



*A Reminder to Protect Your Pets
from the Summer Heat*

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*We Wish Our Readers
a Very Happy
Mother's Day*



AMERICAN RIVER

M E S S E N G E R

Volume 7 • Issue 9

Serving Fair Oaks, Gold River, Rancho Cordova & Sacramento County

First Edition for May 2012

Fair Oaks Fiesta Days Attended by Thousands



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Volunteers Participate in Parkway Clean-up



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County Library Closures Slated

SACRAMENTO REGION – All Sacramento Public Library locations will be closed Friday, May 18; Friday, June 15; and Friday, June 29, 2012, due to staff furloughs. The Library's telephone information service will be unavailable during these closures.

The Library's governing board recently approved three furlough days between May 1 and June 30, 2012, as a cost saving measure due to shortfalls in County property tax revenues and funding reductions from the City of Sacramento.

"Funding shortfalls have left the library with few choices to maintain services to the public," said Library Director Rivkah Sass. The library was faced with either laying off 15 to 18 staff, necessitating the permanent closure of as many as three locations; or furloughing staff, requiring temporary one-day closures of the whole system.

"We believe furloughs are a better outcome, especially for those communities that would have faced the permanent closure of their neighborhood library," Sass indicated. Sacramento Public Library's website (www.saclibrary.org) is available 24/7.



Many County Libraries will be closing on Fridays due to budget shortfall.

Visitors can access the Library's catalog, apply for a library card, request and renew

items, download eBooks, audio books and videos, use the research databases, pay fines, and see event and programming

information. Please call 916-264-2920 with any additional questions.

Rancho Cordova Named a "Playful City USA"

RANCHO CORDOVA – The City of Rancho Cordova is one of 213 American cities that earned the 2012 title, "Playful City USA", awarded annually by KaBoom!, a national non-profit organization that is dedicated to saving play for America's children by creating play spaces through participation and leadership of communities. And it is the first Playful City USA community in Sacramento County.

"We are honored to receive the Playful City title as it confirms that we are being successful in making our City a fun, healthy, and safe place for families," said Mayor David Sander,

whose main focus during his City Council tenure has been the Growing Strong Neighborhoods initiative.

Studies show that today's children are spending less time playing outside than any previous generation. And the resulting play deficit is having profound consequences for kids physically, socially, and academically.

KaBoom! created Playful City USA in 2007 to help local governments address the play deficit. Rancho Cordova and the other 212 Playful City USA honorees have made a commitment to play and physical activity by developing unique local action plans to

increase the quantity and quality of play in their communities.

KaBOOM! selected Rancho Cordova for its play agenda that has achieved great success thanks to partnerships across the community. One of the first joint use agreements in California was created through the collaboration of the Folsom Cordova School District and the Cordova Recreation and Park District.

In addition to the title, Rancho Cordova is now eligible to apply for \$15,000, \$20,000, and \$30,000 grants via Let's Play, a community partnership, to get kids and families active nationwide.

For the fifth consecutive year, Florida paced the nation with 29 Playful City USA communities. California earned second-place with 24 communities and Texas was third with 14 Playful City USA communities.

For more information on the KaBOOM! Playful City USA program, including Let's Play grants and applications for 2013, visit www.playfulcityusa.org.

Source: Helen Brewer
Public Information Office
City of Rancho Cordova

Fair Oaks Bluffs Dedicated



By Julie Parker

FAIR OAKS - Serenity, and a panoramic view of the Sierras and Mount Diablo, are just a couple of gifts we can enjoy from

the Fair Oaks Bluffs, thanks to 14 years of community effort.

A dedication ceremony was held on April 29, 2012 at the Fair Oaks Donor Plaza (designed by local artist Hugh Gorman),

celebrating the passionate and determined individuals, citizen groups, public, and private entities whose contributions were vital in preserving the 4.5 acre nature area.

Certificates of Appreciation were presented, interpretive sign sponsors recognized, and remarks by some of those involved in the project provided some additional insight. The ceremony was capped off with some tasty cake and cider, accompanied by music provided by Catherine Mandella.

Treat yourself with a visit to the bluffs. The trailhead is located at the end of Bridge Street in Fair Oaks. If you aren't able to walk up the semi-steep trail, there's Mr. Gorman's beautifully designed plaza to enjoy at its base, and the interpretive signs across the road provide interesting information (teachers often bring their students here to learn more about the history of the area and the natural environment).

If you would like more information about the challenges met and overcome by 1,500 individuals and organizations to make this day a reality, and the stories behind the design of the Plaza, visit <http://www.arnha.org/books/fobluff.html>.

SMUD Completes Installation of Smart Meters

Very High Customer Satisfaction Highlights Effort

SACRAMENTO REGION – SMUD has completed installation of smart meters for its more than 600,000 residential and business customers. The project, which started in late 2009, has been completed on time and on budget. It is a major success. SMUD is one of only a handful of utilities in the United States to complete such a large deployment effort.

Throughout the project, SMUD has maintained customer satisfaction levels in the mid-90th percentile. Ongoing surveys measure customer satisfaction with the meters, the installation process and associated communications. The complaint rate is only 0.09 percent.

SMUD smart meters provide SMUD customers with more flexibility and choice and immediate benefits. Customers can now see their electricity usage online, and start and stop service remotely.

Meters are now read automatically precluding meter readers from being on customers' property. Fewer trucks will be needed to maintain the system. Smart meters also provide the foundation for the future smart grid, a comprehensive upgrade that will provide digital two-way communication to customers about rates, products and services and even help identify outages more quickly.

Quicker restorations and even some "self-healing" features will improve reliability and save energy.

"Smart meters and the smart grid will revolutionize the way we use energy in our lives in a very productive way," said SMUD General Manager and CEO John DiStasio. "SMUD customers will be able to better gauge how they use electricity to better manage their usage, bill and comfort according to their needs," DiStasio said.

From the very beginning, SMUD made its smart meter program customer-centric, always putting the customer's satisfaction first and foremost. SMUD ensured customers knew when the meter would be installed and communicated in easy to understand literature in six languages explaining the process and the benefits. Customers were provided 14-day notices for installations with the option to schedule installation appointments within a one-hour window.

The smart grid ties together all aspects of electricity delivery and consumption. The resulting potential energy savings could help SMUD save roughly \$8 million to \$15 million annually in power supply costs. Those savings could help SMUD avoid a major transmission investment or a local large scale electric generation project.

For more information about the SMUD smart meter and smart grid projects, visit smud.org.

Fiesta Days Draws Big Crowd



Pat Dilling of Oliverhurst (front, left in hat) shows off his 1953 Studebaker Starbright Coupe to some of the locals. Standing behind Pat is Madelyn Samodurov, April Hayden, Thad Potocki of Potocki Chiropractic. To the right are Stacy Flascher, local State Farm agent, along with Bella Samodurov, Brent Samodurov, Caleb Samodurov. Photo by Paul V. Scholl.

By Leslie Carrara

FAIR OAKS - The 63rd Annual Fiesta Days was last weekend, with old cars galore on Sunday and a very large quantity of fair-goers on hand. Thousands attended the weekend-long event in old Fair Oaks Village.

Informational booths and food booths were set up in the shade in the park on Fair Oaks Blvd. and the cars were on display in the street. GTO's, Pontiac Firebirds, Studebakers and older

model Chevy's were just a few of the types of cars available for viewing.

Michael Tiffin, a local contractor, said that he likes Fiesta Days, and that this is his fifth year attending. "I like to support the local economy," he said.

And Greg Donovan has been going to the event for twenty years. "I love it," he said. "When I was younger we'd bring the kids. They would be in the parade through their schools." He added that for the last 20

years, the cars have been on display on Sundays.

Nicole McClintock ran the Educational Homestay Programs booth, where they look for host families to house foreign exchange students from all around the world. "I think it's a fantastic family event and it provides a great opportunity to lean about more things in the community," she said. EHP is looking for host families in Citrus Heights at this time.

May is Water Awareness Month

SACRAMENTO COUNTY - Did you know that most water use—and water waste—occurs in the landscape? With the Sacramento region's hot, dry climate and long summer season, more than 60 percent of a household's yearly water use typically goes toward landscape irrigation. Of that, 30 percent is lost due to overwatering and evaporation.

The good news is that there are easy actions you can take that will both reduce your water use and create a beautiful landscape.

Suggestions include you adjust your watering schedule at least every month according to anticipated weather. You can also stop runoff. If you see runoff, divide your total watering time in half for two shorter watering cycles.

Check your irrigation system every month for leaks and misdirected sprinkler heads. Another idea is to

plant low water-use trees and plants in your yard, or perhaps replace or reduce lawn areas with low-water use plants.

By using water efficiently outdoors, together we can eliminate waste and preserve our precious water resources for a healthy environment and economy in the Sacramento region.

For information about using water efficiently and other ways to have a sustainable, River-Friendly landscape, contact your local water provider or visit www.RiverFriendly.org.

Source: Sacramento County DWR

Ross Davidson † 1921 - 2012



Community leader Col. Ross Davidson died on Saturday, May 5. Aged 91, he succumbed to natural causes.

Funeral Details:
Tuesday, May 15, 9:30am
Burial with military honors
East Lawn Mortuary, 5757 Greenback Lane
Followed by memorial.

The much-decorated WW 2 veteran was a major force in local civic life for over 60 years. He will be deeply missed in the community he loved. We offer condolences to the Davidson family and to the hundreds of people who respected and loved this great American. Our tribute to Col. Davidson's life will appear in the Times next week.

Photo courtesy of the Davidson family. Text: Susan Maxwell Skinner



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Susan Peters

Trusted Leadership for a Better Sacramento County




LIFELONG COMMITMENT TO SERVICE

For more than 30 years as a community volunteer, businesswoman, and now as Supervisor, Susan Peters has worked hard to move our community forward.

- Former Chair of the Sacramento Metro Chamber of Commerce
- Co-Chair of Next Economy, a group of area leaders working to build a brighter economic future for Sacramento County
- Former member of Sacramento Valley Conservancy Board of Directors

PROTECTING PUBLIC SAFETY

Susan Peters is a consistent and passionate public safety advocate.

- As Supervisor, Susan has always kept public safety as her number one budget priority
- Endorsed by Sheriff Scott Jones, former Sheriff John McGinness and the Sacramento County Deputy Sheriff's Association
- Supported the expansion of the Hazel Avenue Bridge to relieve congestion over the American River while at the same time making it safer for bicyclists and pedestrians

PROMOTING FISCAL ACCOUNTABILITY AND ECONOMIC GROWTH

As our Supervisor, Susan Peters has carefully managed taxpayer money and worked to improve our local economy.

- Balanced the budget every year in office
- Created innovative partnership with a nonprofit organization to keep the Effie Yeaw Nature Center open for the benefit of our neighborhood school children
- Encouraged local job growth by streamlining government permitting and upgrading public infrastructure

Susan Peters
 ★ COUNTY SUPERVISOR ★

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**FAIR OAKS CEMETERY
 MEMORIAL DAY
 AND AVENUE OF FLAGS
 CEREMONY HONORING
 CIVIL WAR VETERANS**

The Fourteenth Annual Memorial Day Ceremony will be held Saturday, May 26th, 2012 at the Fair Oaks Cemetery, 7780 Olive Street, Fair Oaks, with formal ceremonies starting at 10 AM. Tom Askins will be the Master of Ceremonies. The musical program will be provided by the American Veterans Band, conducted by Warren "Bud" Turner.

There will be a Color Guard and Rifle Salute team from Civil War Member Organizations. Also a ceremony of the laying of the wreath at the memorial in honor of over sixteen hundred veterans who are buried in the cemetery.

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

The Fair Oaks Historical Society and Orangevale/Fair Oaks Grange will provide complimentary refreshments after the ceremony.




More information will be coming as we finalize the Speakers.
916-966-1613



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- Citizens for Law & Order Inc.
- Sacramento Metro Chamber of Commerce

* Partial List

www.JudgeBogert.com

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Penny Howard: 90 Years Young!



Happy Birthday, Penny!
Photo by Julie Parker.

By Julie Parker

FAIR OAKS—Roller skating was fun as a child, and a couple of boys let her ride their bicycles, or she sat on the handlebars as they rode around.

She made scrapbooks of favorite movie stars, like Ruby Keeler, Dick Powell, Irene Dunne, and Cary Grant. When the State Theater opened, after watching films at the old Auburn opera house, she was "awestruck."

Naomi Rogers' family left Auburn for San Francisco in 1935, when she was 13 years old. "My sister and our friends had a little club, and decided to nickname each other. At the time, Ginger Rogers was in a movie, and her character name was Penny Carol. So, Penny Rogers was it. 'Penny' carried over into Visalia. My kids were half grown before they realized 'Penny' wasn't my real name."

Summers were spent at Mammoth Lakes, where her grandmother, great-aunt and uncle owned one of the first resorts.

For the ticket price of 5 cents, she walked across the Golden Gate Bridge on opening day.

During freshman year at Polytechnic High School (closed in 1973), she crushed on a senior—George Fenneman. "Most of the students danced at Taraval Temple. George was popular and good-looking. One night, he asked if he could take me home after the dance, but my sister and friends said, 'Oh, no. He's fast.'

At a party, though, he got me in a corner and kissed me. I think he'd been drinking. The next summer, we moved to Visalia, and I never saw him again, until I turned on Groucho Marx's TV show, 'You Bet Your Life.'"

After graduating from high school in 1940, she joined her sister in Los Angeles, who was living in a rooming house with all their old friends.

She worked as an usherette at the old RKO Theater, danced to all the big bands at the Hollywood Palladium, enjoyed Santa Monica Beach, and hit the nightclubs. "I'm 18, and they're serving me drinks. One night, we sat shoulder-to-shoulder talking, and having cocktails, with Frank Sinatra, and a couple of Tommy Dorsey band members."

Bad news awaited her when she was reported for work one night. The head usherette said, "Oh, Penny. Guess what's just happened! The Japanese have bombed Pearl Harbor, and sunk a lot of our ships."

"Someone very special to me was on board one of those ships, who I had dated in high school. He joined the Navy after graduation. Before he left, he came to Los Angeles, asking me to marry him in five and-a-half years, at the end of his stint. I said, 'I'm not waiting that long to marry anyone, and then, it may not be you.' He got mad and left. We corresponded, though.

When Pearl Harbor was attacked, I told my parents that if he gets out of this alive, I'm going to marry him." A week later, he sent a card saying he was okay; that his ship had been badly damaged. When it arrived in the United States for major repairs, they married.

He began flight training in Dallas, where she joined him after the birth of their son, Richard. He was then sent to Pensacola, where affordable housing was unavailable. She and six month old Richard had to return home, but with limited funds for travel. They took the bus to New Orleans to stay with relatives, until she

had the money for air fare.

"Back then, airplanes were like a Greyhound bus with wings. When we took off, there was a huge storm. The plane was bouncing all over the skies, and I swore lightning was hitting the plane. I had to put the baby down on the aisle to use the barf bag. I put my foot on him to keep him from bouncing down the aisle while I threw up."

She and her husband spent only 30 days together during his leave, and then he left for the Pacific as a Navy fighter pilot. "He remains one of the missing of World War II."

(Richard graduated from West Point in 1965, and was killed in Vietnam. Like his father, he left a baby son.)

A few years later, at a party in Visalia, there was a tall, handsome young man, with a beautiful smile, dimple, and blondish-wavy hair. Nudging her friend, she said, "I'm going to take that one." She and Bob Howard married a year later.

His appointment as Rehabilitation Director brought them to Sacramento. Four more children were added to the family.

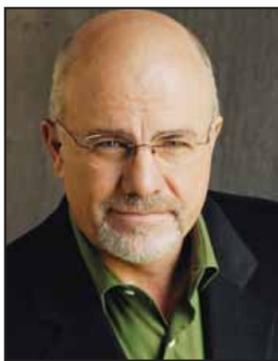
About a year and a-half ago, she lost another son to alcoholism.

On behalf of the St. Francis Episcopal Church, she attends Chamber meetings and mixers, works in the church office, writes, and plays bingo a couple of times a week. "I don't jitterbug anymore," she jokes.

She used to paint, and draw with pencils, pen, ink and charcoal, and belonged to Northern California Arts.

Her summers continue at Mammoth Lakes, with the kids, grandkids, and friends from Southern California.

After 90 years, Penny is philosophical. "If today isn't good, wait for tomorrow. I feel you have to have obstacles in your life. How can you enjoy the good things in life if you never experienced anything bad? Live your life positively."



Dave Ramsey is America's most trusted voice on money and business. He's authored four New York Times best-selling books: *Financial Peace*, *More Than Enough*, *The Total Money Makeover* and *EntreLeadership*. *The Dave Ramsey Show* is heard by more than 5,000,000 listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

Frustration Along the Way?

Dear Dave,

I'm about to complete Baby Step 3. I've been very intense about following your plan, but I was wondering if there's ever any kind of frustration or let-down after you've come this far.

- Rasheed

Dear Rasheed

You're right. The beginning three Baby Steps are very intense. First, you get \$1,000 in the bank—\$500 if you make less than \$20,000 a year—for a beginner emergency fund as fast as you can. Then, pay off all your debts, except the house,

Dave Says

from smallest to largest, and after that you finish out your emergency fund with three to six months of expenses. This is a real whirlwind of activity, because everything should be wrapped up in an aggressive, we've-got-to-get-this-done kind of attitude.

I guess if there's a letdown it could come from the feeling that once you're out of debt except for your house, things should kick into overdrive and you'll become instantaneously wealthy. That just isn't realistic. But it does remove a ton of stress from your life, and you'll experience a sense of freedom that you've never felt before.

As for frustrations, they'll be fewer because a huge cause of stress and frustration will disappear after you gain control of your money and get out of debt. You may feel like things aren't moving fast enough, but things never seem to move fast enough when you're intense and really into what you're doing!

- Dave

Time to Play it Smart!

Dear Dave,

Our son is 21, and he's embarking on a career as a professional soccer player. He'll only be making about \$30,000 a year, and we want to know how we can help him manage this money and not get caught up

in the idea that he has to live a glamorous lifestyle.

- Karen

Dear Karen,

"Glamorous" isn't the word I'd use to describe a \$30,000-a-year job, even for a 21-year-old. I think the biggest thing here is to make sure he develops some emotional maturity and uses basic, common-sense guidelines to help keep things in perspective. If he makes a habit right now of budgeting and living on less than he makes, he's going to have a lot easier time later on if he starts raking in the big bucks.

Help him prepare his heart for two things. First, that a career as a professional athlete will probably be a short run. Enjoy it, be smart, then prepare to move on to the next part of your life, and develop a different career track.

The second thing is that even if he beats the odds and ends up making a ton of money, he's got to view the money as a responsibility and a privilege. This is when the common sense and maturity really come into play. You can't run out and buy a bunch of houses and cars and expect even big money to last for long!

- Dave

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

Garrick Worrell Named LeTourneau University Heritage Scholar

(readMedia) - Garrick Worrell of Fair Oaks is one of 10 high school students from around the world to receive a Heritage Scholarship from LeTourneau University. Worrell will be a freshman in the fall and is planning to major in Mechanical Engineering.

The Heritage Scholarship is the university's premier scholarship which provides each recipient full

tuition over four years. Most of the competitors were valedictorians at their high schools. The invitation-only competition included three days of group sessions, personal interviews and an essay. Over 97 students from 27 states and three countries competed for this scholarship this year. This year's average SAT for competitors was 1391 and the average high school grade point average was 3.91

on a 4.0 scale. LeTourneau University is an inter-denominational Christ-centered university located in Longview, Texas, offering academic majors in aviation, business, criminal justice, education, engineering, health science-nursing, human services, kinesiology, liberal arts, science and psychology.

Please Join Us for a Special

MEMORIAL DAY PROGRAM

To Our Men & Women In Uniform ...
Past, Present and Future

Monday, May 28, 2012 at 10:00am

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Choose One Of These Dates

Tuesday, May 22, 2012 - 11:30 a.m. to 12:30 p.m.
Friday, June 29, 2012 - 11:30 a.m. to 12:30 p.m.
Thursday, July 26, 2012 - 11:30 a.m. to 12:30 p.m.
Seating is limited to 30 attendees per seminar

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Please note - this is not a sales seminar. "The Privilege of Planning" will be a 30-minute presentation followed by a question and answer period. It will focus on the importance of getting your family involved in the entire process of advance planning and all of the options available. Done properly - at the right time and in the right way - pre-planning can become a privilege instead of a chore. Get valuable information on Veteran's benefits, cremation and burial options and receive a FREE Emergency Planning Guide. Come and learn the steps you can take now to make sure those you care about are always cared for.

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More information at (916) 504-2842 or sspca.org

Mayor Sander Hosts 1st Neighborhood Walk

RANCHO CORDOVA – The first 2012 "Neighborhood Walk with the Rancho Cordova Mayor" was held Saturday, April 28th.

"The Walks provide an opportunity for people to walk, exercise, and talk with neighbors and City officials," said Mayor David Sander. "They can ask questions about City plans, voice their concerns, or just enjoy the camaraderie."

The popular walks were started two years ago and since then, several hundred adults,

children, and babies in strollers have participated.

Five additional walks are scheduled, each beginning at a different school site. For more information, please contact Lorianne Ulm, City staff member, at (916) 851-8755.2012

Saturday Neighborhood Walks with the Mayor are Scheduled as:

May 26th: Navigator Elementary School, 10679 Bear Hollow Drive

June 23rd: Cordova Villa School, 10359 White Rock Road

August 25th: Rancho Cordova Elementary School, 2562 Chassella Way

September 29th: Cordova Gardens Elementary School, 2400 Dawes Street

October 13th: Williamson Elementary School, 2275 Benita Drive

For more information, please contact Lorianne Ulm, City staff member, at (916) 851-8755.2012

Source: Helen Brewer
Public Information Office
City of Rancho Cordova



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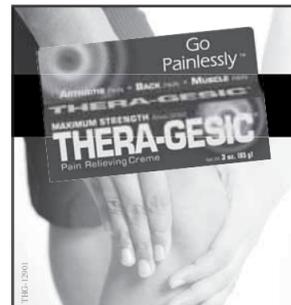
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The Genealogical Association of Sacramento

will hold its regular monthly meeting Wednesday, June 20, at 1:00 P.M., at the Belle Cooleedge Library, 5600 S. Land Park Drive.

Guest speaker will be Lisa Lee speaking on "Taking a Second Look at Our Research". All are welcome.

Further details at our website: <http://www.gensac.org>



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Sacramento Suburban Writers Club Meets

CITRUS HEIGHTS - The Mid-Year Banquet of the Sacramento Suburban Writers Club will be held Monday, May 14th, 7-9pm, in the larger meeting room of the China Buffet, 5623 Sunrise Blvd., Citrus Heights. Cost for Members is \$12; guests is \$15. A special prize(s) drawing just for guests will be provided. Reservations are requested. Contact Andrea Roth, (916) 396-3414.

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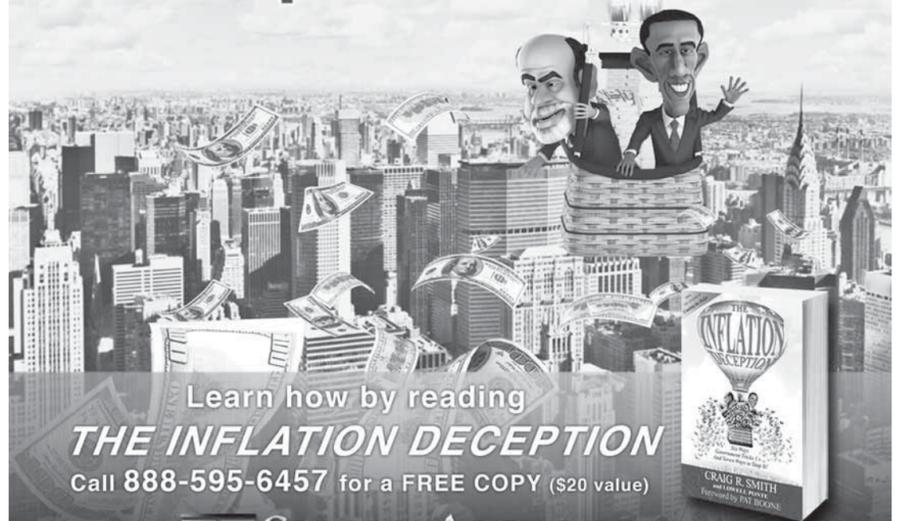
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By Ronnie McBrayer

Love, Mom

would love to have a fish stick to eat." You can also guess my unwise answer: "Well," I said, "Why don't you send those children my fish sticks, because I can't stand to eat another one." I discovered that a fish stick tastes pretty good with a fat lip.

My mother shared a lot of other well-worn but accurate expressions with me as well (usually not as forcefully as the whole fish stick episode turned out). You heard these words of wisdom too: "Money doesn't grow on trees...When you have your own house you can make your own rules...Quit running with that or you will put your eye out...If you can't say anything nice, don't say anything at all...Don't put that in your mouth; you don't know where it has been...Close the door - were you born in a barn...Always wear clean underwear...If everyone jumped off a cliff would you do it too...Your face is going to freeze like that."

We've all heard these things because children of all generations need words of wisdom and correction; because children of all generations like to run with scissors in their hands, object to their mother's cooking, and leave the door standing wide open. Words of correction (even those that are a bit unorthodox at the dinner table) are expressions of a mother's love, and all children need love.

We Christians emphasize the Father-like love of God. And yes, he is our Father. But this emphasis on the paternal, can give us a blind spot so that we fail to see and emphasize the deep mother-

quality to God's love for us. God is also Mother, with a love that is warm, deeply affectionate, and unconditional. In many ways, a mother's guiding, nurturing, compassionate love is best reflective of whom God is.

I like how John Killinger, in his book *Lost in Wonder*, puts it. He writes, "I believe in the love of all mothers, and its importance in the lives of their children. It is stronger than steel, softer than down, and more resilient than a green sapling on the hillside. It closes wounds, melts disappointments, and enables the weakest child to stand tall and straight in the fields of adversity. I believe that this love, even at its best, is only a shadow of the love of God, a dark reflection of all that we can expect of him, both in this life and the next."

Certainly, not everyone has experienced this kind of love from their parents, and are thus quite suspicious of a God who offers to love us without manipulation, abuse or ill-treatment. Still, as the Psalmist said, "Even if my father and mother abandon me, the Lord will hold me close" (Psalm 27:10). And hold us he/she will, because we all need love.

Ronnie McBrayer is a syndicated columnist, speaker, and author of multiple books. You can read more and receive regular e-columns in your inbox at www.ronniemcbrayer.net.

Ronnie McBrayer is a syndicated columnist, speaker, and author of multiple books. You can read more and receive regular e-columns in your inbox at www.ronniemcbrayer.net.

My Mother Was Wrong About Spinach

By Rev. James L. Snyder

One of the great joys of getting older, and there is at least one joy involved in this grueling process, is discovering that you were right all the time. I try not to boast here because, well, that's just the kind of person I am. And, I'm not going to make a list of all of the things I was "right" about. No sense in boasting, but I just can't resist one.

Some of these things centered on my relationship with my mother. One advantage a mother has over her children is that sense of authority and being right all the time. Looking back, I can see that she was not right all the time.

As a young person, my mother told me things I have since learned not to be true. For example:

It takes more than clean underwear to survive an accident.

The boogiemer under my bed does not exist... any more.

None of my friends wants to jump off a bridge.

I will grow up even if I don't clean up my plate.

And, it's almost impossible to behave yourself and have a good time simultaneously.

My mother, like other mothers, was not a bad mother. She just had bad information, much of which she got from her mother. I'm not sure where grandmother got her information, but it too was wrong. And, when you have bad information, there is nothing more you can do but inflict it upon your children. And my mother inflicted away at us children.

This week another one of these "not true things," was revealed. This one was the mother of all untrue things mothers tell their children.

I must confess there is a bit-tersweet sense of victory in this recent announcement. I can't tell you how many times my mother told me to "Eat

your spinach. It's good for you." When I would protest she would further admonish me by saying, "Finish all of your spinach on your plate, it won't kill you."

Boy was she wrong. I hate to say, "I told you so." However, the temptation is beyond my ability to resist. After all, I'm only a man. I guess I never ate enough spinach for the strength to resist everything.

For years, I told my mother that spinach was not good for me. Now, I have scientific proof as well as verification from the United States government that spinach can kill you.

Where was all this information and government verification when I was young and being force-fed spinach? Some things should be retroactive. If I could find a way to give back all the spinach I have eaten from my mother's table I certainly would do it right now. (Could someone find me a porkbarrel?)

Of course, there is always the idea that my mother knew this and was simply trying to kill me. No, after further thought, I'm sure that is far from being true. But don't think I haven't been pondering this, lately. She had plenty of evidence to incite this kind of attitude toward me, I assure you.

My mother used everything she could think of to get me to eat my spinach. She used intimidation, arguments and a gold old-fashioned thrashing. None of it seemed to make her spinach taste any better.

One of the arguments my mother used to get me to eat spinach was good ole Popeye. "Popeye eats spinach," my mother would taunt me. "Look at all of the things he does because of eating spinach."

Of course, from my observation, Popeye only ate spinach when he was in extreme trouble and his life was being threatened. I tried to have an agreement with my mother that I would eat spinach

every time my life was threatened. Then she threatened my life.

Her arguments continued. "Certainly you want to be like Popeye, don't you?" my mother pleaded.

To which I responded, "Yes, and he smokes a pipe too. Can I smoke a pipe?" I did not think it fair for my mother to make me eat spinach and then not allow me to smoke a pipe. If you choose one the other comes too.

At the time, my mother was not too amused with my argument concerning Popeye's pipe. I tried explaining that Popeye's use of spinach was only occasionally but his use of the pipe was continuously. This argument had no effect upon my mother, but it did cause severe pain in my left ear as she led me by my ear back to the table to finish my spinach.

At the time, my mother had a one-track mind, which led to a plate of spinach. I, on the other hand, had a one-track mind, which led as far away from that plate of spinach as possible. Nothing would do but clean up my plate of spinach. Only one mind could win, and it sure wasn't mine.

I listened with amusement to all this news concerning spinach this past week. Reflecting upon this incident from my past, a verse of Scripture came to my mind. "Therefore to him that knoweth to do good, and doeth it not, to him it is sin." (James 4:17 KJV).

At the time of my spinach eating frenzy, my mother thought she was doing the right thing. At the time she was, much to my consternation. It's not so much, what we do, as it is what we know.

The 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 (352) 687-4240 or e-mail jamesnyder2@att.net. The church web site is www.whatafellowship.com.

I was smacked away from the dinner table on one occasion. Calm down, I was never abused, not even close. But my parents did believe in the effectiveness of that proverb, "Spare the rod, spoil the child." Thus, I was definitely not spoiled.

Even if corporal punishment had not been practiced in my childhood home, I still would not have been over-indulged. Our family was quite poor. My father often worked two jobs in the textile mills to pay the bills and keep the roof over our heads, and my mother cared for my youngest sibling who was very ill. There was always more month than money, and my wardrobe of patched blue jeans and worn-out tennis shoes proved as much - and sometimes, so did our diet.

On what felt like the umpteenth night in a row that my mother served us the culinary delights of macaroni and cheese and fish sticks, I just could not eat another serving of the Gorton's Fisherman. So, not knowing the economic pressures of feeding a family on a meager income, I voiced my complaint: "Fish sticks, again! Is that all we have?"

You can guess the response. She said, "Why don't you learn to be thankful! There are children all over the world who



By Marlys Norris, Christian Author

A Word No One Likes

speaks unfruitful words to others. Their words bring division and destroy unity. Satan attacks believers in many different ways and if someone is immature in their walk with God unkind words will devastate their lives. For instance: Satan may even come as an angel of light, gently approaching someone who has not yet matured in the faith. He will cunningly persuade and convince them, that what they once knew and believed is childish and immature. They assure them they have a better idea and to put aside everything they have previously believed. If they do this Scripture warns that God will take them home to heaven early rather than lose them to His enemy. Backsliding is not an option in the mind of God. (see O.T. Deuteronomy 30:17-18)

Satan also uses people who are not sincerely committed to God, to do his bidding and to hopefully destroy lives and/or their testimony. Satan's focus is especially on anyone who is a faithful follower of Jesus Christ.. Depending on a person's

knowledge of God's Holy Word and their personal practice of prayer - will govern both their response and personal ability to acknowledge where the hateful words originate.

One day everyone will be accountable! Scripture clearly tells us - "...for all have sinned and fall short of the Glory of God". (Romans 3:23) Jesus death purchased our forgiveness and salvation. When a believer is faithful, their life is fruitful. They live to buildup and edify everyone in their personal journey and knowledge. The authority of their lives comes from God. They live in an attitude of forgiveness and live according to all the instructions in the Word of God, The Holy Bible.

Marlysjn@gmail.com

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Sin is a word most people do not like because it means they must face responsibility and be accountable to someone for our actions. Sin is some action a person does they know God, their parents and society disapprove and they feel helpless to stop.

The enemy of God uses sin to destroy ones life and relationships. Any form of sin causes a person to come into a form of "bondage" that cripples their life when they continue to yield to it. The longer one allows a sin to rule the actions of their life - the harder it becomes to break away from.

One who continues to yield to their sinful nature becomes Satan's advocate as he/she

Why Am I Having So Many Problems?



By Pastor Ray Dare

Once you become a believer, God uses everything that happens in your life. God doesn't cause everything, but God will use everything that happens to you to help grow you. "For those who love God everything that happens fits into a pattern for good. For God...chose us to bear the family likeness of his Son...." Romans8:28-29 (Ph). One of the most common ways God grows you is through problems.

How do you know if you are growing spiritually? You learn to trust God through a problem. You trust God in spite of the circumstances. You don't demand explanations because there are some things that we will never understand on this side of eternity. In the Bible, there's a book called Job. It's all about one thing: Will a person continue to trust God if he loses everything; if everything

goes wrong in his life? Job's answer was a resounding, "Yes!" But allow me to make this personal - would you? Would you continue to trust God if everything went wrong in your life?

There's a story in the Bible about the Disciples of Christ going through a terrible storm. After Jesus calmed the storm, He turned to His disciples and asked, "Don't you have faith in me yet?" (Mark 4:35-41) The fact is, you will go through some storms in life. You're going to lose loved ones. You may lose a job, your marriage, your health. But will you continue to trust God in spite of the circumstances?

That's what spiritual maturity and faith really are: facing the facts without getting discouraged by them. Faith is not the absence of problems or pretending that everything's great when it's not. Faith is facing the facts without losing your confidence in God. This is the ultimate test of spiritual maturity. It is the point of surrender - you give up control. Part of that trust is realizing the fact that God doesn't always deliver you from the problems of life, but He always

has a greater plan beyond them.

God has a purpose behind every problem. "For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all." 2 Corinthians 4:17. He uses circumstances to develop our character. In fact, God depends on circumstances to mold us into Christ-likeness even more than the Bible, because we experience circumstances 24 hours a day. Even if you read your Bible an hour a day, it would still leave 23 hours of circumstances for God to use.

Life is a school and problems are the curriculum. Every time you solve one problem, another one is waiting to take its place. Not all of them are big, but all are significant in God's growth process for you. If you are facing trouble right now, don't ask, "Why?" Ask, "What?" Not, "Why me?" Instead ask, "What do you want me to learn?" Then trust God and keep on doing what's right. Never give up - but allow God to grow you up!

Pastor Ray

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CLUES

ACROSS

- 1. Felipe _____, Formula One racer
- 6. Holiday helper
- 9. *This Harvard team rows on Boston's Charles River 13. "Get _____ job!"
- 14. Be a witness
- 15. *East side of Jersey
- 16. Catherine Middleton's new accessory
- 17. _____ capita
- 18. *Native of Des Moines
- 19. Like a black-tie event
- 21. *In the middle of the U.S.
- 23. Often comes before "out"
- 24. 8 to Caesar
- 25. Rudyard Kipling novel
- 28. _____-de-camp
- 30. To produce within
- 35. Black tropical cuckoos
- 37. Elton John and Bono, e.g.
- 39. Lined with crystals
- 40. Anything half-moon shaped

- 41. Brother of a certain secret order
- 43. Largest continent
- 44. It usually wafts
- 46. Farmer's storage
- 47. Short for "dictionary"
- 48. Navy rank
- 50. Like #44 Across, this also wafts
- 52. _____ degree
- 53. Birdbrain
- 55. Small protuberance
- 57. *Steamboat and Old Faithful, e.g.
- 61. PBS street
- 64. German submarine destroyer
- 65. Philosophical system
- 67. *On a _____ of 1 to 10"
- 69. Averages
- 70. Water in Paris
- 71. Tiny amounts
- 72. Bent when genuflecting
- 73. Decay
- 74. Beside, archaic

DOWN

- 1. Dojo pad
- 2. *Like Mohave Desert
- 3. Popular cooking method for Ahi tuna
- 4. Hindu woman's dress
- 5. *Mount McKinley state
- 6. Oscar of sports
- 7. _____ Harvey Oswald
- 8. Nobel-winning physicist
- 9. Grub
- 10. U.S. furniture maker
- 11. Time periods
- 12. Moved or exited
- 15. Building side
- 20. Temblor or quake
- 22. Mad King George, or George _____
- 24. Particular rendering
- 25. *Southernmost point of U.S.
- 26. Contain the ashes
- 27. King of ancient Crete
- 29. Buenos _____

- 31. Necklace pearl, e.g.
- 32. Violinist's pine resin
- 33. Court order, e.g.
- 34. End of the road?
- 36. 18-wheeler
- 38. Auctioneer's exclamation
- 42. Not a soul
- 45. Ends of shoe laces
- 49. And not
- 51. *Western neighbor to #5 Down
- 54. Twig of a willow tree
- 56. Comes in bits for salads
- 57. Thick messy substance
- 58. Jet black
- 59. Yesteryear
- 60. Equal
- 61. Plant fungus
- 62. Friend from Down Under
- 63. Distinctive elegance
- 66. _____ Paolo
- 68. *Three ahead of PST

For Solution See Page 7

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by David Dickstein

Family Films

“The Raven”
Now playing, rated R
imdb.com/theraven
 Edgar Allan Poe’s dark and brooding 1845 poem, “The Raven,” has been adapted as a movie roughly two dozen times for a century, from silent screen versions to a recent direct-to-video spin set in the 1920s. So much for what the bird said about “nevermore.”

Since always more seems to be in style when it comes to movies inspired by one of the most famous poems ever written, it’s that time again to add another to the already vast collection. After all, the new release is titled “The Raven.” Uh, not so fast, Poe fans. This “Raven,” to borrow from the anti-macabre “Sesame Street,” doesn’t belong with all the others.

Rather than basing the movie on a single literary work, this entertaining though flawed piece of historical fiction is a Poe’s “greatest hits,” of sorts, centered on a serial killer whose victims die in ways straight out of the American writer’s genius. The protagonist isn’t one of Poe’s characters, but Poe, himself, played by John Cusack. The writer is reluctantly brought into the murder case as a criminal profiler, and things get personal fast. Not only does Poe’s lady love find herself in grave danger, but he is subjected to seeing his grisly tales come to life at the hands of a homicidal maniac whose identity is expectedly revealed very late in the game. Think “Saw,” “Se7en,” “Misery” and “Silence of the Lambs” all mixed together.

Cleverly worked into the film, directed by James McTeigue (“V for Vendetta”), are “The Tell-Tale Heart,” “The Pit and the Pendulum,” “The Masque of the Red Death,” “The Cask of Amontillado” and several other tales, plus a reading of “Annabel Lee” for good measure. Those unfamiliar with Poe’s work will be the lesser for missing the ceaseless references, and it helps to know some aspects of Poe’s bizarre final hours going in.

For a movie based on one of the greatest literary writers ever, Poe’s memory deserves better than a script with plot holes the size of Baltimore. Plus,



Films and DVDs for the Whole Family

there’s a fair share of historical errors, one being that “serial killer,” used for a newspaper headline in 1849, wasn’t coined until the 1970s. Also weighing down an otherwise engaging thriller is the makeup, or lack of, used on Cusack. The actor’s healthy-looking face, boundless energy and sharp-as-a-tack mind fail to bare even a hint of the personal torment and addition to opiates and alcohol suffered by the man being portrayed. Quoth the movie-going raven, “Best you check your logic at the door.” *3 of 5 Stars*

“Moonlight Kingdom”
Opens May 25, rated PG-13
focusfeatures.com/moonrise_kingdom

The rating suggests that tots should steer away, but parents of tweenish-aged children cool on coming-of-age movies are probably in for a treat. Writer-director Wes Anderson’s (“The Fantastic Mr. Fox”) story, set off the New England coast in the 1960s, follows a young boy and girl in puppy love. When he goes AWOL from summer camp and she runs away from home to rendezvous in the wilderness, the



“Marvel’s The Avengers”
Opens May 4, rated PG-13
avengers.marvel.com

What do you get when you mix Iron Man, The Incredible Hulk and Thor with Captain America, Hawkeye and Black Widow? Probably a huge pre-summer hit. Robert Downey Jr., Scarlett Johansson and unceasing special effects head up this popcorn flick that finds an unexpected enemy threatening global security. Our only hope is in a superheroic dream team assembled by an international peacekeeping agency known as S.H.I.E.L.D.



“Men in Black III”
Opens May 25, rated PG-13
meninblack.com

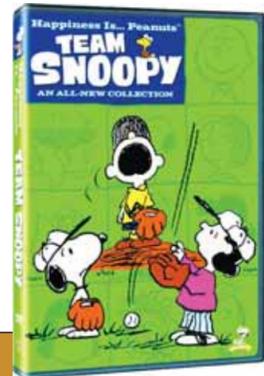
Fifteen years since the original and 10 since the nearly successful sequel, Will Smith and Tommy Lee Jones are back in a world where humans and aliens co-exist fairly peacefully. Unfortunately, there’s one alien set on killing Agent K (Jones), and for some reason Agent J (Smith) must travel back in time to stop this from happening. Josh Brolin plays a young Agent K, a tasty add-on in what is Smith’s first film in 3 ½ years – overexposure resolved.

town is turned upside down. The loaded adult cast includes Bruce Willis, Bill Murray, Frances McDormand and Tilda Swinton.

Family DVDs

“Dougie in Disguise”
Volumes 1 and 2 (ages 2-5, now available, not rated): Sold separately, these two discs teach preschoolers about different jobs, animals and parts of the world. Dougie and his dog Tim move from vignette to vignette with the help of young viewers who “choose” stickers from an album. *Grade: A*

“Happiness is ... Peanuts: Team Snoopy” (ages 2-7, released May 8, not rated): The 2003 special “Lucy Must Be Traded, Charlie Brown,” the first U.S. DVD release of the multi-skit “Snoopy’s Brother Spike” from 1985 and two half-hour shows highlight a good sports-themed mix on a single disc. The newer stuff isn’t up to snuff animation-wise, but, hey, it’s still Peanuts. *Grade: B+*



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with Mary Jane Popp

MOTHER'S DAY SPECIAL

How can you show MOM you really care on her special day? You can do the usual... flowers, candy, dinner. Wait a minute! What did Mom do for you when you were growing up? Remember the time she held your hand when you missed that home run pitch? And the time she kissed that boo-boo after you toppled off your bike? Or the time she stayed up all night to help mend that broken heart? It's not how much you spend for Mom on any day. It's more like doing something from hand and heart that will leave an impression she'll long remember. Easier said than done? Not really. I checked out a couple of sources and jotted down a few ideas that will make you her kid hero all year 'round!

From Susan Stone's Book "Memories In Moments"...cherished ideas for every holiday and season including Mother's Day like:

1) Freeze edible flowers in ice cube trays. Fill each cube halfway with water, place flowers and freeze. Then fill each to the top and freeze. It'll warm her heart.

2) Plant your favorite bedding plant in a small basket. Tie on a gift tag with a checkered ribbon.
3) Bake bread in flower-shaped tubes.
4) Surprise Mom with a quiet retreat in her own bathroom. Make sure it's clean first. Bring in scented candle, flowers, new magazine or book, a cold drink, and a portable stereo with soothing music. The most important part would be a sign on the door reading "JUST FOR MOM... PLEASE DO NOT DISTURB!"

Then I turned to Casey Kellar for some wonderful tips to complete the picture from one of her books "The Good Earth Bath, Beauty, And Health Book" with more than 75 easy-to-make formulas for self-pampering and gift-giving like:

1) Luxurious Scented Bath Oil.

You Will Need:

½ Cup apricot kernel oil

1 teaspoon jojoba oil

2 tablespoons olive oil

one 400 unit Vitamin E capsule (pierce it with a needle and squeeze oil into mix)

3-6 drops essential oil (your choice)

Mix all together. Use 1 tablespoon per bath. Store in bottle in cool place. Shelf life:4-8 months

2) Super Moisturizing Massage Oil

You will need:

½ cup sweet almond oil

¼ cup coconut oil

4 tablespoons jojoba oil

1-½ tablespoons avocado oil

3-5 drops essential oil of your choice (either one or a combination)

Mix all together. Store in cool dry place. Shelf Life: 3-6 months

3) All-in-one Linen and Sweater Protector And Cedar Chest Revitalizer, you will need:

1 cup white rice

6 drops cedar wood essential oil

1 drop orange essential oil

Add essential oil to the rice and blend with spoon about 30 seconds. Shelf Life: Approximately. 6-8 months (then can be re-fragranced again)

Remember, the best gift you can give your Mother is love. Spend time with Mom. Let her know you care. There will come a day when she is gone, and you don't want to be saying...if only! I know. My mom is gone now, but her memories will always be in my heart. I know they will be in yours too. Happy mother's Day in the sweetest way...giving of yourself!

Join Mary Jane for the **KAHI Noon News Monday-Friday and then again for POPOFF 10 PM-Midnight.**



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Monday, May 14, 2012

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Brother Brij Mohan Anand

Addl. Secretary General, Brahma Kumaris, Mt Abu, India

Interviewed by Rev. Michael Moran

Co-Founder & Senior Minister - Spiritual Life Center, Sacramento

2012 Recipient of the prestigious Gandhi, King, Ukedu Award

Time: 6:30pm to 7:00 pm - Refreshments

7:00pm to 8:45 pm - Program

Place: Unitarian Universalist Society of Sacramento

2425 Sierra Boulevard, Sacramento, CA 95825

Brother Brij Mohan Anand is the Additional Secretary General of the Brahma Kumaris and the secretary of the Raja Yoga Education and Research Foundation, as well as an attorney, editor, and writer. He has been a delegate at the UN and Climate Summit Conference and has shared his wealth of knowledge in countries around the world. His audiences appreciate his enlightened spirituality.

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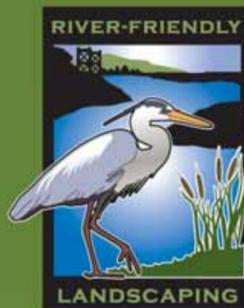
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Sacramento County DA Reports

Recent cases of interest

CASE: Lovie James (05/04/12)

PROSECUTOR: Deputy District Attorney Matt Chisholm

District Attorney Jan Scully announced today that the Honorable Michael Kenny sentenced Lovie James to 23 years in prison. James was convicted by jury of attempted voluntary manslaughter, and felony charges of domestic violence, elder abuse, criminal threats, and vehicle theft.

In February 2011, 54-year-old James assaulted his 69-year-old girlfriend in her Elk Grove home. James slammed the victim's head on the tile floor causing a blow out orbital fracture of her right eye and bleeding on her brain. As she lay defenseless on the floor, James began pouring gasoline on both of them claiming they were both going to die that night. When the girlfriend's nephew called 911, James stole her car and fled the scene. The victim was transported to the hospital, and James was apprehended approximately one week later.

CASE: Raymond Vigel & Tamara Bassett (05/04/12)

PROSECUTOR: Deputy District Attorney Sheri Greco

District Attorney Jan Scully announced today that the Honorable Greta Fall sentenced Raymond Vigel to life in prison without the possibility of parole, plus consecutive 57 years to life in prison, consecutive to 7 years in prison for the first degree murder of Alison Freeseha and the attempted murder of Stephen Benetti. Vigel was then sentenced by the Honorable Ernest Sawtelle to life in prison without the possibility of parole, plus 110 years to life in prison for the attempted murder of Justin Hughes and Michael Escarcega. Co-defendant Tamara Bassett was sentenced by the Honorable Ernest Sawtelle to life in prison without the possibility of parole, plus consecutive 121 years to life in prison.

In January 2011, Vigel was convicted by jury of the first degree murder of Alison Freeseha by discharging a firearm from a motor vehicle, and of the attempted murder of Stephen Benetti. That jury was unable to reach verdicts on the remaining charges against Vigel and all charges against codefendant Tamara Bassett.

In a retrial of the remaining charges against Vigel, the jury convicted Vigel for the attempted murder of Justin Hughes and Michael Escarcega, and found true that Vigel committed the offenses to benefit the Norteno Criminal Street Gang. The same jury convicted Tamara Bassett of the first degree murder of Alison Freeseha, and found true the special circumstances allegation that she committed the murder by discharging a firearm from a motor vehicle. Bassett was also convicted for the attempted murder of Stephen Benetti, Justin Hughes and Michael Escarcega. The jury found true the allegation that she committed the murder and attempted murders in association with the Norteno Criminal Street Gang.

The convictions and sentences relate to an April 2009 house party Bassett attended in Elk Grove. A physical altercation occurred during which Bassett was punched in the face. Bassett became enraged and said she was going to bring back her Norteno boyfriend to shoot everyone. A short time later, Bassett pulled up in front of the open garage with Vigel seated in the front passenger seat. Vigel shouted "Oak Park 10th Avenue" and fired at least 10 bullets into the garage of innocent victims. Stephen Benetti was shot multiple times in the stomach. Justin Hughes was shot three times in the back, which damaged his spinal cord and caused permanent paralysis from the waist down. Michael Escarcega was shot in the leg. Alison Freeseha was shot four times in the back and was killed by a gunshot wound to her head.

CASE: Santino Deanda (04/27/12)

PROSECUTOR: Deputy District Attorney Shelly McGill

District Attorney Jan Scully announced that Santino Deanda was convicted by jury on multiple counts of child porn and sexual assault charges.

Deanda abused the 10 year-old victim over several months.

Deanda faces a maximum sentence of 98 years to life in prison. Sentencing is scheduled for June 1, 2012 at 10:00 a.m. in Department 19 before the Honorable Judge Marlette.

CASE: Robert Durst (04/27/12)

PROSECUTOR: Deputy District Attorney Rod Norgaard

District Attorney Jan Scully announced that Robert Durst was convicted by jury of arson, burglary, theft of property, and possession of a firearm by a convicted felon.

On July 5, 2010 at approximately 1:30 a.m., Durst took a candle from his home and placed it inside his neighbor's vacant house. He then turned the gas valve in the kitchen on full blast.

Approximately 8 1/2 hours later, Sacramento firefighters responded to a call reporting a gas leak. When they opened the structure for ventilation, the oxygen entered the gas laden house, causing the candle to ignite the gas, which resulted in a massive explosion. Three firefighters were significantly burned and another suffered serious injuries.

This investigation was conducted by the Sacramento Police Department in conjunction with Agents with the Bureau of Alcohol, Tobacco, Firearms and Explosives, and Investigators with the Sacramento Fire Department.

Durst is expected to be sentenced on May 24, 2012 at 9:00 a.m. in Department 16 of the Sacramento Superior Court.

A Reminder to Protect Your Pets from Heat

SACRAMENTO REGION – The warm weather is here and though pleasant, can kill a pet if the pet is left inside a vehicle, has inadequate shelter, or is over-exerted. The County Animal Shelter reminds pet owners of taking precautions to ensure their animals stay safe and cool during the upcoming hot summer months. "Just a few ordinary precautions can make a pet comfortable and safe as our weather heats up," said Dave Dickinson, Animal Shelter Director. "Even mild temperatures in the 80's can quickly heat the car's interior to dangerous levels that can cause heat stroke for a pet left in the car."



Tips on how to help your pet get ready for summer:

- Never leave your dog or any animal in an unattended motor vehicle or parked car under conditions that endanger the health or well being of the animal due to heat, cold, lack of adequate ventilation or lack of food and water, or other circumstances that could reasonably be expected to cause suffering, disability, or death to the animal: It is against California law 597.7(a) and is punishable by fine, or felony prosecution. Cracking a window or leaving a bowl of

water won't protect your pets. A car can reach 120 degrees in just minutes. A dog's normal temperature is 101.5 degrees; at 107 degrees brain damage occurs and at 120 degrees your pet can easily succumb to heat exhaustion and die.

- Avoid extreme heat: When temperatures get above 90 degrees, bring your pet inside. For outdoor pets, be sure to provide them with plenty of fresh, cold water in a tip-proof water dish and adequate shade and shelter for them to cool down.
- Use sunscreen: Pets get sunburned just like people, and if your pet has light skin and/or a mostly white coat, they can be particularly susceptible to a

painful burn and skin cancer. Use sunscreen on sensitive areas, such as ears and nose to make sure your pets are protected.

- Don't run your dog or over-exert your pet: Exercise in warm temperatures can be harmful. Animals, like people, are susceptible to life-threatening activity-related heat stroke.

If your pet has been exposed to high temperatures:

- Be alert for signs of heat stress, including heavy panting, glazed eyes, a rapid pulse, unsteadiness, staggering gait, vomiting, or a deep red or purple tongue.

- Move your pet immediately to the shade to help lower their temperature immediately. Apply cool (not cold) water to the pet. Apply ice packs and cool towels to your pet's head, neck, and chest.

- Take your pet to a veterinarian immediately. It could save their life.

More protection recommendations and tips on what to do if your animal becomes overheated are available online at www.SacCountyShelter.net. If you see animals in danger and potential neglect or abuse cases, please contact the Animal Shelter to report the issue at 916-368-7387.

California State Youth Pageant

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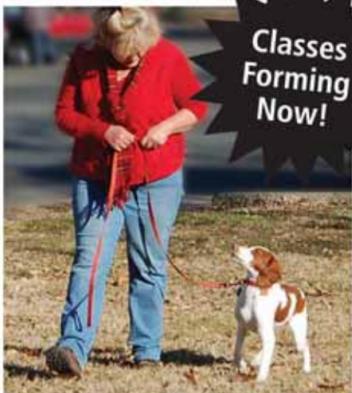


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670 Volunteers Participate in Parkway Clean Up



Volunteers collect trash gathered along riverbanks. Photo Credit: Russ Andris, ARPF volunteer.

SACRAMENTO - In honor of Earth Day and for the seventh consecutive year, the American River Parkway Foundation (ARPF) held its Spring Clean Up from 9 a.m. to noon this past Saturday, thanks to the help of 670 volunteers working at seven sites along the American River:

Discovery Park, Northgate at Highway 160, Howe Avenue, Watt Avenue, Ancil Hoffman Park, William Pond Recreation Area and Sunrise Boulevard. Up from 535 volunteers in 2010, this year's volunteer numbers of 670 set a new record for the annual ARPF Spring Clean Up.

"We had a great turnout and are so thrilled with the level of community involvement," said Dianna Dal Poggetto, executive director of the ARPF. "With the county budget situation being what it is, we are prepared to step up and make sure the parkway doesn't suffer. The onus falls on the volunteers and donors, who share our passion for this beautiful stretch of land."

For more information about the event, please go to <http://www.arpf.org/clean.shtml>.

The American River Parkway Foundation exists to "foster environmental stewardship, facilitate volunteer opportunities and fund projects and programs" along the 23-mile section of the American River that begins at the confluence of the Sacramento River and extends east to the Nimbus Fish Hatchery.

Source : ARPF

Annual SSPCA Fundraiser : The Bow-Wow Beauties "Putting on the Dog"



Sonny Boy Burton . Photo courtesy of Kay Burton.

GOLD RIVER – Kay Burton's Bow-Wow Beauties will hit the doggie runway on Saturday, June 2, at 11:00 am, in Gold River next to Hallmarks. Rick Johnson, SSPCA Executive Directive, will be the guest emcee for the event. Anything can happen when a large variety of dogs, all sizes and breeds are dressed in the latest canine fashions. The pet's performance and raffles highlight the SSPCA annual fundraiser.

Bel Air Market will have Hotdogs, Chips & Sodas on site for \$2.00. Western Feed of Gold River will be present will have free samples of Pet Foods.

Admission is \$5.00, children and doggies are free.

Kay Burton originated the pet show and fundraiser 16 years ago.

For more details, please call 635-5590.



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Available online fairoakstheatrefestival.com

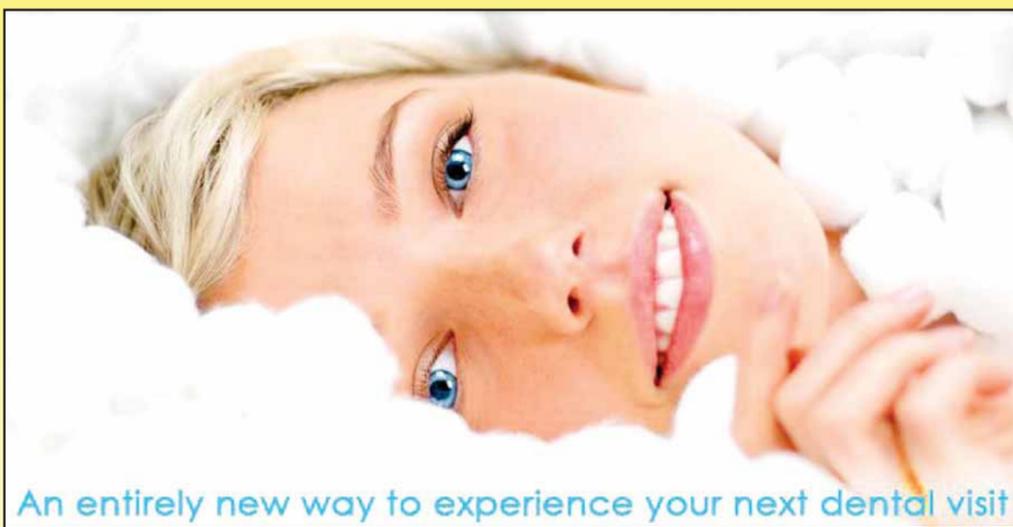
Program information available at 916.966.3683

Tickets may also be purchased in the Village at American River Bank, Oaks Hardware, BBQPro, Bella Fiore Florist and the Recreation and Park District office.

Proceeds from the concert go to the Fair Oaks Theatre Festival, a non-profit summer theatre company, and the New Christy Minstrels Foundation providing music education, concerts and music to schools throughout the country. Both organizations are Charitable/Education entities under Federal law.

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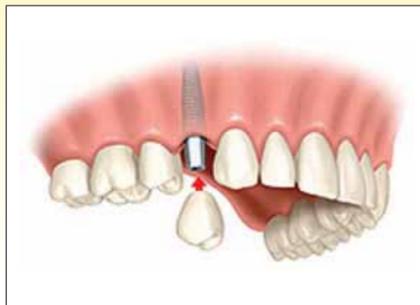
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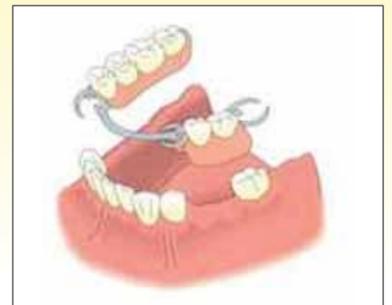
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