



**River Cats Announce
This Season's
Promotional Schedule**
Page 9

**PLUS:
Help Kids Become
Star Readers
Through Book Drive**
Page 9



AMERICAN RIVER MESSENGER

Volume 9 • Issue 5 Serving Fair Oaks, Orangevale & Sacramento County First Edition for March 2014

**Kaiser Permanente
to Offer Free
Cataract Surgeries**



Page 11

**Hollywood Glitz
and Glamour
Galore**



Page 3

**SMUD Appoints
Customer Services
Director**



Page 2



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Breakfast for the Birds

Story and Photo by
Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - If omelets and ornithologists seem odd pairings, all eggs dished up Effie Yeaw Nature Center's Bird and Breakfast event are unfertilized. No chick will be injured in the making of this breakfast.

Just as well, because fundraiser's patrons are – from beginner to experts -- true bird lovers. And the March 22 and 23 events will incorporate their most peckish dream: all you can view; all you can eat. On a crisp morning in Effie Yeaw's 80-acre preserve, binoculars will likely zoom in on nesting hummingbirds, broody hawks and migratory species returning from winter vacations. Given the season, mating displays are inevitable and Audubon Society guides will lead voyeurs to view the anything-goes program. An hour-plus trek rambles through the preserve and along river banks. Though deer and piscine views are likely, flighted species are this event's gee-whiz material. Few observers could spot a thumb-nail size hummingbird nest. To view it through a telephoto scope -- bulging with microscopic babies -- is beyond cute. "Audubon people research our preserve and the riverside in advance," says Effie Yeaw staffer Betty Cooper. "They know where the cool stuff is and will lead small groups from spot to spot, explaining what they see."

A 24-year spring tradition for many



Black crested herons are among species likely to be viewed at Effie Yeaw's March 23 and 24 avian safaris. The weekend fundraiser includes guided walks and bang-up breakfasts.

Effie Yeaw supporters, the \$40 (\$35 for American River natural History Association or Audubon members) safari is followed by a gourmet breakfast on Saturday. "It has always sold out and we've hated turning people away," says Cooper. "Last year we expanded it to two days. Both sold out. On Sunday, Carmichael Kiwanis will serve a pancake

breakfast." Saturday's foray does not accommodate children. Family-friendly Sunday includes kids for \$10 (\$8 for ARNHA or Audubon tykes).

A silent auction of bird-related goodies accompanies breakfast. Proceeds assist the Nature Center's survival. Promises Cooper. "It's a rare opportunity to experience animal lifecycles and study the

things you often pass by without seeing." Bird and Breakfast is not recommended for very young children. Participants should wear comfortable shoes and bring binoculars.

"Bird and Breakfast" begins at 8 a.m., both days. Bookings are essential and numbers are limited. To learn more about the fundraiser, call (916) 489-4918. ★

Bera Tours Farms and Businesses Impacted by Drought

SACRAMENTO REGION, CA

(MPG) - Congressman Ami Bera recently toured local dairy and cattle farms in Elk Grove and Rancho Murietta, as well as companies in Folsom that rely on the local clean water supply, to survey and bring attention to the local impacts of California's drought. Bera brought a representative from the United States Department of Agriculture Natural Resources Conservation Service along for the farm tours so that the federal agency could learn more about the drought's impact on Sacramento County. "California's historic drought is hurting many Sacramento County small businesses and farmers, which impacts not only individuals, but our entire local economy," said Bera. "I'm doing everything I can to both help those being affected in the short term, and to find long-term solutions for securing water access and storage that add to our water supply rather than taking from it."

Bera visited Walter Hardesty Beef, Van Steyn Dairy, and Van Vleck Ranch. The ranchers raised concerns about having to cull their herds to stay afloat as production costs rise. Though



ranchers are no strangers to drought, the current drought conditions are worsened, the say, by several dry years in a row. The Sacramento County Farm Bureau helped arrange the tours.

Bera also visited Kikkoman Soy Sauce manufacturing plant and Gekkeikan Sake factory in the City of Folsom. Both

companies located in the area because of its direct access to clean surface water and agricultural products in the valley. Both companies are conserving water in ways that have yet to impact production, but have concerns if the drought situation does not improve. The drought is anticipated to cause price increases

for the agricultural products that are essential to the production of soy sauce and sake, such as rice, soy, and wheat.

In addition to the tours this week, Bera held a Drought Resources Workshop Tuesday with representatives from the USDA and Small Business Administration to inform local

farmers and small business owners about the resources available to them from the federal government. Those who were unable to attend the workshop but need help can call Bera's office at (916) 635-0505 or visit his Drought Relief Resources page at bera.house.gov/drought-relief for more information.

Bera is also working in Congress to preserve Sacramento County's water supply. He has helped lead the fight against the misguided Bay Delta Conservation Plan to build tunnels under the Delta, and a recent partisan water grab bill. Both would take already-scarce water from Sacramento County and send it to other parts of the state. He also voted in January to reauthorize the Emergency Drought Relief Act and helped secure funding for upgrades to the Folsom Dam that will increase its water storage capacity to help during future dry periods and give us greater flood protection. ★

Congressman Ami Bera, M.D. represents Sacramento County. For more updates on Rep. Bera visit <http://www.bera.house.gov>.

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CLINCHED! Ali captures A.J.'s West title for second year straight

Kaepernick struggles: Luck shines in Colts' 27-7 rout of Niners

THE SACRAMENTO BEE

SMUD Appoints Customer Services Director

We Are Prepared, but Every Water Drop is Valuable

SACRAMENTO REGION, CA (MPG) - The Sacramento Municipal Utility District (SMUD) has named Nicole Howard as director of Customer Services. Howard will oversee all customer-related operations, programs and services, including energy efficiency and renewable energy programs. She succeeds Frankie McDermott who was appointed SMUD Chief Customer Officer last month.

Since June 2011, Howard has managed Customer Operations, with services that include the Contact Center, billing and credit, field services, and revenue protection (power theft prevention). She was also responsible for implementing operational opportunities made available by SMUD's smart grid initiative.

As a 12-year veteran of SMUD, Howard has served the community-owned electric utility in many capacities: as a supervisor in Supply Chain



Nicole Howard

Services; as a cost-scheduling specialist and supplier diversity representative; and as a customer service representative. "Nicole brings a wealth of experience and the leadership skills we need as we continue to move forward into a challenging utility environment," said McDermott.

She holds a bachelor's degree in legal studies from

UC Berkeley and a master's degree in public administration from CSU, Dominguez Hills. In addition, she is a graduating Fellow of the Nehemiah Emerging Leaders Program and the Catalyst Leadership Program. She currently sits on the Cosumnes River College Foundation Board.

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.

★

By Tom R. Gray
Fair Oaks Water District
General Manager

FAIR OAKS, CA (MPG) - The current water situation in the greater Sacramento metropolitan region is unprecedented, testing the individual and collective planning and past actions of the region's municipal water purveyors. The Fair Oaks Water District (FOWD) has planned and implemented actions to mitigate many of the anticipated risks to the reliability of our water system.

For a municipal water purveyor, reliability is a measure of a water system's expected success in managing shortages potentially faced by its customers. Low reliability in the water system translates to greater possibilities of frequent and potentially severe limits placed upon the customers. Higher water supply reliability equates to lower risk of customer shortages; but potentially at much greater cost. Considered another way, the degree of reliability is based upon the combination of short-term demand management and supply augmentation options readily available to reduce the severity of shortages. The balancing act between maintaining high degrees of reliability and not placing exorbitant costs on the customers is an on-going effort for water purveyors.

FOWD, acting with several other regional water agencies, has implemented a variety of programs over the past several years to manage reliability through diversity of its water supplies. Such programs in the region include the implementation of the American River Basin Conjunctive Use Program; development of the Integrated

Regional Water Management Plan; implementation of the Water Forum Agreement; enhancement of conservation programs; and the development of additional local supplies such as groundwater and remediated groundwater to optimize the beneficial uses of this region's ground and surface water resources.

FOWD recognizes water use efficiency as an integral component of its current and future strategies to manage water supply reliability for its customers. FOWD actively implements its own conservation best management practices and supports and encourages implementation by its customers. FOWD has also implemented a Water Shortage Contingency Plan to reduce water demands during water shortage emergency such as currently being faced. The Water Shortage Contingency Plan is formalized through Resolution No. 0109 (2001) establishing five stages of water conservation action. FOWD is currently in a "Stage 3 Water Warning", requesting all customers to reduce water by at least 20 percent to help conserve water for the Sacramento region.

Established in 1917, FOWD has served the residents and businesses of Fair Oaks for almost 97 years. Operating as an independent special district, FOWD remains committed to helping the municipal water purveyors in the greater Sacramento region maintain at least public health and safety water supply at all times; especially during this time of drought. As proof, during the week of February 17 to February 23, FOWD supplied over 7,200,000 gallons of ground water to other Water Agencies; while taking no surface water

from Folsom Lake. In this one week alone, FOWD was responsible for keeping over 36,000,000 gallons of water in Folsom Lake. In addition, FOWD is currently making additional investments in water supply that will contribute even more to the current, critical water needs of the Sacramento region.

As part of its efforts to manage customer water supply reliability, FOWD planned and invested in critical groundwater sources over the past several years. These groundwater assets were anticipated to supplement supplies during surface water shortages, but never as complete replacement to surface water. This current drought crisis is the first time that FOWD has had to actually consider providing our customers with a reliable water supply based solely on groundwater supplies for a prolonged period of time. This is indeed an unprecedented water supply situation for FOWD, and even though FOWD will be able to keep water supply flowing to our customers, potential additional reductions to the level of service may be required - depending on the participation of every FOWD customer to implement voluntary water reductions.

Random Fair Oaks Water District Facts:

- On Average from 2005 to 2013, FOWD Invested 46¢ of Every Ratepayer Dollar in Capital Improvements
- 2006-2014, Almost Ten Years, Only One Rate Adjustment of 3% In January of 2012
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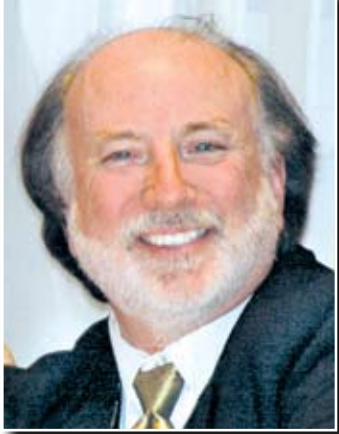
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Hollywood Glitz and Glamour Galore

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SACRAMENTO REGION, CA (MPG) - On March 15th, 2014, from 7 to 11pm, the Memorial Auditorium will be transformed into a glamorous Hollywood supper club, circa the 1930s. While Ginger Rogers and Fred Astaire will not be in attendance, the dancers of the Sacramento Ballet will be there, teaching the Continental and leading the Conga Line.

It's all part of Sacramento Ballet's Glitz and Glamour Gala!

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By Mark J. Cimino, CEO CiminoCare

Congratulations for joining us for the debut of this column *Executive Caregiver Notes*, which I hope to be a resource for you and others like you, regarding issues confronting the family caregiver.

I'll bet you had no idea, but you, the unpaid family caregiver - and all the other 34 million like you - are the fastest way to bankrupt our nation, America, The Beautiful. "What?" you ask.

What I mean is this: If all you unpaid family caregivers suddenly went on strike and demanded pay for all the unpaid family caregiving you do, our country, our society would be brought to its knees.

The best estimate is that 90% of all long term caregiving for seniors is performed by...well, YOU! - the unpaid family caregiver. In dollars, that equates to, roughly speaking, a whopping \$500 billion annually.

Caregiver Briefings

To put that in perspective, imagine all the senior care residences under our country's vast, beautiful for spacious skies. Add to that picture ALL the paid private-duty in-home caregivers serving seniors in their own homes from sea to shining sea. Add all that up in to one lump sum, stand atop the purple mountains' majesty, looking down across the fruited plain, and you'll see that it's merely pennies compared to what you, family caregiver, are doing day in and day out faithfully.

Congratulations, then, for joining us on our debut discussion in this column *Executive Caregiver Notes*. Once a month we will pose some questions and discussion on topics for family caregivers. I hope this column will be well worth your look-see, and provide you with some helpful information from my 40+ years exposure to caregiving (yes, I started at age 6, but that's another story for another day), and perhaps even a little "respite" from the daily grind. This column, then, is dedicated to YOU!

In an effort to help families navigate through the maze of long term care, I would like to take this opportunity to invite you to join our community discussion by emailing me questions or issues that you

would like to see covered in the future.

So in closing, I would like to leave you with a few more points to ponder about you, the unpaid family caregiver:

First, Caregivers report having difficulty finding time for one's self (35%), managing emotional and physical stress (29%), and balancing work and family responsibilities (29%).

Second, about 73% of surveyed caregivers said praying helps them cope with caregiving stress, 61% said that they talk with or seek advice from friends or relatives, and 44% read about caregiving in books or other materials.

So, until next time, please do me, and the rest of "America! America!" a big favor and take care of yourself, because you are what we sing about - amongst other things - when we say, "God shed His grace on thee." Yes, you, unpaid family caregiver, are a big part of that grace being shed upon us, so please, please know this: You, unpaid family caregiver, deserve - and even more so, NEED - to be taken care of and have time for yourself.

Mark J. Cimino, is the Chief Executive Caregiver of CiminoCare, a Sacramento-based assisted living provider. Mark can be reached at mark@ciminocare.com



By Pastor Ray Dare

Have you ever been in one of those fun houses, the kind they have at the fair? You walk through this semi-truck trailer and they have all sorts of mirrors. Some make you shorter, some make you taller, some make you skinnier and some make you look fatter. You get a distorted image of yourself. That's what happens in life. It's easy to get a distorted view of yourself. You may have been severely ridiculed in the past. People have made fun of you.

You may have memories of prejudice or memories of abandonment. You've been severely criticized, put down, emotionally abused.

Your brain is like a tape recorder - it's recorded it all; it's all there. The hurtful things that you've experienced. The things that people have said to you. The hurtful acts people have done to you. It's all there. The good the bad, the true the false. It's all been recorded. The problem is, your brain doesn't distinguish between them- between

Healing for Hidden Wounds

things true or false, good or bad- it just records them.

When you were a kid, there were some things said to you that were flat-out lies, but you believed them and it's distorted your view of you. The Bible says, "Reckless words pierce like a sword, but the tongue of the wise brings healing." *Proverbs 12:18 (NIV)*. Remember that rhyme we used to say as kids, "Sticks and stones may break my bones, but names never hurt me?" Wrong! Things people say do hurt us! It hurts to be ridiculed. It hurts to be put down. It hurts to be criticized.

When you were a kid, you may have had other kids, or worse a parent or other authority figure in your life, say things like... "You're dumb...You're ugly...You're awkward...You're a klutz...You're never going to amount to anything...I'm sorry I had you...Why can't you be more like your brother, your sister." You believed it and it went into your recorder. It may have been 10, 20, 30 years ago or more, but you're still acting on old tapes. You're operating on faulty data and when you operate on faulty data, it produces insecurity and feelings of inferiority, a distorted image of yourself. When you operate of faulty data, you think things like, "I just don't measure up... I'm not good enough...I'm

a failure...I'm a loser...God doesn't love me...God can't help me...I'll never make it in life."

The good news is God cares about your hurts and He wants to heal you. The Bible says, "God heals the broken-hearted and binds up our wounds." *Psalms 147:3*. How does God heal us? How does God heal our emotional wounds and distorted self-image? By helping us discover the truth. What God says about you... God's view of you. Jesus said, "You shall know the truth and the truth shall make you free." *John 8:32*. That's why it's so important to read the Bible and discover what God says about you. Get some 3x5 cards and write down God's promises on them and carry them around with you so you can refocus on the truth. If you learn to do this, it will set you free emotionally. You have to change the way you think. Learn to focus on what is true (what the Bible says) not on what you feel or feel about yourself or what the devil whispers in your ear, but what God says about you.

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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.

Sheriff Services Topic for Next Community Coffee Meeting

Sheriff Captain Matt Morgan who commands the North Division will be the speaker at my next Community Coffee Meeting on Wednesday, March 19.

These informal morning gatherings are held five times throughout the year and include guest speakers on topical issues. The meeting this month will be at 7:30 a.m. at the Fair Oaks Water District's conference room, 10326 Fair Oaks Blvd. near Winding Way.

The Sheriff's North Division is responsible for the municipal police services for the unincorporated area north of the American River including the communities of Arden Arcade, Carmichael, and Fair Oaks.

Coffee, of course, will be provided.

Discount Animal Adoptions

Animals make wonderful companions for people of all ages, bringing friendship and unconditional love into their owners' lives. For senior citizens whose children have moved out and often live alone, that companionship can be very important and much appreciated.

To help seniors find the companionship that can enrich their lives by having a four-legged friend, the Sacramento County Animal Shelter has lowered adoption and licensing fees. Seniors age 62 and over only have to pay \$10 per year to license a spayed or neutered animal and only \$25 for a three-year license.

And there's a discount for adopting a senior animal, too. Any animal over six years old is just \$25, and there can be deeper discounts for animals over the age of eight. The all-inclusive adoption fee covers microchipping, vaccinations and spaying/neutering of the pet.

For more information, visit animalcare.sacounty.net or visit the shelter at 3839 Bradshaw Road, Sacramento, Wednesday through Friday, 12:30- 5:30 p.m., or weekends, between noon and 4:30 p.m. The shelter is closed Mondays and Tuesdays.

Sheriff Community Meetings

The Sheriff's Department holds regular community meetings to share information about trends in crime and recent activities. The next meeting for the community of Fair Oaks will be held on Tuesday, March 25, 6 pm, at La Vista High School, 4501 Bannister Road, north of Winding Way. ★

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

Senator Nielsen Introduces Drought Relief Legislation for HOA Residents

SACRAMENTO REGION, CA (MPG)

- Despite the recent rainfall in Northern California, California continues to face unprecedented low water levels in its reservoirs. Water districts across the state have either implemented mandatory conservation plans or are in the process of implementing one. For residents living in communities governed by homeowners associations (HOA), this means that they are caught between breaking the water reduction mandate to comply with their Covenants, Conditions & Restrictions (CCR) to keep their lawns green or pay their HOA potentially hefty fines.

To relieve homeowners of this dilemma, State Senator Jim Nielsen (R-Gerber) introduced Senate Bill 992 to prohibit HOAs from assessing fines for brown lawns during a governor-declared drought.

"Californians truly want to do their part in conserving water during this drought from taking shorter showers to not watering our lawns," said Senator Nielsen. "Unfortunately, the folks residing in some HOA communities are required to water their lawns or be subject to steep fines for unmaintained yards."

Specifically, SB 992 responds to news reports that some HOA residents are facing fines of between \$100 to \$1,000 for yards that are not "well-maintained."

In California, HOAs are governed by the state's corporation codes and the Davis-Stirling Act which provides a guideline allowing individual associations to establish how the association will be run by their own conditions and restrictions. Nielsen's proposed measure temporarily exempts homeowners from complying with these codes.

"While I respect the autonomy of HOAs to self-govern and maintain standards of appearance within their developments, I am more concerned about the non-essential water-use during the current drought. Californians, especially those on wells, are deeply concerned that they will not be able to wash their dishes and flush their toilets," Nielsen said.

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



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6. U.S. central bank
9. Old World duck
13. ____ New Guinea
14. Luau souvenir
15. *Middle-earth region
16. Not slouching
17. Be in a cast
18. *Black Beauty
19. *Greg Heffley's brother
21. Take without owner's consent
23. Compass dir.
24. Agitate
25. OB-GYN test
28. "The Sun ____ Rises"
30. Marked by smallpox
35. Misfortunes
37. Flock members
39. Alluring maiden
40. Surveyor's map
41. *King of the Elephants
43. Long forearm bone
44. Carried a torch
46. Buddhist teacher
47. *Piglet and Winnie-the-Pooh, e.g.
48. Quill-dipping vessel
50. *"Froggy Goes to ____"
52. E or G, e.g.
53. Adam's apple spot
55. *Shel Silverstein's constrictor
57. *"The Jungle Book" protagonist
60. *Roald Dahl title character
64. Painting support
65. Poor man's caviar
67. Dora the Explorer's farewell!
68. Accent mark
69. PC monitor technology, accr.
70. *Children's literature, e.g.
71. Fusses
72. Lawyers' league
73. Swelling

DOWN

1. Impersonator
2. Hawaiian tuber
3. Kind of column
4. Filthy dough
5. Sonia Sotomayor or Gloria Estefan, e.g.
6. Antiaircraft fire
7. European org.
8. "Likewise"
9. *Old Woman's home
10. Type of missile, accr.
11. Gaelic
12. *Like Willie Winkie
15. *Abused beagle
20. Jimmy Fallon's guest, e.g.
22. Not square
24. Sears' partner
25. *Pig-tailed, read-headed nine-year-old
26. To bet everything
27. Isometric core exercise
29. ____ vs. Class
31. 1973 event in Chile e.g.
32. Russia's prosperous peasant
33. "Sesame Street" Muppet
34. *"____ of a Wimpy Kid"
36. Flight segment
38. Actress ____ Gilbert
42. "Dancing with the Stars" number
45. Thumb drive, e.g.
49. Rolodex abbr.
51. Thick soup
54. Approximately, as in date
56. Helped
57. *Amelia Bedelia, e.g.
58. Norse capital
59. Marries
60. Self-referential
61. Pick-up ____
62. Student's quarters
63. Away from port
64. Greek H
66. Scepter's partner

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

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

For Solutions See Page 7

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Sudoku Puzzle on Page 6

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

One of the more indispensable words of instruction I have ever received came from Dr. Fred Luskin who was head of the Stanford University Forgiveness Project. He said, “To forgive is to give up all hope for a better past.” According to Luskin, what keeps people frozen solid with the regrets and shame of yesteryear is the lingering optimism that they might go back and change it.

Forget that, Dr. Luskin says – not the past – but the prospects of adjusting anything that is now in the rearview mirror. The Apostle Paul said something similar in the New Testament. He made peace with his past and his past self (the self is the hardest person in the world with whom to make peace) with this formula: “Forgetting the past and I press on toward what is ahead.”

Can we really forget the past? No. Painful memories, bad choices we have made, ways we have been harmed or harmed others, the heartbreaking losses of offense and betrayal – none of these can be changed. There is no supernatural whitewash for our memory banks or a little recessed button in the back of our skulls that will reboot our brains.

Yet, we can forget the past if

Break the Kettles

forgetting is as Dr. Luskin has defined it; learning to live so that the past no longer controls us. Thus, forgetting is not an act of ignoring our past experiences.

It is integrating those experiences with the present. Forgetting the past is not act of erasing our memories. It is an act of hopeful defiance, whereby we keep living, keep moving, and keep keeping on.

The Chinese have a proverb to this effect. “Break the kettles and sink the ships,” they say. This saying comes from an ancient military battle almost 2000 years ago. A new tribal king came to power and immediately attacked his neighbor, surrounding the city of Julu. The king of Julu called for reinforcements from his generals, and the army came marching to save their king.

But the rescuing generals dragged their feet. They wanted the enemy to wear themselves out; they wanted more time for reconnaissance; they felt they needed to strategize. So the march to save the king became a quagmire as the generals’ strategizing devolved into feasting and drunkenness.

Finally, a junior officer man named Xiang Yu took command. He said, roughly translated to English, “When you go to rescue someone, it is like rushing out to quench a fire. You don’t dillydally, you just go do it.” And that’s what he did. Immediately, he marched his army across the Yellow River to engage the enemy.

Once on the other side, Xiang Yu gave his men three days’ worth of food and supplies

and destroyed everything else, including the boats that had brought them across the river, their tents and sleeping mats, their eating utensils, and their cooking kettles. In so doing, Xiang Yu was sending a clear signal to his troops that they had no chance of survival by going backwards. They had to move forward, and they did, rescuing their king.

The way into the future is exactly by this decisive path. We must do the hard work of feeling the pain of the past so that we might be free from it. Then the future calls us forward, not because we have forgotten the past, but because we have made peace with the past; and the only way to make that peace is to quit trying to change what is back there. We can’t do anything about it anyway, so we must learn to let it go.

Will we have to let go of some painful memories time and again? You can count on it. Will some things from the past haunt us longer than others? Absolutely. Will we come to the same river crossing more than once? It is likely. But when we do, the choice will always be the same.

“Break the kettles and sink the ships.” Then, one day, the past will be where it belongs: In the past. ★

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.

Keep it Real or Keep it to Yourself

Dr. James L. Snyder

Normally, I’m not overly fussy with what people say as long as they are not trying to put something over on me. All it takes is one time of trying to put something over on me and I cross you off my Christmas card list.

When someone tries to sell me something, I am assuming that somewhere in the conversation they are trying to pull the wool over my eyes. I am allergic to wool in my eyes. When they are talking to me, I am listening for a keyword in their conversation, which is simply, “free.” Whenever they mention that magical word, I know they are trying to put something over on me.

My father used to say, “Keep it real or keep it to yourself.” He did not have many jewels of wisdom, but this certainly was one that has been helpful to me down through the years. I have tried to keep this in focus when talking to other people. Nothing I hate more than somebody lying to me, so turnabout is fair game. I do not want to lie to anybody myself. At least intentionally.

I am a weekend fisherman from Pennsylvania so the tendency is there and I have to watch myself all the time. I am the kind of person who loves to exaggerate. Sometimes my exaggeration gets the best of me but then that is why God gave us wives to help curb this tendency. She has not failed me so far.

The Gracious Mistress of the Parsonage and I were relaxing at home watching a little bit of television. It is hard to find anything “real” on the old television set. The reality shows are everything but.

We were casually listening to a talk show who was interviewing some TV personality celebrating his 80th birthday. We were not really paying attention, you know how it is. You are watching TV, but you are talking back and forth to one another trying to catch up on the day’s activities.

Then this TV personality made a statement that captured both of our attentions.

“I don’t believe,” this personality, which shall remain nameless, said, “in the afterlife. Only foolish people believe in the afterlife.”

This sparked some conversation between my wife and me. The question I had was simply this; how long does it take to get to this point of Superior Idiocy? What university awards an SI degree? If they did, I am sure they could never keep up with the production of such awards.

Just when you think you have heard the most stupid thing in the world somebody with an SI degree opens his or her mouth. One thing about this SI is that it is not gender specific. Both men and women are assessable to this sort of thing.

Of course, there is nothing wrong with being stupid if you keep it to yourself. When you start telling people just how stupid you really are, that is when somebody needs to object.

Right after this TV personality, whose name will remain anonymous, although he thinks he is some kind of a king, said he did not believe in the afterlife said something that was contradictory.

“I have it ordered,” he said about a seriously as any SI person could be, “that when I die I will be frozen until the medical field has discovered a cure for what has killed me. Then I will be brought back to life with this medication.”

My wife and I waited for the laughter. I really thought it was a joke. I did not think anybody could be that stupid. Apparently, a great deal of people are that stupid because nobody laughed at that remark.

My wife and I looked at each other and then we burst out laughing thinking it was one of those TV talk show spoofs. It turned out he was not joking. He did not believe in the afterlife, but he was making plans to come

back to life after he died.

I think people with the SI syndrome have one severe dysfunction between their brain and their mouth. We know from listening that their mouth is working but what we hear from their mouth more than suggest their brain is not w.

I do not have any problems with people being a practicing SI as long as they keep it to themselves. There are enough idiots in the world that we do not have to have people every day coming out of the SI closet.

Listening to this TV personality, I was reminded of my father’s favorite saying, “Keep it real or keep it to yourself.” There are many things people need to keep to themselves.

This TV personality who wanted to be frozen after he died suggested to me that the freezing had already begun with his brain. I do not know if he ate too much ice cream too fast causing a brain freeze or what. All I know is that some things should not be shared and being an idiot is one of them.

The apostle Paul made this quite clear when he wrote, “For the wages of sin is death: but the gift of God is eternal life through Jesus Christ our Lord” (Romans 6:23).

Only God can keep it real and thankfully He does not keep it to Himself, but shares it with those will put their trust in Him.

Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 1-866-552-2543 or e-mail jamesnyder2@att.net. His web site is www.jamesnyderministries.com. ★

Rev. James L. Snyder is pastor of the Family of God Fellowship, P.O. Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 866-552-2543 or e-mail jamesnyder2@att.net. His website is www.jamesnyderministries.com.



By Marlys Johnsen Norris, Christian Author

Many people today are thinking about angels but are totally unaware that not all angels are good. Many angels were cast out of heaven with the enemy of God because he wanted to be worshipped above the Heavenly Father/God – Satan when the wrath of God fell on his favored angel.. These angels are known as “demons” who roam the earth today, causing problems and actually stealing from those who do not truly “know God or honor Him”. He will even take from believers what-ever he can. Some people are so fascinated with angels, thinking they are

Who Is Called The Angel of Light?

somehow close to God, but truth is they have nothing to do with God at all. Satan is the father of lies and the great deceiver!

Actually Satan himself is called the “angel of light” according to the Holy Word of God the Bible states in II Corinthians 11:14 “Satan transforms himself into an angel of light”. This basically means that he has mighty powers and he illumines himself. He appears to be light (awareness) but is merely a means to deceive people and turn them away from the truth of God. As long as a person only lives for themselves and does not honor the God of Creation the enemy of God has achieved his goal. A person at one time may have accepted Christ and Satan and his helpers (demons) purpose is to attempt to take everything that person considers precious away. Why you ask? The answer is simple, because He hates every person who accepts Christ and

he wants to destroy them any way he can. He can only do that when a person has strayed away and not living according to God’s instructions based in His Word.

God provides a guardian angel for each of His children. This angel provides protection for God’s obedient children, but sometimes they walk out of that protection when they stray way. One wonderful thing about the Lord is – He gives second chances because His love, grace and mercy is greater than His wrath. One may leave Him, but He never leaves His child completely alone. His Word promises, “Lo I am with you always, even unto the end of the earth”. Many souls have found this to be true. ★

Christian Author, Speaker, Teacher
Pat Boone recommends her book “Recipes for a Happier Marriage”
Contact me: Marlysjn@gmail.com

Kevin Kitrell Ross
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Help Kids Become Star Readers Through Book Drive

Drive to kick off at Fairytale Town as part of Dr. Suess’ Birthday Celebration

SACRAMENTO REGION, CA (MPG)

- Local residents can help kids reach for the stars by participating in United Way California Capital Region’s 3rd Annual STAR Readers Book Drive March 2-21. The drive benefits the group’s STAR Readers project that is working to increase graduation rates by improving early reading skills.

The online book drive gives donors the chance to choose from four age-appropriate books for 650 children in kindergarten through third grade. Those who purchase books will receive a promotional code for a discounted admission to Runaway Stage Productions’ upcoming “Seussical the Musical.” To purchase books, visit www.yourlocalunitedway.org.

The drive will kick off at Fairytale Town on March 2 from 11 a.m.-3 p.m. as part of Fairytale Town’s Dr. Seuss’ Birthday Celebration. Actors from Runaway Stage Productions will perform excerpts from their upcoming “Seussical the Musical” between 11 a.m.-12:30 p.m. Guests who bring a children’s book to donate will receive a discount coupon to use on a future visit to Fairytale Town.

The books will be donated to the STAR Readers Book Drive.

During the March 2-21 book drive, Clear Channel Radio will be collecting books at Sacramento-area Huntington Learning Centers that will be donated to United Way’s STAR Readers Book Drive. Participating



Drive to kick off at Fairytale Town as part of Dr. Seuss’ Birthday Celebration. Photo courtesy Kristin Thébaud Communications.

locations include Citrus Heights, Elk Grove, Folsom, Roseville and Sacramento.

United Way is partnering with Runaway Stage Productions, Fairytale Town, The Sacramento Bee, Huntington Learning Center, Scholastic, Sacramento Public Library, KSTE Talk 650 and KFBK News Radio. All books donated online or through events will be delivered to United Way’s STAR Readers project nonprofit partners: Amador-Tuolumne Community Resources, Boys & Girls Club of Placer County, Boys & Girls Club El Dorado County Western Slope, Boys & Girls Clubs of Greater Sacramento, Davis Bridge, New Morning Youth and Family Services, Yolo County Children’s Alliance and Sacramento Chinese Community Service Center.

For 90 years, United Way California Capital Region has actively worked to address the

community’s most pressing issues, now focusing on innovative solutions related to high school graduation rates, household financial stability and obesity. United Way’s team of nonprofits, businesses, donors and volunteers are working together to provide positive, measurable results on these issues through United Way projects: STAR Readers, SenSe-Ability and Fit Kids. Community members can give, volunteer and advocate in support of the causes they care most about, benefiting United Way and hundreds of nonprofits in Amador, El Dorado, Placer, Sacramento and Yolo counties. United Way is an independent, local affiliate of United Way Worldwide. For more information, visit www.yourlocalunitedway.org. ★

Source: Kristin Thébaud Communications

River Cats Announce 2014 Promotional Schedule

WEST SACRAMENTO, CA (MPG)

- The complete River Cats promotional schedule for the 2014 season was unveiled today, with 22 separate fireworks shows, a five-part Home Grown Garden Gnome giveaway, and a pair of new recurring promotions—Baseball Bingo Mondays presented by Cache Creek Casino Resort and Wireless Wednesdays—featured as highlights to the best promo schedule in baseball.

For the second year in a row, Raley Field will be the backdrop for postgame fireworks after every Friday home game in addition to the return of the popular Sutter Health Fireworks Saturdays. With a fireworks extravaganza planned for the Independence Day Celebration on July 3 as well, there will be 22 fireworks shows after River Cats games this season.

Also, the River Cats will be giving away garden gnomes at five different home games this season—each commemorating a former River Cats great who is now making a name for himself in the big leagues. Fan voting will decide the winners. Fans can vote online at rivercats.com/vote or on their mobile devices at atmillb.com/pollrc. The first giveaway is set for April 25, with subsequent giveaways set for May 16, June 13, July 11, and Aug. 1.

Recurring promotions—a promotion for every day of the week, all season long—will return this season with a pair of unique additions. Baseball Bingo Mondays



presented by Cache Creek Casino Resort will feature a complimentary game of baseball bingo. Every play on the field corresponds to the numbers on your bingo card; get a straight line and win a prize... it’s that simple. Wireless Wednesdays will highlight the technological amenities of Raley Field, none better than the free Wi-Fi provided for our fans. Post pictures of yourself at the game on Twitter, Facebook, or Instagram, and you might see yourself on Cat Vision during the game.

Toyota Family Value Tuesdays, Miller Lite Thirsty Thursdays, Fireworks Fridays, Sutter Health Fireworks Saturdays, and Sunday Fundays with Kids Run the Bases are all returning for the 2014 season.

New single-game promotions include #Caturday (April 12), Jackie Robinson Day (April 15), 80’s Night (June 26), Shark Night (July 31), and Social Media Night (Aug. 13).

Other popular theme nights that will return to Raley Field in 2014 include Mother’s Day (May 11), Military Appreciation Day presented by US Army (May 17), Bark in the Ballpark (May 28), US Army Birthday (June 14), Dinger’s Birthday presented by Jelly Belly (June 29), Independence Day Celebration (July 3), Fin Fest (July 12), Princess & Pirate Night (Aug. 5), Star Wars Night (August 16), and Fan Appreciation Day (Sept. 1).

The complete 2014 promotional schedule can be found online at rivercats.com.

River Cats Season Tickets, Mini-Plans, and Flex Plans can now be purchased for the 2014 season by calling the River Cats Ticket Hotline at (916) 371-HITS (4487). For more information about the River Cats, visit www.rivercats.com. For information on other events at Raley Field, visit www.raleyfield.com. ★

Source: Sacramento River Cats

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The Village at Fair Oaks is Area’s First New Home Community in 20 Years

Presidio Residential Capital Partners With Watt Communities To Build \$18 Million 55-Home Community In Fair Oaks

FAIR OAKS, CA (MPG) - Presidio Residential Capital, a real estate investment company, has partnered with homebuilder Watt Communities on a six-acre, 55-unit community on Madison Avenue that will offer the first new homes to be built in the Fair Oaks/Carmichael area in two decades. The \$18 million project will break ground in April.

“This is a fantastic opportunity because there haven’t been any new home communities built in this area for more than 20 years,” said Presidio Residential Capital Principal Don Faye. “This location is ideal because it offers the opportunity for people to buy a brand new home in an established neighborhood with beautiful old oak trees and services.”

Designed by KTG Architects, The Village at Fair Oaks will offer three- and four-bedroom two-story homes with two-car garages, generous open space with a sitting area under mature oak trees, and 32 guest parking spots. Watt Construction expects the build-out to take two years. Decorated model homes are slated to open in summer 2014.

The community is located within 10 miles of major employers, including Intel Corp., Delta Dental and Aerojet Rocketdyne, and close to Sunrise Mall and Sleep Train Arena, home of the Sacramento Kings. Pedestrian access and bike trails to the American River are two miles away, and community residents will also have access to boating and rafting on the nearby Sacramento River.

According to the National Association of Home Builders’ formula to determine the local impact of single-family housing in typical metro areas, adding 55 single-family homes will generate \$11.6 million in local income, \$1.2 million in taxes and other revenue for local governments, and 178 local jobs. Watt Construction estimates the project will create 100 temporary construction jobs.

Watt Communities, based in Santa Monica, is re-entering the Northern California new home marketplace after a hiatus because the company is confident about the market’s comeback.

“Our company’s goal is to acquire land wisely and build communities according to what the homebuyers are seeking,” said Watt Communities Division President Kevin Webb. “The Village at Fair Oaks is an excellent example of that approach to development.”

Presidio Residential Capital is a real estate investment company focused on the residential housing sector. Headquartered in San Diego, Calif., the firm provides both levered and non-levered equity and non-recourse construction financing for for-sale residential focused development opportunities throughout the Western United States. Presidio has infused more than \$250 million into the economy to capitalize housing development and construction. The firm’s goal is to fund in excess of \$500 million in debt and equity for home building projects in the Western United States, and currently has investments in California, Hawaii, Texas, Idaho and Washington. The firm is affiliated with a privately-held registered investment advisor specializing in alternative investment strategies who has a long history of investing in the home building sector. Current assets under management total more than \$2 billion. Presidio is a member of the Building Industry Association of San Diego. www.presidioresidential.com

Founded in 1947 by Ray Watt, this third-generation family-owned business is a multi-faceted company. The company successfully grew from a small building business to a large real estate development organization credited with more than \$6 billion in completed projects. Watt Communities is highly regarded in the home building industry as a premium quality builder. The company is widely recognized by industry leaders, financial institutions, and the brokerage community for its expertise in community entitlements, land acquisition and development, home building operations, and financial management. www.wattcommunities.com

★
Source: Anton Communications

Women’s Empowerment Receives Grant to Support Job Training for Homeless Women

SACRAMENTO REGION, CA (MPG) - Walmart Foundation’s California State Giving Program recently granted \$29,800 to Women’s Empowerment for its job readiness programs for women who are homeless.

“We are grateful to the Walmart Foundation for helping to provide the tools that women who are homeless need to reenter the world of work and achieve financial independence,” said Lisa Culp, executive director of Women’s Empowerment. “This grant will help us provide job readiness training to 250 women in the Sacramento area in 2014 so they can break the cycle of homelessness for themselves and their children.”

Women’s Empowerment’s initial eight-week program for women who are homeless addresses their basic needs such as health and housing while preparing them to become work-ready. The job-readiness component is predominantly taught by volunteers from the community and includes computer literacy training, resume writing, communication skills, mock interviews, dressing for success and more. They also meet with an onsite employment specialist to search for jobs. Once women graduate from Women’s Empowerment, they can join the advanced job readiness program that includes internships, paid job training programs, certifications and more.

“Women’s Empowerment offers women in crisis a way out of homelessness and poverty,” said Kim Sentovich, senior vice president for Walmart. “We are proud to support their efforts to train and prepare hundreds of Sacramento area women to enter the workforce and achieve financial independence.”

Women’s Empowerment offers the most comprehensive job-readiness program in the Sacramento area designed specifically for women who are homeless and their children. The 2009 Nonprofit of the Year has graduated 1,115 homeless women and their more than 2,500 children. In 2013, 81 percent of graduates found homes and 90 percent found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women’s Empowerment is funded solely through private donations from the community. For more information and to donate online, visit www.womens-empowerment.org.

The Walmart Foundation’s State Giving Program supports organizations that create opportunities so people can live better. Visit www.walmartfoundation.org/stategiving.

★
Source: Kristin Thébaud Communications

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Kaiser Permanente to Offer Free Cataract Surgeries to the Uninsured



A Kaiser Permanente ophthalmologist performs cataract surgery during Mission Cataract 2013 on a patient who regained her eyesight following the operation.

SACRAMENTO, CA (MPG) - Kaiser Permanente physicians and staff in Sacramento will offer screenings for area residents who may be eligible for free cataract surgeries that will be performed this spring.

The screenings, by appointment only, will be on Saturday April 12 at the Kaiser Permanente Point West Medical Offices, 1650 Response Road, Sacramento.

The surgeries are part of Mission Cataract USA, an annual program in which participating doctors provide the sight-restoring procedure to hundreds of people across the nation who have no health insurance and can't afford the operation. This is Kaiser Permanente's 19th year in the program. Kaiser

Permanente physicians and staff will perform as many as 20 free cataract surgeries on eligible individuals in early May.

Screening appointments can be made through April 3 or until the slots fill up, whichever comes first. To sign up for the screening, or to request more information, call: (916) 973-7159. ★

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