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AMERICAN RIVER Messenger

"Written by the people, for the people"

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March 13, 2015

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Eppie's Great Race Inducted into CPRS Hall of Honor



Eppie's Great Race participants run 5.82 miles, cycle 12.5 miles, and paddle boats 6.35 miles on a race course located on and alongside the American River Parkway.
Photo courtesy Eppie's Great Race

SACRAMENTO REGION, CA (MPG) - Sacramento County-based Eppie's Great Race, known as "The World's Oldest Triathlon," has earned the California Park & Recreation Society's highest honor. On February 13th, the beloved and popular annual event was inducted into the California Park and Recreation Society's Hall of Honor.

The California Park and Recreation's (CPRS) Hall of Honor was established in 2004 in order to honor professionals, programs, facilities, collaborative partnerships and foundations that have positively influenced the quality of life within the region. CPRS, District 2 represents 19 counties across California, and publicly advocates for

the California Park and Recreation profession.

The CPRS Hall of Honor Induction Ceremony was held at the City of West Sacramento's Civic Center Galleria. At this event, the coveted Hall of Honor award was formally presented to George Johnson III and Eppie's Great Race director, Charlie Willard, on behalf of the entire Great Race Committee and Foundation.

"We couldn't be more honored to receive this amazing and highly respected award and permanent induction into the California Park and Recreation's Hall of Honor," said George Johnson, Eppie's Great Race Foundation Chairperson. "When my father launched Eppie's Great Race 42

years ago, he only meant the event to be a fun, annual promotion for his restaurants. But over the years, the event has become much more than that. Our Eppie's Great Race Committee takes pride in the fact that our event celebrates, nurtures, and provides resources back to Northern California's jewel, the American River Parkway. We are also proud that our event has raised over one million dollars for Sacramento County charities that support recreation programs for physically and mentally challenged Northern Californians. We feel so fortunate that the California Park and Recreation Society views Eppie's Great Race as positively influencing

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CDA Cares Event Provides Dental Care at No Cost

SACRAMENTO COUNTY, CA (MPG) - Sacramento County is providing \$10,000 to support the CDA Cares event that will provide dental care at no cost to the public. The event will be presented by the California Dental Association (CDA) on March 27th and 28th at the Cal Expo Fairgrounds, Building D.

"This event hosts dozens of dental professionals and community volunteers who together provide dental and oral health services to individuals in our community who need it most," said Supervisor Phil Serna, Chair of the Board of Supervisors. "Many of these services are critical to relieving patients' immediate pain and suffering which can dramatically improve their overall quality of life and employability."

The two-day dental event will provide cleanings, fillings, and extractions. On a limited basis, it will also provide root canals, stayplates (temporary partial dentures), and dentures.

The CDA Foundation hosts CDA Cares to provide dental care at no charge to Californians who have difficulty accessing dental care, including uninsured, underinsured, unemployed adults and children, and others who are in need of oral health care. Children under age 18 must be accompanied by a parent or guardian. No identification is required.

Doors to the event open at 5:30 a.m. and patients will be seen on a first come, first served basis. No appointments are necessary and parking will be free. There will be 100 chairs available for services and the goal is to serve 2,000 people during the two days. Interpreters will be available.

To help provide oral health care services at no charge to the large number of expected

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Clean and Sober Living Helps Addicts Find Hope

The Founder, Don Troutman, Has Built a Lasting Community

**Story and photos
by Christie Spurlock**

FAIR OAKS, CA (MPG) - Clean and Sober Living is a network of sober living homes for recovering addicts of drugs and alcohol, meant to help people in early to middle stages of recovery who wish to break the cycle of addiction.

Don Troutman is the founder of Clean and Sober Living. He knows all about addiction, having been there himself. Troutman began his journey to recovery after his employer made him attend rehab. Homeless and on the verge of losing his job, Troutman reluctantly went along with his employer's request. "My back was up against a wall. I got clean and sober because I didn't want to lose my job," said Troutman.

After becoming sober, he realized how much of his life he had been missing, and he tried to convince his brother to get sober, too. But before his brother was able

to change his life, he died of a drug overdose. After his brother's death, Troutman wrote an essay expressing his grief, and it strengthened his resolve to remain sober and help others become sober as well.

With little money, Troutman took a chance and leased his first house with the option to buy. Within a few years, the property was his, and he was able to begin running Clean and Sober Living. He thought about what prevents people from recovering and formulated a plan to help.

"People generally have to hit some sort of rock bottom before they will engage [in recovery]. My mission is to find out: how do we get people engaged before they hit rock bottom? Before they become a felon, before they lose their house, before they get a divorce? We do that by taking the stigma out of people being in recovery," said Troutman.

Troutman explained that three things need to change in people's lives before



Don Troutman, founder of Clean and Sober Living.

they can successfully become clean and sober. Those three things are biological,

psychological, and social aspects of addiction. He describes the biological aspect as the physical addiction to substances. The psychological aspect is the mental obsession a person experiences with their addiction. And the social aspect is the environmental part of addiction, and how an addicted person surrounds themselves with people who make being addicted easier.

With his program, he aims to treat all of these things, which sets his clients up for long term recovery. For the patients who need it, a detox home is offered (run separately from the treatment program/Clean and Sober Living). Then, it is onto a recovery home, and phase one, which is sharing a room with one other person. After at least one month of success in phase one, participants can move to phase two, where they can stay as long as they want. Many people choose to remain in houses for years at a time, since the

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Clean and Sober Living Helps Addicts Find Hope

The Founder, Don Troutman, Has Built a Lasting Community

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houses are comfortable, affordable, and provide a supportive community.

While Fair Oaks provides a beautiful backdrop for recovery, with its many trees and peaceful country surroundings, it isn't where people expect a recovery program to be. Troutman chose Fair Oaks because it is important to him that the area residents live in is a better neighborhood, a place where it isn't as easy to slip back into old habits. "If you're going to get into recovery, it's got to be a step up, not a step down," said Troutman.

Initially, the community of Fair Oaks did not welcome the recovery program with open arms. "In the beginning, there

was a lot of NIMBY-ism (not in my backyard). People believed that it would bring a bad element into the neighborhood and devalue their properties," said Troutman. "But my experience has proven to me that the people who are not engaged in addiction, who are engaged in recovery, are solid, honest, trustworthy people. Over the years, I feel I have cleaned up the neighborhood, increased property values, and have become part of the solution for people suffering from addiction, also bringing relief and comfort to families who are facing an impossible situation. I have been blessed to be able to help thousands of people on their recovery journey, relieving the county and state of the

expense to try other ways."

Troutman attributes part of the success of his program to the distribution of authority. Rather than simply reporting to him directly, residents of Clean and Sober Living also distribute the power amongst themselves in tiers, depending on how successful they are in the program. As they progress, they are given more responsibility. This means that socially, residents are accountable to each other and are more likely to want to follow the rules.

Currently, Clean and Sober Living has a waiting list for phase two. To find out more, visit www.clean-and-sober-living.com. ★



Clean and Sober Living is a network of sober living homes for recovering addicts of drugs and alcohol.

Eppie's Great Race Inducted into CPRS Hall of Honor



A man participates in the paddle boat event during the race. Photo courtesy Eppie's Great Race

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the quality of life in our region. And we look forward to at least 42 more years of celebrating and supporting California's park and recreation programs as proud members of the Society's Hall of Fame!"

The 42nd annual Eppie's Great Race will take place on July 18th. Potential participants, volunteers, sponsors, and Expo/Trade Show exhibitors are encouraged to check www.eppiesgreatrace.org or www.cprsd2.com/hall-of-honor.html for more information.

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About Eppie's Great Race: Eppie's Great Race (EGR) has been implemented each year as a fundraising event benefiting programs presented by the Sacramento County Therapeutic Recreation Services (TRS) that support mentally and physically challenged individuals. To date, EGR has raised over \$1.4 million for TRS, and now accounts

for more than 25% of the program's overall operating budget. Both teams and/or individuals can compete in divisions from "Junior," to "Iron Person," 14 to 70 years and older. EGR participants run 5.82 miles, cycle 12.5 miles, and paddle boats 6.35 miles on a racecourse located on and alongside the American River Parkway.

Sources: Eppie's Great Race, Drisha Leggett ★

CDA Cares Event Provides Dental Care at No Cost

Continued from Page 1

patients, the CDA Foundation needs volunteer dentists, including oral surgeons, dental hygienists, assistants, dental lab

technicians, physicians, nurses, and pharmacists. Additionally, community volunteers are needed to assist with registration, clinic setup and teardown, data entry, escorting patients,

interpreting, and more. To volunteer or for more information, visit www.cdafoundation.org/cda-cares/sacramento or call (877) 516-8854.

Source: Sacramento County ★

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Restaurant Review: Mighty Tavern

Enjoy the Farm-to-Fork Experience in Fair Oaks



Mighty Tavern features a fresh farm-to-fork menu, where head chef and meat master Jason Azevedo prides himself in the house-made artisan cured meats, including sausage, ham, and bacon.

Story and photos by Ben Barber

FAIR OAKS, CA (MPG) - Nestled in the heart of Fair Oaks is the Mighty Tavern restaurant. Taking over the old La Boheme building, Mighty Tavern emerged after just 100 days of renovation. Mighty Tavern features a fresh farm-to-fork menu, where head chef and meat master Jason Azevedo prides himself in the house-made artisan cured meats, including sausage, ham, and bacon.

One of the goals of business owners Dennis Lapuyade and Joan Reid Lapuyade is to highlight the many resources Sacramento and the surrounding area has to offer. Their

white tablecloth dining room—accompanied by a glowing fire—makes a perfect environment for any occasion. The wine list features both local and international labels, where one could have a taste of France, Spain, or Italy.

Start the meal with any one of their delicious salads, a tomato and goat cheese bisque, or steamed PEI mussels and fries. Follow with any one of their creative menu items, featuring linguini and white shrimp, a rib-eye steak, pork schnitzel, Mary’s bricked chicken breast, Grass Valley Mills polenta, and the Mighty Burger and fries. Mighty Tavern also features a large patio where

guests can enjoy perfect summer nights from Tuesday through Sunday. Lastly, don’t forget about the bar. Eight different beers can be found on tap, including locally crafted brews.

Mighty Tavern has a little bit of something for everybody. Whether it is for a special occasion or a casual night with friends, diners will not be disappointed.

Mighty Tavern is located at 9634 Fair Oaks Blvd., Fair Oaks, 95628. Dinner hours are Tuesday through Sunday from 5:00 p.m. to 9:00 p.m. They are closed on Mondays. Mighty Tavern also offers brunch on Sunday from 10:00 a.m. to 1:30 p.m. ★

Nielsen and Community Leaders Call for Senate Oversight Hearing on Prop. 1

Agriculture, Labor, and Business Communities Must Have a Greater Opportunity to Be Heard on the Water Bond

SACRAMENTO REGION, CA (MPG) - At a four-hour Senate Budget Hearing, state officials, think-tank analysts, and environmental representatives spoke at length on how Proposition 1 monies should be used. Leaders from the agriculture, labor, and business communities were not included in the panels of speakers.

“The Legislature must keep faith with the voters who overwhelming passed the water bond,” said Senator Jim Nielsen (R-Gerber). “The voters were promised that they would get new water storage if they passed the water bond.”

In advocating for good governance, Senator Nielsen asked for an hour of the Committee’s time to allow for equal time for communities from agriculture, labor, and businesses to speak.

Senator Nielsen added, “It is important for the Legislature to present a balanced panel and provide all perspectives. Californians deserve another committee oversight forum to hear the public benefits of above-ground storage.”

In campaigning for Propositions 1 and 2, Governor Jerry Brown stated in the Voter Ballot Pamphlet, “Water storage is key and we haven’t added any new storage in 30 years. Proposition 1 carefully invests only in the most cost-effective storage projects.”

Governor Brown further stated, Proposition 1 “expands

water storage capacity, ensures that our farms and businesses get the water they need during dry years, [and] increases flood protection.”

Tehama Colusa Canal Authority general manager Jeff Sutton, who is advocating for the construction of Sites Reservoir in Northern California, echoed Senator Nielsen’s sentiments. “California’s population has more than doubled since 1960 when the current water storage and delivery system was built. The construction of the 1.8 million acre feet Sites Reservoir is vital to California’s future. The integration of Sites with the existing State and Federal water projects will return flexibility and function back to the operations of our currently broken statewide water delivery system, providing significant benefits to the California Bay-Delta, while also greatly increasing water supply reliability for California’s communities, farms, and the environment.”

Representatives from the Farm Bureau Federation, California Chamber of Commerce San Juan Water District, California Building Industry Association, and California Alliance for Jobs were given a brief moment to express their support for another hearing.

Source: The Office of Senator Jim Nielsen ★

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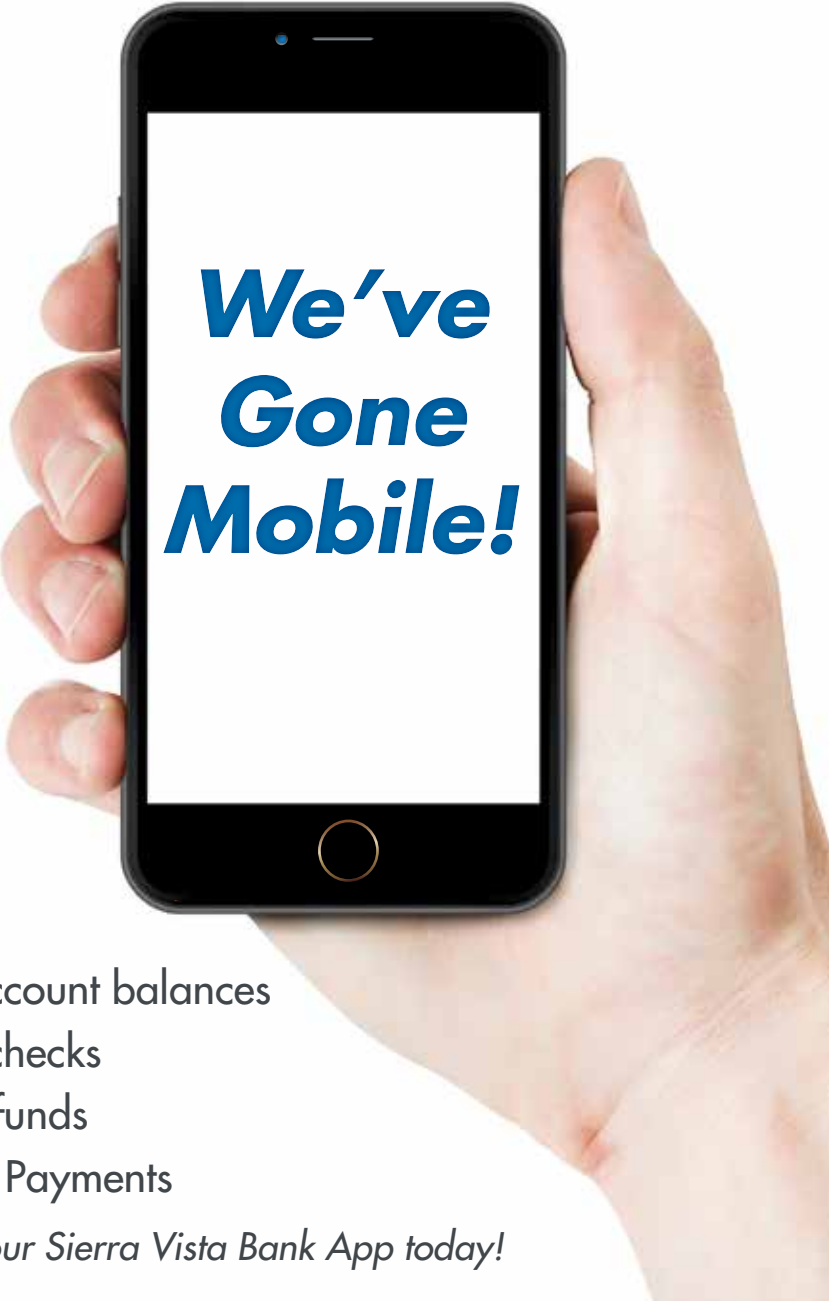


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A Sideline View into the World of Business

By Molly Townsend

SACRAMENTO REGION, CA (MPG) - Behind every good leader is a great leader. For 25 years, Gary Henson, founder of the Sacramento-based www.BusinessCoach.com, has mentored and advised thousands of business leaders worldwide. Henson credits much of his success to the company’s unique approach of creating and nurturing an intimate employer/employee relationship.

“What I love to do is to teach entrepreneurs the fine art of leadership,” said Henson. “Let’s not just work on the job descriptions...but let’s talk about [the employer’s] attitude and relationship to [their] employees.”

According to Henson, changing one’s outlook can often be the determining factor between success and failure. Henson believes that striving for continuous improvement and being committed to learning are crucial qualities to possess in order to become successful.

Henson has a very holistic approach to working with team leaders. It not only centers around increasing profits but focuses on time management, employee delegation, and life balance. The average client works with “Coach Gary” for about 23 months via phone calls, emails, and face-to-face meetings.

Some of Henson’s clients include A & S Motorcycles, Monterey Mushrooms, Carson Landscape Industries, and Haemonetics Inc.

Randy Felice, the president of A & S Motorcycles, said of Henson, “I’m not sure we would be in business today if it weren’t for hiring Gary as our business coach and trusted advisor.”

Henson described one client he is currently working with as a very smart attorney who has great employees but a major work overload to the point where he’s not able to spend much time with his family. Henson is helping the client focus more on the employee delegation aspect of business so as not to overburden himself, thus going from working 55 hours a week to 35 hours a week. Henson also noted that this client has since seen cash flow increase dramatically.

“It’s about implementing certain procedures and making minor changes that are designed to shift the entire business,” Henson said.

According to the website www.impactforcoaches.org, 70% of Henson’s clients have at least doubled their sales or profits. Aside from being a successful



Gary Henson, the author of Strategies to Future Proof Your Business.
Photo courtesy of Gary Henson

entrepreneur, mentor, coach, and business advisor, Henson is a sought-after speaker and a published author in many magazines and journals. He authored the book *Strategies to Future Proof Your Business*, and is a co-author of *Ready, Aim, Captivate!*

A portion of his clients are attracted not only to his style of coaching, but also his passion for his Christian faith, which helps them feel they can better relate to him. He is the past president of the Sacramento Fellowship of Marketplace Christians, an active member of Bayside Church and leader in their marriage ministry, and president of the Top 20 Thought Leaders of Sacramento, with a legacy goal of donating 90% of his income to his favorite ministries and charities. Henson is also the co-founder of the Make a Difference Project, a non-profit organization committed to ending family violence.

One of the biggest struggles Henson has faced, particularly in the early days of www.BusinessCoach.com, was helping people understand precisely what a business coach is among the differing perceptions of the title, often relating it to the analogy of a sports coach observing his players from the sidelines.

“For years I’ve struggled communicating what it is I do...it’s

a hard concept to grasp when you’re talking about the benefits of business consulting,” said Henson.

Henson works with clients by teaching them how to increase profitability; hire top performers; recognize better and larger goals; increase employee accountability; organize workshops, training, and retreats; improve customer service and client retention; promote team building; and learn how to market online through social media. His website also offers potential clients a free first session where they can bring their three biggest concerns for their company to the table and get a feel for what future sessions have in store.

When asked if he believes his occupation is more critical in light of the current economy than it was 10 years ago, Henson said, “It’s always been needed, but it’s needed now more than ever.”

Success aside, Henson still believes his greatest achievement in life is his relationship with his wife, Jenene, and their family.

Those who wish to inquire about Henson’s services can contact him by calling (916) 922-7766 and browsing his website www.BusinessCoach.com. ★

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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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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.

Dental Expo Volunteers Needed

The California Dental Association reports that one in three Californians lacks access to dental care, including children and the working poor. You can help make a difference in the lives of families in our Sacramento region by volunteering at the upcoming free dental clinic being provided at Cal Expo on March 27th through 28th. Volunteer dentists with the assistance of other dental professionals will be providing dental services at no charge to the thousands of patients attending—and you don’t need to be a dental professional to help. Community volunteers are needed to assist with registration,

clinic setup, data entry, escorting patients, translating, and much more. For more information and to learn how you can help, please visit www.cdafoundation.org.

Egg Hunt Office Hours

Next month I will be holding “Office Hours” at the Carmichael Egg Hunt, a tradition started in 2005. I will set up a table at the event and residents can drop by and talk about items of interest with no appointment necessary. My no-appointment-necessary “Office Hours” at the Egg Hunt will occur between 9:30 a.m. and 11:00 a.m. on Saturday, April 4th. The Egg Hunt starts at 10:00 a.m. sharp, rain or shine. In addition, there will be a pancake breakfast that runs from 7:00 a.m. to 11:00 a.m. The Carmichael Recreation and Park District and the Kiwanis Club of Carmichael are sponsoring the two activities at Carmichael Park, 5750 Grant Avenue. For more information about the egg hunt, call the Park District at (916) 485-5322 or visit www.carmichaelpark.com.

American River Parkway Spring Clean-Up

Mark your calendar for the “Spring Clean-Up” of the American River Parkway, which will be held Saturday, April 11th from 9:00 a.m. to noon. The American River Parkway Foundation sponsors this annual event as one way to maintain the

natural habitat that comprises this 23-mile stretch along the American River. Volunteers can register online and many students use the event as a way to earn community service credits for school. More information can be obtained online at www.arpf.org.

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 (ARNHA), 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 ARNHA as the result of a cooperative public-private partnership with Sacramento County’s Department of Regional Parks. For more information, please call (916) 489-4918 or visit www.sacnaturecenter.net. Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susanpeters@saccounty.net. ★

LETTER TO THE EDITOR
Your Choice of Presidential Quotes

From R. Chris Fenstermaker, Carmichael
Sir: I regularly peruse AR Messenger & Carm. Times to see what’s going on in the area. The Feb. 13 issues had quotations from Lincoln in one and Washington in the other – both had to do with positive messages regarding personal integrity. But then, in an obvious nod to your core readership on the right, were comments from Reagan in BOTH issues. I

can think of at least ONE other president who might have had a worthwhile comment instead of doubling down on RR. Most of all, what an ironic slap in the face for Washington and Lincoln to be “honored” on their special days with a Reagan comment about government being the problem, not the solution. I have a strong feeling, as a retired US History teacher, that neither would find that an agreeable opinion. The

very idea that the leader of the federal government is at the same time the leader of the nation’s biggest problem is disingenuous and cynical, to say the least. It just reflects the Tea Party’s focus on “what’s in it for me” and “I don’t want to pay ANY” taxes”. That was a poor choice on the papers’ part to include Reagan’s comment on Presidents Day. R. Chris Fenstermaker, Carmichael ★

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IN MEMORIAM

Jaquelin Ree Friedman

October 19, 1942 – February 27, 2015

Jaquelin Ree Hanson was born to Earl and Ree on October 19, 1942, in Lompoc, California. Her father was working with the CCC boys on the restoration of La Parisma Mission. She was the youngest of three, joining Phillip Wayne and Barbara Louise. In her early days, the Hanson family lived in the redwood forest near Wyatt, California, where Earl worked as a park ranger. Her love of nature was born out of her father’s experiences as a ranger and family camping trips all through the West. It seems this was when camping and rain storms became a common occurrence for Jackie. Just before starting Kindergarten, the family relocated to 2600 Verna Way in Sacramento where she attended Del Paso Manor Elementary. Jackie was introduced to Girl Scouts in grammar school, which became a passion for her lifetime. She attended El Camino High School, becoming a member of the Girl’s Athletic Association, participating in sports prior to the inception of Title 9. She was also actively involved in the youth group Cya Sigma at Carmichael Presbyterian where she met her future husband, Kenneth Vernon Friedman. Married August 19, 1961, at Carmichael Presbyterian, Ken and Jackie started their 53-year commitment to marriage. Jackie’s first job was working as a telephone information operator for the phone company. They welcomed their first child, Deborah Ree Friedman (Cocola), into the world on May 23, 1964. Not long after her birth, they relocated to Stockton, California, where Douglas Vernon Friedman

was born on October 28, 1965. Ken and Jackie joined a Mariner ship with Lincoln Presbyterian Church where they met some lifelong friends. During this time, Jackie watched children for friends while they worked or continued their education. Ken got a job working for Champion Spark Plug Company, which meant a move for the family to Thousand Oaks, California. Jackie did the move herself with two kids and a dog while being pregnant. Duane Earl Friedman was born September 17, 1969, soon after they settled on Fargo Street. Jackie’s children became the focus of her life, becoming actively involved in every organization her kids were involved in. She became a part of the PTA, Girl Scouts, Boy Scouts, home room mom, and all sorts of youth sports. Eventually, Jackie re-entered the workforce, first as a noon duty aid for Wildwood Elementary, later delivering flowers for a local florist company, then working at the Calvary Community Church in Westlake, California. In 1990, Ken and Jackie relocated again, giving them a

chance to return to Sacramento. Jackie continued working first at Benetech and then for San Juan Unified School District as a teacher’s aid working with Special Ed children, both elementary and high school aged. Concurrently, the family was growing. Debbie married Paul, adding the first grandchildren, Michael and Briana. Duane followed, marrying Amanda and having Jonas and Julia. Doug married Rebecca, blessing the family with three more grandchildren: Jillian, Collin and James. Following Ken’s retirement, they both became devoted members of Fair Oaks Presbyterian Church. Never wanting to give up her desire to help children, Jackie volunteered to help with the afterschool program at Sayonara. And we can’t forget Girl Scouts; even though she had no children involved, Jackie continued to volunteer both as a treasurer and as a member of the Almond Service Unit. Ken’s passion for Upward Basketball meant that it also became a passion for Jackie, driving kids to practices and cheering them on at the games. She went on several mission trips with the church, including one trip to Mexico and two trips to Romania (her favorite). Jackie fought a battle with both brain and colon cancer, never letting it distract her from the activities of her grandchildren and church. Ultimately, she succumbed to infection complications following surgery, returning home to her Father in the early hours of February 27, 2015, at the age of 72.

San Juan Water District Responds to CVP Federal Water Allocations

SACRAMENTO REGION, CA (MPG) - We all know that California is facing an extraordinary drought. The announcement of federal water allocations through the Central Valley Project is indicative of the severity of our states water supply. This year, the U.S. Bureau of Reclamation initial allocation is to provide 25% of San Juan Water District’s historical water use of CVP water, half of last year’s allocation. Updated allocations will be announced between now and May and we hope the forecast improves. Combined with access to other water supplies, we anticipate having access to similar amounts of water as last year. These unprecedented cuts in CVP water deliveries highlight the critical need for continued water conservation. San Juan Water District’s historical use of CVP water is very small, so as a result, this year’s 25% allocation is very small. We did not use any of our historical CVP water allocation last year and anticipate not using any this year either. Last year, SJWD retail customers reduced their water use by 32% after entering mandatory water conservation stages in February. This January, customers continued those efforts, cutting water use by 34% compared to January 2014. Our board is calling on our customers to continue their significant conservation measures this year. The San Juan Water District Board of Directors has been planning for continued drought, approving projects that allow the district to access alternative water supplies. These projects, in partnership with Placer County Water Agency and Sacramento Suburban Water District, will be completed this fall. They will provide alternative water supplies for droughts as well as emergency access to water if it is not available from Folsom Lake. Folsom Lake, our source for water supplies, reached historical lows in early 2014, prompting immediate water conservation measures. Because of warm winter storms late last year, current water levels in Folsom Lake are higher than average - but that won’t last. The latest snow surveys show almost no snowpack, meaning we’ll have minimal runoff into Folsom Lake in the spring and summer. Because of the low snowpack, we will likely see Folsom Lake drop to very low levels this year. I’m asking all our customers to continue conserving water while the district works diligently to construct projects that secure alternative water supplies. Although we will have the same amount of water overall as last year, the state remains in a dire drought. Please stay tuned for more information from San Juan Water District on our water availability. -Shauna Lorange, general manager, San Juan Water District *Source: Crocker & Crocker* ★

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CLUES

ACROSS

- Face fringe
- Like a wallflower
- Something that happened too fast?
- One hipbone
- Romanian money
- Sheep's clothing, e.g.
- Bassos, alternative spelling
- Middle-earth creature
- Balance sheet item
- *Peanut
- *Popular pastry center
- Exclamation of surprise
- Duds
- Tapped at parties
- Two-masted vessel
- Orient's bigwig
- Misfortunes
- Not that
- Australian cockatoo
- Done after shuffling
- Popular garden perennial
- Triathlon ride
- Part of surgeon's prep
- Rudolph, e.g.
- Affirm
- Austrian province
- Ogler
- Former name of Tokyo
- Give notice
- Clinton ___ Rodham
- *Dessert in honor of a dancer
- Text treatment
- French farewell
- Labour group
- Kind of salami
- House coat
- Little squirt
- In the company of
- Bone-dry
- ___ Khan
- "Dressed to the ___"

DOWN

- Kind of lettuce
- Having wings
- Not final or absolute
- Vigorous enjoyment
- Blacksmith shop
- *___ gin
- Part of H.M.S.
- New Mexico's state flower
- Portrait sculpture
- Mona ___
- One who uses something
- Short for "retired"
- Pompous windbag
- Strongly opposed
- Funerary vase
- Shiny from moisture
- *Sour Patch ___
- Choose by vote
- Dazzling
- "___ Afraid of Virginia Wolf?"
- *Rum ___
- Martini garnish
- *Alaska's state
- Hurtful remark
- Dog command
- Parade honoree
- ___ provocateur
- Back down
- Head or john
- 40th President
- *Indian yogurt staple that can be sweet or salty
- Fragrant resin
- Hemmingway nickname
- Jewish month
- Henry ___
- "___ your hand"
- Tiny bit
- Involved in a secret
- *Sugar, waffle or cake ___
- Droops
- *Yule ___

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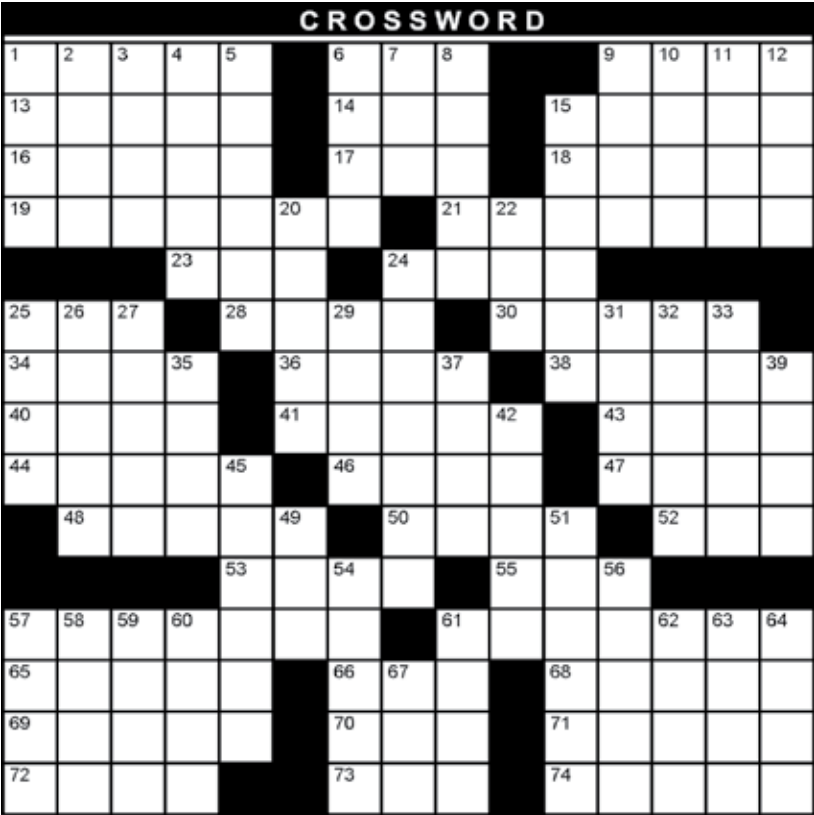
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By Ronnie McBrayer

Last summer an unfortunate woman was found dead in the basement of her Connecticut home, found eventually, that is. It took rescuers several days to retrieve her body as the first floor of her house had collapsed on her, apparently under the weight of all the stuff she had accumulated over the years. Her possessions, stacked to the ceiling with only a narrow, labyrinth-like pathway through it all, quite literally smothered her. Her death certificate said so officially with the cause of death declared as “Accidental Traumatic Asphyxia.” This is a dramatic example, of course, but accumulating those things that fall outside the realm of the necessary, will take your life just as certainly. Jesus said it like this: “Don’t store up treasures here on earth, where moths eat them and rust destroys them, and where thieves break in and steal. But store your treasures in heaven. Seek the Kingdom of God above all else.” These words are directed at every packrat, collector, hoarder, attic squirrel, and garage-gatherer among us. If you aren’t using it - you don’t need it. Hang on to it, and it will take your life from you. I’ve often said that the most deeply spiritual thing that some of us could do is have a garage sale; or sell a property, or dump a portfolio, or write a big check to the homeless shelter down



Enough Really Is Enough

the street. Because our spiritual lethargy has nothing to do with a poor prayer life, the lack of reading the Scriptures, or any failure with other disciplines: We are carrying too much baggage, trying to manage too much stuff. We have too many possessions, too many obligations, and it’s a recipe for misery. The path to contentment is by way of less, not more. When we simplify, we are doing much more than getting rid of the weight of physical possessions. We are making space to breathe, to thrive, to live. By giving up some of the things we carry or hoard, we aren’t losing, we are gaining; gaining freedom to pursue life. This was Henry David Thoreau’s motivation when he left his teaching career and retreated to the woods of Walden Pond. He lived there for two years in simpleness, wrestling with the question, “How much is enough?” and more importantly, “How much does it actually cost a person to obtain his or her possessions?” His theory of personal economics came down to this: The cost of a thing is not the financial price tag attached to it. It is the amount of one’s life it takes to get it. For example, if one wants a particular house, the sale price is not as important as the years it takes to pay for it. If one wants a car, a computer, a new iPhone, or designer label clothing; then the calculation involves more than the payments.

Calculate how much time and life it will cost to acquire these things. That’s the real price tag. Quoting Thoreau directly, he said, “If your trade is with the Celestial Empire” (which apparently is his description for what Jesus called the Kingdom of God), “then very little is actually needed to live well and to be free. “A modest home should be enough...plain clothes will do... instead of a hundred dishes, why not five; and reduce other things in proportion...Keep your accounts on your thumb-nail...simplify, simplify... and once you have secured the necessities of life, then you can confront the true problems of life with freedom.” And there Thoreau brings us to the universal human ambition: We all just want to be free and happy. It’s all a search for satisfaction. Is a “spirituality of satisfaction” too shallow, too frivolous? No, not if one is seeking genuine, soul-sustaining fulfillment with one’s self and life. But getting more won’t get it done, because more and more of what is not good for you will only smother you. As Thoreau concluded, “There is no more fatal blunderer than he who consumes the greater part of his life getting his living.” *Ronnie McBrayer is a syndicated columnist, blogger, pastor, and author of multiple books. Visit his website at www.ronniemcbrayer.me.* ★

Born with a Screwdriver in My Hand

Dr. James L. Snyder

Some people understand compliments and take them as they come. Other people, like myself, wouldn’t know a compliment if it hit them in the face like a pie. For a long time I had been under the impression my wife was giving me compliments. It takes a husband a long time to understand his wife and by the time he understands her, she has morphed into the next level of womanhood. The man who thinks he knows his wife needs a psychiatrist, preferably a woman psychiatrist. For a number of years my wife said to me, which I thought was a compliment, “You must’ve been born with a screwdriver in your hand.” I never thought of myself as a handyman, but these kinds of compliments gave me a little bit of confidence in my incompetence. Nothing is more dangerous than confident incompetence. I try to do a little bit of work around the house, like fixing things and improve things. However, every time I start to fix something, something happens to make it worse. Last week, for instance, the front door latch came loose. Some screws had come loose and it was to the point that you could not shut the door. Well, being the bungling handyman that I am, I grabbed the nearest screwdriver I could find and tried to screw the screws back into the door and fix the problem. Usually, the first screwdriver I pick up does not fit the screw I am trying to screw in. I have come to discover that there is a screwdriver for every conceivable screw. Who knew? I memorized a phrase to help me along that line; Lefty Loosey, Righty Tighty. Every time I use that phrase I need to think it through a little bit to understand or at least try to understand what it means. If I turn the screwdriver

left, I am loosening it and if I turn it right, I am tightening it. What that means I have no idea. I grabbed my screwdriver firmly in my right hand and used my left hand to guide it to the screw that needed to be tightened. However, the more I turned it to the right the looser it became. It is not supposed to work that way. Either, I do not know my right from my left or somebody has messed up this project. Thank goodness, there was no mirror handy. Just as I was about ready to rip the door from its hinges and throw it across the street the Gracious Mistress of the Parsonage appeared and said, “Another proof that you were born with a screwdriver in your hand.” At the time, I was not in any frame of mind whatsoever to receive a compliment. She simply said to me, “May I have the screwdriver and would you go in and see if there’s any coffee left in the coffee pot?” Since I had come to the end of my rope, I handed her the screwdriver and headed for the kitchen mumbling incoherently. By the time I got to the kitchen, I turned around and there she was following me. “What about the door?” I said in a rather grumpy tone. “Oh,” she said rather cheerfully, “it’s fixed.” Several other projects I started ended up the same way. My wife would cheerfully come to me and say, “You must’ve been born with a screwdriver in your hand.” Then she would laugh most heartily and I would smile not quite getting what she was saying. One Christmas the truth of this really hit home. I was opening a Christmas present from someone named “Guess Who” and discovered a brand-new screwdriver with my name engraved on the handle. The note inside the card said, “Here’s a screwdriver

to help you in all the things you screw up.” I must confess it took several days for me to process this Christmas gift. Then, just before New Year’s, the whole thing unfolded for me. Whenever my wife says, “You must’ve been born with a screwdriver in your hand,” she is not complimenting me as I originally thought, but rather in that secret code that all wives know was saying that I was a major screwup. At first, I was a little upset by this. To think that my wife thought I was a screwup was a very hard to swallow. She did not say I was a screwup, but she laid all the groundwork for me to come to that awesome conclusion. To know what you can do is important, but to know what you cannot do is more important. Every time I look at the screwdriver, I realize there are a whole lot of things that I cannot do. I need to focus on what I can do. That is the message of the screwdriver. We have now come to a basic understanding in our house that when there is ever a project that needs fixing I will always look at my wife and say, “Would you like to borrow my screwdriver?” I think the apostle Paul understood this when he wrote, “Wherefore let him that thinketh he standeth take heed lest he fall” (1 Corinthians 10:12). I think the biggest compliment I could ever receive or give, for that matter, is what Paul is implying here. Simply put; think before you fall. *Rev. James L. Snyder is pastor of the Family of God Fellowship, P.O. Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 866-552-2543 or e-mail jamessnyder2@att.net. His website is www.jamessnyderministries.com.* ★



By Marlys Johnsen Norris, Christian Author

All too often when you hear a voice accusing or attacking you, you must recognize that the voice is not God’s voice. It is a voice that will make you feel like nothing and is often the voice of those who commit suicide and take their lives. It is the voice of the accuser of the brethren and most likely that voice will attack a new believer early in their journey to walk with God, often causing them to turn their back on God. If God’s enemy is successful, he is laughing at them, because his goal is to take God’s blessing

Beware the “Voice” You Hear!

away if he can. God’s voice is always positive, reassuring, and full of love. His is a still, small voice, and yes, He does speak to those who will quietly listen. God has designed a beautiful plan before their birth for every one of His children. His enemy will do everything he can to deter one from being in that plan for them. Often times, they do their own thing and never listen to the Holy Spirit who nudges and gently pushes them in God’s direction. God wants the best for all of us, and He will allow anything to happen to bring us there because of His magnanimous love. Sometimes He must allow unhappy circumstances to occur in order to bring us to a place of surrender and submission to enter His perfect will for our lives. There is no victory without first encountering struggles. When we were children, our

parents did everything to cause us to understand obedience. The Bible tells us that obedience is better than sacrifice. Jesus was being obedient to His Father’s wishes when he willingly went to the cross and died for us. He proved His love for the creation of mankind by His personal sacrifice on that cross to remove our sins and bless us with the gift of eternal life. When a person accepts Jesus as Savior of their soul and makes Him Lord of their life, they are given the ability to have a personal relationship with the Almighty. They are given the ability to hear His still, small voice as they sit quietly before Him. Listen, dear friend, and then obey what He tells you to do. *Marlys Johnsen Norris Christian Author of 7 books Marlysjn@gmail.com* ★



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Lisa West
Community Outreach Director

Funeral and Cemetery Etiquette



Memorial Parks
Mortuaries & Crematory

By Lisa West

Have you ever asked yourself what the proper etiquette is for attending a funeral or visiting a cemetery?

In California, things can be pretty casual, especially in relation to our attire. I will not tell you what to wear to a funeral because I believe that the most important thing is that you go to the funeral, and it doesn't really matter what you wear.

On the other hand, I would make a few suggestions, because they may make you feel more comfortable, and it's hard to feel comfortable at a funeral. As people have evolved, so have funerals, and it is not considered necessary in most cultures to wear black. However, culture is one of the things you should consider most when attending a funeral. If you aren't sure, call the funeral home and ask them what is considered customary or appropriate to wear if you are unfamiliar with the culture or religion of the deceased.

For the most part, a funeral is still considered a solemn occasion, and you can never go wrong by dressing up instead of being too casual.

The very best advice for attending a

isn't lighting up. This can be disturbing to grieving family and friends.

A few other tidbits: Get directions; you would be surprised how many people go to the wrong funeral home. Arrive early so you can get inside and sign the guest book before the service starts.

Also, don't monopolize the immediate families' time. Giving them a quick hug and offering condolences is enough because they are overwhelmed at that time. Check in with them a day or two later to talk at length and see how they are doing. If there is a visitation prior to the service, it is a time when you can spend a few extra moments with the family.

In the cemetery, keep noise (such as your car radio) down because many people are there visiting and grieving over their loved ones.

It is okay to walk on graves. It is almost impossible not to. But be considerate of headstones (markers). Do not walk or stand on them. Do not sit on them. It is disrespectful, and they could fall over or break.

Lisa West is the community outreach director for East Lawn and her column appears monthly. You can reach her at lwest@eastlawn.com or (916) 722-3020.

For the Love of Books



Book Review by Amy Shane
amy-shane@att.net

THE SPIDER RING

by Andrew Harwell

- ◆ Publisher: Scholastic Press
- ◆ Release date: January 27, 2015 ◆ Hardcover, 224 pages
- ◆ Intended audience: Middle Grade ◆ Rating: ♥♥♥♥♥

On the Book Jacket: When Maria inherits a strange, spider-shaped ring from her grandmother, she doesn't realize she's also inheriting a strange power -- the power to control spiders and have them do whatever she wants. This is a pretty cool thing when it comes to fetching objects from another room . . . or if Maria wants to use the spiders to get back at some mean kids in her class.

But the power comes with a price. Maria has attracted the attention of the Black Widow -- who is trying to collect all the spider magic for herself. The Black Widow is not going to let anything stand in her way -- especially not Maria.

The story of the ring is being woven like a web -- and Maria is going to have to do everything she can to not get trapped within it.

Amy's Review: Maria loved spending time with her eccentric grandma Esme, who claimed to have been a world famous circus lion tamer, Esmeralda the Magnificent. She was a little peculiar and a lot quirky, from her black silky patterned shawls, her collection of fancy whistles, to her love of spiders. So, when she started talking about the spiders coming for her, Maria thought she was just being the grandma she always knew.

However, when grandma Esme suddenly dies, leaving her special spider ring for Maria, Maria quickly learns that maybe grandma Esme wasn't crazy after all. Once Maria slides the ring on her finger she realizes her grandma's spider ring holds a special power, the power to control spiders.

With the ring, Maria now has the power to command the spiders, letting them do her bidding; from simply finding and retrieving her glasses, to spinning a beautiful web of clothing. Yet, special powers can also lead to

awful consequences. Even though the spiders are hers to control, Maria must also heed the warning that her grandma left her: "The spiders are your friends, do not abuse their friendship."

With a tempting new, stranger power, Maria must learn what it means to go too far, now that the ring can make her do things, things she will later regret. Quickly getting caught up in a web of danger, Maria discovers that there is a bigger threat than her spiders, The Black Widow. Intent on taking the power for herself, The Black Widow threatens to come and collect, at any cost, threatening not only Maria's family, but her best friend Derek, as well.

Spinning a tale of power, persuasion and consequences, Andrew Harwell blends the perfect mix of thrilling adventure, with a captivating story, perfect for the middle grade reader. *The Spider Ring*, captures young reader's, right from the start, pulling them into a web of mystery and suspense.

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Showcase Real Estate Group Presents
“The Real Estate Insider”

with Realtor, Developer and
Radio Host

Ellen Herrle

Listen weekdays 12n-1pm on Money,
The Wall Street Business Network, 105.5 FM

Most Important 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!

Three Biggest Issues in Real Estate for 2015

Issue Number One

Rising Interest Rates! Buy low and sell high is good advice in any market, but especially when borrowing money. Interest is what you will pay for the loan until paid off, so rising interest rates are key and a sparkplug that should fire up interest in finding your American dream now. The rate

is expected to rise to 5-5.5% this year. This will make homes a little less affordable for buyers and put the brakes on some sales. When rates go up the market gets smaller, especially with rates that may hit 6 or 7%. Some of us remember when mortgages were lending at 17-18%, so acting while rates are low is a real incentive to both buying and selling your property.

Please take advantage of our expertise in making the right decisions for your home purchase or sale. It's easy, just email your question to us and we share the answer so everyone can learn from it in this column. We, of course, change the names to protect the innocent!

Ask a question - Email: ellenherrle@hotmail.com.

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!

Don't spend more than you have too, or sell for less than you deserve by asking the expert first! Visit <http://www.showcaserealestategroup.com> or call us to help when you decide to buy or sell at 916-761-2108. Listen the 'The Real Estate Insider' on Money 105.5 FM every day at noon.

Next time: The second and third most critical issues for buying or selling your property in 2015! ★

ITS ALL ABOUT YOU

When selecting a real estate agent, you need someone who puts your needs and wants above everything else. You need an agent who:

- Listens and understands your particular needs
- Communicates on a regular basis
- Knows local markets • Handles details
- Gives you the best value - whether you are buying or selling property!

For honest, ethical and reliable real estate assistance, call Ellen today.

www.showcaserealestategroup.com
916-761-2108

Whether a long term owner or first time buyer, Ellen can help.

Buyers down payment assistance programs, sellers we show how to get the most for your home. Starter or luxury home, Showcase Real Estate Group puts you first.

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TAX PREPARATION
GET EXPERT HELP AT A REASONABLE PRICE

Edward L. Cook CPA

5330 Primrose Dr., Suite 146, Fair Oaks, California
(Near Madison & Sunrise)

Your benefit should be the most important consideration in any financial advisor's mind when you become their client.

Our first tax preparation meeting is only the beginning. In preparing your 2014 returns we will work at getting the most benefit from the tax codes legally allowed. 2014 is past and much of what can happen is already etched in stone.

We will begin to work on 2015 with an eye to reducing your taxes and reaching your financial goals. I value long-term relationships with my clients. That relationship helps me know you better and thus serve you better.

Your tax preparer should have:

- **Tax knowledge** 30+ years experience
- **Credentials** CPA since 1980
- **Accuracy** CCH software checks
- **Professionalism** Member AICPA
- **Personal service** I prepare all returns
- **Convenience** Nearby location
- **Availability** Open all year
- **Stability** 20 yrs. in community
- **Price** Fees comparable to H&R Block / Liberty Tax / Jackson-Hewitt

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Union Gospel Mission Sacramento



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

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6196 Sunrise Blvd, Citrus Heights (behind Sears in the SE parking lot).
Every Saturday 8 am – 1 pm.

Sacramento Midtown Farmers Market
20th St between J and K, Sacramento.
Every Saturday 8 am – 1 pm.

Historic Folsom Farmers Market
915 Sutter St, Folsom (Historic Folsom Public Plaza).
Every Saturday 8 am – 1 pm.

Carmichael Park Farmers Market
5750 Grant Ave, Carmichael (corner of Grant and Fair Oaks Blvd).
Every Sunday 9 am – 2 pm.

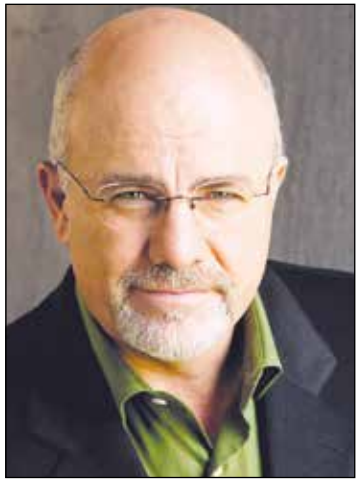
Land Park Farmers Market
1944 Sutterville Rd, Sacramento.
Every Sunday 9 am – 1 pm.

VA Mather Farmers Market
10535 Hospital Wy, Mather.
Every Wednesday 9 am – 1 pm.

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Dave Says

Kathy Jones Memorial Walk to be Held

The Problem with Being Impulsive

Dear Dave,
I have a problem with impulse spending. I switched to a debit card so that the money comes straight out of my checking account, but I still buy things I know I shouldn't. Should I stop using the card?
- Lauren

Dear Lauren,
Debit cards are great. You can't spend money you don't have with them like you can with a credit card, but you've still got to budget carefully and give a name to every single penny of your income. Otherwise, you can still overspend.
When I made the decision to get intentional with my money, I just used cash. It's hard to spend it when you don't have any on you. It's a tough thing, I know, but you have to make a conscious decision to start

living differently. You have to get mad at the things that steal your money a dollar or two at a time, and you have to put your foot down.

Try looking at your life as a whole, not a moment at time. All the moments you're living right now will have either a positive or negative effect on your future. I decided I wanted the greater, long-term good, so I gave up on the short-term stuff.

Trust me, Lauren. The greater good is worth the sacrifice. But until you make that decision for yourself, you won't do it.

- Dave

Doing Without

Dear Dave,
In your mind, what's the biggest thing a family can live without when it comes to getting control of your money and living on a budget?
- Will

Dear Will,
On a regular, day-to-day basis, I think maybe the biggest and best thing you can eliminate is eating out. There are always the shiny things people can do without. Sometimes people sell a fancy car or boat, and get rid of a \$600-a-month payment right

off the bat. But it's really not a good idea to be eating out when you're broke. It really adds up.

I love a good restaurant, and I've got nothing against the industry. The problem, though, is that lots of people are struggling to pay their bills or set aside something for retirement because they're eating out all the time. Most folks simply don't realize how much money they throw away by heading to the drive-through for lunch or going out to dinner "once in a while."

I want people to enjoy life, and a great part of that can be going out and having a meal with your family and friends. But if you're experiencing financial issues, the only time you should see the inside of a restaurant is if you're working there!
- Dave

** Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover, EntreLeadership and Smart Money Smart Kids. The Dave Ramsey Show is heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com. **

Kathy Jones Memorial Walk Path

Dedication Ceremony
Saturday, March 28th
10:00am

Phoenix Park
9050 Sunset Ave.

The Fair Oaks Recreation and Park District cordially invites you to the dedication ceremony for the Kathy Jones Memorial Walk Path. Please R.S.V.P. at (916) 966-1036 or kcoss@fairoakspark.org by March 25.

Space available for:

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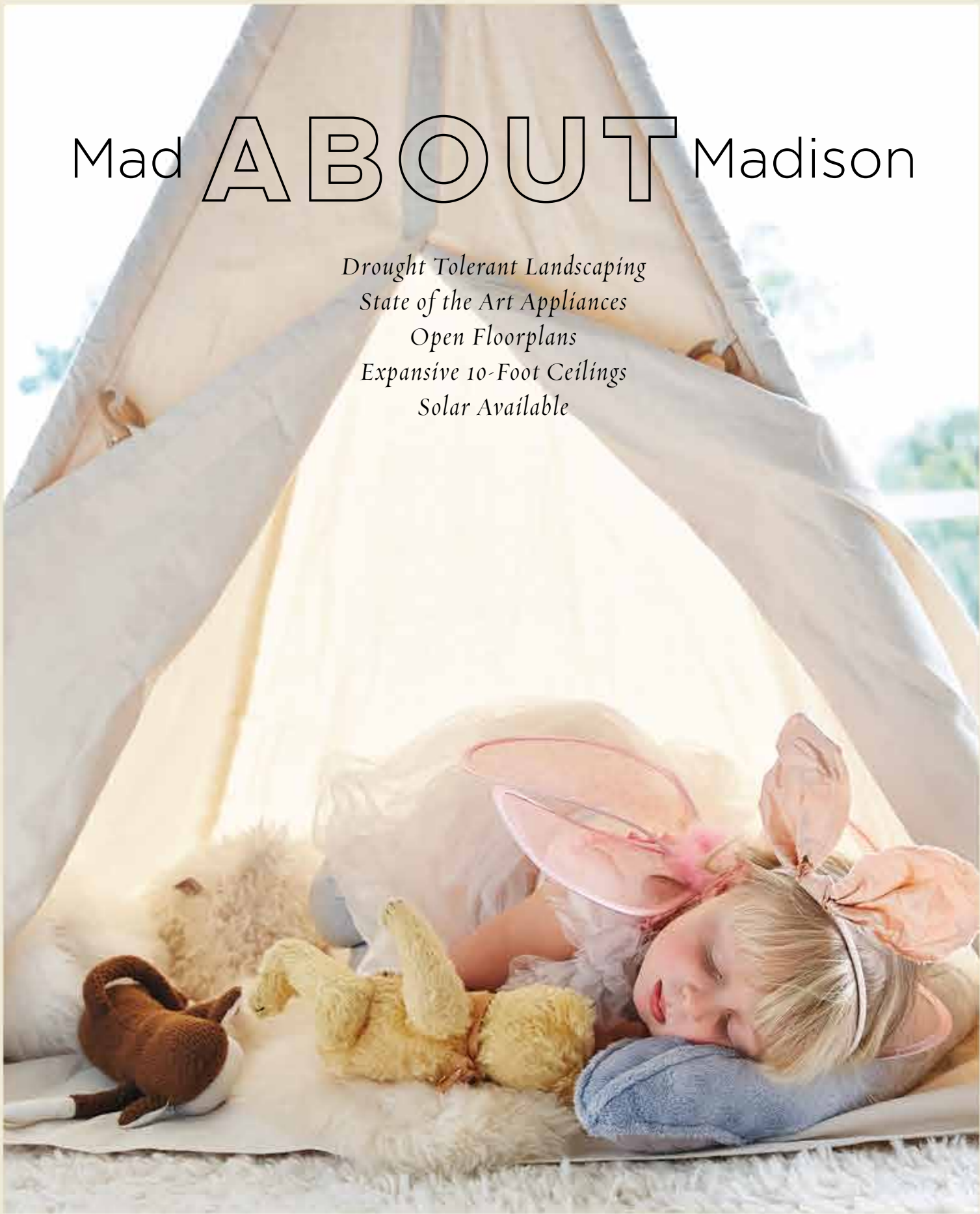
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