000 Block Manzanita Ave.
Theft, 4000 Block Manzanita Ave.

Source: www.crimereports.com ★

Apartment Fire in Fair Oaks

FAIR OAKS, CA (MPG) - Just after 8:00 a.m. on April 30th, Metro Fire crews were dispatched to a two-story apartment complex at 10501 Fair Oaks Boulevard for a report of visible flames from a downstairs apartment. Crews arrived to a working fire and quickly initiated fire attack. Shortly after arrival, information was received that two children may be trapped inside the fire unit.

During firefighting operations, life safety is the top priority and every second counts. Generally, the first arriving crew begins fighting the fire while performing a hasty search for occupants. Next arriving firefighters conduct further searches for victims. When a report of trapped occupants is received, additional crews will enter the home from bedroom windows—without hoselines—to quickly search and rescue trapped occupants. Fortunately,



A neighbor called 911 after hearing the smoke alarm sounding. Had there been no working smoke alarm, the fire would have continued to grow, spreading to nearby apartments and endangering more residents. Photo courtesy of the Sacramento Metropolitan Fire District

quickly extinguished.

An aggressive fire attack allowed crews to contain the fire to the apartment of origin, saving all surrounding apartments from damage. The fire appears to have started in the kitchen, with the cause currently under investigation. Damage is estimated at \$50,000. Nobody was home at the time of the fire and no civilians or firefighter injuries were reported. One adult and two children were displaced; Red Cross assisted them.

A neighbor called 911 after hearing the smoke alarm sounding. Had there been no working smoke alarm, the fire would have continued to grow, spreading to nearby apartments and endangering more residents. Smoke alarms do save lives!

Source: Sacramento Metropolitan Fire District ★

the report of children trapped was unfounded and the fire was

FAIR OAKS CEMETERY MEMORIAL DAY AND AVENUE OF FLAGS CEREMONY



The Fair Oaks Cemetery District and the Memorial Day Ceremony Committee are finalizing plans for one of the most popular and inspiring Memorial Day ceremonies in the area.

The Seventeenth Annual Memorial Day and Avenue of Flags Ceremony will be held Saturday, May 23, at the Fair Oaks Cemetery, located at 7780 Olive Street, Fair Oaks. The formal ceremonies start at 10 AM. This year's theme is to honor the "150th Anniversary of the Civil War's End", and with special emphasis on our Civil War Veterans.

One Union Soldier of the Civil War is buried in the Fair Oaks Cemetery. He has gone unrecognized for years. Having no immediate family at the time of his death, a headstone was not placed to identify his final resting place.

Chairman of the Fair Oaks Cemetery District Memorial Day Committee, Tom Askins will be the Master of Ceremonies. The main speaker(s) will focus on the Civil War and the processes of restoring national unity.

The Fair Oaks Cemetery will be decorated with hundreds of flags lining its roadways as "The Avenue of Flags." We will also be adding more names to the Veterans Memorial Wall.

The laying of the wreath at the memorial in honor of over seventeen hundred veterans who are buried in the cemetery, will be done by VFW Post 6158 and American Legion Post 383.

The Fair Oaks Cemetery's Memorial Day Ceremony is a fine example of how we, the community, remembers loved ones and says thank you to our veterans and their families for their sacrifices.

The musical program will consist of Pipers, a Drummer and Recorded Music by a local Disc Jockey. Refreshments will be served at the conclusion of the ceremony by the Orangevale/Fair Oaks Grange & Fair Oaks Historical Society.



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EcoHousing Project Unanimously Approved



Future and prospective residents tour the property at the site of the future Fair Oaks EcoHousing project which was unanimously approved by the Sacramento County Planning Commission. Photo courtesy of Fair Oaks EcoHousing

Continued from page 1

and say hello?” The response was an enthusiastic, “yes”! I’m here because I know my neighbors will greet her with love.”

The homes will range in size from two-bedroom flats to four-bedroom town homes, along with extensive community facilities and garden areas, using designs to promote the sense of a neighborly

village. The new community is unique in that it is being designed, funded, and built by future residents who seek to live in a more socially connected and sustainable neighborhood than traditional

suburban developments.

The Fair Oaks property offers close proximity to the American River Parkway and its miles of bike paths, as well as Fair Oaks Village, Banister Park, the Sacramento Waldorf School, and the Rudolph Steiner College.

Green Design

Through its use of environmentally friendly design and building practices, Fair Oaks EcoHousing is expected to be one of the most sustainable new housing environments in the area. A variety of “green” strategies and

technologies have been incorporated into the community’s design. Among them are minimal paving, abundant natural lighting, and solar panels.

Fair Oaks EcoHousing will be the first cohousing community to be built in the suburbs of Sacramento. It takes inspiration from other regional cohousing neighborhoods, notably Southside Park Cohousing in downtown Sacramento, Wolf Creek Lodge in Grass Valley, Nevada City Cohousing, and several well-established communities in Davis.

Nationally, there are more than 130 cohousing communities, with many others in Europe and Canada.

Fair Oaks EcoHousing invites prospective residents to attend a free site tour. Visit www.FairOaksEcoHousing.org for more information. The next tours are scheduled for May 9th at 10:30 a.m. and May 23rd at 10:30 a.m.

Source: Fair Oaks EcoHousing. ★

Orangevale Karate Dojo Excels at US Open and International Junior Cup

ORANGEVALE, CA (MPG) - SASKA USA in Orangevale practices the Shotokan style of karate. Shotokan is a Japanese-based style of karate that was founded in 1922 by Gichin Funakoshi. The study of karate provides many benefits, including discipline, physical fitness, and teaching students to strive to excel. At SASKA, belts are earned and not given. Students must show focus, discipline, and meet the high standards established during training. These high standards establish a heightened sense of accomplishments in students. Participating in tournaments is optional; however, it is a beneficial activity in which many SASKA students are involved. Competing in tournaments rewards students for their hard work by allowing them to compare their skills to students from other dojos. The tournament environment also reveals an athlete’s ability to function at a high level while under stress.

Over the last year, SASKA has competed in five tournaments, two of which were international-level events. Months of hard work and countless hours went into preparing for these tournaments and the dojo performed very well. The results are as follows:

2014 National Karate



The competition team displays the medals they have earned in the past year. Photo courtesy of Tim Brown

Championships (July 2014 in Reno, Nevada)—Eighteen athletes competed and won one gold, five silver, and three bronze. Daniel Item won gold for the kumite (sparring) division.

2014 Dixon Tournament (November 2014, Dixon, California)—Fifteen athletes competed and won five gold, five silver, and two bronze. Mami Endo, Ravy Salisbury, and Madeline Salisbury won gold for kata (forms). Ashlee Charnow and Michael Schad won gold for kumite (sparring).

2015 USA Karate Qualifier (April 2015, Yuba City, California)—Four athletes competed and won three gold, one silver, and four bronze. Mason Brown and Dylan Ek won gold

for kumite (sparring).

2015 International Junior Cup (April 2015, Las Vegas, Nevada)—Nine athletes competed and won one gold, one silver, and three bronze. Madeline Salisbury won gold for kata (forms).

2015 International US Open (April 2015, Las Vegas, Nevada)—Twelve athletes competed and won one silver and six bronze. Daniel Item won silver for kata (forms).

SASKA trains at the Orangevale Youth Center and the Orangevale Grange. If you are interested in joining, please call (916) 521-7436 or visit www.saskausa.com. We look forward to seeing you soon.

Source: Tim Brown ★


Fair Oaks EcoHousing

A Family-Friendly Green Neighborhood

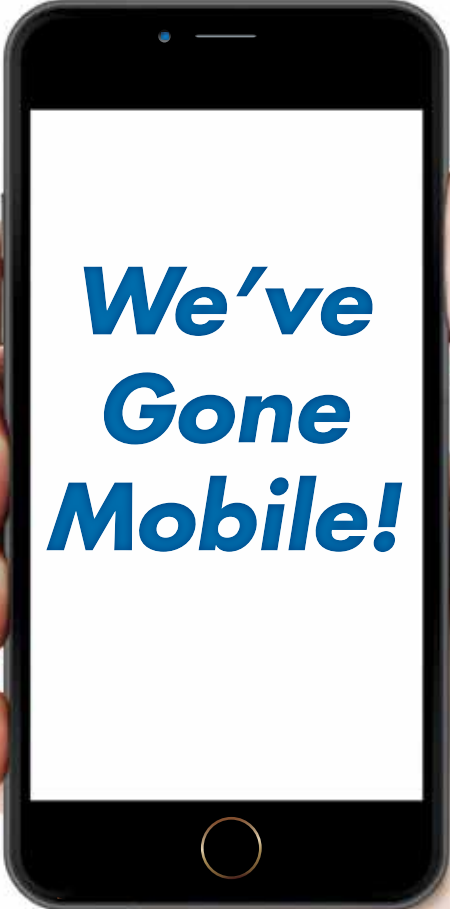
- Safe and Supportive Community for People of All Ages
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- 30 Townhomes and Flats

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For more information, visit FairOaksEcoHousing.org



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Are You Carrying Bricks In Your Backpack?


Procrastination! Ugh! What a word that is. But, we're all guilty of it - whether it's putting off laundry or doing your taxes - it's usually related to some task or chore we just don't want to do.

The same is true about making final arrangements. Who wants to think about, or talk about, death. And with so many more fun things to spend our money on, who wants to pay for it?

Well, just like taxes, death is something unavoidable, and when it’s done - what a relief that is. You can then unload that brick from your backpack and have some peace of mind. If you still need motivation, consider these points:

- You get to arrange what you think is best and not expect family members to know your wishes
- You can know that once your pre-arrangements are made, your wishes will be carried out
- You get to relieve your family from that burden of planning your funeral when they are grieving
- You can minimize disputes between your well-meaning relatives
- You can set up affordable monthly payments so the financial burden does not fall to your surviving family members
- You will show your love in a way your family will never forget

We hope these tips are useful. *Call us today for an appointment and let us help you unload some bricks from your backpack!*



Come to one of our Monthly Free Luncheon or Dinner Seminars to find out more about how you can lighten your load and receive tremendous peace of mind.

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By Ronnie McBrayer

Recently, on a visit to my hometown, I took the time to drive by the house that had been my childhood home. It was the first time I had seen it in nearly two decades. It was largely unchanged except that it seemed so much smaller. Surely, the house, and what I thought had been a sprawling front yard, had shrunk over the years.

How else could Shane, Michael, Zane, Tammy, Connie, Angie, Sarah, Elvis (yes, there was a kid named Elvis in the neighborhood), Jeff, Cotton, Jamie, Richie and myself have all fit in it to play baseball every summer evening? Now, the front yard looked like a meditation garden it was so small.

Not everything, however, was small and nostalgic. The neighborhood itself had gone to seed. Homes were completely abandoned. Once beautiful yards were overgrown. Everywhere I looked I saw the same thing: Dilapidated, deteriorating, run-down homes.

So what happened? It was a failure of vigilance more than anything else. Everyone moved out or moved on, and homes that aren't lived in break down. The same can be said for our hearts. By "heart," of course I'm not speaking of the cardiovascular system, but the mysterious, inner person.

Almost all ancient languages refer to the heart as the core or essence of a person. Thus, we



You Are Stuck With You

have the admonition from the Hebrew sage: "Above all else, guard your heart, for everything you do flows from it." The writer wasn't referring to elevated concentrations of LDL cholesterol or high triglycerides (though one should be cautious of these, for sure).

He was addressing the spiritual center of the person, for the heart can become as overrun as an abandoned home, as fallen into disrepair as a forsaken neighborhood if one doesn't stay with it. And I mean exactly that: You have to occupy that space, living at the center of who God has made you.

It's tempting to run away from who you are, moving out and moving on, but at the end of the day (literally and metaphorically) you have to come home to yourself. And home will not be a very pleasant place if you haven't taken care of the space, if you have no center - no core - if you haven't taken care of where you live.

Put bluntly, you are stuck with you; and if you have let your heart go to seed, how can you ever be happy occupying a place like that? If your heart has been given over to the wilderness, if the dust and mold are a foot deep inside, and if cockroaches, critters, and cobwebs have taken over the joint, why would anyone else want to share that space with you?

Chris Hurst, a young songwriter from Nashville, asks this question: "How do you break a

heart?" He answers, "You abandon it. Slip out in a moment of weakness and vulnerability; when it has turned its back. Leave it lonely. A heart cannot be crushed. It cannot be pierced. It cannot be gagged. It must be neglected. Then and only then will it break."

I dare say that most of the heartbreak and heartache we suffer is not the result of what others have done to us, but what we have done to ourselves, the result of our own spiritual indifference. Yet, the forgotten and abandoned heart can be revived. It will take some time and hard work, mind you, but time and hard work will get it done.

Trim the hedgerows with prayer or meditation. Cut the grass, that is, keep bitterness and unforgiveness nipped in the bud. Repair those broken places of the past, long ignored. This kind of sweat equity will clear the cobwebs and clean the windows, allowing the light to shine in, and you'll begin to feel safe and sheltered.

Guard your heart and you just might learn to love the person God has made you to be and the life he has given you to live. Give your heart the attention it deserves, and you just might discover a wonderful place to call home.

Ronnie McBrayer is a syndicated columnist, blogger, pastor, and author of multiple books. Visit his website at www.ronniemcbrayer.me. ★



Dare to Live Without Limits

You've Got to Be In It to Win It by Bryan Golden



You will never win the lottery if you are just a spectator. If you want to have a chance to win, you have to participate by purchasing a ticket. Likewise, in your life you won't win unless you participate. As a spectator, you have no influence over your direction. However, unlike the lottery, you have control over the odds of your success.

Too many people watch life go by without playing an active role. This approach can lead to frustration, disappointment, and even anger. These spectators wait for things to happen instead of making them happen.

Being in it to win it requires proactive participation in your life. You start by looking in the mirror to see who's responsible for where you are and where you are going. You are in control. Only you can make adjustments. Refusing to acknowledge this responsibility doesn't change anything. If you refuse to participate, you are effectively agreeing to accept whatever befalls you.

Here's how you stay in the game. Start by understanding yourself. Determine your likes and dislikes as well as your strengths and weaknesses. Thoroughly knowing yourself enables you to determine the most rewarding path to take. If you are frustrated with your current direction, decide what adjustments to make and then take action.

Although it's great to proactively tackle problems, working to prevent problems from arising in the first place should be your objective. To do this, analyze the causes of your past problems. As part of this process, try to determine what could have been done to avoid the problems. Use this knowledge to make better decisions today and in the future.

When you do encounter a problem, develop an attitude of seeking a solution rather than dwelling on the problem or lamenting what you should have done to avoid it. Once you devise a solution, take action to implement it.

When a problem is outside of your control, don't waste any time worrying about it. Take mitigating action where possible and move on to issues that are within your control. It's too common for people to focus on what they have no control over and neglect those problems they can solve.

When you're in the game, you've got to be productive. However, your energy is dissipated without significant results when you spend time on day-to-day tasks which produce little or no results.

Prioritizing your work ensures that the most important items are completed first. Work initially on those things that either can't wait or will generate the most measurable results. This

approach will appreciably boost your productivity. Your success is based on your accomplishments rather than how busy you are.

Continuously monitor your strategies for effectiveness. If you are not getting the results you are looking for, make adjustments. Success requires constant refining of procedures and techniques. In life, as in sports, the participants are constantly monitoring their performance and altering their tactics as needed to deal with changing conditions.

Focus on today while anticipating your needs and planning for tomorrow. Use your past experience as a guide for the future. There is a lot to be learned from endeavors that didn't work out as planned.

Success requires active participation in your life. You are responsible. You are in control. Don't wait for things to happen, go out and make them happen. Formulate goals, make plans, and take action. Learn from you past while always moving forward. Stay in it and you will win it.

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. © 2009 Bryan Golden. ★



By Marlys Johnsen Norris, Christian Author

The beauty of belonging to the family of God is never ending. Yesterday a friend shared with me a prayer that was written some years ago by Clair Conniger. It is so beautiful it touched my friends heart and mine. I decided possibly God wanted to bless you as well.

So here goes –

Prayer As You Read Your Bible

Dear Child,

Before you open my Word (Bible) this morning, stop and consider what you are holding in your hands. It is more than paper and ink, more than words and sentences. You are holding in your hands the very essence of who I AM! My word is my nature, my wisdom, my guidance, my love distilled into letter form. You are holding health and life, truth and healing. Keep My Word before you eyes. Give it permission to roam the rooms of your heart—cleaning, straightening, rearranging; closing doors on some things and opening windows on others. My Word can be for your heart, a companion, a hearth, and a housekeeper; guard against intruders. And so, as you open My Word this day, read with your eyes, but listen with

your life. I want to speak to you. Signed God

May the words of this little prayer prove to be an anointing on you as you read the Bible this day.

Through the years reading the Bible has been a never-ending experience of walking into the ways of God. Reading His "Book of Love" and plan for our lives and giving direction and guidance to make our lives more meaningful and blessed. His Word is so clear and pure but I never thought that it as like holding the "very essence of who He IS" in my hands. Reading and study certainly helps one to really "know and love" God with ones whole heart.

Marlys Johnsen Norris
Christian Author of 7 books
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FAIR OAKS COMMUNITY UPDATE



By County Supervisor
Susan Peters

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

FBI Special Agent in
Charge to Speak

At my next Community Coffee meeting on Wednesday morning, May 20th, FBI Special Agent in Charge Monica Miller will be the guest speaker. She will present an overview of the FBI, its domestic and international presence, the local structure, what violations they pursue, and then open the floor for questions. I hope you can join me for what should be a

most informative session. These informal morning gatherings are held four times throughout the year and include guest speakers on topical issues. The May meeting will begin at 7:30 a.m. at the Fair Oaks Water District’s conference room, 10326 Fair Oaks Blvd. near Winding Way. Coffee, of course, will be provided. For a list of dates for the remaining Community Coffee meetings for 2015, please see my webpage at bos.saccounty.net.

Honoring Those Who Served
Memorial Day is a special occasion. We, as a nation, remember those who served in the Armed Forces and made the ultimate sacrifice for our country, and the Fair Oaks Cemetery District will be holding its annual Memorial Day and Avenue of Flags Ceremony at the cemetery on Saturday, May 23rd. Located at 7780 Olive Street in Fair Oaks, the cemetery will be decorated with hundreds of flags lining its roadways. The program will include military honors as well as the laying of the wreath at the memorial in honor of the more than 1,700 veterans at the cemetery. The formal ceremony starts at 10:00 a.m. For more

information, please visit www.fairoakscemetery.com.
Effie Yeaw Nature Center Gala
Mark your calendars for Saturday, May 30th, which is the date for this year’s Annual Gala and Art Auction benefitting the Effie Yeaw Nature Center. This special event always features delicious food, wine, music, and art depicting the American River Parkway and its wonders of nature. Proceeds benefit the nature center and the American River Natural History Association, a nonprofit organization that supports educational and interpretive activities in the American River Parkway. Your support is especially welcomed since the operation of the nature center has been assumed by the American River Natural History Association as the result of a cooperative public-private partnership with Sacramento County’s Department of Regional Parks. For more information, please call (916) 489-4918 or visit www.sacnaturecenter.net.
Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susanpeters@saccounty.net. ★

Fair Oaks Inner Wheel

FAIR OAKS, CA (MPG) - The Fair Oaks Inner Wheel chapter has the distinction of being the first chartered club west of the Mississippi and will celebrate its 45th anniversary in May. The club won a notable “Year of Achievement” award for 2013-2014. Projects include literacy books, Project Linus, Sock Drive, Senior Luau, safe Halloween, “Read Across America” at Northridge Elementary School, Rotary fundraising assistance with the Chicken Festival, Fair Oaks Uncorked, Crab Feed, and Christmas Food Baskets. Club fundraisers include two successful printings of a cookbook and an annual Spaghetti Feed and Bunco Night. Inner Wheel is one of the world’s largest women’s volunteer organizations with over 100,000 members in 103 countries. Founded in England in 1924, it has 3,895 individual clubs whose major goals are friendship and service. Clubs support their community needs with a focus on women and children. The Association of Inner Wheel Clubs USA was founded in 1987 and created a foundation dedicated to providing myoelectric limbs for children. Individual members and clubs donate to this worthy cause. We welcome new members. For more information, please contact club President Bev Purcell at (916) 965-5530 or beverly.purcell5@gmail.com.
Source: Beverly Purcell ★



Two founding charter members of the club, Joan Cobabe (left) and Meg Smart (right). Photo by Beverly Purcell

Local Resident Wins 2015 Alice M. Brennan Humanities Award

Richard & Tamara Gast are proud to announce their daughter, Kristen Anna Gast, Orangevale resident, Casa Roble High School Class of 2012 graduate and Boston University undergraduate student, is a recipient of the 2015 Alice M. Brennan Humanities Award from the Boston University School of Humanities. The Brennan Award is an achievement award given to a few outstanding humanities students each year based on their excellent academic work. In the words of BUCH Director James A. Winn, “Kristen was nominated by the Department of Religion faculty to receive an award from the BU Center for the Humanities. Once nominated, she was asked to submit



Kristen Anna Gast a transcript (very impressive), a personal statement, and a sample of her writing, in her case an excellent paper on the historical

development of Sufism. These materials, along with two letters of support from the department, were read by members of the BUCH Executive Committee, which placed her in the group of undergraduates chosen to receive the prizes. We have endowed funds that support these prizes.” Kristen has been on the Dean’s list every semester since starting her studies at BU in the fall of 2012 and is on pace to graduate in the fall of 2016. Director Winn said it best—“Very impressive!” We are so proud of Kristen and her hard work, we know she can accomplish anything she puts her mind to.
Source: Richard and Tamara Gast ★

Dignity Health Benefits Communities through “Project Humankindness”

SACRAMENTO REGION, CA (MPG) - Dignity Health, one of the largest health systems in the nation, has introduced Project Humankindness to highlight and engage others in its mission to improve the overall quality of life. Project Humankindness showcases the collective impact of the work that Dignity Health and its caregivers have been doing outside the hospital walls over the past 20 years, including grants, investments, and volunteerism. “At the heart of Dignity Health’s mission is a dedication to improving the quality of life in the communities we are so privileged to be a part of,” said Lloyd H. Dean, Dignity Health’s president/chief executive officer. “In bringing all of these programs under the umbrella that we’re calling Project Humankindness, we are able to celebrate the great work being done in these communities and invite others to join us.” Dignity Health’s commitment to the communities it serves has included financial and volunteer support to hundreds of programs. Since 1992, the health system has provided grant awards to 185 nonprofit organizations (totaling more than \$88.1 million) and low-interest loans to 3,006 projects (totaling \$51.3 million). The efforts of Project Humankindness have resulted in the following recent initiatives:

- The Great Kindness Challenge, a bullying prevention program dedicated to creating a culture of kindness in schools nationwide, in which Dignity Health has been a presenting sponsor and active participant for the past two years. The Great Kindness Challenge asks students to complete 50 acts of kindness in one week, and in 2015 more than 4,000 schools participated, totaling two-million students and amounting in 100-million acts of kindness nationwide. As a large supporter of this kindness initiative, Dignity Health’s more than 65,000 executives, employees, and physicians accepted the Great Kindness Challenge in its hospital, clinic, and office settings as well, effectively “matching” the students’ good deeds taking place in schools.
- Project Humankindness also featured a \$450,000 donation made by Dignity Health to 17-year partner Project C.U.R.E. to send medical supplies to Sierra Leone, one of the areas hit hardest by the Ebola outbreak. Dignity Health volunteers in Phoenix packed the donation of medical supplies into a 40-foot container that arrived in Sierra Leone in February.
- Day on the Beach is an annual community event organized by Dignity Health employees who give their disabled patients an experience they wouldn’t otherwise have. Dignity Health caregivers volunteered to help people with disabilities step away from the hospital to experience life at the beach, from kayaking to swimming activities.
- Hope Street Family Center in downtown Los Angeles was developed in 1992 as a community program of Dignity Health’s nearby California Hospital Medical Center. Recognized as a national model for integrating impactful health care in the community, Hope Street Family Center is the fulfilled vision of a Dignity Health caregiver. Highlighting the work done here over the years, Dignity Health recently released a video to showcase the work done at the facility. “Project Humankindness offers Dignity Health a meaningful way to talk about the needs that exist in our communities and to show just how life-changing even small acts can be,” said Bernita McTernan, executive vice president of sponsorship, mission integration, and philanthropy at Dignity Health. “From free educational clinics and access to care, to safety and mobility assistance, we recognize the positive impact that thoughtful programs can have on individuals, their families, and the community.” Learn more about Dignity Health at www.hellohumankindness.org.
Source: Allison Public Relations ★

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For more than 50 years, Union Gospel Mission has been serving Sacramento’s homeless with shelter, meals, clothing, a rehabilitation program and a life-changing Gospel message. Founded in 1962 by concerned Christians for men in need, the Mission now serves women and children, too, and is an amazing testament to the good that comes with committed volunteers, inspired leadership and the community’s support.

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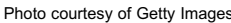
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One Family at a Time



According to a study done by LIMRA, a non-profit life insurance industry research organization, as many as 40 percent of U.S. households would have immediate trouble meeting household expenses if a primary wage earner were to pass away today. The study also showed that a majority of Gen X and Y consumers believe they need more life insurance than they currently have. Yet according to LIMRA, 30 percent of Americans have no life insurance at all and more than half of those who do are inadequately covered.

At every stage of life, life insurance is an important consideration for protecting your family and your assets. As much as you may not want to think about it, you cannot afford to avoid making these important preparations. Life insurance can be vital to helping your loved ones maintain their standard of living after your death. If you have dependents — a spouse, domestic partner, children and/or an aging parent — you should ensure that your retirement pension and savings are sufficient to secure their future.

Many Americans think that they can't afford life insurance, especially when some are struggling to balance the daily and monthly expenses that most households face. But life insurance is often more affordable than you might think. In fact, more than 80 percent of Americans overestimate the cost of life insurance. Most people who are uninsured believe that a 20-year, \$250,000 term life policy for a healthy 30-year-old would cost \$400 per year. But the real cost would actually be only a quarter of that, or about the same cost as your Netflix subscription each month.

If you're unsure about life insurance, you're not alone. Many individuals are confused about how life insurance works. According to LIMRA, 70 percent of Americans failed a 10 question basic life insurance IQ test.

The truth is not all life insurance plans are created equally. In fact, there is a whole host of different types of life insurance to fit your budget, lifestyle and needs.

One of the most common types is **term life insurance**, which offers affordable coverage for a specific number of years and is great if you want to provide coverage while you pay off certain debts or until you've fulfilled some anticipated responsibilities, such as until your children are out of college. However, while term life insurance is an affordable way to get maximum coverage, it also increases in cost after the specified period, so it may not be cost effective in the long run.

On the other hand, **permanent life insurance** policies are ones that do not expire. They protect your loved ones permanently. These plans typically offer more long-term security and may even accumulate cash value over time. While permanent life insurance may initially cost more than term life insurance, they can also be more cost-effective in the long term.

Depending on your responsibilities and financial situation, the best life insurance plan for you may be term insurance, permanent or one of the many other options offered by insurance companies.

Many leading insurance companies are making it easier than ever to put life insurance within reach. And some companies have new products for Americans who otherwise might not have easy access to life insurance plans.

Life insurance can also provide an array of benefits to dependents such as:

1. Assistance in paying off debts such as a mortgage, auto loan or credit card
2. Coverage of daily living expenses
3. Help with saving for expenses such as college tuition, weddings or starting a business
4. Paying for funeral expenses

In addition to expanding their coverage to include families who may traditionally be underinsured, major life insurance companies have also worked to develop tools, such as insurance premium calculators, that help you select the type of life insurance that is right for your needs and concerns.

Many companies have commissioned studies that explore the changing demographics, retirement ages, lifestyle habits and compositions of American households and have developed adaptable insurance policies in response. Other insurers have taken steps to diversify their offerings to better fit the needs of customers in developing nations.

MetLife, for example, has developed insurance plans to target traditionally uninsured customers in the United States and abroad. The New York-based insurer now offers prepaid insurance policies at Walmart stores in Georgia and South Carolina, with a first month's premium of just \$5. The company has also developed initiatives to increase access to insurance in the Bogotá region of Colombia by selling policies through supermarkets, door-to-door and allowing customers to pay their insurance premiums through their natural gas utility bill.

It may seem complicated and you may not want to think about it while you're in the prime of your life, but life insurance is easier to obtain and less expensive than you might think. There are several helpful tools and information available to help you find sufficient means to provide security for your families and loved ones. Picking life insurance shouldn't be a burden but an easy process. You should be able to enjoy the aging process and eliminate the unknown when it comes to life insurance.

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POPPOFF!

with Mary Jane Popp

KICKSTART YOUR RELATIONSHIP

With Mother’s Day just around the corner, why not think about some positive ways to beef up your relationship. Dr. Margot Brown a Licensed Marriage and Family Therapist for over twenty years suggests laying a foundation of positive so the negative is not ever-present. In her book “Kickstart Your Relationship Now! Move On or Move Out!” she identifies nine ways you can express the positive to your partner.

- 1) I LOVE YOU: Tell your mate “I love you.” Sometimes you might not feel that you show it, so say so and be sure to include the words, “I love you.” Say it aloud with sincerity.
- 2) COMPLIMENTS: If you never hear anything good or positive from your mate, then it is difficult for you to say something nice or positive back. Give a compliment now and then.
- 3) HUGGING: Hugging, embracing, kissing, holding hands, caressing...all are very gentle, symbolic

expressions of love and gentle communication. This is very important and necessary to any relationship.

- 4) ROMANTICE GESTURES: Send flowers, a card, jewelry, or a token of appreciation.
- 5) BE POSITIVE: Be positive in what you say to others and yourself. Stop any negative talk...it’s unhealthy and unproductive.
- 6) SMILING: Smile...it makes you feel extremely good, confident, and positive. It becomes infectious, and rubs off on others and in how they treat you.
- 7) MAINTAIN INTEREST: Keep time to do things together that you enjoy, such as reading, playing games, taking walks, going to the theatre, playing sports together etc.
- 8) BALANCE: See things from your partner’s perspective as to what he or she needs in regards to balancing work, kids time alone or together and chores with entertainment.
- 9) RESPECT: Respect your mate by including them in decision-making issues. Do not speak for your mate when asked to attend a party, dinner, or event without discussing it with that person first.

If your mate is negative, why don’t you, through your own positive thinking, try to encourage positive thinking in a gentle manner without putting him or her down. According to Dr. Brown, “You will find that positive thinking has a rippling

effect on your entire life...relationships, work, goals, health spirituality, and so on.” She added that we should not play games because they can be a barrier to connecting authentically. Do you play any of these games?

- 1) BREAK UP, MAKE UP: Couples fight and make up. They fight again, break up, and return back with lots of “I’m sorry.” It’s a vicious cycle that can become habitual. It needs to stop,
- 2) I DON’T KNOW: When your spouse asks why you persistently do something wrong or annoying and you answer “I don’t know,” it’s a cop-out. Look for ways to stop it.
- 3) IT’S YOUR FAULT, NOT MINE: Pointing fingers and laying all the blame on the other person is not productive. Often, the blamer merely reflects their own insecurities and projects them onto the other.
- 4) PICK PICK, NAG NAG: Some partners don’t do all they are expected to do. But it’s equally important to ask for help rather than fold your arms on your chest and refuse to help the situation. Here comes the implosion or explosion.
- 5) THE SILENT TREATMENT: This is never effective. It turns an argument into a war and leaves built up anger to fester.

Just a few facts. Find more information at www.72hrule.com. Make a pact this Mother’s Day and be HAPPY! ★

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5750 Grant Ave, Carmichael (corner of Grant and Fair Oaks Blvd).
Sundays 9 am – 2 pm. (Year-round, rain or shine).

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Land Park Farmers Market
1944 Sutterville Rd, Sacramento.
Sundays 9 am – 1 pm. (Year-round, rain or shine).

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VA Mather Farmers Market
10535 Hospital Wy, Mather.
Sundays 9 am – 1 pm. (Year-round, rain or shine).

WEDNESDAY

Fair Oaks Sunset Farmers Market
8101 Sunset Ave, Fair Oaks (New Life Church parking lot).
Wednesdays 3 pm – 7:30 pm. (Seasonal; April 8 – November 25).

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 9. Attention-getting sound
 13. Archipelago
 14. Pigeon sound
 15. Indian restaurant condiment
 16. Camelot to King Arthur, e.g.
 17. Expression of doubt
 18. Village V.I.P.
 19. *One of the Cullen family
 21. *Short in front and long in back
 23. Johnny Cash's boy with unfortunate name
 24. Manufacture
 25. Nuke
 28. Friend from Down Under
 30. As a whole
 35. Sky defender
 37. First baby word?
 39. King Henry VIII, e.g.
 40. Actress Sorvino
 41. "___ truly"
 43. *Known for his clowning around
 44. Sinbad the Sailor's home
 46. A bunch
 47. Crude group
 48. Bad blood
 50. Vietnam's neighbor
 52. Don Draper's creations
 53. Lady of "Applause"
 55. Poor man's caviar
 57. *Her hair style was popular in the '90s
 60. *Part robe part blanket
 64. Conservative side
 65. Length of existence
 67. *Pokémon exchange
 68. Lady's pocketbook
 69. Last letter
 70. Dialectical Reasoning philosopher
 71. "___ there, done that"
 72. Freddy Krueger's street
 73. *Tulip Mania flower holders
- DOWN**
1. Multiple independently targetable reentry vehicle
 2. Seaward
 3. Chowder ingredient
 4. Facilitates
 5. Os on Periodic table
 6. Heart or tooth condition
 7. Read-Only Memory
 8. Punctuation mark
 9. ___ Mall, London
 10. Served with an entree
 11. Editor's mark
 12. Feather glue
 15. Give in
 20. Precedes "set, go!"
 22. Tiny guitar
 24. ___ oblongata
 25. *Salsa exercise

CROSSWORD											
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32. Parkinson's disease drug
33. Exuded
34. *Casual summer shoes
36. Old MacDonald's domain
38. ___ 51
42. Bounded by an oath
45. Goose eggs, archaic
49. Sigma Alpha Epsilon
51. Cardinal compass point at 180 degrees, pl.
54. Donut topping
56. White heron
57. Baptism or shiva
58. Chills and fever
59. *Home of the beard trend?
60. Give an impression
61. Dashboard instrument, var.
62. Previously mentioned
63. Snaky swimmers
64. Confederate Johnny
66. Styling goo



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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 9

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CLINCHED!

A capture A.L. West title for second year owners (Page 6)

Keapernick struggles, Luck shines in Colts' 27-7 rout of Niners

SAPPHIRE / Page 13

THE SACRAMENTO BEE

Monday, September 22, 2003 \$1

Housing rises from meltdown

SUPER COMMUTERS' INVESTORS FLOCK TO BATTERED AREA

SAN JOAQUIN HOME PRICES
 "Super commuters" and Bay Area investors are driving appreciation prices there from Los Angeles Valley and other hotbeds, but Sacramento area is still the valley price representative.
 (Market.com and Sacramento Bee)

Group in mall attack resilient

NEWS ASSOCIAT
 STEVE A. SHARAFIAN
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**Some delivery restrictions may apply.*

ARM

Jim Miller
Answers
Your
Senior
Questions





Check Out This
Week's Topic!
**Savvy
SENIOR**

Essential Screening Tests for Colon Cancer

Dear Savvy Senior,
Are there any easier alternatives to a colonoscopy to check for colon cancer? I'm in my sixties and would like to be tested, but hate the idea of drinking all that laxative solution, and being sedated for the procedure.
- Squeamish Jim

Dear Jim,
It's a great question. While a colonoscopy is considered the gold standard screening test for detecting colon cancer and is widely recommended once adults reach age 50, only about half of Americans who've passed that milestone ever get tested.
Why? Because most people, like yourself, dread the all-day laxative prep and sedation, not to mention the procedure itself. Fortunately, there are some easier alternatives, but be aware that if these tests uncover any suspicious results, you'll still need to undergo a colonoscopy.

Take-Home Tests

There are two different types of tests on the market today that you can take in the privacy of your own home that requires no laxative-taking/bowel-cleansing preparation.
The best option is the new FDA approved Cologuard test (see cologuardtest.com), which has a 92 sensitivity rate for detecting colon cancers. With this test you simply take a sample of a bowel movement, and mail it in to the lab for analysis.

The lab looks for both blood and cancer-related DNA cells in your stool.
The Cologuard test, which is recommended every three years, requires a prescription from your doctor, and costs \$599 but is covered by Medicare and many private insurers.
If, however, you find that the Cologuard test is not covered by your insurer, and you can't afford or don't want to pay the \$599 fee, the other option is the fecal occult blood test (FOBT) or the fecal immunochemical test (FIT), which detects 74 percent colon cancers.
These tests, which are also provided by your doctor, check for traces of blood in the stool that could indicate cancer or large polyps that can develop into cancer, but they don't look at the DNA. You simply send a stool sample to the lab.
Recommended annually, both of these fecal tests cost only around \$25 and are covered by Medicare and most insurers.

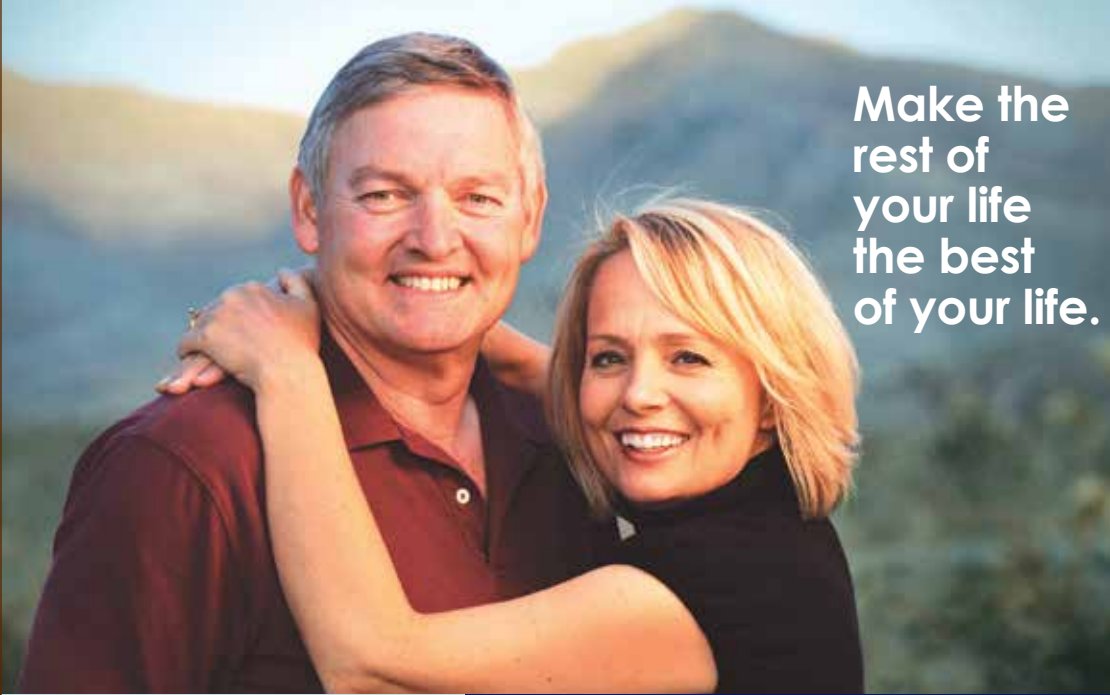
Less Invasive Tests

Two other tests to consider that are less invasive than a colonoscopy but more entailed than the take-home tests are the virtual colonoscopy and the sigmoidoscopy (both tests are recommended every five years).
A virtual colonoscopy uses a CT scan to view your colon instead of a scope in the rectum, so it's a less invasive procedure than a traditional colonoscopy

and doesn't require sedation. But, it still requires the same bowel-cleansing prep. It's also more expensive, typically costing between \$400 and \$800 and is not covered by Medicare or most insurers.
A sigmoidoscopy exam, which is covered by Medicare and most insurers, uses a short, flexible scope inserted in the rectum like a colonoscopy to look at the lower colon only. This is a much faster and less involved procedure than a colonoscopy and one that doesn't require sedation. You follow a clear liquid diet the day before the exam and take a laxative or enema the morning of.

Colon Cancer Numbers

Colon cancer, which develops slowly over several years without causing symptoms especially in the early stages of the disease, is the second largest cancer killer in the U.S., killing around 50,000 Americans a year.
The U.S. Preventive Services Task Force – an independent panel of medical experts that advises the government on health policies – recommends colon cancer screening to all adults, ages 50 to 75. Earlier screenings are recommended to people who have an increased risk due to family history or other factors.
Experts believe that as many as 20,000 lives could be saved each year, if the screening rate went up to 90 or 95 percent.



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Hundreds Rally for AB 311, Bill Fails in Assembly

Story and photo
by Christie Spurlock

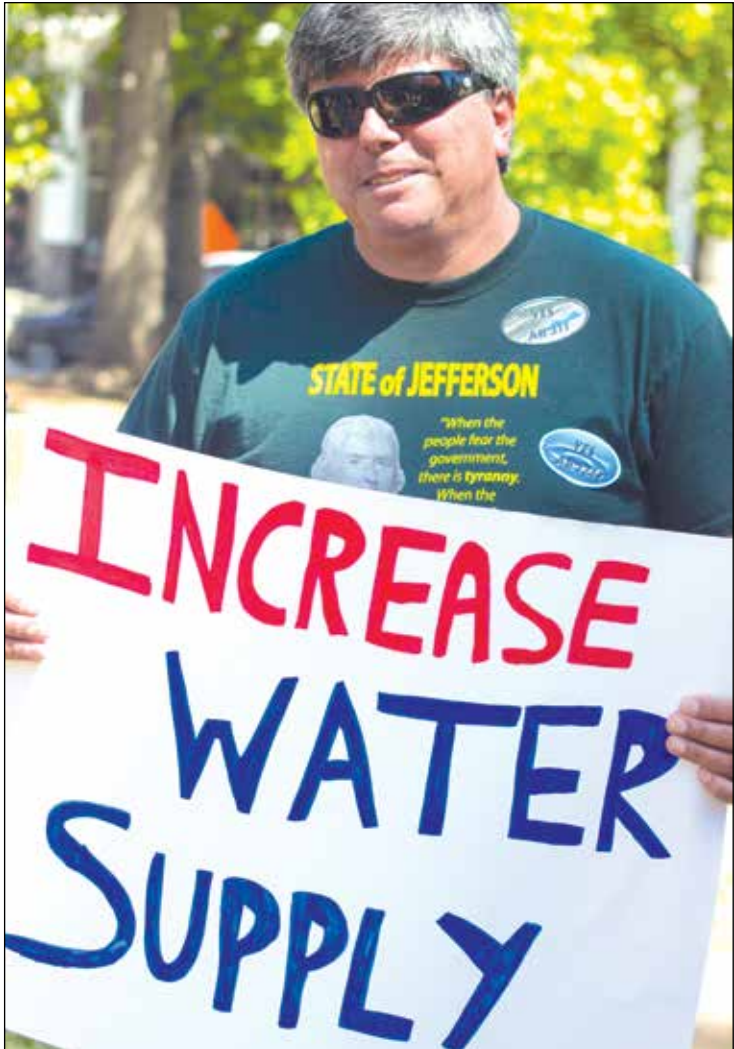
SACRAMENTO REGION, CA (MPG) - On April 27th, multitudes of people gathered at the north steps of the Capitol to rally for the passage of Assembly Bill 311. Among the speakers were Senator Jim Nielsen (R-Gerber) and Assemblyman James Gallagher (R-Nicolaus), who is the author of AB 311.

Assemblyman Gallagher spoke of how important this bill is to many Californians. He also referenced the legislation that helped to expedite the building of the Kings arena. “There’s a lot of talk about water being the lifeblood of California,” said Gallagher. “Let’s prove it by getting this vital funding allocated to Sites Reservoir and Temperance Flat and by passing AB 311 today and showing all Californians that we value water just as much as we do professional sports.”

Assembly Republican Leader Kristin Olsen (Modesto) said, “If we want to prevent future dire situations related to drought that will inevitably hit California again, then we have to work together today to build the storage capacity that we so desperately need in order to increase water supply and provide it to all our communities.”

An attendee of the rally, who wished to remain anonymous, said his concern about the lack of water in California is what made him support the bill. So what does he think will help the drought? “Building more dams, more reservoirs,” he said. A common theme among attendees was that most wanted to see action as soon as possible.

However, just hours after the rally, the bill was rejected by the Assembly committee. On Twitter, people voiced their opinions about the bill. “As conservationist, raft guide & hunter, I support



An attendee of the rally said his concern about the lack of water in California is what made him support the bill.

conservation & river protection, but #CADems block sensible #Water infrastructure,” tweeted Twitter user @tabberg. On the other end of the spectrum, Twitter user @krislevtwombly tweeted in response to Kristin Olsen’s plea to pass the bill, “Thx4urEfforts #cawater supply but :(about #ab311 rush dam projects. All CA wild spaces r sacred. Don’t drown them. Lost4evr.”

The day after the bill’s rejection, Governor Jerry Brown announced that his administration would authorize expediting environmental reviews of certain water projects. Gallagher responded to the

news with a statement: “Unlike Assembly Democrats who voted down AB 311 yesterday, the Governor clearly sees the need to streamline the environmental review process for vital water supply projects. I am also encouraged by his statement that he will ‘explore legislative changes that can speed up delivery of critical water supply projects.’ I will be reaching out to Governor Brown and stand ready to work on such legislative changes so we can get critical projects like Sites Reservoir and Temperance Flat off the ground quickly.”

Source: Twitter.com



\$10,000 Fine for Water Infractions, says Brown

SACRAMENTO REGION, CA (MPG)

- Governor Brown, meeting with mayors from across the state, announced he will propose legislation to help local officials better enforce conservation requirements and will direct state agencies to streamline environmental review of local water supply projects.

“These measures will strengthen the ability of local officials to build new water projects and ensure that water is not wasted,” said Governor Brown. “As this drought stretches on, we’ll continue to do whatever is necessary to help communities save more water.”

The proposed legislation will give new enforcement authority to local entities that don’t currently have it and increase potential penalties against water wasters. Specifically, it will enable the following actions:

- Establish a new penalty of up to \$10,000 per violation, expanding on \$500 per day maximum infraction established in last year’s drought legislation.
- Allow penalties to be issued administratively by wholesale and retail water agencies, as well as city and county governments. This change speeds up an infraction process involving courts that was established in last year’s emergency drought legislation.
- Enable these entities to enforce local water restrictions against water waste, as well as conservation restrictions established by the State Water Resources Control Board.
- Allow local public agencies to deputize staff to issue water conservation-related warnings and citations.

This legislation will give all water agencies and local governments a consistent, minimum set of enforcement authorities to achieve required water conservation. Local water agencies with

existing authorities to enforce against water waste can continue to use those authorities. Under the proposed legislation, any monetary penalties from this enforcement will be used for local conservation efforts.

Separately, to streamline environmental permitting for critical water supply projects, the Governor has directed his Office of Planning and Research and other state agencies to help local water agencies reduce the time required to comply with state-required environmental reviews. These permit streamlining efforts will focus on projects that can increase local water supplies with limited environmental impacts. The Governor’s Office will also explore legislative changes that can speed up delivery of critical water supply projects.

In recent weeks, Governor Brown has convened top agricultural, environmental, urban water agency, and business leaders from across California to discuss the state’s drought and conservation efforts.

In April, Governor Brown announced the first ever 25% statewide mandatory water reductions and a series of actions to help save water, increase enforcement to prevent wasteful water use, streamline the state’s drought response, and invest in new technologies that will make California more drought resilient. This order included measures to help replace lawns with drought-tolerant landscaping and old appliances with more water and energy efficient models; cut water use at campuses, golf courses, cemeteries, and other large landscapes; prevent potable water irrigation at new developments unless water-efficient drip systems are used; and stop watering of ornamental grass on public street medians.

Within days of the Governor’s order, the State Water Resources Control Board released its framework to achieve the

mandatory water reductions and the California Energy Commission approved new water appliance standards to save billions of gallons of water per year. The California Department of Water Resources also announced that due to the severe drought it will install an emergency temporary rock barrier across a Sacramento San Joaquin Delta channel to help prevent the saltwater contamination of water that 25 million Californians depend on.

These measures build on unprecedented action by the State Water Resources Control Board over the past year to prohibit other wasteful water use and encourage Californians to conserve, including strict limits on outdoor irrigation (two days a week in much of California) and bans on hosing down outdoor surfaces, decorative water fountains that don’t recirculate water, and car washing without an automatic shut-off nozzle. Bars and restaurants are also now required to only serve water upon request and hotels must ask guests staying multiple nights whether linens and towels need to be washed.

Governor Brown proclaimed a drought state of emergency in January 2014, and for more than two years the state’s experts have been managing water resources to deal with the effects of the drought, which include severely curtailed water supplies to agricultural producers, farmworker job losses due to fallowed fields, drinking water vulnerability in communities across California, heightened fire danger, and threats to endangered and threatened fish and wildlife.

To learn more about the state’s drought response, visit www.Drought.CA.Gov. Every Californian should take steps to conserve water. Find out how at www.SaveOurWater.com.

Source: The Office of Governor Edmund G. Brown Jr.



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