



AMERICAN RIVER MESSENGER

Volume 9 • Issue 10 Serving Fair Oaks, Orangevale & Sacramento County Second Edition for May 2014

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AMGEN Tour Thrills



Coming to the finish line for Stage one were 16 teams which included nine UCI Pro Teams, three UCI Pro Continental Teams and four UCI Continental Teams. Here we see the finishing laps of Stage One in front of the State Capitol.

Story and photos by Eric Hokom

SACRAMENTO REGION, CA (MPG) - After a two year absence from Sacramento, the AMGEN Tour of California returned to the area with not only the usual cast of high caliber pro men's teams competing, but it also marked the first time in race history that professional women would compete in their own circuit race and time trial. Coming to the start line for Stage one were 16 teams which included nine UCI Pro Teams, three UCI Pro Continental Teams and four UCI Continental

Teams. The UCI Pro Teams included USA based squads BMC Racing, Team Garmin-Sharp and Trek Factory Racing. International teams were led by Team Sky from Great Britain, Omega Pharma-Quick Step from Belgium and Cannondale Pro Cycling from Italy. Among the riders competing for the coveted yellow jersey to be presented at the end of more than 720 miles and over 40,000 feet of climbing in Thousand Oaks on May 18th were Olympic Gold medalist/Tour de France champion Sir Bradley Wiggins - Team Sky, three-time ATOC stage

winner Mark Cavendish and Tom Boonen - Omega Pharma/Quick Step, Taylor Phinney and Thor Hushovd - BMC Racing, 10 time ATOC stage winner Peter Sagan from Cannondale Pro Cycling and crowd favorite Jens Voigt of Trek Factory Racing making probably his last appearance at the ATOC. The women's completion was comprised of a circuit race through downtown Sacramento on Sunday and then an individual time trial on Monday in Folsom. 115 women from 20 high caliber teams participated in the 2014 ATOC. The start list included Evelyn Stevens and Carmen Small

-Team Specialized-lululemon, Alison Powers and Coryn Rivera - UnitedHealthcare Pro Cycling, and Annie Ewart and Brianna Walle-Optum Pro Cycling p/b Kelly Benefits Strategies. The men's teams began the 720+ mile week long journey through California with a 123 mile road race starting and finishing in front of the State Capitol. The course took riders north along the Sacramento River, heading to Lincoln for the first of two sprint points of the day.

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Enjoy the Taste of FAIR OAKS



FAIR OAKS, CA (MPG) - The 21st annual *A Taste of Fair Oaks*, sponsored by the Fair Oaks Chamber of Commerce, is an annual food, wine and micro-brew tasting event. This year's event will be held on Friday June 6th from 6:00-9:30pm and will be held again at Northridge Country Club located at 7600 Madison Ave. in Fair Oaks.

Area restaurants, wineries, and regional micro-breweries will be in attendance for guests to taste and sample the exhibitors' food and beverages. In addition to sampling wine, beer, food and plentiful desserts, attendees will enjoy music by Vision Entertainment, a golf putting contest (\$5000 grand prize), and numerous Silent Auction and Raffle items. The *Taste* is the Chamber's largest fund raising event of the year. The proceeds from the event help the Fair Oaks Chamber support the community of Fair Oaks by offering free events throughout the year. This is a fun and festive event that is always well attended. Tickets are \$40 in advance and can be pre-purchased on the Chamber's website: www.fairoakschamber.com. Tickets are \$50 at the door. **★** Source: Fair Oaks Chamber of Commerce

Over 400 Attend Eppie's Kids Duathlon

By Drisha Legget

SACRAMENTO REGION, CA (MPG) - Over 250 children and their families, as well as an additional 150+ volunteers and spectators, attended the ninth annual, *Eppie's Kids Duathlon*, on Saturday, May 17, 2014 in Sacramento's Discovery Park. The first *Eppie's Kids Duathlon* (EKD) not executed on the same day as its *Eppie's Great Race* parent event, the May 17th EKD participants ran and cycled by age group before enjoying a "Farm-to-Fork" themed health and fitness expo that included "President's Challenge" fitness stations, healthy food demonstrations, games and entertainment. The *Eppie's Great Race* (EGR) Committee implementing the EKD each year chose to move the Duathlon to a new date and venue, in part to allow different age groups to compete in different length courses, more conducive to their ages and athletic experience.

After the participants completed the EKD's running and biking, they immediately received free Redwood tree seedlings donated by Meek's Hardware and Lumber. Over 180 of the participants also completed five other fitness stations (manned by California State University, Sacramento students) to earn their "President's Fitness Challenge" awards and patches, from the President's Council on

Fitness, Sports & Nutrition. The participants also enjoyed free Quizno sandwiches and sampled locally-grown "Farm-to-Fork" cuisine at healthy cooking demonstrations presented by *Lucca Restaurant and Bar's* Executive Chef Ian MacBride and nine-year-old Entrepreneur and Chef Nicolas Come (founder of *Nicolas' Garden*).

"As this was the first 'Eppie's' event following the passing of my dad late last year, we were a little nervous," shared George Johnson, II, chairman of the *Eppie's Great Race* foundation (and son of EGR founder Eppie Johnson). "We were not sure we should make such a big logistical change as separating the two events into different dates and different locations. But in the eight previous years, we have implemented the *Eppie's Kids Duathlon* on the same day as *Eppie's Great*

Continued on Page 2



Over 400 children and their families attended the ninth annual, "Eppie's Kids Duathlon" in Sacramento's Discovery Park on Saturday, May 19, 2014. Photo courtesy Eppie's Kids Duathlon.

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Over 400 Attend Duathlon



Four-year-old Wyatt Cody smiles broadly as he prepares at the Starting Line of the, "Eppie's Kids Duathlon". Photo courtesy Eppie's Kids Duathlon.

Continued from Page 1
Race in July, we would receive the same comments back: "Please move the Duathlon to a different day! I can't do Eppie's Great Race and watch my kid in the Duathlon because the events overlap!" So the Committee decided to move the Duathlon to May so that Eppie's parents can watch their children in the Duathlon, and so more children in schools can participate. And it worked! We are so happy to see schools like St. Hope Academy bring out busloads of students to run and bike and then have fun in our Farm-to-Fork Expo! Overall, we are very pleased with this year's Eppie's Kids Duathlon and consider it a big success! And I think my Dad's probably in

heaven right now smiling, knowing his legacy of inspiring families to stay active and healthy is still living on through my and my kids' generations!"

Eppie's grandchildren, twins EJ and Athena Johnson, both participated in the 2014 EKD, Athena doing so just months following extensive leg surgeries.

"I just wanted to finish the race and have fun," stated Athena, EGR Founder Eppie Johnson's Granddaughter. "I think my papou (grandfather in Greek) would have been proud to see me cross the finish line. I can't wait to do it again next year!"

To see a complete list of EKD participant times and results listed by gender and age group, please check: www.eppieskidsduathlon.com.

Additional photos of the event may be seen on the Eppie's Great Race and Eppie's Kids Duathlon Facebook pages as well.

Beneficiaries of the EKD include Eppie's Great Race Foundation, Nicolas' Garden, and Soil Born Farms. Adult competitors can compete in the upcoming, 41st Annual Eppie's Great Race, scheduled for Saturday, July 19, 2014 on its traditional course in Rancho Cordova and Sacramento, on the American River Parkway. Participant and volunteer registrations may be recorded online at www.EppiesGreatRace.org or by calling (916) 480-0270. For more EKD information, please visit www.EppiesKidsDuathlon.org. ★

Fire Camp Lets Kids be Firefighters for a Week

SACRAMENTO COUNTY, CA (MPG) - Metro Fire recently opened the application period for Fire Camp, a day camp that takes place from July 15-18, 2014. Fire Camp provides local children a once-in-a-lifetime opportunity to experience today's fire service, first hand. The program is designed to instill self-confidence, teamwork and a basic understanding of the firefighting profession, in a fun and exciting atmosphere.

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

To attend Fire Camp, applicants must be 11, 12 or 13 years of age, with preference given



to those living within Metro Fire's boundaries. Applications are processed in the order in which they are received, so apply early for a better chance of securing a spot. Deadline to apply is June 4, 2014.

For applications and more information, visit our website: www.metrofire.ca.gov.

Source: Sacramento Metropolitan Fire District

ACORN Whistle Blower to Speak at Northridge Country Club

SACRAMENTO COUNTY, CA (MPG) - Anita MonCrief will speak at the Sacramento Republican Women Federated's monthly meeting on Wednesday, June 4th at the Northridge Country Club, 7600 Madison Ave, Fair Oaks. The meeting starts at 11:30 a.m. and MonCrief will speak at noon.



MonCrief is a Senior Advisor at True the Vote and is an Advisory Board member of the Black Conservatives Fund, but she is best known as the ACORN Whistleblower.

MonCrief attended the University of Alabama where she majored in political science and history. She worked as intern for the American Bar Association Central European and Eurasian Law Initiative (ABA CEELI), where she assisted with the creation of the International Covenant on Civil and Political Rights Assessment Index. In 2002, she partnered with the Organization for Security and Cooperation in Europe on their mission to Macedonia as an election observer.

She has also worked with the International Crisis Group and the Grameen Foundation.

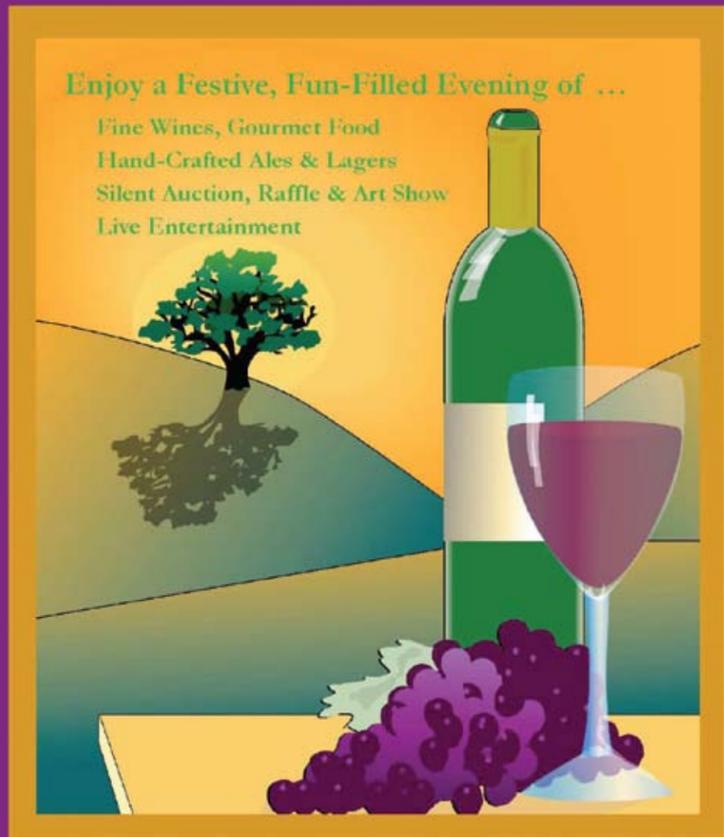
In 2005, Anita joined the Strategic Writing and Research Department of ACORN Political Operations and its affiliate Project Vote.

In 2008 she came forward as the confidential source of the New York Times and then publicly to expose the damage that ACORN has done to the impoverished and marginalized communities, as well as its rampant voter fraud, and gained notoriety as the ACORN whistle blower. ★

Source: Sacramento Republican Women Federated

21st Annual a Taste of Fair Oaks

Presented by the Fair Oaks Chamber of Commerce



June 6, 2014 North Ridge Country Club
6pm ~ 9:30pm
Pre-Event Tickets: \$40
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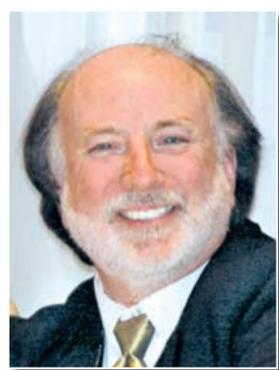
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AMGEN Tour Thrills



Eventual Amgen Tour of California winner, Sir Bradley Wiggins heads out at the start of his Time Trial in Old Folsom.

Continued from Page 1

The next sprint point came in Auburn before they headed down a fast descent to the American River. The next challenge came with their first King of the Mountain points which came at the top of Highway 49. The peloton then headed through El Dorado Hills and down Jackson Highway toward downtown for three circuit laps.

With a finish designed to favor sprinters, 128 riders made three tours around the two mile circuit through downtown Sacramento. Past ATOC finishes in Sacramento have provided some memorable finishes, and this year's race did not disappoint.

Mark Cavendish of Omega Pharma-Quick Step, the 2012 World Champion who holds the third most Tour de France stage wins, was able to lunge over the finish line by just the width of a tire rim ahead of John Degenkolb of Team Giant-Shimano. Moreno Hofland of Belkin-Pro Cycling came through the finish line just fractions of a second behind Degenkolb to finish in third place.

"I've won a sprint by 10 cm before, and I've lost a sprint by 3 [cm], and both of them I knew the outcome. That was the first time in my career I really had no idea who'd won ... I'm super happy," said Cavendish of his seventh win of 2014.

An hour after the men rolled out of town, the women toed the start finish line to begin the one hour race around the 1.25 mile circuit

surrounding the State Capitol. The race featured some aggressive riding and attacks from the get go. The four corner course made for some fast lap times with the women averaging 27.5 mph.

Out of the tightly packed bunch, current National Time Trial Champion Carmen Small of Team Specialized-lululemon was able to shoot out in front of the lead group in the final meters of an all-out sprint to take her to her first win of the season. As the riders came to the finish line, Allison Powers of UnitedHealthcare Pro Cycling was pushing the front of the pack and looked to have victory within her grasp but in the last few meters was overtaken by teammate Coryn Rivera who take 2nd place with Brianna Walle of Optum Pro Cycling p/b Kelly Benefits Strategies slipping into third.

Monday saw the men and women move to Folsom for Stage two, the Individual Time Trial, where riders race against the clock one by one. The TT course started on Sutter St. and made a left run onto Riley for a short downhill before heading across the Rainbow Bridge and over the American River. The riders descended Folsom Auburn Blvd and after crossing Greenback Lane headed back into Old Folsom for a finish on Liedersdorff St. The 12.6 mile route is designed for speed and is a short flat course.

In the Men's TT, Rohan Dennis of Team Garmin Sharp went out early and set the time to beat of 24'02"03. But Sir Bradley

Wiggins of Team Sky was on a mission to grab his first stage win of the 2014 ATOC. He took to the course with about a third of the peloton still to go and when he returned to Old Folsom he had bested Dennis' time by 44". That time was good enough to take the top spot on the podium and hold off the rest of the field. Taylor Phinney (USA) finished on the podium in third place 52" behind Wiggins.

"You have a plan in your head as to how you imagine you're going to come out at the end of today, and so far it's probably a bit better than I imagined," said Wiggins in the NBC Sports Network telecast.

Prior to the men's TT, 20 of the best women time trial specialists in the world competed on the same course. This was an invitation-only group that included three riders representing the teams with podium finishes from the circuit race the day before.

Alison Powers-UnitedHealthcare Pro Cycling made up for missing the podium on Sunday by taking the top spot on Monday. Powers, who is the National Championship time trial leader and holds the criterium titles, set a blistering pace during her entire ride and finished with a time of 27:20.65. Brianna Walle-Optum Pro Cycling p/b Kelly Benefits Strategies followed up her 3rd place finish in the circuit race the day before to take 2nd place 21" behind Powers. Tayler Wiles of Team Specialized-lululemon finished 25" behind just ahead of teammate Evelyn Stevens.

"Long fast downhills and short uphills. I like that," said Powers. "I'm a little bigger and can carry some speed."

With two days of racing in the Sacramento area, the economic impact to the area is about \$8.4 million dollars according to Mike Testa, senior vice president of sales and business for the Sacramento Convention and Visitors Bureau. Another economic shot in the arm will come beginning June 26th with the USA Outdoor Track & Field Championships at Hornet Stadium. ★

Ribbon Cutting Event Celebrates Improvements



The Ribbon Cutting Ceremony celebrated the completion of the sidewalk infill Project and Median Landscaping Project. Photo courtesy Sacramento County.

SACRAMENTO REGION, CA (MPG) - Supervisor Roberta MacGlashan and the Sacramento County Department of Transportation hosted a ribbon-cutting event to celebrate completion of two projects in the Orangevale area: the Greenback Lane at Walnut Avenue Sidewalk Infill Project, and the Madison Avenue Median Landscaping Project. The Madison Avenue project was done in partnership with the City of Folsom.

According to Supervisor MacGlashan, "These projects provide communities with safer, more attractive roadways. The Greenback Lane project brings safety and connectivity to a portion of Orangevale that really needed it. The project location is heavily traveled by residents, school children and people visiting the local farmers' market and

area stores. The Madison Avenue median project provides benefits for Folsom and Orangevale, which are neighboring communities. The City of Folsom enhanced a business corridor and now has a beautified eastbound entry to the City. The County's portion of the project also added to business corridor enhancement and provides a welcoming westbound entry to Orangevale."

The Greenback Lane at Walnut Avenue Sidewalk Infill Project made improvements between Walnut Avenue and Chestnut Avenue including new curb, gutter, sidewalk, storm drains, roadway slurry seal, striping and new asphalt. Project construction costs were \$130,000, with funding provided by the 2001 Tobacco Bond Fund.

The Madison Avenue Median Landscaping project was

completed in November 2013 and improved median landscaping on Madison Avenue between Main Avenue and American River Canyon Drive. The City of Folsom initiated this project to enhance this business corridor and provide a beautified eastbound entry to the City. Sacramento County partnered with Folsom to include a portion of Madison Avenue in Orangevale. The project installed new landscaping to replace old asphalt capped medians, and included drought tolerant trees, shrubs and groundcover with new water efficient irrigation and decorative paving. The County's share of project costs was \$105,000, with funding provided by the 2001 Tobacco Bond Fund. ★

Source: Sacramento County



FAIR OAKS CEMETERY MEMORIAL DAY AND AVENUE OF FLAGS CEREMONY



The Fair Oaks Cemetery District and the Memorial Day Ceremony Committee will be holding one of the most popular and inspiring Memorial Day ceremonies in the area again this year.

The Sixteenth Annual Memorial Day and Avenue of Flags Ceremony will be held Saturday, May 24, at the Fair Oaks Cemetery, located at 7780 Olive Street, Fair Oaks. The formal ceremonies start at 10 AM. This year's theme is to honor "Families of Fallen Heroes".

Over the years, beginning when the Plymouth Colony was at war with the Pequot Indians, the Pilgrims passed a system of compensating veterans and their families. Congress has continued through the years to improve the benefits system for the families of War.

In spite of these benefits, the families still need our emotional support. The Fair Oaks Cemetery's Memorial Day Ceremony is a fine example of how we, the community, say thank you to the families for their sacrifice.

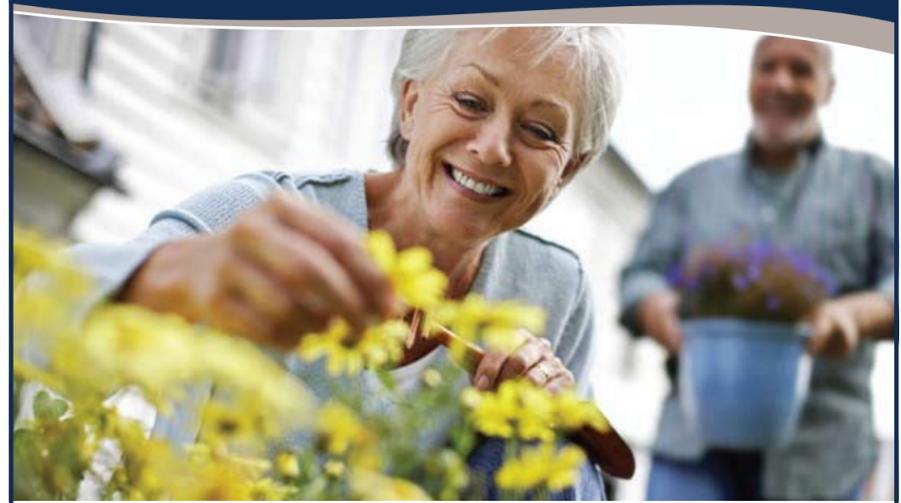
The Fair Oaks Cemetery will be decorated with hundreds of flags lining its roadways as "The Avenue of Flags." We will also be adding more names to the Veterans Memorial Wall.

A formal Color Guard and Rifle Salute Team will provide military honors and assist with the laying of the wreath at the memorial in honor of over seventeen hundred veterans who are buried in the cemetery.

The musical program will be provided by the American Veterans Band, conducted by Warren "Bud" Turner. Refreshments will be served at the conclusion of the ceremony by the Orangevale Fair Oaks Grange & Fair Oaks Historical Society.



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POPPOFF!

with Mary Jane Popp

THE ALTERNATIVE MEDICINE CABINET

We know that traditional medicine can do its job, but what if you could find alternatives to heavy duty drugs and procedures? Enter **Dr. Kathy Gruver** and "The Alternative Medicine Cabinet." She is host of the national TV show based on this book and has been featured on CNN, Prevention and Glamour Magazines and so many more.

Well, I tapped into her expertise on POPPOFF to share some of her insights into good health like the following.

1) MAGNESIUM...useful for sleep, mood, headaches, muscle aches, PMS, constipation, and heart health. It's her favorite mineral.

2) STRESS. We have to remember that stress isn't the problem, our reaction to it is. That we can control. She recommends doing affirmations to help block out those negative thoughts. Make them short, in the present, and positive. "I am healthy and well."

3) MEDITATION. It's one of the best things for our bodies. No time? Try a mini meditation. Concentrate on your breath, and on the inhale think, "I am" and on the exhale think "at peace."

4) LOW ENERGY. No need to turn to caffeine. Take a few deep breaths and have a big glass of water. Still not quite awake? Try B vitamins, but don't take them too late in the day.

5) TIRED BECAUSE YOU'RE NO SLEEPING WELL. Try natural like melatonin or tryptophan before turning to OTC or prescription sleep aids.

6) STILL CAN'T SLEEP? Maybe it's your mind. So often our thoughts go round and round and prevent us from sleep. Use the affirmation, "I'll fall asleep quickly and easily and I wake up feeling refreshed." Repeat

7) LET'S TALK FOOD. Organic is definitely best, especially for meat, dairy, and processed and packaged foods. Non-organic food has higher amounts of pesticides, herbicides, genetically modified ingredients, hormones, and artificial sweeteners. They are more expensive, but do your best. Or eliminate processed foods altogether and skip the sodas. They are the cheapest, but they serve nothing toward better nutrition

8) WHY NOT SODA? There's no nutritional value. It's empty calories that empty your wallet. The

sweeteners are bad for us, whether it's high fructose corn syrup or the artificial sweeteners in diet sodas. And those sugary substitutes may be making us fatter by shutting down leptin in the brain.

9) HOW ABOUT A MULTI-VITAMIN. Even though she already mentioned magnesium, she thinks we should all be taking a high quality multi-vitamin and mineral. Our soils are depleted, and we're just not getting enough nutrition.

10) LAST BUT NOT LEAST. One of the best things you can do for your health is be mindful and stay positive. It's easy to revert to old patterns of negative thinking and dwelling in the past. Try to do at least one task a day mindfully. Go into it with focus and curiosity. This pulls you into the present moment and let's stresses of the past melt away.

So why can't traditional and alternative medicine work together? Perhaps the change is beginning to happen. After all, isn't the ultimate goal for the patient to be well? Let's hope we continue to reach for that goal. If you want to check out **Dr. Kathy Gruver** and her book "The Alternative Medicine Cabinet" go to www.thealternativemedicinecabinet.com for more information. **BE WELL! BE HAPPY!** ★



By Pastor Ray Dare

God is Always With You

the storms of life. Quite often, He delivers you in them. There's a story in the Old Testament where three Hebrew boys were ordered by a king to worship a false God and because they didn't, the king threw them into a burning furnace. Notice what happened, "The king filled with anger commanded the furnace to be heated up seven times hotter than usual...they bound them with ropes and threw them into the furnace, fully clothed. But suddenly, as he was watching, King Nebuchadnezzar jumped up in amazement and exclaimed to his advisors, 'Didn't we throw three men into the furnace?' They said, 'Yes, we did indeed.' 'Well look!' he shouted, 'I see four men, unbound, and walking around in the fire, and they aren't even hurt! And the fourth, he looks like a god!'" Daniel 3:19-25 (LB) He was God! God doesn't always deliver us from our troubles, but that doesn't mean He's not there and He doesn't care.

slightest idea how you're going to make it next month. What do you do? Realize that God is with you and He's going to care for you.

Psalms 112, "Such a man (or woman) will not be overthrown by evil circumstances. God's constant care of him will make a deep impression on all who see it. He does not fear bad news, nor live in dread of what may happen. For he is settled in his mind that God will take care of him." I love that! When trouble comes your way, you remember God's constant care. You see, you can face anything when you know God is with you! I can go through anything when I know He'll be by my side all the way.

Our problem is we tend to think that when things go good in our life that means God is with us. But when things go wrong, when things go bad, that means God has left us...He's ignoring us. But that's not true! He never leaves you. You are never alone. You never go through a problem, a trial or a storm by yourself. God is always with you.

Does God care about you? This is what He wants to say to you today, "I will be your God through all your lifetime, yes, even when your hair is white with age. I made you and I will care for you. I will carry you along and be your Savior." Isaiah 46:4

Part of developing that trust is realizing the fact that God doesn't always deliver you from

Does God care about you? This is what He wants to say to you today, "I will be your God through all your lifetime, yes, even when your hair is white with age. I made you and I will care for you. I will carry you along and be your Savior." Isaiah 46:4

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Best of Fair Oaks 2014



Three lucky winners will get four Regular Season game tickets to the Sacramento River Cats
Vote Now at www.BestofFairOaks.com

You're Invited!

Experience area restaurants, wineries and regional microbreweries at the 12th Annual Taste of Fair Oaks.

You can sample wine, beer, food and desserts. There will be music, a golf putting contest (\$5,000 grand prize!), gift raffle and silent auction.

A portion of the proceeds will benefit a local non-profit charity. The Taste of Fair Oaks is the largest Chamber fund raising event of the year. Attendees must be 21 years of age or older.

Tickets will sell out fast so don't miss your chance to attend one of the best Taste of Fair Oaks events!

\$40 per ticket before May 30th
 \$50 at the door or after May 31st

Friday June 6th, 2014 • 6-9:30 p.m.

North Ridge Country Club,
 7600 Madison Avenue (at Mariposa)

Best of Fair Oaks 2014

List of Categories

1. Best Breakfast Restaurant _____
2. Best Lunch Restaurant _____
3. Best Dinner Restaurant _____
4. Best Burger in Town _____
5. Best Pizza in Town _____
6. Best Family Fun Spot _____
7. Best Grocery Market _____
8. Best Spa/Hair Salon _____
9. Best Health/Fitness Spot _____
10. Best Car Care Service _____
11. Best Pet Care Service _____
12. Best School _____

Award will be given for the Top Vote Getter

Name _____ Telephone _____
 Address _____
 City _____ Zip _____ Email _____

Contest Rules



Businesses must be located in Fair Oaks.

All votes must be received no later than June 4th at 6:00 p.m. at the office of Messenger Publishing Group.

Votes can be made either by mailing this form to American River Messenger at 7144 Fair Oaks Blvd, Suite 5, Carmichael, CA 95608, or by completing the online form at www.BestofFairOaks.com.

Only one vote per category per person. All voting entries must have complete information or the votes will not be counted.

Best of Fair Oaks winners will be presented at this year's "Taste of Fair Oaks" event.

This year's event will be held at the North Ridge Country Club, 7600 Madison Avenue (at Mariposa), Fair Oaks. The event is scheduled for Friday, June 6th, from 6:00 – 9:30 p.m.

To purchase tickets for this event please call (916) 967-2903 or go to www.FairOaksChamber.com



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- CLUES**
- ACROSS
- Plant life
 - OB-GYN test
 - What the Big Bad Wolf did
 - Couch
 - Hit the slopes
 - #1 Across partner
 - North African inhabitants
 - *He patented the saxophone in 1846
 - Inflexible
 - *Queen Victoria's other half
 - Flying high
 - U.N. workers' grp.
 - "Rhinestone Cowboy" singer
 - Seasonal blues
 - As opposed to stereo
 - Like having pH less than 7
 - Climbed down
 - Beverage usually served hot
 - Swelling
 - Nessie's abode
 - *Nicholas I and Alexander III
 - Distinctive flair
 - Beforehand
 - *The Three Musketeers, e.g.
 - Singular of "algae"
 - *Famous HMS Beagle voyager
 - *"William ___ Overture"
 - Costa del ___
 - Talk like a sailor?
 - Ice-T on "Law & Order: SVU"
 - *The Great ___ in Ireland
 - *Sitting Bull's tribe
 - Like Cheerios
 - *"The Murders in the ___ Morgue"
 - Give a boot
 - Antler point
 - Geological Society of America
 - Hawaiian island
 - First-rate
 - *van Gogh severed his left one
 - Live snowmen?
- DOWN
- Governmental approver
 - *Italian money starting in 1861
 - Face shape
 - Teacher of Torah
 - Founder of Scholasticism
 - Quiet attention grabber
 - Rap sheet abbreviation
 - Resolution dot
 - Fisherman's fly, e.g.
 - *Sled sport, originated in 1800s
 - Author Bagnold
 - Roll of bills
 - *Louisiana Purchase seller
 - Fowl place
 - Grassland
 - Soap Box Derby vehicles
 - Tossed starter
 - Luuu greeting
 - Kitchen device
 - *a.k.a. Father of the American Cartoon
 - Brainchild
 - Small valleys with trees and grass
 - Idealized image
 - *Erie or Suez
 - Spring event
 - One of Great Lakes
 - Solfège syllables: 5th and 4th
 - Cutting into cubes
 - Convent dweller
 - Probable
 - Type of twill fabric
 - Star bursts
 - Betting game
 - Perching place
 - ___ room
 - Shakespeare's king
 - Windshield option
 - Palm tree berry
 - Pick
 - *This country declared war on Britain in 1812
 - Soap ___ the season ..."

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12
13					14			15			
16					17			18			
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71					72			73			

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

For Solutions See Page 7

Announcements

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Sudoku Puzzle on Page 6

2	3	7	8	4	9	5	6	1
5	9	4	1	7	6	8	3	2
1	8	6	3	2	5	9	4	7
9	7	2	4	5	8	3	1	6
6	4	8	7	1	3	2	5	9
3	1	5	9	6	2	4	7	8
8	5	1	2	3	7	6	9	4
4	6	9	5	8	1	7	2	3
7	2	3	6	9	4	1	8	5

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Veterans Non Profit Starting



By Ronnie McBrayer

Grow Old, Grow Strong

worshippers go home and lash those who didn't attend church with the spruce branches. Or in some Polish variations, the children are awakened from their beds on Palm Sunday morning by their parents beating them (gently, I am told) with the spruce branches.

Like so many of Christian practices, this tradition has its roots in ancient paganism. Before Christianity came to Europe the local tribes observed a springtime ritual where they would thrash each other with evergreen trees. It was a way of casting off the winter, welcoming the spring, beating off cold, evil spirits, and I imagine it got one's sluggish blood pumping.

Later, when Christianity displaced paganism, the evergreen practice was adapted. The branches were retained, blessed by the church to chase the devil away, and used on Palm Sunday to reflect the mingled and cluttered emotions of the day. For while Palm Sunday is a day of joyous celebration – Christ has come! – it is also a day of suffering, marking the beginning of Jesus' Passion.

The gospel accounts of the first Palm Sunday capture the contradictions so well. Yes, there were those who cheered as Jesus descended into the city, but there were those who opposed the celebration; cold, wet, storm clouds who wanted to rain on the entire parade. Yes, the disciples were ecstatic as the day they longed for had come, but they were desperately clueless to everything that was happening.

Certainly Jesus felt the conflict. He rode into town enjoying the praises of the people, only to be kicked in the proverbial teeth

by the religious leaders. He was welcomed like a hero as the day began, only to end the victory parade in bitter sorrow, weeping for the city that would soon reject him. And he knew that the voices singing "Hosanna" would within the week be eclipsed by louder voices shouting, "Crucify him."

This is the rule, not the exception. Happiness is accompanied by hardship. With triumph comes trouble. Accomplishment's companion is usually agony, and rarely is there success, by any definition, without suffering. The examples to this effect are abundant: A woman birthing a child, an athlete training for competition, a student working toward graduation, a single mother raising a child, a Savior riding through Jerusalem to cheers and jeers – Pain is the prerequisite path to joy, and difficulty is victory's perpetual partner.

For whatever reason God has chosen life to be the way it is, this is the way life is: Pain and joy are life's constant collaborators, and there seems to be no other way. Embedded within the soaring praise of waving palms, there are the necessary stinging blows of the spruce branches.

Simply, the sufferings of our crucifixions are mingled with the glory of our resurrection, and Palm Sundays have a way of being followed by Easters. ★

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.

I am on a Roll so Don't Rock My Boat

Dr. James L. Snyder

Have you ever had one of those weeks where everything went exactly as planned? Well, neither have I, except for last week. I do not know what was going on last week, all I know is everything went according to plan. My plan, that is. I was on a roll.

In a sense, that worries me. I am not accustomed to having my week work out according to my plans. Normally, if I can get 50% of my plans accomplished in a week, I am doing pretty good. Last week was one of those weeks, which may never repeat itself ever again, I am sorry to say. Or, am I sorry?

In contrast, the week before it was horrendous.

I was out of town on business for the week and had to return via the airplane. If you have ever been on an airplane, you know that the 10 dwarfs of Snow White fame designed the seats. I think the one in charge of the seat project was Grumpy.

I was flying from Chicago to Orlando, which is not that bad of a trip. I boarded the plane in Chicago and took my seat at B3. I got all snuggled and strapped in and was prepared for the trip. No sooner had I gotten into this state of affairs, and you know getting into those seats is one of the great challenges that a real man has, somebody came and stood at the aisle looking at me and said in a high pitch grumpy voice, "You are sitting in my seat."

The emphasis on the word "my," indicated to me I was up against someone that I did not want to be up against.

"I'm sorry, madam," I stated as calmly as possible, "but this is my seat." I tried to emphasize the word "my" to get the message across.

She stared at me with one of those stares that penetrates the

very soul of a person's manhood. Then she waved her ticket at me and said, "You are sitting in MY seat."

I took out my ticket to wave at her and prove she was wrong. Much to my chagrin, my seat was B13. Do you know what it takes to get unbuckled from a plane seat and extradite yourself out of it? Especially when Ms. Grumpy is staring at you with one of those stares.

I went back to B13 and went through the same procedure to get myself situated in the seat for someone half my size. Just before the plane took off, I heard in the seat behind me a little baby start to cry.

"Oh, no," I said to myself, "not a crying baby!" Sure enough, in the seat behind me was a baby with lungs the size of an elephant. I tried pretending I did not hear, but the more I pretended the more I heard. That baby cried from the moment we took off until the moment we landed. When we landed, the baby fell asleep. I wanted to cry myself.

That was last week. This week was different in every respect. I enjoyed this week, particularly the fact that I got all my "to-do-list" accomplished and by early Friday afternoon, I had nothing to do.

Nothing to do! Then a thought wrestled my brain to the mat. What if the Gracious Mistress of the Parsonage found out I had finished all my work and had nothing to do?

When I thought about this, one thought that was predominant was that it is a good thing when I do NOT finish everything in a week. Then, I have the excuse that I have too much to do to delve into the "honey-do-list" of which my wife is most famous.

I believe this "honey-do-list" is something mothers pass on to their daughters. It is part of the women's secret society that does

not permit any intrusion from the non-female counterpart. It is the reason wives prefer their husbands call them the secret name, "Honey." Whenever the husband uses this term of endearment the wife smiles one of those romantic smiles that her husband has no idea what is behind that smile.

It has taken me a long time to come to this point of understanding. While, it is very gratifying to get your work for the week done ahead of schedule, it creates an opportunity for the intrusion of that infamous "honey-do-list." This list has no end to it.

When you accomplish one item on the "honey-do-list," three other items appear automatically. It is virtually impossible to finish everything on that list. It is part of the wife's secret society no man can penetrate.

Being on such a good roll in any given week is not the grand thing I thought it was. I am now content to have my desk piled high with unfinished work at the end of each week.

Since I had a little bit of time on my hands, I read what good old King Solomon, the wisest man that ever lived, thought along these lines. "Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest" (Ecclesiastes 9:10).

If I do not use my time to the best of my ability, the probabilities are pretty high somebody will intrude and use that time for some other use. ★

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 jamesnyder2@att.net. His website is www.jamesnyderministries.com.



By Marlys Johnsen Norris, Christian Author

Another Answered Prayer!

mistakes or decisions; do less, don't over party or overdecorate; if you travel, cut it short; bury your moods and emotions, they are infectious; most important - find a time to just be quiet. Stop causing more negative things to happen in your life. There is a saying "Thoughts have wings"! The negative thoughts and/or actions will eventually affect your health and only bring on more problems. Stay away from anything or anyone who brings on those negative responses in your life. Be "in control" and remove them from your vocabulary and speech.

Make a decision to let these things just go and focus on more positive things. God has given you life to be lived to its fullest blessing and fulfillment. If you are going to reminisce, do it about positive

events your life embraces. Embellish the many good things that have happened and cherish those memories. Doing this, will cause the innerjoy you once had possibly when the event occurred, and it will be re birthed within you.

Stop wasting your life! Open new doors and experience God's Best. You are worth it!

Joy is birthed when a person embraces those things God brings into their lives. His presence always brings peace and joy only when His presence and instructions are sought after and lived by a believer. ★

Marlys Johnsen Norris; Christian Author, Speaker, Teacher Pat Boone recommends her book "Recipes for a Happier Marriage" Contact me: Marlysjn@gmail.com

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It Takes A Village

By Kay Burton

Gemma is a small, yellow Labrador retriever who can frequently be seen happily walking the Gold River Trails—often trying to beg a treat from other walkers. To see her now it is hard to remember the fearful dog she was last summer, desperately trying to hide behind her owners legs when anyone approached.

Jim and Karen Purvis, of Gold River, adopted Gemma from the Central California Labrador Retriever Rescue (CCLRR) group last July when she was about one year old. She had been confiscated, along with a large number of other dogs, from a hoarder in the Mariposa area. The dogs had been kept in almost feral conditions with little socialization.

The first few months in a puppy's life are critical to their social development. It's the time when they need to be exposed to a wide variety of new experiences,



people, and sounds in order to learn what's normal in the world. Unfortunately,

Gemma had only learned how to get along in a pack of other dogs and was very fearful of strangers and new situations.

Fast forward to today. With the help of so many Gold River trail walkers, plus training classes and play care at The Local Bark, Gemma has gradually developed confidence and security in her new world. The owners could expose her to new situations on their own, but it took the Gold

River Villagers, one cookie at a time, to show her how wonderful people can be. Amazingly, she recently passed the AKC "Canine Good Citizen" test which measures obedience and trust.

The Purvis family are so grateful to all of their Gold River neighbors who have shown immense patience in helping to socialize Gemma into the amazing "gem" she's become.

Gemma has been invited to participate in the upcoming "Bow Wow Beauties"

Fundraiser to support the SSCPA. This is to be held on Saturday, September 5, at the Hallmark location in Gold River. For more information on this upcoming event call (916) 635-5590. ★

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

Learn To Navigate the Senior Journey

SACRAMENTO REGION, CA (MPG)

- Local seniors, their families and friends are urged to attend "Your Guide to Navigating the Senior Journey," a special seminar on Thursday, June 5th from 4:00 p.m. to 5:30 p.m. at the Courtyard Marriott, 10683 White Rock Road, Rancho Cordova. The featured speaker will be Attorney Heather Chubb, who will discuss estate planning and using veterans benefits to help finance needed housing and long-term care.

The event is hosted by Northstar Rancho Cordova, the city's first large-scale assisted living and memory care community slated to open this summer at 2341 Vehicle Drive near Sunrise Boulevard. Northstar team members will be on hand to describe the community's benefits and programs as well as update

participants on its development. Attendees also will be able to have their questions answered, enjoy appetizers prepared by the community's chef, and learn how to earn one month's free rent as a new resident.

Attorney Chubb is principal of The Chubb Law Firm in Fair Oaks and helps seniors and their families with all aspects of elder law and estate planning. She said, "While estate plans typically pass financial wealth to the next generation, they also can represent 'whole family wealth,' a legacy of financial, spiritual, human and intellectual values." She also assists seniors and families to navigate federal financial aid programs, including veterans benefits.

Those interested in attending are encouraged to make a reservation. While attendance is free,

space is limited. Please RSVP by calling either Community Relations Director, Jennifer Willard at 916-717-2423, or Denise Evans at (916) 799-7440.

The community is slated for a summer 2014 opening and will offer assisted living as well as specialized memory care. The three-story, 78,000-square-foot building will be comprised of 106 apartments providing homes for up to 125 residents. There will be studio, one-and two-bedroom apartments available. The community is located at 2341 Vehicle Drive off Highway 50 at Sunrise Blvd. along the Highway 50 Corridor. It will serve seniors from Sacramento, to Folsom, to El Dorado Hills. ★

Source: Northstar Rancho Cordova



By Mark J. Cimino, CEO CiminoCare

Phew! While helping a friend navigate through the financial maze of his parents' care, we were wading through all the documents and happened to stumble across an unknown Long Term Care insurance policy that his dad had wisely purchased long ago. What a huge relief! I can't tell you how many times I've been asked about the basic financial pieces of long term care, so I thought it would be helpful for me to prepare a "Primer" on the basics. There is too much information so I'm breaking it into two parts. Here is Part 1:

Medicare: A medical insurance for seniors over the age of 65, for short-term hospital stays, rehabilitation and therapy. There are, however, exceptions. For example, a person who is deemed permanently disabled and people with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a transplant, sometimes called ESRD) can apply for Medicare earlier than age 65. Medicare only covers short term medically necessary care

Senior Care Finance Primer: Part 1

and focuses on medical acute care such as doctor visits, drugs, and hospital stays, not long term care directly. (<http://medicare.gov>)

Medi-Cal (Medicaid): Medi-Cal is a state "safety net" for both short term medical care as well as long term care. Medi-Cal is a government low income health care assistance program for adults and children. Many people that receive Medi-Cal have no premium, no co-payment and no out of pocket costs. Medi-Cal has very similar benefits to Covered California at a lower cost. For a Medi-Cal eligible person needing long term care in California, they can either live in a skilled nursing facility or, in some limited areas, in an assisted living facility. (<http://Medi-Cal.gov>)

Social Security Supplemental Insurance: This is a federal program that provides monthly cash payments to people in need. To qualify for supplemental income you must be over the age of 65 and have income and assets less than \$2,000 (single) and \$3,000 (married). In California, if one's social security is below \$1,133 and they are in non-medical out of home care, such as an assisted living facility, they can qualify for a supplemental income. Very few assisted living facilities take only SSI payments, however, you can combine SSI with private pay funds from family or in conjunction with the Limited Medi-Cal

Assisted Living Program. (<http://www.ssa.gov/pgm/ssi.htm>)

Long term care insurance: An insurance policy purchased either privately or through an employer that will pay for long term care down the road, including skilled nursing, assisted living, in-home care support, and possibly adult day care. The amount paid out in benefits (or reimbursed) depends upon the premium paid. The earlier these policies are purchased during one's life, the less the monthly premium. Policies vary widely, so examine carefully.

Hopefully this brief synopsis helped clarify some of the commonly asked questions. My goal was to give many people a better understanding of the differences of each resource and what it takes to qualify. If you would like more specifics regarding the above, please feel free to email me at Mark@ciminocare.com and I will try my best to help you.

Mark J. Cimino, is the Chief Executive Caregiver of CiminoCare, a Sacramento-based assisted living provider. Mark started in his caregiving profession at age six when he and his siblings would tag along as their mother visited her in home care clients. In addition to his job, Mark is actively involved in Rotary International. His interests include hiking and doing fun things with his three boys. Mark can be reached at mark@ciminocare.com



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Orangevale Has a New Queen in Town!



The outgoing and new Miss Orangevale pageant winners. Photo courtesy Rudy Villa

ORANGEVALE, CA (MPG) - The pageant was Friday night April 25th at the Orangevale Community Center with the backdrop theme of "Light, Camera, Orangevale!"

The out-going queens of 2013 Corrina Wagner, Miss Orangevale; Gabby Coulter, Jr. Miss Orangevale; and Little Miss Orangevale Jolene Nunn crowned their 2014 successors Laura Baryak, Miss Orangevale (sponsored by OV Meats & Sausage and BBQ Rubs & More); Audrey Nunez, Jr. Miss Orangevale (sponsored by Dr. Poidmore Orthodontist); Chloe Sands, Little Miss Orangevale (sponsored by The Orangevale Food Bank); and the first ever Wee Miss Orangevale, Gracie Thorns (sponsored by Thorns Photography).

The 2014 Court Princesses and their sponsors are: Ella Gustafson - Aspen Landscaping, Elizabeth Sands - Orangevale Food Bank, Ireland McKiernan - McKiernan Realty, April Gray - Shingle Spring Springs Band of Indians/SSBMI Verona Tract, Emery Frank - LaPlacita Mexican Restaurant, Elizabeth Tonderski - Family and Friends/Mint Auto Sales, Haylie Lewis - The Band Xstatic, Lexi Villasenor - Casl Media Group, Hailee Kassab - The Go To Guy/Jim Beilgard, Ellena Negrete - Lorenzo's Auto Body, Megan Christman - Spanda Industrial, Annalise Mortensen - Bond Driving School, Thomine Mortensen - Bond Driving School, Josefina Mortensen - Bond Driving School.



Congratulations to Laura Baryak the new Miss Orangevale for 2014-15! Photo courtesy Rudy Villa

Miss Orangevale is sponsored by the Orangevale Chamber of Commerce and is Directed by Tamara Barbu-Brown. ★
Source: Orangevale Chamber of Commerce

United Way Launches Online Volunteer Center

SACRAMENTO REGION, CA (MPG) - United Way has launched its online Volunteer Center to provide an organized, community-wide portal that connects the Sacramento region's volunteer and donor base with United Way's 160 local nonprofit partners and other local organizations. The center at your-localunitedway.org/volunteer is designed to connect individual donors and volunteers, as well as corporate or group volunteers, with opportunities of all sizes and commitments. Community members can log onto the website and create a profile that lists their interests, become fans of participating nonprofits, join volunteer groups, donate unused materials and household items to nonprofits in need, learn about upcoming special events and fundraisers, and advocate for causes.

United Way's Volunteer Center was partly launched in response to United Way's 450 corporate partners looking for a coordinated way to engage employees in corporate social responsibility through volunteer work, donation opportunities and events. "United Way's Live United Movement is gaining strong momentum as more and more people and companies are working to ensure everyone in our community has the building blocks for a good life: education, income and health. We need to make sure that as we mobilize everyone, they have an easy tool to join the movement and get their boots on the ground," said Stephanie McLemore Bray, president and CEO, United Way California Capital Region. The center launched with dozens of opportunities for the

community to get involved with local nonprofits, including United Way's 6th Annual Toilet Paper Drive on June 12. More than a hundred volunteers are needed to greet donors, wave signs, count rolls, organize food and water breaks, lead volunteer teams and package up toilet paper. Toilet Paper Drive volunteer opportunities are still available on the website. Most nonprofits across the region are eligible to add their volunteer opportunities, and can do so through the website. To sign up, organizations log onto the website and create a profile that includes the nonprofit's mission statement, contact information, needs and upcoming events. For questions, contact volunteer@uwccr.org. ★

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Thursday, June 12
11:30 am to 12:30 pm

Thursday, July 17
Dinner 6:30 pm

EAST LAWN MEMORIAL PARK & CREMATORY
4300 Folsom Boulevard • Sacramento
RSVP Required: 916.732.2000

Wednesday, June 18 • Wednesday, August, 20
(Spanish & English)
11:30 am to 12:30 pm

Thursday, June 19
Dinner 6:30 pm

ANDREWS & GREILICH FUNERAL HOME
3939 Fruitridge Road • Sacramento
RSVP Required: 916.732.2026

Wednesday, May 21
11:30 am to 12:30 pm

Thursday, June 19
Dinner 6:30 pm

SIERRA HILLS MEMORIAL PARK & EAST LAWN MORTUARY
5757 Greenback Lane • Sacramento
RSVP Required: 916.732.2020

Friday, May 16 • Wednesday, July 16
11:30 am to 12:30 pm

Thursday, June 19
Dinner 6:30 pm

ELK GROVE MEMORIAL PARK & MORTUARY
9189 E. Stockton Boulevard • Elk Grove
RSVP Required: 916.732.2031

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




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Monday September 22, 2013

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DR. COY F. CROSS

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



When is enough, enough?

STRENGTH IN UNITY

One of the most difficult decisions for a cancer patient and their family is "When is enough chemo, radiation, etc., enough? There is little hope of recovery, do I continue this painful treatment to extend my life for a few days, weeks or months?"

If you can muster up the courage to talk with your partner or your family about what's most important to you before you're confronted with this decision, it will make their life and yours so much easier.

Coming to accept the reality of "what is" can look like "giving up hope." I believe that each of us has the right to make our own decisions about whether to continue suffering

the effects of painful treatment or spending our remaining days in relative comfort.

Carol and I talked about her options. I promised her I would fight with my whole being to make sure her wishes were followed. When her cancer came back, she chose to undergo another round of chemotherapy and when that became too painful, she chose to stop further treatment. I whole-heartedly supported her in both decisions. Having the "hard talk" helped us both accepted the probable consequences of her decisions.

Acceptance is an awesome force. Accepting reality is the first step.

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.



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 toe-tapping musical features a dancing, singing brain... what more could you want from a musical!

"The Brain From Planet X" will be directed by 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

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

Meet The Author: Coy Cross

When *They Need You* Will You Be There?
A Caregiver's Search For Meaning

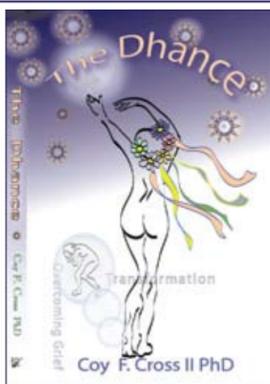
Fair Oaks Library Community Room
 11601 Fair Oaks Blvd.
 Saturday June 14, 2014 • 11 am - 12:30 pm

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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."

Visit www.thedhance.com.

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SATURDAY Sac Unity Farmers Market **NEW MARKET OPENING MAY 31!**
 9249 Folsom Blvd, Sacramento (at Unity of Sacramento Church) on Saturdays
 8 am - 1 pm, year round.

SUNDAY Carmichael Park Farmers Market
 5750 Grant Avenue, Carmichael (Corner of Grant & Fair Oaks Boulevard
 under the trees in the Park). Every Sunday from 9 am to 2 pm - all year round.

SATURDAY Sacramento Midtown Farmers Market
 2020 J Street (Between the STANF Native American Health and Bioware
 buildings). Every Saturday from 8 am to 1 pm - all year round, rain or shine.

SATURDAY Sunrise Mall Farmers Market
 6190 Sunrise Boulevard, Citrus Heights (behind Sears located in
 SE Parking Lot). Open every Saturday from 8 am to 1 pm - all year round.

SATURDAY Historic Folsom Farmers Market
 915 Sutter Street, Historic Folsom Public Plaza, Folsom. Every Saturday
 from 8 am to 1 pm - all year round

THURSDAY UC Davis Health System Farmers Market
 45th and Y Street (UC Davis Campus). Seasonal - Opens 4/24. 3 pm - 7:30 pm

WEDNESDAY Fair Oaks Farmers Market **NEW LOCATION, LOTS OF PARKING!**
 8101 Sunset Ave. (New Life Church). Seasonal - Opens 4/16. 3 pm - 7:00 pm

WEDNESDAY VA Mather Farmers Market
 10535 Hospital Way (VA Hospital). Seasonal - Open Now. 9 am - 1 pm

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