



Local Lifeguards Train for Summer

Page 2

EXCLUSIVE!

LeAnn Rimes Brings Country to the Capital City

Page 6



AMERICAN RIVER Messenger

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April 10, 2015

Walk a Mile in Her Shoes



Page 10

Gem and Mineral Show Rocks the Region



Page 3

Riley Reviews



Page 7



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Learning with Furry Friends

"Read to a Dog" Helps Children Discover the Joy of Reading



A girl reads as Sidekick the dog calmly sits nearby. Jim L'Etoile and his Welsh Corgis, Emma and Tanner (at top), have participated in the Read to a Dog event for a year and a half.



Story and photos
by Christie Spurlock

FAIR OAKS, CA (MPG) - For many years, the Fair Oaks Read to a Dog program has been helping kids learn from the most unassuming of teachers.

Kids and dogs both reap the positive benefits that come from the program. Reading to dogs allows kids to practice their reading with an impartial party, one who will

not judge how perfect their speech is but will sit patiently and listen. "It's a bonding experience between a child and a dog," said Katherine Matranga, organizer of Read to a Dog for nearly five years. "They're not supposed to be corrected, guided, or tutored; it's supposed to help them lose their inhibitions."

Every ten minutes, kids rotate so that other children get a turn to read. Children who participate receive a bookmark from

the library that gets marked every time they read, and after they have read four times they receive a free book as a way to encourage them to return. Kids will often get to know the dogs and request to read to their favorites.

All of the participating animals are registered therapy dogs and are screened for temperament. Carol Dana is the owner of

Continued on page 2

66th Annual Fair Oaks Fiesta Days Returns in May

By Christie Spurlock

FAIR OAKS, CA (MPG) - The 66th Annual Fair Oaks Fiesta is coming up! On May 2nd and 3rd, come to Plaza Park and Village Park in Old Fair Oaks to take part in a fun celebration of Fair Oaks' heritage. There will be many family-friendly events, including food, crafts, and demonstrations on both days.

On Saturday, there will be a parade, face painting, live music, and a dunk tank. There will also be a children's art contest, raffle prizes, a toilet bowl challenge race, and more. On Sunday, there will be a pancake breakfast from 7:00 a.m. to 10:30 a.m., a classic car show, and a run/walk/kids run.

The Fiesta will also serve as the introduction of the new Miss Fair Oaks. If you or anyone you know would like to apply to be Miss Fair Oaks, there's still time—the deadline is April 14th. Miss Fair Oaks will serve as a Goodwill Ambassador for the town, as well as getting to ride in the parade on Fiesta Days. She will also receive a sash and crown, hers to keep. Miss Fair Oaks must be between the ages of 15 and 20 years old, and must be a resident of Fair Oaks or attend school in Fair Oaks. Applications are available at fairoakschamber.com.

Source: Fair Oaks Chamber of Commerce

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Ami Bera presented Mr. Williams with the Vietnam Service Medal, the National Defense Service Medal, and the Air Force Good Conduct Medal for his service during the Vietnam War. Photo courtesy of Congressman Ami Bera's Office at www.bera.house.gov

Fair Oaks Vietnam Veteran Receives Overdue Service Medals

FAIR OAKS, CA (MPG) - On March 20th, Congressman Ami Bera presented Mr. Paul Williams with three service medals earned during the Vietnam War. Williams, a longtime Fair Oaks resident, had never received nor pursued his medals after separating from the Air Force due to the public sentiment about the Vietnam War at the time.

Williams served in the Air Force from April 1969 to February 1973. He was previously awarded the Republic of Vietnam Campaign Medal by the South Korean government. Born in February 1950

in War, WV, Williams enlisted in the Air Force after graduation from high school and an attempt at college. He spent 13 months in Vietnam and a total of 15 months overseas as a C-130 Hercules crewman. Williams flew throughout Vietnam with the aircraft for transport and other military missions. He was separated from the service in 1973.

Bera presented Mr. Williams with the following medals on Friday, March 20th:

Vietnam Service Medal

The Vietnam Service Medal

(VSM) is awarded to any service member who served on temporary duty for more than 30 consecutive days, or 60 non-consecutive days, attached to or regularly serving for one or more days with an organization participating in or directly supporting ground (military) operations or attached to or regularly serving for one or more days aboard a naval vessel directly supporting military operations in the Republic of Vietnam, Thailand, Cambodia, Laos within the defined combat zone between the dates of November 15th, 1961 and March 28th, 1973; and from April 29th, 1975 to April 30th, 1975.

National Defense Service Medal

A service medal is an award to individuals who participated in designated wars, campaigns, or expeditions, or who waive fulfilled specific service requirements in a creditable manner; awarded to service members who served honorably during a

Continued on page 5

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Local Lifeguards Train for Summer



Lifeguard instructors, from left to right: Johnny, LaRisa Clark, Devin, Cody, and Sarah.

Story and photos by Ben Barber

ORANGEVALE, CA (MPG) - The Orangevale Recreation and Park District offers a week-long lifeguard training course through American Red Cross. Participants get the opportunity to become lifeguard certified, which makes them eligible for a multitude of jobs, including jobs at community pools. Training also gets them one step closer to being able to work at water parks, which usually requires

additional training.

To become certified, students are required to complete basic tasks such as treading water for up to two minutes and retrieving a ten pound brick from the bottom of the pool. Students are also required to have 25 hours of practical training and to pass a written test at the end of the week. The Orangevale Recreation and Park District offers the class during spring break, allowing students to be ready for the workforce once summer arrives.

LaRisa Clark, who has been lifeguarding for 10 years, leads a small team of instructors for the Parks District. "We have about 25 students going this year; it's one of our largest classes that we've had," said Clark. The program serves students from the local high schools and has even had students come from as far as Granite Bay.

You can visit the Orangevale Recreation and Park District website, www.ovparks.com, to find more information on future classes and events.

Attorney General Harris Orders CDCR Not to Enforce Jessica's Law

SACRAMENTO REGION, CA (MPG) - California's Attorney General Kamala Harris has advised parole officers at the California Department of Corrections and Rehabilitation (CDCR) that sex offender residency restrictions, approved by the voters, would be found unconstitutional in every county. As a result, parole officers will no longer be enforcing residency restrictions prohibiting sex offenders from living within 2,000 feet of a school or parks.

"This is outrageous," said Senator Jim Nielsen (R-Gerber), former Chairman of the Board of Prison Terms and advocate of Jessica's Law. "This unilateral decision by one politician not only goes against voters' wishes, it puts children in harm's way."

The decision stems from a San Diego case where four registered sex offenders petitioned

the court. In the densely populated county, convicted sex offenders had a hard time finding housing. On March 2nd, the California Supreme Court agreed that the mandatory blanket residency restriction of Proposition 83, known as Jessica's Law, is overly broad.

The Supreme Court's ruling only applied to San Diego County. Ms. Harris "advised CDCR that applying the blanket mandatory resident restrictions of Jessica's Law would be found to be unconstitutional in every county."

"Taking this decision and applying it to every county in the state is a risky and unnecessary leap beyond what the court opined and one I believe far exceeds the AG's authority," Nielsen added. "State corrections officials should review each case and impose the

strictest conditions warranted to ensure public safety."

Passed in November 2006 with 70% of the vote, Proposition 83 prohibits convicted sex offenders from living within 2,000 feet of parks and schools.

Jessica's Law was named after Jessica Lunsford, a nine-year-old girl who was abducted from her Florida home. She was raped and murdered by a convicted sex offender who lived nearby.

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

Source: Senator Jim Nielsen's Office

Furry Friends Foster Learning at Fair Oaks Library

Continued from page 1

Nitro, a long-haired chihuahua that has been a certified therapy dog for eight years. "Nitro is an ex-agility and -obedience dog and he's 13," said Dana. Carol Dana and Nitro are among the longest participants in the Read to a Dog event at the Fair Oaks library, having been a part of it for seven years.

The road from regular dog to therapy dog takes a lot of work.

Jim L'Etoile and his Welsh Corgis, Emma and Tanner, have participated in the Read to a Dog event for a year and a half. "This is one of the things that my wife and I knew that we wanted to do. What we did is we looked for dogs with a temperament for therapy work. We looked for the right breeder, the right dog...and just [did] a lot of training," said L'Etoile.

Over all, Read to a Dog is

a rewarding program that has spread to other branches of the library in the Sacramento Region, including Elk Grove, Orangevale, Rancho Cordova, and South Natomas. This event takes place once a month at the Fair Oaks Library. To find out the date of the next Read to a Dog, visit the Fair Oaks Library website at <http://www.saclibrary.org/Locations/Fair-Oaks/>.

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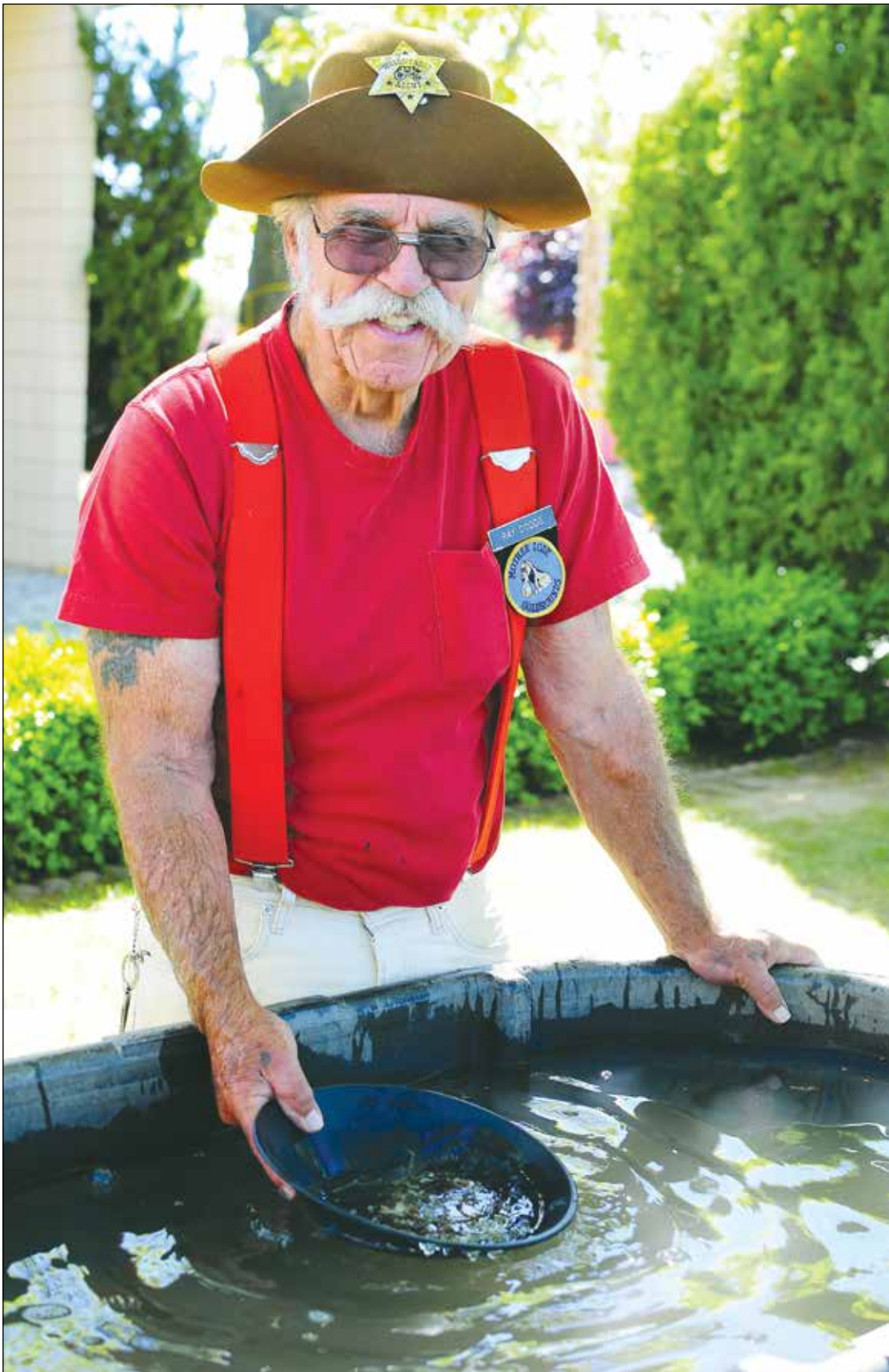
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Gem and Mineral Show Rocks the Region



Ray Dodds of the Mother Lode Goldhounds gives gold panning lessons and tips at the Roseville Rock Rollers' annual Gem and Mineral Show.

Story and photos
by Anne Stokes

SACRAMENTO REGION, CA (MPG) - The Roseville Rock Rollers Gem and Mineral Society hosted their 53rd annual Gem and Mineral Show over the weekend, taking over the Placer County Fairgrounds with 65 vendors, lapidary demonstrators, and educational presentations for rock hounds of all ages. With over 3,000 visitors in attendance, it's becoming one of the largest gem and mineral shows on the west coast, according to show chairman James Hutchings.

But don't call it a gem fair. "It's not a 'fair,'" says Hutchings. "A gem 'fair' is a commercial thing; it has nothing to do with rocks and minerals." Enthusiasts and vendors from all over the west coast brought their



A "before" (at right) and "after" (left) sample of polished lace agate from Mexico, for sale at the Roseville Rock Rollers' annual Gem and Mineral Show.

determine whether they have something really interesting, sort of like Antiques Roadshow, and give them an idea of what they have," explained Hutchings.

The Roseville Rock Rollers started out in 1960 with a handful of rock hound enthusiasts who banded together over a shared love of earth sciences and an affinity for collecting. The group now includes over 280 adult and youth members who enjoy lapidary and jewelry-making classes, specimen collecting field trips, and monthly meetings with their membership. The yearly show not only covers the group's annual operating costs but also gives members the opportunity to display their prized personal collections. "We put out about 50 display cases of the most exquisite collections in the possession of individuals who have spent their lifetime collecting the best of the best," says Hutchings. "They keep them at home and once a year they bring these mini-museums to our show to show people what they collect."

The show was a family-friendly event, with special attention to educational opportunities for young rock hounds at the Kid's Junction, which featured jewelry arts and crafts and a fossil exhibit courtesy of Sierra College. Junior Rock Roller member Cannon Hansen

of Roseville, age 9, brought a selection of his already extensive rock collection to be identified but couldn't quite put a finger on where his love for rocks and minerals comes from. "I've been collecting for years," he said. "I don't know, they're just cool things. I like fossils too, they're my favorite." Cannon's father, Erick Hansen, who is also a Roseville Rock Roller member, brought his son to the show to cultivate his enthusiasm. "Cannon has always shown an interest in rocks; every time we go on a walk outside he's always looking on the ground trying to pick up rocks. He's kind of fascinated with that and it's a good way for us to teach him science," said the elder Hansen.

Hutchings hopes that such hands-on experiences with rocks, minerals, and geology will help to expand young minds. "Hopefully they're going to understand that the rocks in their backyard, the rocks along their driveway, are not the [same as the] rest of the rocks in the world," he said. "The rocks of the world are absolutely exquisite productions of Mother Nature. There are things you never knew existed, and that's the most common comment we get by people who have never been to a show: 'I had no idea that these things existed.'" ★



Eric Lingo, age 7, inspects a mineral sample up close with father Shawn Lingo.

collections of rough and polished gemstones, mineral specimens, fossils, meteorites, and jewelry collected from all over the world to be put on display or put up for sale. Collectors were also able to bring in rocks for expert identification. "We've got mineral identification, so people can come and bring their rocks, their gemstones, we'll put them through the testing here and

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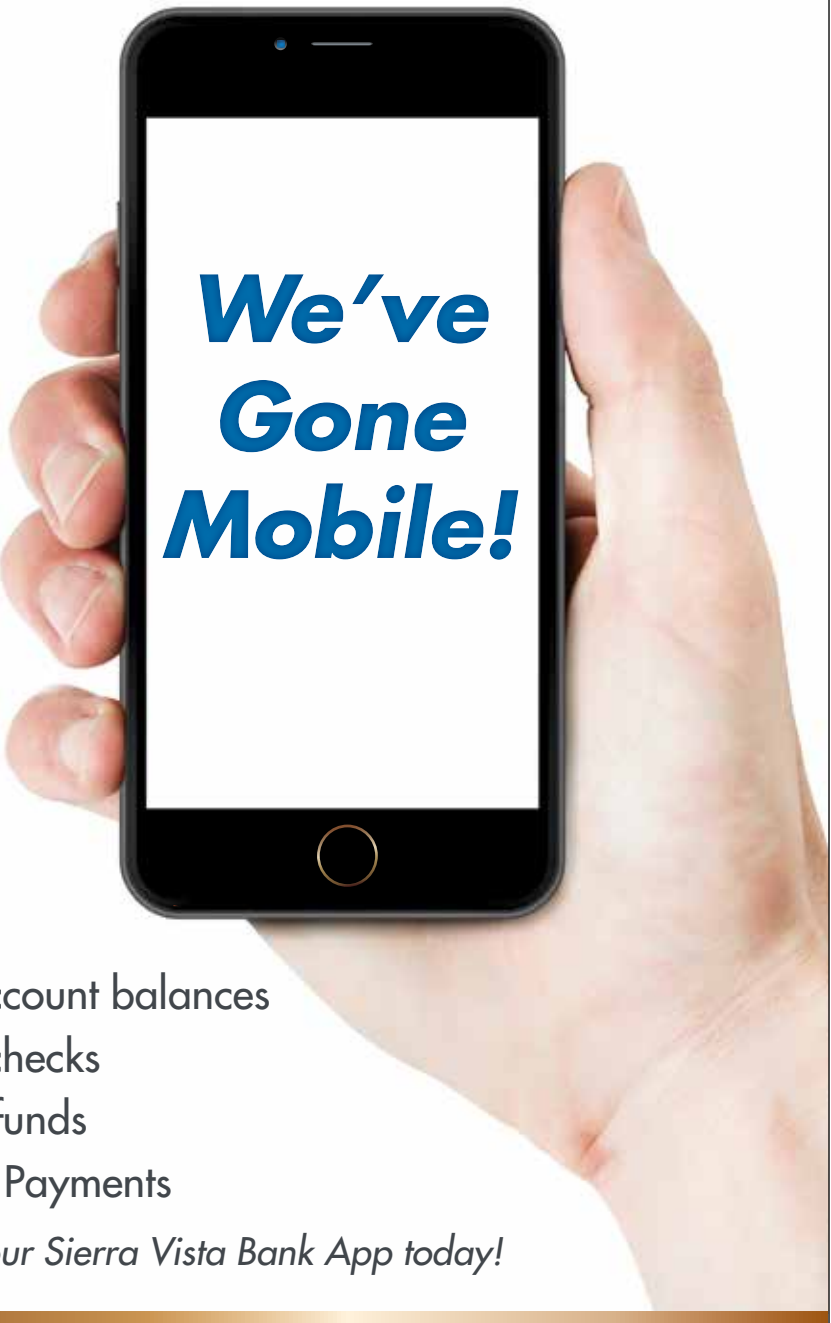
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By Ronnie McBrayer

The Hasidic philosopher Martin Buber told the tale of a Jewish grandfather who was a master storyteller. Though limited physically, confined to his wheelchair, this did not constrict his mind or his imagination. One day the old man’s grandchildren gathered eagerly around his chair and asked him to tell a story about his life.

Happy to oblige, the grandfather began telling a story from his childhood, how his rabbi would leap and dance during his recitation of the Psalms at the synagogue. The more into it the old man got, the more he seemed to incarnate his rabbi, until unexpectedly the grandfather jumped from his wheelchair!

In telling the story - and acting it out - it gave new life to the old man, and his grandchildren needed no further explanation. Martin Buber concludes his tale by saying: “Now, that’s the way to tell a story!” And, I would add, that’s how to live a life, particularly a life of faith.

People of faith, and I include myself in this assessment, often fall back on hardened dogma or cascading Scripture references to explain our way of life. This is fine for as far as it goes, but it doesn’t go far enough. Frozen facts and biblical sound bites do very little to inspire life or to invite others to explore faith. These do even less to heal a fractured world.

But if we become so



Now That’s A Different Story

immersed in the story of a gracious God, so connected to his powerful narrative of redemption, so skilled in incarnating Christ that we are animated and enlivened by it, then others just might be attracted to it. It just might do some good in the world. Faith just might become a story worth telling; a story worth believing; and a story worth living.

The Apostle Paul said it like this in 2 Corinthians: “Your very lives are a letter that anyone can read by just looking at you. Christ himself wrote it - not with ink, but with God’s living Spirit; not chiseled into stone, but carved into human lives!”

This is what the famed British evangelist Gipsy Smith meant when he spoke of “A Fifth Gospel.” He said, “There are five Gospels - Matthew, Mark, Luke, John, and the Christian - but most people never read the first four.” It’s also what Malcolm Muggeridge was saying with the use of the phrase, “A Third Testament.” There is the Old, the New, and you. As is often said, “The only Bible some people will read is you.”

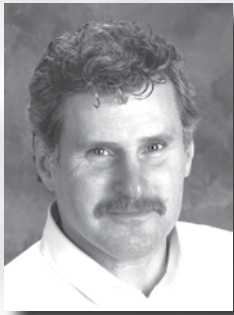
See, we don’t need more Bible thumping, or the hurling of theological conclusions at all people who disagree with us, or using our faith as a weapon against our opponents. And no, we don’t need to quote words about Jesus as much as we need surrender to the way of Jesus, following his trajectory, becoming more like him, by properly telling and living his story.

What does his story look and sound like? Like him. He was meek and lowly, humble and compassionate; full of grace and truth; the epitome of sacrificial love; forgiving toward all, welcoming to the most repugnant among us; filled with the Spirit that gives love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

If our reading and living of the Bible isn’t making us more like that - more like Jesus - then, simply, we are doing something wrong. If, in reciting our favorite verses, and memorizing the text, and proclaiming the truth, we only get more angry; more suspicious of others; more judgmental and fixed in our self-righteousness; more indifferent and apathetic toward the world; more greedy and egocentric - then we might know some religious quotes, but we haven’t yet learned to tell the story.

Thus, the real challenge for people of faith is not defending a holy book or a “biblical worldview” against those who don’t believe it. The challenge is to become like Christ and live his story. When we become what Christ was saying, rather than offer trite, formulaic answers, then no further explanation is required. And that, friends, is another story altogether.

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

How and When to Say No

by Bryan Golden



There are many reasons why you don’t say no when you really want to. You may feel guilty, you don’t know how to, or you are worried about hurting someone else’s feelings. Some other grounds for not saying no are you think you are expected to say yes, you don’t want to be criticized, or you want to be accepted.

You should always say no to anything immoral, unethical, or illegal. Any involvement in these types of activities has negative consequences and will always come back to haunt you. In these cases you don’t have to be concerned with offending someone or hurting their feelings. You don’t have to justify yourself or explain your actions. A simple NO is all that is required.

It’s the innocuous requests for your time or money that can be difficult to decline. You know that you shouldn’t say yes and often regret doing so sooner than later. People who don’t know how to say no often find themselves sacrificing their own well being as a result of attempting to satisfy all of the requests made of them. You may want to decline discretionary requests when you don’t have the time, desire, or knowledge needed.

You have an obligation to take care of your own needs. This is not being selfish. Unless you are OK, you are not in a position to help anyone else. Saying no is

appropriate when saying yes is detrimental to you.

There are situations where sacrificing yourself is appropriate and expected. Parents sacrifice for their children. Military, police, and firemen put themselves at risk for the sake of others. Even in these cases, the people make every effort to protect and care for themselves so that they may be in a position to continue to provide help.

You must also take care of your financial needs. You don’t want to give so much money to others that you don’t have enough resources for your own needs. If you put yourself in a position where you depend on the charity of others, you can’t help anyone else.

Say no to those requests that jeopardize your well being. Say no to those things you don’t have time for or that don’t fit your values or goals. Say no to those things you can’t afford without jeopardizing your financial situation. Decline any request that will put you in an awkward or uncomfortable situation.

People wanting to borrow money, your car, or any of your possessions that you are worried about are some examples of situations you may want to decline. Many of these requests are inappropriate and shouldn’t be made in the first place. If someone will take offense at being turned down for something they

shouldn’t have asked for, there is no real friendship that is being put at risk by your saying no.

Listen to your intuition. That little voice inside that tells you to say no is typically right. How many times have you looked back in hindsight wishing you had paid attention to your gut instinct? If you either want to say no or should say no, then say no.

You can say no to requests from other people while being polite. The key is to decline without using the word no. Here is one suggestion. “Thank you so much for asking. I appreciate that you were thinking of me. I’d love to be able to but unfortunately I have a previous commitment.” Be polite yet clear that you are not available to fulfill the demand for your time.

Leaning to say no when appropriate will give you more control of your life and eliminate needless stress. All it takes is a little practice for you to become comfortable with this strategy.

NOW AVAILABLE: “Dare to Live Without Limits,” the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columlist.com or write him c/o this paper. © 2009 Bryan Golden. ★



By Marlys Johnsen Norris, Christian Author

Listening to a woman on television share her story about losing her identity after she married, I began to ponder my own life and thought if it had ever happened to me. Pouring all of ones self into making a partner or even a child completely happy and making sure all their needs were met often forgetting completely about their own needs, just might fall into this

Losing One’s Identity

category. Certainly it can happen to anyone even beginning at a very young age not realizing why their existence within a family unit appears so insignificant. They feel like nothing about them matters to anyone. Little does anyone realize those thoughts are flowing through young minds.

And not until they are much older do they realize they have no identity. All of a sudden they want to do something about it as well. Just how does one actually create their own identity? Have they just merely existed and never accomplished anything worthy in their life? What have they given to others? What have they done for others? Are they merely takers and give nothing to make this world a better place because they exist?

Don’t they recognize there is something special about every one of God’s creation? They need to take a positive look at themselves. God blesses each of His creation with some unique trait and if they have use them to bless others and honor the God of Creation they will even be surprised at themselves. There is an enabling power that comes from God when one involves the Creator of all that is into one’s life. He gives life purpose and meaning the more one surrenders and commits their life to know and love Him with their whole heart and soul. The message of love to do this is found in the Words of the Bible.

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



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Man Who Spent 20 Years Falsely Imprisoned Celebrates Freedom with T'ai Chi Chih

By Julie Heryet

FOLSOM, CA (MPG) - T'ai Chi Chih is a T'ai Chi/Qigong hybrid that was created by American T'ai Chi Chuan master Justin Stone in 1974. It quickly became popular and is now taught by thousands of instructors worldwide. Julie Heryet has been teaching a weekly T'ai Chi Chih class as a volunteer inside Folsom Prison since November of 2009. It was there that she met Franky Carrillo, one of the inmate-students in her class.

In 1991, at the age of 16, Franky Carrillo was arrested in Los Angeles for a drive-by shooting, a crime that he did not commit. On March 14th, 2011, with the help of attorney Ellen Eggers, the Northern California Innocence Project and Pro Bono attorneys from Morrison and Foerster, Franky's conviction was overturned. After serving 20 years in prison—all of his adult life—Franky was finally released. During his time at Folsom State Prison, Franky participated in the weekly T'ai Chi Chih class that was held in the prison chapel. During class he often dreamed of being able to do his T'ai Chi Chih practice on the outside as a free man. There was a tree on a hill across the American River that he could see from the prison yard, and he pictured himself beneath that tree on the hill.

On Tuesday, March 31st, Franky Carrillo returned to Folsom Prison to visit his former



Franky Carrillo is pictured on top of the hill that he used to see from his T'ai Chi classes in Folsom Prison. Photo courtesy of PR MediaRelease and Scott Wood

classmates, and attended their third annual T'ai Chi Chih Retreat and Banquet. After sharing a meal in the prison, Franky left the grounds to head for that tree on the hill across the river, and his dream became a reality. He was joined by a group of T'ai Chi Chih teachers, students, and friends on the outside, and at 2:00 p.m. they formed a circle and begin their practice. At the exact same time, Julie Heryet's class of 22 inmates formed a circle and began their T'ai Chi Chih practice on the inside. This event was called Circles of Light.

The International T'ai Chi Chih community was so inspired by Franky's story and by the dedication of the men in the class at Folsom Prison, that at 2:00 pacific DST, groups joined in this practice from various cities all over California, as well as in Atlanta, GA; St. Paul, MN; Albuquerque, NM; Edmonton, Canada; and even London, England.

Teaching the T'ai Chi Chih class at Folsom Prison is, according to instructor Julie Heryet, "An incredible experience." Qigong and Tai Chi have been proven to decrease stress and help with chronic pain, depression, anxiety, and other stress-related illnesses. The prison environment is the ultimate testing ground for the effectiveness of this practice. The men in my class are dedicated to healing and finding peace. Also, meditation programs have been proven to significantly reduce recidivism rates, so everybody wins with such programs.

Of Franky Carrillo, Heryet says, "The amazing thing about Franky is his grace. Even after all the time he lost, he chooses to live a life of forgiveness rather than to carry the heavy burden of bitterness and anger." Franky received a full scholarship to Loyola Marymount, where he is currently a student.

Source: PR MediaRelease ★

Inaugural TigerSharks Pasta Feed



Pasta Feed

ORANGEVALE, CA (MPG) - On Saturday, April 18th from 5:00 to 8:00 p.m., join the TigerSharks as they kick off the 2015 swim season with good food, friends, and fun! Come find out about the swim team, meet up with old friends, and meet new teammates. There will be a \$1 photo booth where you can take

pictures with your family, teammates, and coaches. There will be silly props! There will also be a silent dessert auction. All proceeds generated will be used for the TigerSharks social activities and team events, such as Ice Cream Socials, BBQs, awards, and more.

The event is located at

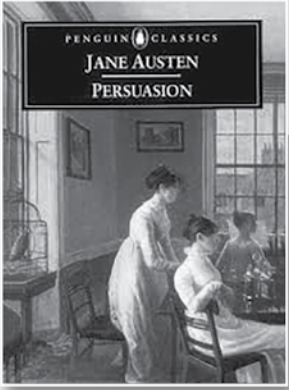
Orangevale Recreation at 6826 Hazel Ave. Tickets cost \$8 for adults, \$6 for students, and \$28 for a four-pack. Purchase tickets online or get more information at www.tigersharkspastafeed.blogspot.com.

Source: Orangevale TigerSharks ★

For the Love of Books



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



PERSUASION
by Jane Austin

◆ Release date: 1818 ◆ Hardcover, 249 pages
◆ Intended audience: Adult ◆ Rating: ♥♥♥♥♥

On the Book Jacket: Twenty-seven-year old Anne Elliot is Austen's most adult heroine. Eight years before the story proper begins, she is happily betrothed to a naval officer, Frederick Wentworth, but she precipitously breaks off the engagement when persuaded by her friend Lady Russell that such a match is unworthy. The breakup produces in Anne a deep and long-lasting regret. When later Wentworth returns from sea a rich and successful captain, he finds Anne's family on the brink of financial ruin and his own sister a tenant in Kellynch Hall, the Elliot estate. All the tension of the novel revolves around one question: Will Anne and Wentworth be reunited in their love?

Amy's Review: For Valentine's Day, I thought I would delve into a literary classic, surrounding myself within the world and styling of the early 19th century. While it is not customary for me to review a classic, I couldn't keep myself from taking a mere moment to share my thoughts upon one of the truly romantic classics by Jane Austen.

Persuasion, is a story of unrelenting love and sacrifice of a person's heart, when they allow it to be easily persuaded. Persuasion, captures readers, by transporting them into a time of carriages and top hats, etiquette and propriety. Written in a language that is as captivating, as it is beautiful in its respectability that has become lost throughout the centuries.

Miss Anne Elliot, is the twenty-seven year old middle daughter of Sir Walter Elliot, a baronet, who is more concerned with title and appearances, than his daughters. Often overlooked and underappreciated, the unmarried Anne, is forced to live within her families estate. Keeping secret that she once was engaged at the age of nineteen to Frederick Wentworth; however, was easily persuaded by their family friend to reject the proposal, due to his lack of prospects, connections, or title. Anne's decision, now forces her to live an unmarried life at home, since no other man can ever compare to the love she once felt for Frederick.

Now, eight and a half years later, Anne moves in with her frightfully anxious and dramatic sister Mary, due to her father losing his estate,

due to overindulgence. As grievances soon ensue, Anne finds herself in the most unlikely of predicaments, when Captain Frederick Wentworth returns to the scene, as a quite rich and titled sea captain, looking to settle in marriage. Now, all the eligible girls swoon and try to capture the eye of the Captain, while Anne is left to contemplate over her emotions of the secret broken engagement, while watching him share affections for others.

Following her family and friends to Bath, Anne is finally able to step away from the heartache, until she is once again crestfallen, learning that Captain Wentworth is engaged. Left to now figure out what she is to do, Anne is once again persuaded to encourage the affections of her cousin Mr. Elliot, in her families hopes for her to marry. Fate however, once again, bestows itself upon Anne, when she learns that Captain Wentworth has come to Bath, unengaged and with new intentions of his own. This time, allowing Anne to choose love for herself, learning that she must never be persuaded to choose otherwise.

A love story that spans years, decades and even centuries, Persuasion takes a story that never gets old, for in love sometimes the entanglement of duty and honor can get caught in between the heart's true desire. Let Jane Austin's last completed work persuade you to fall for the love story of Anne and Captain Wentworth.

"You pierce my soul. I am half agony, half hope." Capt. Wentworth.

Fair Oaks Vietnam Veteran Receives Overdue Service Medals

Continued from page 1

designated time period of which a "national emergency" had been declared during a time of war or conflict.

Air Force Good Conduct Medal

The criteria for award of the Air Force Good Conduct medal

are as follows: it is awarded to Air Force enlisted personnel during a three-year period of active military service or for a one-year period of service during a time of war. Airmen awarded this medal must have had character and efficiency ratings of excellent or higher throughout the

qualifying period including time spent in attendance at service schools, and there must have been no convictions of court martial or non-judicial punishment during this period.

Source: Kelly Fong Rivas, field director for Congressman Ami Bera ★



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LeAnn Rimes Brings Country to the Capital City

By Shaunna Boyd

SACRAMENTO REGION, CA (MPG) - On Saturday, April 25th at 2:30 p.m., LeAnn Rimes will be performing at Bonney Field, 1600 Exposition Boulevard, Sacramento, CA. Special guests will include Neal McCoy, Kellie Pickler, Phil Vassar, Kristian Bush, and Keith Anderson.

When asked what the audience can expect from her live performance, Rimes explained that her concerts are like an intimate one-on-one conversation with her as an artist. She looks at each performance as a way of storytelling: "I'm an open book through my

such a young age and over the years she has learned, evolved, and grown into herself. "My voice is way different now. It's stronger now, and the stories behind it are stronger," said Rimes. "When you're young, you're not comfortable in your skin. Now I've come into my own as an artist and as a woman."

Rimes has been singing since she was a little girl, and one of the most significant and impactful songs she remembers singing during childhood is Judy Garland's rendition of "Somewhere Over the Rainbow." Her love of singing and dedication to her art helped her break into the music industry at a very young age. She said, "It's incredibly hard, and I think it's harder now." Although it is difficult to get a foothold the industry, Rimes does have some advice for aspiring singers, songwriters, and musicians. She explained the importance of getting out there in front of people and getting as much exposure as possible. "You have to stand out and be your own person, your own artist. And you have to offer something that's not already out there. ... You have to hone your craft so when the time comes you're completely ready."

As a well-known country music star, Rimes has ample experience with the pressures of celebrity. But she says it is easier now than in the early days of her career. She said the pressure is "not as strong now as an adult. It can be hard to tune it out, but I'm more at ease now." She's accepted that the paparazzi are always there; that is the reality of living in L.A. Of course, she wishes they wouldn't photograph her when she's out in her sweats, but she's accepted it and they've faded into the background of her life.

When Rimes isn't touring the globe and wowing audiences with her powerful vocals, she and her family love to take advantage of one of the greatest benefits of living in California: relaxing at the beach. Rimes also loves to cook in her spare time. Although she spends so much of her time on a tour bus, her husband convinced her that they should buy an RV and she is thoroughly enjoying that

music," she said. Rimes used to follow a set list, but now she enjoys playing off the crowd. She connects with the audience and they get to know her personally through her music. Rimes has a great love of all types of music and admires the work of many artists: "I cover Janis Joplin's version of Summertime, and that's probably one of my favorite songs to perform live."

Rimes describes her drive as an artist as an intrinsic part of her nature: "It's like food for me," she said, necessary for her existence. Rimes said, "It's amazing to create something out of nothing, to turn an idea into a song." She tries to take any negative experiences from her life and turn them into something positive. "I'm happiest when I'm creating; it's something I can't stop doing."

Although she is internationally known as a sweetheart of country music, she strives to make good music, regardless of the genre. Rimes explained that a lot has changed since the early day of her career, both personally and in her music. She started performing at

"Rimes said that the song "Borrowed" changed her whole life. She explained that the whole album seemed to write itself with all the emotions she was experiencing, which helped shape her as a songwriter: "It's incredibly honest. ..."



When asked what the audience can expect from her live performance, Rimes explained that her concerts are like an intimate one-on-one conversation with her as an artist. She looks at each performance as a way of storytelling: "I'm an open book through my music," she said. Photos by Sara Hertel

experience: "It's different and so fun. You can go wherever you want, whenever want," she said.

Speaking about her most recent album, *Spitfire*, Rimes said, "It's the first project, musically, that felt like a complete thought." The process of creating the album "felt great; it was really cathartic." In particular, Rimes said that the song "Borrowed" changed her whole life. She explained that the whole album seemed to write itself with all the emotions she was experiencing, which helped shape her as a songwriter: "It's incredibly honest. ...

I didn't know I could go there, that I would allow myself to go there."

The audience at Rimes' upcoming Sacramento show can expect an amazing performance. Don't miss your chance to see this vocal powerhouse and hear her stories expressed through song. The show will be held at Bonney Field on Saturday, April 25th at 2:30 p.m. General admission tickets are on sale now for \$40 and can be purchased at www.ticketmaster.com/leann-rimes-sacramento-california-04-25-2015/event/1C004E51D3E16B12. ★

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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POPPOFF!

with Mary Jane Popp

- 3) At any moment, life can throw a mud ball at me. It's my choice whether to have a bad five minutes or a bad day.
- 4) If I allow people to “push your buttons,” I have to remember that they are really MY “buttons,” and that allowing them to be pushed is MY choice.
- 5) If I am “up to my butt in alligators,” I generally raised every one of those alligators from a baby until they were big enough to bite.
- 6) Take a long distance view of problems. Will I remember today's crisis one year later? If it is that easily forgotten, how important is it?
- 7) Defeat and disappointment offer the best opportunities to view my real character.
- 8) When I am in pain, tears can be a lubricant for the soul.
- 9) Anger and resentment give control of my emotions to someone I feel has wronged me.
- 10) Never make a long-term decision based on short-term misery.

Like strengthening the muscles through exercise, learning to make these mental shifts might take years according to **Strawser**. It may also require tapping into your spiritual side (which **Strawser** says

anyone can do, even those who aren't believers in the traditional sense). To start though, he suggests you strive to simply become aware of when your thoughts are creating, magnifying, or exacerbating your problems and stress. In his own words, “Once you have developed this self-awareness, you'll be in a position to begin challenging your preconceived ideas and changing where you choose to place your focus. This in turn will change how you respond to events, make decisions, and take action. Shifting your thinking is the gateway to a richer, more joyful way of life.”

Thomas Strawser is an international engineer with a Master's Degree in Psychology. Divorce, alcoholism, and numerous losses in his life led him to seek practical solutions in his despair. Combining his spirituality, knowledge of psychology, and engineering know-how, he discovered the process he calls “*Spiritual Engineering*.” He and his wife Patricia continue to share this transforming power with thousands in seminars around the world. You can check out more of what he does at www.spiritual-engineering.com. Just keep in mind that things may not be really as bad as you think if you know HOW TO THINK! ★



A Special Article by Tim Riley

“You can't have it all unless you've been cloned.” That's not the motto of the TCM Classic Film Festival, but it would be the only practical way to enjoy too many great movies during the short span of the long weekend that just occurred in the film capital of Hollywood.

Now in its sixth year, and thriving as the mecca for cinema devotees, the TCM Festival typically offers five or six films at a time and the occasional panel discussion that overlap during the course of a day that approximately runs from 9 a.m. to midnight.

The definition of a classic film ranges the gamut of popular culture. From the opening night ceremony associated with the screening of the 50th anniversary edition of “The Sound of Music” to a mix of classics like “Roman Holiday” and “Inherit the Wind,” TCM offers something for everyone.

Being selective and willing to endure the daily slog is the only hope for enjoying old favorites and discovering the wonders of films rarely seen. One such find on opening night, in a brilliant stroke of counter-programming to “The Sound of Music,” was the film noir classic “Too Late for Tears.”

Not familiar with the film lovingly restored only last year by Eddie Muller's Film Noir Foundation? Well, neither was I, though star Lizabeth Scott, the ultimate femme fatale, should be widely known as a leading lady

Riley Reviews

TCM CLASSIC FILM FESTIVAL SHINES WITH FILM NOIR AND COMEDY

of the genre in the late 1940's and early 1950's.

Arguably, Scott, the sultry blonde with a husky voice, was at the top of her game as a duplicitous schemer in “Too Late for Tears,” feverishly manipulating her husband (Arthur Kennedy) when they discover a suitcase full of stolen loot. Then, homicidal complications set in a when a grifter (Dan Duryea) comes looking for the cash.

Another great discovery was “Don't Bet on Women,” a sophisticated comedy from 1931 in which Jeanette MacDonald had her only non-singing role, here the neglected wife of Roland Young's judge. Disillusioned playboy Edmund Lowe bets the judge he can get the next woman to enter the room to kiss him within 48 hours.

You've probably guessed the identity of the unwitting subject of this bet. In short order, MacDonald figures out what is going on, and takes the whole affair into her own hands, displaying under-appreciated comedic talent to trip up the designs of her husband and the playboy. What “Don't Bet on Women” and “Too Late for Tears” both have in common is sharp dialogue and brilliant witticisms.

In “The Bank Dick” W. C. Fields' inveterate tippler kept stumbling into jobs, first as a movie director and then as a bank's security guard. The grandsons confirmed that Fields constantly improvised and did not follow the script, much to the consternation and dismay of studio executives.

Another great gem at the TCM Festival was the brilliant staging of Buster Keaton's silent film comedy “Steamboat Bill, Jr.,”

featuring a live orchestra conducted by legendary silent film composer Carl Davis in a world premiere performance of his new score.

“Steamboat Bill, Jr.” allows Keaton to transition from subtle pantomime in early scenes to manic slapstick for the film's climax, where a cyclone includes the iconic image of Keaton doggedly trying to walk against wind that won't let him move at all.

The screening of old favorite “The French Connection” was worthwhile, not just to see it on the big screen, but for the discussion that followed with director William Friedkin, as he was interviewed by Alec Baldwin. The director spoke at great length about the making of the film, including the famous white-knuckle chase scene.

Though it would be hard to imagine this film not starring Gene Hackman, Friedkin revealed that Jackie Gleason was the first choice, who was rejected by studio chief Dick Zanuck. Peter Boyle was then offered the part, but he wanted to do romantic comedies. Friedkin admitted that Hackman was never one of his choices for the role of hard-nosed detective Popeye Doyle.

The spectacular chase scene, with Hackman chasing an above-ground runaway subway, was filmed mostly without permits, according to Friedkin, who said the production hired some off-duty cops and had the help of the original NYPD narcotics detectives Eddie Egan and Sonny Grosso.

With a small budget, “The French Connection” had to be filmed entirely on location, and with no constructed sets. The result is a documentary-style crime film, capturing the gritty streets of New York in 1971, that remains to this day one of the very best police dramas. In a manner of fashion, it's almost like a film noir of the period.

The TCM Classic Film Festival is now firmly set as a first-rate film lover's experience, and one should plan now for the seventh one next spring. ★

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915 Sutter St, Folsom (Historic Folsom Public Plaza).
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5750 Grant Ave, Carmichael (corner of Grant and Fair Oaks Blvd).
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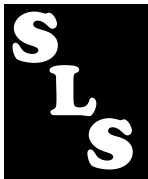
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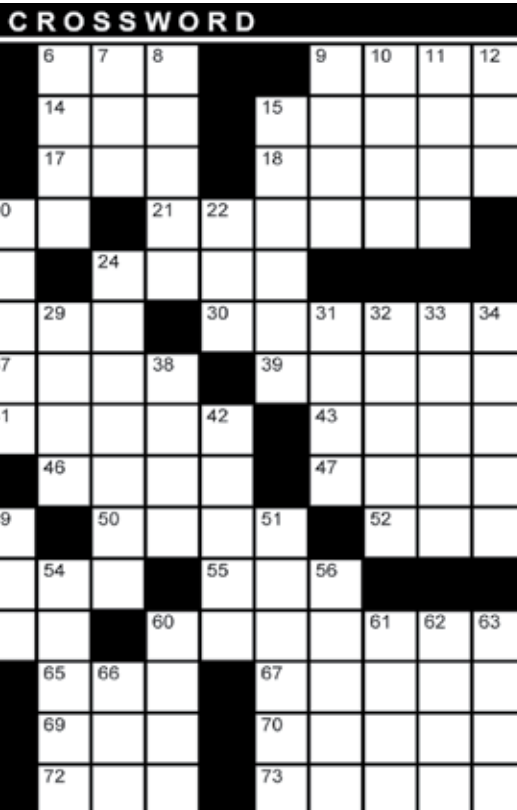
CLUES

ACROSS

- Penniless
- Hermey the dentist, e.g.
- "_____ in the face"
- *Experts say sea level
does it as planet warms
- *"New" prefix
- *Geography class prop
- Tiny island
- Contend
- Kind of space
- *Environmental science
- *Green car
- R&R spot
- Give the cold shoulder
- College entrance exam
- Of a particular kind
- Long John Silver had this
- *Deforestation is big
issue in this country
- Brazils or filiberts, e.g.
- Upholstery choice
- Van Gogh's famous
flower
- "_____ -and-true"
- Dissolute man in fashion-
able society
- Bordered
- Common hosiery shade
- Concludes
- Looked lecherously
- Like a sharp eye
- "O say can you ____"
- Prejudice
- X
- *Type of bug?
- Guards and keeps order
- _____-Goldwyn-Mayer
- "Ostrich" of Australia
- Café offering
- Actor's reward
- Hanks or Cruise
- Relating to ohms
- Light grey
- *Clean Air Act org.
- Required things

DOWN

- French hors d'oeuvre staple
- Reduced Instruction Set
Computer
- Northern European capital
- Hull appendage, pl.
- Impeded by estoppel
- Green-eyed monster
- South Pacific welcome
- Warm down-slope wind of the
Alps
- Talk like a drunk
- "Laughing on the inside" in text
message
- In the sack
- p in mpg
- Chunk of raw meat
- Like hunger strike victim
- Uh-huh
- Performer's gimmicks
- *Oil crisis
- Eagle's nest
- Father, Son and Holy Ghost, e.g.
- "Kiss Me, Kiss Me, Kiss Me"
band, The _____
- *"An Inconvenient Truth"
author
- Some have a mane
- Dodge
- These in U.S. are often
Canadian
- "Breaking Bad" victim
- Dried-up
- Because of
- Credit card user
- "_____ Hard" movie
- *Earth Day founder
- Mountain ridge
- Specialty
- It's more, to some
- A strong desire
- Cafeteria carrier
- Wild feline
- Dog call
- Children's author Blyton
- Abbreviated seconds
- Extinct flightless bird
- Janitor's tool



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row, column and 3-by-3 box includes all digits 1 through 9.

For Solutions See Page 7

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Crossword Puzzle on Page 8

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



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More Critical Issues for Buyer/Owner in 2015

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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!

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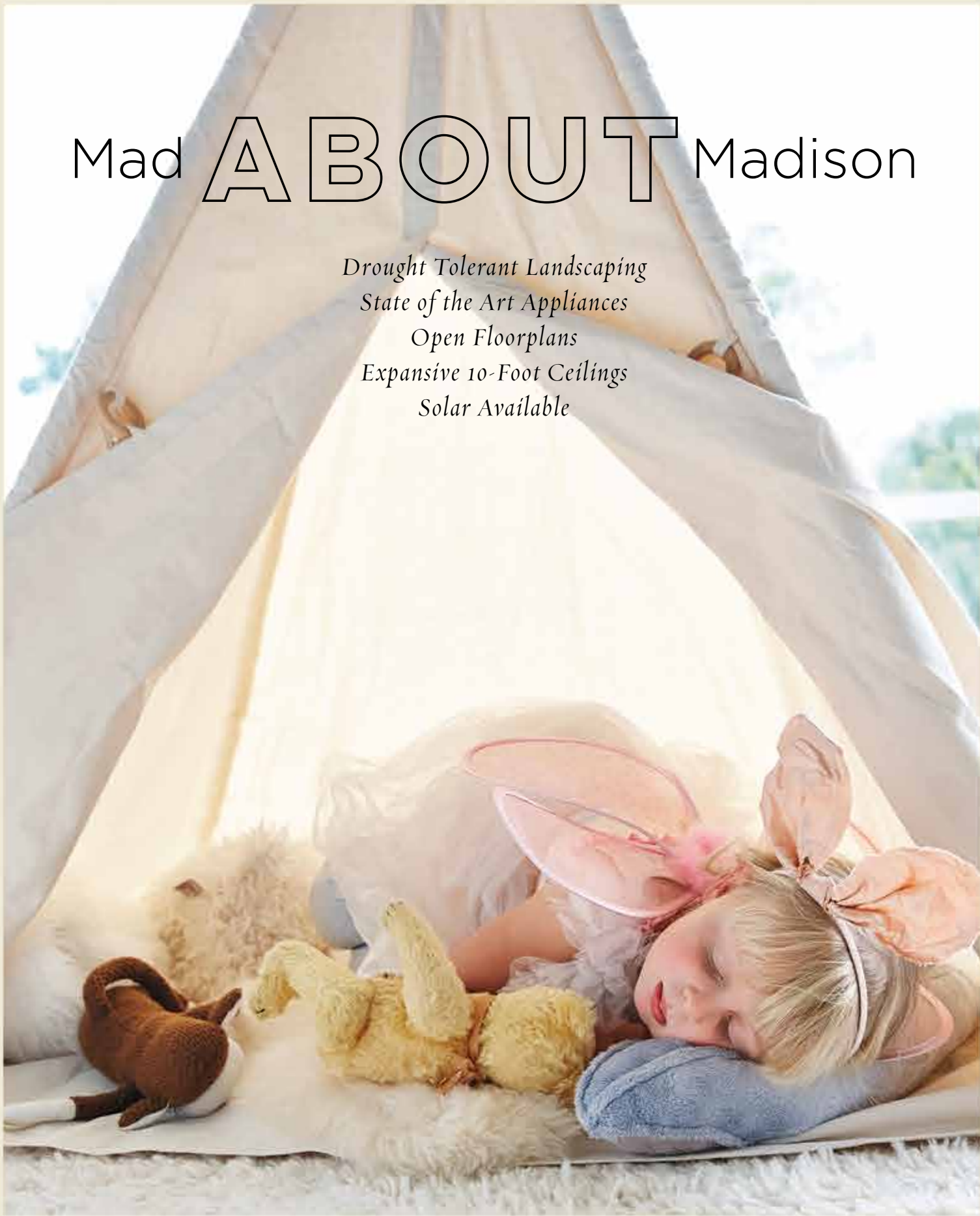
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