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# AMERICAN RIVER MESSENGER

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First Edition for April 2014

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## Fair Oaks Library Opens New Teen Locale



In collaboration with various civic organizations such as Rotary International and the Friends of the Fair Oaks Library, we are able to provide a safe, educational and fun place for our teens.  
Photo courtesy of Sacramento County

by Richard Perez

**FAIR OAKS, CA (MPG)** - Meeting at the library to chill, just got a little cooler. The Fair Oaks branch of the Sacramento County Library system held its grand opening of the new TEEN SPACE on Saturday March 29th. Official representatives on hand for the ceremonies included District 4 County Supervisor Roberta MacGlashan and County Library Director Rivkah Sass. "In collaboration with various civic organizations such as Rotary International and the Friends of the Fair Oaks Library, we are able to provide a safe, educational and fun place for our teens" says Supervisor MacGlashan. "Let's also give special thanks to the Bella Vista Interact Club teens for their efforts as well" she adds. Over 100 community service hours were expended in the process. Rotary Club (Fair Oaks chapter) President Mike (The Mailman) Maddox and former president Beth Wilcoxon conveyed their appreciation to the Rotary International organization in providing matching funds for the project.

In addition to the new Teen Space, the local Rotarians also helped in the funding of the 2013 enhancement to the Children's Room Section of the Fair Oaks Library. "A focus on literacy is a key component of our organization" stated Beth Wilcoxon.

Teen time in this section of the library is now designated exclusively for teenagers from Tuesday through Friday after 2pm, and all day on Saturdays. The newly renovated space will offer overstuffed chairs and couches as well as added plugins for your component needs. Reserving a meeting place for your teen group just got a little easier. Siri Hiltz, Teen Services Librarian is available to assist with your questions. Your library card is a key to unlimited potential. It can be used at all 28 Sacramento locations. Books checked out at one site can be returned at another.

Internet session reservations can be made up



to a week in advance at any library or online at [www.saclibrary.org](http://www.saclibrary.org). Access online services, digital magazines, eBooks, and audiobooks are also available 24/7 at the website. You can request items online be delivered to your nearest library. Uh Oh....Life happens and before you know it, those library items are late. Although most traditional check outs from the library carry minimal overdue fees, such is not the case with eBooks. No charge here. Need some assistance with your homework?..... Help is available for all 7th- 8th grade teens in the Homework Zone at your local library. A trip to the library can prove to be not only fun but educational as well. ★

## County Launches 311 Connect One Number to Connect with County and Report Issues

**SACRAMENTO, CA (MPG)** - Where do I report an abandoned vehicle? Who fixes broken street lights? Who cleans up illegal dumping? These are just a few of the hundreds of questions coming to County operators every day. It's easy to be confused about where to start when you have a question or want to report a problem. Now there is one number to connect with Sacramento County service; on the web, by mobile app or by phone; the number is 311.

"We believe we are one of the few counties in California to bring 311 to an unincorporated area, and this service will enhance our efforts to revitalize some of Sacramento's core neighborhoods," said County Executive Bradley J. Hudson. "Residents can report concerns directly to 311 and representatives will do the rest."

Customer service representatives are available every day except holidays to answer questions, route calls, and manage cases for verification and resolution. Never remember another County number again... call 311!

**Report issues in unincorporated area such as:**  
**Abandoned vehicles or shopping carts**  
**Animals, stray, deceased or dangerous**  
**Code violations**  
**Curb, gutter or sidewalk repair**  
**Graffiti**  
**Illegal Dumping**  
**Potholes**  
**Street light problems**

To report an issue within the unincorporated Sacramento County, simply call 311 (or 875-4311 if calling from outside the area), visit [www.311.sacounty.net](http://www.311.sacounty.net), or download Sac County 311 Connect in the app store on your smartphone. ★

## Relay For Life Races On

By Richard Perez



This year's Sacramento regional event is scheduled to begin at 9:00am/Saturday, May 17th at the Sacramento Waldorf School, located at 3750 Bannister Road in Fair Oaks.

**FAIR OAKS, CA (MPG)** - Up until 30 years ago, the war with cancer was a subject that was best left to medical experts. Then a Tacoma, Washington physician, Doctor Gordy Klatt decided to change the battle plan. In 1985 the good doctor realized it was time to make the battle with this killer a community

affair. He organized the first relay fundraiser by running around a track for 24 hours, ultimately raising \$27,000 to help the American Cancer Society fight the nation's biggest health concern - cancer. One year later, 340 supporters signed on for the overnight event. At present, the RELAY FOR LIFE movement has blossomed into the single largest non-profit fundraising event on the planet.

This year's Sacramento regional event is scheduled to begin @ 9:00am/Saturday, May 17th thru Sunday May 18th at the Sacramento Waldorf School, located at 3750 Bannister Road in Fair Oaks.

In addition to the signature track event, where sponsored teams of 10-15 participants each walk and/or run around the track for 24 hours straight, other events

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# 61% of Renters Unable to Afford Modest Two-Bedroom Apartment

**SACRAMENTO REGION, CA (MPG)** - A new report released today finds that the typical renter in California earns nearly 30% less than what is required to rent a modest, two-bedroom apartment.

The typical renter in California earns \$18.50 an hour, which is \$7.54 less than the \$26.04 hourly wage needed to afford a modest unit at Fair Market Rent.

\$26.04 is California’s 2014 Housing Wage, revealed in *Out of Reach 2014*, a report jointly released by the National Low Income Housing Coalition, a Washington, DC-based research and advocacy organization, and Housing California.

Every year, *Out of Reach* provides this figure, referred to as the Housing Wage, and other housing affordability data for every state, metropolitan area, combined non-metropolitan area, and county in the country.

An estimated 61% of renters in California do not earn enough to afford a two-bedroom apartment at the Fair Market Rent.

“California is short one million affordable homes for working families. Unless we act to replace the state housing finance tools we’ve lost as bond funds dried up and redevelopment was eliminated, record-setting rent increases and increased homelessness will be the new normal in California. It’s time for action

to dedicate a long-term source of state funding to build affordable homes for Californians in need, including families, seniors, veterans, and people with disabilities,” said Sen. Mark DeSaulnier, Chair of the Senate Transportation and Housing Committee and author of the California Homes and Jobs Act. “SB 391 is a critical part of the solution to spur creation of affordable homes and reduce the number of homeless Californians.”

Working at the minimum wage in California, a family must have 3.3 wage earners working full-time, or one full-time earner working 130 hours to afford a modest two-bedroom apartment. Even with the upcoming two-part minimum wage increase in California, too many workers will be left without an affordable home.

The national Housing Wage is \$18.92 in 2014. This year, California is the second most-expensive state in the nation for renters.

With the elimination of redevelopment that provided \$1 billion in state investment for affordable homes each year and the exhaustion of funds from the state’s voter-approved housing bonds, California’s affordability crisis will only grow worse unless legislators act to identify new sources of state investment.

An important piece of the solution to California’s affordable homes

crisis is the California Homes and Jobs Act (SB 391), which dedicates investment to public-private partnerships that will build 10,000 safe and affordable single-family homes and apartments each year for Californians in need. This state investment of approximately \$500 million per year would leverage another \$2.79 billion in federal, local, and bank dollars to build affordable rental and for-sale homes for families, seniors, veterans, and people with disabilities. At the same time, this investment would reduce homelessness, and result in significant savings to taxpayers. SB 391 is a wise investment for all of California, creating 29,000 jobs annually, primarily in the beleaguered construction sector and help businesses attract and retain the talent that fuels California’s economy.

The California Homes and Jobs Act is endorsed by more than 600 organizations and hundreds of individuals who know that building homes and creating jobs is a business imperative, a public-safety issue, and critical to helping California’s budget live within its means.

*Housing California is the voice in the state Capitol for children, seniors, families, people experiencing homelessness, and everyone who needs a safe, stable affordable place to call home. For additional information, visit: <http://www.nlihc.org/oor/2014>* ★

# SMUD Unveils Electric Vehicle Fast-Charge Station

*Pilot Project Enables EV Drivers to Recharge in 30 Minutes or Less*



**SMUD Assistant General Manager Paul Lau plugs in an electric car to the new fast charger located at SMUD. The fast charger is the only one in the region that charges most fast-charge EVs in less than 30 minutes. The station features the only fast charger in the region with dual capability to accommodate most types of EVs manufactured by domestic and foreign automakers. It is also one of the first fast-charge stations in the U.S. installed by a utility.**

**SACRAMENTO REGION, CA (MPG)** - Drivers of electric vehicles need not fear running out of juice too far from home in the Sacramento area. The Sacramento Municipal Utility District (SMUD) has a new EV fast-charge station at the SMUD campus that is open for business. The pilot project’s technology charges most fast-charge EVs in less than 30 minutes, giving drivers the range confidence to fully realize the tremendous potential these cars offer.

The station features the only fast charger in the region with dual capability to accommodate most types of EVs manufactured by domestic and foreign automakers. This station is one of the world’s first commercial installations of certified DC fast-charge hardware that meets the new industry standard. It is also one of the first fast-charge stations in the U.S. installed by a utility and the first that SMUD will open in the area in 2014. The electric to gasoline comparison is about \$2 a “gallon” to fast charge versus \$4 for a gallon of gasoline.

The project is the next step in a quarter-century effort by SMUD to improve local air quality by

advancing clean alternative-fuel transportation, as well as cleaner power sources. The station is a joint SMUD, General Motors and U.S. Department of Energy project. Funding for this station comes from the sale of carbon credits.

Plug-in electric vehicles are far more advanced and can even charge using a normal 120-volt home outlet. SMUD makes it easy to get plugged in and on the road. SMUD provides a special rate, one of the lowest in the state, to make plugging in instead of pumping gas even more affordable. The at-home rate equals 60 cents per gallon for charging after midnight. Drivers can save upwards of \$1,800 a year compared to a gasoline car.

Environmental leadership is one of the SMUD Board of Directors’ core values. SMUD made its original commitment to electric vehicles in 1989 and has continuously supported electric vehicles as they help improve the air quality in the Sacramento region and reduce dependency on oil.

Through the years SMUD has partnered with a host of major

automakers, entrepreneurs, universities and other technology developers regarding all types of electric vehicles. This range of expertise is nationally recognized and provides Sacramento with a knowledge base to support the current wave of electric vehicles. SMUD currently operates 15 plug-in electric vehicles and will be purchasing nine additional vehicles by the end of the year and has long-term fleet deployment plans that will increase the fleet to 54 by 2017.

As the nation’s sixth-largest community-owned electric service provider, SMUD has been providing low-cost, reliable electricity for more than 65 years to Sacramento County (and a small portion of Placer County). SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies, and for its sustainable solutions for a healthier environment. SMUD is the first large California utility to receive more than 20 percent of its energy from renewable resources. For more information, visit [smud.org](http://smud.org). ★

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# A Lesson in Organic Gardening

# Low Cost Spay/Neuter Returns to County Shelter



Soil Born Farms is about so much: growing food, mentoring youth and future farmers, teaching people how to cook and garden, creating urban farms and preserving wild spaces. Developing partnerships and improving access to fresh produce throughout our community, and at the core, it is about making a difference. All photos by Guy Galate

By Jane S. Daly

**SACRAMENTO REGION, CA (MPG)** - Children from Robin Mitchum’s fourth grade class didn’t need a dictionary to learn the meaning of the word ‘manure’ at last week’s field trip to Soil Born Farms. The children gathered around a large mound of compost. They were encouraged to reach in, grab a handful, and sniff. Afterward, Soil Born Farms’ instructor told them what was in their hands. Groans of “eww, yuck” rose in the fragrant air.

Thanks to a partnership between the Rotary Club of Rancho Cordova Sunrise, and Guy Galante, Soil Born’s Education Director, this class of eager fourth-graders got to learn how the best soil produces the best produce. After spending time helping prepare one of

the raised beds for planting, the class walked down to the river. Many students, all from Rancho Cordova Elementary, saw the river for the first time.

Michele Ranieri, the Community Outreach Coordinator, connects the community to the farm. Many Cordova High students work at the farm after school. After completing a two-day class on construction, students and community members helped build a chicken coop. Lumber and fencing for the coop was donated by local businesses. The Sunrise Rotary Club stepped up with a financial contribution, enough to feed the chickens for an entire year.

Soil Born Farms is about so much: growing food, mentoring



youth and future farmers, teaching people how to cook and garden, creating urban farms and preserving wild spaces, developing partnerships and improving access to fresh produce throughout our community, and at the core, it is about making a difference. It means transforming a shared vision of healthy food for all into a local reality.

The partnership between Soil Born Farms and Rotary’s commitment to literacy is a way to help connect the community to over 2,500 children who visit the farm each year. For more information, contact soilborn.org. ★



The County Animal Shelter location will be a second clinic for Animal Spay and Neuter to continue their successful programs.

**SACRAMENTO REGION, CA (MPG)** - Looking forward to an early April opening, low-cost animal spay-neuter and vaccination services will be available at the County Animal Shelter Clinic adjacent to the animal shelter at 3839 Bradshaw Road. The County Board of Supervisors has approved entering into a new service provider agreement with Animal Spay and Neuter, a non-profit clinic that delivers these needed services. The clinic is taking appointments now at 916-368-7314.

“We are very pleased to begin a new partnership with Animal Spay and Neuter Clinic to bring back low cost spay and neutering. Their reputation and performance are outstanding,” stated Dave Dickinson, County Animal Shelter Director. “Together we will continue efforts to reduce the number of unwanted animals and provide more resources to fight pet overpopulation.”

“My co-founders, Nancy McAlpin and Julie Anderson, and I are very excited to be starting a new adventure with Sacramento County. Our goal is to end the overpopulation problem and to stop the euthanasia of unwanted cats and dogs,” stated

Dede Shaw, Chair of the Board of Directors. “Our new phone number will soon be posted on the County website and on www.animalspayneuter.com.”

Animal Spay and Neuter has been in business since 1993 providing low-cost spay-neuter and vaccination services. Based in Auburn, California, they have performed more than 230,000 spay-neuter surgeries of dogs and cats since they began and currently are averaging 60-80 surgeries per day. The County Animal Shelter location will be a second clinic for Animal Spay and Neuter to continue their successful programs.

Animal Spay and Neuter is well known and has been listed as a resource by many organizations, including the County’s own website, the City of Sacramento Animal Care, the American Society for the Prevention of Cruelty to Animals, the Sacramento Society for the Prevention of Cruelty to Animals, the Sacramento Area Animal Coalition, the Placer County Animal Services, and several other private, nonprofit organizations.

Open to the general public, the fees for the sterilization surgeries are:

- Cats:**
- \$35 - female
  - \$25 - male
- Dogs:**
- \$50 - females 29 pounds or less, plus \$10 for each additional ten pounds
  - \$40 - males 29 pounds or less, plus \$10 for each additional ten pounds
- Kittens:**
- \$25 – female
  - \$15 – male
- Puppies:**
- \$40 – female
  - \$30 – male

The clinic will be open four days a week with a goal of 400 sterilization surgeries per month. Operating hours have yet to be set and shelter officials are targeting April to open. The agreement with Animal Spay and Neuter will be no more than two years with two one-year extension options.

To find out about adoptable pets or rescue and promotional programs, visit the Shelter’s website. ★

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# Relay For Life Races On

Continued from Page 1

are also presented to the community which help to bring together all those who have been afflicted or affected by this life threatening disease. "I find The Ceremony of Hope and Remembrance a very moving and beautiful tribute to survivors and those who have passed due to their affliction" says Pat Poremba, Event Chairperson – RELAY FOR LIFE of Fair Oaks. Luminarias (sand filled paper bags with a candle) bearing the names of loved ones, are lit at dusk. These bags line the track and are left burning throughout the night. Cancer has no boundaries and

affects people of all ages. So how can you help with the fight? Putting together a sponsored team of employees/family members or friends helps to maximize the donation potential. Promoting the RELAY FOR LIFE to your customers, employees and friends by displaying publicity materials in your establishment helps get the word out. Being a Business Card Supporter with a \$100.00 tax deductible donation will get your business card printed in the program. Everyone loves a silent auction and raffle. You can donate a gift to help with these events. Buy a luminaria for your loved

one. Take your family and celebrate the joy of life through amazing ceremonies, entertainment and activities. Krista Kung, Publicity Chairperson for RELAY FOR LIFE, and Folsom High Senior has issued a challenge to her high school contemporaries throughout the Sacramento region. She has united The Folsom High student body in a show of force to assist her. Come on Casa Roble.....Bella Vista.....Granite Bay.....lets see what you got..... Remember...there is no finish line until we find a cure.....fight the battle with cancer one lap at a time. ★



By Pastor Ray Dare

There have been times in my life where I've been confused, I've been worried, I've been anxious about the future. If you'll be honest about it, there have been times in your life when you felt these same things. You've been anxious, you've been concerned and you've been worried. Maybe today you're probably facing some of these same things. God says in Isaiah 26:3, "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusts in thee." See God renews you spiritually when you accept Christ in your life, when you're born again. But your mind isn't born again. Your mind isn't renewed automatically. There's something that you have to do. This is so important. Never underestimate the important role that your mind plays in your walk of faith. I found in my own life that every time I get worried, confused, concerned or overly concerned, anxious about the future, you know what's happened? I've taken my mind

# How To Experience Perfect Peace

off the things of God and I've started looking at the circumstances all around me. You know I'm going against what God says and I start dwelling on, "How am I going to overcome these challenges?" "How am I going to overcome these obstacles? How am I going to overcome all these things that are coming against me?" Do you know what happens when you meditate on those things? They'll get bigger and bigger and bigger. Then all of a sudden you know what? You're feeling doubt, unbelief and fear. You have to keep our mind stayed on Christ. You may think, "But Ray, I'm busy. I've got a career and I'm working and I've got all this stuff going on." But friend, you're not going to experience God's perfect peace automatically. You have to get into God's Word and get His Word into you. That's why it's so important to meditate on and memorize Scripture. That's why it's so important to stay in church where you can hear the Word of God. Sometimes I like to take Scripture that talks about the goodness of God; how good God is. Like Galatians 3:13, "Christ has redeemed us from the curse of the Law." You know

what the curse of the Law is? It's misery, mental torment, depression. It's all the miserable things of this life. You take that Scripture one week and just meditate on that, think about that, ponder that. Thank you, Father that I don't have to live a miserable life. That's going to give you peace, because your mind is stayed on Him. Philippians 4:6 says, "Don't worry about anything; pray about everything." Don't worry about anything, but pray about everything. Listen, I going to challenge you. The next time you have the opportunity to worry, promise to do something for me, do it for yourself: choose not to worry. Every time that you have that negative thought just praise God that the answer's on the way. You know what you're doing? You're saying, "God, I know the situation may not look good, but I choose to believe You're still in control. I choose to believe. You can still see me through." Then you're going to experience God's perfect peace... Pastor Ray ★

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**Our first tax preparation meeting is only the beginning. In preparing your 2013 returns we will work at getting the most benefit from the tax codes legally allowed. 2013 is past and much of what can happen is already etched in stone.**

*We will begin to work on 2014 with an eye to reducing your taxes and reaching your financial goals. I value long-term relationships with my clients. That relationship helps me know you better and thus serve you better.*

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# Free Community Easter Egg Hunt

**Church Service April 20th at 9:30 & 11am**  
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**Easter Egg Hunt After Church**



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## FAIR OAKS COMMUNITY UPDATE



specific weekday afternoons and a select few Saturday mornings through October. Reservations are required, as space is limited. Participants must be 16 years or older (minors under 18 must be accompanied by an adult). You can expect moderate walking and some stair climbing.

Please visit [regionalsan.com](http://regionalsan.com) for more information on tour opportunities and a reservation form.

**Support the Parkway by Buying a Parks Pass**

The American River Parkway is an asset worth protecting– and you can demonstrate your support by purchasing a year-long unlimited Parks Pass. The pass is great for bicyclists and nature enthusiasts who frequent the Parkway.

The proceeds go towards our regional parks and the pass costs only \$50 per year – paying for itself after ten trips. You can purchase a pass at The American River Parkway Foundation Office in the William B. Pond Recreation Area or visit [arpf.org](http://arpf.org).

Passes also can be bought at other locations and you can find a close convenient place near you by visiting the Department

of Regional Parks’ webpage at [regionalpharks.saccounty.net](http://regionalpharks.saccounty.net).

**Transportation is the Topic**

My next Community Coffee Meeting will be next month on Wednesday, May 21, featuring guest speaker Sacramento County Transportation Director Michael Penrose who is responsible for maintaining more than 5,200 lane miles of paved roadway in the unincorporated area. Here’s an opportunity to hear first-hand about the challenges facing our transportation infrastructure.

I host these Community Coffee Meetings five times throughout the year with guest speakers on topical issues in morning at 7:30 a.m. at the Fair Oaks Water District’s conference room, 10326 Fair Oaks Blvd. near Winding Way. For a list of future meeting dates, please visit my webpage at [bos.saccounty.net](http://bos.saccounty.net).

I hope you can attend. Coffee, of course, will be provided. ★

*Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at [susanpeters@saccounty.net](mailto:susanpeters@saccounty.net).*


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CLUES

ACROSS

1. Hidden, also "lost" in French  
6. \_\_\_\_ and flow  
9. Beehive basket  
13. "Private Parts" author  
14. \_\_\_\_ v. Wade  
15. The Great Muppet  
16. \_\_\_\_ peak  
17. \_\_\_\_-Wan Kenobi  
18. Bedazzle, e.g.  
19. "The Jazz Singer" and such  
21. Honeymoon, e.g.  
23. Finale  
24. RPMs  
25. Electric guitar hookup  
28. \*Art \_\_\_\_  
30. Kindle editions  
35. Figure of worship  
37. Margaret behind sexual revolution  
39. \*Flashy ocean ride in "The Great Gatsby"  
40. \*This "biscuit" was renamed a "sandwich" cookie in 1921  
41. Supplemented  
43. Salty drop  
44. Chronic disease in homeopathy  
46. Pitcher with handle and spout for pouring  
47. Maori war dance  
48. \_\_\_\_ weight in boxing  
50. Actor Sandler  
52. Frostiness  
53. To fix, as in cat  
55. Bygone bird  
57. \*Musical name for the 1920s  
61. "Return to Normalcy" President  
65. Architectural projection  
66. "Wow!"  
68. Cowboy sport  
69. Female gossip  
70. Feeling of anger  
71. Corpulent  
72. "The Forestry \_\_\_\_"  
73. Down in the dumps  
74. Adam and Mae  
DOWN  
1. Attention grabber  
2. Tallest volcano in Europe  
3. Movie roll  
4. \*Famous Chicago hotel, opened in 1920  
5. Uncharitable or cruel  
6. Son of Aphrodite  
7. \*Roaring Twenties hairstyle  
8. Neutral shade  
9. "Bib-Label Lithiated Lemon-Lime \_\_\_\_," a.k.a. "7Up"  
10. Be aware of a fact  
11. Poet Pound  
12. Child's dream gift?  
15. \*Fitzgerald's famous character  
20. Swelling  
22. Adam's partner  
24. \*Route 66, e.g.  
25. Mushroom cloud maker  
26. Journalist Shriver  
27. Song of joy  
29. Relinquish or abandon  
31. The Hippocratic \_\_\_\_  
32. \*Lindbergh's first solo crossing of Atlantic \_\_\_\_  
33. Popular pant style for men  
34. Seatbelt  
36. \*Like Hemingway's generation  
38. Owner's acquisition  
42. \_\_\_\_ queen  
45. Indian spice mix  
49. Auto unit  
51. The next day  
54. Breastplate  
56. Sun-dried brick  
57. Pleasures  
58. Domain  
59. Pizzazz  
60. Actress \_\_\_\_-Jones  
61. Pay attention  
62. Bad day for Caesar  
63. Home on a limb  
64. "What \_\_\_\_ around comes around"  
67. \*Babe Ruth, star of the "Live-Ball \_\_\_\_"

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9 6 4 1 8 3 7

1 6 4

7 4 3 9 6 8

8 9 1 6 8

3 2 6

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

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5	7	4	9	2	1	8	3	6	
9	6	1	3	4	8	2	5	7	
3	2	8	7	5	6	4	1	9	
2	1	6	8	9	5	7	4	3	
8	5	7	4	6	3	9	2	1	
4	9	3	1	7	2	6	8	5	
6	8	9	5	3	4	1	7	2	
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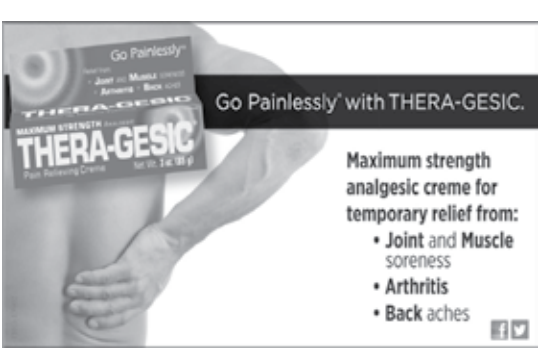
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By Ronnie McBrayer

Once upon a time, the animal kingdom decided it must do something to help humanity face the challenges of the world. So the animals organized a school. They adopted a systematic curriculum consisting of running, climbing, swimming, and flying. All animals were required to take all the subjects.

The duck was excellent in swimming, made above average grades in flying, but was extremely poor at running. Since he was slow in running, he had to drop swimming and stay after school for additional practice. This gave the duck’s poor webbed feet callouses, so much so, that he became only average at swimming.

Meanwhile, the rabbit started at the top of the class in running, but had a complete mental breakdown because of so much make-up work in swimming. The squirrel was excellent in climbing, but when her flying teacher made her start from the ground rather than from the treetops, her grades in all subjects plummeted.

The maverick in the school was the eagle. He was stubborn, independent, hardly a team player, and gloated in climbing class that he could beat everyone else to the top of the tree, but he always used his own way to get there. The prairie dogs stayed out of the school altogether because the

## Kingdom Curriculum

administration would not add digging to the curriculum. They later joined with the badger and gophers to start a successful charter school.

At the end of the year, none of the animals did very well. An unusual eel that was an exceedingly good swimmer, but that could also run, climb and fly just a little, had the highest cumulative score. He was selected as the valedictorian though his grades were barely above average.

I love that story. Always have. It teaches a lesson so easily forgotten or ignored: Nobody can be great at everything. But everybody can do something exceptionally well. Every person has his or her gift, his or her calling, his or her God-given ability. When it is properly employed, it works like magic. When it is not, or when we all try to do everything, it’s a disaster.

In the business world this is known as the Peter Principle, named after Lawrence J. Peter. People will tend to be promoted until they reach their level of incompetence, said Dr. Peter. That is, you can keep giving someone work to do – more and more and more – and finally the work will exceed his or her abilities. Then, none of the work will pass grade, not even the work once performed with excellence. The Apostle Paul calls this dynamic the Body Principle.

He wrote in Romans 12, via Eugene Peterson’s folksy translation from the Message, “Since we find ourselves fashioned into all these excellently formed and marvelously functioning parts in Christ’s body, let’s just go ahead

and be what we were made to be, without enviously or pridefully comparing ourselves with each other, or trying to be something we aren’t.”

My experience in the church is that we violate this very principle, and attempt to force individuals “to be something they aren’t,” demanding that everyone do everything. We create fine “animal schools” that foster frustration, shame, and false competition. Everyone ends up tepidly average, and we fail to allow individuals to develop their unique gifts and callings.

Not everyone can go on a mission trip, nor should this demand be placed upon them. Not everyone can preach a sermon or sing in the choir, nor should this be required. Not everyone can order life around the appointed worship and service times on the church sign, nor should this be a non-negotiable mandate. Not everyone will fit into the church’s well-ordered, highly structured, cookie-cutter curriculum, nor should there be the expectation otherwise.

We are all gifted differently – radically so – and people must be allowed to explore, expand, and enhance their distinct talents. People must be given space and place to “to their part,” whatever part that is. It’s a principle that works, not only in the animal kingdom, but also in the kingdom of God. ★

*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](http://www.ronniemcbrayer.me).*

## Where Have All The Men in White Hats Gone?

Dr. James L. Snyder

When I was growing up you could always tell who the good men were by the white hats they wore. Bad men always wore black hats. That made it rather convenient for those of us who were watching so we knew who would be winning at the end. When you were in trouble all you had to do was look for someone wearing a white hat.

Not only did the good men wear white hats but also they were able to solve every crime within a 60-minute period. How they did it, is anybody’s guess.

Today, nobody wears hats, which has introduced a rather confusing element into our society. You can never tell the bad men from the good men. I know the hat does not make the man but it would sure help to identify the bad man from the good man.

I could name them all off. The Lone Ranger, Roy Rogers, Gene Autry, and John Wayne and the list could go on and on. All of these men wore white hats and they all took care of the bad guys in their own way. You could be sure, at the end the good man always won. There was a certain sense of satisfaction knowing that all those bad men paid for their deeds and justice prevailed.

Of course, today we could never do this. There is something called “profiling.” And people use this term as though it was a negative thing. “Oh, be careful so you don’t profile that person.”

Gene Autry always profiled his men and in the end, justice prevailed.

I look at it this way. If it walks like a duck, looks like a duck and quacks like a duck, the chances are pretty high I am looking at a duck. However, in our crazy world of uncertainty it is against the political correctness of our day for me to say this.

According to today’s

standards, I must look at that “thing” and not judge it by its appearance. “Why, don’t you know, dear brother, you might offend it and give it some kind of an insecurity complex?” How do I know but that duck in front of me will be offended by me calling it a duck? It is the epitome of insensitivity for me to assume that I have the right to call a duck a duck. Who knows, that particular duck might think it is a dog. After all, a quack is not that far from a bark.

Meanwhile, back at the ranch, confusion reigns.

During the last year, I have spent a little bit of time flying from here to there. And the security at these airports defies the intelligence God gave a termite. Going through the line I have to take off my belt, remove my shoes (which come very close to a stink bomb), empty all the pens out of my pocket and submit myself to a body search. Now, they have some kind of electronic gizmo that enables them to see through my clothes. In 10th grade, I dreamed of such a gadget and I am a little provoked it has taken them so long to perfect this.

Two years ago, I traveled from Orlando, Florida to Manila, Philippines, through Japan and back again to Orlando. The trip was fine until I tried to re-enter the United States and upon a luggage search, they discovered I had one of those old-fashioned double blade razors. It was something of an antique that my grandfather gave me 35 years ago. I had been using it to shave ever since. After all these years of shaving with it, it took the intelligence of some security officer to discover this was a highly dangerous weapon. Consequently, I was not allowed to enter the country with it.

I must admit that in 35 years of shaving with it, I had shed a little bit of blood. I never guessed in a million years I was

in possession of a highly dangerous, illegal weapon. The officer who discovered it did not recognize it. When I told him it was a razor used for shaving, he looked at me suspiciously and then said, “Yeah, sure it is, Buster.” No amount of explanation could convince him that it was part of my toiletries and he insisted that he confiscate it for the protection of everybody in the United States.

It was a close shave, but they finally allowed me to enter the United States upon the surrender of this highly sophisticated weapon. Only that security officer knows how close this country came to annihilation from an antique man’s shaver.

Of course, looks can be deceiving. People who looked like someone you could trust have perpetrated the biggest frauds in our country. Bernie Madoff comes to mind. Sometimes what you think you are getting you are not really getting.

There is a spiritual application here. Some people may look religious on the outside but God knows what is on the inside.

“But the LORD said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: for [the LORD seeth] not as man seeth; for man looketh on the outward appearance, but the LORD looketh on the heart” (1 Samuel 16:7 KJV).

You can fool everybody in the world, but you cannot fool God. He wears a white hat and always has the last word. ★

*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 [jamesnsnyder2@att.net](mailto:jamesnsnyder2@att.net). His website is [www.jamesnsnyderministries.com](http://www.jamesnsnyderministries.com).*



By Karen Anderson

This morning the sun was shining, my background was full of the different colors of foliage, and the green of the grass was poking its way through the dried leaves. My thoughts were, “How beautiful and thank you Lord for who You are.” Why do I say this? It amazes me when I hear some people saying that God can’t possibly be real. I really don’t know where they come up with that. Open your eyes and watch nature all around you. Everything we see proves who God is and what He wants for us. Remember, He loves you and me unconditionally,

## The Wonder of Him!

and this is His promise to us. We can never do anything that would have Him turn away from us. When I see all nature around me and it’s perfect order, this is proof to me

that God is real. “For since the creation of the world God’s invisible qualities—His eternal power and divine nature—have been clearly seen, being understood from what has been made, so that men are without excuse.”

The other proof for me are the beautiful sunsets and especially the ocean. How could anyone ever doubt that God is who He says He is? No sunset is ever the same, and no ocean wave comes into the beach the same way yet everything works in perfect harmony. When I hurt even to my very soul, the ocean is where I will find healing. I have spent hours on the beach under those beautiful sunsets just communing with God, Jesus, and the Holy Spirit.

What better place than to sit in their presence and just

talk with them! It is a wonder and it fills me with such joy. God’s unchangeable Word says, “Those who live at the end of the earth stand in awe of Your wonders. From where the sun rises to where it sets, You inspire shouts of joy.”

Dear friends, be in awe every moment of every day for who God is. You can count on His unconditional love. Raise your hands up high in the air to God, and accept His love and all the blessings He has for you.

PASSAGE: Romans 1:20 (NIV) Psalm 65:8 (NLT) ★

*Karen Anderson is an accomplished speaker, author, and chaplain. Her latest books, Nikki’s Tail-Waggin’ Lessons and The Little Book of BIG Thoughts series can be found on Amazon.com. Leave a message for Karen at [www.soaringtohope.com/](http://www.soaringtohope.com/) contact or connect with her on Facebook at [www.facebook.com/SoaringToHope](http://www.facebook.com/SoaringToHope).*



By Marlys Johnsen Norris, Christian Author

Learn to identify the things that steal your joy from you. When you do this, you can and will learn how to control your life, your words and your emotions. The words from the Bible are clear “For as a man thinks in his heart, so is he. (Psalms 23:7) A person cannot fool God, He knows everything about everyone and everything!

Possibly some of the following things will help you. say

## Be Joyful

“No” to all negative thoughts; to bad or sad memories; past 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 inner-joy 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](mailto:Marlysjn@gmail.com)*

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# Making a Smooth Transition

**SACRAMENTO REGION, CA (MPG)** -For those eager to move but paralyzed by their belongings, Hank Fisher Senior Communities is presenting organizing and downsizing specialist, Connie James from Smooth Transitions of Sacramento.

James will offer insight and information about downsizing – how to identify items you want to keep, how to get rid of things you don’t and how to make the whole process manageable for you and your loved ones.

Smooth Transitions of Sacramento provides individuals and families the emotional and physical assistance needed in making a change in living arrangements. From the consultation that tells you how to do it, to handling all aspects of the move and clearing the house and estate dispersal, James will offer tips to make the move



Connie James

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# Maestro in Final Pops Season

**SACRAMENTO REGION, CA (MPG)**

- In his farewell year with the Capitol Pops, director Jerry Lopes plans an entertaining spring concert for Saturday, April 12 at Rusch Park. The event heralds a full 2014 season of Capitol Pops performances in the Sacramento area.

The Rusch Park date also marks the 17th anniversary for the 60 piece ensemble. “Maestro” Lopes, whose career includes 50 years as a music educator, helped form the group in 1997. Membership ranges from teens to nonagenarians and includes many professional musicians.

For April 12, Lopes promises a diverse program that includes show medleys, patriotic tunes and vocal numbers. As a fundraiser for the non-profit band, spring plants (provided by Easley Nursery of Auburn) will be offered for sale. The two-hour



Under the baton of retiring Director Jerry Lopes, the Capitol Pops Concert Band will present a free April 12 concert in Citrus Heights. Photo by Susan Maxwell Skinner

performance is sponsored by the City of Citrus Heights and the Sunrise Park District.

The Capitol Pops concert kicks off at 7 p.m., April 12. The Rusch

Park facility is located at 7801 Auburn Boulevard. Admission is free and anyone may attend. For more information, visit [www.capitolpops.org](http://www.capitolpops.org) ★

# KVIE Hosts Arts Curated Exhibition: essential six

*Tim Collom/Atelier 20 Gallery Tuesday-Sunday, April 11-26, 2014, 11AM-6PM*

**SACRAMENTO REGION, CA (MPG)**

- The Tim Collom/Atelier 20 Gallery will host a unique gallery installation “essential six – A KVIE Arts Curated Exhibition.” The installation will open Friday, April 11 and run Tuesday through Sunday through April 26, 11am to 6pm. The exhibition features multiple works by each of three rising stars, Tim Collom, Micah Crandall-Bear, Kim Squaglia; two seasoned veterans, Gregory Kondos and Jian Wang; and legacy artist Laureen Landau—together for the first time. The focus of this exhibition is to feature never-before-seen works, including the unveiling of an unseen work by Gregory Kondos, and to juxtapose

commonalities shared by the artists’ styles, techniques, and vision as they are in different stages of their careers.

KVIE Art Curator D. Oldham Neath, who selected each work of art says, “Together these works exemplify Sacramento’s crown jewels for art buyers seeking a strong representative Sacramento art collection.”

Each work of art is for sale to benefit KVIE Public Television in its pursuit to provide a world of ideas, arts, and adventures for the young and lifelong learners. For details call (916) 641-3663.

Broadcasting from California’s capital, KVIE Public Television helps everyone explore the world through television

experiences in history, current events, drama, nature, and science. And for the natural-born explorer, KVIE serves as a trusted guide for children with the best educational programming. Established in 1959, KVIE serves more than 1.4 million households in the nation’s 20th largest television market. With one of the largest geographic signals in the country, KVIE can be viewed in 28 of California’s 58 counties. KVIE is one of the leading producers of public television programming in the country with series like America’s Heartland and ViewFinder. For more information, visit KVIE’s website at [www.kvie.org](http://www.kvie.org). ★

Source: KVIE Public Television

# IRS Warns of New Email Scheme

**WASHINGTON, D.C.** - The Internal Revenue Service today warned consumers to be on the lookout for a new email phishing scam. The emails appear to be from the IRS Taxpayer Advocate Service and include a bogus case number.

The fake emails may include the following message: “Your reported 2013 income is flagged for review due to a document processing error. Your case has been forwarded to the Taxpayer Advocate Service for resolution assistance. To avoid delays processing your

2013 filing contact the Taxpayer Advocate Service for resolution assistance.”

Recipients are directed to click on links that supposedly provide information about the “advocate” assigned to their case or that let them “review reported income.” The links lead to web pages that solicit personal information.

Taxpayers who get these messages should not respond to the email or click on the links. Instead, they should forward the scam emails to the IRS at [phishing@irs](mailto:phishing@irs).

gov. For more information, visit the IRS’s Report Phishing web page.

The Taxpayer Advocate Service is a legitimate IRS organization that helps taxpayers resolve federal tax issues that have not been resolved through the normal IRS channels. The IRS, including TAS, does not initiate contact with taxpayers by email, texting or any social media.

For more on scams to guard against see the “Dirty Dozen” list on IRS.gov. ★



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# April Showers Bring ...



By Gold River Resident Jodie Barringer Myers

So the birds are chirping, my backyard is coming back to life, my eyes are puffy, and my nose is itchy. It's that time of year when the strawberries are plump and plentiful, and "Sunshine on My Shoulders Makes Me Happy" is more than a song. It's Spring -- when J Crew and Target beckon, and my Boden catalog yells at me to buy, buy, buy -- which I undoubtedly will. I can't wait for the smell of cut grass and grilled salmon, the sight of budding flowers and flitting butterflies, the taste of Girl Scout cookies and hollow chocolate bunnies.

It's Spring!

This year, though, Spring brings with it a sense of foreboding, because, sadly, we really haven't had a winter. While the Midwest, East and South bemoaned brutal bone-chilling temperatures and record snowfall, we here in California basked in the 68-degree days and the too-early blooms. While the other side of the country was collectively toasting their toes around the fireplace, we were toasting each other around the patio firepit.

We all did our part to try to bring on the snow in the mountains and the rain in the valley: rain-dancing, praying, fasting, yelling at Mark Finan and all of the other meteorologists. To no avail. I came this close (fingers squished together) to buying a cool "Rain Cloud" necklace that a friend designed. (Maybe that is the problem; I should have bought it.) I heard about cloud-seeding; so, being the unscientific person

I am, I threw birdseed up into the clouds on those rare cloudy days. Nothing happened.

And now? Spring is literally upon us. The calendar even tells us so. It's glorious outside, right now. But face it, the chances of us having April showers are as slim as an asparagus stock, which means that the May flowers that the April showers have historically brought forth will be scant and short-lived, which means California, The Golden State, will really be deserving of that title way earlier, and much longer, than usual. I'm talkin' really golden... and dusty, and parched.

I am especially sorry and heart-sick for my native Central Valley (I love you, Porterville!). While the great, tireless, hard-working farmers and ranchers of "America's fruit basket" struggle to water the crops and feed the livestock that feed, literally, more than a third of our nation, as a result of what will be historically rock-bottom crop yields, they will scramble mightily to feed their own families and fuel their own cars. Food grows where water flows. And the water just isn't flowing.

And don't get me started on the finger-pointing that pervades -- well, okay, do get me started! Rush, don't you dare blame the liberals for Dust Bowl 2014. And CNN, it is not necessary or prudent to somehow castigate the Republicans, as you are wont to do, for the drought. We're all in this together, through absolutely no fault of any one person or group or religion or political party.

I fear by summer's end there will be a new addition to the California penal code: Grand Theft Bottled Water, that leaks will be the new status symbol, and that all kids will be encouraged to pee in the pool. (That was my attempt at humor.)

While we can still hope for divine intervention that will bring record amounts of April rainfall, now is the time to stage an intervention of our own.

Governor Brown has called on us to reduce water usage by 20 percent. Chuck installed a low-flow faucet -- I'm talking painfully low; think "mist" -- in our shower. Our friends have buckets on the

ready throughout their house to collect excess water (like, while I wait for the "mist" in our shower to get warm enough?). The local nurseries are imploring us to buy succulents, lavender, salvia and rosemary this spring -- the more drought-tolerant, less thirsty flora among us. If we ask for water at the restaurant, we are urged to be hyper-vigilant about drinking it all, including the ice. We're advised to soak pots and pans rather than scrape off food while the water is running down the drain. We've been admonished to turn off the water while brushing our teeth and washing our wrinkles -- I mean, faces.

Speaking of aesthetics, perhaps the most dreaded water-conservation tip for this anomalous weather year is to let our lush, verdant, beautiful green lawns go. Oh, how I hope it doesn't come to that. But it may. Might brown, dead yards become the new status symbol?

And let us not moan too loudly, or at all, when the price of food -- lettuce, tomatoes, raisins, almonds, oranges and beef -- that our beloved farmers, including all of the wonderful Farmers' Market farmers, have raised skyrocket to astronomical prices.

Yes, 2014 will go down in history as the year of the puny precip, the overworked firefighters, the underfed cattle; where there was an over-abundance of umbrellas, at rock-bottom prices; where, when we said "Cry me a river," we meant it, literally. "The Green, Green Grass of Home" and "Raindrops Keep Falling On My Head" years from now will be known as our collective plea, our state anthem for the year 2014.

Do I sound like a fun-sucker? Am I coming across as a pessimistic doomsayer? I don't mean to be. But it is what it is.

For all of us Californians -city dwellers, suburbanites, rural inhabitants alike - 2014 promises to be a watershed (pun intended) moment in our state's history. We're all in this together. All we can do is all we can do. Let's each do our part.

Jodie Barringer Myers can be reached at [jbthinmint@hotmail.com](mailto:jbthinmint@hotmail.com). Her blog is [cottagecheeseand-dcrepepaper.com](http://cottagecheeseand-dcrepepaper.com). ★



By Kay Burton

Hank is a AKC registered pure breed English Bull Terrier. Better known as the Target dog, Spuds McKenzie and General Patton's dog "Willie." Hank is brindle and white in color. His full papered name is Cobb's Hank the English tank.

Owner, Kyle Cobb, assistant Manager, of Western Feed in Gold River tells us Hank likes to visit Dad at the Feed store and steal treats he can get to. Hank was born on September, 26th, 2013. He loves to go on walks, meet new people, and visit with family members and rough house with Callie (the family's Golden Retriever.) Hank also likes to go on Four Wheel drive rides with his owner Kyle. Kyle says he really loves working

# Meet Hank the English Tank



Hank is an AKC registered pure breed English Bull Terrier. Photo courtesy of Kay Burton.

with his dog to make him a great fit to his home. Like Kyle Hank is a bit hard headed but nothing love and good training and change... in Hanks world Kyle is the bomb. What better relationship could a happy dog ask for?

Hank is currently being trained by Alpha K9. A disabled non-

profit veteran owned organization that helps place dogs with PTSD victims.

Bull Terriers become very attached to their owners and families and do not thrive when left alone. The breed loves children, but obedience training is necessary and care must be taken that they don't get over stimulated around younger children. Their short coats are easy to care for, but the breed requires daily exercise.

A naughty thing Hank likes doing is to steal his mom's high heels shoes.

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](mailto:Kayburton1@comcast.net). ★

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# Ron Paul Endorses Igor Birman For Congress

**SACRAMENTO REGION, CA (MPG)** - Dr. Ron Paul - a fervent defender of the Constitution and founder of the modern-day liberty movement - endorsed Igor Birman for Congress in California's 7th Congressional district on March 21st.

"Igor Birman has seen first hand what happens when the government takes control of every aspect of your life. That experience will make him a valuable member of the House of Representatives and a leader for smaller government and more personal liberties. I am proud to endorse Igor Birman for Congress," said Dr. Paul.

"I am absolutely thrilled that the leader of the liberty movement has endorsed our campaign. Dr. Paul has inspired millions to fight to restore our federal government to its proper constitutional role, and I am very humbled to have him stand with us in this campaign," Birman said.

Igor has also been endorsed by fellow champions of liberty in California and across the nation. Among them: Senator Mike Lee, Rep. Tom McClintock, Rep. Thomas Massie, Rep Justin Amash and Rep. Raul Labrador and groups like Young Americans For Liberty and FreedomWorks. ★

**Source: Igor Birman for Congress**

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# DR. COY F. CROSS

Author Coy Cross II, Ph.D  
“The Dhance” A Caregiver’s Search for Meaning

## I Can Fix This!

### On Men Accepting the New Role as Caregiver.

#### STRENGTH IN UNITY



Men are fixers by nature. So when crisis afflicts those we love, our hardwired instinct is to try and fix it. In many cases this is not possible. So we are left with anger, guilt and feeling like failures.

In 2009, when my wife Carol was diagnosed with ovarian cancer, I found myself in an unfamiliar role, one for which I was unprepared. My first thought was, “I wish I was still working, so I wouldn’t have to deal with this 24/7.” That sentiment passed quickly as I settled into our “new normal.” I soon realized I was not the only man in this strange (to us) position. As our population lives longer, more and more men find ourself unexpectedly caring for our mates. We find this need to nurture and care somewhat foreign to our makeup. This involves a role-reversal for most of us. For millennia, women have taken care for and tended the young and the sick; while men provided food and shelter and protected the family from harm. Now we suddenly find ourselves thrust into a job we never expected or prepared to do. Perhaps for the first time, we have to ask for help, which we mistakenly can view as a sign of weakness. Whereas women have other women for support, either physically or emotionally, men feel they must be strong and handle this new responsibility stoically, without help. They will suffer alone, needlessly, often to the point of physical and emotional exhaustion. My previous experience as caregiver convinced me I would need help caring for my wife Carol. As I told a friend, “I have always been the Lone Ranger, but for this job I would need a posse.” Fortunately, I had friends and family I could turn to for support and I didn’t let my ego keep me from asking, “Greg, can we have coffee, I need to talk.” “Dee, can you be with Carol for awhile, I need to go to the gym.” “Beth, can you stay with Carol for a few days, I need some time for myself.” My suggestion to male caregivers is to set your

ego aside, ask friends, neighbors, family members for help, join a support group and learn how to take care of yourself in this time of crisis. You are the most important element in helping your loved one recover and survive. The better you care for yourself the better you can care for the one you love. First, accept that it is what it is and you can’t fix it.

*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.*

# Veteran SJUSD Leader Kent Kern Named Superintendent



Kent Kern

### SJUSD Special Release

**SACRAMENTO REGION, CA (MPG) -** The San Juan Unified Board of Education has announced that it has named veteran District leader Kent Kern as the next superintendent of schools, effective March 26.

Kern, a Bella Vista High School graduate who has served San Juan Unified schools his entire professional career, has

filled the top leadership post on a temporary basis since November. He was previously the District’s assistant superintendent of operations and support services.

“As a proud San Juan Unified alum, this District has always been a family to me, and I am excited and honored for the opportunity to continue working to improve student achievement,” Kern said. “I look forward to working alongside our outstanding school communities and staff to continue San Juan Unified’s tradition of excellence.”

Board President Lucinda Luttgen said Kern is the perfect fit for San Juan Unified as the District implements major changes - including the Common Core State Standards and the new state school funding formula - that are transforming the face of education.

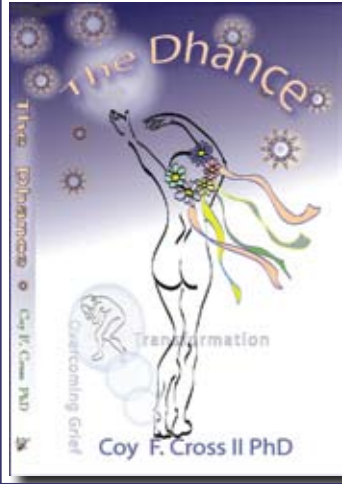
“Our District needs a trusted face to lead the way as we take on some of the most significant changes we’ve seen in education in a generation,” Luttgen said. “Kent is a proven and respected leader throughout the halls of our schools who can inspire us all to rise to the challenge.”

Kern, 46, began his career in San Juan Unified in 1993 as a teacher at Will Rogers Middle School. By 2002 he was Carnegie Middle School’s principal and in 2007 became a director of schools and programs overseeing middle schools. Since then he has also served as the director of safe schools; interim senior director of facilities and planning; and assistant superintendent of operations and support services.

Kern fills the vacancy left by former Superintendent Glynn Thompson. Under the terms of Kern’s three year contract, he will earn \$238,500 which includes a 6 percent longevity provision which is the same amount provided to other employees in the system. The Board of Education launched an internal search for the District’s next superintendent in January and collected extensive public input on the qualities, characteristics, and priorities the next superintendent should bring to the position. A community panel and Board members conducted candidate interviews on March 22.

### Meet The Author: Coy Cross

**When They Need You Will You Be There? A Caregiver’s Search For Meaning**  
South Natomas Library, 2901 Truxel Rd. • Saturday April 26, 2014 • 3:30 pm- 5:00 pm  
Rancho Cordova Library Community Room, 9845 Folsom Blvd. • Saturday May 3, 2014 • 1 pm- 2:00 pm



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Lower dentures almost never fit properly. They are loose fitting due to less surface area which can’t create a suction, shrinking gum tissue and bone loss, which can cause irritation in the mouth, sores and pain. The only relief is using sticky dental adhesive to help it, but it is very messy, hard to clean off and needs multiple applications throughout the day.

Upper dentures are better than lower dentures due to a suction in the upper palate that keeps the denture in place. However, having the palate covered reduces the tastes of foods and the ability to tell the temperature of foods.

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