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Cancer Survivors Come Together at Relay for Life

Story by Julia Baum

FAIR OAKS, CA (MPG) - Children scrambled around a sunny athletic field while a band played rock 'n' roll music in the distance. Nearby, adults and teens power-walked the surrounding track, its edges dotted with camping tents and a lemonade stand, and volunteers arranged folding chairs for a late-night movie screening.

The atmosphere at the Sacramento Waldorf School in Fair Oaks was festive and upbeat, though the purpose for being there was somber: numerous participants at the Relay for Life event on April 18th had their lives affected by cancer at some point. The 24-hour American Cancer Society campout drew 15 teams of volunteers over the weekend, most of them survivors or loved ones out in full force, fighting back.

"I've had cancer in my life since I was five," said American Cancer Society community manager Brandie Owens. Her father was diagnosed with malignant melanoma that started as a disfigured mole and eventually spread to his brain. "I don't know cancer without hope," Owens said, crediting her father's endurance of several surgeries and drug trial therapies with inspiring her to help find a cure.

Relay participant Dave Wesley has been involved with Relay for Life for more than 20 years since he overcame prostate cancer. Wesley, whose father died of the same disease, has earned the St. George National Award, American Cancer Society's highest recognition for outstanding leadership and volunteer work. He often travels the country meeting with scientists and seeking grant funding for



research, which he considers critical for advancing prevention, diagnosis, and treatment methods.

"Having had the chance to sit on research committees, we want the best and brightest people," Wesley said. "The more scientists learn...the more they know, the more they don't know."

Hitting the track with Wesley was the one-man team Rich

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The atmosphere at the Sacramento Waldorf School in Fair Oaks was festive and upbeat, though the purpose for being there was somber. Pictured are numerous participants at the Relay for Life event on April 18th. Photos courtesy of Patricia Poremba

Sacramento County Recruiting for Inspector General

SACRAMENTO COUNTY, CA (MPG)

- The Sacramento County Board of Supervisors announced a new recruitment for the Office of Inspector General. The position provides monitoring and oversight to the overall quality of law enforcement within the County, oversees investigations of citizen complaints against the Sacramento County Sheriff's Department, advises County leadership to encourage best practices, ensures objectivity and fairness of investigations, and acts as liaison to the general public regarding complaints and investigations.

"The Board of Supervisors, the Sheriff, and the executive leadership of Sacramento County are committed to the sustainability of this vital public safety function," said Phil Serna, Chairman of the Board of Supervisors. "It is absolutely necessary, but recently the County has struggled to find the right fit for the position; we're reaching out again to all qualified individuals who can help us establish a strong, transparent and independent oversight function."

The Office of the Inspector General is a contract position and will not be an employee, have a direct relationship with the Sheriff, or be subject to the direction and control of the Sheriff's Department. The position will work closely with the Sheriff's Department but will be housed in a separate and distinct office space, remaining independent.

"We look forward to bringing on a qualified candidate to help us continue to bring oversight and accountability to the work we do," said Sacramento County Sheriff Scott Jones. "The Office of Inspector General can provide transparency and help maintain trust between our office and the public we serve and to that end, we look forward to the additional insight that position can provide."

Resumes and applications are due no later than 5:00 p.m. on April 27th. Information about the position can be found at www.agency.government-jobs.com/sacramento/job_bulletin.cfm?JobID=1106555.

Source: Sacramento County ★

2015 Miss Orangevale Queens Have Been Crowned

ORANGEVALE, CA (MPG) - The sixth Annual Miss Orangevale Pageant, directed by Tamara Barbu-Brown, was held on April 10th at the Life Center in Orangevale. The pageant was hosted by Melissa Cabral from Good Day Sacramento and sponsored by the Orangevale Chamber of Commerce. A total of 19 contestants entered to become the new Miss Orangevale.

The winners are Mazlynn Grace for Wee Miss Orangevale, Lorly Ruben for Little Miss Orangevale, Faith Bedingfield for Jr. Miss Orangevale, and Allison Bemis for Miss Orangevale Queen. To meet these lovely ladies and their

sponsors, you are invited to a coronation on April 24th at Eskaton FountainWood Lodge located at 8773 Oak Avenue in Orangevale at 5:30 p.m. This event will include fun door prize gifts and pictures with the winners!

The winners and all contestants will also appear in the upcoming Orangevale Pow Wow Days Parade on May 16th at 9:00 a.m. on Greenback Lane between Main Avenue and Filbert Avenue. If you are interested in joining this wonderful program next year as a sponsor, contestant, or volunteer, please like the Miss Orangevale page on Facebook (facebook.com/

MissOrangevale) for future updates.

Special thanks to the following sponsors who made this event a success: Orangevale View, Eskaton FountainWood Lodge, Chris Moriarty Photography, Paul Mitchell of Sacramento, Flower Shop in Orangevale, Orangevale Copy Center, Subway Truck Parts, Lisa Sampson with Lyon Real Estate, The "GoToGuy" for Insurance, Amanda McCain for Take Shape for Life Coach, The Pentkowski Family, Best Appliance Repair, and Mercy Hospital operating room in Folsom.

Source: Orangevale Chamber of Commerce ★



Faith Bedingfield is Jr. Miss Orangevale (left), Lorly Ruben is Little Miss Orangevale (middle), and Allison Bemis is Miss Orangevale Queen (right). Photo courtesy of the Orangevale Chamber of Commerce

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Walk the Avenue of Flags

Fair Oaks Cemetery Prepares for Memorial Day Ceremony

FAIR OAKS, CA (MPG) - 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 17th Annual Memorial Day and Avenue of Flags Ceremony will be held Saturday, May 23rd at the Fair Oaks Cemetery, 7780 Olive Street, Fair Oaks, CA. The formal ceremonies start at 10:00 a.m. This year's theme is in honor of the "150th Anniversary of the Civil War's End," with special emphasis on 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 17th Annual Memorial Day and Avenue of Flags Ceremony will be held Saturday, May 23rd at the Fair Oaks Cemetery. The cemetery will be decorated with hundreds of flags lining its roadways as "The Avenue of Flags." More names will also be added to the Veterans Memorial Wall.

the Master of Ceremonies. The main speakers 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." More names will also be added to the Veterans Memorial Wall.

The laying of the wreath at the memorial, in honor of over 1,700 veterans who are buried in the cemetery, will be done by VFW Post 6158 and American Legion Post 383.

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 and Fair Oaks Historical Society.

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

Source: Fair Oaks Cemetery District ★

Fire Camp Lets Kids Be Firefighters for a Week

SACRAMENTO COUNTY, CA (MPG) - Metro Fire recently opened the application period for Fire Camp, a day camp that takes place from July 7th through the 10th. Fire Camp provides local children a once-in-a-lifetime opportunity to experience today's fire service first hand. The program is designed to instill self-confidence, teamwork, and a basic understanding of the firefighting profession in a fun and exciting atmosphere.

Campers are grouped in "strike teams" of eight campers, and each strike team is mentored by two Metro Firefighters. Campers learn valuable life safety skills while discovering what it means to be a firefighter.

To attend Fire Camp, applicants must be 11, 12, or 13 years of age, with preference given to those living within Metro Fire's boundaries. Applications are processed in the order in which they are received, so apply early for a better chance of securing a spot. The deadline to apply is Thursday, June 4th.

In order for the accepted camper to attend, a parent or guardian must attend a Mandatory Orientation Meeting on June 18th at 7:00 p.m. The fee to attend Fire Camp is \$100 per camper.

Fire Camp will be held at Fire Station 21, located at 7641 Greenback Lane in Citrus Heights near Sunrise Mall, on Tuesday, July 7th and Wednesday, July 8th from 9:00 a.m. to 4:00 p.m. and on



Fire Camp provides local children a once-in-a-lifetime opportunity to experience today's fire service first hand. The program is designed to instill self-confidence, teamwork, and a basic understanding of the firefighting profession in a fun and exciting atmosphere. Photo courtesy of Sacramento Metropolitan Fire District

Thursday, July 9th and Friday, July 10th from 8:00 a.m. to 4:00 p.m. (end time for Friday is flexible). In order for any child to attend camp, he or she will require daily transportation to and from the camp.

For applications and more information, visit www.metro-fire.ca.gov.

Source: Sacramento Metropolitan Fire District ★

FOLSOM, CA (MPG) - "Simply Sinatra" is a dazzling remembrance of the hit songs that define the legend of "old blue eyes." Steve Lippia will front a live big band in this full-throttle performance of classic American repertoire at Harris Center at Folsom Lake College on Sunday, April 26th at 2:00 p.m.

Steve Lippia's "considerable vocal skills" (Wall Street Journal) have established his widespread notoriety at corporate events and with symphony orchestras, casinos, and performing arts centers across the country. Originally moonlighting with local bands in Florida, the undeniable likeness to Sinatra's style steered Lippia into a new, unexpected career. Localized fame spread to the national scene when he landed the vocalist spot with the Woody Herman Band, a position once occupied by his mother. He has recorded an album for Warner Brothers' Studios and two live CDs, "Steve Lippia Live" and Grammy-nominated "Steve Lippia in Concert." Television appearances include "Extra" (WBTV), "Good Day New York" (Fox), and "Showbiz Today" (CNN).

Season tickets to the Folsom Lake Community Concert



Steve Lippia's "considerable vocal skills" (Wall Street Journal) have established his widespread notoriety at corporate events and with symphony orchestras, casinos, and performing arts centers across the country. Photo courtesy of Live on Stage, Inc.

Association's 2015-2016 five-concert series begin at \$80, as available. For more information visit the FLCCA website

at www.flcca.org. To purchase tickets contact the Harris Center ticket office at (916) 608-6888.

Source: Live on Stage, Inc. ★

Fly Kites with Caution

SMUD Offers Helpful Kite Flying Safety Tips

SACRAMENTO REGION, CA (MPG) - With just a little practice and a breeze, anyone can launch a kite with ease. Kite flying is a fun and easy hobby, but before flying any kite it's important to be safe because kites and electricity don't mix. The Sacramento Municipal Utility District (SMUD) offers these simple safety tips to help make kite flying a safe experience:

Build or buy kites made of wood or plastic. Only use cloth

for the tail.

Fly kites in wide, open areas away from power lines.

Only use cotton, linen, or nylon string. Never use metallic thread, wire, or wire reinforced string as they can cause a fire, serious injury, or death if they come in contact with energized electrical equipment.

Only fly kites in dry weather. When kite string gets wet, it is a stronger conductor of electricity. If a kite gets caught in

electrical lines or falls into a substation, leave it there. Do not touch any part of the kite or string and keep everyone away. To have a SMUD employee come out to safely retrieve a kite caught in power lines or equipment, call 1-888-742-SMUD (7683).

For additional electrical safety tips, visit www.smud.org.

Source: Sacramento Municipal Utility District ★

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Orangevale Pow Wow Days

A Town Fair Tradition

Since 1963

ORANGEVALE, CA (MPG) - Orangevale's Pow Wow Days are coming up! Spanning from the 14th to the 17th of May, bring the whole family to this popular Orangevale event.

If you have little ones, Pow Wow Days offers the Tiny Tots Corral, a western theme area for children two through nine years of age. Some of the activities in the Tiny Tots Corral include a petting zoo, free pony rides, a pee wee rodeo, racing, trick roping, games, and magic shows. Registration is free, and it runs from 1:00 p.m. to 3:00 p.m. on Sunday.

Additional Pow Wow Days events include a corn hole tournament; the Fiesta Pow Wow, which includes concerts from Regional Mexican to English and Spanish pop; a parade; and plenty of carnival rides for a full day of fun.

The event hours are as follows: Thursday, May 14th from 4:00 p.m. to 10:00 p.m., Friday, May 15th from 4:00 p.m. to 11:00 p.m., Saturday, May 16th 11:00 a.m. to 11:00 p.m., and Sunday, May 17th from 12:00 p.m. to 7:00 p.m. Admission is free! Parking costs \$6 for regular vehicles and \$10 for oversized vehicles. The parking lot is located at 7301 Filbert Ave., or, for overflow parking, 9151 Oak Ave., Orangevale 95662. Proceeds from parking fees will go towards High School Basketball.

Source: www.orangevalepowwowdays.com ★

Donated Medical Equipment Is Key to Animal Adoption

By Brenda Bongiorno, Sacramento County Communication and Media Officer

SACRAMENTO COUNTY, CA (MPG) - To ready shelter animals for adoption, medical services are often needed. Some animals come to Sacramento County's Bradshaw Animal Shelter with abscessed teeth, skin conditions, and badly in need of grooming. Others may have internal medical conditions or been injured and in need of surgery. Still others just need some "manners" or a bit of TLC at a foster home. These are just some of the things Sacramento County does daily to prepare the roughly 15,000 animals for adoption that come to the shelter annually.

Shelter Veterinarian Jean Rabinowitz said, "Who would adopt a pet that needs hundreds of dollars in veterinarian services right off the bat? The answer is, not many. We need to address the health issues of our shelter animals in order to get these perfectly wonderful animals into permanent homes."

The County's Bradshaw Shelter has been awarded grants and donations for specialized medical equipment that helps provide enhanced veterinary services to more effectively treat the shelter animals. Whether it's to perform diagnostics or surgery, the state-of-the-art equipment like the digital X-ray machine, orthopedic power equipment, anesthesia delivery system, and the new dental unit enables County veterinarians to quickly assess, make diagnoses, and treat the animals that are on a journey to find new homes.

Department Director Dave Dickinson said, "Having this equipment at the shelter eliminates stressful offsite transport, speeds care and gets us to our goal of increasing adoptability of our animals, and simultaneously reduces the shelter's population. We will always have animals in need of life-saving medical services, and community donations and volunteering can help the Shelter continue to offer these vital services to shelter animals."



The County's Bradshaw Animal Shelter has been awarded grants and donations for specialized medical equipment that helps provide enhanced veterinary services to more effectively treat the shelter animals. Whether it's to perform diagnostics or surgery, the state-of-the-art equipment like the digital X-ray machine, orthopedic power equipment, anesthesia delivery system, and the new dental unit enables County veterinarians to quickly assess, make diagnoses, and treat the animals that are on a journey to find new homes. Photo courtesy of Sacramento County

In fact, the donation by Sacramento County residents, Jack and Kathleen Sellers, of nearly \$8,000 for a veterinary dental unit with compressor (\$5,995) and dental scaler (\$1,795) has already increased the adoptability of the Shelter animals.

"Something as simple as poor dental health can be the door to other detrimental and expensive medical issues," said Dr. Rabinowitz. "That's why this new dental equipment is so important. Through the generous donation from the Sellers, we can now treat the animals that come through our Shelter, get them healthy and ultimately to their new families."

Kathleen Sellers came to know Dr. Rabinowitz through her work to help senior and special needs Chihuahuas. At any one time, Jack and Kathleen have several of these senior citizen dogs in foster care on their ranch. While fostering a senior Chihuahua named Autumn from the Shelter, Kathleen brought her to Dr. Rabinowitz for surgery. Unfortunately, due to her age, Autumn was in advanced kidney failure and couldn't have the surgery.

Kathleen, committed to her mission to help other Chihuahuas, was interested in fostering Pepper, another of Bradshaw's Shelter animals. Dr. Rabinowitz explained that, unfortunately, Pepper needed extensive dental work, and that's when Kathleen and her husband saw an opportunity to do even more to help shelter animals by donating the money needed for the dental unit.

Kathleen Sellers said, "We made this donation in memory of Autumn and Pepper and also sponsored a Habitat Room at the Bradshaw Animal Shelter. Without the teamwork of the vets and the dental technicians who volunteer their time, this wouldn't have been made possible. I appreciate all the Shelter staff and volunteers for what they do to help these animals get forever homes."

When the public makes Special Medical Needs Donations, those contributions are earmarked for medical procedures for the County's Shelter animals or for needed surgical equipment, supplies, and medications.

In addition to donating medical funds, the community can help in other ways to

get shelter animals adopted. The Shelter's volunteers and foster providers help shelter animals to brush-up on their manners and provide consistency and behavioral training, while other animals can get stressed out at the Shelter and need a home environment with a foster care provider. A little one-on-one TLC by volunteers and foster providers is often the solution that gets a skittish animal, or one that is acting out, on the right track to adoption.

Meghan Ramczyk, Rescue/Foster Coordinator said, "I liken the shelter to city living, and just like people, city living can stress them out; that's where foster providers are truly life savers and can help an animal decompress in a home environment. I've seen remarkable transformations in animals with just a couple weeks offsite. When potential adopters see a happy animal, they are more apt to adopt them."

Find out about the happy and healthy animals available for adoption, as well as opportunities to volunteer or donate, on the Animal Care website at www.acr.sac-county.net.

Source: Sacramento County ★

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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!*




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By Ronnie McBrayer

Over the last two years the world has combated the largest Ebola epidemic in history. And the current upsurge, beginning in West Africa in 2013, continues even though it has fallen off the front pages of our newspapers.

Ebola is a fearful disease. There are multiple strains, a dreadful mortality rate, and scientists know precious little about it, as Ebola is relatively new to the medical community. The first outbreak was less than 40 years ago, so unlike the flu, the mumps, or polio, generational knowledge of the disease is lacking.

To that point, scientists don't know exactly how the virus leaves the animal population and crosses over to humans. They don't know where the natural reservoir, that is the primal source, for the disease is located. They don't know how Ebola will evolve and mutate going forward - there is just so much we do not know.

Yet, what we do know is this: Health workers have been at the forefront of combating this disease, unselfishly submitting themselves to incredible risk in the process. They remind me of Christ who would walk among the diseased and infected, unafraid to touch, to heal, and to love.

I heard one of these workers, a nurse, interviewed via radio late last year when the Ebola hysteria had at its peak. The interviewer asked a good



God Smiles

question: "What materials or supplies do you need to improve your work?" I waited to hear her speak of more money, more hospital beds, more IVs, or what not - all were definitely needed.

But the nurse gave a surprising, most beautiful answer. She said, "What we need are new biohazard suits; ones with full, clear screens so the patients can see our faces." She went on to describe their current outfits: Bulky, hot, with only eye holes to peer out of, or cumbersome goggles.

Then she spoke of how patients were scared, sick with this gruesome disease, afraid of dying, isolated from their family and friends, and were being cared for by "foreigners" who didn't necessarily speak their language. She concluded: "We need the new suits so they can see our faces...so they can see us smile at them, and be less afraid."

This nurse is a skilled caregiver, regardless of her technical proficiency, for she understands that the healing process requires kindness, warmth, and clarity as much as it requires antibiotics and oxygen tanks. "So they can see our faces," is simply, good medicine.

Her words reminded me of the great Aaronic blessing from the Hebrew Bible. It goes something like this: "May God bless you and protect you. May God smile on you and show you grace. May God look you full in the face and give you peace." It's all that anyone could ask for, good medicine for sure: To have

a life that flourishes, for God to grant peace and grace, and for Providence to smile in our direction - that is good medicine indeed.

And it is medicine so badly needed. I don't have to work very hard to convince you or anyone that this world is a difficult place to live. Ebola. Disappearing airplanes. Ferguson. War in the Ukraine and the Middle East. The Islamic State. Boko Haram. Extremism at every turn. Oh, and don't forget the garden variety troubles we all have: Illness, divorce, the deaths of those we love, too many bills and not enough paycheck, so on and so forth.

Any one of these, much less enduring the entire lot, is enough to blind us, isolate us, and make us afraid. Yet, through it all, God is smiling. That is, he is caring, loving, and healing, showing his face to those who will see it. Yes, that face is sometimes masked by religion's camouflage or some creed's bulky, cumbersome language.

This doesn't mean God is not present and that God does not care. I believe he cares - immensely. And when we catch his smile, even for the briefest moment, it lets us know that he is here and that he is working to heal our hearts and our world.

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

Taking a Stand

by Bryan Golden



What's important to you? What do you believe in? Are you willing to stand up for your convictions? Can you withstand criticism of your views? Will you take a stand in spite of being urged to just go with the flow?

When you have strong, unshakable beliefs you are willing to take a stand in support of your convictions. You don't care what others think of your position. You don't care about majority opinion. Fads are of no concern. Being accepted isn't of any importance.

The stands you take aren't for sale. Your stands are rooted in a solid foundation of character. You will not change your stance because of money. You can not be pressured to alter your beliefs. The stands you take define who you are. Your actions aren't based on what others think.

People who don't, won't, or can't take a stand, have no core beliefs. Their position shifts based on the prevailing opinion. They will readily alter their stands for money or due to pressure. It's easy for them to get caught up doing things they shouldn't be doing.

The news headlines are filled with examples of people who don't have strong enough core beliefs to take a stand. The lives of people from every social and economic strata self-destruct as a result of

inappropriate behavior. They stretch the limits of hypocrisy. There are few temptations they can resist.

As commendable as it is to take a stand, it is not easy. This is especially true when your position is not popular. You will face lots of pressure to alter your views. Many people tend to go with the crowd. It takes courage to hold your ground.

America was founded by people willing to take a stand for what they believed in. They risked their lives to do so. After all, what chance did an untrained group of farmers have against the awesome might of the British army? If you think it's tough taking a stand, be inspired by those who gave you the freedom to hold firm in your convictions.

What do you gain by standing up for what you believe in? It provides a solid basis for all you do. You have a clear view of who you are and where you are going. You won't be blown off course by whims or temptation. You will have a clear conscience and won't have to be looking over your shoulder.

Because of your deep seated belief of yourself, you won't care about anyone else's criticism. Therefore, your actions will be based on who you are rather than a desire for acceptance and approval. A lot of people suppress their desire to stand up for what they believe.

They fear condemnation and rejection. They really want to take a stand, but don't feel they have the strength of character to do so.

The fear of standing firm is actually worse than doing so. The positive feelings and even relief one gets when they act on their convictions far outweighs any criticism. People often discover they get more respect when taking a stand. Others who have been hesitant to act on their own may follow your lead.

You can build up the habit of standing firm. Start practicing with issues important to you. Speak up for what is right and against that which is wrong. It's OK to be ridiculed. It's often part of the process. People would rather criticize your stance than take their own.

As you continue to stand up for what you believe, the process will become second nature. You will no longer have any internal conflict as to what you should do. So take a stand and be your own person.

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

God has been waiting for you for a long time. He has been nudging you over and over again to get your attention. This very minute, God is reaching out to you. You ask why? My friend, it is because He loves you beyond any love you have ever experienced and He wants to help you attain something beautiful in your life. God has a beautiful plan for every life; He

It's Never Too Late!

wants to provide for those who seek His perfect will.

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simple prayer?

Dear God, creator of all that is, I humbly ask you to listen to this prayer and read my heart. I need help, I need you, I need your forgiveness. Please forgive all my sins and help me to live a life that is pleasing to you and a blessing to other people, too. Open my eyes and ears to hear your still small voice and listen to your guidance. Help me to understand the words of the Bible. I submit and commit my life like never before. I am yours, all yours. I accept your beloved son Jesus as my Savior and Lord. Amen.

Now wait and His blessings will answer you!

Marlys Johnsen Norris Christian Author of 7 books Marlysjn@gmail.com ★



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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 susan-peters@saccounty.net. ★

“Kids Don’t Float” Life Vest Program is Underway

SACRAMENTO REGION, CA (MPG) - The Sacramento region has experienced unseasonable warm weather over the past few weeks, sending families and adults flocking to our beloved waterways. The American River Parkway Foundation began installing the Kids Don’t Float boards on March 30th, 2015. The American River Parkway Foundation has unveiled its Kid’s Don’t Float program two months early. The lifesaving program allows individuals to borrow a life jacket while they are enjoying Sacramento’s waterways. In 2008, the Sacramento County Board of Supervisors adopted an ordinance requiring life preservers for access to the public waters within the County of Sacramento. The ordinance reads in part, “It is

unlawful for any parent to permit his or her child under the age of thirteen (13) in his or her care to access any public waters unless such child is wearing a life preserver.” Violation of the ordinance is punishable by a fine of \$500 and/or six months in jail. From now through Labor Day, the life vest stations will be re-supplied and inspected twice a week by the Drowning Accident Rescue Team (DART), Sacramento Metro Fire, and Sacramento County Park Rangers. The station locations include Discovery Park (two sites), Ancil Hoffman Park, Howe Avenue river access, Watt Avenue river access, Paradise Beach, River Bend Park, and Sunrise river access. Each station offers 20 life

vests in various kid sizes. Executive Director Dianna Poggetto said the Foundation will spend \$10,000 to purchase new life vests. “There are going to be a lot of people heading to the river in the coming weeks and, with the current conditions, practicing water safety rules and wearing life vests will be even more critical in preventing drowning accidents.” Cyclists, runners, picnic-goers, and nature lovers are among the more than eight million people a year who use the Parkway for various recreational activities. For more information on ARPF volunteer and donor programs, please see www.arpf.org or call (916) 486-2773. *Source: American River Parkway Foundation* ★

Carmichael Beavers Swim Team Turns 50

SACRAMENTO REGION, CA (MPG) - The Carmichael Beavers Swim Team is proudly celebrating their 50th season. Since their conception in 1965, the Beavers have had many successful years winning championships and setting individual league records. Achieving these feats goes hand-in-hand with the team’s goals of desire, dedication, and determination. Contributing to the team’s recent success are the Beavers’ current president Ron Miller, head coach Doug Smith, and parents of the team swimmers. These parents diligently maintain the standing tradition of a family atmosphere, promoting a fun swimming experience where children learn to swim in

a competitive forum. The Carmichael Beavers range in age from 4 to 18 and they practice nightly at Del Campo High School’s pool, which has been their home for the past 12 years. The team welcomes the community to come out and enjoy their efforts. The Beavers’ 2015 home meets are from 8:00 a.m. to 2:30 p.m. on June 6th, 13th, and 20th, as well as July 11th. In commemoration of this 50th Anniversary, some elements have been added to the season’s usual repertoire. Special 50th swim caps, suits, and t-shirts are being offered and the Beavers Swim Team will be accompanying their 50th Anniversary float

during their regular appearance in Carmichael’s Annual 4th of July Gala Parade. All Carmichael Beavers alumni are invited to join the team on Saturday, May 16th for recognition and participation in a special alumni swim meet. The time trials start at 8:00 a.m. and the alumni meet will take place at 11:00 a.m. The current Beavers team looks forward to meeting past Beavers team members! For more information, visit www.cbswim.com or cb.swim@hotmail.com. Follow CB Swim on Facebook at Carmichael Beavers Swim Team. *Source: Roni Santiago* ★

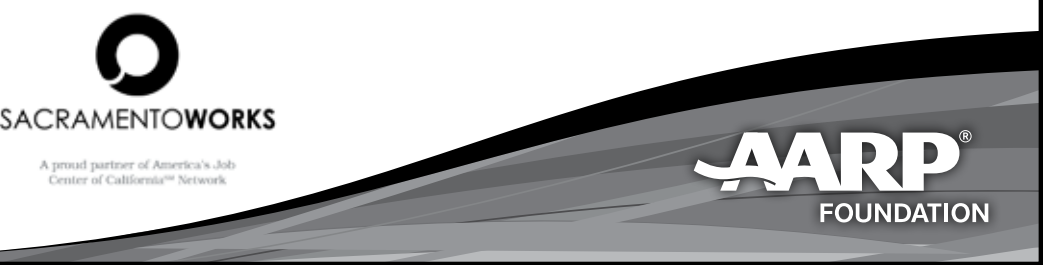


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Cinnamon Rolls with Caramel Glaze

Servings: 1 dozen rolls

- Rolls:**
- 1 1/3 cups warm milk (105°F)
 - 2 packages (1/4-ounce each) active dry yeast
 - 1/4 cup granulated sugar, divided
 - 1/2 cup (1 stick) butter, softened
 - 2 egg yolks
 - 1 teaspoon Wilton Pure Vanilla Extract
 - 3/4 teaspoon salt
 - 4 cups bread flour, plus more for dusting

- Filling:**
- 1/2 cup (1 stick) butter, softened
 - 1/3 cup granulated sugar
 - 2 tablespoons bread flour
 - 2 tablespoons ground cinnamon

- Glaze:**
- 1/4 cup (1/2 stick) butter
 - 1/2 cup lightly-packed light brown sugar
 - 1/2 cup heavy whipping cream
 - 1 teaspoon Wilton Pure Vanilla Extract
 - 1/4 teaspoon salt
 - 1 cup confectioners’ sugar (about 1/4 pound)

For rolls, stir together warm milk, yeast and 1 tablespoon sugar in large bowl. Let stand 5–10 minutes or until foamy. Add butter, remaining 3 tablespoons sugar, egg yolks, vanilla and salt. Mix with electric mixer using dough hook on medium speed until combined. Gradually add flour, 1 cup at a time, and mix on medium speed until smooth, elastic dough forms, about 5 minutes. Spray large bowl with vegetable pan spray. Form dough into ball, place into bowl and cover with plastic wrap. Let stand in warm place for 45 minutes or until doubled in size. For filling, stir together butter, sugar, flour and cinnamon in medium bowl until well-combined. Prepare 13-by-9-inch pan with vegetable pan spray. Punch dough down and roll out to 18-by-14-inch rectangle on floured surface. Spread filling onto dough and roll up from long end, like a jelly roll. Pinch seam to seal, trim ends and cut into 12 equally-sized pieces. Place rolls into prepared pan; cover with plastic wrap and let rise 25–30 minutes or until doubled in size. Meanwhile, heat oven to 350°F. Remove plastic wrap from rolls and bake 25–29 minutes or until golden brown. Cool in pan on wire rack while preparing glaze. For glaze, melt butter in saucepan over medium heat. Add brown sugar and cream. Cook over medium-high heat until mixture reaches a simmer; cook for 1 minute, stirring constantly. Remove from heat and stir in vanilla and salt. Whisk in confectioners’ sugar until smooth. Pour glaze over warm rolls. Serve warm.

Mentor Knows BEST The Mother’s Day Edition

FAMILY FEATURES

Whether she’s your mom or a “like-a-mother” mentor, chances are you’ve got a lot to thank her for this Mother’s Day. It’s a time for celebrating your biggest supporters, number one fans and best friends. In life, we’re lucky to form relationships with women we can learn from and grow with. Beth Somers, Elizabeth Nelson and Emily Tatak from the Wilton Test Kitchen consider themselves lucky. Beth Somers, Director of Creative Content Development, owes her start to her former boss Milette Raz. Raz is trained in the Wilton Method of Cake Decorating™ and taught Somers how to decorate. But Somers thinks of Raz as so much more — calling her a mentor, her second mother and her friend. Years after working together, the duo teamed up for Cupcake Wars on the Food Network, returning home as champions of season six with winning recipes like Tropical Getaway Cupcakes. Elizabeth Nelson, Assistant Culinary Specialist, attributes her love of baking to her grandma Ann, learning the basics with her and picking up passed down recipes that she brought with her to college. She looks up to her mother, her grandmother and her great-grandmother, whom she’s told she also gets her competitive nature from. Nelson and her grandmother went through a lot of trial and error together to come up with what they believe is the perfect cinnamon roll recipe, very similar to this recipe for Cinnamon Rolls with Caramel Glaze. For Emily Tatak, preserving family recipes and continuing the traditions around the holidays and in the kitchen led to her career at Wilton as an Assistant Culinary Specialist. She owes her inspiration to her mom, who taught her how to bake. Together they iced cakes, decorated sugar cookies and even made a gingerbread house from scratch. Keeping with tradition, celebrating the holidays without grandma Irene’s Kolachy recipe just wouldn’t be the same. For more recipe ideas to honor your mother or special mentor, such as Tropical Getaway Cupcakes, visit s.wilton.com/MentorKnowsBest.



Award-Winning Goodies

Celebrate that special mother figure in your life with this fruity and flavorful recipe for Tropical Getaway Cupcakes, created by Beth Somers and Milette Raz.



Grandma’s Kolachy Cookies

Servings: 6 1/2 dozen cookies

- 1 package (8 ounces) cream cheese, softened
- 1 cup (2 sticks) butter, softened
- 2 cups all-purpose flour
- 1 teaspoon Wilton Pure Vanilla Extract
- 1/2 teaspoon salt
- Poppy seed, apricot and strawberry pastry filling
- Confectioners’ sugar, for dusting

In large bowl, beat cream cheese and butter with electric mixer on medium speed until well combined. Add flour, vanilla and salt; beat until just combined. Divide dough into 2 disks. Wrap with plastic wrap and chill at least 12 hours. Heat oven to 375°F. Working with 1 disk at a time, roll each to 1/8-inch thickness on generously floured surface. Cut cookies using 2-inch round cutter. Place on cookie sheet and make indentation in dough with thumb. Spoon 1/2 teaspoon pastry filling into each indentation. Bake 16–18 minutes or until edges are lightly browned. Cool cookies on pan on cooling grid 5 minutes. Remove from pan; cool completely on grid. Dust with confectioners’ sugar before serving.



POPPOFF!

with Mary Jane Popp

your recording materials by your bed and ask your unconscious to share a dream with you.

3) GET TO BED A LITTLE EARLIER THAN USUAL. Shifting your sleep schedule often helps.

4) AVOID TAKING UNNECESSARY MEDICATIONS BEFORE BED. Antihistamines and certain other medications can inhibit recall. Vitamin B6 is thought to increase recall.

5) IF YOU WAKE IN THE NIGHT, FOCUS ON ANY DREAM IMAGES YOU HAVE. Jot down a few words to jog your memory in the morning. Don't let sleepiness talk you into believing you will remember in the morning or that images have no significance. It is easy to talk yourself out of the necessary steps for recall.

6) SOME PEOPLE FIND IT HELPFUL TO DRINK EXTRA WATER BEFORE BED. Then you might have to get up in the night, thus waking up close to a dream segment and achieving recall.

7) IF YOU HAD NO RECALL DURING THE NIGHT AND YOU CANNOT MAKE ANY CONNECTIONS TO YOUR DREAMS UPON WAKING, STAY QUIETLY IN BED. Keep your eyes closed, and imagine some of the people in your life or some settings that are familiar to you. Sometimes just after flipping through these images will stimulate a reminder of a dream.

8) UPON AWAKEING, RESUME THE SLEEPING POSITION YOU WERE IN WHILE DREAMING. This is usually your most comfortable sleeping position. This is a very successful tool.

9) WRITE ANYTHING YOU REMEMBER...EVEN IF IT'S ONLY ONE WORD, AN EMOTION, OR A PHYSIOLOGICAL RESPONSE. One word can sometimes lead to important information. If you awake with a song or poem in mind, write it down. Nothing is insignificant.

10) IF YOU CANNOT REMEMBER ANYTHING, MAKE AN NOTE TO THAT EFFECT IN YOUR JOURNAL. "I do not remember anything about my dreams last night. If I had I would take time to remember it." It is amazing how receptive your unconscious is to your true efforts.

According to Justina, once you are serious about the process, the unconscious will reward you with dream memories. You're going to be amazed at what you have been sleeping through. You can check out more of what dreams are all about at www.DreamSynergy.com, and you can get more understanding of dreams in "Wake Up." Who knows, perhaps those day-time dreams will become reality! Sweet Dreams! ★

Cancer Survivors Come Together at Relay for Life

Continued from page 1

Hale of Fair Oaks. He walked in remembrance of his mother who died of colon cancer in 2008. Hale—a veteran of 121 relays—honors her memory by walking one mile for each of the 4,992 quilts that she made in her lifetime. So far he's tallied up more than 2,900. Though Hale came alone, he was among many friends that he's made over the years at Relay for Life. "I have a relay family, I guess," Hale said.

Among those relay relatives was 17-year-old Katherine Bingaman. She was sponsored by Hale for the Miss Relay

Ambassador contest, which she won earlier that day for her knowledge of ACS facts. She was struck by the pervasive nature of cancer and how many people she knows who have been affected by it, including her mother and grandmother, though her experiences have not been limited to her family. "Multiple friends of mine have had parents die," Bingaman said.

Many events and activities at the relay were symbolic, starting with the 24-hour duration of the event symbolizing the non-stop struggle that cancer survivors face. Relay favorites such as the

Survivors Lap and the Luminaria ceremony celebrated those who have survived and mourned those who did not.

For Bingaman, Relay for Life is about more than her own experiences; it's her way of taking up arms with everyone else against cancer and showing solidarity.

"I relay for everyone because I think everyone's connected to cancer," Bingaman said. "I don't want it to be that way."

For more information about Relay for Life or the American Cancer Society, visit www.cancer.org. ★

DREAMWEAVER

We all dream. It's mandatory even if you don't remember what that wild and crazy dream was about. Besides, if you do remember it, it's pretty confusing. But Justina Lasley told me on POPPOFF that we need to pay attention to our dreams and use them as a guide. She said that dreams will never take us off course from being uniquely the person we were born to be. Justina is Founder and Director of the Institute for Dream Studies and author of several books, her latest "Wake Up" Use your nighttime dreams to make your daytime dreams come true. But you need to remember those dreams first, so I asked Justina for the Top Ten tips for Dream Recall.

1) BUY A DREAM JOURNAL like the one at www.DreamJournal.org to show your unconscious that you are committed. Before sleep, record the date and a brief synopsis of the day.

2) BEFORE GOING TO BED, MANIFEST YOUR INTENTION TO REMEMBER YOUR DREAMS. Put



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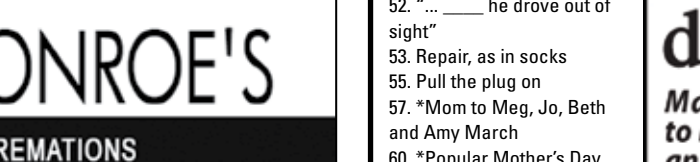
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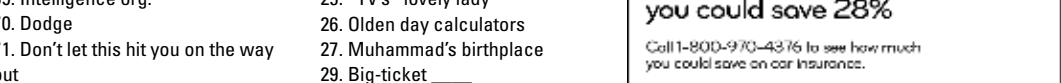


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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

For Solutions See Page 9



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More Critical Issues for Buyer/Owner in 2015

The largest amount of money you will ever spend is likely a home or property. Complex rules, varied loans and stress about making a mistake can make your dream home purchase a living nightmare if something goes wrong in the process. Let us help you now!

Rents on the Rise

Last time we warned of the most important issue, rising interest rates. Now - Rents on the Rise! Rent increases of more than 25- 30% are happening in the local market. With low interest rates, this is exactly the market for moving on up! Homeowners, on average, benefit by about \$3000 year because of tax write-offs, not including depreciation. The other benefit, of course, is the appreciation of your home or investment properties.

Many people retire because of the smart real estate decisions they made. For renters this is real incentive to buy. On the other side of the coin, for homeowners this is a signal to consider upsizing to a new family home. For retirees, as the ‘baby boomers’ reach 65, this is also a great period of time to take your profits and find a perfect downsized home. Long term, buyers have the real advantage as owners. Property is the key to many retirement plans as the value is solid and the potential income growth as real as dirt.

For those who get in touch each month you’ll also receive one of three pamphlets on buying and selling strategies, and be entered in a random drawing for a **dinner for two** at one of our great Sacramento or Placer restaurants!

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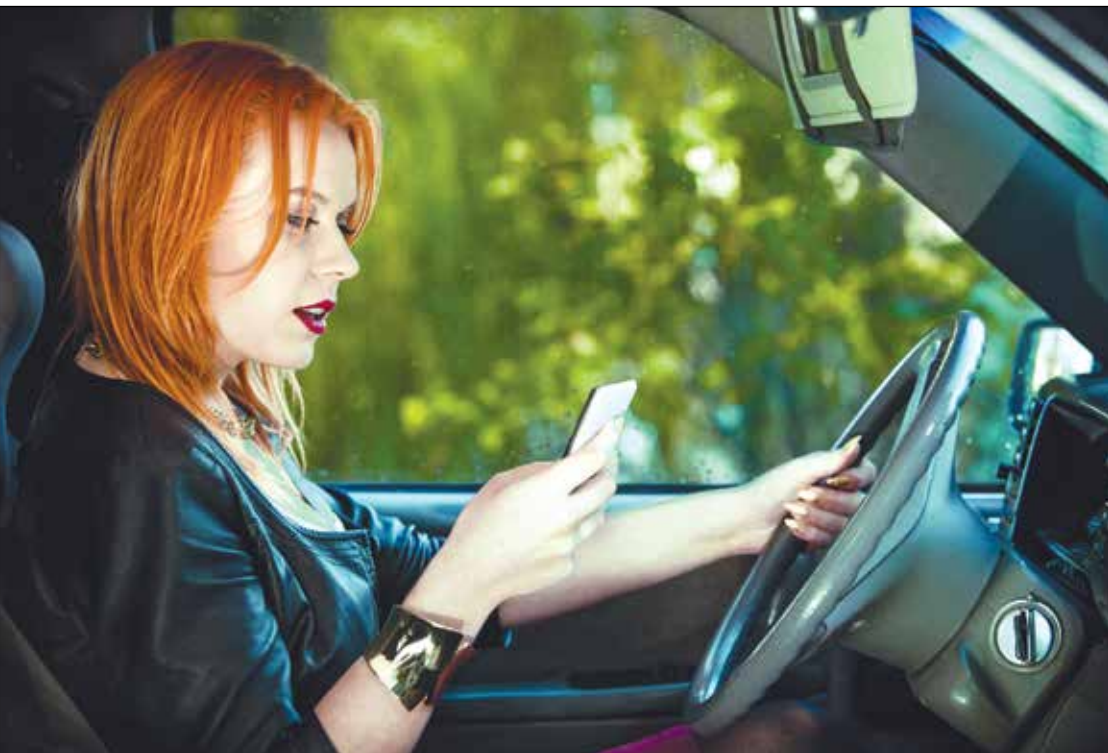
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Seconds Before the Crash
Distracted Driving Worse Than Previously Reported



It is well known that cell phones increase the risk for teen drivers. That risk is made worse because young drivers cannot draw upon past driving experience to manage unsafe conditions.

SACRAMENTO REGION, CA (MPG)

- The most comprehensive research ever conducted into teen crashes found substantial evidence that distracted driving is a much more serious problem than previously known, according to the AAA Foundation for Traffic Safety. Video analysis finds that distraction was a factor in nearly six out of 10 moderate-to-severe teen crashes. This is four times as many crashes as official estimates based on police records.

Researchers at the University of Iowa analyzed the six seconds leading up to a crash in nearly 1,700 videos of teen drivers taken from in-vehicle recording devices. The results showed that distraction was a factor in 58% of all crashes studied including 89% of road-departure crashes and 76% of rear-end crashes. National Highway Traffic Safety Administration (NHTSA) previously estimated that distraction is a factor in only 14% of all teen crashes.

Among the key findings in the

study were that drivers manipulating their cell phone (calling, texting, or other uses) had their eyes off the road for an average of 4.1 seconds out of the final six seconds leading up to the crash. Researchers also measured reaction time in rear-end crashes and found that teen drivers using a cell phone failed to react more than half of the time before impact, meaning they crashed without braking or steering.

It is well known that passengers and cell phones increase the risk for teen drivers. That risk is made worse because young drivers cannot draw upon past driving experience to manage unsafe conditions. Utah’s graduated driver licensing law addresses the most common causes of teen crashes and gives teens time to practice in a safe environment.

“Parents can play a vital role in preventing their teens from engaging in distracted driving and learning to be a safe driver,” said Cynthia Harris, AAA

Northern California spokesperson. “Before parents begin practice driving with their teen, they should create a parent-teen driving agreement that includes strict ground rules related to distracted driving.”

AAA offers help for parents of young drivers at www.TeenDriving.AAA.com. There, parents can find a comprehensive driver education program where teens can learn specifically how using a cell phone affects driving abilities and increases crash risk. A full research report and b-roll video of teen driver crashes is available on the AAA Foundation’s website: www.AAAFoundation.org.

AAA Northern California, Nevada, and Utah offers a wide array of automotive, travel, insurance, DMV, financial services, and consumer discounts to more than 4.2 million members. AAA has been a leader for the safety and security of all travelers since it was founded more than 115 years ago. ★

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Thursday, September 23, 2013

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Jim Miller
Answers
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Questions



Check Out This
Week's Topic!

Savvy
SENIOR

Social Security Offers Lump Sum Payouts to Retirees

Dear Savvy Senior,
I've heard that Social Security offers a lump-sum payment to retirees who need some extra cash. I have not yet started drawing my benefits and would like to investigate this option. What can you tell me?
- Almost Retired

Dear Almost,

There are actually two different kinds of Social Security claiming strategies that can provide retirees a big lump-sum benefit, but you need to be past full retirement age to be eligible, and there are financial drawbacks you need to be aware of too.

First, let's review the basics. Remember that while workers can begin drawing their Social Security retirement benefits anytime between ages 62 and 70, full retirement age is currently 66 for those born between 1943 and 1954, but it rises in two-month increments to 67 for those born in 1960 and later. You can find your full retirement age at ssa.gov/pubs/ageincrease.htm.

At full retirement age, you are entitled to 100 percent of your benefits. If you claim earlier you'll receive less, while if you delay you'll get more – roughly 8 percent more for each year until age 70.

Lump Sum Options

If you are past full retirement age, and have not yet filed for your benefits, the Social Security

Administration offers a retroactive lump-sum payment that's worth six months of benefits.

Here's how it works. Let's say you were planning to delay taking your Social Security benefits past age 66, but you changed your mind at 66 and six months. You could then claim a lump-sum payment equal to those six months of benefits. So, for instance, if your full retirement age benefit were \$2,000, you would be entitled to a \$12,000 lump sum payment.

If you decided at age 66 and four months that you wanted to file retroactively, you'd get only four months' worth of benefits in your lump sum, because SSA rules prohibit you from claiming benefits that pre-date your full retirement age.

Another option that provides even more cash is the "file and suspend" strategy. Again, this option is only available to people on (or after) full retirement age.

Here's how this strategy works. Let's say you're 66, and you decide to delay your benefits. You could file for your benefit and then immediately suspend it. This gives you the ability to collect a lump sum going back to the date you filed. So if you need money at age 69 for example, and your full retirement age benefit was \$2,000, you could get a three-year lump sum of \$72,000.

Drawbacks

The big downside to these strategies is that once you accept a lump-sum payment, you'll lose all the delayed retirement credits you've accrued, and your future monthly retirement benefit will be reduced to reflect the amount you already received.

Here's an example of how this works. Let's say that you are entitled to a \$2,480 monthly benefit at age 69. By taking a three-year lump sum payment, your future benefits will shrink back to \$2,000 per month, which is what you would have received at your full retirement age. This also affects your future survivor benefit to your spouse or other eligible family members after you die.

You also need to consider Uncle Sam. Depending on your income, Social Security benefits may be taxable, and a lump-sum payment could boost the amount of benefits that are taxed. To help you calculate this, see IRS Publication 915 "Social Security and Equivalent Railroad Retirement Benefits" at irs.gov/pub/irs-pdf/p915.pdf, or call 800-829-3676 and ask them to mail you a copy.

One other caveat: If you're married and you "file and suspend" your Social Security benefit, you cannot file a "restricted application" too, which gives you the ability to collect spousal benefits while delaying your own retirement benefit past full retirement age.

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



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Elton John Tribute Performs at Harris Center's Folsom Lake College Campus

FOLSOM, CA (MPG) - Remember When Rock Was Young stars the multiple award-winning, multi-talented singer, actor, and pianist Craig Meyer. He is considered to be the best Elton John tribute artist in the world, whose strong vocals, striking resemblance, and amazing talent on the piano has audiences everywhere remembering when rock was young.

This spectacular show is a musical journey celebrating the decades of chart-topping hits by Sir Elton John, including: "Benny and the Jets," "Philadelphia Freedom," "Crocodile Rock," "Goodbye Yellow Brick Road," and "Candle in the Wind."

Remember When Rock Was Young: The Elton John Tribute will be performed on Monday, May 11th at 7:30 p.m. and Tuesday, May 12th at 7:30 p.m. Tickets are priced between \$29 and \$45, with premium tickets priced at \$55. Tickets are available from the Harris Center Ticket Office at (916) 608-6888 from 10:00 a.m. to 6:00 p.m. or online at www.harriscenter.net. Parking is included in the price of the ticket. Harris Center is located on the west side of Folsom Lake College campus in Folsom, facing East Bidwell Street.

Craig Meyer has an extensive background in theatre and music, aiding his already spot-on resemblance to Elton John's over-the-top style and unforgettable sound. On Broadway, Meyer created the role of Clinton Badger in MGM's classic "Meet Me in St. Louis" and has toured nationally in "Cats," "Starlight Express," and "Irving Berlin's White Christmas."

Meyer shaped most of his remarkable impersonation for Remember When Rock Was Young from first-hand experience when he worked with



Craig Meyer shaped most of his remarkable impersonation for Remember When Rock Was Young from first-hand experience when he worked with Elton John and Tim Rice on the score for Disney's "The Lion King." Photos Courtesy of The Harris Center



Elton John and Tim Rice on the score for Disney's "The Lion King." He was also called upon by Alan Menken to contribute his renowned talents to the musical composition of Disney's "Aladdin." His musical gifts and energetic charm have allowed him to tour internationally and record with timeless icons like Frankie Valli and Barry Manilow, an experience that prompted Manilow to say of Meyer: "Craig is one of the most talented people I have ever worked with. He can do ANYTHING."

Meyer's television and film appearances include "Necessary

Roughness," "Will & Grace," "Good Morning Miami," "Family Law," and "General Hospital." Film credits include "Leatherheads" with George Clooney and Renee Zellweger, "Joyful Noise" with Dolly Parton and Queen Latifah, and "Identity Theft" with Jason Bateman and Melissa McCarthy.

The Harris Center for the Arts at Folsom Lake College is a \$50 million facility built with a combination of state, regional, local, and private funds. Harris Center has three intimate theaters, an art gallery, a recording studio, elegant teaching spaces, plenty of safe parking, and all the other amenities of a state-of-the-art performing arts venue. The Harris Center presents touring artists from around the world; partners with the best regional arts organizations, and supports productions by FLC students and faculty. It is named to honor Brice Harris—Chancellor Emeritus of the Los Rios Community College District—for his many contributions to the capital region, including the vision and leadership he provided in opening this regional arts center.

Source: Brian Kameoka from The Harris Center ★

Sacramento Choral Society and Orchestra's Season Finale Features Powerful Music

SACRAMENTO REGION, CA (MPG) - Conductor Donald Kendrick and the Sacramento Choral Society and Orchestra (SCSO) will team up with Sacramento State's University Chorus to present choral orchestral music by three modern American classical composers in a powerful season finale entitled "Songs of Eternity."

"We hasten to assure our audience that the music for this concert is considered accessible modern music in that all three works are dramatic and lyrical," says Donald Kendrick, artistic director.

This unique program showcasing 250 musicians will include the West Coast Premiere of Daniel Forrest's "Requiem for the Living - Dan Forrest (2013)," James Hopkins' "Songs of Eternity" (1995) and Howard Hanson's "Sea Symphony" (1974). Composer James Hopkins will be a special guest at the concert.

A pre-concert talk will be given by Conductor Donald Kendrick at 7:00 p.m. and a post-concert reception in the lobby will provide an opportunity for audience members to meet the artists. The concert also features projected supertitle translations. The doors open at 6:30 p.m.

The "Songs of Eternity" concert, dedicated to the SCSO's founding Concert Master Michael Anderson, features poetry by Walt Whitman and Nobel Prize-winning Indian poet Rabindranath Tagore. The season finale will provide a prelude to the SCSO's July 2015 international tour to Paris (Notre



A pre-concert talk will be given by Conductor Donald Kendrick (pictured) at 7:00 p.m. Photo courtesy of the Sacramento Choral Society and Orchestra

Dame), Normandy (American Cemetery 70th Anniversary of World War II) and London (St. Paul's Cathedral).

The show takes place on Saturday, May 9th at 8:00 p.m. at the Sacramento Community Center Theater, 13th & L Street in Sacramento. For tickets, call the Sacramento Community Center Box Office at (916) 808-5181 or buy online at www.tickets.com. The cost is \$45 for orchestra, \$35 for first balcony.

Students get a 50% discount. \$10 rush seats may be available on concert night.

The concert is co-sponsored by SAFE Credit Union and the SCSO following their recent successful spring 2015 fundraising efforts.

For additional information, visit www.sacramentochoral.com or call the SCSO Office at (916) 536-9065.

Source: Sacramento Choral Society and Orchestra ★

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