



Folsom Lake College
Presents Spotlight Night
Career Fair Sept. 10th
Page 3

PLUS:
Fair Oaks Theatre
Festival's Production of
The Drowsy Chaperone
Page 9



AMERICAN RIVER MESSENGER

Volume 9 • Issue 16

Serving Fair Oaks, Orangevale & Sacramento County

Second Edition for August 2014

Senator Nielsen
on Gov's Open Letter
on Water Bond



Page 2

Yesteryear Rests
Peacefully in Fair
Oaks Cemetery



Page 5

Mercy San
Juan Medical
Center Guild



Page 10



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You Won't Believe Your Skies! THE CALIFORNIA CAPITAL AIRSHOW



(Above) No runway? No problem! Arguably, one of the greatest breakthroughs in aircraft technology, the unique Harrier jump jet is capable of vertical takeoffs and landings, providing the U.S. Marine Corps with mobility, flexibility and firepower. Don't miss the rare chance to see this remarkable aircraft show off!

(At right) Flying a beautiful Lockheed T-33 Shooting Star named "Ace Maker," Gregory 'Wired' Colyer has been performing for Airshow fans since 2008. With big, sweeping turns and graceful aerobatics, fans are shown first hand the abilities of this aircraft and its place in history as the U.S. Air Force's first operational jet. Come experience the wonders of the "Ace Maker!" All photos courtesy California Capital Airshow.com



Filled with aircraft, space artifacts, robots, flight simulators and more, guests at the California Capital Airshow (CCA) can watch demonstrations, participate in games and experience first-hand the clear relationship between aviation and aerospace, and Science, Technology, Engineering, and Math (STEM) studies in school. Kids will also have the opportunity to rub shoulders with men and women who have used their education to change the world. Airshow attendees won't want to miss spine-tingling F-22 Raptors, Harriers, and the Patriots Jet Demonstration Team while experiencing thrilling aerobatics, barnstorming, pyrotechnics, vintage aircraft, music, choreography, and so much more!

SACRAMENTO, CA (MPG) - The ninth annual California Capital Airshow (CCA), presented by Sacramento County, announced that discounted general admission tickets are now available for purchase at all SAFE Credit Union branch locations throughout the region in addition to the event's website. The Airshow will be held at Mather Airport on September 6-7th, 2014 featuring all things shiny, fast, and loud. Airshow attendees won't want to miss spine-tingling F-22

Raptors, Harriers, and the Patriots Jet Demonstration Team while experiencing thrilling aerobatics, barnstorming, pyrotechnics, vintage aircraft, music, choreography and so much more! "Did you know that a weekend at the Airshow provides families with a greater return on investment value than most theme parks and sporting events in our region? With an Airshow ticket, fans are provided seven and a half hours of family entertainment for

Continued on page 3

Free Safety Fair Coming to Citrus Town Center

By Connie Hall

CITRUS HEIGHTS, CALIFORNIA (MPG) - Citrus Town Center, located at the corner of Sunrise Blvd. and Greenback Lane in the heart of Citrus Heights, is presenting their annual Free Safety Fair. This much-anticipated community event is scheduled for Saturday, August 30th, from 10:00 a.m. until 12:00 p.m.

Working in conjunction with Officer David Jones of the Citrus Heights Police Department, the Safety Fair this year promises to hold interest for every member of the family. One of the returning top attractions of the Safety Fair is the Free Drive-Thru Child Car Seat Installation and Safety Check. Administered by officers from the

Citrus Heights Police Department, child seats will be checked for proper placement, securing, appropriate sizing for the child, and more.

To keep the younger set busy during the Safety Seat Check or when strolling through the Safety Fair, be sure to bring the kids by the very popular Magic Wand Entertainment booth. They'll be offering hands-on arts and crafts, games, special activities, and much more for the kids. For the parents, this booth will be offering enter-to-win drawings for multiple giveaways of an invaluable safety tool. Stop by the booth to take a look and enter for the drawings.

The free Drive-Thru Child Car Seat Installation and Safety Check is accessible via the second entrance

into the Center off of Sunrise Blvd. and will run alongside Sprouts Farmers Market. Look for the Safety Fair entrance sign for the Child Seat Check only. The full Safety Fair is accessible through all entrances and runs along the front of the Center.

After the Car Seat Safety Check, bring the kids by the Sacramento Metropolitan Fire Department truck to get your own picture of the kids with a fireman and the fire engine. The Sacramento Metro Fire Department booth will provide information and tips dedicated to home safety and include enter-to-win drawings for combination sets of smoke alarms and carbon monoxide detectors, as well fire extinguishers for home use.

Take a leisurely stroll along the

front of the shopping center, and you'll find the individual booths starting in front of Sprouts, which is starting things off with free food samplings and refreshments.

For drivers on two wheels, the Safety Fair is hosting free Bicycle Safety Checks. Bring your bike by for a free check-up by the Bicycle Unit of the Citrus Heights Police Department. The CHPD Bicycle Unit is also offering bicycle safety tips and an enter-to-win drawing for bicycle helmets.

Free Caricature Drawings by local artist John Denton will be a popular attraction at the Fair. Caricatures are available for a fun way to remember your family outing to the 2014 Citrus Town Center Safety Fair.

Sunrise MarketPlace, the

destination shopping and service district comprised of nearly 500 individual businesses including Citrus Town Center, Greenback Square and Greenfaire Village, will also be on hand at the Fair. Stop by their booth for an SMP Map Guide, and take a free spin on their prize wheel.

Members from Mothers Against Drunk Driving (MADD) will be hosting a booth and providing helpful educational information to deter impaired driving. Parents can also gather information and tips on how to talk to their teens about not driving while impaired.

Sacramento County Chaplains, an outreach segment of our local police and fire departments, will be in attendance at the Safety

Continued on page 2

CA Water Bond Won't Create New Water

Senator Nielsen Issues Statement on Governor's Open Letter on Water Bond

SACRAMENTO REGION, CA (MPG) - Food & Water Watch is disappointed with the \$7.5 billion water bond passed by the State Legislature and Governor Brown, now slated for the November ballot. While this bond will not solve California's water problems, it will stick taxpayers with serious debt. The bond prioritizes \$2.7 billion of taxpayer dollars on wasteful dam projects: spending money to pour more concrete won't create a drop of new water or increase water use efficiency. An investment in dams is an investment in private interests, not in the public interest.

"In addition, the bond would funnel taxpayer money to purchase more water for big agriculture interests on the west side of the San Joaquin Valley where corporations are exporting water-intensive crops grown on toxic soil. Meanwhile, the Brown administration has yet to take serious action to promote water efficiency and stop the over-pumping of our groundwater. This bond measure fails to respond to the current drought and relies on solutions from the last century.x

Food & Water Watch works to ensure the food, water and fish we consume is safe, accessible and sustainable. For more information, visit www.foodandwaterwatch.org. ★

Source: Food & Water Watch

SACRAMENTO REGION, CA (MPG) - Governor Brown distributed a letter Tuesday stating his inflexible position on the water bond. Ignoring the needs of farm workers, ranchers, businesses and average Californians, the Governor drew a line in the sand to propose a \$6 billion bond that will essentially reduce water storage to a fraction of what's needed.

State Senator Jim Nielsen (R-Gerber) issued the following statement in response to Governor Brown's rigid proposal:

"Under Brown's plan, funding for surface water storage – essential to California's long-term water needs – and other key water projects will be slashed. "The Governor's uncompromising position is puzzling. "He continues to focus on the high-speed rail that no one needs and few people want. At an estimated cost of nearly \$100 billion, the train has not broken ground and the state has already spent \$500 million.

"Investing in critical water storage for generations of Californians is of far greater significance than a train across California."

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

Source: The Office of Senator Jim Neilsen



Sen. Jim Nielsen

Legislature Passes First Water Storage Bond in 50 Years

By Wayne Lusvardi

SACRAMENTO REGION, CA (MPG) - With the drought still drying up the state, the California Legislature and Gov. Jerry Brown Wednesday poured out a \$7.5 billion water bond that includes \$2.7 billion for water storage. If voters give their approval this November, this will be the first bond in 50 years to include water storage.

The storage is significant because, from 1971 to 2014, California voters passed 21 water bonds totaling \$35.9 billion without any water storage. Paraphrasing poet Samuel T. Coleridge, California had "bonds, bonds, water bonds, but not a drop of water to drink."

The new bond passed in the Assembly by a vote of 77 to 2 and in the state Senate by 37 to 0.

Legislators in the Assembly broke into applause after the vote.

Said Republican Leader Bob Huff of Brea, "It was real critical to get a bond that actually helped fund two reservoirs. We've had a lot of bonds in the last 15 years that haven't had any storage, so we finally have a water bond that has water in it."

Opposition includes Restore the Delta, which objected to the bond because it was not "tunnel neutral." The group opposes Brown's plan to build two tunnels under the Delta to keep separate ocean water from inland (fresh) water.

Restore the Delta also didn't like that the bond would provide \$200 million for the Wildlife Conservation Board to buy water from willing sellers for the benefit of migratory birds and wildlife refuges. But Restore the Delta believes the same water to be bought for wildlife eventually could be pumped through the proposed Twin Tunnels.

Said Restore the Delta Executive Director Barbara Barrigan-Parrilla, "It contains false protections for the Delta, and we call upon legislators, especially those representing the Delta, to vote against it. We are not fooled, and this bond will become a referendum for the tunnels. That is not going to advance the water solutions we need."

All that remains to be seen is if the voters can gulp down a \$7.5 billion water bond with water storage in it for the first time in almost 50 years. ★

Source: Calwatchdog.com



Free Safety Fair Coming to Citrus Town Center

Continued From Page 1

Fair talking with attendees about their purpose within our community which includes crisis intervention at emergency scenes, search and rescue assistance in the field, follow-up services with families, evacuation scene support, and much more. This is one booth worth a stop-by just to say "Thanks!" for all they do for our community.

All automobile drivers ages 16 and over attending the Safety Fair will receive a free car wash voucher courtesy of the good folks at Quick Quack Car Wash in Citrus Heights (good while supplies last). Enjoy your time at the Fair and then a quick car wash before heading home. Pick up your free car wash voucher at the Chaplain's booth.

All of this and much more will be happening at the Safety Fair on Saturday, August 30th from 10:00 a.m. until 12:00 p.m. at Citrus Town Center. You'll always find the latest up-to-date information on all events and activities happening at Citrus Town Center on their Facebook page. Be sure to "LIKE" the page in order to receive periodic updates on upcoming events and promotions (facebook.com/citrustowncenter). ★

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Subscriptions should be mailed to American River Messenger, 7405 Greenback Lane, #129, Citrus Heights, CA 95610. Subscription rate is \$25 per year; \$30 per year in Sacramento and Sacramento county; \$40 per year outside Sacramento county. American River Messenger is published twice monthly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@AmericanRiverMessenger.com. Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 916-773-1111.

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You Won't Believe Your Skies!

THE CALIFORNIA CAPITAL AIRSHOW

Continued From Page 1

\$20.00 or less per person,” said Darcy Brewer, executive director of the CCA. “If you plan ahead, a family of four can purchase our Family Four Pack for just \$50.00! Where else can you purchase family entertainment



In an amazing display of formation and aerobatic flying, the Air Force Heritage Flight Foundation will bring its homage and artistry to the skies over Sacramento. Paying tribute to both past and present, with two of the most iconic fighters in our nation's history, the P-51 Mustang and F-86 Sabre Jet, flying along side the F-22 Raptor, the Heritage Flight honors the US Air Force as we remember those who fought and died on the wings of these amazing machines, now and forever.

for that many hours? And once inside the gates you'll be amazed at the plethora of entertainment on the ground and in the sky!" The Show will also showcase "Stars & Stripes Forever," a salute to veterans and the greatest generation. Attendees will step back in time with an authentic theatrical production featuring



The aerobatic performance by Mike Wiskus, sponsored by Lucas Oil, is a tightly choreographed energetic, awe-inspiring routine in a Pitts S-1-11b. This high-flying action along with the Lucas Oil Parachute Demonstration Team is a sight to behold!

professional military re-enactors, a parade of vintage warbirds, tanks, live USO-style music, costumes, and pyrotechnics. 2014 is the 70th anniversary of D-Day, and this colorful and emotional tribute will be a fitting way to honor one of the most important events of the 20th century while showing gratitude to the men and women who serve and sacrifice in order to provide the freedoms we all enjoy today. There is so much to see and do inside the gates at Mather Airport! If you haven't been to the Show in a couple of years, you are in for a real treat. Aerojet Rocketdyne's LaunchPad, the Kid's Zone and SAFE Credit Union's DREAM BIG Pavilion all seek to combine the love of games and technology with real world application. Filled with aircraft, space artifacts, robots, flight simulators and more, guests can watch demonstrations, participate in games and experience first-hand the clear relationship between aviation, aerospace and Science, Technology, Engineering and



(Above) The Lucas Oil Parachute Demonstration Team debuted their performance in 2013 and have taken the industry by storm ever since! You won't want to miss the skydiving performances of this skilled three-man team as they open the Show with the American Flag parachute jump followed by a series of breathtaking jumps later in the Show. It will be the first time the team has performed in Sacramento and we can't wait to see how they light up the Sacramento skies! All photos courtesy California Capital Airshow. com

Math (STEM) studies in school. Kids will also have the opportunity to rub shoulders with men and women who have used their education to change the world. The Airshow website will be updated regularly with news, attraction information and more. Fans can follow the Airshow on Facebook and Twitter (calcapitalairshow), and now on Instagram (@capitalairshow). Established in 2004, the California Capital Airshow has become one of the largest and most highly- respected shows in the nation. CCA is an exciting and family-friendly non-profit regional event designed to honor the Sacramento region's rich aviation heritage and veterans while inspiring young people to pursue education and careers in the areas of science, technology, engineering, math, aviation, aeronautics or aerospace. The non-profit organization gives back to the community through scholarships, charitable group donations, and a wide variety of community events and exciting educational programs throughout the year. For more information about the California Capital Airshow, please visit www.californiacapitalairshow.com. ★

Capitol Pops Concert Band Wraps up Fair Oaks' Concerts in the Park

FAIR OAKS, CA (MPG) - The Capitol Pops Concert Band continues its 17th season with a free, open to the public concert at 7 p.m., Thursday, August 28, 2014, on the stage of Fair Oaks Village Park, 4238 Main Street, in Fair Oaks. The band's performance will wrap up the 2014 Fair Oaks Concerts in the Park summer-time series, presented by the Fair Oaks Recreation & Park District, the Fair Oaks Chamber of Commerce and the Fair Oaks Foundation for Leisure and the Arts. The concert will be a landmark event for the band as Jerry Lopes will conclude his long run as full-time CPCB director. He has been the only director the band has known since its founding in 1997. After the Aug. 28 concert, he will turn over the directing

duties to Kurt Pearsall, a long-time Sacramento-area musician and music educator. Lopes is one of the CPCB co-founders. Over his 17 years as director, Lopes prepared and conducted hundreds of band concerts, reaching thousands of music lovers. His 50-year career includes decades as a music educator, international performer and memberships in the region's top symphony/orchestra organizations. He continues to play tuba and bass locally with Dr. Bach and the Jazz Practitioners and the American River College Orchestra. Concert-goers can bring lawn chairs, blankets and picnic suppers. Light refreshments will be available to purchase during the evening of music on the grass in front of the park's stage. The concert will include some of

the band's traditional American favorites, contemporary hits, and tunes from the world of entertainment. Voice and instrumental soloists will be part of the show, which will run until around 9 p.m., including a brief intermission. Started in 1997, the all-volunteer, nonprofit CPCB community band has performed a diverse portfolio of high-quality, well-prepared music heard by thousands of concert-goers throughout Northern California. The 65 musicians in the band span a wide range of ages, from students to nonagenarians. For more information on the Capitol Pops, visit www.capitolpops.org or its Facebook page. ★ *Source: Capitol Pops Concert Band*

Folsom Lake College Spotlight Night Career Fair Sept. 10th

FOLSOM, CA (MPG) - Folsom Lake College presents Spotlight Night, a workforce training and career exploration fair on Wednesday, Sept.10th from 6-8 p.m. at the Folsom campus (10 College Parkway, off E. Bidwell St.). Spotlight Night will feature information on Folsom Lake College's career and technical education degree and certificate programs, industry partners showcasing employment opportunities, and interactive demonstrations. Admission is free (a daily parking pass can be purchased for \$2). A map to the campus can be found at www.flc.losrios.edu, just click on "Maps" at the top of the page and then "Main Folsom Campus." For questions regarding Spotlight Night, please



Spotlight Night will feature information on Folsom Lake College's career and technical education degree and certificate programs, industry partners showcasing employment opportunities, and interactive demonstrations. *Source: Folsom Lake College* ★

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By Pastor Ray Dare

You may know someone or maybe personally you are really struggling with depression. There are so many things happening in your life. Some days you don't even feel like getting out of bed. Some days you feel like you can't make any decisions; it's just too difficult. You can't decide on anything. Some days you just feel trapped in a hopeless situation. It's like you're in a room with no doors or windows and you're locked inside. You're constantly tired. You don't have any energy. You're fatigued. Some of you may even feel like running away. You want to drop it all, leave, split. Get out of the situation.

I've got good news for you: Jesus Christ wants to answer your depression. He will help you. He will change you. You're not alone. You matter to God. There are people around you who care about you. God says, "I can help you change."

You don't have to go through life being manipulated by your emotions. Your emotions are controlled by your thoughts. You cannot control your emotions but you can control what you think about. Choose to change your thoughts and choose to let God change the misconceptions; misconceptions like, "If somebody

How to Defeat Depression

criticizes me, that must mean I'm worthless". Misconceptions like, "I have to be loved and accepted by everybody to be happy." Misconceptions like, "I cannot admit any area of weakness. I have to be perfect, otherwise I'm a failure". Those are the kind of thoughts that cause depression.

Jesus said, "I am the truth." (John 14:6) He said, "You will know the truth and the truth will set you free." (John 8:32) The more you know Jesus, the freer you are. You can change.

You start by establishing a personal relationship to Christ. You become what the Bible calls 'born again'. That doesn't solve all your depression, but without Christ in your life, you won't have the power to change. He wants to be a part of your life and if you give Him control, He will help you. Then once He's in your life, you ask Him to give you a new purpose and a new meaning to your life. What we need is something greater than ourselves that draws us out of ourselves so we won't be depressed. You need something greater to live for than just your own self. People who live for themselves are guaranteed to get depressed. You need something greater that draws you out of yourself. That is a relationship to Christ and His purpose that takes you out of depression.

Maybe you're depressed because you feel guilty. God says, "I want to forgive you. I want to clear your conscience. I want to set you free from regrets." Maybe you feel depressed because you think, "I don't even like myself. I don't

like myself at all!" Jesus said, "I didn't create you for nothing. You are worthwhile, significant. You're special. There's value to your life." When you start basing your value on the opinions of other people, then anytime anybody criticizes you, condemns you, puts you down, disapproves of you, or simply doesn't express appreciation, you're going to get depressed. Also, when you base your self-worth on your achievements you're going to get depressed. You're always going to find people who have done more than you. You're always going to find people who are doing a better job than you are right now. You're going to compare yourself and say, "Why shouldn't I be like that?" And you'll get down.

What do we base our feelings about ourselves on, then? Something that can never be taken away. You matter to God and He has a plan for your life. That's a fact that cannot be taken away from you. You may lose everything else, but nobody can take that away from you. You are child of God, you are significant. With God in your life, He can help you make the changes in your thoughts so that you don't think like the world does, but you think on the Truth and the Truth will set you free. ★

Pastor Ray
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River Cats Playoff Tickets!

SACRAMENTO REGION, CA (MPG) - You can't beat playoff baseball, so plan ahead and purchase your Playoff Strips or single-game tickets for the Cats' September run towards a fifth Pacific Coast League Championship. A Playoff Strip will guarantee you the best seats to all potential playoff games. If any of the five potential home playoff games are not played, you will

receive a full refund for those games.

The playoff game is Friday, September 5th, with additional games on the 6th and 7th if necessary. The Pacific Coast League Championship Game One is Tuesday, September 9th and Game Two is Wednesday, September 10th.

All Playoff Strips and single-game tickets purchased on or before Thursday, August

28th will be mailed out, and those purchased after August 28th will be left in Will Call. Visit rivercats.com for a schedule of remaining games, or call (916) 371-HITS (4487) with any questions.

Be a part of the fun and excitement, and help continue the legacy! ★

Source: Sacramento River Cats

Kids K9 Fun Run

Rain or Shine

Kids - come and run for our K9 Officers. The Kids K9 Fun Run for kids 15 and under is \$18. The fee includes a run tee shirt, kids lunch and medal for each participant. (Fee increases to \$25 after 9/1/14.)

K9 Officers from the Sacramento PD K9 Unit and other law enforcement agencies will be on site passing out trading cards, giving demonstrations and you can also have your photo taken with a K9 Officer.

All proceeds from this event will benefit three area Police K9 Associations which provide retirement benefits for K9 Officers. More info on our website.

Start The run begins at 10:00 a.m. at the Garden of Honor at Sierra Hills Pet Cemetery where 48 retired K9 Officers are memorialized.

Date: Saturday, September 13, 2014 (in honor of Pet Memorial Day)

Where: Sierra Hills Memorial Park & Sierra Hills Pet Cemetery, 5757 Greenback Way, Sacramento, CA (off I-80 @ Greenback)

Time: Gates open at 9:00 a.m. (arrive early for best parking)

How: Register on-line at www.KidsK9FunRun.org

What: 10:00 a.m. Kids K9 Fun Run Starts
11:00 a.m. to 1:00 p.m. Vendor, Food and Community booths
11:30 a.m. Participants lunch served
1:00 p.m. Police K9 demonstration

Kids Bounce House

Special Note: If you would like to have a booth at this event or have any questions, please call Lisa West @ (916) 732-2020 or email lisaw@eastlawn.com

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Yesteryear Rests Peacefully in Fair Oaks Cemetery

FAIR OAKS, CA (MPG) - Picturesque Fair Oaks cemetery was founded on October 21, 1902 on a half-acre of land. Ornate headstones commemorating patriarchs lie in close proximity to simple, unnamed grave markers. The list of interments is unique; the first official resident of the grounds was Sarah Vail, a Folsom native who died in a fire and was buried in 1903. There are two other women who were buried in 1898, but Miss Vail is the first authenticated burial at Fair Oaks Cemetery.



Other gravesites include a dozen Civil War veterans from both the Union and Confederate Armies who now share a common ground. Another notable resident is Myrna Opsahl, a 42 year old mother of four who died in 1975 during an early morning bank robbery in Carmichael. She was shot by the infamous Symbionese Liberation Army. (The radical group also kidnapped and brainwashed heiress Patty Hearst during their reign of terror.) Alongside these graves are the plots of early 20th century people who are memorialized with small stone markers listing only last name and year of death. One in particular is a tiny headstone cradled amongst the roots of a large oak tree bearing the inscription: Bishop Baby - 1907. One hundred and seven years later, this little monument still brings on a melancholic sense.

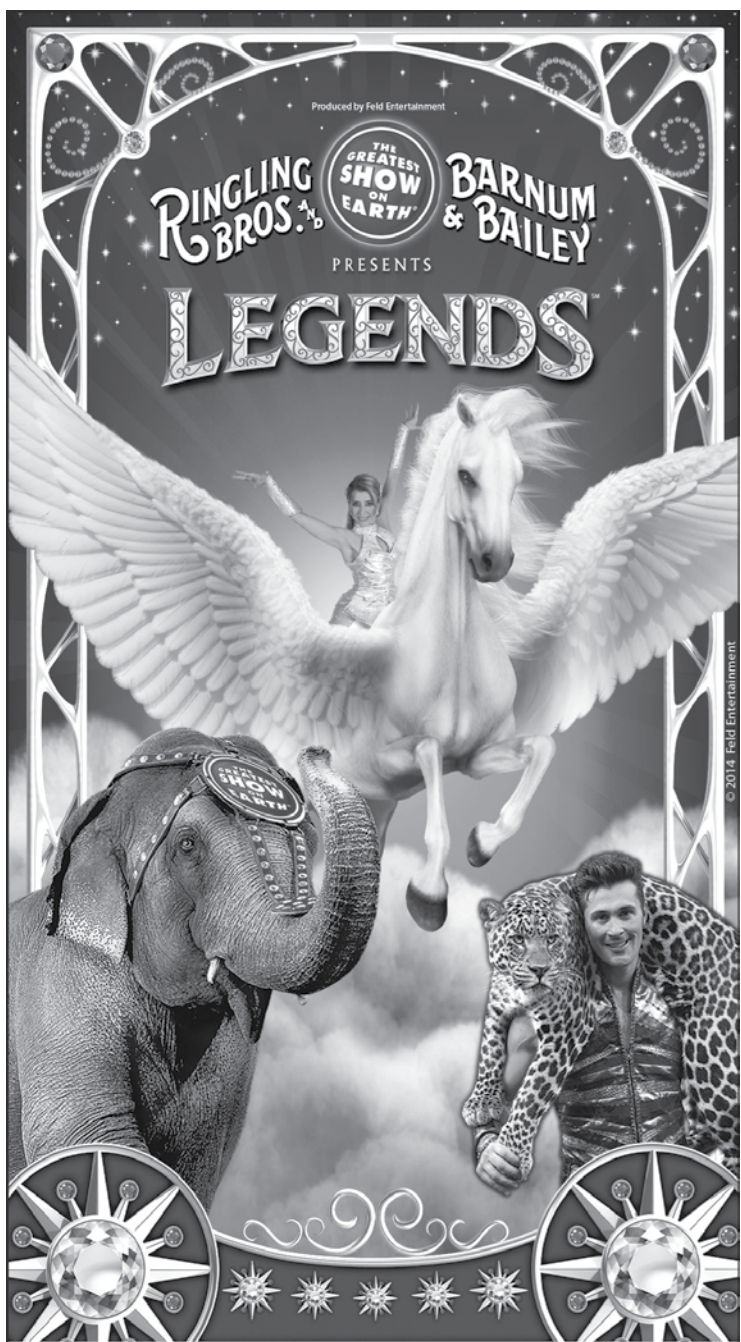


the Howard & Wilson Publishing Co., which was seeking land for a colony, rode up a trail along the American River and was greatly impressed with the beauty of the land, especially a stand of moss-draped oaks along the north shore of the river. He had found his site. It was known as 'Sunset Colony' and was later named Fair Oaks because it looked like Fair Oaks, Virginia." The publishing company purchased 9,000 acres and helped settle the area known today as Fair Oaks, California.

Fair Oaks The Way it Was (1976) recounts: "In the early 1890s, a man, a representative of

Pioneers from the Midwest and East with names such as Slocum, Straith, and McClatchy

Sources: www.fairoakscemetery.com, *Fair Oaks the Way it was* (1976)



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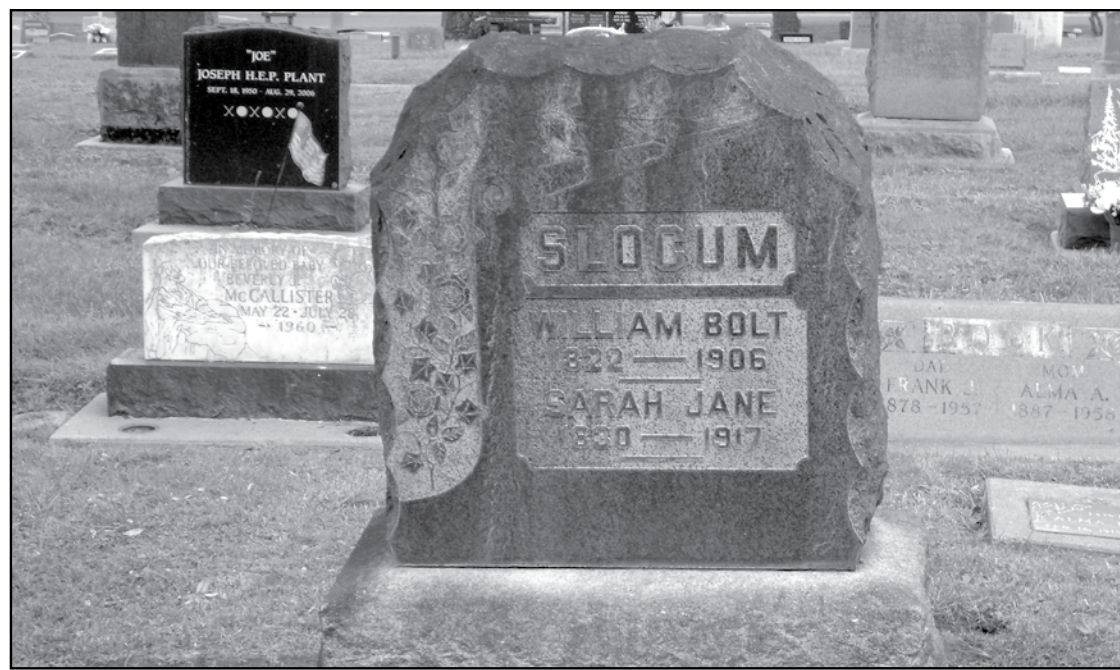
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14. No amount
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16. *You use it to find your way to world capitals
17. Maltese or Havanese, e.g.
18. European finch
19. Blood infection
21. *Plato's home
23. "The Joy Luck Club" author
24. Sound of bells
25. Maple syrup precursor
28. Computer application command
30. Old material, presented anew
35. Blue pencil mark
37. " ____ of Eden"
39. WWII conference site
40. ____-a-daisy
41. Maneuvers
43. Bank claim
44. ____ Heap of "David Copperfield"
46. Church sanctuary
47. *Nobel Peace Prize capital
48. Talk rapidly and angrily
50. Mr. Potato Head?
52. Mai ____
53. Duds
55. Bad-mouth
57. *U2's Bono owns a hotel here
60. *Home to many great composers
63. Conical tent
64. Gone by
66. Chinese weight units
68. Keyboard key
69. Make a seam
70. Clear the blackboard
71. Above
72. "For ____ a jolly..."
73. Move a plant
DOWN
1. ____ Khan
2. Chewy treats
3. Drug smuggler
4. Make fit for
5. *Capital of Bahamas
6. " ____ of the earth"
7. Spanish river
8. Pond buildup
9. Genealogist's creation
10. *De facto capital of Switzerland
11. Anisette, for short
12. Campaigned
15. Olsen or Judd, e.g.
20. ____ circle
22. Feather glue
24. Has
25. **Gangnam Style" capital
26. Love intensely
27. Ubiquitous ground songbird
29. Slap on
31. Sainly glow
32. Crème de la crème
33. Inscribed pillar
34. *Capital of Vietnam
36. Russian autocrat
38. Not permanent
42. *Riyadh is the capital of ____ Arabia
45. *His bunker was in Berlin
49. Hawaiian dish
51. Dr. Atkins' follower, e.g.
54. Grind teeth
56. Animal catcher
57. Fender blemish
58. As far as
59. Car onomatopoeia
60. Wedding day promises
61. ____ tide
62. Additionally
63. *They drink a lot of it in London
65. Wow!
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Sudoku Puzzle on Page 6

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Sudoku Puzzle on Page 6

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Crossword Puzzle on Page 6

A	D	M	A	N		E	R	A		T	B	A	R
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By Ronnie McBrayer

I grew up with a lot of religious rules. To violate these rules was to subject oneself to the judgment of God. If you had a fundamentalist upbringing, you may be familiar with some of these restrictions. No drinking, no smoking, no dancing, no playing cards or going to the movies, no mixed-bathing (a prospect that intrigued my teenage mind), no Sabbath-breaking (though we did not actually gather on the Sabbath), and absolutely no questioning of religious authority.

Religious authority was bound up in “The Preacher.” The big Baptist downtown had a pastor. The Methodists had a seminary trained Reverend. The Presbyterians had a collection of elders. The one fledgling Catholic parish on the edge of town had a priest. I didn’t meet a Jew until high school, so I didn’t even know what a rabbi was, but it would not have mattered anyway.

In my narrow ecclesiastical world, we had The Preacher, the Alpha and Omega of religious instruction; the united concoction of fiery prophet, hardened inquisitor, moral policeman, and God’s anointed spokesman. I was certain that he cut his grass in a pinstripe suit and wingtips,

The Preacher

didn’t know a single curse word, and all his children were probably adopted because to have sex with his wife was certainly too worldly, too carnal to consider.

See, the world in which the preacher lived was black and white with no shades of gray, no mystery, no ambiguities. There were only hard and fast certainties. You were in or you were out. If you wanted to know which you were, just ask him. He would tell you, and he used the pulpit to do exactly that.

On Sundays he became an inferno of Puritan proportions. Animated, wringing with sweat, discarding his suit coat and loosening his tie, he implored and coerced us sinners down the isle to the mourner’s bench. It usually worked. Someone “repented” most every service, even if it took thirty verses of “Just as I Am” to force the issue. Those altar calls were nerve rattling wars of attrition, and sometimes I felt compelled to go forward so the whole thing would mercifully end.

It was The Preacher who arrived at the hospital on a spring afternoon to visit my family. My younger brother was enduring a lengthy hospitalization with a faulty heart valve and a growing laundry list of complications. Not yet a year old, he had already faced more health challenges than most of us will ever see. His life hung by the proverbial thread.

My parents certainly needed emotional and spiritual support, a pastoral presence, but The Preacher was anything but comforting. I heard him say the most

horrible thing to my parents. In paraphrase he said, “Surely you have committed some terrible sin for God to visit this kind of judgment on you and your family.” Even as a child I was flabbergasted, and to this day those words still burn my ears.

Is this the God of Christianity? Is this the kind of God behind our faith? Is this vindictive deity even worthy of our worship? I think not. While this might be the god of The Preacher, it is not the God revealed to us in the person of Jesus the Christ. For in Christ we find truth and grace, not this kind of crass judgmentalism. Jesus doesn’t walk into hospital rooms, his gluttonous belly pushing against the buttons of his tailored suit vest, handing out indictments of guilt to the innocent.

No, this Jesus sits down and weeps with the suffering. He opens his arms to the brutalized and confused. And while he doesn’t always provide us with the tidy solutions we long for, he always walks with us in the mystery of life and death.

I never accepted those words spoken in that hospital room. Maybe I’ve spent these decades of my life trying to disprove them. I hope you won’t accept them either. The love of Christ always trumps the hardness of men’s hearts – even those men who claim to have all the answers. ★

Ronnie McBrayer is a syndicated columnist, pastor, and author. His newest book is “The Gospel According to Waffle House.” You can read more at www.ronniemcbrayer.me.

It Was a Shoofly Pie Celebration Weekend

Dr. James L. Snyder

People ask me questions all the time. Some of those questions I can answer, some I cannot answer and some I will not answer. I wish people would ask me questions I could answer and look good about it. However, it never happens.

The Gracious Mistress of the Parsonage asks me questions all the time. After 43 years, I have finally figured out her questions. Most usually require one word answers. For somebody like me who spends most of his time preaching and writing, boiling an answer down to one word is something that is quite difficult.

The one great thing about my wife is, when she asks me a question, she does not really want an answer, because she already has the answer. I do not know how wives have developed this kind of intellectual mystique. I have just never had the opportunity to ask her. This probably would be the main question I would ask. Sometimes, living in the dark is okay.

Some people ask questions to get information. Some people ask questions to show off how smart they think they are, which, merely proves how dumb they actually are. Do not let them know that I said this, or they may have some questions for me. Then some people ask questions in order to trick you.

Questions are important. Sometimes my friends (both of them), will ask me a question. The primary question is simply, What is a shoofly pie? This is the kind of question I like and furthermore, I like to answer it.

The trouble with a question like this, where do you begin? With something as marvelous and wonderful as a shoofly pie, where do you start to explain all of its delicacies?

To begin with, a shoofly pie is a slice of heaven. I am quite sure that in heaven at supper time

there will be shoofly pies aplenty. I know quite a few Mennonite and Amish women who, I am quite sure, are in heaven, and if they are, they will insist on making shoofly pie. I do not know if it is in their genes, but I do know it is in their aprons.

If anybody has ever had the wonderful opportunity of eating a shoofly pie, they will know exactly what I am talking about. It is hard to explain the experience without your mouth watering so much you need a towel.

To start with, the bottom of a shoofly pie is sheer liquid pleasure. Depending on the woman preparing the pie will depend on how thick that bottom layer is. Once that is laid down, the next layer is a delightful mix of flour and sugar and other secret ingredients. That layer seems to float on top of that liquid pleasure.

On the top is a crust of munchable delight that has absolutely no equal. Then, to set it off, there is a circular crust that holds all of this together in one magnificent pie.

I am not a baker so I do not know how they put all of this together and then put it in the oven and then bring out this awesome, classical dessert known as shoofly pie. Some things are so wonderful that they cannot be fully explained.

Personally, I would rather not spend much time trying to answer the question, What is a shoofly pie? I would preferably utilize that time delving into eating a shoofly pie. That is my greatest delight.

Recently I indulged this marvelous delight in the center of shoofly pie country. Everybody knows that to be Lancaster, Pennsylvania.

A conference was going to be there that I wanted to go to but I had many things that prohibited me from going there. All I could think about was the wonderful shoofly pies I could indulge in if

I went to that conference. So, I worked hard to eliminate everything that would keep me from going there. Some things are, indeed, worth fighting for.

About a month before the conference was to start, I had dealt with the final obstruction and was able to make plans to go. All I could think about was, “Shoofly pie, here I come.”

As soon as my flight landed, I hurried off to the nearest restaurant and indulged in my first slice of shoofly pie for the weekend. I am happy to say it was not my last piece.

At the conference, they had breakfast, lunch and dinner and for dessert, even at breakfast, was shoofly pie. I cannot tell you how many pieces of shoofly pie I ate, for the simple reason I cannot count that high without taking off my shoes. A slice of shoofly pie highlighted every meal. I am happy to say that they had more shoofly pie at this conference than I could consume although I did my very best, I assure you.

I know that life sometimes has its hard paths and things can become very difficult. That is why we need to have something to really look forward to.


The writer to the Hebrews understood this when he wrote, “Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God” (Hebrews 12:2).

Celebrating the delicacies of life enable us to survive the adversities of life. ★

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.

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- 08/16/14 - Spaghetti Feed @ Fair Oaks VFW
- 08/22/14 - Brew Fest @ Fair Oaks Clubhouse
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Med Investigations, Inc. Conducts Local Clinical Trials

By Linda Harper

SACRAMENTO REGION CA (MPG) - For many of us, ingesting one, two, or more prescription drugs is part of our daily routine. These chemical compounds are essential to enhancing our quality of life, easing unpleasant symptoms of disease, and for some, they are necessary to sustain life. According to the US Health and Human Services Department, the journey to create and approve a successful drug or treatment in the United States is a long, complex, and costly process, usually taking years to complete.

Once a disease or condition is identified, biopharmaceutical researchers begin analyzing elements and creating biological and chemical compounds to uncover ways to treat, prevent, diagnose, understand and ultimately cure illness. This is just the beginning. Most prescription drugs receive a final approval for medical use

by the FDA through a seven step process. A drug's Clinical trial is a crucial part of the approval course because it measures the effectiveness and safety of drugs on humans. Historically, Clinical trials utilizing the participation of volunteers, both healthy and those diagnosed with an illness, have presented groundbreaking scientific advances through new drug discoveries.

Med Investigations, Inc. is a Fair Oaks based company specializing in conducting Clinical trials for a number of investigational medications. The Med Investigations, Inc. team consists of board certified physicians working with experienced certified research coordinators. They provide high quality care in a professional atmosphere to those patients wishing to participate in research of new drugs.

Individuals have diverse reasons for entering a prescription drug clinical trial. Some are

suffering from symptoms of illness and they want to try something different for relief, while others are looking for something to prevent a target illness. Then, there are those admirable people who are healthy and simply want to contribute to discovering a cure for disease. Since most clinical research is funded by government and private grants as well as pharmaceutical companies, there is no charge to enter a clinical trial. Participants receive free medical care and often are compensated for their time and travel.

For more information regarding local clinical prescription drug trials being conducted or to participate, go to: www.med-investigations.com or call (916) 966-7452.

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Source: US Department of Health and Human Services, National Institutes of Health

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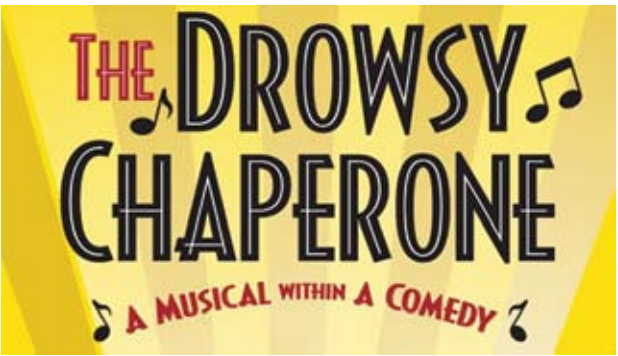
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FAIR OAKS, CA (MPG) - Fair Oaks Theatre Festival is reprising its production of the Tony Award winning *The Drowsy Chaperone* for its second play of the 2014 season. Last year *The Drowsy Chaperone* received five stars from the News and Review and the Sacramento Bee called it... "The song-and-dance frolic with 1920s style"

The Drowsy Chaperone is a parody of American musical comedy of the 1920s. The story concerns a middle-aged, musical theatre fan; who as he plays the recording of his favorite stage show, the fictional 1928 musical, *The Drowsy Chaperone*, the show comes to life onstage.

The Drowsy Chaperone will again feature an all-star cast including Analise Langford-as Clark Janet Van de Graaff, the star of Feldzieg's *Follies*. Debonair, dashing, and a matinee idol Robert Martin is played by Bernie The all-star cast includes Dan Slauson, as the Man in Chair -- a mousy, agoraphobic



Broadway fanatic, seeking to cure his "non-specific sadness". Deane Calvin as the *Drowsy Chaperone*, the melodramatic diva to be reckoned with whom gleefully chews the scenery and steals just about every scene in which she appears.

Directed by Bob Irvin, this musical is based book by Bob Martin and Don McKellar, music and lyrics by Lisa Lambert and Greg Morrison

and score by Richard Adler and Jerry Ross. The show won the Tony Award in 2006 for Best Book of a Musical and Best Score. Fair Oaks Theatre Festival's production is choreographed by Sunny Smith, with Vocal Direction by Tracy Martin Shearer and Music Direction by Kirt Shearer. ★

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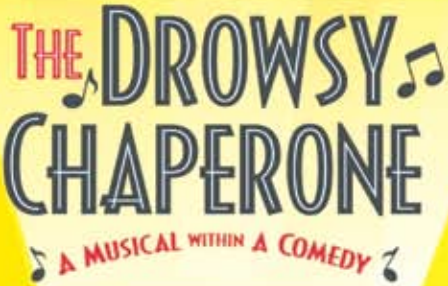
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Seating is limited to 30 attendees per seminar

Fair Oaks Theatre Festival Presents

*Come See
The Tony Award
Winning play!*



**Coming August 8
through September 7, 2014**

'The Drowsy Chaperone' will again feature an all-star cast including Analise Langford-Clark - as Janet Van de Graaff, the star of Feldzieg's *Follies*. Debonair, dashing, and a matinee idol Robert Martin is played by Bernie.

The all-star cast includes Dan Slauson, as the Man in Chair - a mousy, agoraphobic Broadway fanatic, seeking to cure his "non-specific sadness".

Deane Calvin as the *Drowsy Chaperone*, the melo-dramatic diva to be reckoned with whom gleefully chews the scenery and steals just about every scene in which she appears.

Directed by Bob Irvin, this musical is based on a book by Bob Martin and Don McKellar, music and lyrics by Lisa Lambert and Greg Morrison and score by Richard Adler and Jerry Ross. The show won the Tony Award in 2006 for Best Book of a Musical and Best Score. Fair Oaks Theatre Festival's production is choreographed by Sunny Smith, with Vocal Direction by Tracy Martin Shearer and Music Direction by Kirt Shearer.

**For Further Information:
Call (916) 966-3683
FairOaksTheatreFestival.com**

**Fair Oaks Theatre Festival
Veterans Memorial Amphitheatre,
7991 California Avenue,
Fair Oaks, 95628**



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Mercy San Juan Medical Center Guild

CARMICHAEL, CA (MPG) - Come join us! Add a new and interesting facet to your life. Mercy San Juan Medical Center Guild is a non Profit Group of men and women who spend time every month guiding, assisting, comforting, and encouraging patients and their families in the hospital.

We help by streamlining patient registration, escorting visitors, selling those much needed gifts, assisting the worried families of surgery patients, soothing infants, making Snoopys for Kids and Heart Bears for adults, as well as collecting and distributing clothing to patients as needed.

We work to raise money to fund scholarships for students and adults working toward their medical educations, buy specialized equipment, and assist in the Annual Breast Cancer Survivor Tea.

We also gather to enjoy four luncheons annually. Come be a part of Mercy San Juan Medical Center's Volunteer Guild. If you are interested, call Carol Lee at (916) 965-3479. ★

Source: Mercy San Juan Medical Center Guild



Marty Delgado of Mercy San Juan Medical Center Guild, a non Profit Group of men and women who spend time every month guiding, assisting, comforting, and encouraging patients and their families in the hospital. Photo courtesy of Mercy San Juan Medical Center

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Fire Chief Kurt Henke Announces Retirement

SACRAMENTO REGION, CA (MPG)

- Sacramento Metropolitan Fire District (Metro Fire) Fire Chief Kurt Henke informed the Board of Directors on August 14th he intends to retire in October after 33 years in the fire service. Subsequent to Henke's announcement, the Board approved a recommendation from its Executive Committee to conduct an internal search process among the ranks of Deputy Chief to select the next Fire Chief.

"I would like to thank Fire Chief Henke for his strong leadership during a period of significant challenges and

transition for Metro Fire," said Board Vice President Grant Goold. "Chief Henke and his management team have assisted this Board in enacting many innovative reforms to weather the worst impacts of the recession. While the steep decline in property tax revenue forced the closure of six engine companies, the reforms made to reduce our labor costs and long-term liabilities have allowed Metro Fire to emerge stronger in some respects than before the recession. Because there is more work to do to reduce costs and operate more

efficiently, we will look for the next Fire Chief from the ranks of the Deputy Chief."

Henke joined Metro Fire in 2009 and has served as its Fire Chief since 2011. He began his career in the fire service as a volunteer with the Napa County Fire Department in 1981. He served in multiple ranks with the Vallejo Fire Department starting in 1985, serving as Assistant Fire Chief between 1998 and 2009. ★

Source: Sacramento Metropolitan Fire District

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