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# AMERICAN RIVER Messenger

*"Written by the people, for the people"*

Volume 10 • Issue 10      Serving Fair Oaks, Orangevale & Sacramento County      May 22, 2015

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# Rellik: It's A Wrap

*Pilot Set to be Released at Local Comic Con*



Brian Jagger, Tim Russ, and Emily Grant on set in Carmichael (above). In a scene from the film, Robert's mother Mandy (played by Emily Grant) speaks with her character's brother Eli (played by Brian Jagger) on set in Carmichael (at right).

**By Ben Barber and Christie Spurlock  
Photos by Ben Barber**

**SACRAMENTO REGION, CA (MPG)** - Sacramento-area residents have something to look forward to when *Rellik* premieres at the Wizard World Comic Con on June 20th. *Rellik* is a crime drama that follows the story of two detectives as they investigate a serial killer who is terrorizing Sacramento.

The ultimate goal is for *Rellik* to grow into a full-season TV show. The crew of roughly

40 people worked for deferred pay in hopes that the pilot will be picked up by an online distributor such as Netflix, Hulu, or Crackle, which would bring steady production work to the Sacramento region. The pilot features *Star Trek Voyager's* Tim Russ at the helm as director; Sacramento region actors Nick Fenske, Craig DeLuz, Brian Jagger, Charlie Holliday; and many more local-area cast and crew.

Filming for *Rellik* took place all  
*Continued on page 2*



## Annual Taste of Fair Oaks Returns

**FAIR OAKS, CA (MPG)** - Come out for an evening of fun, food, and drink at the North Ridge Country Club (located at 7600 Madison Ave.) on Friday, June 5th from 6 p.m. to 9:30 p.m.

Over 60 area restaurants, wineries, and regional micro-breweries will be in attendance for guests to taste and sample the exhibitors' food and beverages. Enjoy the evening with your family and friends by sampling everything the event has to offer. A partial list of attending wineries, breweries, and restaurants are: Carvalho Family Winery, Cooper Vineyards, Heringer Estates, Lava Cap Winery, Oak Ridge Winery, Fire Rock Grill, The Melting Pot, Nothing Bundt Cakes, Lost Coast Brewery, and Mendocino Brewing Company.

There will be silent and live auctions, food and drinks, a putting contest with a \$5,000 grand prize, live music, a gift raffle, classic cars, and more. The cost for all of this is just \$40 for an advance purchase ticket and \$50 at the door. To buy tickets, call (916) 967-2903 or visit [www.fair-oakschamber.com](http://www.fair-oakschamber.com). Attendees of a Taste of Fair Oaks must be 21 years of age or older.

A portion of the proceeds from a Taste of Fair Oaks will benefit the Mercy Springs Foundation. Chamber members can help a Taste of Fair Oaks by donating items for the live and silent auctions. This is a great opportunity to promote your business. This event is the chamber's biggest fundraiser of the year and the Chamber needs all of its members to help to make Taste of Fair Oaks a success.

*Source: Fair Oaks Chamber of Commerce* ★

## Fair Oaks Bluffs Fire Ruled Arson

**FAIR OAKS, CA (MPG)** - A large column of smoke could be seen for miles on May 13th as a grass fire, driven by wind, quickly moved along the American River Parkway toward homes on Bluff Lane.

Finding a well-established fire with multiple homes threatened, responding crews quickly requested additional units. The 10 engines on scene aggressively fought fire from the ground in dry fuels and extremely steep terrain. Aided by water drops from the California Air National Guard and air-to-ground communication from Sacramento Sheriff's Star, they were able to halt the forward progress of the fire before homes were significantly damaged. The fire burned up the slope, right to the edge of the defensible space behind the homes. With no additional fuel to burn, the fire could no longer advance toward the homes and the people inside. By the time the fire was contained, two homes

had been evacuated and 10-15 acres had burned. One home was reported to have damage to the decking, but no structural damage was found. No civilians were injured, though two firefighters suffered minor injuries.

Arson investigators were on scene throughout the evening and morning. The day after the fire, they determined that it was arson, intentionally set in three different locations. Anyone with information, photos, or video from the early stages of the fire is asked to call the Metro Fire Anonymous Tipline at (916) 859-3775.

*Source: Sacramento Metropolitan Fire District* ★

**By the time the fire was contained, two homes had been evacuated and 10-15 acres had burned.** Photos courtesy of the Sacramento Metropolitan Fire District



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**THE SACRAMENTO BEE**



# Rellik: It's A Wrap

## Pilot Set to be Released at Local Comic Con

Continued from page 1

throughout the Sacramento region, primarily in Carmichael, Roseville, and Dixon. The creator, Jason Knittle, is a Carmichael resident who reached out to friends for possible locations to shoot interior house shots. The City of Roseville also played a major role in making the production possible by making filming permits easy to access. This allowed for shooting in the old Roseville Courthouse—which was dressed up as a police station for the show—and various locations around Roseville, such as parking garages and city streets.

Ben Barber, cinematographer for *Rellik*, said, “The production team was moving so quickly, we were able to grab scenes that were planned to be shot on days two and three and fit them into day one, where we shot at O’Donnell Heritage Park.” O’Donnell Heritage Park is located in Carmichael near the border of Carmichael and Fair Oaks.

Jason Knittle II, the son of creator Jason Knittle and an El



In a scene from the film, two police officers approach Robert (played by Jason Knittle II) to ask him about the murder.

Camino High School student, plays the role of Robert. Robert is a troubled teen that happens upon a murder in progress and becomes the lead suspect in a series of murders.

Actress Emily Marie Grant plays the role of Robert’s mother, who is a single mom struggling to keep her teenage son out of trouble. Grant is a prolific actress, with roles in *August Falls*, *Steve Jobs*, *San Andreas*, *Minutes After Midnight*, *The Diary of a Teenage Girl*, and more just in 2015. *Steve Jobs*, a biography of the late CEO

of Apple, just wrapped shooting in San Francisco.

Shooting for *Rellik* has now wrapped and is in post-production. To see the premiere, come to Wizard World Comic Con on June 20th, located at the Sacramento Convention Center at 1400 J St. in Sacramento. After *Rellik*’s premiere, there will be a question and answer segment where fans can ask questions about production. Don’t miss your chance to support local filmmaking here in the Sacramento region! ★

# Church Aids Foster Youth

**ORANGEVALE, CA (MPG)** - The parishioners of Divine Savior Catholic Church in Orangevale donated over 700 pounds of non-perishable food, paper goods, and personal hygiene items to Sacramento County’s Independent Living Program for foster youth. Two collections a year by the church provide all of the supplies for the program’s food pantry. Peggy McDermott, food drive coordinator, said that Divine Savior Church has been the food pantry’s sole supplier

for six years. Each June, Peggy also solicits gift card donations from parishioners for distribution to foster youth who have reached 21 years of age and need support as they begin independent lives.

The Independent Living Program, under the auspices of Sacramento County Department of Health and Human Services, offers daily living skills classes designed to help current and former foster youth, aged 16 through 21,

achieve self-sufficiency before exiting the foster care program. Counseling, job, and housing assistance—in addition to other resources—are available at the program’s offices.

The Food Pantry relies strictly upon donations. To learn more about the Independent Living Program for foster youth and how your organization can help, call the Independent Living office at (916) 874-9308.

Source: Beverly Purcell ★

# Northminster Presbyterian Church Offers Vacation Bible School

**SACRAMENTO REGION, CA (MPG)** - Northminster Presbyterian Church will be offering free Vacation Bible School and Performing Arts on June 8th through June 11th from 4:30 p.m. to 8 p.m. at 3235 Pope Avenue, Sacramento.

You don’t want to miss being a part of sharing stories of courage from the Bible with an Old Western twist. This year, Northminster is combining Vacation Bible School and Music Camp into one fun-filled program for kindergarten

through sixth grade students.

This year, Line and Square Dancing, a Western Challenge Course (which includes horse-shoes, cow roping, a shooting gallery, and gold panning), and a Trading Post will be part of the fun. There will be Bible skits and songs and a life-changing mission project. Children will have an opportunity to learn to play one of the following instruments: violin, guitar, ukulele, chimes, and recorders. The church will provide the chimes and recorders. Students must

supply their own instrument or can rent one at any local music store. Participants can also participate in fun jam sessions.

There will be raffle prizes and a light supper provided every night. After the week has concluded, there will be a special worship performance on Sunday, June 14th at 10 a.m. that features the children’s newly acquired skills.

To register, call (916) 487-5192, visit [www.northminsteronline.org](http://www.northminsteronline.org), or join on Facebook.

Source: Gerry Halley ★

# Local Artist Hugh Gorman Is Subject of Short Film



Local artist Hugh Gorman in a still from the first five seconds of the documentary, *Hugh Gorman: Artist of the American River*. Image courtesy of Chris McKee

**FAIR OAKS, CA (MPG)** - Celebrated local artist Hugh Gorman is the subject of a new, short documentary, which closed out the Sacramento Film Festival on Sunday, May 3rd. In the film, Producer-Director Chris McKee shows how Gorman’s life in Fair Oaks and Carmichael has become interwoven into his public murals and mosaics.

“Hugh’s mind is constantly jumping back and forth across time, connecting the past to the present, and celebrating what was best to him about life for the future,” says McKee. “He was very inspirational to interview. I could have made five shorts about him!”

Indeed, the film splits into a braided narrative, exploring multiple locations around town about a minute in, drawing connections with the repeating landmarks and motifs of Gorman’s work, primarily along the American River—hence, the film’s title: *Hugh Gorman: Artist of the American River*.

As Gorman describes the wild and carefree 70s, he does not reflect the gentrification, the governance, or the celebration of California’s gold rush we see around Sacramento, but it’s certainly a time that’s had a strong influence on the local music and arts scene.

“You know this was a frontier town! You go across the river and that was it,” Gorman says in the film. “We never wore clothes when we swam. And actually, where [we lived] it was all rung by houses, and so the middle was pretty private. ... We were just literally free spirits.”

The lifestyle has served him well, judging by how healthy he looks at 70 and the numerous works the local towns have commissioned him to produce over the years. You can see more of his work at [www.HughGorman.com](http://www.HughGorman.com). To watch the film online, visit [www.californiafilm.net/video/hugh-gorman-artist-of-the-american-river](http://www.californiafilm.net/video/hugh-gorman-artist-of-the-american-river).

Source: Chris McKee ★

## 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 “150<sup>th</sup> 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.**



## AMERICAN RIVER Messenger

Serving Fair Oaks, Orangevale and Sacramento County since 2006

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# Experience the Singin’ and Swingin’ of the Rat Pack Era



Voices of California (VoCal) was founded in Sacramento in 2010, winning their very first chorus championship less than three months later. VoCal has gone on to win many more chorus awards and are the only chorus from the Sacramento area ever to have qualified to compete in the Barbershop Harmony Society’s International competition. Now they will raise their voices just for you, in celebration of the music of the tremendously popular bygone era of the 1950s and ‘60s. Photo courtesy of Voices of California

By Bill Martin

**SACRAMENTO REGION, CA (MPG)** - The Rat Pack-era sound is back and live! Relive that incredible musical era when “Chairman of the Board” referred to only one person—Frank Sinatra—and the “Board” was Dean Martin and Sammy Davis Jr. It’s time to sing and swing again. Mark your calendar now for two special performances on Saturday, May 30th at the Harris Center for the Performing Arts at Folsom Lake College. This event is presented by and features Voices of California (VoCal), Sacramento’s very own 60-member men’s barber-shop chorus.

This is not your grandmother’s barber shop quartet sound either. With a large variety of styles and arrangements, even the younger crowd will be surprised by the scope and sound of songs performed by this talented group of men. According to 21-year-old Christian Martin, “I had the opportunity to attend a practice performance for VoCal last year and was not only surprised by the incredible talent of all the performers, but the music and song selections were great. It was nothing like I expected at all, and I am really looking forward to hearing them perform again.”

VoCal was founded in Sacramento in 2010, winning their very first chorus championship less than three months later. VoCal has gone on to win many more chorus awards and are the only chorus from the Sacramento area ever to have qualified to compete in the Barbershop Harmony Society’s International competition, which they have accomplished twice in the last three years. VoCal currently ranks 25th internationally. Now they will

raise their voices just for you, in celebration of the music of the tremendously popular bygone era of the 1950s and ‘60s.

On May 30th, VoCal will be joined by two very special musical guest quartets as well: Around Midnight from New York and The Newfangled Four from Los Angeles.

Blair Reynolds, a Fair Oaks resident and long-time member of VoCal, said, “The biggest hurdle we have at times with some of the public is getting past the misconception about what our sound truly is and the presumption that Barber Shop-style music isn’t a serious art form. Our group offers so much more than the traditional style and sound expected. You have to see one of our performances to experience it for yourself. It does appear by the current ticket sales for this event, we’re making some good headway,” Reynolds noted with a broad smile.

In response to the high demand for tickets, there will two performances: a matinee on Saturday, May 30th at 2:00 p.m., followed by the special evening performance the same night at 7:00 p.m. Performances will be held at the Harris Center for the Performing Arts at Folsom Lake College in Folsom, CA.

Advance ticket purchases are highly recommended. Ticket prices are \$12.50 for students, \$27.50 for standard tickets, and \$37.50 for premium seating. All seating is reserved. For more information about tickets or the performances, please call (800) 385-3659 or visit them online at [www.VoicesofCalifornia.org](http://www.VoicesofCalifornia.org). Tickets can also be purchased at [www.HarrisCenter.com](http://www.HarrisCenter.com). ★

# Volunteer Has a Heart Bigger than His Clown Shoes

Shriners Hospital Volunteer Recognized for Exceptional Service



Harry Norman is affectionately known throughout Northern California Shriners Hospital as Hare Bear the Clown. Every Thursday rain or shine, Hare Bear can be found greeting families as they arrive for their clinic appointments. Photo courtesy of Shriners Hospitals for Children, Northern California

clinic appointments. On his volunteer days, he gets up at 4:30 a.m. to put on his clown face so he can arrive at the hospital by 7:45 a.m. He has volunteered at the Northern California Shriners Hospital since it opened in April 1997, contributing more than 5,300 hours to the hospital clinic and thousands of hours in the community supporting both Shriners and Shriners Hospitals for Children.

“When I retired, I knew I wanted an active role in the Shrine, and the best way of doing that was to be part of the clown brigade,” said Mr. Norman, who has been a Shriner for over 20 years. “I love to see the looks on children’s faces when they see Hare Bear the Clown. If I can be a happy distraction for them, all the better,” he said.

When Mr. Norman decided to become a Shriner clown, he said it was easy to come up with a clown name. As a term of endearment, his wife Edna nicknamed him Hare Bear years ago. Now, it is a name that endears him to many of the children who come to Shriners Hospitals for Children, Northern California. To those who know Mr. Norman, aka Hare Bear, his heart is even bigger than his clown shoes.

Source: Shriners Hospitals for Children, Northern California ★

**SACRAMENTO REGION, CA (MPG)** - Shriners Hospital volunteer Harry Norman was recently awarded the Doug Busath Lifetime Achievement Award at the Northern California hospital’s volunteer recognition ceremony. The award is named in honor of Doug Busath, who volunteered in the hospital’s Central Activity Area for 10 years after his grandson was treated at Shriners for severe burn injuries sustained in an automobile accident. The award is presented annually to a hospital volunteer to honor dedication, commitment, and joyful service to patients, families, and the entire hospital community. Mr. Norman, winner of the 2015 lifetime achievement award, is affectionately known throughout the hospital as Hare Bear the Clown. Every Thursday rain or shine, Hare Bear can be found greeting families as they arrive for their

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By Ronnie McBrayer

In Greek mythology there was a mighty king named Sisyphus. In his day he was an entrepreneur with a Trump-like self-image, and presided over his territorial and commercial empire like a cagey Wall Street tycoon. His tactics, however, more resembled those of Tony Soprano than Jack Welch, for Sisyphus was a treacherous man.

If you read the mythologies about Sisyphus you find him so irritating to the gods that they banished him to hell twice (three times, actually, according to some accounts). But he was such a wily character he could even negotiate an escape from the underworld. Nevertheless, his trickery finally caught up with him as such things seem to do.

For his many crimes against humanity and the heavens he was condemned to an eternity of frustratingly hard labor. His endless assignment was to roll a huge boulder to the top of a hill, taking all of his strength to do so. Then, every time Sisyphus arrived with his rock at the top of the hill, it would roll back down to the bottom. Sisyphus would be forced to begin the process all over again. According to the Greeks, he is still struggling with that stone today.

In issues of faith many of us lead a Sisyphean existence. We are always pushing that rock up the hill only to see it slip away



## Pushing Stones

just as we “arrive” at a resting place. Proof of our effort is betrayed by words like: “I have got to do better...I must try harder...I need to give more...I should pray longer...I’m not good enough...I ought to read the Bible more often.”

Faith becomes a terribly heavy burden that we are pushing up the hill. Like Sisyphus, with his shoulder eternally shoved against the stone, or like the perpetual hamster on a never ending exercise wheel, we turn liberating grace into a repressive pseudo-holiness that is nothing short of a deathtrap.

This concept is completely foreign to the spirituality of Jesus. Matthew 11 frames the contrast best. I love Eugene Peterson’s translation of Jesus’ anti-Sisyphean maxim found there: “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. I won’t lay anything heavy or ill-fitting on you.”

It’s quite the disparity. Granted, faith and spirituality are not passive. A healthy faith and a vibrant spirituality do not develop spontaneously without some level of decision or intentionality. We have to give these our attention. But too many of us have an overly-inflated sense of personal responsibility.

We think that our spiritual journey and growth depends upon all that we can do. Many

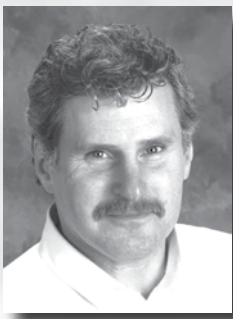
of us live - or exist rather, as we haven’t learned to really live - with the old Protestant work ethic hanging around our necks like a yoke. Boiled down to a bumper sticker mantra we think: “If it’s going to be, then it’s up to me.” That’s nothing short of sacrilege, even if it sounds resolute and brave.

We who are proponents of the Christian faith must recapture a healthy spirituality that isn’t so much about labor as it is about resting. It should not be so much about all the work we can do for God, or church, or anyone else. It should be about recovering what it means to be truly alive.

Being a follower of Christ is not about being an adherent to one of the world’s great religions. God save us from enduring any more of that. No, being a follower of Christ is the discipline of being still, and learning to trust the way that leads to life.

There will always be another stone to push up a hill, another mile to run, another burden to bear. But faith should not be one of these. Faith, particularly faith in the person of Christ, is not a ball-and-chain, holding us down in a slave’s hell. It is the very means to live a light and free life.

Ronnie McBrayer is a syndicated columnist, blogger, pastor, and author of multiple books. Visit his website at [www.ronniemcbrayer.me](http://www.ronniemcbrayer.me). ★



## Dare to Live Without Limits Experience

by Bryan Golden



We’ve all heard that experience is the best teacher. Unfortunately this maxim is used to justify making mistakes due to insufficient preparation, hasty action, lack of thought, or carelessness.

Although we all should learn from our experiences, both good and bad, there’s no good reason to keep reinventing the wheel. Rather than learning from your own experiences, it is far more efficient to learn from someone else’s.

Although experience may be a good teacher, someone else’s experience is a far better teacher. Many other people have been down the route you are traveling. Although it may not be the exact same path, they have encountered and solved many of the same problems you may be facing. By using their experiences as a starting point, you accelerate your progress.

Discoveries and inventions develop in this exact fashion. People start with the existing body of knowledge and then advance from there. If everyone felt they had to discover everything for themselves, society would never have evolved from the Stone Age.

What about the claim that you just have to figure things out for yourself? Although self-discovery is beneficial, ignoring proven cause and effect scenarios experienced by others wastes time and is a pathway to frustration.

We attend school to benefit from the knowledge and

discoveries of those who have gone before us. Yet, later in life we revert to figuring things out on our own. This wastes time and leads to needless frustration.

There are a variety of ways to learn from someone else’s experience. Start by reading and researching. Libraries and the internet are great sources for exploration. When using the internet, look for recognized and reliable sources. There’s lots of erroneous information on the web, so be discriminating.

Attend classes. You have many choices for live or online classes on virtually any subject that interests you. If you’re so inclined, you can work full or part time on a degree. Adding academic credentials to your resume is always beneficial.

Find a mentor who is an expert in the area you are interested in. Offer to volunteer, apprentice, or intern. Working with an authority in a particular field is a great way to acquire lots of experience quickly.

Observe people who are already where you want to be. You don’t have to know them personally. You can read about them, read books and articles they write, or follow media accounts of their exploits.

Join associations or professional groups in your area of interest. They are an excellent opportunity to meet and connect with experienced people. You will have many opportunities to ask questions and attend a variety of educational forums.

Spend time enhancing your experience on a regular basis and you will be surprised how quickly your knowledge grows. Be proactive. Go out and find the experience you need. Practice applying what you learn. Knowledge is effective only when it’s utilized.

Make gaining experience a regular part of your routine. Education is a lifetime pursuit. Successful people are constantly striving to learn and improve. They don’t become complacent and neither should you.

Gaining experience is fun. It keeps your mind sharp. It makes life more interesting. As your experience grows, you are in a position to expand on what you have learned. Other people’s experience provides you with a great foundation from which to reach higher goals.

Don’t waste time learning from your own experiences. Acquire an edge by learning from what others have already been through. Whatever your goals may be, there are those who have a lot to teach you because they have already traveled your path.

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



By Marlys Johnsen Norris, Christian Author

Those words call each of us to self-examine the lives we live daily, hourly, and yearly. Life is not easy for most of us and we go about it as though we are the ones determining its outcome, but are we? We go about our daily tasks never thinking about the one who created heaven and earth and all of us. We move so very selfishly every day doing what makes us happy and/or what just needs to be accomplished. The tasks of life are truly meaningless when we live this way. They have no eternal value and certainly do not give the God of the universe honor, joy, or happiness because we are alive and well. Doesn’t He truly deserve much more than

## Whose Power and Majesty Do You Honor?

church on Sunday? He deserves our respect and a life that honors Him, leaving a legacy to future generations.

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God had to express His divine love for mankind by sending His Son down to earth as a human being who would grow up and show and teach us the way, shed His blood on a cross and die for

our sins. All His blood and water completely left his body proving He was dead. There is no forgiveness of sins without the shedding of blood as recorded in the Old Testament. The curtain was torn in the Temple when He died and the earth turned black. But in three days, Jesus came alive again, proving His deity as Messiah and Lord. Hundreds of people saw him. Jesus was the perfect pure Lamb of God providing forgiveness of sin and the “gift of eternal life for all who believe He is Savior and Lord.” No greater gift will anyone receive!

Open your heart today and invite Jesus inside. He will give you a brand new life! I know because He did it for me; I have now had 47 birthdays since that date!

Marlys Johnsen Norris is the Christian author of seven books. You may contact her at [Marlysjn@gmail.com](mailto:Marlysjn@gmail.com). ★



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# Folsom Water Reduction Plan

**FOLSOM, CA (MPG)** - The City of Folsom announced its plans to reduce water use citywide by 32%, as well as a comprehensive rebate program for its water customers.

The plan is in response to Governor Jerry Brown’s emergency executive order, which directs a 25% reduction statewide in urban water use compared with 2013. The State Water Resources Control Board water conservation regulations released Tuesday requires the City of Folsom to reduce water consumption by 32%. The City of Folsom is taking all necessary actions to comply with state mandates while preserving community aesthetics and protecting the City’s water rights. By June 1st, the City of Folsom will:

- Reduce watering in parks by one third. Residents will notice dry, distressed grass in some areas of parks. High traffic areas, including sports fields, will remain green. A schematic demonstrating the effects of the planned reduced park watering schedule is pictured above.
- Remove turf and retrofit irrigation in more than 30 medians citywide equaling approximately 1.5 acres.
- Turn off irrigation on nearly one acre of ornamental streetscapes that do not have trees.
- Reduce irrigation run times along city streetscapes and mini-parks to reduce water yet sustain important tree habitat.
- Prohibit new homes and buildings from irrigating with potable water unless water-efficient drip irrigation systems are used.
- Suspend operation of water features at Kemp, Livermore, and Nisenan parks this summer. However, the Folsom Aquatic Center opens May 23rd and will remain open and fully operational for the summer season.
- Replace sprinklers at City Hall with water-efficient sprinklers.
- Upgrade other city facilities with water-efficient irrigation systems.

Folsom water customers can also achieve the 32% conservation mandate by limiting watering to two days a week, on designated watering days, in accordance with Folsom’s Stage 3 restrictions; detecting leaks and identifying inefficiencies with a free water-wise home consultation, commercial water audit or large landscape irrigation audit, available through the City of Folsom; and replacing old appliances, fixtures and plumbing with more water-efficient models.

Folsom water customers can track water use and refer to 2013 water consumption by reviewing Folsom utility bills or by downloading the City of Folsom’s water conservation app Dropcounter. The City of Folsom offers a comprehensive guide to water conservation on the City’s website. On May 13th, a new rebate program started for Folsom water customers, including:

- Cash for Grass Rebate: Customers can receive 50 cents per square foot, up to \$1,000, towards the cost of replacing turf with a water-efficient, drought-tolerant landscape.
- Irrigation Efficiency Upgrade Rebate: Customers can receive 50% of the cost of material, not to exceed \$500, to upgrade irrigation systems. Qualified equipment includes smart irrigation controllers that adjust to atmospheric or soil moisture conditions, high-efficient rotary sprinkler nozzles and drip system retrofits.
- High-Efficiency Toilets Rebate: Customers can receive 50% of the cost of a high-efficiency toilet up to \$175, to affordably replace toilets that use 1.6 gallons or more per flush with 1.28 gallons or less per flush.
- High-Efficiency Clothes Washer Rebate: In a program administered by SMUD, Folsom water customers can receive \$50 for purchasing a high-efficiency clothes washer.
- Hot Water Recirculating System Rebate: Customers can receive 50% of the cost, up to \$100, of a recirculating system that provides instant hot water at any fixture in the home.

“Folsom water customers have done a remarkable job of conserving water, and Folsom has had some of the highest conservation rates in the state,” said Mayor Andy Morin. “It will be a bit of a give and take, but I believe we can band together and strike a balance in order to maintain the high quality of our community while remaining environmentally responsible and in compliance with state regulations.”

Folsom residents successfully reduced water consumption by 21% in 2014. The City reduced water consumption in parks by 27%, and 31% in Landscape and Lighting Districts. This was among the highest conservation rates statewide.

Source: City of Folsom ★

# San Juan Water District Responds to Mandatory Reductions

**SACRAMENTO REGION, CA (MPG)** - Recently, San Juan Water District released a press statement responding to the announcement that they must reduce water use by 36% in comparison to 2013, printed below:

“During this unprecedented drought, everyone must make tough decisions. The State Water Resource Control Board recently announced San Juan Water District must reduce water use by 36% compared to 2013. Our board and staff are working diligently to make sure our customers have the tools necessary to meet that target.

“Our district has higher than average per capita water use. While part of that is due to the region’s hydrology and population density, the district is committed to sustainably reducing water use. The board has met twice since the governor’s emergency declaration on April 1st. They will quickly be announcing the district’s drought response plan to meet the new state mandates.

“At the direction of the board, staff is working with customers to reduce their use through public outreach and education. They are also looking into options such as conservation rates, fines and increasing staff, all in an effort to meet the required 36% water use reduction. The district obtained a 22% reduction for June 2014 to February of this year.

“Staff is implementing new programs and services to help customers continue to conserve. One program is the WaterSmart software that tracks water use and finds new ways for customers to save water indoors and out.

“In February 2014, the district entered into a mandatory water conservation stage requiring 25% cutbacks. They were among the first agencies in the state to enact mandatory water conservation measures. After entering this mandatory stage, San Juan’s reductions for the year averaged 32%.

“The district is prepared to continue heightened conservation efforts to meet the State Water Resources Control Board’s 36% mandate.”

-Shauna Lorance, general manager, San Juan Water district

San Juan Water District is a community services district that provides retail and wholesale drinking water to 160,000 people in portions of Sacramento and Placer Counties. In addition to serving its retail customers in the northeast portion of Sacramento County, east Roseville and Granite Bay, San Juan Water District Wholesale provides water to Citrus Heights and Fair Oaks water districts, Orange Vale Water Company, the City of Folsom (north of the American River) and periodically to another 171,000 customers in Sacramento Suburban Water District.

Source: Crocker & Crocker ★

# Nielsen Issues Statement Regarding Revised Budget

**SACRAMENTO REGION, CA (MPG)** - Vice Chair of the Senate Budget Committee Senator Jim Nielsen (R-Gerber) issued the following statement regarding the Governor’s release of his revised budget:

“Our schools are rightfully receiving the bulk of the temporary surge in revenue. This money must go to the classrooms to directly benefit students. Our children deserve a quality education. The non-partisan Legislative Analyst’s Office cautioned that this increase in revenue is temporary and should be spent on one-time programs. Financial experts caution us to expect another recession in the foreseeable future.

“We must heed this warning and save for that imminent ‘rainy day.’ Putting away money and drawing down debt are responsible actions to safeguard California’s financial future. Planning for a rainy day will help ensure we can respond to natural disasters like fires, drought, floods, and earthquakes and cushion the blow for those who depend on state services when we face a recession again.

“The Governor and Legislature must keep their promises to taxpayers to allow the temporary Proposition 30 taxes to expire given the exceptional increase in tax revenues.”

Senator Jim Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama, and Yuba. To contact Senator Nielsen, please call him at (916) 651-4004, or via email at senator.nielsen@senate.ca.gov.

Source: Senator Jim Nielsen’s office ★




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# Construction Begins on Emergency Drought Barrier in Delta

*Temporary Barrier Will Deter Saltwater and Protect Delta Water Quality*

**SACRAMENTO REGION, CA (MPG)**

- The Department of Water Resources (DWR) has begun construction on a temporary emergency drought barrier on West False River in the Sacramento-San Joaquin Delta after receipt of all necessary state and federal permits for the project. The barrier will help block saltwater from flowing into the central Delta and contaminating water supplies for millions of Californians during a fourth consecutive summer of drought.

“California’s four-year drought is one of the worst in our recorded history,” said DWR Director Mark Cowin. “With 2015 turning out to be warmer and drier than normal, water conservation is crucially important. The rock barrier in the Delta is an undesirable but necessary tool for freshwater conservation.”

State and federal water and wildlife officials, working as a real-time drought operations management team, determined that the barrier will help deter the tidal push of saltwater from San Francisco Bay into the central Delta. The approximately 750-foot-wide barrier—essentially a pile of rocks with a 48-inch pipe embedded within it parallel to the river’s flow—will span the river but still allow limited water flow upstream and downstream, depending upon tides.

Keeping saltwater from the central Delta is a priority, as a large portion of the state’s fresh

water for urban and agricultural use goes through this part of the Delta. The barrier would help prevent saltwater contamination of water supplies used by 25 million people who rely on the Delta-based federal and state water projects for at least some of their supplies, including residents of the Delta and Contra Costa, Alameda, and Santa Clara counties.

Typically, when saltwater threatens to encroach deeper into the Delta, water project operators repel it either by slowing the pumping of water from the Delta or increasing the amount of water flowing into the Delta from upstream reservoirs.

In this fourth year of drought, Delta pumping by the state and federal water projects is already negligible, and it takes three to five days for fresh water released from Lake Oroville or Shasta Lake to reach the Delta. An emergency barrier will provide an additional tool to help limit salinity intrusion should high winds or another unexpected event push salt farther west than expected this summer.

The emergency barrier will also help mitigate a worst-case circumstance this summer in which upstream reservoirs lack sufficient water to meet the minimum outflow requirements to limit Delta salinity intrusion.

The last of the permits were received earlier this week. In addition to a levee modification permit from the U.S.

Army Corps of Engineers and a California Endangered Species Act permit from the California Department of Fish and Wildlife, DWR sought and received a Temporary Urgency Change Permit renewal from the State Water Resources Control Board.

In addition, DWR must consult with the U.S. Fish and Wildlife Service and National Marine Fisheries Service on protections for Delta smelt, Chinook salmon and other listed species. All of these agencies have worked cooperatively on the real-time drought operations management team for the past year.

In May, with permits in hand, DWR authorized the Dutra Group of San Rafael to begin construction at the site, 0.4 miles from where West False River flows into the San Joaquin River. Installation lasted several weeks using basketball-sized rocks transported by barge to the barrier’s location between Bradford and Jersey islands. The barrier will be removed by mid-November.

The trapezoid-shaped barrier, about 12 feet wide at the top, will block boat passage on West False River until its removal and will be marked by warning signs, lights, and buoys. DWR notified marinas and individuals in the Delta about these restrictions. Alternative routes between the San Joaquin River and interior Delta, including Bethel Island marinas, are available.

Emergency barrier removal will finish no later than mid-November to avoid the traditional flood season and potential harm to migratory fish. Removal is expected to take 45 to 60 days.

Design, installation, monitoring, mitigation, and removal are estimated to cost roughly \$22 million; the cost for removal is set at \$18 million. Costs are to be paid with a mix of funding from Proposition 50, a \$3.4 billion water bond approved by voters in November 2002, and General Fund dollars.

**Earlier Consideration of Emergency Barriers**

The West False River site raises fewer concerns for threatened and endangered fish than other potential barrier sites considered by DWR. Last year, DWR studied the potential impacts of temporary barriers at three locations: Steamboat Slough, Sutter Slough, and West False River. The analysis found anticipated impacts could be mitigated to a less-than-significant level. DWR received and reviewed considerable public comments on the Initial Study and Proposed Mitigated Negative Declaration. DWR is not pursuing installation of temporary emergency barriers at Sutter Slough or Steamboat Slough in 2015.

The April 1st, 2015 Executive Order by Governor Brown helped expedite installation of the West False River barrier in time to address emergency

drought conditions this year. DWR last used emergency drought barriers to reduce salinity intrusion in 1976-77. DWR considered the installation of emergency drought barriers in 2014 but determined in late May of last year that they would not be needed, in part because February and March storms improved water supply conditions. Planning for future emergency drought barriers continued after last year’s decision, with a focus on West False River, Steamboat Slough, and Sutter Slough.

Earlier this year, based on the input of Delta residents, the Department also considered the feasibility and effectiveness of barriers on Miner Slough in the western Delta and on Steamboat Slough downstream of its confluence with Sutter Slough.

Emergency drought barriers on Miner Slough and Steamboat Sloughs were eliminated from consideration because of U.S. Fish and Wildlife Service concerns about potential effects on threatened Delta smelt.

**Current Drought Emergency**

The three-year period from 2012 through 2014 was the driest three-year period on record in California, and 2015 opened with the driest January in the state’s recorded history. The Sierra Nevada snowpack typically peaks by April 1st; this year, the snowpack was measured at five percent of historic

average on April 1st, the lowest measurement in recorded history.

Governor Brown declared a drought State of Emergency on January 17th, 2014 and directed state officials to take all necessary actions to prepare for water shortages. The State Water Resources Control Board on March 17th, 2015 announced new restrictions on water use, including limiting outdoor watering to two days per week and prohibiting lawn watering during rainfall and during the next two days.

In April, Governor Brown directed the State Water Board to implement mandatory water reductions in cities and towns across California to reduce water usage by 25%. On May 5th, the State Water Board established water conservation standards for communities throughout the state, ranging from a low of 4% to 36% as compared with the community’s 2013 water use and depending on per capita water use in each community.

To learn about all the actions the state has taken to manage our water system and cope with the impacts of the drought, visit Drought.CA.Gov. Every Californian should take steps to conserve water. Find out how at SaveOurWater.com.

*Source: California Department of Water Resources*



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# Could You Have an Abandoned Well on Your Property?



Children, animals, and even adults can fall into abandoned wells causing injury or death. Open pit wells and large-diameter drilled wells are particularly hazardous and often are hundreds of feet deep. Photo courtesy of Sacramento County.

**SACRAMENTO COUNTY, CA (MPG)** - While most never think about it, improperly sealed or abandoned wells pose significant risks to our groundwater quality and are a very real safety hazard for children, adults, and small animals.

With these concerns in mind, Sacramento County’s Environmental Management Department (EMD) is continuing its survey program to identify hundreds of these wells to help ensure that they are properly secured or destroyed.

“We find wells on vacant lots, farmland, and backyards in suburbs,” said Val Siebal, Director of EMD. “People don’t realize that runoff water from these wells carries pollutants that flow directly into our groundwater. It’s important that we find them and properly seal them.”

Environmental Management has identified approximately 600 potentially unsecured abandoned wells in the south area of the county alone. These wells can be found on any type of property, even residential homes. Often the wells are forgotten and lost in the tangle of weeds or brush, where an opening as small as eight inches can entrap small children and animals such as dogs. Your help is needed to find all abandoned wells to ensure they are secure and safe.

Sacramento County relies on groundwater to supply approximately half of its water needs. Due to deterioration or lack of maintenance, many abandoned wells are a source of runoff water carrying bacteria, sediment, fertilizer, pesticides, and other pollutants that flow directly down into our groundwater. Many contaminants are not visible just from looking at the water and consumers may not know their drinking water is

unsafe. It is essential for groundwater quality that steps are taken now to help ensure there is a safe water supply for county residents, businesses, and farms.

Children, animals, and even adults can fall into abandoned wells causing injury or death. Open pit wells and large-diameter drilled wells are particularly hazardous and often are hundreds of feet deep. It is easy to miss a well opening and a small child or animal may become trapped inside.

Merely capping an abandoned well or filling it with concrete is not enough to prevent it from becoming a problem. Plugging materials must be strong, durable, and free of contaminants. Effective well-plugging requires experience and knowledge of well construction materials and methods. EMD can assist by safeguarding that the proper materials are used and the contractor is trained and knowledgeable.

“Our objective is to get the wells into compliance; either make them active again, deactivate them if they will be used again, or properly destroy them,” Siebal said. “Within the next three years, working with property owners, we want to identify all the abandoned wells and target the most dangerous as high priorities for closure. We’re sending postcards to property owners now and will make follow-up appointments with the owners.”

If you know of an abandoned well, or need assistance locating them on your property, leave a message on the abandoned well hotline at (916) 875-8532 or email [EMD-abndwells@saccounty.net](mailto:EMD-abndwells@saccounty.net).

Source: Sacramento County ★

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ACROSS  
1. Lip \_\_\_\_  
6. Military operations, for short  
9. Breakfast raisin companion  
13. Pizazz  
14. "Bruce Willis in " \_\_\_\_ Hard"  
15. Constructed  
16. "Lon Chaney was the Phantom at it  
17. " \_\_\_\_ the fields we go"  
18. Discompose  
19. "Chris Kyle, "American \_\_\_\_"  
21. "Richard Gere role  
23. Salon product  
24. Move  
25. "Music genre in "8 Mile"  
28. Stiff hair  
30. Big \_\_\_\_ or V.I.P.  
35. Jet black  
37. Type of missile  
39. "Homeland" actress Claire  
40. Rugby team's dance  
41. Motivate  
43. Plural of lira  
44. Tart  
46. Below a marquess and above a viscount  
47. Etna output  
48. Woven container  
50. Skier's transport  
52. "Heston starred in "The \_\_\_\_ Commandments"  
53. Foot part  
55. Clinton \_\_\_\_ Rodham  
57. Bantu people of Kenya  
60. "American Werewolf's whereabouts  
63. Calculus calculation  
64. Male friend, informal  
66. Tutor's student  
68. "Setting of Clooney's "The American"  
69. Debt acknowledgement  
70. SAG member  
71. Audition tape  
72. It knows drama?  
73. "Once Upon a Time in America" director

DOWN  
1. " \_\_\_\_ Goo Dolls"  
2. Snips  
3. "Damien's prediction  
4. Serving of parsley  
5. Geometrical objects  
6. CO lacks this  
7. "1999 comedy "American \_\_\_\_"  
8. Twilled woolen fabric  
9. Plague symptom  
10. Iranian coin  
11. "Tyrone Power in "The Sun \_\_\_\_ Rises"  
12. Unknown power  
15. "The Thief of \_\_\_\_"  
20. Varnish resin  
22. Printer's need  
24. Belligerent course  
25. Betty Ford Center, e.g.  
26. Manila hemp  
27. Prods  
29. "Alan Alda in "Same \_\_\_\_, Next Year"  
31. "Coming to America" star  
32. Uniate, alternative spelling  
33. Impulse transmitter  
34. Southeast Asia association  
36. Police informer  
38. Action word  
42. Grassy plain  
45. "American \_\_\_\_, " starring Kevin Spacey  
49. "Give it a go!"  
51. "John Candy in "Summer \_\_\_\_"  
54. Ancient measurement unit based on forearm length  
56. Derive  
57. Khaled Hosseini's "The \_\_\_\_ Runner"  
58. Mosque prayer leader  
59. 1,000 grams  
60. Stupid person  
61. "Director of 1944's "Laura"  
62. Vegas lights  
63. Jack-in-the-Box restraint  
65. "Howard of "American Graffiti"  
67. Old English for before

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			6	9		8	
			7	4		1	
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	8		1		4		
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Sudoku Puzzle on Page 8

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

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Crossword Puzzle on Page 8

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O	O	M	P	H	D	I	E	B	U	I	L
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Crossword Puzzle on Page 8

G	L	O	S	S	O	P	S	B	R	A	N
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# Find Your Favorite Variety at the Chrysanthemum Sale



Lava, Spider Mum (Class 11A). Photo courtesy of Sacramento Chrysanthemum Society



Primrose Supreme, Irregular incurve (Class 1A). Photo courtesy of Sacramento Chrysanthemum Society



Feeling Green, Pom Pom (Class 6B). Photo courtesy of Sacramento Chrysanthemum Society

**SACRAMENTO REGION, CA (MPG)** - The Sacramento Chrysanthemum Society annual spring chrysanthemum sale will be held at Shepard Garden and Arts Center, 3300 McKinley Boulevard in Sacramento, on Friday, May 29th from 1 p.m. to 5 p.m. and on Saturday May 30th from 9 a.m. to 4:30 p.m.

This is a popular event and eager shoppers arrive early for the best selections and varieties. The members have grown a great selection of many of the popular varieties, including the exotic spiders, quills, and very large exhibition bloom types.

The plants are not currently in bloom and are identified by cultivar name and color and, in most cases, with a picture of the flower when in bloom. Club members will be available to assist with your selections.

Source: Sacramento Chrysanthemum Society ★



# POPPOFF!

with Mary Jane Popp

with a few pointers. Here are the first five of ten.

**BREATHE:** You're completely unaware of it but, the more anxious you become, the shallower and higher in the chest your breathing becomes. So change it! A couple of times during the day consciously deepen and lengthen your breath, loosening the muscles across the chest and through your abdomen, breathing deep into the stomach. Count to seven as you breathe in, and ten on the out-of-breath. Doing this several times a day helps send signals to the brain that it's okay to relax.

**SMILE:** Research has shown that the easy tool of laughter can reduce symptoms of depression and anxiety. Take a quick break to get some giggles in. Check out a short comedy clip on YouTube to calm those jittery nerves.

**WORRY:** That's right. Get into it, completely freak out, but only for a limited time. When you think something terrible will occur, commit yourself to only allowing that worry for 20 minutes. During that time think of all the possible outcomes and write down game plans, then quit thinking about it after 20 minutes. Set a timer so you keep to the time.

**MAINTAIN STEADY BLOOD SUGAR LEVELS:** It's the key to stabilizing your

moods. Stress throws your body completely out of whack. You might crave foods like carbs and sugar. Research shows eating sugary and processed foods can increase symptoms of anxiety. Give your body the support it needs. Eat foods that contain nutrients like Vitamin B and Omega-3s. Make sure you have a small meal or snack every two to three hours that contains protein like a hard-boiled egg, a small organic chicken breast, and seasoned brown rice. Studies have shown that Omega-3s help reduce symptoms of depression and anxiety, while Vitamin B has links with good overall mental health.

**MAKE PLANS:** Fend off anxious thoughts in advance by preparing for potential pit-falls. Help yourself develop habits that will increase your productivity. Trying writing out a to-do list or schedule. You will easily learn how to "un-think" your anxiety, producing beliefs by being prepared even before they pop-up.

That's a start. Next time around we'll get to the last five stress beaters so your life can settle down. Stress is all around us, but that doesn't mean it can control us. Check out Jeanne Ricks at [www.NuDau.org](http://www.NuDau.org). In "The Biology of Beating Stress" you can live life to the fullest! ★

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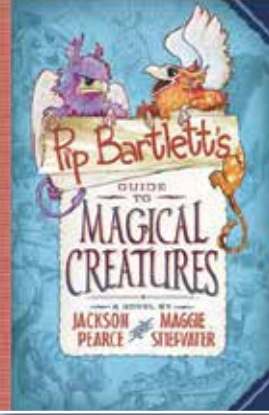
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# For the Love of Books




Book Review by Amy Shane  
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## Pip Bartlett's Guide to Magical Creatures

by Jackson Pearce and Maggie Stiefvater

- ◆ Publisher: Scholastic Press
- ◆ Release date: April 28, 2015 ◆ Hardcover, 192 pages
- ◆ Intended audience: Middle grade: 8-12 ◆ Rating: ♥♥♥♥♥



**On the Book Jacket:** From bestselling authors Maggie Stiefvater and Jackson Pearce comes an exciting new series full of magical creatures, whimsical adventures, and quirky illustrations.

*Pip is a girl who can talk to magical creatures. Her aunt is a vet for magical creatures. And her new friend Tomas is allergic to most magical creatures. When things go amok - and they often go amok - Pip consults Jeffrey Higgleston's Guide to Magical Creatures, a reference work that Pip finds herself constantly amending. Because dealing with magical creatures like unicorns, griffins, and fuzzles doesn't just require book knowledge - it requires hands-on experience and thinking on your feet. For example, when fuzzles (which have an awful habit of bursting into flame when they're agitated) invade your town, it's not enough to know what the fuzzles are - Pip and Tomas also must trace the fuzzles' agitation to its source, and in doing so, save the whole town.*


**Amy's Review:** Pip Bartlett can easily talk to and understand magical creatures. Too bad she can't do the same with basically everyone else, including regular animals, adults, and even other kids her age.

So when Pip gets sent to spend the summer with her aunt (a Magical Creature Vet) after a very unfortunate accident with a runaway unicorn, she's ready to put her trusty guide to the test. With animals such as the Hobgrackle, Bitterflunks, and Miniature Silky Griffins, she is sure get a ton of research done for her guide. However, nothing is ever as easy as it sounds, and her summer starts off with a bang, literally, when magical pests start spontaneously catching fire all over the city. What's worse, the magical pests love to


burst into flames while sitting in underwear drawers, and Pip's new friend Tomas is allergic to everything, especially magical creatures.

Now armed with her reliable book Jeffrey Higgleston's Guide to Magical Creatures—Pip's resource for everything magical—and a pocketful of inhalers and eye drops, it's up to them to solve the mystery of why these magical creatures have suddenly arrived and what to do with hundreds of combustible fluff balls called fuzzles.

From young adult authors Jackson Pearce and Maggie Stiefvater comes an adventure of magical proportions with a little mystery and a whole lot of trouble. Rich in adventure and magical creature detail, Pip Bartlett's Guide to Magical Creatures is the perfect summer companion for any magical creature lover.




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Jim Miller  
Answers  
Your  
Senior  
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Check Out This  
Week's Topic!



## How to Recognize Stroke Symptoms and What to Do

*Dear Savvy Senior,*  
*What are the symptoms of a stroke? My 66yearold aunt had a stroke a few months ago and neither she nor my uncle had a clue it was happening.*  
*Concerned Relative*

Dear Concerned,

Unfortunately, most Americans don't know the signs of a stroke, but they need to. Stroke is the fifth leading cause of death in the United States and the No. 1 cause of disability. Being able to recognize a stroke and getting to the hospital quickly can make a huge difference in reducing its potentially devastating effects. Here are some tips that help you recognize a stroke, and what you should do if it happens to you or your loved one.

**Types of Stroke**

According to the Centers for Disease Control and Prevention, every year more than 795,000 people in the United States have a stroke – threequarters of which are over the age of 65. A stroke occurs when a blood vessel that carries blood to the brain is suddenly blocked by a clot (ischemic stroke), or burst (hemorrhagic stroke), causing parts of the brain to become damaged or die. About 87 percent of all strokes are ischemic.

Depending on the severity of the brain damage, strokes can cause mild to severe disabilities including paralysis, loss of speech, vision and memory, along with other health and emotional issues, and death.

**Stroke Signs**

Because stroke injures the brain, the person having a stroke may not realize it. Stroke victims have the best chance if someone around them recognizes the symptoms and acts quickly. The five most common symptoms include:

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

The easiest way to identify a stroke is to use the F.A.S.T. test to identify the symptoms.

**F (Face):** Ask the person to smile. Does one side of the face droop?

**A (Arm):** Ask the person to raise both arms. Does one arm drift downward?

**S (Speech):** Ask the person to say a simple sentence. Is their speech slurred?

**T (Time):** If you observe any of these signs of stroke, call 911.

To help you remember the signs, the American Stroke Association has a free "Spot a Stroke FAST" app (see [strokeassociation.org](http://strokeassociation.org)) that you can download on your smartphone

or mobile device. Or, visit the National Stroke Association at [stroke.org](http://stroke.org) and print their "Act FAST" wallet card to keep as a reminder.

**Act Quickly**

Remember that stroke is a medical emergency and every minute counts. Even if you're not sure a stroke is happening, call 911 anyway. The longer blood flow is cut off to the brain, the greater the damage. Immediate treatment can save a person's life and improve their chances for a successful recovery.

Ischemic strokes are treated with a drug called tPA that dissolves the blood clots that block the blood flow to the brain. The window of opportunity to start treating a stroke is three hours. But to be evaluated and receive treatment, patients need to get to the hospital within 60 minutes.

If you have a choice, wait for the paramedics rather than driving the patient yourself. Patients who are transported by EMS are evaluated and treated much quicker than people who are driven in. And, of course, don't drive if you are the one having a stroke.

It's also very important that you call 911 even if symptoms go away. When symptoms of stroke disappear on their own after a few minutes, a "ministroke" or transient ischemic attack (TIA) may have occurred which is a warning that a major stroke may be coming.

That's why ministrokes need to be treated like emergencies too. ★

**Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [www.savvysenior.org](http://www.savvysenior.org). Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.**

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# Cycling Fundraiser to Benefit Friedrich's Ataxia Research Alliance

**SACRAMENTO REGION, CA (MPG)** - On May 30th, families, cyclists, and food enthusiasts will gather for the sixth annual ride-ATAXIA NorCal, a single day, multi-route cycling fundraiser to benefit the Friedrich's Ataxia Research Alliance (FARA). The Friedrich's Ataxia Research Alliance is a nonprofit dedicated to research leading to treatments and finding a cure for Friedrich's ataxia (FA). Founded by Sacramento native Kyle Bryant, rideATAXIA provides hope and a way to take action in the face of this debilitating disease for many local young adults living with FA.

Kyle Bryant, 33 years old, carefully holds the straps on his bike helmet in each hand as he concentrates to align the buckle before snapping it in place. This simple act requires his full attention because at age 17, Kyle was told by doctors that he would lose his abilities over time, would soon be in a wheelchair, would lose the ability to take care of himself, and would likely die a premature death due to heart failure. Kyle was diagnosed with FA, a degenerative neuro-muscular disorder with no treatment or cure.

FA causes a progressive loss of coordination and muscle strength and can also include

life-threatening heart conditions, diabetes, and severe scoliosis. Symptoms usually start between the ages of 5 and 18, and most young people diagnosed with FA require mobility aids such as a cane, walker, or wheelchair by their teens or early 20s.

Growing up in Northern California, Bryant excelled at many sports but slowly lost the ability to participate as FA progressed and affected his mobility. Although scared for his future, he was determined to move forward and went on to graduate from the University of California, Davis in 2005 with a degree in civil engineering. It was at UC Davis where he first met a researcher who was investigating FA—someone who understood the devastating disease and was working on a way to treat it. “It was the first time I was filled with hope,” said Bryant.

At that point, it was unsafe for Bryant to ride a bicycle. Filled with optimism, he decided to put a stop to the loss of the activity he cherished. He took back control, purchased a recumbent trike, and resumed his riding with passion. In 2007, Bryant and his family decided to raise much needed awareness and funds for FA research by cycling 2,500 miles



rideATAXIA founder Kyle Bryant addresses a group of cyclists at last year's event. Photo by Gary Lin

from San Diego to Memphis—and so rideATAXIA was born.

Since then, Kyle has grown rideATAXIA into a marquee fundraising program of FARA, creating a nationwide series of multi-route cycling events presented by Outback Steakhouse to benefit FARA in Dallas, Northern California, Chicago, Philadelphia, and Orlando. In 2014, rideATAXIA welcomed over 2,300 participants and

raised over \$800,000 to advance FA research, bringing total fundraising to \$3 million since its inception.

“Starting rideATAXIA was a way that we could take action, moving my family and me out of a place where we felt alone, helpless, and threatened,” said Bryant. “Cycling allows me to take back control and feel empowered, and now that feeling is shared with others.”

Through rideATAXIA, local young adults Ashley Hartigan, Sean Baumstark, Megan McCandless, and Sean Mazeres can join Kyle in moving forward towards treatments and a cure as they directly support FA research while maintaining coordination and muscle strength by training for this milestone ride.

most of every day and inspiring those around her.

**Sean Baumstark, 34 years old (Sacramento, CA):** Diagnosed with FA at the age of 25, Sean Baumstark is determined to defy all odds against him and inspire thousands of others to do the same. Sean teamed up with Kyle as part of a four-person team to complete “The World’s Toughest Bike Race,” the 3000 mile Race Across America, which he and Kyle finished in eight days, eight hours, and 14 minutes. In 2013, Sean founded the organization and movement, determined to improve the quality of life for those jeopardized by disease or disorder through athleticism and physical achievement.

**Megan McCandless, 28 years old (Rancho Cordova, CA):** Megan McCandless was diagnosed with FA when she turned 19. She is now 28 and faces many daily obstacles that FA brings, including being easily fatigued, muscle weakness, slurred speech, dropping things, falling, and not having the energy to do the activities she loves. Megan and her family are raising awareness and

money for FA research to nip this disease in the bud.

**Sean Mazeres, 23 years old (Woodland, CA):** Sean Mazeres was diagnosed with FA at the age of 16, but is still going strong. Although his abilities have changed since he was first diagnosed, he doesn't let having FA define him as a person. Mazeres said, “It can be hard at times knowing that it can never be the same, but you have to make the best out of what you have. I choose not to let FA stop me from doing what I love to do or slow me down with everyday life.” Mazeres' family and supporters are riding at rideATAXIA NorCal as part of Team Sean. Team Sean is full of supporters who are all fighting to make a difference to find a cure.

Celebrating its 6th year, ride-ATAXIA NorCal kicks off at Davis Veterans Memorial Center on Sunday, May 30th and offers 6, 19, 40, and 60 mile cycling routes on scenic country roads and a delicious post-ride lunch prepared by Outback Steakhouse.

Ride to cure FA with Kyle, Ashley, Sean B., Megan, and Sean M. For more information or to register, visit <http://rideataxia.org/>.

About Friedrich's Ataxia Research Alliance: The Friedrich's Ataxia Research Alliance (FARA) is a national, public, 501(c)(3), non-profit, tax-exempt organization dedicated to curing Friedrich's ataxia through research. FARA grants and activities provide support for basic and translational FA research, pharmaceutical/biotech drug development, clinical trials, and scientific conferences. FARA also serves as a catalyst between the public and scientific community to create worldwide exchanges of information that drive medical advances. For more information about FARA, visit them online at [www.curefa.org](http://www.curefa.org).

Source: NS Public Relations ★



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