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PIUS: **Job Demand Hiring Trends Show Promise** in the 3rd Quarter Page 11



# AMERICAN RIVER

Volume 9 • Issue 14

Serving Fair Oaks, Orangevale & Sacramento County

**Second Edition for July 2014** 

#### Kay Burton Introduces a "Cuddly **Bundle of Joy**"



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#### **Metro Fire Assistant Chief Selected**



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#### Fair Oaks **Community Update**



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Scan our QR Code for a direct link to our online edition!

# 41st Annual Eppie's Great Race Special Tributes to Founder Eppie Johnson



SACRAMENTO REGION, CA (MPG) -The 41st annual Eppie's Great Race (EGR), known as "The World's Oldest Triathlon," is

Timing chips and new

technology will allow

participants to post via

training, times during

transitions on the course,

and a short video of them

social media their registration,

scheduled for Saturday, July 19, 2014. The first EGR since Eppie Johnson's passing in 2013, the 41st Annual Eppie's Great Race will include both the traditional event as well as special tributes, events, and fun mem-

orabilia celebrating Eppie Johnson's life and his community contributions such as Eppie's Great Race, and the Eppie's Kids Duathlon. However, new, modern elements have also been added to

this year's EGR, such as new technology and updated EGR sports gear to provide a better and more fun experience for the participants

and fans. Organizers also are proud to report that the 2014 EGR will remain on its traditional, American River Parkway racecourse due to positive spring rains and American River water flow projections for July.

crossing the EGR Finish Line! While the 41st annual EGR will remain the same fun race enjoyed by tens of thousands of people worldwide, the EGR Committee has

Continued on page 9



Father and daughter, Gordon and Tenley Ong, will be competing in the 41st Eppie's Great

#### **Assessor Announces** Sacramento County **Property Tax Roll Totals**

SACRAMENTO REGION, CA (MPG) -Sacramento County Assessor Kathleen Kelleher announced the 2014-15 assessment roll totals as of July 1st. The assessed value of the combined secured and unsecured property tax roll totals, net of unreimbursed exemptions, is just over \$128.7 billion. This is a 6.4%, or nearly \$7.8 billion increase over the previous year.

A decrease in the property tax rolls after July 1st is expected, however, as outstanding assessment reviews and appeals result in lower values. This will reduce the amount of property tax revenue actually realized by local schools, special districts and the county general fund.

Each year the Assessor's Office reviews the values of properties. Proposition 13 (Prop 13), passed in 1978, caps the inflation of a property's assessed value at no more than 2% a year. The inflation factor for 2014-2015 is 1.00454% which is well below the 2% maximum. If the market value of a property falls below the property's inflation adjusted Prop 13 value, Proposition 8 (Prop 8) allows a property to be temporarily reassessed at the lower market value. The value comparison is based on a property's market value as of January 1 of each year.

For properties with a Prop 8 assessment, the Assessor's Office appraises the property each year until the market value of the property is equal to or greater than the property's inflation adjusted Prop 13 value. In contrast to Prop 13 assessments, the 2% inflation cap does not apply to Prop 8 assessments. When market values are rising, this can result in higher than expected increases in a property's annual tax bill. Nevertheless, the assessed value of a property cannot be increased above the property's inflation adjusted Prop 13 value.

Effective July 2014, property owners can utilize the "Assessed

hard rock, ballad and blues tunes

that had everyone, including the famous Fair Oaks roosters,

Songs by Lynyrd Skynyrd, Willie Nelson and Johnny Cash

kept the veteran rockers busy

kickin' their heels, while the

sounds of Kellie Pickler and

Taylor Swift filled the cool

summer night for the younger

country fans. "If I had to com-

pare my singing style with

anyone, it would probably be Carrie Underwood" says Lead

Singer Shauna Lea, a home

grown girl from El Dorado county who manages to keep

even the toe tappers riveted with

her old time country renditions. During the intermission she was

greeted by groups of starstruck

young fans with lots of questions and requests. Mike Sullivan,

Shauna's husband, is the producer, manager, and acoustics/ light technician all rolled into

one. He has served as the group's

scratching in the aisles.

Continued on page 3



## Fair Oaks Concerts Rock

Story and photos by Richard Perez

FAIR OAKS, CA (MPG) - The Fair Oaks Thursday night Concerts in the Park Series gets the weekend started early. The July 10th concert featured one of the region's best musical groups, Hired Guns. Lead singer Shauna Lea and the boys (Mike, Toby, Rich and John) provided their version of Sacramento River rock, belting out a variety of country,

Shauna Lea of Hired Guns strikes a pose for the camera.



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#### Sacramento Metro Fire **District Reports**

## Charity Golf Tournament to Benefit Public Safety Programs

**SACRAMENTO COUNTY, CA (MPG) -**

The Sacramento Metro Public Safety Foundation is hosting its inaugural Golf Tournament at 11:30 am, Friday, August 29th at the beautiful Rancho Murieta Country Club.

The Sacramento Metro Public Safety Foundation is a 501(c)3 tax-exempt organization, comprised of fire and law enforcement agencies throughout the region. The Foundation's mission is to support youth, family and community development projects by raising funds through grant funding, individual donations, payroll deductions, and special events such as this.

Proceeds from this year's Swing for Public Safety will directly benefit our communities.

• Lucas Device Purchase: The purchase and placement of lifesaving tools that can double the likelihood of getting a patient's pulses back while under CPR. Lucas Devices provide constant and consistent chest compressions and will be placed on ambulances throughout the region.



Photo courtesy: Sacramento Metropolitan Fire District

• Fire Camp for Kids: Fire Camp provides local 11-13 year olds a once-in-a-lifetime opportunity to experience today's fire service. The one week program takes place each July and is designed to instill self-confidence, teamwork and a basic understanding of the firefighting profession, in a fun and exciting atmosphere. Funds raised will be used to provide camp scholarships to children in need.

Sign up to be a sponsor or register to golf at http:// sacmetrofoundation.org/ Tournament.html.

For more information, contact Bob Webber, Tournament Director, at 916.616.2446 or by email at webber.robert@sacmetrofoundation.org

Source: Sacramento Metropolitan Fire District

#### FAIR OAKS COMMUNITY UPDATE



By County Supervisor Susan Peters

Through the generosity of The American River Messenger this column serves to provide an update about matters affecting the unincorporated community of Fair Oaks.

#### Fair Oaks Office Hours

I will be holding "Office Hours" from 6-7 pm prior to the free Fair Oaks Thursday Night Concert in the Park on July 19. Residents are invited to drop by before the concert begins at 7 pm to talk about items of interest with no appointment necessary on a "first come basis."

The concert will be held at Village Park, 4238 Main Street, featuring the John Skinner Band. Before the show, I will have a table set up to visit with residents. I started holding "Office Hours"

in 2005 at various venues around the Third District and it is now an annual tradition at selected community events.

"Office Hours" for 2014 began in March at the annual trout fishing derby held in Howe Park followed in April at the Carmichael Egg Hunt. In addition to this month's visit to Fair Oaks, I plan to hold other "Office Hours" at other venues and I will post those dates and locations on my webpage which you can visit via bos.saccounty.net.

#### Eppie's Great Race

Eppie's Great Race (otherwise known as the world's oldest no swim triathlon) will be celebrating its 41st year this Saturday,

The race starts and finishes at the William B. Pond Recreation Area located at the end of Arden Way. It features a 5.82-mile run, a 12.5-mile bike route and a 6.35mile kayak paddle held along the scenic American River Parkway.

Come out and cheer for the athletes, help by volunteering or consider signing up to be a Great Race participant! For more information, visit eppiesgreatrace.org.

#### Fresh Fruits and Veggies

Enjoy summer's fresh fruits and vegetables at any one of the local Farmers Markets in our area organized in cooperation with BeMoneySmartUSA, a local non-profit training company specializing in providing youth ages 8 to adult with financial, business, and career education programs.

Fair Oaks' Farmers Market is on Wednesdays between the hours of 3 - 7 pm. Located near the corner of Fair Oaks Boulevard and Sunset Avenue, the market is operated at the New Life Church (8101 Sunset Avenue) -- and there's plenty of parking.

Carmichael's market is held on Sundays from 9 am to 2 pm at Carmichael Park located at the corner of Grant Avenue and Fair Oaks Boulevard. This market hosts over 75 certified and organic farmers and specialty item vendors in a wonderful park-like setting making it a special occasion shopping for fresh fruit, vegetables, flowers, herbs and more.

BeMoneySmartUSA sponsors markets at other locations, too. For a complete listing, please visit bemoneysmartusa.org.

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susanpeters@saccounty.net.

## **Metro Fire Assistant Chief Selected Fire Chief** for Sacramento Fire Department

SACRAMENTO, CA (MPG) - Metro Fire is extremely proud to learn that the City of Sacramento has selected Metro Fire Assistant Chief Walt White to be their new Fire Chief.

A consummate professional, Chief White's ethics and integrity will provide him the foundation to be a tremendous leader of the Sacramento Fire Department. His commitment to the Fire Service will make him an invaluable regional partner in the delivery of fire and emergency medical services to the Sacramento County and surrounding region.

"It is an honor for Metro Fire, and a testament to the quality



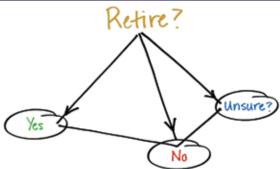
Photo courtesy: Michelle Eidam,

of our employees and culture, to have one more of our Chief Officers selected to be the Fire Chief of another department in the State of California," stated Metro Fire Chief Kurt Henke.

Previous Metro Fire chiefs that have continued on to become Fire Chief are: Dan Haverty - Folsom Fire Chief, Rick Martinez - West Sacramento Fire Chief. Wvnn Latta - Roseville Fire Chief, Jeff Metzinger - Sacramento County Airport System Fire Chief, and Steve Cantelme - Fire Chief, Office of Emergency Services, County of Sacramento.

Source: Sacramento Metropolitan Fire District

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## Fair Oaks Concerts Rock



Hired Guns bids "goodnight" from the Fair Oaks Thursday Night Concert

Continued from Page 1

manager for the last five years.

The venue stage, located in picturesque old Fair Oaks, offers a variety of food vendors and product booths complete with a large seating arena adjacent to Fair Oaks village. In addition to spacious open seating (bring your own lawn chairs), the site offers a great kiddie section with a swing area playground complete with soft landing surface. Mom and dad can take a spin on one of the two dance floors and still keep one eye on the kids. Indeed, both dance floors were filled during the entire two hour concert. Parking is free, although you may have to take a small hike in order to get to the event as the streets surrounding the venue are winding and narrow. If

you have specific parking needs, there is a large special needs accessible parking lot. The family atmosphere is well worth it. The crowd Thursday night was represented by young and old alike, and they all had music and dancing on their minds.

The Fair Oaks Chamber of Commerce, Fair Oaks Foundation for Leisure and Arts, and the Parks and Recreation Department sponsor this ongoing event that runs thorough August. This year's concert series is dedicated to the memory of Kathy Jones. She was instrumental in establishing the concert in the park summer event, and served as a past President of the Fair Oaks Chamber. Kathy also was named Honorary Mayor of Fair Oaks in 2013.

#### July concert headliners include The John Skinner Band and Stone Cold. Tom Rigney and Flambeau will entertain the crowd on the July 31st Sponsor's Night celebration. Thursday summer nights in August will feature the ever popular Swing Masters and The 8-Tracks performing the first two concerts, while Dr. Bach & the Jazz Practitioners will operate on July 21st. Capitol Pops will close out the season finale honoring the retiring Jerry Lopes. Pile the kids and your favorite chicken into the station wagon and head on out to Fair Oaks for a good old fashioned concert under the stars. For further information please call (916) 967-2903 or go to www.fairoakspark.org.

## Flambeau (Sponsors Night) 28th

## **Assessor Announces Sacramento County Property Tax Roll Totals**

Continued from Page 1

Value Lookup" feature on the Assessor's website at www.assessor.saccounty.net to preview the assessed value of their property before tax bills are issued in October. Property owners who believe the 2014-2015 assessed value of their property is higher

than market value as of January 1, 2014 should first request an informal Prop 8 review by filing a request online, by mail, or in person at the Assessor's Office. In addition, owners may file an appeal with the Assessment Appeals Board, an independent body appointed by the Board

of Supervisors. The appeal filing period is July 2-December 1, 2014. Instructions for filing an appeal can be found on the Assessment Appeals Board web site www.sccob.saccounty.net. ★ Source: Sacramento County



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Page 4 • The Messenger



#### LOST TREASURE

I met her in early 1980. How? After I had done a radio show about Marilyn Monroe. I had a guy on who claimed he was married to Marilyn for about two and a half minutes, and then got a quickie dissolution in Mexico. What tales he had to tell about her. After the show, I got a call from this disembodied voice who, in no uncertain terms, told me this guy was full of it! I asked her who she was, and she told me she was Joe DiMaggio's niece and that her mother and father, Tom and Louise owned "DiMaggios" Restaurant on Fisherman's Wharf in San Francisco. Her name? June

DiMaggio. I invited her to come on my show and share her side of the story, which she did. Luckily, I had the opportunity to meet her mom and dad when we had dinner with them at "DiMaggios." I say luckily, because her dad passed away later that year. Suffice to say, we became good friends, and oh the stories she had to tell about Marilyn, Joe, and her own life during the glory years of Hollywood. She knew so many stars like Barbara Stanwyck, Ann Sothern, and Carol Channing to name just a few, but especially Marilyn Monroe. She knew Marilyn for some eleven years from the time Joe was dating the starlet until the day she died. She actually saw Marilyn that fateful day. Over the years, I

## POPPOFF!

with Mary Jane Popp

heard so many wonderful stories about her life and the greats she worked with and knew as friends.

After the passing of June's very dear friend, mentor, and vocal coach to the stars Barbara Klein, she told me Barbara had encouraged her to tell her stories. She asked if I would help. I hesitantly said yes, but I had no idea it would be a seven year journey to hear all her stories and pick out the pictures and get her memoirs published. It all happened with "Marilyn, Joe and Me" June DiMaggio tells it like it was. June and I remained friends til her passing late on the eve of Marilyn Monroe's birthday June 1. It was so fitting. She dearly loved Marilyn and wanted fans to know the lovely Marilyn she called her dear friend, not the sex goddess they all thought she was. June would have been 91 June the eleventh, and I can tell you she lived life to the fullest. She loved to travel and visit with friends, and she dearly loved a party. I am so pleased we got to cruise together a few years back and we traveled the country on tour with our book.

I talked with her for just a few minutes every morning just to say hi and how are you, and I will treasure those few moments we had together. We also shared many holidays at my home with family and friends. And June could still belt out a song from her repertoire anytime someone suggested it. She starred in some eleven Sacramento Music Circus productions as well as all her performances in Hollywood on TV and movies. She always enjoyed the Romanian food we prepared, and always had a doggy bag with goodies to take home. June was also a generous and loving friend who always wanted to know how Rick and I were doing, and if we had any medical issues, called upon her church to say prayers for us.

June, I will miss your loving smile and your good nature, but I will always be grateful that I knew and loved you my dear friend. You are a lost treasure, but some of that glitter will always remain with me! Rest in peace and sing a song for me in Heaven!





**Second Edition for July 2014** 



This Grammy Award-winning American folk music group will perform two live concerts as fundraisers for the Fair Oaks Theatre Festival and the New Christy Minstrels Foundation.



Ticket Price:

Under the direction of Randy Sparks, the group has sold millions of records and launched the careers of several musicians including Kenny Rogers, Gene Clark, Kim Carnes, and Jerry Yester. Known for hits like "Green, Green," "Saturday Night," and "Today," the group played to a soldout house last year, so get your tickets early!

per person (no FOTF discounts apply)

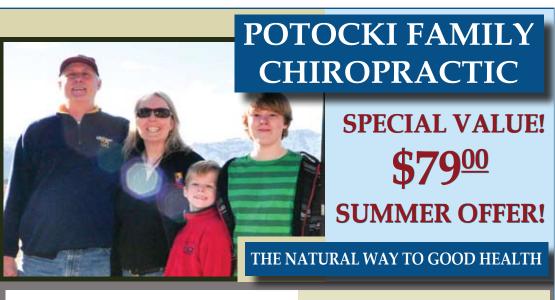
Saturday July 26th & Sunday July 27th

6:30 pm: Gates Open • 7:30 pm: Performance Fair Oaks Community Clubhouse 7997 California Avenue, Fair Oaks, 95628

For Further Information: 9 1 6 . 9 6 6 . 3 6 8 3

FairOaksTheatreFestival.com www.thenewchristyminstrels.com

Tickets will be available on our website, at outlets in Fair Oaks Village and at our box office at any 2014 production.



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By Pastor Ray Dare

Every great accomplishment that's ever happened in history began as a picture in somebody's imagination. The greatest human factor that influences your life is the way you see things, the way that you see yourself, the way you see your potential and your future. The ability to see with the eyes of faith makes all the difference in whether you achieve your dreams and reach your potential or will succumb to the status quo of mediocrity. What is it that you believe God wants to do in and through your life? You must see it with the eyes of faith. If you can see it, you can achieve it.

What does it mean to see with eyes of faith? "I pray that your hearts will be flooded with light so that you can SEE something of the future he has called you to share" Ephesians1:18a (LB) Paul is saying, "I want you to learn to see with spiritual eyes." When you were born physically, you were given a set of physical senses — hearing, taste, touch,

## **See Yourself As God Sees You**

experience in life comes from those five senses. When you are born again spiritually, you get spiritual senses. You get spiritual eyes to see what God wants to do; you get spiritual ears to hear God's voice.

The Bible is full of examples of people seeing with spiritual eyes. Genesis 21 is the story of Hagar taken out to the desert with her son Ishmael to die. She said, "God, don't let me look upon the death of my son." The Bible says, "God opened her eyes" and she saw a well of water in the middle of the desert and it met her needs. In Luke 24 there's the example of the two disciples on the road to Emmaus after Jesus had been resurrected. Jesus is walking with them but they didn't recognize Him until He opened their eyes and they saw that God had been with them all along. In Genesis 13, God takes Abraham up on a hill and says, "Look as far as you can see. Anything you can see, you can have." This will be the Promised Land. If you can see it, you can have it. He saw with spiritual eyes.

In Numbers 13, we have an example of an entire nation failing to realize their potential because they could not see with eyes of faith. Because of the way

smell, sight. Everything you they SAW themselves, the way they SAW their obstacles, they underestimated what God could do through them. "And there we saw the giants ... and we were in our own sight as grasshoppers." Numbers 13:33 (KJV)

> So let me ask you, as you look into your future, what do you see? What do you see God accomplishing through you? What do you see yourself doing for God? God wants you to see as He sees, because He wants to use you in the world today in a significant way. You know you are created for far more than you've experienced to date. Many people never achieve their full potential because they can't see themselves as God sees. They miss God's plan for their life because of self-imposed limitations.

> My challenge to you this week is to get a new view of you. Ask God to open your spiritual eyes so you can see yourself as He sees you. God says, "You can be more than you are right now, you can be something you never thought you could be before." ★

Pastor Ray New Beginnings Church YOU'RE INVITED, Sunday service at 10 am "We Do Church Differently" www.NBC4U.org



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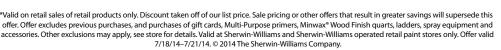
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#### MEMORIAM

#### Jean Allen Bissett

03/04/1945 - 07/08/2014

Jean Allen Bissett, 69, of Windsor Locks, CT formerly of Colchester, CT, peacefully passed away Tuesday, July 8, 2014 at Kindred Healthcare in Windsor, CT. He was born in Sacramento, CA on March 4, 1945, son of the late Jean Clark Bissett and Glenna Mary (Curry) Bissett, and lived for a number of years in Fair Oaks, CA before moving to Connecticut.

After graduation from Fair Oaks High School, Jean enlisted in the US Army and served during the Vietnam Conflict from 1963-1966. During his military service, he served as one of the original Delta Force Troopers from 1964-1966 and was awarded the Purple Heart, a Silver Star, Vietnam Gallantry Cross Medal, Special Operations Medal, and a Bronze Star.

After marrying his wife, Katherine (Dobrouch) Bissett in Hudson, NY, he moved to Connecticut where he has resided for the past 48 years. He was a retired service

manager in the auto industry and was an active member of the Colchester community for many years. He was a Championship Little League coach and held memberships in numerous civic clubs and fraternal organizations including the Jaycees and St. Joseph Polish Society.

Jean loved cars, racing them and working on them. In the late sixties until it closed, he helped run tech inspections at the Connecticut Dragway. He raced in Pure Stock, B Gas Rails, Super Modified, Heads Up (became Pro Stock), and Fuel Funny Cars. He loved NASCAR and any form of racing. Jean was very well versed in most areas and loved to tell stories which sometimes never ended. He loved to gamble and play cards, especially Texas Hold'em, and enjoyed gardening and watching what he planted grow. Jean had a saying, "If it feels good, do it because if you hesitate the moment is lost forever."

Union Gospel Mission Sacramento

and the community's support.

Jean leaves his sweetheart and friend for many years, Karen Lee Stevens of Windsor Locks, CT with whom he shared 13 fun and interesting years together; two daughters, Michelle Bissett and her fiancé Anthony Connolly of Colchester, CT and Heidi Bissett and her fiancé Jonathan Trombley of East Lyme, CT; a sister, Bonita "Bonnie" Heckenlively, formerly of Klamath Falls, OR now residing in Texas; and a grandson, Jacob Allen Wylie. He was predeceased by his wife Katherine Bissett in 1977 after 31 years of marriage.

A graveside service under the direction of Nicholson & Carmon Funeral Home, 443 East St., Suffield, CT 06078 was held at 11 a.m., Friday (July 11, 2014) at St. Joseph Cemetery in Suffield, CT. Memorial donations may be made to the Wounded Warrior project, P.O. Box 758517, Topeka, KS 66675.

To send notes of condolence, please visit www.carmonfuneralhome.com.

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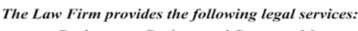
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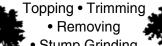
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ACROSS 1. Food contaminant 6. Convex and used for cooking

13. Italy's renowned

14. "Fat chance!" 15. Wear away 16. Mineral made of

17. It opposed British

18. What library does 19. \*Bird of prey

23. Perfect score?

25. Band aid

28. Bread pocket

"Twelve 39. Petrus

40. Absorbed by

41. Yuletides

46. \*It eats both water

48. Get cozy 50. \*Some are on this

point of food chain

the jungle 53. Thumbs-up

60. Go places

66. Part of a plane

72. Eighty-six

DOWN 1. "A Nightmare on \_\_\_\_ Street"

2. Coconut fiber

5. Part of a foot

8. Uniform shade

9 Sweet sandwich 10. Fleming's spy

12. Word for a nod 15. Having more elm trees

26. Mountain in Italy

for Ducklings" 25. \*Sigourney Weaver hunted it

29. New Mexico art colony

## CROSSWORD

9. To be obedient

hydrous silicates of aluminum or potassium.

rule

21. \*Indonesian dragon

24. Calf-length skirt

30. \*Scorpion's domain 35. Amount of work 37. Ashley Wilkes'

ential French humanist

43. Known for its wine 44. Set of values

and land based insects 47. Capital of Ukraine

52. \*Zodiac sign, king of

55. Before, in verse 57. \*What predators did?

63. Politician Palin 64. Spring mo.

68. Pond buildup 69. Duvel, e.a.

73. \*Used when hunting ducks

3. \*Black and white swimmer 4. Jumped or bounded

6. Sound of a fan 7. Argo propeller

11. Taro plant

20. Tear jerker 22. Roulette bet

27. Trails

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32. Inbox message

33. Indian coin 34. \* 36. "Just 38. Prelude to a duel 42. Show contempt

45. Drape with cover

51. Photographed at the doctor's office 54. One in advertising 56. Elude paying taxes

\_\_ out a living

57. Exhibiting good health 58. Craving 59. Indian cuisine staple

60. \*Cretaceous predator 61. Senior manager 62. Car with a bar 63. Tree juice

65. "When We Were Kings"

subject

67. Declare

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

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

8

3

4

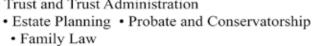
9

7

For Solutions See Page 7

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#### 70. Swelling 71. Hammer part



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(MPG 16-02-14)

Suduko Puzzle on Page 6

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**Crossword Puzzle on Page 6** 

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#### By Ronnie McBrayer

Here we are, deep in the throes of the rituals of summer. School is out, vacation days are being cashed in, and picnic baskets are being packed. Barbecues are firing, pools are splashing, and ice cream trucks are rolling. Meanwhile, thousands, yea millions, are taking to the great American highway.

Seventy percent of the U.S. population will hit the road this summer – off to visit grandma, the beach, the closest roller coaster, or a national park. We just love to feel the breeze on our faces and road beneath our wheels. We can't stop ourselves from being a traveling people. We always have been.

In prehistoric times we hoofed it, walking out of Africa scientists tell us, to every point on the globe. Then we built boats, domesticated horses, constructed wagons, engineered planes, trains, and automobiles – not to mention submersibles and space ships – so that no corner of creation has been untouched by the human foot, it seems. We keep moving, rolling, and running, so much so that the theme song of human history might well be Willie

Nelson's, "On the Road Again." True to form, Christianity is a fluid faith for a pilgrim people. It is a spirituality of sojourn, of

## Hitting the Road

"goin' places that we've never been; seein' things that we may never see again." Yet, we don't always understand faith this wav. Look at how we have structured it, however, and it is easy to see why we most often view Christianity as an incorrigible, fixated fortress rather than a living, dynamic movement.

Our doctrines, constructed and accumulated over thousands of years, stack up like heavy stones. They are unassailable, infallible, and immovable. The buildings that contain our worship services are almost always built of rock, granite, or the hardest and heaviest material we can find – and there those buildings sit in the same place for centuries.

Then, try being an idealistic reformer who seeks to change a church's policy or its strategy to meet the world where it now is. If you're not taken out behind the vestry and quietly crucified, you will find that change in the church usually moves with all the terrifying speed of a melting

This betrays our roots and the trajectory set for our faith from its beginning. With his last conversation with the disciples before his death, Jesus described himself and his personal faith like this: "I am the way, the truth, and the life." Put more accurately, "I am the true and living way." This had such a profound effect on the first followers of Jesus that the earliest self-description of Christianity was "The Way."

The term "Christian," referenced only three times in the entire New Testament, was used by outsiders. It was a moniker

attached to this cult, this sect of troublemakers. But the first "Christians" didn't call themselves "Christian" at all. They called their life and faith, "The Way.'

It was the Path. The Road. It was the constantly evolving, winding, opening arc that took this "band of gypsies down the highway." It was an animated, breathing ethos; certainly not hardened codices of legalistic dogma.

So it doesn't appear that Jesus came to establish an inflexible, competitive religion that would be pitted against other belief systems. No, Jesus came to initiate a way of redemptive and gracious living. He came to show us how to live the life of redeeming love, love for God and for others. He embodied all that the Divine requires, that is, "to do what is right, to love mercy, and to walk humbly with your God."

There's nothing about walking this humble Way that should be turned into cold-blooded institutionalism. It should never be used to exclude, marginalize, or be employed as a tool of separation. This Way can only unfold and expand, taking us further down the road and deeper into the loving heart of God.

This isn't religion. This is the true way to live. And while love is often "a road less traveled," it is the worthiest of journeys. So let's hit the road.

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.

## Have A Blessed Day; **Now Fire Me If You Dare!**

Dr. James L. Snyder

I must confess to a severe case of poverty. I never took a vow of poverty; it just seems to have worked out that way for me. I am so poor the church mice have packed their bags and moved on. If I knew where they moved to, I might join them.

Being poor can have its advantages, but I have yet to run across

I am so poor I am not able to pay attention, especially when watching some television program with the Gracious Mistress of the Parsonage. This has caused no small problem with my wife. We love an evening of unwinding before the TV watching some of our favorite programs. I must confess those programs are getting less and less each year. Soon we are going to have to go back

to reading books. Together we will be watching a program, and when I say "we," I do it with certain modifications. My wife will get up and go to the kitchen for something and when she returns, she asks me a question, "What happened?"

I look at her with one of my infamous quizzical looks and respond, "Where?"

She then explains she is talking about what happened on the TV program while she was away. I then tell her, "I'm sorry, I wasn't paying attention."

This seems to be a source of real frustration for her.

"If you can't afford to pay attention," she will say sarcastically while rolling her eyes, "couldn't you at least rent some attention some time?"

I tried explaining to her that old age is making me a little more forgetful. She, however, is not buying it, so there goes my income stream.

For me, watching television is not an obsession; it is more like a distraction. I do not follow every little bit on the television screen.

For me it is not a matter of life or death, it is just a matter of recreation. I know that nothing on TV is real. We can be in the middle of the next program and I do not realize that the first program has ended. Talk about confusing!

When something does catch my attention, boy does it have my attention.

"Did you," I ask my wife, "hear that?"

Then it is role reversal in prime time. I will not say she acts like me, just that it comes pretty close to it. Not quite Oscar material, but

"What?" She said with a very confused look on her face.

So I had to explain the news story that I just happened to catch. I do not know all of the details, I was not paying that much attention, just that someone was fired from their job for saying to a customer, "Have a blessed day."

I have met many customer service people that said things that I would want them to be fired from, but this has never been on my

My wife then asked the question I was thinking. "What is wrong with telling someone to have a blessed day?'

I could not figure it out. It is like at Christmas time some places do not want their employees to say to the customer, "Merry Christmas." The reasoning is, it might offend someone. What about us who are offended when somebody does not say Merry Christmas to us? This matter of being offended can go both ways. There should be an equal offended person law. There is a law for everything else.

I just would like to meet the person who is offended by somebody saying to them, "Have a blessed day."

Later that evening I was watching a new crime/detective story on TV and all of a sudden, I heard some words that were offensive. They were saying curse words that I have never heard on TV

before. I have always believed that if you have to use curse words, it is because your vocabulary is drastically lacking in intellectual responses to the world

Here is my dilemma. Why can you say curse words on TV, which everybody knows is scripted, but you cannot say, "Have a blessed

day," without getting fired? If I was in business I would want my employees to greet my clients with a cheerful, "Have a blessed day" and not some awful curse words.

I was complaining about this to a friend of mine who explained to me that curse words on television are considered "literary license." Who is paying for that license I am wondering.

syndrome in our country today. The problem is what was PC yesterday is no longer PC today. Who knows what tomorrow's PC will be.

All of this has to do with the PC

What I cannot accept is the fact that being crude and rude is PC and saying something nice is not. Have we reverted to the caveman mentality? Is being nice is no longer acceptable behavior?

I like what David says, "Bless the LORD, O my soul: and all that is within me, bless his holy name" (Psalms 103:1).

Perhaps the reason people are offended by that phrase is because they know that only God has the power to bless. If I am being blessed by God, I am going to turn around and bless people around me.

So, for those offended by that phrase let me say, "Have a blessed day. And fire me if you dare." ★

Rev. James L. Snyder is pastor of the Family of God Fellowship, P.O. Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 866-552-2543 or e-mail jamessnyder2@att.net. His website is www.jamessnyderministries.com.



#### By Marlys Johnsen Norris, Christian Author

Our faith in God as believers confirms these words of truth in our hearts. Why? God knows and absolutely understands all things. The greatness of God and His ability to answer our prayers and do anything needed needs to be recognized.

Therefore, do not lose faith when everything seems to be moving in the opposite direction - God is still in control! Once you have prayed a prayer for

## Praise God . . . No One is Beyond the Reach of God!

anyone, God hears every prayer and He will answer according to His will for that person. At an absolutely perfect time and in a perfect way!

Often when prayers are not answered immediately, we may possibly have something important to learn about God! His answers are not according to our will but His! God knows all the facts and how to reach the one we are concerned about, so often we must "wait" and waiting is the way God teaches us about Himself and His ability to do things perfect. No matter how many years one has walked with the Lord as their Savior and had many answers to prayer, "waiting" continues to be one of the hardest things we

do as a believer. God teaches us more and more about "Trusting" Him for all things when we seek Him with our whole heart. (*Matthew 6:33*)

"Waiting" is an exercise of our growing faith as well as an ability to trust in an all knowing God who has the power to move mountains in behalf of anyone. His Holy Spirit will teach and help everyone by bringing about the miraculous circumstances to help someone to long for and want to know God. And know this — He will be there to bring about the answer to prayer you long to see happen!

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

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#### 2014 SHOWS - SAVE THE DATES!!

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**COMEDY NIGHT** FRIDAY August 1

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**COMEDY NIGHT** FRIDAY October 3

Safe Halloween FRIDAY October 31

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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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Reservations Required, please RSVP to the location of your choice, or to Lisa West at LisaW@EastLawn.com

Seating is limited to 30 attendees per seminar

## 41st Annual Eppie's Great Race Includes Tributes to Founder Eppie Johnson

Continued from Page 1

added new, modern elements to the 2014 event, such as timing chips and new technology allowing participants to post via social media their registration, training, times during transitions on the course, and a short video of them crossing the EGR Finish Line! Additionally, EGR will introduce its inaugural EGR Cycling Jersey and special, modern fit running t-shirts and tanks for participants.

Both teams and/or individuals can compete in EGR divisions from "Junior," to "Iron Person," 14 - 70 years and older. The EGR participants run 5.82 miles, cycle 12.5 miles, and paddle boats 6.35 miles on a racecourse located on and alongside the American River Parkway. Proceeds from EGR fund recreational programs for the disabled throughout Sacramento County. EGR volunteers, sponsors, potential exhibitors, and race participants are encouraged to go to www.eppiesgreatrace.org to sign up or for more information.

Source: www.EppiesKidsDuathlon.org

While the 41st annual Eppie's Great Race will remain the same fun race enjoyed by tens of thousands of people worldwide, the EGR Committee has added new, modern elements to the 2014 event.



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#### Fair Oaks Theatre Festival Presents

The play, presented in partnership with **American River** College, is about an affectionate and hilarious send-up of bad 50s sci-fi movies. "The Brain" tells the story of an alien invasion circa 1958.



## **Opening June 20th**

A brain and its two alien cohorts. **Zubrick and Yoni, arrive** on Earth and plan to take over the San Fernando Valley. It's the first step on the road to their quest to take over the entire planet and to destroy the family unit. This rousing toetapping musical features a dancing, singing brain... what more could you want from a musical!

"The Brain From Planet X" will be directed my Bob Irvin and featuring the Fair **Oaks Theater Festival** award winner cast.

The play is from a book written by **David Wechter and** Bruce Kimmel, with music and lyrics by Bruce Kimmel.

The play premiered in Los Angeles to rave reviews. The Los Angeles Times call "The Brain From Planet X", "Wildly funny... wittily staged, sharply cast and graced with some catchy numbers." The Beverly Hills Outlook called "The Brain, "Fun theatre! Silly, spoofy, and goofy!"

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

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## Eskaton Gold River Celebrates a Birthday



In addition to Eskaton Lodge Gold River offering assisted living and memory care for their residents, they now also offer the convenience of an in-house, private physician and professional medical team. Photo courtesy Brandon

#### Story by Bill Martin

**GOLD RIVER, CA (MPG)** - Saturday, June 14th marked the day that Eskaton Gold River celebrated its 15th Birthday. Eskaton pulled out all the stops for a great celebration event. Food, music, and beverages of all kinds filled the Grand Dining Hall at Eskaton in Gold River. The air was full of music from a live three-piece band playing fabulous Jazz and swing-area tunes. Delicious smells from fantastic food filled the room. Glasses were clinking, residents and guests were singing, and there was lots of toe-tapping and laughter. The happy residents and their guests all reported that they were having a wonderful time.

Upon my arrival at the Gold River facility, I was greeted by Marianne Richardson, Executive Director of Eskaton medical professional makes Gold River. With Marianne as my guide, I was given a tour of this incredibly-beautiful

facility. Newly remodeled in July of 2013, all guests and residents are treated to beautifully-maintained gardens and pathways throughout the property. The interior entrance showcases warm woods, earth tones, high vaulted ceilings, and a welcoming fireplace (for the winter months). Eskaton's elegant grand dining room rivals that of any of the best five-star hotels in the area.

In addition to Eskaton Lodge Gold River offering assisted living and memory care for their residents, they now also offer the convenience of an inhouse, private physician and professional medical team.

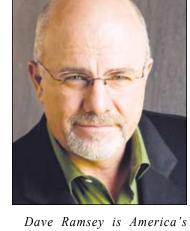
The new Community Medical Partner Program, a signature program of Eskaton, provides access to medical support beyond the traditional office setting. With this program, a house calls right to the Lodge, giving residents some important healthcare advantages.

Marianne Richardson, the executive director, did want to stress that there are individualized programs offered to the residents to match their activity level, to make sure they remain engaged in life, and to maintain a healthy and positive outlook for the future.

There are several more events planned for Eskaton Gold River in the months to come. Look to the Gold River Messenger for additional information on upcoming events.

Eskaton is Northern California's largest nonprofit community-based organization serving seniors. With four decades of experience and a national reputation for innovation and public education, Eskaton's vision is to transform the aging experience.

Eskaton Lodge Gold River is located at 11390 Coloma Road in Gold River. For more information, call (916) 852-7900 or visit them online at www. Eskaton.org.



trusted voice on money and business. He has authored four New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover and EntreLeadership. His newest book, written with his daughter Rachel Cruze, is titled Smart Money Smart Kids. It will be released April 22nd. The Dave Ramsey Show is heard by more than 6 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @ DaveRamsey and on the web at daveramsev.com.

#### Who do You Want to Hang Out With?

Dear Dave,

I have job offers from two tech companies. One is in San Antonio and pays \$55,000 a year, while the other is in Silicon Valley making \$100,000 a year. My friends are advising me to move to California, but I feel like I'd have more money in my budget if I moved to San Antonio. What do you think?

# Dave Says

Dear Aaron,

The good news about Silicon Valley is you'd be around a ton of really smart people in your industry. I mean, it's the epicenter of the tech world, right? You'll learn a ton and have lots of opportunities, so there's definitely an upside.

The problem is that the Silicon Valley area is one of the most expensive places to live in the entire country. The real estate prices and cost of living are ridiculous! Still, if it weren't for the cost of living argument, it would be a no-brainer for me. Then, it wouldn't really be so much about the income and prices as it would be about the career opportunity.

Still, you have to consider the economic factors involved here. With that in mind, it's not an exaggeration to say you might actually put more money in your pocket at \$55,000 in San Antonio than you would \$100,000 in Silicon Valley. That's entirely possible!

I think things are going to come out pretty even — economically speaking — once you adjust for the cost of living. I'm a huge fan of Texas. It's a great business market and tax situation down there. But really, in my mind the question comes down to your personal comfort level and quality of life. And that's something you'll have to answer for yourself!

Playing With House Money Dear Dave,

My wife and I just became debtfree, and we're saving for our first house. We have about \$75,000 in savings, and we'd like to buy a home with cash in the next few years. Where do you think we should place our money so it's working for us while we save? - Andrew

Dear Andrew,

I don't advise playing the market on the short term. If I were in your shoes, and looking at possibly a two- to four-year window, I'd just pile the cash in a money market account or possibly a balanced fund.

I'm a big fan of growth stock mutual funds when it comes to long-term investing. The problem with that in this scenario would be the volatility of the market. By the time you've saved up more money and spent time deciding on a house, the market may be down. All you're looking for in this scenario is a wise, safe place to park it and pile it up while you prepare.

Congratulations, Andrew. Debtfree is the way to be when you're looking to buy a nice, new home!

\*For more financial help, please visit daveramsey.com. ★

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alzheimer's  $\upalpha$  association<sup>®</sup>
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- Dave

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## **Job Demand Hiring Trends Show Promise in the 3rd Quarter**



A robust market in California's capital city expects to add as many new workers as it hires for replacements within existing workforces in the third quarter of 2014.

#### **SACRAMENTO REGION, CA (MPG) -**

A robust market in California's capital city expects to add as many new workers as it hires for replacements within existing workforces in the 3rd quarter of 2014. In a direct telephone survey of Sacramento's top regional employers, fifty percent (50%) say hiring is motivated by expansion of existing workforces, and eleven percent (11%) also attributed seasonal demands for seeking workers in July, September and October.

Attrition, or replacements among the existing workforce motivated the other half expecting to see applicants. Pacific Staffing discovered just twenty-nine percent (29%) of Sacramento companies contacted directly between May 21st and June 11th are not hiring. While service and manufacturing companies were driving the majority of hiring anticipated in the third quarter, construction firms were almost evenly split, and just one retail firm surveyed was not looking

for help. Also signaling continued robust employment in the area, not one company noted any plans for layoffs in the next quarter. Several firms also mentioned that retention of current workers was a growing concern and noted finding adequate numbers of qualified applicants as another challenge.

#### Skills Demand?

Demand for technical skills continues to drive recruiting out of the Sacramento area as firms report they can't find qualified applicants in sufficient numbers to meet demands for IT needs. Sales and customer service are in demand with employers in the Sacramento market also looking for workers to manufacture, warehouse, and ship products in the third quarter. A significant shortage of drivers for route and delivery needs was also noted among companies across the board.

Sacramento Regional **Top Companies Polled By Industry:** 

40% are Service, 31% are Manufacturers, 21% are Construction, and 8% are Retail.

#### Special Report on Veteran's **Employment Opportunity in** Sacramento

As conflict winds to a close in Afghanistan, as many as 30,000 military men and women are expected to return from service each year to re-enter the California job market. Sacramento employers answered without reservation and are unanimous in saying they will hire a qualified veteran when asked. Thirty percent (30%) say they have a veteran hiring program or policy. Regional companies deserve a salute as more than half of those surveyed, or fifty-four percent (54%), say they have hired a veteran to go to work in the last year.

How does this quarter compare to last quarter, or last year? Find out for yourself.

For more information, employment blogs and market surveys go to www.pacificstaffing.com.

Source: Pacific Staffing



By Kay Burton

Gold River residents, Ron and Mary Walker, lost their 16 year old precious Yorkshire Terrier,

Phoebe, in March. They quickly began a lengthy search to replace their beloved companion.

They found the perfect puppy through the Yorkshire Terrier Club of America. The YTCA

members are breeders of champion show dogs. The Walkers drove to Sparks, Nevada and were able to purchase a 3 month old little puppy who is cute and perky as can be.

The Yorkshire Terrier is a small dog breed of terrier type,

## A Cuddly Bundle of Joy

developed in the 19th century in the in county of Yorkshire, England, to catch rats in clothing mills, also used for rat-baiting.

The Walkers named this 2.8 lb. furry female Izzi to match her energetic personality.

Izzi was raised with 16 other Yorkies so she so she is very used to other dogs. Her mother,

named Breeze, and father, Mick, are champions with the father recently winning Best of Show.

Izzi exhibits superb genetic with good examples of stance and posture. She is black and tan now, like all Yorkie puppies, but will turn silver like her parents as an

She now has the puppy "rascal" behaviors with chewing and getting into trouble like chomping bark and leaves, chewing paper, grapping socks, etc. Izzi is attending Puppy School and is learning to properly walk on the leash. Her family is teaching her tricks. She can fetch a ball and bring it back

When she gets her AKC



certificate she will be registered as Izzi Bella Under the Tuscan Sun.

Izzi is definitely loving, loyal and already attached to her new family. Izzi has agreed to participate in the upcoming "Bow Wow Beauties" Fundraiser to support the SSPCA.

This event will be held Saturday, September 6, at the Hallmark location in Gold River.

Kay Burton is a longtime columnist and supporter of the SSPCA and other rescue groups. To share your family pet story with our readers, email: Kayburton1@ comcast.net



## **Sacramento County DA Reports**

#### Recent cases of interest

CASE: Delina Williams (07/11/14)

PROSECUTOR: Deputy District Attorney Sheri Greco, Homicide Unit

District Attorney Jan Scully announced today that Delina Williams was convicted by jury for the first-degree murder of 27-year-old Jessica Brock. The jury also found true that Williams personally

On October 24, 2011, Williams stabbed Ms. Brock to death in her apartment. Williams took Ms. Brock's vehicle and attempted to use her credit card to buy gas. When Ms. Brock's body was discovered in her apartment more than a week later, she had in excess of 50 stab wounds to her head, neck, chest and back.

Williams faces a potential sentence of 26 years to life in prison. Sentencing is set for September 19, 2014 at 9:00 a.m. in Department 40 before the Honorable Raoul Thorbourne.

#### CASE: Sofronski Brookins (07/11/14)

PROSECUTOR: Deputy District Attorney Jeff Hightower, Homicide Unit

District Attorney Jan Scully announced today that the Honorable Cheryl Chun Meegan sentenced Sofronski Brookins to 7 years to life in prison. On April 29, 2014, a jury convicted Brookins of aggravated mayhem, torture and a domestic violence assault charge. The jury also found true the allegation that he personally inflicted great bodily injury and that he had a prior conviction for domestic violence.

On August 17, 2012, Brookins became angry with the victim. He boiled a pot of water and held her against the wall while he poured it over her head, causing second-degree burns over seventeen percent of her body and significant permanent scarring.

#### CASE: Deandree Johnson (07/10/14)

PROSECUTOR: Deputy District Attorney Jeff Hightower, Homicide Unit

District Attorney Jan Scully announced that the Honorable Ben Davidian sentenced Deandree Johnson to 24 years in state prison after he pled guilty to voluntary manslaughter, assault, theft and robbery of an inhabited dwelling.

The charges stem from a trio of robberies Johnson committed in an apartment complex on Howe Avenue over the Halloween weekend in 2011.

On October 29, 2011, the then 16-year-old Johnson punched Christopher Salomonson one time, causing him to fall and hit his head. Mr. Salomonson died as a result of his injuries. Johnson also assaulted Brian Richards, a friend of Mr. Salomonson. Johnson committed a theft 90 minutes prior to his attack on Mr. Salomonson and committed a home invasion robbery the next night.

#### CASE: Carl Murphy (07/03/14)

PROSECUTOR: Deputy District Attorney Andrew Smith, Homicide Unit

District Attorney Jan Scully announced that the Honorable Robert Twiss sentenced Carl Murphy to 25 years plus life in prison without the possibility of parole. On May 29, 2014, Murphy was convicted by jury of first-degree murder during the commission of a robbery involving marijuana. The jury also found true that Murphy personally used a handgun during the murder.

The Court found Murphy had a previous conviction of robbery with the use of a gun invoking California's Three Strikes Law.

Murphy shot 35-year-old Roderick Alexander in the head on October 22, 2012 in South Sacramento. He died five days later from his injuries.

#### CASE: Felisha Blackmon, Aaron Bonner, Darryl Cartwright, Bonita Clayborn, David Ludd & Atlakea Scott (07/08/14)

PROSECUTOR: Deputy District Attorney Alan Hengel, Insurance Fraud Unit

District Attorney Jan Scully announced today that Felisha Blackmon, Aaron Bonner, Darryl Cartwright, Bonita Clayborn, David Ludd and Atlakea Scott all pled no contest to felony charges of insurance fraud and personal identification theft.

Between May 23, 2011 and May 24, 2012, the six defendants impersonated insurance policy holders and submitted approximately 1,000 fraudulent claims for automobile windshield chip repairs to numerous insurance companies. The insurance companies paid nearly \$100,000 on these fraudulent claims.

The defendants face a potential sentence ranging from 3 years in state prison to 240 days in the county jail. Sentencing is set for August 6, 2014 at 8:30 a.m. in Department 8 in front of the Honorable Laurel White.

## DR. COY F. CROSS

Author Coy Cross II, Ph.D "The Dhance" A Caregiver's Search for Meaning

Fear: A Divine Gift

#### STRENGTH IN UNITY

A couple of years ago I met with "The Rock Group," seven extraordinary men who love and trust each other enough to share their innermost fears and hopes. One man talked of fear as being both an impediment and a motivator in his life. Later two other men and I on "Fear: A Divine Gift."

brought to mind an earlier incident. The subject of fear came up at our Thursday night men's group meeting and several men shared what they most feared. I couldn't relate to any of their fears, so I began thinking "What do I most fear?"

At the time my wife Carol was in remission and recovering well. I realized my greatest fear revealed two hernias along

was that her cancer would come back. At lunch the next day, I shared this with my friend Greg. As was my habit, after lunch I called Carol to tell her I was on my way. She told me she had scheduled a doctor's appointment for that afternoon, because something did not feel created a weekend retreat right in her abdomen. The doctor referred her for a Working on the retreat CT scan to determine if the cancer had returned. Since it was Friday afternoon, the results would not be available until Monday afternoon or Tuesday morning.

Over the weekend she and I talked and we both realized that if the cancer returned, we could confront it together as we had with her original diagnosis. Monday afternoon the scan

the incision line from her surgery. This experience was a gift that showed me I could face my greatest fear and move through it. When the cancer did return a year later we both knew that we would be able to be present with whatever life presented.

Share with us each month here and visit Facebook to learn more at The Dhance. See author Cross as he discusses discoveries, lessons and shares insights on YouTube.

You also can learn to cope in delving into the mind, life and acceptance of life and death that is the heart of Coy Cross's experience related for all to learn from in "The Dhance" (Available from KohoPono Press, ISBN 978-0-9845424-2-0, visit kohopono. com or call 503-723-7392).

Please note: author's permission required before reprinting these articles.

#### CAREGIVING ◆ CRISIS DISCOVERY • ACCEPTANCE

A cancer diagnosis instantly changed a loving couple's lives forever. Read of their discovery, lessons, resources and where to find the strength you need to be a caregiver when crisis comes to your house, read "The Dhance: A Caregiver's Search for Meaning."

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## **Soil Born Farms' American River Ranch Farm Stand Now Open**



The goal of our Farm Stand is to bring organic produce to the Sacramento community and provide a relaxing place for people to spend their day and to further connect Sacramento's sustainable community.

RANCHO CORDOVA, CA (MPG) - With the 2014 summer harvest officially underway, Soil Born Farms has opened our American River Ranch Farm Stand to the public. The Farm Stand, which is open every Saturday from 8 a.m. to 1 p.m. through November 15th, is located alongside the American River bike trail between mile marker 15 and 16.

The goal of our Farm Stand is to bring organic produce to the Sacramento community and provide a relaxing place for people to spend their day and to further connect Sacramento's sustainable community. Every Saturday we take another step towards accomplishing these goals and ultimately creating a local food system that the Sacramento community can depend on.

Come each Saturday and enjoy a country experience in the city. You can bike, walk or drive to the ranch, take a self-guided tour around the farm, enjoy organic fair-trade coffee from Equal Exchange as well as baked goods from Yellowbill Bakery/Magpie Market Café.

Our seasonal produce varies throughout the summer; however, we always have a delicious selection of whatever is in season plus honey, eggs, jams, salsa and other local products. Check out what we are harvesting each week on our website! www.soilborn.org.

We are showcasing live music throughout the summer as well as holding outdoor Yoga classes every Saturday. From 9-10 a.m., Farm Yoga is held in our Outdoor Classroom and is taught by Summer Ward and other local instructors. Make sure to bring your Yoga mat and sunscreen, it

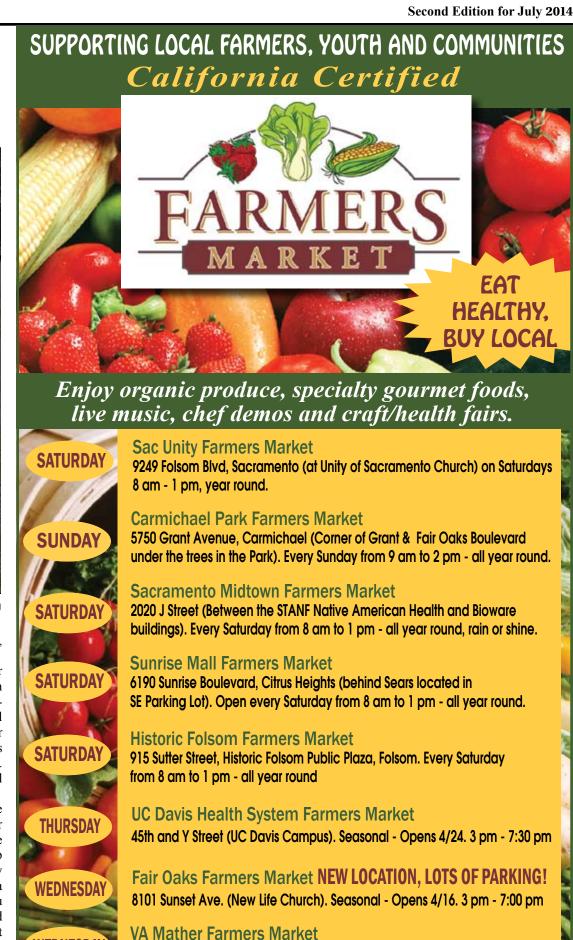
gets hot outside! \$10 donation, all levels of yogis are welcome!

Also, stop by our Eat Your Vegetables mobile education cooking booth for simple delicious ways to prepare seasonal produce from the farm or your garden. These education demos will feature local guest chefs. Check our website for special Saturday activities.

Cash and CalFresh/EBT are gladly accepted. Enjoy our Market Match Program where you can grow your dollars, help your family eat fresh, be healthy and live well. Receive an extra \$5 from Market Match when you spend \$10 on fruits, nuts and veggies with CalFresh/EBT at the Farm Stand. Program will last for duration of the available funding.

WEDNESDAY

Source: Soil Born Farms





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