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PLUS: Space Exploration in One Lifetime

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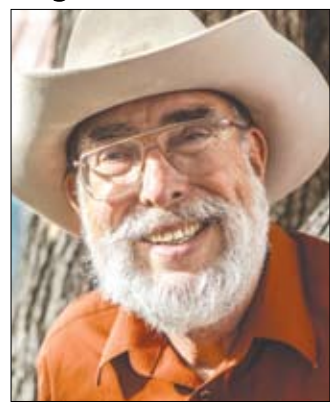
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NOVEMBER 15, 2013

I Wonder What Sadie's Doing Right Now?



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Special Tribute to Vietnam Vets



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Band Seniors and Friday Night Football



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VSP Project Beautifies Rancho Cordova Neighborhood



"Community improvement happens one house at a time," said Ryan Lundquist, founder of Project 680 that supports homeless students. "If one house is rehabbed then it benefits the entire community. My hope is this will be a catalyst where neighbors say, because there have been updates there, I will improve my property."

RANCHO CORDOVA, CA (MPG) - Five Rancho Cordova residents were all smiles after 50 employees from VSP Optics Group (VSP) donated time and supplies for free outside home makeovers. Wearing shirts saying, "We see. We care." on the back, VSP employees painted, repaired fences, pulled weeds, and completed other outdoor tasks to benefit residents.

"They were my angels and I am so grateful that they took

time out of their day to help. I was in a perpetual state of awe the entire day," said Michelle Steadham, a homeowner in the White Rock neighborhood.

Volunteers tilled her front yard, installed a drip line, and removed weeds and a small tree. More importantly, due to Steadham's allergy to grass, volunteers replaced the grass with shrubs, river rock, and flowers.

Four other residential properties and a neighborhood entry

area were also beautified. The beautification project was coordinated through the City of Rancho Cordova's volunteer program. The assisted sites were suggested by Ryan Lundquist, founder of Project 680 that supports homeless students.

"Community improvement happens one house at a time," said Lundquist. "If one house is rehabbed then it benefits the entire community. My hope is this will be a catalyst where

neighbors say, because there have been updates there, I will improve my property."

To learn more about the program or become a volunteer, visit www.CityOfRanchoCordova.org and select "I Want to... Volunteer," or contact Volunteer Coordinator Lorianne Ulm at (916) 851-8755. ★

Source: City of Rancho Cordova

Resource Center Provides Support for Family Caregivers

SACRAMENTO REGION, CA (MPG) - Family members caring for patients diagnosed with Alzheimer's or dementia know how all-consuming their task is. In California alone, there are more than 4 million family caregivers, each spending 20 to 40 hours per week caring for their loved ones.

Family caregiving is typically what sustains adults with disabilities, yet caregivers often make major sacrifices to help loved ones remain in their homes. The stress of caring for family members with dementia has been shown to impact a caregiver's health and immune system for up to three years after their period of caregiving ends.

"Many family caregivers for brain impaired adults and frail elderly don't know they have local resources to support them," said Michelle Nevins, executive director of Del Oro Caregiver Resource Center. "Del Oro Caregiver Resource Center provides opportunities for education, respite care and support groups that understand the day-to-day tasks and struggles of a family caregiver."

Del Oro Caregiver Resource Center is part of a statewide system of resource centers serving family caregivers. Del Oro serves California's gold country counties: Alpine, Amador, Calaveras, Colusa, El Dorado, Nevada, Placer, Sacramento, San Joaquin, Sierra, Sutter, Yolo and Yuba. It provides support groups, educational events and respite care for local families, free of charge.

According to Del Oro Caregiver Resource Center, nearly one out of every four households care for brain impaired adults and the frail elderly. Through Del Oro's online resource, family caregivers can find information on chronic and disabling conditions and diseases, aging, caregiving issues and community resources. Del Oro also supports local families through consultation, case management services, respite care and short-term counseling.

The reality of caregiving is best understood not with statistics but through the stories of spouses, children, siblings, and friends who have stepped forward when a loved one needed them. Their experiences illustrate the need for support, encouragement and resources to empower them in their caregiving journey.

For more information visit www.deloro.org. ★

Source: Perry Communications

State of the City Rancho Cordova

By Shelly Blanchard

If the news doesn't draw you in, maybe the popcorn or art will do the trick. The annual Rancho Cordova "State of the City" event is coming Nov. 7, with some gourmet popcorn and candy to sweeten the deal.

Organized by the Cordova Community Council, the annual "State of the City" event will be held at 7 p.m. Thursday, Nov. 7 featuring the annual assessment on how the city is doing delivered by Mayor Linda Budge. The free event will be held at Rancho Cordova City Hall. The formalities will be followed up by a dessert reception, with gourmet flavored popcorn and other sweet treats.

The State of the City event is an opportunity for citizens to be provided with a snapshot of where the city is and where it is headed as the year draws to an end. It coincides with the end of the mayoral term, which runs from January through December.

While Rancho Cordova mayors are a "chief among equals," the mayor does have



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an opportunity to guide the direction of the council and use the mayoral bully pulpit to bring focus to matters of special interest.

Mayor Budge's focus this year has been

ways to drive economic development and creation of a new "brand" for the city, which

Continued on Page 2

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Local Residents Can Make Holiday Dreams Come True



United Way's Women in Philanthropy brings women together to foster the future, preparing foster youth for a successful adulthood. A dynamic group of businesswomen, homemakers and community leaders, Women in Philanthropy members raise funds, hold drives and provide trainings focused on helping foster youth rise to their dreams.

SACRAMENTO, CA (MPG) - As foster youth in the Sacramento area spend the holidays away from home, local residents can ensure they still have stockings and presents to open through United Way's Women in Philanthropy holiday drive for foster youth.

"The holidays are the most wonderful time of the year because they give us a chance to make sure everyone in our community feels loved," said Lorrie Wilson, co-chair of United Way's Women in Philanthropy. "Foster youth can feel quite forgotten this time of year, so we are excited to make sure more than 200 kids in our community feel special this holiday season."

Visit www.yourlocalunitedway.org to sign up for specific gifts for 75 children in Sacramento County's Child Protective Services or provide a \$30 donation to purchase holiday stockings for 200 foster youth in United Way's SenSe-Ability project. United Way will fill the stockings with a Target gift card, hat, blanket, first aid kit, yearly planner, socks, snacks and personal notes. All items must be received by 4:30 p.m. on Dec. 2 at United Way's office, 10389 Old Placerville Road, Sacramento. For more information, contact Leslie Ortiz at leslie.ortiz@uwccr.org or (916) 856-3977. United Way's Women in

Philanthropy brings women together to foster the future, preparing foster youth for a successful adulthood. A dynamic group of businesswomen, homemakers and community leaders, Women in Philanthropy members raise funds, hold drives and provide trainings focused on helping foster youth rise to their dreams. The group also is a partner in United Way's SenSe-Ability project, helping foster youth become financially self-sufficient through financial literacy courses and individual development accounts that provide a matched savings program. ★

Source: Kristin Thébaut Communications

State of the City Rancho Cordova

Continued from Page 1

is nearing completion.

The year has also seen completion of some other important projects, including sidewalks along Zinfandel Drive, connection of Mather Boulevard and announcement of the retirement of the long-serving City Manager Ted Gaebler at the end of the year - all likely to surface in the mayor's year-end summary.

The event will also feature an accounting from the Cordova Community Council, which expanded its offerings with dozens of activities related to the Anniversary observance, and a flowering arts effort which has included Rancho Cordova River City Concert Band performances, addition of the Rancho Cordova Civic Light Orchestra, and

numerous art exhibitions. The "Moderately Bright Dixieland Band" of Rancho Cordova will provide a musical backdrop to the event.

Also open at the State of the City event is a new art exhibition: "UP: An Exhibit of Fine Art by Rancho Cordova Artists." "UP" features 20 Rancho Cordova artists whose wide array of mixed media depicting all that is aloft, was inspired by the recent California Capital Airshow at Mather Field.

Visitors to the State of the City will leave with a bag full of giveaways and information and other refreshments.

State of the City is sponsored by Pacific Gas and Electric Company, SMUD, Rancho Cordova Dental Group and

Orthodontics, City of Rancho Cordova, REA Real Estate America, Cordova Veterinary Hospital, American River Brewing Company, Wells Fargo, Golden State Water Company, Rancho Cordova Rotary Club, Rancho Cordova Chamber of Commerce, California Carnival Company, Atlas Disposal, Heritage Community Credit Union, Republic Services, Assemblyman Ken Cooley, Heald College, Folsom Cordova Unified School District and the Cordova Community Council. ★

For more information about the State of the City event, contact the Cordova Community Council at (916) 273-5704, or email shelly@cordovacouncil.org.

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Care Facility Residents Safe Despite Fire

RANCHO CORDOVA, CA (MPG) - Just after five in the evening on November 11th, Metro Fire responded to a reported house fire on Feather River Way in Rancho Cordova. Crews arrived to find fire coming from a care facility, which houses five occupants. Fortunately the community's two staff members were able to evacuate all occupants and relay that information to the arriving firefighting crews. A coordinated effort by firefighters quickly confined and extinguished the fire. These quick actions saved approximately \$150,000 in property value. The cause of this fire is under investigation. ★ Source: Sacramento Metropolitan Fire District

Union Gospel Mission Sacramento

For more than 50 years, Union Gospel Mission has been serving Sacramento's homeless with shelter, meals, clothing, a rehabilitation program and a life-changing Gospel message. Founded in 1962 by concerned Christians for men in need, the Mission now serves women and children, too, and is an amazing testament to the good that comes with committed volunteers, inspired leadership and the community's support.

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Wild Weasels and other veterans check out the F-105G at the Veterans Day ceremony at Mather. About 600 people attended the ceremony that included a special tribute to Vietnam veterans. Wild Weasels, a program that began at the former Mather Air Force Base, were aviators and aircraft during the Vietnam War. Source: City of Rancho Cordova

Rancho Cordova Ceremony Gave Special Tribute to Vietnam Vets at Veterans Day Event

Keynote speaker at the Veterans Day ceremony at Mather was Captain Lawrence "Larry" LeMieux, a former Wild Weasel crew member. The F-105G plane that is now displayed in the area across from the Mather Hospital is the aircraft that LeMieux served as an Electronic Warfare Officer and crew member. Source: City of Rancho Cordova



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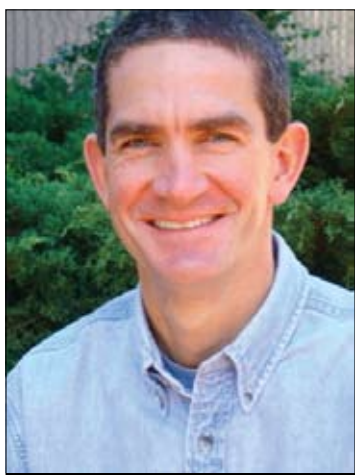
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Defeating the Dream of Mental Disease



David Burns, the process of lifting a patient's thought above the fog of mental disease does not start with the patient but with the doctor himself.

In his profile of Burns published in a recent issue of Stanford's alumni magazine, journalist Robert Strauss shares this anecdote to explain why:

"The patient looks around frantically. She is sobbing, panicking, overwhelmed by anxiety," the story begins. "She says she can't breathe; her lungs are about to collapse; her heart is about to stop. She feels like she is going to die."

"Listening to this.... Burns calmly asks, 'Do you think you could exercise strenuously right now?' [The woman] doesn't know; she just feels so bad. 'Why don't we find out?' Burns suggests. 'What's the most strenuous exercise you could do? Jumping jacks? Running in place?'"

The woman tries running in place, then a few jumping jacks.

"Could you do this if you were dying?" he asks [the woman]. "Can you see yourself in an emergency room doing jumping jacks?" Hesitantly, she begins to laugh. Soon she's belly laughing. [Prior to this, the woman] had been experiencing five paralyzing panic

attacks a week. She's had only one since [her visit with Burns] – and that was 20 years ago."

Even though psychiatrists generally agree that the best way to handle these kinds of situations is by getting the patient to face their fears – although perhaps not in such an unorthodox manner – as a teacher Burns finds that too often too many of them fail to stick to their guns. The result, as Strauss describes it, is that "week in, week out, many are failing to help their patients in a profound and lasting way."

"They let patients hypnotize them into believing that their depression is unique, that they are the complete failures they believe themselves to be, or that their anxiety will kill them," he says in referring to Burns' work. "When therapists buy into a patient's negative thoughts they validate them," Burns says, "and eliminate any chance of successful therapy."

So what does the good doctor recommend to his students? In short, don't let yourself get sucked into the dream, regardless of the apparent consequences. In this way you're better equipped to keep your patient out of the dream as well.

Except in certain cases involving conditions like schizophrenia, bipolar disease and severe depression, Burns' is a mostly non drug-based approach, explained in his book *Feeling Good: The New Mood Therapy*. His premise is that depression, for instance, has little if anything to do with a chemical

imbalance in the brain, as many assume, and a lot more with confronting self-defeating thoughts and beliefs.

This is not a new idea. As Strauss points out in his article, the philosophical underpinnings of this approach, based largely on the work of psychiatrist Aaron Beck, "can be traced back to the Buddha or to Epictetus." From the patient's perspective, however, one of the most well-known champions of facing your fears was a young shepherd named David living in the Middle East some 3000 years ago. Even those who have never read his account in the Bible probably know David was the one who defeated the mighty Goliath and eventually became King of Israel.

Beyond the obvious encouragement this story affords those who may be faced with an equally daunting mental opponent – an equally intimidating dream – there is a lesson to be learned in how David prepared himself for battle.

Usually the story picks up around the time he enters combat with nothing more than a sling and a few rocks for his defense. What some may not realize, however, is that prior to this David had been offered – and refused – a much more robust set of weaponry. "I cannot go with these," he said, "for I have not proved them." What David had proven was that no matter how large or how frightening the foe, he could depend on the Divine to keep him safe.

Even if the story is little more

than legend, modern-day science confirms the underlying message that our beliefs about God factor in to our ability to keep our mental ship on an even keel and ensure victory over whatever Goliaths we may be facing.

In one study published earlier this year in the *Journal of Religion and Health*, researchers found a correlation between an individual's beliefs about God and the development of certain psychiatric symptoms. Basically the more you see God as punitive, the more likely you are to suffer from these symptoms. Belief in a benevolent God has the reverse effect.

Although psychiatrists may be more inclined to ask a patient to do jumping jacks than to rethink their view of the Divine, there's no reason the conversation should be off-limits. Considering that more than nine in 10 Americans believe in God, it would make sense instead, at least from a statistical standpoint, to keep the subject on the table.

Perhaps then the dream won't seem quite so real and recovery quite so elusive. ★

Eric Nelson's columns on the link between consciousness and health appear weekly in a number of local and national online publications. He also serves as the media and legislative spokesperson for Christian Science in Northern California (norcalcs.org). This article originally appeared on Communities @ WashingtonTimes.com and is used with permission.

Commentary by Eric Nelson
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Dare to Live Without Limits Liberty Lost

by Bryan Golden



Liberty is lost when it's seized by government or freely relinquished in response to false pretenses and misleading promises.

Liberty isn't lost all at once; it's lost bit by bit. One freedom after another is targeted and taken. Different groups of people are intentionally pitted against each other in order to weaken society, making it easier to diminish liberty. This segmenting is done based on age, gender, economics, religion, and race. Tyrants target one group after another until they seize total control. History is filled with examples of this evil progression.

Liberty is lost by force and coercion. Onerous laws and regulations strip individual freedoms through the bogus justifications that government knows what's best for you or is looking to ensure fairness.

Liberty is lost voluntarily when people willingly give up freedom in exchange for government dependence. When an individual is totally reliant on the government, they become an unwitting hostage. The government then controls virtually every aspect of their life by forcing compliance through the threat of eliminating their benefits.

A tyrannical regime intentionally puts citizens in a position where they are compelled to rely on government for their existence.

Liberty is under assault when government seeks to regulate all facets of your life. The enemies of Liberty target virtually every aspect of your existence. Things as basic as the light bulbs in your home, the food

you are allowed to eat, the car you drive, the products you buy, your healthcare, and your ability to protect yourself are all targeted.

No one cares more about your wellbeing than you do. No one else is in a better position to determine what is best for you than you. Anyone claiming otherwise is lying.

The surest way to lose Liberty is by allowing other people to take it. Nefarious individuals and governments deceive you by promising happiness in exchange for giving up control of your life. History has repeatedly proven that when Liberty is lost, it is replaced by widespread suffering and misery.

Those who have escaped tyranny recognize the warning signs of losing Liberty. They are astounded that so many Americans not only don't treasure their freedom but are apathetic or even complicit in its decline. Anyone who is complacent while others lose liberty will ultimately lose theirs as well.

Have you ever thought about what your life would be like without Liberty? Most people have not because they take Liberty for granted. A free society is all they have known. Yet those who have lived under totalitarian regimes know all too well the irreplaceable value of liberty and the utter despair that exists without it.

Confiscating from those willing to work and giving to those who are not, weakens the very foundation of Liberty. This strategy destroys productivity. As the number of productive people diminishes, free society collapses. There is a point

at which there are not enough people working to support everyone else. The result is a shortage of everything except misery.

Liberty is a ship floating in a sea of tyranny. It remains afloat only as long as there are no leaks or cracks in the hull. Once the integrity of the ship is breached, the entire vessel sinks. It doesn't matter where in the hull a leak occurs.

Just one leak will destroy Liberty. Any leak, regardless of how small, dooms the entire ship and all those on it. There is no place for apathy. The fate of each person is tied to the fate of all.

We are all in the same boat. If Liberty sinks, everyone goes down. Once sunk, it's virtually impossible to salvage.

Constant care, vigilance, and maintenance are required to keep liberty seaworthy. Tyranny, greed, and the quest for power are constantly searching for any weakness, no matter how small, in order to sink liberty.

Liberty requires good, decent, and benevolent people to care for it. If you want to keep your Liberty, the time to act is now. Pay attention to the many warning signs occurring today. Tyranny is hard at work destroying your Liberty. You can and do make a difference. Speak up and be heard now before it is too late. ★

Bryan is the author of "Dare to Live Without Limits." Contact Bryan at Bryan@columbianist.com or visit www.DareToLiveWithoutLimits.com copyright 2013 Bryan Golden

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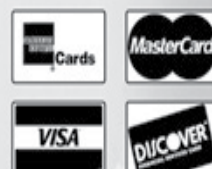
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Affiliation: American Baptist Churches
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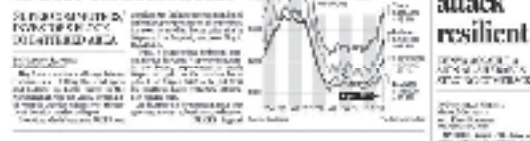


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Scared to Death of Job Interviews! Now What?

By Julie W. Hubbs

Job interviews can be nerve racking. We are told: "Try to think of the interviewers as ordinary people who are just like us." The difference is the interviewers have jobs, and we want a job. Then we are told, "Don't come across as desperate." How does a person not come across as desperate? The truth is many people are desperate when trying to get a job or find a better job.

Most people go to an interview at some time in their lives. Employers want a chance to get to know their applicants. Of course they want to know if the applicant has the necessary job skills for the position, but more importantly they want to be assured the person they are hiring will be a good fit with their organization.

For example, employers will be asking themselves: Is the applicant easy to talk to? Did the applicant arrive on time for the interview? Did the applicant come across as cocky? Is the applicant confident? Can the applicant look me in the eye? Did the applicant actually listen to what was being asked and then answer the question? Did the applicant come prepared? Is the applicant dressed properly?

In addition to determining if the job seeker has the much needed job skills, many employers are looking for people who are polite, well mannered, hard-working, and easy to be around.

They want people who will represent their organization in a positive way.

I have been on many interview panels and have listened to hundreds of applicants. I cannot emphasize enough the importance of being authentic. In other words be yourself!

Besides being yourself, be sure to stress your strengths and positive attributes. Many people fail to do this because they feel they are bragging. This is not bragging. You are providing important information the employer needs to make an informed decision on whom to hire.

For example, if you are a hard worker who arrives at work 15 minutes early, then say so. If you are attending night school to acquire extra skills and knowledge, then be sure to let the interviewer know this. If you have particular skills that you feel are applicable to the job you are applying for, do not fail to say so.

Remember, your aim during the interview is to help the employer see who you are as a candidate and future employee in the organization. Think about your strengths before the interview, prepare and practice what you want to say, and then share the information with the employer. The employer wants to know you will be an asset. Interviews are the perfect platform to tell your story.

As the employers are

interviewing you, it is important for you to interview them. Creating a good match is important on both sides of the table. What is the point of being fake then taking a position that does not suit you in an organization where you don't really want to work? There is no point. Start out being your authentic self from day one, and you never have to worry about being fake.

Here are some interview tips:

- Dress appropriately for your interview which means one level up from the job you are applying for.
- Use good manners and always be polite.
- Maintain good eye contact and have a good handshake.
- Show confidence not arrogance.
- Cover up tattoos.
- Turn your cell phone off. This does not mean put it on vibrate.
- Be positive.
- Listen to and answer the questions being asked.
- Research the organization and the position you are applying for.
- Rehearse what you want to say.
- ALWAYS be yourself.
- Believe there is a job out there for you. ★



Living Skinny In Fat Genes

It's my genes. That's why I'm overweight. How many times have you heard those words? In fact, it's the best excuse for eating all you want during the holidays! But let's face it. There is no doubt that Americans have some of the world's worst diet habits. Maybe it's time to take some tips from our neighbors across the ocean.

I recently had nationally recognized dietitian, author, and former TV host Dr. Felicia Stoler on my POPPOFF Radio Show. She made a trip to Malaysia this summer and wants to share the diet secrets of the Asian culture. Compared to Americans, Asians have much lower rates of obesity, cancer, and heart disease. In fact, American women have five times greater risk of heart disease than Chinese women do. So how do they do it? Dr. Stoler tackled the issue in Living Skinny in Fat Genes. Hopefully it's the healthy way to lose weight and feel great. So, no more, it's my genes" with these rules.

1) Eat in moderation-portion control. This always seems to be the most obvious, but it's true. Our portion "distortion" has really gotten the best of us. Look at the SERVING SIZE! When she counsels individuals, showing them models of appropriate portions-there is always that "aha" moment.

2) Be physically active-even

POPPOFF!

with Mary Jane Popp

30 minutes a day. People assume "exercise" is something one does in a gym that causes extreme perspiration and shortness of breath in order for it to be effective. This is not the case. You can increase your calorie expenditure by moving more. Quick tip-take a 5 minute walk every hour that you are at work...during an 8 hour work day, you'd accumulate 40 minutes of physical activity. That's not bad!

3) Eat a variety of fats. We need to eat various types of fats. You've heard of the benefits of fish oil, olive, and canola oil. Tropical oil, like Malaysian palm fruit and coconut oil can be added to your regimen. Malaysian palm fruit oil is loaded with beta carotene and tocotrienols, which wonderful antioxidant properties. Since various oils have different flavor profiles, you can change them up regularly in your food.

4) Eat smaller portions of animal sourced protein. In researching her book, Dr. Stoler found that animal proteins are consumed in much smaller portions than what we eat in the US. As one of her chemistry professors told her, "protein is cheap in America." It crowds out other food that we should be eating.

5) Go back to your roots. If you consider where in the world your family originated, one thing you'll find is that they consumed more grains...in fact usually the white variety like white rice, flour etc. Brown rice is really an American phenomenon. They don't eat whole wheat croissants in France nor whole wheat pasta in Italy.

6) Don't eliminate food groups. This is always listed as

a surefire way to identify a fad. Recommendations to cut out food groups always have a hidden agenda. No one food group is responsible for your health.

7) Eat more veggies. For over 12 years, this is the most common food fix that Dr. Stoler sees in most people's diets. Eat more plants...plain and simple. They do taste great. Fresh is best, but canned or frozen can make cooking at home quicker.

8) Get adequate sleep. We need at least seven hours of rested sleep. It is when our bodies have time to recharge, repair, and renew. Just like you plug in your cell phone each night...give your body the rest it needs. You burn the most fat while you are sleeping.

9) Modify your relationship with food. Don't reward yourself with food or use it as a coping mechanism when you are stressed or feeling down. Think of food as energy for life. Hippocrates said, "Let food be thy medicine."

10) Choose a healthy lifestyle. All foods can fit into a healthy lifestyle if you balance your calories in versus your calories out. Diet and exercise are the least expensive, least invasive, and most effective ways to prevent and treat disease.

So there you have it. No more "my genes" make me fat. These are simple and practical. Most of them we already know, but just don't do. You can check out more info from Dr. Felicia Stoler at www.feliciastoler.com. And remember, you can be "Living Skinny in Fat Genes" the healthy way to lose weight and feel great! ★

Many Veterans Possess The Skills to Start Their Own Small Business

Commentary By John Kabateck NFIB/CA Executive Director

Our veterans, recently home from Iraq and Afghanistan, have worked exceptionally hard, taken big risks and persevered emotionally and physically in a hostile and challenging arena. Tours of duty present split second decision making, courage, and risk of life and limb. But these qualities are the fabric that makes up our warriors. These characteristics are well matched to those an entrepreneur needs to start their own business.

It's only logical that returning veterans, especially officers would be a natural as successful small business owners. The most recent census shows that there are 2.5 million veteran-owned businesses that employ nearly 6 million people in the U.S. today. There are many ways the

federal government and the State of California are currently helping vets realize this dream of owning their own business. There are low interest loans from the Small Business Administration and free advice from business experts. Veterans can learn about workable business plans, financial and tax issues, and get answers to the many questions that face a new business owner.

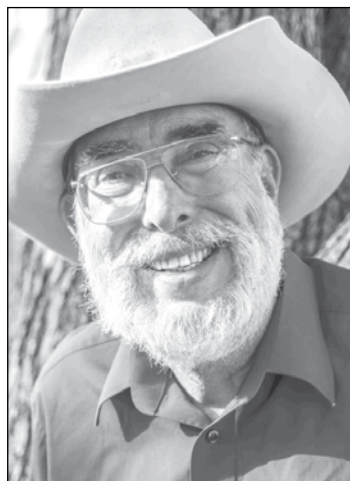
The SBA "Boots to Business" program helps our veteran's transition from soldier to business owner. There is a special program for disabled vets with extra support that includes training, covered expenses and free business consultation for a year. There are also programs for members of the National Guard and reservists.

At the National Federation of Independent Business we have many members who are

successful veteran small-business owners. We hope newly returning vets will seriously consider starting a small business as one option when they make the transition back to civilian life. Welcome home and thank you for your service!

For more than 70 years, the National Federation of Independent Business has been the Voice of Small Business, taking the message from Main Street to the halls of Congress and all 50 state legislatures. NFIB annually surveys its members on state and federal issues vital to their survival as America's economic engine and biggest creator of jobs. NFIB's educational mission is to remind policymakers that small businesses are not smaller versions of bigger businesses; they have very different challenges and priorities. To learn more visit www.NFIB.com/california. ★

Slim Randles' HOME COUNTRY



I Wonder What Sadie's Doing Right Now?

and helped her passengers out, proudly wearing the Greyhound uniform. She had pride in her eyes, too, as we all know how that mountain can get when it's snowing.

It's always been that way. There have always been little guys watching and wondering as the people get off for their lunch stop. Where are these people from? What was it like up on the mountain? I wonder if I could drive the bus someday when I'm grown.

When we're small, our world and our view of it tends to be smaller as well. The exotic places of the world - to an eight-year-old - aren't Singapore or Nairobi or Calcutta. The exotic places tend more toward Smithfield and Riverbank and Oakdale and Cottage Grove. At eight years old, the world's horizon is Thompson Ridge, rather

than the Pacific Ocean. But that doesn't make the world any less fascinating.

Those little boys knew that, after lunch, those people would get back on that bus (they even have a restroom on the bus, you know) and they would go out of town in a diesel rush and cross the bridge on Lewis Creek and then disappear. But they know that bus will be going right past their grandparents' house in about two hours. They asked and they know. The people on that bus might be able to look out and see Grandpa's dog, Sadie, as the bus goes by.

I wonder what Sadie's doing right now? If I were on that bus right now, I could get off there and see. And someday I will. Someday I'll get on and ride and I'll know what's out there. I'll know... ★

Workshops for Widows/Widowers on Coping with the Holidays

SACRAMENTO, CA (MPG) - The Widowed Persons Association, Sacramento Chapter 1, is hosting two "Coping With the Holidays" Workshops. The first will be Thursday, November 14th from 1:00-3:00 p.m. The second will be Tuesday, December 3rd from 7:00-9:00 p.m.

Both workshops will be held at 2628 El Camino Avenue, Suite D-18 just east of Fulton Avenue on El Camino Avenue (please enter from the back parking lot).

The workshops are conducted by volunteer facilitators who have experienced the sadness and feelings of loss that

can accompany the holiday season. All widowed persons are welcome to attend, even non-members. Please call 972-9722 for more information. ★

Source: Widowed Persons Association, Sacramento Chapter

City of Rancho Cordova Public Works Department Notice of Public Hearing

Sealed Proposals will be received at City Hall, City of Rancho Cordova, 2729 Prospect Park Drive, Rancho Cordova, CA 95670, up to the hour of **4:00 p.m., on Monday, November 25, 2013. Proposals will not be publically opened.**

The work to be performed under this contract consists in managing, operating, and maintaining the City's Transit Neighborhood Shuttle service and conducting transit marketing and outreach programs for the City of Rancho Cordova.

A mandatory pre-proposal conference will be held at the Rancho Cordova City Hall, 1st Floor, Community Board Room, at 3:00 p.m., on **Friday, November 15, 2013.** Following the pre-bid meeting, all questions must be submitted via email to Mark Thomas (mthomas@cityofranhocordova.org) before 4:00 p.m., on Tuesday, November 19, 2013. Responses to all questions will be released by the City on Thursday, November 21, 2013.

Copies of the Contract Documents, including Request for Proposal forms, are available at:

**City of Rancho Cordova
Public Works Department
2729 Prospect Park Drive
Rancho Cordova, CA 95670**

Contact Maria Lopez at mlopez@cityofranhocordova.org to obtain an electronic copy of the Request for Proposal document.

Publish: November 8 and 15, 2013

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Space Exploration in One Lifetime

Commentary By
Dr. E. Kirsten Peters

In 1957, several years before I was born, the Soviet Union launched Sputnik – the first man-made object to leave the Earth’s atmosphere. That simple little satellite captured people’s imagination around the world. We Americans were alarmed that the Soviets had “beat us” to space. Sputnik therefore helped spur both the U.S. space effort and such things as better education for our kids in math and science.

It didn’t take long for us to catch up to the accomplishments of the Soviets. When I was a baby in the early 1960s, President John F. Kennedy famously said we should put a man on the moon within the decade. I was in grade school when we met that deadline, landing men on the moon in the summer of 1969. I remember the event, which was televised live.



The International Space Station (now renamed as Zarya). NASA Photo



The first man-made object to leave Earth’s atmosphere was Sputnik. NASA Photo

My family gathered around the TV to listen to Walter Cronkite announce the events of the lunar landing. My father took pictures of the television screen with his 35 mm camera – he deemed the event that important. For the first time in the history of the world, we had put spacecraft and people on the moon, exploring places which had been seen from Earth but never before been visited.

When I was in high school in 1977, a much longer term exploratory effort was launched. Two unmanned space probes,

Voyager 1 and Voyager 2, lifted off from Earth in quick succession. The idea behind the Voyager probes was to fly past planets in the middle and outer solar system and keep going into interstellar space.

In case the Voyager probes were ever intercepted by intelligent life outside our solar system, they carried images and recordings which tried to convey the essence of human civilization – at least as we thought of it in the 1970s. It was our effort to communicate with E.T., potentially even millennia after the probes left us.

When I was in college, Voyager 1 did a fly-by of Jupiter and then Saturn. In addition to images of these large, gaseous planets, the probe sent back pictures of their moons. The transmissions fired people’s imagination like Sputnik had done a generation before.

When I was finishing up my doctorate in geology, Voyager 1 responded to orders transmitted

to it by NASA and turned to look back at Earth. The image the probe made was transmitted to us and we saw our planet as a “pale blue dot” hanging in the darkness of space. On that one little speck we all live – a sobering reminder that our Earth may be large compared to the dimensions of familiar objects like streets and houses, but it is tiny compared to the vastness of the solar system.

For quite some time after that image was made in 1990, Voyager 1 continued zooming away from us and from the sun, traveling at about 38,000 miles per hour. Zipping along at that rate it traveled farther and farther toward the edge of our solar system. Eventually it moved beyond the orbit of Uranus, Neptune and finally Pluto. During that time I went from being a woman in her prime to one with arthritis in both

her knees. Now, 36 years after it was launched, Voyager 1 has traveled almost 12 billion miles and reached another milestone of space exploration, leaving behind our solar system and moving into interstellar space.

“Voyager has gone a long way,” Michael Allen said to me. Allen is a faculty member in Physics and Astronomy at Washington State University. “Light travels enormously

quickly, but it takes more than 17 hours for light from where we are on Earth to travel out to where Voyager 1 is now.”

Using a special telescope, we have recently detected the faint radio signal coming from Voyager 1. That amazes me because Voyager’s transmitter is a tiny 22 watts. From what I’ve read, that’s about the strength of a radio transmitter in a cop car.

It’s taken most of a lifetime for human space efforts to go from launching a satellite that was the first object to leave Earth’s atmosphere to getting a probe into interstellar space. But we’ve now done what few could imagine before I was born. ★

Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. This column is a service of the College of Agricultural, Human and Natural Resource Sciences at Washington State University.



Voyager 1. NASA Photo

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THURSDAY

UC Davis Health System Sacramento Farmers Market
45th & Y Streets (Behind Shriners Hospital)
Every Thursday from 3 to 7:30 pm (Seasonal, through November 14th)

SATURDAY

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

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Fair Oaks Plaza Park Farmers Market
7003 Park Drive, Fair Oaks (Old Fair Oaks Village)
Every Wednesday from 3 to 7 pm (Seasonal, through October 31st)

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Sunrise Mall Farmers Market
6190 Sunrise Boulevard, Citrus Heights (behind Sears located in SE Parking Lot)
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SPORTS

Lancers Win League Finale

By Mike Bush

RANCHO CORDOVA, CA (MPG) - From kickoff to the final play of its Capital Athletic League finale, the Cordova High School football team played what Lancer head coach Vance Mueller called a "complete game."

The Lancers scored early and often, but so did the visiting Matadors. But in the end, Cordova posted a 56-35 win Nov. 8. The win ends the Lancers' season at 1-4 in league, 2-8 overall.

"It was a complete game on every page," Mueller said. "We didn't punt one time in the game."

Lancer running back Mike McNeil scored two touchdowns in the game, and rushed nine times for 170 yards. Quarterback Zach Tapia rushed for three touchdowns and threw a 35-yard pass to running back Lorenzo Bermedez.

Cordova did its fair share of scoring on defense as well. Safety Grant Johnson picked off



The Lancers won their final game of the season 56-35. Photo by Rae Lynn Flippo

a pass and returned it 78-yards for a touchdown. Defensive end Vincent Spikes had an interception and almost scored, stopped

at Mira Loma's one -yard line. But on the first play of the offensive drive after the pick, Lancer lineman Journey Fatu rushed in for a one-yard score.

"It was a big win for our seniors, our juniors and our fans," Mueller said. "Everybody played."

Mueller credits Mira Loma for playing a competitive game.

"The game was never put away," Mueller said. "Mira Loma is a great competitor; they battled back and super hard."

In the frosh/soph game, Cordova was too much for Mira Loma, 49-0. The Lancers finish their season at 3-2 in league, 6-4 overall. ★

Band Seniors and Friday Night Football



Senior band member names (in alphabetical order): Marilette Brooks; Julianna Casasus; Ronald Cooper; Amanda Cortez; Ashley Fagerness; Isabel Flores; Ryan Hermanson; Jennifer Kingsley; Anthony Maiden; Alia Martin; Sinda Maya; Mario Melo; Jacob Nuttall; Genesis Pena; Melissa Perez; Marcus Reese; Megan Strain; James Wells. Photo by Rae Lynn Flippo

Cordova High School Fall Sports Round-Up

By Mike Bush

Volleyball

RANCHO CORDOVA, CA (MPG) - In its Capital Athletic League finale in Rocklin Nov. 5, the Cordova High School volleyball team (1-9 CAL, 4-22) lost to Whitney in three sets. The Lady Lancers lost to the Lady Wildcats, 25-10, 25-10, 25-20.

Cordova seniors who played their final prep match of their careers were Brooke and Mariam Folorunsh. ★

River Cats Coaching Staff Remains Intact for 2014

SACRAMENTO, CA (MPG) - The entire Sacramento River Cats coaching staff—manager Steve Scarsone, hitting coach Greg Sparks, pitching coach Rick Rodriguez, and athletic trainer Brad LaRosa—will return for the 2014 season, the Oakland Athletics announced Tuesday.

Scarsone returns as skipper after piloting the River Cats to a 79-65 record in 2013—his first season in Sacramento. Though the team missed the playoffs last year for the first time since 2006, its regular season record was the third-best in the Pacific Coast League. In seven seasons as a minor league manager, Scarsone has a 489-489 (.500) record, including stints with Double-A Midland from 2011-12, Single-A Advanced Stockton in 2010, and Single-A Kane County in 2009.

2014 will be Sparks' third consecutive season as Sacramento's hitting coach after spending the previous eight seasons as

Oakland's roving hitting instructor. Prior to that, Sparks managed in the A's minor league system for six seasons, compiling a 359-352-1 (.505) record between Double-A Midland (2003), Single-A Modesto (2000-02) and Single-A Southern Oregon (1998-99). He earned Northwest League Co-Manager of the Year honors in 1999 while with Southern Oregon.

Rodriguez—a Folsom resident—returns for his 12th season as pitching coach for the River Cats. He held the position from 2000-02, and again from 2004-10. From 2011-12, he served as the A's bullpen coach before returning to Sacramento in 2013. Drafted by Oakland in the second round of the 1981 first-year player draft, Rodriguez spent seven years in the A's organization as a player, including two in the majors. He also spent time in the big leagues with Cleveland (1988) and San Francisco

(1990).

LaRosa has served as Sacramento's athletic trainer since 2008 and was named the Professional Baseball Athletic Trainers Society (PBATS) PCL Trainer of the Year in 2012. Prior to joining the A's organization, LaRosa spent five seasons as an athletic trainer at the Double-A level (three years with the St. Louis Cardinals organization, two years with the Florida Marlins). He was named the Texas League Trainer of the Year in 2006 and 2007, and was also named the PBATS Minor League Athletic Trainer of the Year in 2007.

Sacramento's 2014 campaign begins on the road on April 3, with the home opener coming on Friday, April 11 at Raley Field as the team looks to win its 12th division championship in its 15th season. ★

Source: Sacramento River Cats



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2222 Watt Ave, Ste D-7
Sacramento, CA 95825
Tues, Nov 19, 2013
2:00pm

GRIP Financial Office
2222 Watt Ave, Ste D-7
Sacramento, CA 95825
Wed, Nov 20, 2013
10:00am

GRIP Financial Office
2222 Watt Ave, Ste D-7
Sacramento, CA 95825
Wed, Nov 20, 2013
2:00pm

GRIP Financial Office
2222 Watt Ave, Ste D-7
Sacramento, CA 95825
Thurs, Nov 21, 2013
10:00am

Best Tutors Ever Office
5740 Windmill Way, Ste 8
Carmichael, CA 95608
Thurs, Nov 21, 2013
12:30pm

GRIP Financial Office
2222 Watt Ave, Ste D-7
Sacramento, CA 95825
Thurs, Nov 21, 2013
2:00pm

RSVP

to get advice about switching plans before the **December 7th** Annual Enrollment Period deadline.

GRIP FINANCIAL SERVICES, INC.

Ph.866-654-7120 (TTY 888-595-0000)

9 a.m. to 4 p.m., Monday - Friday
Refreshments will be served. Bring a friend.

By calling the broker listed above, your call will be directed to a licensed insurance broker. A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 888-228-6011 (TTY 888-595-0000). Blue Shield of California is an HMO plan with a Medicare contract. Enrollment in Blue Shield of California depends on contract renewal. Limitations, copayments and restrictions may apply. You must continue to pay your Medicare Part B premium. Benefits, formulary, provider network, pharmacy network, premium and/or copayments/co-insurance may change on January 1 of each year. The benefit information provided is a brief summary, not a complete description of benefits. Other physicians/providers are available in our network. You may also call the plan's Member Services number at 800-776-4466 (TTY 800-794-1099), 7 a.m. to 8 p.m., seven days a week.
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