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M Citrus Heights Messenger

"Written by the people, for the people"

Volume 2 Issue 1

Serving the City of Citrus Heights and Sacramento County

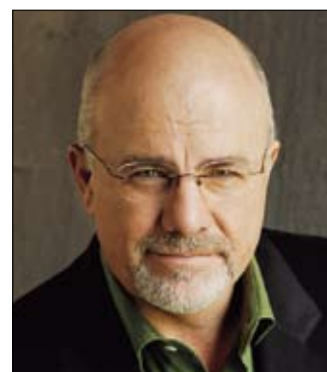
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Employment Trends Show Promise



Specific skills in high demand in the first three months of 2012 include sales and customer service workers.

By Rick Reed

SACRAMENTO REGION – Hiring in Sacramento will begin the New Year on an upward trend, as Pacific Staffing has discovered fifty-eight percent (58%) of top companies are motivated to hire in the First Quarter of 2012. This trend toward local economic recovery maintains a slow rise that began with forty-six percent (46%) hiring at this time in 2010, fifty-one percent (51%) in the first three months of 2011.

In the recession-driven First Quarter of 2009 more than half of Sacramento's regional employers surveyed weren't hiring anyone while another twenty percent (20%) planned staff

cutbacks and three local companies closed laying off their entire workforces.

In polling the top companies directly by phone between November 21st and December 14th, Pacific Staffing learned that just two companies planned layoffs; one for seasonal reasons with another citing slow business in the First Quarter of the new year.

A positive trend was also evident in demand for new workers in January, February and March. Thirty percent (30%) of employers are motivated to hire for growth in the first months of 2012, maintaining demand levels from the previous quarter of 2011. Another thirty-five percent (35%) reported hiring in the first

three months of the new year due to attrition in their existing workforces.

While benefit cost and management is still a major concern, a new challenge was noted, as companies report finding qualified applicants is becoming an issue. Specific skills in high demand in the first three months of 2012 include sales and customer service workers, technical, warehouse and manufacturing experience.

When asked if their company has a retirement plan, thirty-one percent (31%) of companies polled say No. In addition, twenty-seven percent (27%) also say they have no plan to offer any retirement option in the future. While many companies did have

some retirement plans, most were oriented to employee 401K account options, with just a few offering a contribution match. While some companies couldn't or wouldn't answer, Service firms were most likely to offer retirement while Retail industry companies were least likely.

The top 100 Sacramento Regional Companies By Industry; 40% are Service, 30% are Manufacturers, 20% are Construction and 10% are Retail.

How does this Quarter compare to last Quarter, or last year? Find out for yourself.

For more information, employment blogs & market surveys go to www.pacificstaffing.com.

DVIC Grows

By Leslie Carrara

CITRUS HEIGHTS – New programs, a rapid increase in crisis calls to the hotline and continuous fundraising all greet the Domestic Violence Intervention Center in 2012 as the non-profit agency experiences some minor growing pains.

Executive Director Elaine Whitefeather said that calls to the agency rose 30 percent in 60 days since being recognized by the state and receiving a \$250,000 grant this fiscal year.

"The whole idea is to increase services," Whitefeather explained. "I'm creating a one stop shop."

She explained that she is the process of combining services such as job searching and expanding family support services with other agencies in the building they reside in. There is an agency for job placement and another for services for children all within the parameters of their building.

One of the things she said the agency needs are vans to be donated so they can help the women and abused men get to

Continued on page 2

Gas Prices Start 2012 with Jump

SACRAMENTO REGION – Average retail gasoline prices in Sacramento have risen 6.2 cents per gallon in the past week, averaging \$3.53/g yesterday. This compares with the national average that has increased 2.4 cents per gallon in the last week to \$3.25/g, according to gasoline price website www.SactoGasPrices.com.

Including the change in gas prices in Sacramento during the past week, prices yesterday were 27.7 cents per gallon higher than the same day one year ago and are 2.5 cents per gallon lower than a month ago. The national average has decreased 4.1 cents per gallon during the last month and stands 20.9 cents per gallon higher than this day one year ago.

"Average gasoline prices are moving up as we enter the New Year, a trend that has held since 2008," said GasBuddy.com Senior Petroleum Analyst Patrick DeHaan. "The biggest problem with that trend holding true this year is that we're starting 2012 about 20-cents per gallon higher than 2011, breaking yet another high price record and setting up an ugly year for motorists," DeHaan said.

Early indications show this year may see the highest ever recorded prices at the pump, with real potentials for some areas to see close to \$5/gal gasoline if conflict arises in Iran over several key issues.

GasBuddy.com operates over 250 live gasoline price-tracking websites, including SactoGasPrices.com.

Neighborhood Associations Meet



By Leslie Carrara

CITRUS HEIGHTS – The all-neighborhood associations' Bring-A-Dish-Make-A-Wish Potluck Dinner, hosted by Area 10, was a huge success this year, with 91 people attending. Mayor

Jeff Slowey was present, as well as Vice Mayor Steven Miller and Councilwoman Jeannie Bruins. Councilman Mel Turner did not attend.

Councilwoman and President of Area 10 Dr. Jayna Karpinski-Costa said there was a lot of

food, including a spiral ham, spaghetti, salads and desserts and each table played a trivia game answering questions about the city itself. Tables competed with each other, totaling the number of questions correct combined with the oldest person sitting at each table's year of birth. Members of the winning table each received a 2012 Almanac. Each table then picked one month of the year to discuss what happened during that particular month, with the highlight being the month of May when 80-year-old "Wilma" married "Doug".

Then came time for the Make-A-Wish portion of the evening, where people wished for something in Citrus Heights. Overall, wishes included traffic calming issues, starting a boys and girls club in Citrus Heights, and making street lights energy efficient. One man wished that his

wife would not get any more red light violations (a \$470 fine) and another person wished the city would stay the same. Also, wishes came in for the peace and safety of the city's police force.

Karpinski-Costa said that a man told her that this event is what makes Citrus Heights a real community. "We are a real community," she added. "It was just so wonderful. It was great to have the city's support."

The city is divided into 11 neighborhood associations, all under the umbrella of the Residents' Empowerment Association of Citrus Heights. Citrus Heights' first mayor, Bill Hughes, worked very hard at developing the neighborhoods, Karpinski-Costa said. Also, she has been Area 10's president since the associations began.

Area 2, Area 3 and Area 9 did not have representation.

DVIC Programs Grow

Continued from page 1

court and to the doctor's office. She said they need one for the shelter and one for the agency. Also on their wish list are items including a heavy duty washing machine and dryer for the shelter, a high chair, a DVD player and energy saving light bulbs. The agency office needs white 20 pound paper, two Dell computers with printers, a locking four door file cabinet, and a vacuum cleaner, as well as other items.

While the DVIC needs these items, they are continuing fundraising efforts to continue to expand. Recently, the Lakeview Ladies Club raised and donated \$2,500 to the agency in December, while the agency continues throughout the year with their Holiday Shopping On-Line 3000 Nights of Hope. According to literature, the DVIC provides "3000 shelter nights each year to women and children seeking a time-out respite and safety from life threatening abuse in a comforting, nurturing environment or recovery after a sexual assault. It costs \$30,000 per year

to shelter, clothe, feed, provide counseling and safety 24/7 for the full house." People can help by shopping for the holidays or throughout the year at or at marketamerica.com/dviccares. With each purchase, the shelter receives a cash donation. Also, they have a face book campaign asking for \$5 donations and then telling five of your friends to do the same. Additionally, they have fundraising events throughout the year, including their Garden of Hope dinner in October.

Meanwhile, some of the newer programs include a children's playroom, with 15 kids regularly coming in to the agency, made possible from a donation from the Lakeview Ladies Club in 2010. Also, Whitefeather said she is actively recruiting 14 to 22 year-old students to form the Youth Advocates Council, teaching violence prevention and providing programs to youths in violent environments. Whitefeather also indicated that the agency is expanding into Folsom with plans under way to establish protocol as to what will work with law enforcement.

Overall, the DVIC will be throughout Sacramento County, rather than just in Citrus Heights, she said.

Another program in the works is the Changing Lives Wellness Center, Whitefeather said. The program will teach 13 to 19-year-old girls self defense, providing prevention services for youth violence partnered with the Citrus Heights Police Department for the department's juvenile diversion program.

Also, Whitefeather explained the beginning of the Domestic Violence Intervention Center's Company Advocate Resource Team, otherwise known as DV C.A.Res Team, which allows "employers or employees to become work place domestic violence advocates" as one-fifth of adults in the work force have been victims of domestic violence, according to literature provided. Once an advocate contacts DVIC, the center will assist in recruiting employees and volunteers, then train, coordinate and provide support material when needed.

Capital DUI Campaign Shows Fewer Arrests

CITRUS HEIGHTS – The 2011/12 Winter Holiday DUI Mobilization crackdown on drinking drivers has ended and resulted in a significant number of DUI arrests from the Sobriety Checkpoints, Special Saturation Patrols and routine patrol in the Sacramento County "Avoid the Capital 17" DUI Campaign for the past 17 days.

From 12:01 AM Friday December 16th, through Midnight Sunday January 1, 2012 officers representing 17 county law enforcement agencies have arrested 379 individuals for driving under the influence of alcohol or drugs. In 2010/11 447 DUI arrests occurred during the same time period. No DUI deaths were attributed to a drunk driver

in our area! Last year there were no DUI deaths reported.

These numbers are in comparison to last year's totals during the holiday period. Law enforcement officials will be conducting more Avoid DUI operations throughout the county and region during Super Bowl Sunday in February and then again for local St Patrick's Day Festivities in March. Police, Sheriff and the CHP encourage all motorists to help law enforcement every day: Report Drunk Drivers – Call 9-1-1 anytime you encounter an impaired driver. DUI Checkpoints, along with regularly scheduled high visibility DUI enforcement, are proven strategies with the goal of

removing impaired drivers from the road and heightening awareness of the dangers of driving under the influence of drugs and alcohol. According to the National Highway Traffic Safety Administration (NHTSA), sobriety checkpoint programs can yield considerable cost savings: \$6 for every \$1 spent.

Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

Visit the AVOID website at www.californiaavoid.org for more information about anti DUI efforts in your or community or around the state.



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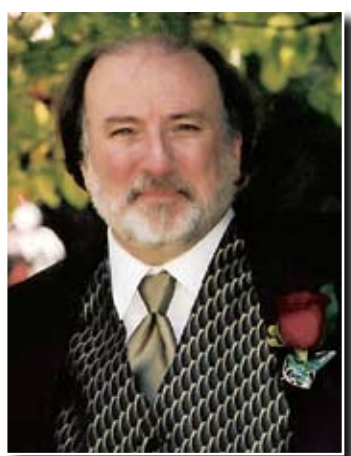
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THANK A VETERAN TODAY

DMV: "Ask George"

Expert Answers to Common DMV Questions



By George Valverde - Director, California Department of Motor Vehicles

Do you have questions about general driving related requirements like registration and insurance?

Are you unclear about laws and restrictions related to driving?

The California Department of Motor Vehicles has answers.

"Save Time by Going Online," at www.dmv.ca.gov.

Q: I recently took my behind the wheel driving test and failed. I immediately understood my error and asked if I could take the test again the same day. The examiner said that I couldn't and that I would need to schedule another appointment. I am over 18, so why couldn't I take another driving test on the same day?

A: Driving tests are scheduled by appointment only so offices can effectively manage their workload and resources. Additionally, this gives you more time to practice until your next appointment. Good luck on your next test! For more information, please visit our website at <http://www.DMV.ca.gov>. Save Time. Go Online!

Q: I'm not operating my vehicle, although the registration fees are current and I've canceled the insurance. Now I am getting notices of "Intent to Suspend." What should I do?

A: When your registration fees are current and you are not operating your vehicle, you must submit an "Affidavit of Non-

Use," REG. 5090 form. This notification will stop the insurance suspension action. If your vehicle is still not being operated when you receive a billing notice for your next renewal period, be sure to file a "Planned Non-Operational" status on the vehicle and pay the appropriate fee. For more information about vehicle registration insurance requirements, please visit our website at <http://www.DMV.ca.gov/vr/insurance.htm>.

Q: What is the proper way to handle an aggressive driver on the roadway?

A: Aggressive driving happens when crowded roads, rushing, and impatience cause one driver to react angrily to another driver. When you are confronted with aggressive drivers make every attempt to get out of their way but if that is not possible here are some suggestions to keep you safe:

- Wear your seat belt.
- Avoid eye contact. Eye contact can sometime enrage an aggressive driver.

• Put your pride aside. Do not challenge them by speeding up or attempting to hold-your-own in your travel lane.

• Ignore gestures and refuse to return them. You or a passenger may call the police and report aggressive driving. But, if you use a cell phone, and it's not hands-free, you must first pull over to a safe location.

For more information on safe driving practices, visit <http://www.DMV.ca.gov/pubs/hdbk/scanning.htm>. Save Time. Go Online!

The DMV is a department under the Business, Transportation and Housing Agency, which is under the direction of Acting Undersecretary Traci Stevens. The DMV licenses drivers, maintains driving records, registers and tracks official ownership of vehicles and vessels, investigates auto and identity-related fraud, and licenses car dealers, driving schools, and traffic violator schools. For more information about the DMV, visit www.DMV.ca.gov.

Cops Nab Car Thief

Utilizing information attained from the Citrus Heights Police Department (CHPD) Crime Analyst, CHPD personnel conduct vehicle checks on identified common stolen vehicles.

While conducting patrol in the area of Antelope Road and Lauppe Lane, an alert CHPD Officer saw a stolen 2000 Honda Civic, being driven by 32 year old Chadwick Greylock, who was the sole occupant and a wanted parolee at large. When CHPD Officers attempted to initiate a traffic stop, Greylock did

not stop and attempted to flee. After a short vehicle pursuit, Greylock stopped the vehicle in the area of Auburn and Sylvan Roads, where he was taken into custody without incident.

Subsequent investigation revealed evidence found inside the stolen vehicle which included vehicle automobile theft tools. The vehicle was stolen out of the city of Dixon on Christmas Day.

(Title, Name, Contact Phone number) Lieutenant Gary Hendricks 727-5500



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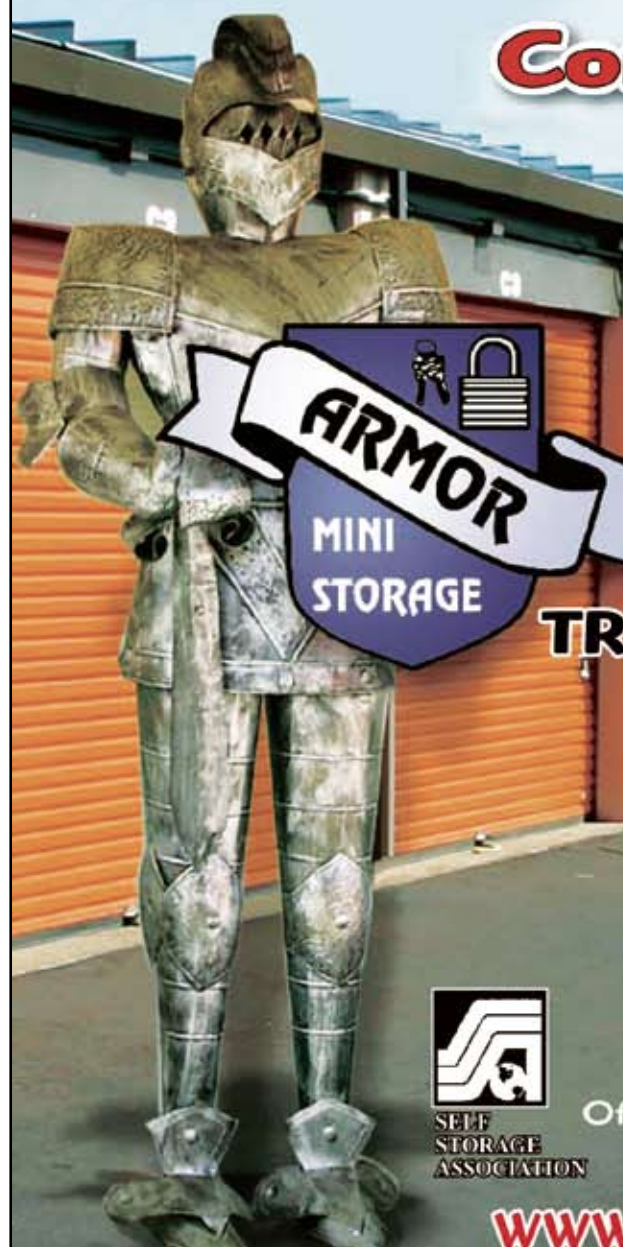
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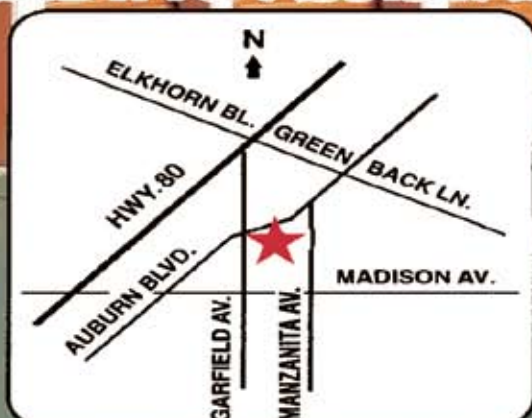
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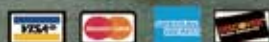


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KOVAR'S CORNER

on Real Estate Q&A



By Tim Kovar, Realtor/Broker

A new year often brings new opportunities and challenges, especially for property owners facing questions about keeping their homes...

Q: My family has been in our home in North Highlands for years, but now find that we have some difficult decisions to make about our future here. Unexpected medical costs and

a job loss have made it nearly impossible to pay our mortgage consistently on time. Our lender is open to a loan modification, but we're not sure what route to take. Can you help? *Thanks, Vincent.*

A: First, you are not alone in this. A sudden loss of income has not been an uncommon problem! Here's what you need to know. Mortgage modification is where the homeowner negotiates for a reduction in their payments. A reduction can take several different paths with the most common being an interest rate reduction.

Another method used is to add more payments on the end of the mortgage. Sometimes lenders will do both – reduce the interest rates and add time on to the end of the loan. In these cases the principle amount stays the same. It is important to keep

your credit rating strong as the lender will pre-qualify you much like they did when you originally got the loan. If you no longer qualify they will not do a mortgage modification. Choosing a specific strategy is involved; knowing your ages, income expectations, equity and other factors are important. Some outside professional assistance is recommended in making a decision. However, if your lender is uncooperative you can call HAFA at 888-995-4673 for additional free help.

Arm yourself with real estate knowledge! Real estate, mortgage and other property questions can be emailed to tim.kovar@gmail.com or get immediate assistance by calling 916-549-4340. Kovar Family Real Estate, DRE# 01831154.

Kovars Upcoming Seminar
Come meet author and realtor Tim Kovar on Saturday January 14 at 6 pm at the Carmichael Library. Find answers to your questions on foreclosure, avoiding bankruptcy to save your credit future.

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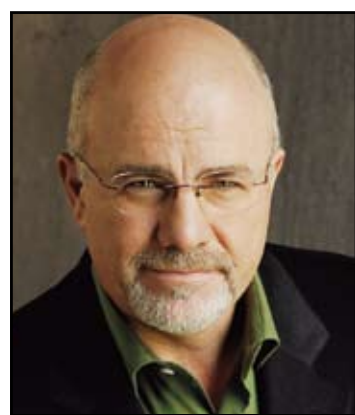
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January 10, 2012, Time: 11:30 AM - 1:00 PM
Monthly Membership Luncheon 2012
January 11, 2012, Time: 3:00 AM - 4:00 PM
Elevate Young Professionals Organization Advisory Council
January 12, 2012, Time: 8:00 AM - 9:00 AM
Government Issues Committee

The Citrus Heights Regional Chamber of Commerce, a unifying force for business, government, education and community involvement, is recognized as a vital resource for businesses in the Greater Sacramento Area, committed to promoting economic prosperity. Visit their website for more information.

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Dave Says

Dave Ramsey is a personal money management expert, popular national radio personality and the author of three New York Times bestsellers – The Total Money Makeover, Financial Peace Revisited and More Than Enough. In them, Ramsey exemplifies his life's work of teaching others how to be financially responsible, so they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to others.

Guilt and Cynicism

Dear Dave,
I've noticed that lots of people get defensive when it comes to talking about money and living on a plan. Why is this?

- Tonya
Dear Tonya,
I think it's because there seem to be two negative emotions connected to people who have failed with money: guilt and cynicism. They feel guilty because they're terrible when it comes to handling

money, and they don't want to talk about it.

Cynicism may be more prevalent in people who feel like they've been messed over by some "money expert" out there. Maybe they got caught up in a deal that went bad, or they lost a lot of money following their advisor's advice. The results can be they end up believing that anyone connected to the financial arena is a bad, incompetent or manipulative person.

If you've made mistakes with money, that just makes you human. Everyone alive has messed up financially, and that includes me. I made mistakes with lots of zeroes on the end, but I managed to turn things around. Now, I'm running my own company based on those mistakes, how to fix them and how to keep people from making the same mistakes I did years ago.

Sometimes people just don't want to be around others who are trying something new or different and winning in the process. Then, there are people in life—I call them losers—who just don't want anyone else to win, because it reminds them that they're not winning. Being stuck around those kinds of people is no fun for anyone!

- Dave

Where do Toys Fit in the Baby Steps?

Dear Dave,
I always recommend that folks complete the first three Baby Steps before running out to buy a bunch of toys. Baby Step 1 is to save up \$1,000 in the bank for a starter emergency fund. Baby Step 2 is to pay off all your debts, except the house, using the debt snowball method. Then, on Baby Step 3, we go back and fully fund the emergency fund to contain three to six months of expenses.

After you've gotten this far, it's okay to have a little fun and save up for a toy. But don't forget about Baby Step 4, which is putting 15 percent of your income into pre-tax retirement plans, like mutual funds and Roth IRAs. Don't neglect saving for college, either, if you have kids. That's Baby Step 5.

Baby Steps 6 and 7 are paying off the house early and building wealth and giving. Everyone likes having fun, and there's nothing wrong with a few toys if you can afford them. Just make sure you don't sacrifice your financial health for the shiny things!

- Dave

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

Suburban Writers to Meet
Sacramento Suburban Writers Club (SSWC) Meeting Monday, January 9, 2012 at Crossroads Christian Fellowship, 5501 Dewey Drive, Fair Oaks • 7:00pm - 9:00pm
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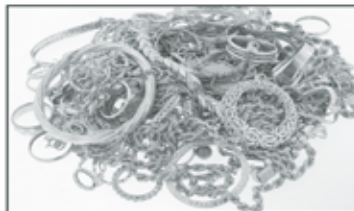


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As Heard On Radio!





By Ronnie McBrayer

Belief, not Belligerency

a number of essential beliefs important to me and to which I hold. Yes, some of these beliefs are in conflict with the beliefs of others, and these conflicts are not easily dismissed. But my beliefs, as important as they may be, do not give me the right to be belligerent toward others who do not share my beliefs.

I will allow that Christians aren't the only ones who behave this way. Devotees to other faiths, politicians of all parties and persuasions, soccer fans, college alumni, and those with all manner of competing opinions will attack, degrade, and smear those they consider their opponents. The intent, it seems, is clear: Win the argument at all costs.

This cutthroat way of life is consuming every facet of our society, resulting in a complete collapse of common civility – that's a column unto itself – and there is no relief on the near horizon. Anywhere there is an "us" versus "them" attitude there will be nothing but antagonism and disappointment until "them/they" are somehow rehabilitated or totally vanquished in favor of "us/we."

In other words, peace will only come when all our adversaries are destroyed. This may be the way the world works, but it is not the way of Christ. For Christians, if Jesus is who this thing is about, then things should be different. Just because we have some assurance of our faith and beliefs, we forfeit the ability to share that assurance when we behave badly.

Our beliefs need not – should not – cannot – must not

– be used to hurt or harm others. Consistently, and this should read our hearts to pieces, Christians are characterized as mean-spirited, judgmental, critical, and inflexible (You don't need research statistics to confirm this conclusion. Simply do an informal interview on any street corner).

This is a reputation we have largely earned, because we have been more concerned with proving we are right, than we have been proving God's profound love and grace. We have been more concerned with providing answers than we have with providing gentleness and respect.

Personally, I don't think Jesus came to create an "in" group, an assembly of elitists who have truth held down under lock and key. I believe he came to create a "come on in" group, a crowd of fellow-journeymen who come to know God, experience grace, live life, and serve others together. But why would anyone want to come in to such a group if its representatives are constantly rude, arrogant, and unyielding.

Even if such a group had all the answers to all the questions in the world (and humility should caution anyone from making such a claim), it would be impossible to hear what they had to say, because it is simply impossible to hear the truth when it is communicated from a hard heart.

Ronnie McBrayer is a syndicated columnist, speaker, and author. His books include "Leaving Religion, Following Jesus" and "The Jesus Tribe." Visit his website at www.ronniemcbrayer.net.

Here We Go Again; the Art of Redundancy

By Rev. James L. Snyder

Forgive me if I have said this before, but, "Happy New Year." It may be the epitome of redundancy but I have given this greeting for 60 years and I mean it as sincerely this year as I have all the years preceding.

The first few years of my life, I had no teeth and so all I could say was "Goo-goo, daa-daa." It meant the same thing. This year I have all of my teeth but I am not certain how many more years.

The way we start life is the way we usually end life, with no teeth and drooling all the time with a silly grin on our face.

Why is it so cute to have a toothless drool at three months but rather disgusting when you are 93 years old?

We all start life wearing diapers and if we live long enough we will end our life wearing the same apparatus. I guess it all depends upon what we do between the two events.

I suppose I could be guilty of not learning as much as I could at my age, but one thing I have learned and that is the good things in life are always repeated. Sure, there are some things that we do once in a lifetime and cherish their memories, but the good things in life are those things we continually repeat.

I would wager that in this New Year there would be relatively few, if any, new things. The past year was supposed to carry with it a lot of brand-new things. Most things were those repeated ad nauseam for many years.

This year is an election year. Of course, the purpose of this year is to elect a new president. Every four years we elect a "new" president and I have participated in many presidential elections. At least, I went to the voting booth and voted. In all those years of electing a "new" president it has usually worked

out that the new president was remarkably quite like the old president.

Some political pundits make a great deal between a Republican and a Democrat. It may be my age, but it seems to me that most Democrats are Republicans in disguise and most Republicans are Democrats in disguise. If I was backed up against a wall with a firing squad in front of me and asked to tell the difference between a Democrat and a Republican, the only thing I could come up with would be the spelling.

A Republican when elected will always act like a Democrat and a Democrat when elected will usually act like a Republican. Then they wonder why the voting public is confused.

As far as I am concerned, a rattlesnake wearing a rabbit outfit does not change its nature. It still has poisonous fangs looking for some human flesh.

What has not changed is the fact that a politician running for office will say anything to get elected and then once elected will develop an acute sense of amnesia, which is not that cute.

Whenever I hear politicians say that when they are elected they are going to change things I know I am either listening to a fool or someone who is trying to fool me. Hundreds of politicians have run on the platform of changing Washington DC. Well, how has that been working?

The coming presidential election will be the same as every other one in the history of the United States.

In spite of that, there are a few things I am glad will not change. The things that are really important in life are those things that do not change.

For instance, I am glad the sun comes up every morning. Even though every day is a new day, the same sun starts the day with

its rising. The beautiful thing about this is that we can only live one day at a time. I cannot remember how much time I have spent worrying about something in the future and when that day came, I worried in vain.

I am so glad that the rising of the sun is not in the hands of some political committee somewhere. Wherever two or three politicians are gathered together, there is gridlock. If a political committee were responsible for the rising of the sun, it would never rise. The only thing a political committee can do when it comes to the phenomenon of rising is in the area of taxes and their salaries.

As sure as the sun will rise tomorrow so will our taxes and so will the salaries of the politicians. Would be great the politician's salary was tied to the economy? If the economy was up, the politicians would get a raise. If the economy went down, the politicians would take a cut in salary.

I am not sure how to do that, but if it ever became law in our country, the economy of our country would be on the rise for generations to come.

Another redundancy that I am delighted to participate in and that is the mercies of God. "It is of the LORD'S mercies that we are not consumed, because his compassions fail not. They are new every morning; great is thy faithfulness" (Lamentations 3: 22-23 KJV).

Although repeated daily, God's mercies are never redundant.

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 jamessnyder2@att.net. The church web site is www.whatafellowship.com.



By Marlys Norris, Christian Author

God's Vision for Your Life

for their life? God has a beautiful designed plan for each life and discovering what it is brings unbelievable blessings and adventure beyond measure into life. God searches and knows each heart and His wisdom prevails over every life committed and surrendered to Him. *1 John 4:2-3 Hereby "know the Spirit of God." Every spirit that confesses that Jesus Christ is come in the flesh is of God. And every spirit that confesses not that Jesus Christ is come in the flesh is not of God; and this is that spirit of antichrist, whereof you have heard that is should come; and even now already it is in the world.*

Every day should be a day of worship as one thinks about God's plan and call on their life to exemplify His love to the world around them. Beginning each morning with a little prayer of thanksgiving to God starts the day acknowledging God. Asking a blessing on members of the family as they go their way and

leave for the day enriches everyone's life. It evokes God's favor and blessings on them as well as yourself. His vision will be revealed to those who seek His face early in the day.

Because of His love for each person individually, God's Vision for everyone's life is greater than they ever imagined. To those who have received His Beloved Son, God Almighty will be enabled with gifts of His Spirit to do supernatural things to build-up and edify others in their walk with God. They will minister His love-gifts to the world for Jesus said, "When I leave you, you will do even greater things than I did". BELIEVE!

Marlys Johnsen Norris, Christian Author Marlys5934@sbcglobal.net God Moves Mountains, It was a Miracle! Intimacy Begins Going God's Way

See Yourself as God Sees You



By Pastor Ray Dare

Every great accomplishment that's ever happened in history began as a picture in somebody's imagination. The greatest human factor that influences your life is the way you **see things**; the way that you see yourself, the way you see your potential and your future. The ability to see with the eyes of faith makes all the difference in whether you achieve your dreams and reach your potential or will succumb to the status quo of mediocrity. What is it that you believe God wants to do in and through your life? You must see it with the eyes of faith. If you can see it, you can achieve it.

What does it mean to see with eyes of faith? "I pray that your hearts will be flooded with light so that you can SEE something of the future he has called you to share" *Epesians 1:18a (LB)* Paul is saying, "I want you to learn to see with spiritual eyes." When you were born physically you were given a set of physical senses -- hearing, taste, touch,

smell, sight. Everything you experience in life comes from those five senses. When you are born again spiritually, you get spiritual senses. You get spiritual eyes to see what God wants to do; you get spiritual ears to hear God's voice.

The Bible is full of examples of people seeing with spiritual eyes. Genesis 21 is the story of Hagar taken out to the desert with her son Ishmael to die. She said, "God, don't let me look upon the death of my son." The Bible says, "God opened her eyes." and she saw a well of water in the middle of the desert and it met her needs. In Luke 24 there's the example of the two disciples on the road to Emmaus after Jesus had been resurrected. Jesus is walking with them but they didn't recognize Him until He opened their eyes and they saw that God had been with them all along. In Genesis 13, God takes Abraham up on a hill and says, 'Look as far as you can see. Anything you can see, you can have. This will be the Promised Land. If you can see it, you can have it.' He saw with spiritual eyes.

In Numbers 13, we have an example of an entire nation failing to realize their potential

because they could not see with eyes of faith. Because of the way they SAW themselves, the way they SAW their obstacles. They underestimated what God could do through them. "And there we saw the giants...and we were in our own sight as grasshoppers." *Numbers 13:33 (KJV)*

So let me ask you, as you look into your future, what do you see? What do you see God accomplishing through you? What do you see yourself doing for God? God wants you to see as He sees, because He wants to use you in the world today in a significant way. You know you are created for far more than you've experienced to date. Many people never achieve their full potential because they can't see themselves as God sees. They miss God's plan for their life because of self imposed limitations.

My challenge to you this week is to get a new view of you. Ask God to open your spiritual eyes so you can see yourself as He sees you. God says, "You can be more than you are right now, you can be something you never thought you could be before."

Pastor Ray

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Riley Reviews

**STUNTS, THRILLS
LIVEN UP EXCITING
"MISSION: IMPOSSIBLE"**

member Benji Dunn (Simon Pegg), the computer wizard who simultaneously manages to unlock prison doors while blasting a classic Dean Martin song on the loudspeakers.

Once on the outside, Ethan, with the help of his colleagues, is dispatched to infiltrate the Kremlin's hidden vault so as to locate the identity of a villain with a plan to steal Russian nuclear codes.

Unfortunately, the mission goes haywire when the Kremlin is blown up and the IMF team is falsely blamed for masterminding the explosion. Even worse, the IMF secretary is killed during an assault by Russian forces, further compromising the mission.

As a result, Ethan's team is forced to go underground, as the U.S. government invokes the "ghost protocol" that cuts the IMF loose with no official portfolio or financial resources.

To clear their names, the IMF team, including the beautiful but deadly Jane Carter (Paula Patton) and the mysterious "analyst" William Brandt (Jeremy Renner), initiates a globe-trotting adventure to chase a shadowy target named Hendricks (Michael Nyqvist).

Forced to become rogue agents, the IMF team heads off to Dubai on the trail of Hendricks as the terrorist seeks nuclear warheads he can launch merely for the purpose of a blowing up the planet for senseless pleasure.

Though loaded with great

action scenes, the best one in "Ghost Protocol" requires Ethan to climb the glass window exterior of Dubai's Burj Khalifa, the world's tallest skyscraper.

This act requires him, like Spider-Man, to scale the high-rise more than 100 floors above the ground with nothing more elaborate than a pair of adhesive gloves, one of which malfunctions at an inopportune time. Meanwhile, the audience suffers a severe case of vertigo.

Actually, "Ghost Protocol" is filled with breathtaking moments of great danger. Brandt, levitated by a magnetic device, hangs precariously over a giant turbine as he breaks into a building's computer command center.

A climactic battle between Ethan and Hendricks takes place in a high-tech parking garage in Mumbai, where the two fighters leap from one moving platform to another in a dazzling acrobatic display of vicious hand-to-hand combat.

Complicating the mission is the fact that a Russian agent (Vladimir Mashkov), mistakenly believing the IMF team is responsible for the Kremlin bombing, is trying desperately to kill Ethan and his gang.

One of the fascinating tidbits about this film is that director Brad Bird ("The Incredibles") is known for his work in animation. Here, he demonstrates tremendous skill and flair for staging very impressive action scenes.

Another revelation is that Tom Cruise is really at the top of his game. He's never been more imposing than he is now as the consummate action figure possessed of athletic poise and mature elegance.

"Mission: Impossible - Ghost Protocol" is truly one of the best action pictures of the year, and even better still if you catch it in IMAX.

MISSION: IMPOSSIBLE
- GHOST PROTOCOL
(Rated PG-13)

As a purist, I held the view that the "Mission: Impossible" film series was an unworthy subversion of the excellent original TV series starring Peter Graves.

It just seemed that Tom Cruise's Ethan Hunt was no match, either in style or intellect, to Graves' Jim Phelps, the urbane leader of the Impossible Missions Force.

The first "Mission: Impossible" film was heresy insofar as Jim Phelps was rendered one of the bad guys. The abrupt departure from the TV series took the film in a foolhardy direction.

Now along comes the fourth installment in the film series, "Mission: Impossible - Ghost Protocol," the best of the entire lot. Moreover, it's such a top notch action thriller that I no longer have misgivings.

For one thing, Tom Cruise has never looked better in the role of the IMF undercover agent. Not only has he matured into the part, he's very convincing as an unflappable tough guy adept at handling the physical and mental strains of the job.

As for the action, the adrenaline rush begins with Ethan's daring breakout from a Russian prison, assisted by IMF team

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Recovering from a Heart Attack Has Never Been so Funny



Dr. Wellington (Frank Hickox, right) finds everything about Roxanne (Corinne Nelson) attractive, including her feet, much to her husband's (Dan Beard) concern in the Arden Playhouse production of Murray Schisgal's comedy OATMEAL & KISSES. Photos courtesy of Arden Playhouse.

Arden Playhouse is pleased to present Oatmeal and Kisses, a romantic comedy by Murray Schisgal. (Produced with permission of Dramatists Play Service, Inc.) Murray Schisgal is well known for his off-beat comedy, LUV. He has written over fifty plays for the stage and has also written for television and films. In 1993 Schisgal was an Oscar nominee in the screen play category for "Tootsie".

Oatmeal and Kisses is directed by Blake Flores, who has been acting, directing and producing in local community theater for over thirty years. He began his directorial endeavors in 1987 with the Volcano Theatre Company's production of Fred Carmichael's Done To Death. He has since directed over 30 local productions, most recently Jack Sharkey's Who's On First? at Big Idea Theatre, which he co-founded in 2003.

Arden Playhouse is thrilled to welcome Blake Flores and three new actors to its family for this amazing ensemble. Dan Beard (Schneider), Frank Hickox (Peter), and Corinne Nelson (Roxanne), are the talented cast

bringing life to Oatmeal and Kisses. Dan Beard has worked in numerous theaters around the Sacramento area including the WSCT as well as the Woodland Opera House, The Thistle Dew Theater, the Ooley Theater and the Big Idea Theater. Frank Hickox has been acting since high school. His plays include Arsenic and Old Lace, Out of Sight, Out of Murder and The Servant of Two Masters. Corinne Nelson has been active in theatre most of her life and has an extensive background in improvisation and is an alum of the Sacramento Comedy Spot's Free Hooch Comedy Troupe.

Schneider is a dynamo, living life to the fullest. But, with age, there have been consequences. A short stay in the hospital because of a heart attack has reminded him of his mortality. Although it has made him concerned about what might become of Roxanne, his much younger wife, he has forgotten that he agreed to get help in changing his life-style. When the specialist arrives from the hospital things start to get complicated. Peter is a physical fitness doctor who lives with his

patients for several weeks while he gets them to change their diet and other risky habits. At first Schneider objects to this plan, but after Roxanne uses some charm and threats, he agrees. But Schneider has another motive in mind. Later, after Schneider has become a health-nut, it appears that he has been trying to get Peter to marry Roxanne...and the doctor is certainly enamored of her by this point. But, at last, it is Roxanne who gets exactly what she wants.

Oatmeal and Kisses opens on Friday, Jan. 13, 2012 with performances on Friday and Saturday nights at 8pm through February 25. Sunday matinees are at 2pm on January 22 and February 5, 2012.

All tickets are \$18 general admission. Tickets can be reserved by calling (916) 332-2582.

Arden Playhouse is located at 5640 Roseville Road, Suite D, Sacramento, and seats 150.

Arden Playhouse is a community theater dedicated to continuing its tradition of presenting entertainment in a casual setting.



FAT TALK

Hope you're having a wonderful holiday season, but it's almost that time to start thinking of the New Year.

First, take a look in the mirror. Are you happy with the way you look? If you are, then you don't have to read any further. But if you have some lumps and bumps that make you a bit queasy, then listen up because you are not alone.

Obesity has become an epidemic in our country. The Surgeon General told us back in 2001 that more than 61% of adults are overweight...31% obese. Obese means 30% over ideal weight. Kids fare no better at 13%. According to research done in 2002, people overweight at 40 are likely to die at least three years sooner than those who are slim and trim. Would you believe being fat at 40 and beyond is just as bad as smoking for your life expectancy? **Dr. William Parsons** says it's time for "Tough

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with Mary Jane Popp

Talk About Fat!...How to Reach and Maintain Your Ideal Weight. 10 pounds or 100 pounds, you can lose it. "Tough Talk" doesn't scold you for being fat. It teaches us how to get rid of it...all of it!

Dr. P says it works like your bank balance. Take out more than you put in, and it goes down. There are some other incredible edible facts like, don't fret about protein vs. carbs or whatever. Calorie control is everything. Then there's the exercise thing. Although important for fitness, exercise plays a minor role in weight control.

Dr Parsons also put it very bluntly when it comes to books on weight control. There are thousands of ideas out there. According to Dr. P, in the U.S., the weight loss industry is a \$58 Billion business with a 98% failure rate. Encouraging huh!? But Dr P says he is more concerned that obesity is now a major risk factor for Heart Attacks and Diabetes. He added that by wearing out weight-bearing joints, obesity is a major cause of disability. Then there's the big surgery surge movement for morbid surgery. Dr Parsons says it saves lives, but he feels "Tough Talk" can save more.

He gets into a lot of great tips like reducing our eating by 500-700 calories a day can drop 4-5 pounds

a month. He goes into tips on how to design your own program to lose weight, along with special strategies for your weight reduction program like:

- 1) Buy small...not the largest banana, apple, melon, other
- 2) Cook smaller amounts.
- 3) No nibbling while cooking
- 4) Use smaller plates
- 5) Stop eating when you feel satisfied not stuffed
- 6) Leave some food on your plate...contrary to what mother told you about cleaning your plate

The list goes on and on, and it's pretty simple reading with basics to follow. Dr Parsons even gets into Legislation Congress should pass for a major attack on the epidemic of obesity.

Now that the holidays are almost over, you may want to fortify yourself from the mounds of desserts and taste desires by boning up on "Tough Talk About Fat". You can find all the information you need about Dr Parsons and his books at www.cholesterolnodiet.com. Just a bit of tough talk to make a difference in our life. Happy Eating! I mean nibbling!!!

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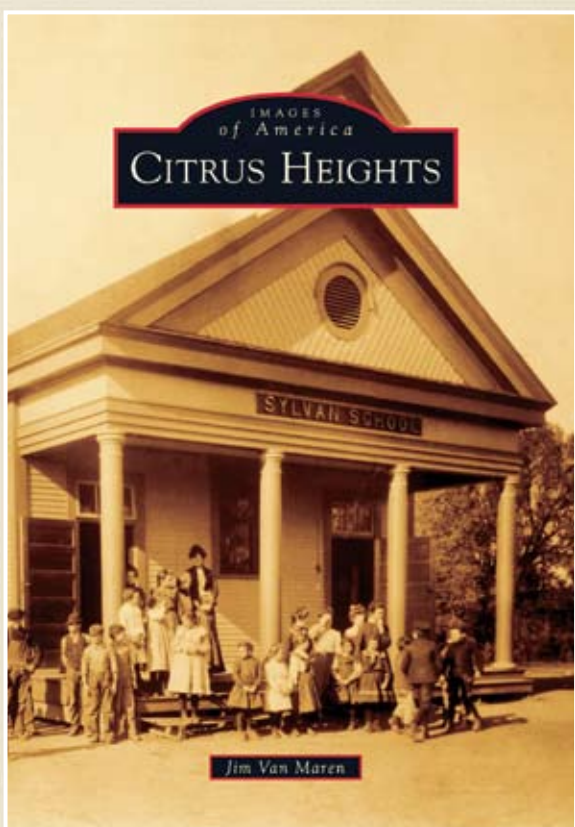
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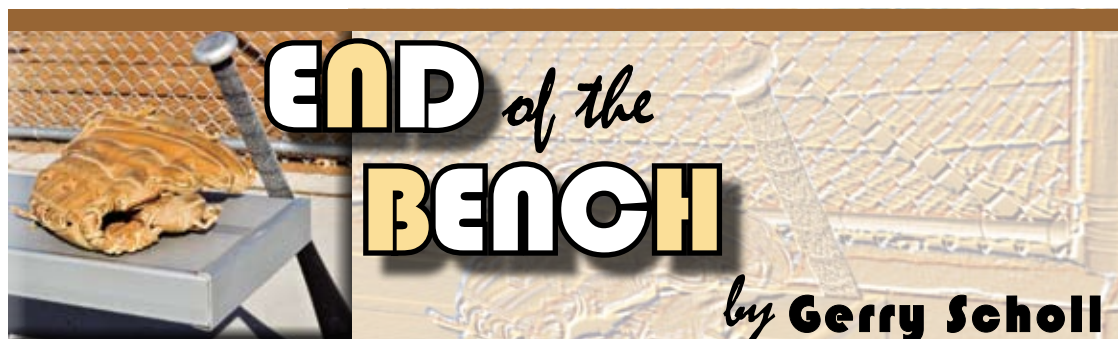
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Hail the Great Prognosticator!

Bet you didn't know I'm a football expert.

Like few others, I correctly predicted the San Francisco 49ers would win their division. They completed the regular season Sunday defeating the St. Louis Rams, 34-27, to finish 13-3 and earn a first-round bye in the playoffs. I knew it!

Maybe they will go all the way, as I prognosticated, and win their sixth Super Bowl. If they do, I shouldn't boast too loudly, since I always pick "my" teams to win it all every year.

Why do I do that? Because I would hate to be wrong — to have them actually win it and I didn't pick them. Horrible.

So, I've been right on the 49ers five times before, but not in the last seventeen seasons. Why not this time? Don't give me the list of reasons. It's time to break the drought.

I pick the Oakland Raiders the same way, despite serious doubts. There are always so many doubts. I should give up on them, just like their suspect defense (I suspect they have one) gave it up on their final-day opportunity for the postseason. The Raiders defense couldn't force a single punt all day, while getting eliminated, 38-26, by the San Diego Chargers.

I forecast the San Francisco Giants to win the World Series every year. I was right on it in 2010, and have been correct almost two percent of the time.

The Oakland A's — I admit I've stopped picking them (though I had a great run in the '70's), since they have stopped trying to field a real major league roster.

But, back to the football expert... after all, I did cover one pro football game live as an active media member way back when, and experienced

the horror that is an NFL locker room — no place for the faint of heart. Remember how the old announcer Keith Jackson called the linemen "The Big Ugliers?" He wasn't kidding!

Every other so-called expert sportswriter and broadcaster and their brothers feels compelled to make (and fill space and air time) his/her preseason predictions. I was surprised to hear one on the air actually reviewing his picks and comparing them to the final results at season's end. That rarely happens.

So, I took a look back at my Sports Illustrated NFL Preview edition to see how the best experts fared. Not that well.

SI picked the 49ers to go 5-11 and place last in the NFC West. The Rams were to win the division, but were last at 2-14. The SI pro's had four teams finishing last in their respective divisions, with a combined 19-45 record. Of the four, three (49ers, Cincinnati Bengals, Denver Broncos) made the playoffs, and the fourth (Tennessee Titans) was alive until the last few hours Sunday. Combined those teams went 39-25.

SI predicted the correct win/loss records of only six of the 32 teams. It had only three of the eight division winners — and those were the "gimmies" — New England, Green Bay and New Orleans. Any expert could be that good.

The magazine had the Atlanta Falcons, who are in as a wildcard, defeating the Chargers in Super Bowl XLVI. It read, "San Diego won't make the same mistakes." No. The Chargers made a whole bunch of new ones, missing the playoffs while finishing a disappointing 8-8, only after a late-season rally.

In its preview, SI also had a special on defenses called "Chaos by Design." It was chaos for the most part, all

right. Some have called this "The Year of the Quarterback," as four of the 11 highest single-season touchdown passing totals were set this year. Aaron Rodgers (Packers), Drew Brees (Saints), Matt Stafford (Lions) and Tom Brady (Patriots) combined for 166 touchdowns! Rodgers, everybody's MVP choice, finished with a record-breaking quarterback rating of 122.5. His back up, Matt Flynn, had a franchise record 480 yards and six TD's filling in the final game. Patriot Rob Gronkowski set a single-season record for tight ends with 1,327 receiving yards.

In short, all those tricky defenses didn't work out so well. Except, of course, for the top-ranked "D" of your 49ers and the perennial stalwart Baltimore Ravens.

Will this be a season in which the old axiom, "defense wins championships," holds true, or will all these prolific offenses change the old thinking. All the new rules and the new talent may be leading to a new axiom. But, if I am to be hailed as The Great Prognosticator, "old school" will rule — and the 49ers win!



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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.
Come back every week for Sudoku! For Solution See Page 7.

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CLUES

ACROSS

1. Found on a necklace
6. Cul de ____
9. Loads
13. Furry coats
14. Make a mistake
21. "Snow impression"
16. Nets basketball coach
17. Major record label
18. Bogart's "Key ____"
19. "Dripped shape"
21. "Like cleanest snow?"
23. Sigma ____ Epsilon
24. Never wave the white one?
25. Bayerische Motoren Werke
28. Somebody ____
30. "It means more winter?"
35. Paper unit
37. One of many on a list
39. Pro teams do this all the time
40. Therefore
41. "The Bear Who ____ Through Christmas"
43. Algonquian people
44. Sour in taste
46. Dunking treat
47. Retained
48. Often done for ransom
50. "Eternal life" character
52. "____ & the Family Stone"
53. It's projected in frames
55. Long time
57. "Popular sculpture"
61. Result of audience demand
64. Hades river with magic water
65. Cause annoyance in or disturb
67. Native of American Great Plains
69. Worry
70. Female reproductive cell, pl.
71. Ruhr's industrial center
72. Between stop and roll
73. Type of sweet potato

DOWN

1. Accounting degree
2. ____ Strauss
3. Actor recently kicked off airplane
4. Used for landing
5. Psychologist's domain
6. Withered
7. Part of a circle
8. Front ____ in swimming
9. Annoying biter
10. Mike Myers animated character
11. What panhandler does
12. Vegas bandit
15. Ablaze
20. Jaunty rhythms
22. Possesses
24. F in FBI
25. "No school"
26. Sarkozy's thank you
27. Engaged, as in war
29. Unaccompanied
31. St. Louis monument
32. Challenges
33. Nancy ____ of "Entertainment Tonight"
34. Like untended garden
36. Between dawn and noon
38. Welcoming sign
42. ____ of appreciation
45. Male mixologists
49. Princess tester?
51. "It features six on six"
54. Diplomat on a mission
56. It can be loud or white
57. "Pulled ride"
58. Not far
59. Von Bismarck or Hahn, e.g.
60. Wallop
61. Ophthalmologist's check-up, e.g.
62. Civil Rights icon
63. Female sheep, pl.
66. Actress Longoria
68. The little one "stopped to tie his shoe"

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SIMPLE TRICKS

to REFRESH Your Home

FAMILY FEATURES

Staying indoors so much during the winter months can create clutter and mess around the house. But you don't have to wait until spring to give your house a good spring cleaning, and you don't have to do an extreme makeover. You can wake up and spruce up a tired-looking home with a few simple cleaning and organizing routines.

Here are some tips and tricks for making your home spring-clean right now, one room at a time.

Living Room

- Window blinds collect dust and dust mites all winter. To clean plastic blinds, add Greased Lightning to tub water. Remove blinds and let them soak in the tub. Clean them with a well-bristled brush, then let them dry and rehang them.
- Remove fabric window coverings and clean as needed. Use a feather duster around window frames to remove cobwebs and dust.
- Freshen up carpets by sprinkling baking soda on them, letting it sit for 30 minutes, then vacuuming.
- Carefully wipe the tops and bottoms of ceiling fan blades, which provide a perfect, level surface for dust to collect.

Kitchen

- Clean out the refrigerator and freezer, making sure to get rid of all expired products and old leftovers. Remove shelving and drawers and wipe them down using mild soapy water.
- Tackle your oven, inside and out. If your oven is self-cleaning, set it in the self-cleaning mode. Consult your manual for an estimated cleaning time. Also, make your stovetop and hood shine like new with a quick wipe from a sponge sprayed with Greased Lightning. If your oven is not a self-cleaning appliance, use the cleaning solution to wipe away baked on grease and grime. Remember to make sure the oven is cool before applying the solution.
- Don't forget to clean your dishwasher, too. Remove trapped food particles from the bottom and around any moving parts. Pour a cup of vinegar into the empty dishwasher and run it to clean the inside.
- Wipe down the outside of your cabinets, especially around the stove area.
- Vacuum and mop the floors, and launder any area rugs.

Bedrooms

- Launder bed linens — including dust ruffles, bedspreads and pillow shams.
- Move furniture around so you can vacuum underneath and get rid of any dust bunnies that might have accumulated. While you're at it, try a new furniture arrangement to freshen up the look of the room.
- Now's a great time to clean out clothes closets. Empty closets to vacuum and dust inside. Then, before putting clothes back, sort through them and get rid of those items that no longer fit or that you don't wear anymore. You can donate them to a local charity.
- Clean blinds, light fixtures and ceiling fans. Wipe smudges off of light switch covers and door frames, too.

Bathroom

- Wipe down and disinfect all fixtures. Remember lighting fixtures, too. Carefully remove glass fixtures and clean with warm, soapy water. Let them dry thoroughly before reattaching.
- Sort through products and discard or recycle old bottles and containers. Get rid of excess clutter in your bathroom cabinets. Remove items from the medicine cabinet and wipe down all surfaces.
- You can use Greased Lightning to remove grease, grime, mildew stains and soap scum from your bathroom surfaces, including tubs, sinks, toilets, counters and baseboards.

Fresh Ideas for Cleaning

Furniture Moving Trick

When you need to move heavy pieces of furniture across uncarpeted floors, fold two clean towels, put one under each end of the furniture piece, then slide it across the floor.

Clean Lampshades

Use an adhesive lint roller to get the dust off of fabric lampshades.

Use Smart Cleaners

You don't need a separate cleaning product for every room in the house. The pros use a few good, general cleaners to tackle multiple types of messes. Learn more about the Greased Lightning family of products at www.gcleans.com.

Keep Your Tools Handy

Get a plastic tote tray to carry with you from room to room. Load it with your cleaners, rags, rubber gloves, dusters and a couple of extra trash bags. You'll be surprised at how much faster the cleaning goes when everything is right where you need it.

To get additional tips to spruce up your home, as well as coupons from Greased Lightning, Like them on Facebook, or visit www.gcleans.com.

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