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AMERICAN RIVER MESSENGER

Volume 9 • Issue 8 Serving Fair Oaks, Orangevale & Sacramento County Second Edition for April 2014

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Fiestas Launch Sizzling Summer



The Fiesta Day Car Show draws thousands. Staff Photo.
Inset: Night time at Orangevale Pow Wow. Photo courtesy FrankBobbio.com & OrangevalePowWow.com

By Richard Perez

FAIR OAKS, CA (MPG) - Now that the rainy season is winding down and we start to celebrate the valley sunshine, one can't help but wonder.... "What is there to do on sunny spring days or crisp cool nights?" The city of Fair Oaks and Orangevale have the answer. Each is preparing to kick off the upcoming warm months by hosting their springtime galas. The events will feature plenty of food, fun and thrills for the whole family.

The 65th Annual Fiesta Days in Fair Oaks gets the May celebrations going. This yearly festival will begin on Saturday, May 3rd starting at 10:00 a.m. with the traditional Fiesta Day Parade. Other events include the Toilet Bowl Race and the Amazing Classic Car Show Competition. Food booths, family entertainment and crafts will round out your day. Sunday, May 4th is the day for the 33rd annual Fair Oaks Sun Run featuring some of the region's top competitors. Kids will also have a

chance to race around at the Kid's Run. Free shuttles and parking will be available at Sunrise and Fair Oaks Blvd near Scandinavian Designs, transporting to the Fair Oaks Village Fiesta site.

A great place to spend a cool evening is at the 51st Annual Orangevale Pow Wow Days. The event is one of the larger community celebrations within Sacramento County. Attendance is expected to top 20,000 people over the four-day event.

Pow Wow Days will begin on Thursday, May 15th at 3 p.m. at the Orangevale Community Park, 7145 Filbert Avenue.

Opening ceremonies include the candidate announcements for Honorary Chamber of Commerce Mayor and the introduction of the 2014 Miss Orangevale Queen and her court. Category Four gets the party started as the opening musical act at 6:30 p.m. on the main stage.

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Honorary Mayor Campaign Kicks Off

FAIR OAKS, CA (MPG) - Would you like to be the next Honorary Mayor of Fair Oaks for 2014-2015 and raise money for your favorite charity or organization?

The Fair Oaks Chamber of Commerce is soliciting applications for the 50th Honorary Mayor of Fair Oaks. All applicants must be 18 years of age or older, must live or work within Fair Oaks, and must be a member of the Fair Oaks Chamber of Commerce.

The campaign will begin in May and run through September. The candidate who raises the most money will be crowned Honorary Mayor. As Honorary mayor of Fair Oaks, the mayor will have the opportunity to be the ceremonial representative of the community and appear at chamber and non-chamber activities including Fair Oaks Fiesta Days, Taste of Fair Oaks, and Concerts in the Park among other events. It is a wonderful way to serve the community, promote your business, and get to know other community members.

In you're interested in being a candidate or know someone who might be, please contact the Chamber office at (916) 967-2903 or Elisabeth Swan at (916) 966-6080. ★

Source: Fair Oaks Chamber of Commerce

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Proposed Fire Assessment Put on Hold District Reassessing Proposal Based on Extensive Public Input

SACRAMENTO REGION, CA (MPG) - The Fire Chief of the Sacramento Metropolitan Fire District (Metro Fire) announced today he will not ask Metro Fire's Board of Directors to proceed with the balloting process for a fire suppression benefit assessment. For this reason, Metro Fire's Board of Directors will not meet on April 16th as scheduled to vote on the question of whether to commence with the vote-by-mail proceeding.

"After conducting extensive outreach, including two public hearings on the assessment proposal, we believe the

most prudent course of action is to not pursue this fire assessment at this time," said Fire Chief Kurt Henke. "Although there is widespread recognition,



we cannot restore service levels without additional revenue, I want to spend more time consulting with my Board members and key stakeholders to

evaluate our options before asking my Board to commence a balloting process."

On April 3rd, Metro Fire held a public workshop on the proposed assessment. During the workshop, staff presented information about the district's labor cost reforms, fire suppression service levels and the district's long-term fiscal challenges, as well as the proposed spending plan to restore fire suppression services and the proposed fire assessment. The Board then heard from approximately one dozen people who either voiced their opinions or asked questions of staff. The Board was

informed that the Sacramento Association of Realtors had voted to support the assessment and the Sacramento Taxpayers League would be opposing it.

Last week the Howard Jarvis Taxpayers Association (HJTA) also expressed its opinion in a letter to Metro Fire's Board of Directors that no fire assessment, however it might be engineered, is permissible under Proposition 218. HJTA argues that Metro Fire should instead pursue a special tax, requiring a two-thirds majority vote among registered voters in the district, regardless of whether they own property or would pay the tax.

"While our legal counsel disagrees with their position," said Henke, "we have to consider the impact protracted litigation would have on Metro Fire's ability to deploy these funds if property owners were to approve an assessment."

Added Board President Randy Orzalli, "As we pursue how best to manage our staffing and equipment needs with limited resources, Metro Fire's Board will continue to place the highest priority on protecting the public and ensuring the health and safety of our field personnel." ★

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THE SACRAMENTO BEE

FAIR OAKS COMMUNITY UPDATE



By County Supervisor Susan Peters

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

Call 311 for County Help
Residents of the unincorporated area now can dial 311 to report all concerns directly to call customer service representatives Monday through Friday, 7 a.m. to 6 p.m. on issues like abandoned vehicles or shopping carts, animals (stray, deceased or dangerous), zoning code violations, repairs needed for curbs, gutters or sidewalks, graffiti, illegal dumping, street light problems and, of course, potholes.
And now on the new smartphone app (available in the app store for Apple and Android users), you can take a picture

of the issue and attach it to your report from your phone.
Remember to report an issue within the unincorporated area, simply call 311, visit 311.sac-county.net or download Sac County 311 Connect in the app store on your smartphone.
BIG Day of Giving
Tuesday, May 6th, our region will have the opportunity to take advantage of a local initiative to increase philanthropy in the Sacramento area. Here is a chance for all of us to help local charities in our community.
Presented by GiveLocalNow along with local community foundations, including the Sacramento Region Community Foundation, the “BIG Day of Giving” will take place during a 24-hour period that day, May 6th. Starting at midnight, donations will be accepted online through givelocalnow.org with the goal to inspire and unite our community in supporting almost 400 local nonprofits.
Giving on May 6th will not only show support for our community and the work of local nonprofits, but it will be an opportunity to make your donation dollars stretch! Many local businesses and organizations have contributed funds to a pool of matching dollars and this

means if you donate online at givelocalnow.org, every dollar donated on May 6th to an eligible recipient nonprofit will get a boost from this pool of funds through a pro-rated match.
For more information, please visit givelocalnow.org.
Transportation is the Topic
My next Community Coffee Meeting will be Wednesday, May 21st, 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 the morning at 7:30 a.m. at the Fair Oaks Water District’s conference room, 10326 Fair Oaks Blvd. near Winding Way.
Coffee, of course, will be provided. For a list of future meeting dates, please visit my webpage at bos.saccounty.net. ★
Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susanpeters@saccounty.net.

CAL FIRE Increases Staffing as Fire Threat Expands

Additional Firefighters Hired From Sacramento Foothills

SACRAMENTO, CA (MPG) - Despite recent rainfall, CAL FIRE continues to respond to a significant increase in wildfires across much of California. While March rain totals were higher than this winter, the rain has done little to combat drought conditions. Starting Monday, March 31, CAL FIRE will begin hiring additional seasonal firefighters in Central California, the Bay Area region and the Sacramento foothills.
“Even with rain in March, our fire activity has remained 200 percent more over average statewide,” said Chief Ken Pimlott, CAL FIRE director. “The rain has been great, but it has not been enough to make up for our dry winter and California’s drought.
Monday’s move includes the hiring of additional seasonal firefighters and the opening of many

remote seasonal fire stations. The staffing increase comes after several months of CAL FIRE staffing equipment with permanent and seasonal firefighters several months earlier than normal. The increase includes CAL FIRE’s move to peak staffing levels in San Diego, Riverside and San Bernardino Counties.
“This week’s rainfall has stayed relatively in the North, but the medium and heavy brush and timber along the Central Coast and Southern end of the state remain critically dry,” said Chief Thom Porter, CAL FIRE assistant southern region chief. “A recent fire in Monterey County charred 400 acres with extreme intensity, despite the humidity being above 80 percent.”
Between January 1 and March 22, CAL FIRE has

responded to over 800 wildfires that have charred nearly 2,300 acres. In an average year for the same time period, CAL FIRE would typically respond to under 275 wildfires for approximately 1,000 acres.
CAL FIRE continues to ask homeowners to ensure that they are prepared for wildfires by maintaining 100 feet of Defensible Space. For more information on preparing for wildfires and defensible space visit www.ReadyForWildfire.org.
Visit Drought.ca.gov to learn more about how California is dealing with the effects of the drought, and for more water conservation ideas, visit SaveOurH2O.org. ★

Source: California Department of Forestry and Fire Protection

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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Laura Lewis Chosen as New SMUD General Counsel

SACRAMENTO REGION, CA (MPG) - Laura Lewis, chief assistant general counsel, has been named as SMUD's general counsel. Lewis, a 14-year SMUD veteran, was appointed by the SMUD Board of Directors to fill the position following former general counsel Arlen Orchard's recent appointment to SMUD general manager and CEO. Orchard replaces John Di Stasio who officially retires April 11th.

"I am honored and grateful to be chosen by the Board of Directors to be SMUD's general counsel and to succeed Arlen Orchard who ran our legal department for 13 years," said Lewis. "I look forward to delivering for our customers as SMUD and the utility industry face ever-increasing challenges in the years ahead."

"Laura's experience in SMUD's legal department, working closely with the board and with Arlen, made her the clear choice to be SMUD's top lawyer," said Genevieve Shiroma, president of SMUD's Board of Directors. "She is an experienced corporate and regulatory counsel with a proven track record of providing the legal expertise needed for SMUD to meet its business objectives and remain a leader in the utility industry," said Shiroma. "We believe she will deliver uninterrupted



Laura Lewis Photo courtesy of SMUD

continuity in helping SMUD navigate the increasingly complicated legislative, regulatory and business environment."

Lewis joined SMUD in 1997 as a staff attorney and served in that capacity through 1999. She served as an attorney at the San Francisco law firm Davis Wright Tremaine until 2002, when she returned to SMUD and served as a senior attorney through 2010. She served as assistant general counsel through 2012 before becoming chief assistant general counsel in 2013.

As chief assistant general counsel, Lewis oversaw legal matters related to the Federal Energy Regulatory Commission (FERC), North American Electric Reliability Corporation (NERC),

wholesale markets and transmission. She served as chair of the Energy Regulatory Task Force (ERTF) of the Large Public Power Council (LPPC), which involved negotiating and crafting strategic positions among disparate public power members and representing LPPC interests before FERC and NERC.

Lewis is a member of the American Bar Association and the State Bar of California. She earned her juris doctor, at McGeorge School of Law, Order of the Coif, and her bachelor's degree in political science at the University of California, San Diego.

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 www.smud.org.

★
Source: SMUD

Sacramento Zoo Grieves the Loss of a North American River Otter

SACRAMENTO REGION, CA (MPG) - The Sacramento Zoo is saddened by the loss of "Wilson," the Zoo's male North American River Otter, who was found dead in his exhibit by his zookeeper the morning of Monday, March 31st. The day before zookeepers noticed his behavior to be slightly abnormal and were monitoring him. The cause of death is unknown. A full necropsy will be performed by UC Davis to help understand why he died. Wilson was considered an older otter and was thought to be around 14-years-old. North American River Otters can live up to 10 years in the wild and up to 20 years in captivity.

"Wilson will be a tough loss for everyone," said zookeeper Erik Bowker. "He was an amazing otter to work with due to his incredible intelligence and love for foods of all kind. He was a wonderful ambassador for his species and drew the attention of kids and adults alike. His ability to interact with the public delighted many as he often stood nose-to-nose with children at the glass of his exhibit. He will be greatly missed."

Wilson was born in the wild in South Carolina but unfortunately he and his sibling were orphaned. He was considered non-releasable by authorities and was given a home in a zoo accredited by the Association of Zoos and Aquariums. He came to the Sacramento Zoo in 2006 and shared an exhibit with Percy,



Wilson the North American River Otter. Photo by Chris Llewellyn.

the female North American River Otter. Wilson's last extensive veterinary exam was April 16th, 2013, including a full blood panel test and physical exam. The veterinarians did not find anything abnormal or cause for concern.

North American River Otters are native to the freshwater rivers and streams in the United States. The largest concentration of otters in California is the Suisun Marsh, about 40 miles from Sacramento. They can also be found in the Yolo Basin, and the American River range, even stretching to the foothills.

★

Fiesta Days and Pow Wow Days

Continued from Page 1

Speaking of entertainment, *The Voice*'s 2013 winner Danielle Bradbery will be hitting the high notes on Saturday, May 17th. Please check the schedule listing for specific artists and performance times.

Pow Wow Days is sponsored by Latino radio stations 99.9 and Jose 104.5. Mariachis will serenade one and all with flavorful and classic Mexican sounds. Music variety will be the spice of Pow Wow Days. Crowd favorites

Mumbo Gumbo and Riff Raff will be on hand to rock the socks off of one and all. Two stages of non-stop musical acts will round off four days of great entertainment.

What about the kids? Butler Amusement rides will be offering an array of thrill & kiddie rides designed for the young at heart. The Annual Pee Wee Rodeo (ages 2-9) will begin at noon on Sunday, May 18th, and all little bronco busters are invited. Over 150 vendor and exhibition booths will be

on hand to offer their products and services. Jim Beilgard, President of the Orangevale Chamber of Commerce, says "There is something for everyone. Just mark your calendar and plan on bringing your family and enjoy the fun."

For additional information about Fiesta Days visit www.fairoakspark.org, and for more Pow Wow Days information call (916) 988-0175 or visit www.orangevalepowwowdays.com.

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MEDICINES THAT KILL

What if I told you that some pills you are taking may lead to an early grave? Scary, huh? Well, that's what **Dr. James Marcum** claimed on POPPOFF recently. He is a Board-Certified Behavioral Cardiologist with the Heart Institute in Chattanooga. In his book **"Medicines That Kill The Truth about the Hidden Epidemic"**, he details how the pharmaceutical industry prioritizes marketing over healing, and he proposes a different way of treating illness: treating the whole person rather than just the symptoms. So I asked **Dr. Marcum** to share his Top 10 Health Tips/ Changing chemistry without a medication!

- 1) Drink Water.** More than 70% of our body is water. Water is involved in every chemical reaction and yet a majority are at some level dehydrated.
- 2) Get Adequate Rest.** We were designed to rest. Our circadian rhythms are very important and

our disrupted when we stay up too late at night. Without rest, stress is put on the system. Our society is on the go 24/7/365. The body is always working, especially the brain. Without rest, the body is compromised. Make time for you. Go to bed earlier. Take a day a week off. Don't forget vacations.

3) Movement. We were designed to move and not sit. When we move, the entire chemistry of the body improves. When we fail to get enough movement, the metabolism suffers. Build to 45 minutes to an hour a day in six minute intervals with some resistance training.

4) Enjoy the Sunshine. The body needs vitamin D for our mental health, bones, and other important chemical reactions. This hormone is now deficient in many, as we stay inside too much. Do 30 minutes in the sun three or four days a week or a supplement.

5) Eat more plants. Plants are filled with disease fighting and health building nutrients and fiber. Try 3-5 servings of real food a day. There is real truth to, "Eating an apple a day, keeps the doctor away."

6) Be happy and have fun. More happiness. More endorphins, less stress and less pain. It is hard to feel stress when you are having a

"belly" laugh.

7) Be creative. Brain health is improved when we spend more time being creative and less time being entertained. Write a letter instead of watching TV.

8) Watch out for toxins. Too much fat, processed food, high fructose corn syrup, and additives are not good. Our body does not handle these substances well. Read the labels of what you put in your mouth.

9) Breathe deeply. Take the time to take in 10 breaths, hold for 5 seconds, and blow out slowly. Feel the stress being relieved.

10) Find someone to love. There are health benefits in serving our fellow humans. Give someone a hug or help out a neighbor and see how you feel. Guaranteed, you will feel a lift.

Dr Marcum can be heard on his radio show **"Heartwise"** every week which is broadcast on 400 stations around the world. Check out his website at **www.HeartwiseMinistries.org**. Knowledge can make a huge difference in your life. That's why I go in search of truth on **POPPOFF**. I guess it goes back to the premise that we have to take responsibility for ourselves. Stay well! Stay happy! ★



By Pastor Ray Dare

Have you ever notice how some Christians lose their joy after they become believers? Why is that? Why is it that some people start with great joy and vitality, but after a while they lose it all? Why? Because they allow people to steal their freedom.

In the book of Galatians, Paul mentions a subtle trap that causes us to lose our joy in life. The fact is it's still around today. Paul said, "Beware of becoming a legalist."

People love to have their 'do's and 'don't's'; their no-no list. But have you noticed that one of the problems of making lists of 'do's and 'don't's, is that my list doesn't usually match your list? I don't smoke, cuss, drink or chew or run around with those that do. One group says, "You can't wear makeup". Another group says, "It's ok to wear makeup but you can't dance". Another group says, "It's ok to dance, you just can't

Don't Give Away Your Freedom

smoke". Another group says, "Well, smoking doesn't send you to hell...it just makes you smell like you've been there!"

Not much as changed in 2000 years. In Jesus' day, society was a very legalistic and rigid. No society was more legalistic than New Testament Palestine. The spiritual policemen of that day were called Pharisees. They went around with clipboards checking on everybody. They were continually scrutinizing people, asking questions, pointing out faults. They were very legalistic. They had thousands of rules and regulations. They kept score on everybody. They were very judgmental and critical and intolerant.

Jesus went to those Pharisees and said, "You phonies! You make up rules that even you yourselves don't keep. That's not what God wants." (Luke 11:46) God wants relationships not rules. That's what counts in the Christian life. He says beware of legalism.

If you want to do what's right look at Galatians 5:14. *"The entire law is summed up in a single command 'Love your neighbor as yourself'".* If you're ever in a situation where you wonder..."What should I do? What should I believe?"

What should I think about that situation or person?" When you don't know what's right or wrong, **you'll never go wrong by loving**. You can always choose to love and love never fails.

Church is based on love, not legalism; grace, not guilt; relationships, not rules and regulations. Church should be a place where people can be real and nobody's going to judge them or put them down, but they're going to be loved and accepted because the truth is we're all in the same boat! The fact is nobody's perfect. Nobody's better than anybody else.

Jesus didn't come to give you religion, that you might keep rules. He came so you might have a relationship with Him. He wants you to serve Him out of love, not out of fear, not out of duty. Jesus said *"If the Son sets you free, you will be free indeed!"* John 8:36. Wherever there is genuine Christianity you find freedom. Don't let anybody steal that from you. ★

Pastor Ray

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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

1. Top of Lady Liberty
6. *Scrappy-Doo, Scooby's nephew
9. Most vital part of idea or experience
13. D-Day beach
14. "Home of the brave"
15. Wash oneself
16. Committee or special group
17. Big ____ Conference
18. Gastric woe
19. *Ma or Pa or Laura
21. *Claire or Phil or Luke
23. Chinese "way"
24. O. Henry's "The Gift of the ____"
25. Madonna's iconic stagegear
28. Arizona Indian
30. Rub elbows
35. Animal house
37. Supernatural life force
39. a.k.a. Pleasant Island
40. Editing choice on computer
41. *"The Jetsons" genre
43. Largest organ of human body
44. Get ready to drive
46. Alpine transport
47. Pay attention
48. In this document
50. Show horse type
52. Like a fox
53. Toothy wheel
55. In the capacity of
57. *Danny or D.J. or Michelle
60. *Lorelai or Rory or Emily
64. Small and elegant
65. "Dear" one
67. Cut at an angle
68. Convert a book into a screen-play, e.g.
69. Schiller's "____ to Joy"
70. Perpendicular to the keel
71. Combustible heap
72. This instant
73. *Tim's "Home Improvement" son

DOWN

1. Serengeti antelope
2. Arab League member
3. Called
4. Use crib notes
5. Sabbath loaf
6. Places
7. Don't waste
8. Mostly vegetarian bear
9. Explore by touch
10. It makes one scratch
11. He plus she
12. ____ Royal Highness Queen Elizabeth II
15. Swelling on foot
20. Rumpelstiltskin's machine, pl.
22. "Gross!"
24. Extra room charge
25. *Michael or Buster or Lindsay
26. Hindu queen
27. Support person
29. End to hostilities
31. Quite a party
32. Little Boy and Fat Man, e.g.
33. Architectural projection
34. *Peggy or Kelly or Al
36. Profligate
38. A long way off
42. Baghdad resident
45. Kind of hickory nut
49. Born
51. Involving the medulla oblongata
54. Match play?
56. Naked protozoa
57. Not a slob
58. Slightly open
59. Uh-uh
60. *The kids never did this on "The Simpsons"
61. Baker's baker
62. Go through volumes
63. Lined with elm trees
64. Small loaf of soft bread
66. *Mike and Carol said it on "The Brady Bunch" pilot

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

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

Come back every week for Crossword and Sudoku!

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Sudoku Puzzle on Page 6

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

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Sutter Auburn Faith Hospice Thrift Store invites volunteers to work as cashiers, sales floor assistants, donation processors or pricers. Training is provided; a four hour weekly commitment is requested. Location: 13342 Lincoln Way, Auburn. Call store coordinator, Kim Chase, 530-887-0561. (MPG 12-31-13)

Sutter Auburn Faith Hospital invites volunteers to work in various hospital department or the hospital Gift Shop. Great opportunity to learn about healthcare, raise funds to support our local hospital and to give back to our community. A four hour weekly commitment is requested. Please contact Mindy Danovaro 530-888-4559 for more information. (MPG 04-30-14)

Station for Rent A & R Salon





By Ronnie McBrayer

With the truth, “God is love,” rather than “God is on my side,” or “God hates you and your kind,” in the hearts of people and



***By Marlys Johnsen Norris,
Christian Author***

Possibly some of the follow-

Love Saves the World from Death

To that end, there was a rabbi who became friends with a Persian fortuneteller. Every morning the two sat together and watched people head out of the village to

To this the rabbi burst out laughing. He said, "My son, today you obeyed God's commandment to love! You saved your coworker and also saved yourself!" And turning to his fortuneteller friend, the rabbi said, "When one loves from his heart, he changes the fates. Love saves the world from death." Indeed, it does. ★

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.

Another Answered Prayer!

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.

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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Dr. James L. Snyder

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Myself thought it was a good idea and so I drove over to where they did pedicures. I sat in my truck for a few minutes looking

When I went to pay for the pedicure, I was surprised it was only \$20.

I could not help think of a verse in Proverbs, “Better it is to be of an humble spirit with the lowly, than to divide the spoil with the proud” (Proverbs 16:19).

Sometimes a proud spirit gets in the way of healthy living. When I think too much of myself I have too much of myself to think of. ★

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

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FOOD REVIEW
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By Mark J. Cimino, CEO CiminoCare

“Dad is no longer living! Don’t you remember?” said the frustrated daughter-caregiver to her Alzheimer’s inflicted mother, “He passed away 8 years ago!” In frustration, she continued, “Now stop asking me when dad’s getting home from work!”

This conversation, and many, many like it plague thousands of families caring for a loved-one who suffers from the onset of Dementia or Alzheimer’s disease. If worrying about the stress of the physical demands of caring for a loved one isn’t enough, the relationship stress when caring for someone with memory loss can be even more taxing to the family caregiver.

I can’t tell you how many friends have reached out to me “at their wits end,” asking, “How do you deal with all of this?”

In the not-too-far distant past, a strong theme in the caring of those with memory loss was “Reality Orientation” and

“Going with the Flow” Caring for Dementia and Alzheimer’s

correcting a person’s “faulty reality” lest we participate in a “lie.” Well, it took a while, but experts finally realized that all this really accomplished - as it would for most anyone - was to produce in our memory-loss loved one more anger, more resistance and more withdrawal.

Today we stand upon the shoulders of the previous generation of caregiving experts, and we now have learned that the key to caring for memory loss is to simply “be in the moment” and “go with the flow.” That sounds simple, but we know it’s hard to accomplish without help and practice.

For my work, I try to keep abreast of the latest developments and writings. I recently read the book, “I’m Still Here” by John Zeisel, Ph.D., which is a great addition to materials for family (and institutional) caregivers addressing memory loss. Within the context of the overarching concepts of “being in the moment” and “going with the flow,” Dr. Zeisel provides a number of practical applications, including how to effectively manage agitation, apathy, anxiety, and aggression. He also provides the five keys for meaningful communication, and seven rules of relationship building.

So, now when mom asks— for the tenth time—“When is your father coming home from work?” daughter-caregiver can respond by “redirection” and say, “I don’t know, but mom, what shall we make for dinner? Can we make it together?” And, while behaviors will always be varied, unpredictable and inconsistent, the chances are, the family experience will be more meaningful. I appreciate Dr. Zeisel’s discussion so much that I ordered a box of his books to share with my team, with friends and with other readers. I have 15 more to give a way. First come, first served for 15 of you to email me to have your own copy as my gift to 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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Meet A “Deer” Chihuahua



By Kay Burton

Bella is called a “Deer” Chihuahua because of the confirmation of her head. This is different from an “Apple Head” Chihuahua with a rounded head. Sterling and Barbara Ellison adopted Bella from a neighbor who had abandoned several dogs. Bella is now 12 years and 12 lbs.

She has a very loving nature, but is leery of most strangers. After a few minutes, she realizes that two more hands could be petting her and jumps right into their laps. Chihuahuas are highly intelligent and should not be underestimated even though small in size. The breed can be any color—solid, marked or splashed, and the

coat may be long or short. These sassy little dogs are well known as “purse dogs.” The Chihuahua’s history is shrouded in mystery, but some believe it originated from Fennec Fox, a very small animal with big eyes and ears, which could explain the tiny frame, luminous eyes and large ears on the breed today. Chihuahua’s were used in religious ceremonies and were pets to the upper class. The breed derives its name from the Mexican State of Chihuahua, where the earliest specimens of the breed were found. Bella likes to keep her mom company in the kitchen. When mom dropped a slice of zucchini on the floor, they discovered she will eat any vegetable—raw or steamed. Bella is a very happy girl who loves having a doggie daddy who works from home, she favors daddy’s lap, because he seems to generate more heat. She LOVES to lie in direct sunshine, winter and summer. ★

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

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Local Animal Shelters Continue Life-Saving Programs with Grants from ASPCA

SACRAMENTO, CA (MPG) - The Sacramento Animal Care Partners, comprised of the Sacramento SPCA, City of Sacramento Front Street Shelter, Sacramento County Animal Care & Regulation, and Happy Tails Pet Sanctuary, have received \$125,000 in grant funding from the American Society for the Prevention of Cruelty to Animals (ASPCA) to continue their work in reducing intake at local animal shelters and providing care to animals with a variety of medical needs.

Funds granted by the ASPCA will focus on four different programs:

- \$10,000 on animal retention programs that educate families on how to resolve the issues they face with their pet, ensuring more pets are kept in the home.
- 2. \$30,000 on free spay/neuter for pit bulls, one of the most predominant breeds found in local shelters.
- 3. \$35,000 on veterinary care for animals placed with animal rescue groups.
- 4. \$50,000 on spay/neuter programs to support feral and community cat programs, helping to reduce the number of unwanted litters of kittens coming into shelters each year.

“In order to reduce the number of animals entering local shelters each year, we have to look at every contributing component,” explains Rick Johnson, CEO of the Sacramento SPCA. “The ASPCA is helping us to address that. We’ve seen incredible success with ongoing spay/neuter services for animals in need in our community. These funds will help us to continue that work and also allow us to reduce numbers in our shelters by helping families to keep their pets as important members of the family.”

In 2013, the Sacramento Animal Care Partners took in more than 31,000 animals. ★

Source: Sacramento SPCA
www.sspca.org

House Government Reform Committee Chairman Darrell Issa Endorses Ose

Issa cites Doug Ose’s conservative record and ability to win

FAIR OAKS, CA (MPG) - On March 31, 2014, the Chairman of the House Government Reform and Oversight Committee, Congressman Darrell Issa (CA-49), endorsed Doug Ose for Congress.

“Doug Ose has a record of fighting out-of-control spending and government waste in Washington. He’s not afraid to roll up his sleeves and go after big problems,” said Congressman Darrell Issa. “In the race against Ami Bera, Doug Ose is the conservative who can win in November.”

In only his second term in office, House Republican leaders selected Doug Ose to chair the House Government Reform Subcommittee on Energy Policy,

Natural Resources & Regulatory Affairs. During his tenure, Ose held numerous public hearings to hold government agencies accountable for wasteful spending and excessive regulations that were stifling economic growth and job creation. In addition, he introduced legislation that would have reduced federal spending by over \$30 billion a year.

“Government spending and debt is simply out of control and unsustainable,” said Doug Ose. “We need to reduce the tax burden on American families so that our economy and wages for middle class Americans grow.”

As a former Member of Congress, Ose previously represented over 70% of California’s 7th Congressional District. As



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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.

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.

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

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

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8556 Gibson Ranch Road, Elverta, Ca 95626
No Dogs, No Drugs, No Burnouts, No Outside Alcohol Allowed

The Exciting New World of Implant Supported Dentures

- Has the Security of a Fixed Bridge!
- Easier to Maintain Good Oral Hygiene



There are millions of people in the U.S. who are edentulous (meaning without teeth) who struggle daily with dentures. A majority suffer from discomfort as a result of loose or illfitting dentures. Many prosthetic wearers simply withdraw from any type of social engagement as a result of having to wear their dentures. 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. Partial Dentures can be a source of discomfort due to lack of supporting teeth or an illfitting partial. Partials also use clasps to secure to existing teeth which can be noticeable and can put added pressure to the existing teeth.



Now there is a solution to these issues, Implants with "Snap On" Dentures!



Whether you are new to dentures or have worn them for years, a snap on denture is a great solution to uncomfortable chewing and slippery painful dentures. There are several types of snap on dentures available, including snap on partials. We make your denture or partial fit and function in harmony with the space available in your mouth, and give custom attention to the delicate fabrication of your snap on denture. A snap on denture gets some support from the implants that it snaps onto. Unlike conventional dentures that rest on the gums, a snap on denture is anchored to multiple implant snaps and is therefore much more stable and comfortable. Two or more implant snaps can be used on the upper and/or lower jaw. The more snaps that are placed, the more stable the denture will be. Much like a four legged chair would be more stable than a three or two legged chair, the use of denture snaps keep the denture stable, secure and comfortable. These snaps are designed with different levels of retention, customized to the needs of the patient. When the snaps wear out, replacing them is a simple and inexpensive procedure. If you already wear a conventional denture or partial denture, we can sometimes use your denture to accommodate the snaps to fit on your new dental implants.

2 Implants With Attachments to a Denture

\$2000 Off

If you are interested in learning more about improving your quality of life with an implant retained snap on denture or partial, please contact us for a **FREE CONSULTATION** today!

Carmichael Dental Group

(916) 944-7700

8329 Fair Oaks Blvd., Ste B
Carmichael, CA 95608

www.YourCarmichaelDentist.com