

Placer County 4-H Achievement Night

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PLUS: Honor Flag Arrives in Placer County to Pay Tribute to Detective Michael D. Davis Jr.

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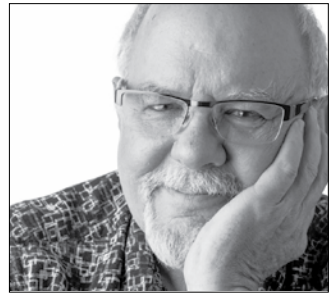
First Issue of November 2014

Crime Spree Turns Deadly



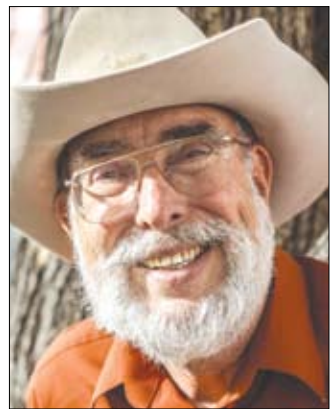
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Grant Allows Artist to Continue 35-Year Project



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Speaking of Salt...



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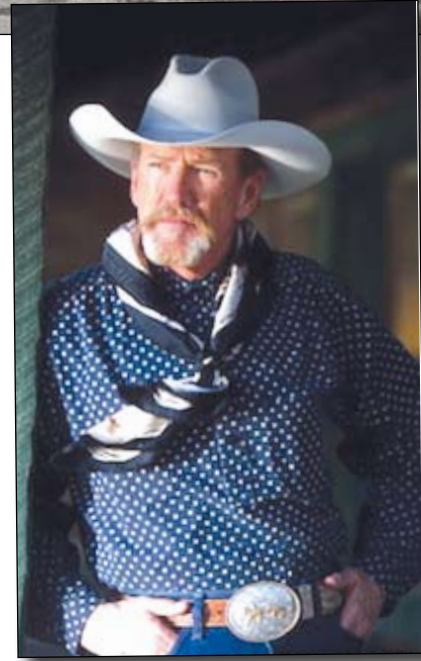
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20th Annual Cowpoke Fall Gathering

Cowboy Poetry, Music, and Storytelling Come to Loomis



Left to Right: Dr. J. Patrick Johnson, Jeff Severson, Bert Braun, Bridget Johnson, Pat Richardson, Chris Issac, John Kintz, Donna Roddy, Jack Roddy. Front Row: unknown cowboy and dog, Larry Maurice. Photo courtesy Cowpoke Fall Gathering



Larry Maurice. Photo courtesy Cowpoke Fall Gathering

LOOMIS, CA (MPG) - If you've never been to the Cowpoke Fall Gathering, now is your chance. This year's schedule is full of great poets, singers, and storytellers, and the audience will be full of cowboys, cowgirls, and western folklore enthusiasts who return year after year for a dose of western folk art and fun.

This year's performers are Paul Zarzyski, Juni Fisher, Pat Richardson, Larry Maurice, Jeff Severson, John Kintz, and Bill Brewster. There will also be Cowboy Church,

featuring spiritual poetry and music on Sunday.

Doubt the fun of the Fall Gathering? Come out and give it a try! The Fall Gathering is the premier event of the Cowpoke Foundation, whose mission is to preserve and promote American cowboy heritage. The Cowpoke Fall Gathering has cowboy poetry, music, and storytelling that reinforce the cowboy way at the heart of western traditions. Educational programs in local schools and youth performances at the Fall Gathering ensure that this heritage continues by exposing young people to these oral folk art forms.

Cowboy poetry first came to

Loomis in January of 1995 with Carol and Bert Braun. Carol surprised her husband with a trip to Elko, NV for four days of cowboy poetry performances. They loved it so much that they decided to bring the nostalgic cowboy folk art performances to Loomis. They went to work right away, and in November of that year, held the first annual Cowpoke Fall Gathering at the Red Brick Art Center. They featured local poets who had been writing and reciting for years. Both the Friday night and Saturday night shows were sold out at the 75-seat venue.

The event was so successful that new venues needed to be

added in the following years. By the third year, the Cowpoke Fall Gathering was using three locations and entertaining 500 fans. Meanwhile, a group of residents and business leaders formed the South Placer Heritage Foundation and began restoring a local fruit shed in downtown Loomis, now the Blue Goose Event Center. When it was ready for occupancy in 2004, with a seating capacity of 400, Cowpoke was able to have three shows, all sold-out. It became the new home for the Cowpoke Fall Gathering. Today, the Blue Goose Event Center is a state of the art facility that is



Juni Fisher. Photo courtesy Juni Fisher.net

used by many organizations and is a jewel in our community.

As the event has grown, so has the number of volunteers. Cowpoke has been fortunate from the beginning for the caliber of volunteers who helped make this event the success it is today.

100% of proceeds from the Cowpoke Fall Gatherings go to local charities. The 2014 beneficiaries are Ride to Walk, South Placer Heritage Foundation, Wellness Within, and Jump In!

Ride to Walk - A therapeutic horseback riding program in

Continued on page 12



Pictured left to right: Scott Owens, Placer County district attorney; Jeff Wilson, assistant district attorney; Mallory Mason, Oakmont High School student; and Fiona Tuttle, MDIC coordinator.

Oakmont Student Starts "Got Balls" Program to Help Juvenile Victims of Crime

ROSEVILLE, CA (MPG) - Oakmont High School Junior Mallory Mason (17) has always wanted to do something to make a difference in the lives of children. The tragedy at Sandy Hook Elementary School in Connecticut was a reminder of innocence interrupted, and when a teacher challenged Mallory's class to take a dream and put it into action, Mallory decided to take her love of sports and help children in need. Armed with flyers to share with her soccer team and friends at school, and to distribute at her parents' offices, Mallory started a 30-day challenge to collect sports balls for the children seen at the Placer Multi-Disciplinary Center (MDIC), an organization where children are interviewed as victims or witnesses of felony crimes. "I hoped to collect 26 balls in memory of the children and teachers at Sandy Hook and was so excited to deliver 108 balls to MDIC. It was great," exclaimed Mallory. The delivery included footballs, soccer balls, basketballs, volleyballs, foursquare balls, and even a Frisbee. "Knowing what those kids have to go through when they are ready to talk about tough situations is really hard, but giving them something

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Placer County 4-H Achievement Night



Recipients with their Gold Star Awards at the 2014 Placer County 4-H Achievement Night.

LOOMIS, CA (MPG) - On Friday, October 17th, 4-H youth and adults came together to honor the achievements, accomplishments, and hard work put forth by both youth and adults in the 4-H Youth Development Program in Placer County for the 2013-2014 year.

Over 100 people were in attendance at the Loomis Veterans' Memorial Hall in Loomis. The event was able to honor adult volunteers, Friends of 4-H, and youths' accomplishments in a variety of areas such as officer books, star rankings, scholarship recipients, and much more.

Loomis Community 4-H Club with the Placer County 4-H All Stars assisted in hosting Achievement Night with accompanying

desserts and raffle drawings throughout the night. The event was a success, and Placer County 4-H thanks everyone who attended and supported our youth and adults in 4-H.

If you are interested in Placer County 4-H, please visit the 4-H website (www.ucanr.edu/sites/placercounty4h/) and social media sites (www.facebook.com/pages/Placer-County-4-H/192334750781750 or www.twitter.com/PlacerCounty4H) to get more information. Online enrollment has begun, and you are invited to join the Placer County 4-H family.

If you have any additional questions, please call the 4-H Office at (530) 889-7386.

Source: *Kate Micheels, UCCE Placer/Nevada County* ★

Placer Land Trust Honors Canyon Keepers



A crowd of 200 guests joined Placer Land Trust on Thursday, October 23rd to honor the Canyon Keepers, a volunteer organization assisting Auburn State Recreation Area (ASRA) park rangers, with the prestigious Placer Conservator award.

AUBURN, CA (MPG) - A crowd of 200 guests joined Placer Land Trust on Thursday, October 23rd to honor the Canyon Keepers, a volunteer organization assisting Auburn State Recreation Area (ASRA) park rangers, with the prestigious Placer Conservator award.

Each year, Placer Land Trust Board of Directors presents the Placer Conservator Award to an individual or group that enhances the quality of life in Placer County through resource conservation.

The Canyon Keepers were selected by Placer Land Trust for their decades of tireless service benefitting the people who use and enjoy the ASRA.

"The Canyon Keepers' volunteer work in organizing hikes, conducting trail maintenance,

providing guided history walks, coordinating the junior ranger program, and assisting the professional ranger staff is truly amazing," said the Trust's Executive Director Jeff Darlington.

The award was presented to the Canyon Keepers last Thursday at the Gold Country Fairgrounds in Auburn. Former ASRA Superintendent Mike Lynch, currently co-chairman of State Parks 150th Anniversary, co-hosted the event and introduced the Canyon Keepers and thanked them for their volunteer service. Placer County Supervisor Jennifer Montgomery presented a commendation from the Board of Supervisors, and guests chipped in to fund 2,200 feet of new trail to be built by Placer Land Trust

in the coming year.

Past recipients of the Placer Conservator Award include Boy Scout Troop 121, Alex Ferreira, Christine Turner, Joe Medeiros, Joanne Neft, Janice Forbes, and Fred Yeager.

Placer Land Trust is a private 501(c)(3) nonprofit public benefit organization incorporated in 1991 to work with willing landowners and conservation partners to permanently protect natural and agricultural lands in Placer County for future generations. To date, the Trust has protected 7,766 acres in 37 locations across the Placer County region. For details, visits www.placerlandtrust.org or call (530) 887-9222.

Source: *Placer Land Trust* ★

Maidu Museum & Historic Site

ROSEVILLE, CA (MPG) - November 2014 Events at the Maidu Museum & Historic Site.

Honoring Veterans: November 10, and 12 - 15, all veterans can enjoy free admission to the Maidu Museum & Historic Site. Showing daily at 2 p.m., "Original Patriots: Northern California Indian Veterans of WWII," a one hour documentary featuring three Northern California Native American

veterans of WWII.

Night Out at the Museum: Please join us Saturday, November 15th, from 6:30 p.m.-8:30 p.m. for a FREE Night Out at the Museum, part of the 3rd Saturday Art Walk. Author and filmmaker Chag Lowry will introduce his film Original Patriots: Northern California Indian Veterans of WWII and answer questions following the film. This one hour documentary

features three Northern California Native American veterans of World War Two; Lee Hover, Frank Richards, and Wally Scott. Original Patriots was originally aired on local PBS stations during the Ken Burns World War Two series titled The War. Museum doors open at 6:30 p.m. Film starts at 7 p.m. Light refreshments will be available.

Source: *City of Roseville* ★

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It is the intent of the Placer Sentinel to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

Publisher
Paul V. Scholl

Grant Allows Artist to Continue 35-Year Project

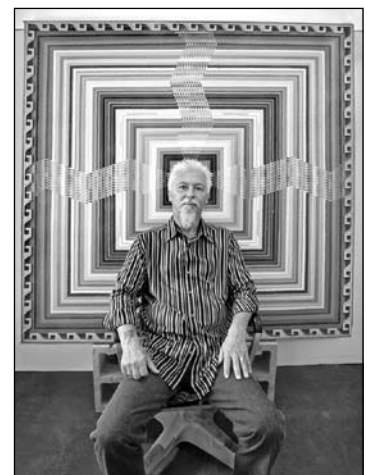
SACRAMENTO REGION, CA (MPG) - Local visual artist Kurt Edward Fishback was awarded \$6,000 from the Sacramento Region Community Foundation through the Leff-Davis Fund for Visual Artists, allowing him to continue the black and white portrait series he has been adding to for over 35 years.

"Truthfully, there weren't the discretionary funds to create this art," said Fishback. "But with the Leff-Davis grant, I now have the capability to follow my passion and continue the series."

Kurt Edward Fishback began his artistic career studying ceramic sculpture at Sacramento City College, the San Francisco Art Institute, and the University of California, Davis in the 1960s. He first began experimenting with photography in 1962 as a way to document his experiences with other sculptors. In 1973, he shifted from ceramics to photography as his primary means of expression; then, in 1979 he began doing black and white portraits of artists.

Because of the emergence of prominent women artists since his early work, Fishback plans to expand his work and shift the focus to women in an effort to create more balance in his archive.

"The driving force behind the whole project was that all too often, people know artists only for their work. They don't know what artists look like or what kind of space they work in. With that in mind, I decided to make these portraits and accompany them with a



Local visual artist Kurt Edward Fishback (above right) was awarded \$6,000 from the Sacramento Region Community Foundation through the Leff-Davis Fund for Visual Artists, allowing him to continue the black and white portrait series he has been adding to for over 35 years. Fishback first began experimenting with photography in 1962 as a way to document his experiences with other sculptors. Some of Fishback's photos clockwise from top: painter Wayne Thiebaud; Fishback; Mary Ellen Mark; photographer Ruth Bernard and painter Stan Padilla.

story of working with the artist," said Fishback.

Fishback will use his \$6,000 award to help with necessary production expenses such as travel to photo shoots, printer ink cartridges, archival printing paper, matting, framing, upkeep of cameras, and other equipment.

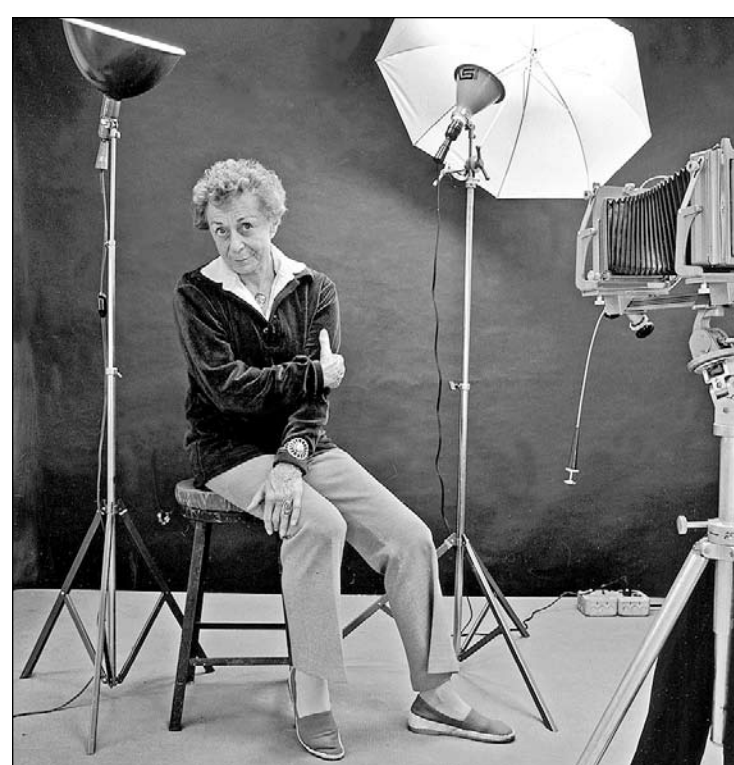
"The Foundation is pleased to be able to offer this fund to the visual arts community for the second year. We were thoroughly impressed by both the quality and quantity of submissions," said Chief Giving Officer Priscilla Enriquez. "This year's awardees were just two of 68 applications received this year, compared to 43 in 2013, reflecting the growing prestige of the Leff-Davis award and the depth of our local visual arts community."

Now in its second year, the Leff-Davis Fund for Visual Artists was created to support serious aspiring professional artists in the advancement of their careers through a monetary award for the creation of original art. Retired pathologist and avid art collector Dr. Emily

Leff established the fund at the Foundation in 2013 to support, on an individual level, local visual artists who have demonstrated

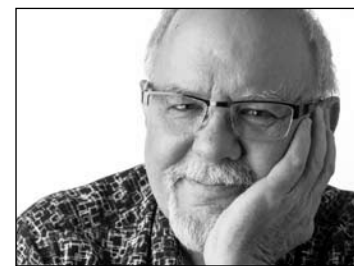
professional commitment to their work.

"I was pleased to see that applications almost doubled in the



second year. A variety of media were represented, and it is very clear that there are many creative and talented artists in this region," said Dr. Leff. "For many years, I wanted to create something lasting that would recognize artists for their essential contribution to our culture and also help them financially to create art. I chose the Foundation to help me realize this longtime ambition because of their superior experience and outreach in the Sacramento Region."

Because of this grant, Fishback



Luis D. Sosa at luis@sacregcf.org or at (916) 921-7723.

Sacramento Region Community Foundation has been the trusted steward of charitable assets, a community catalyst for meaning-



Because of the emergence of prominent women artists since his early work, Fishback plans to expand his work and shift the focus to women in an effort to create more balance in his archive. At left is painter Mary Ellen Mark, New York, taken in 1982.

now has a portrait show slated at Blue Line Gallery in Roseville in 2016 as part of Placer Arts. There will be 30 framed prints in the exhibition, all portraits of women artists consistent with the current project. These will be a mix of older and newer images to show the breadth of his overall project, and each print will be accompanied by a short story.

For more information, contact

ful change, and the advocate for shaping vital impact through philanthropy since 1983. As the center of philanthropy in the Sacramento Region, the Foundation's mission is to transform our community through focused leadership and advocacy that inspire partnerships and expand giving. Learn more at www.sacregcf.org.

Source: Sacramento Region Community Foundation ★

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Oakmont Student Starts "Got Balls" Program to Help Juvenile Victims of Crime

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to keep their mind off it helps." Placer District Attorney, Scott Owens, and the administrator of the MDIC Program, Fiona Tuttle, were overwhelmed by the generosity of the donors but also struck by the thoughtfulness of Mallory to take on a service project on her own and give back to the community. Scott Owens stated, "It is an inspiration to see a teen like Mallory helping others going through a difficult time and making it a bit easier."

The MDIC Program in Placer County is a vital component of the investigation of these vulnerable victims in our county, and all disciplines continue to believe

in and support this method of a collaborative investigation of child abuse. Placer County's Multi-Disciplinary Interview Center opened in October 1993 as a collaboration of the Placer County District Attorney's Office, including Victim Witness and the Sexual Assault Response Team (S.A.R.T.); Placer County Family and Children's Services (Child Protective Services); Children's System of Care (C.S.O.C.); Placer County Sheriff's Department; Auburn Police Department; Rocklin Police Department; Roseville Police Department; Lincoln Police Department; and KidsFirst, formerly the Child

Abuse Prevention Council of Placer County.

MDIC provides not just the basics of the investigation but an enhanced service during what is usually the child and family's darkest experience. Placer County has made a commitment for the past 20 years to offer program support, and all disciplines and agencies have come together to join forces in a true multi-disciplinary collaborative response to allegations of child abuse.

In 2013, over 150 children, both victims and witnesses of felony child abuse, were interviewed at MDIC.

Source: Placer County District Attorney ★

The Community Raises \$96,697 for Fallen Officers' Families

SACRAMENTO, CA (MPG) - On Wednesday, October 29th, Dutch Bros. Coffee owners in the Sacramento area banded together with the community to raise \$96,697 to support the families of Sacramento Sheriff Deputy Danny Oliver and Placer County Sheriff's Detective Michael Davis Jr.

Proceeds from sales and donations collected at all nine Sacramento-area Dutch Bros. shops will support the families of the fallen officers. Donations will be made to Placer 10-35 and The Star 6 Foundation.

"We laughed and cried with people all day," said Brian Place, Dutch Bros. Granite Bay owner.

"We were blown away by the generosity of everyone. What a special show of love for the families of Danny Oliver and Michael Davis."

"We are so thankful to have the opportunity to work with our neighboring Dutch Bros. Family, who jump in without hesitation," said Heather Mauel, Dutch Bros. Auburn/Rocklin owner. "Our crews were inspired by the community's love for these families."

The community came out in droves. People came from as far away as Truckee and waited in long lines to show love and support for the officers and their families. Donations alone accounted for over 50% of the

total raised.

"There are no words to describe how special the whole day was," said Nikol Grubbs, Dutch Bros. NE Sacramento/Citrus Heights owner. "We are so blessed to live in such a caring and amazing community."

"We have the families of Deputy Danny Oliver and Detective Michael Davis in our thoughts and hope they saw how much the community cares about them and respects the work done by law enforcement," said Sean Provost, Dutch Bros. Woodland/Davis owner.

To find a location near you, visit www.DutchBros.com.

Source: Dutch Bros. Coffee ★



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For El Dorado, Nevada, Placer, and Sierra County, call SBC's Truckee office: 530-582-4800

For Alpine, Amador, Calaveras, Mariposa, and Tuolumne County, call SBC's Sonora office: 209-532-7200

2014 rebates are limited, so call to schedule your no-cost appointment before the rebates are gone!



This program is funded by California utility customers and administered by PG&E under the auspices of the California Public Utilities Commission.

Officer-Involved Shooting in Auburn

AUBURN, CA (MPG) - At around 10:30 p.m. on November 2nd, deputies from the Placer County Sheriff's Office apprehended a Colfax man who rammed one deputy's car, slightly injuring the deputy, before the suspect was shot. The suspect, Ryan Presson (25), sustained a wound to his forearm and a grazing wound to his head. He was treated at SRMC and later released to the Placer County Jail in Auburn.

A deputy initially saw a stolen car parked at the AM/PM on Lincoln Way in Auburn. When a man walked out of the store and got into the stolen vehicle, two deputies drove up and boxed in Presson's vehicle. Presson rammed the deputy's car as the deputy was standing next to it, knocking the vehicle several feet and knocking the deputy to the ground. The deputy was slightly injured. Deputies fired

at Presson, who was able to drive out of the parking lot onto Lincoln Way before crashing into a curb at Ferguson Road. Presson ran across Lincoln Way and hid in the bushes at Starbucks. A CHP aircraft overhead spotted him immediately and CHP officers held him at gunpoint until deputies arrived and took him into custody.

Source: Placer County Sheriff's Office ★

Light Up a Life

A special evening of remembrance, music and reflection for those who have experienced a loss.



Tuesday, Dec. 2nd, 2014 • 7:00 - 8:30 p.m.

The Ridge Golf & Event Center
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Doors will open at 6:15pm for attendees to come in and make their ornaments.

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Holiday trees will be decorated with ornaments honoring your loved ones. Clear globe ornaments to personalize are available at host locations. Ornaments will also be available at the event.

For more information contact Sutter Auburn Faith Hospice at (530) 886-6881.



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New Roseville Walmart Opens to Shoppers

ROSEVILLE, CA (MPG) - A new Walmart opened Wednesday, October 22nd, following a brief ribbon-cutting ceremony at 7:30 a.m. The new store is conveniently located at 1400 Lead Hill Blvd. and is open 6 a.m. to midnight, seven days a week. The store will provide Roseville residents with low prices on a broad assortment of merchandise and offer Walmart's free Site-to-Store program, enabling customers to choose from nearly one million additional online items that can be ordered on Walmart.com and picked up at the Roseville store for free, often as quickly as the same day.

The new store employs approximately 300 full- and part-time associates. Store manager Heidi Harman began her Walmart career in 2011 as a market asset protection manager. "We're excited to open our expanded store just in time for the holidays," said Harman. "We have everything you need for your

holiday gifts and gatherings."

The new store also offers fresh produce and a full line of groceries from all the leading brand names and local favorites for school lunches.

In addition to groceries, the store features quality, value-priced general merchandise, including electronics and seasonally relevant apparel. In addition, customers can shop a broader assortment of items online at Walmart.com and then pay for these purchases with cash in all Walmart U.S. stores and Walmart Neighborhood Markets, including the new Roseville store.

The pharmacy offers a full range of products and services. Pharmacy team members can answer product and prescription questions and customers can ask about health and wellness solutions. Roseville residents can easily transfer prescriptions and order refills on the go with the Walmart mobile app for iPhone and Android.

The grand-opening celebration included presentations of \$8,000 in grants from Walmart to local community groups. Grant recipients include the Roseville Police Department, the Gathering Inn, Roseville High School, Safe Kids of Placer County, the Golden Empire Council of the Boy Scouts of America, and the Placer County Food Bank.

"We couldn't be more pleased to welcome this newly remodeled Walmart store to Roseville, creating new options for consumers and hundreds of good jobs for local residents," said Mayor Susan Rohan. "Store management has done a great job hiring from within the community, and we're happy to hear about the different local organizations the store is giving back to already."

Source: Mitchell Communications Group ★



By Rev. Mark Schindler, Unity of Auburn

The Christmas season is almost upon us, and it is indeed a wonderful time of year filled with beauty in so many ways: lights, music, decorated trees, and people doing their best to practice generosity and hold on to the hope that peace on earth might really be possible. Yet, in the midst of all the preparation and celebration, we forget that for many among us who have recently experienced the death of a loved one, the season can amplify their sense of loss. For them, this is the first Christmas

Light Up A Life

when someone important is missing from the holiday table or around the tree. Part of the problem is that they are bombarded with idealized images of Christmas and well-meaning people with unrealistic expectations want them to smile and be positive. Before long, they get the idea that there is something wrong with not feeling jolly all the time. Sometimes they feel bad for not feeling good, or if they do feel good for a moment, they feel guilty about it.

Each year in early December, Sutter Auburn Faith Hospice and local funeral chapels that serve our community sponsor an event called Light Up A Life. This service is specially designed to support those who are experiencing grief and sadness at this time of year by giving them the opportunity to transform the beauty and meaning of the season into a special tribute to their loved ones.

This year's Light Up A Life event will be held at The Ridge Golf and Event Center in Auburn on December 2nd. The doors will open at 6:15 p.m. in order to give everyone time to create

a special Christmas ornament that can be displayed on one of the Christmas trees during the evening in honor of a departed friend or family member. The ornament can be retrieved afterward to serve as a treasured memory for the rest of the season and beyond.

The main program starts at 7 p.m., featuring amazing holiday music from the Colfax High School Chamber Choir and other guest performers as well as words of inspiration and comfort from several speakers. The program concludes with a beautiful candle-lighting ceremony, with each point of light symbolizing a life remembered and cherished through the symbols of the season.

Light Up A Life is offered free of charge as a service to the community; it is a powerful reminder that no one needs to face the holidays alone during a time of loss. Whether your loss is recent or years old, join us and discover a new depth of meaning and beauty in what might otherwise be a challenging time of year. We are here to support you. Please join us. ★

Roseville Men's Tennis Team Finishes Second

INDIAN WELLS, CA (MPG) - The men's tennis team from Roseville, representing the USTA Northern California Section, finished second at the USTA League Adult 18 and over 2.5 National Championships held at the Indian Wells Tennis Garden in Indian Wells, CA.

The Roseville team lost to a team from Bellevue, WA, 2-1 in the Championship match. Earlier in the day, the Roseville team defeated a team from Westfield, NJ, 2-1 in the semifinals. It advanced that far by winning their round-robin flight contest on Friday and Saturday.

The team plays at Monte Vista High School and is captained by Stanley Leong and features Stevan Fernandes, Mark Nollsch, Gabriel Espirita, Ruben Sandhu, Angad Bhullar, Amaresh Manthena, and Manuel Deladia (Co-Captain).

The top four (USTA Section) teams in order of finish are Pacific

Northwest, Northern California, Eastern, and Florida.

Established in 1980, the USTA League has grown from 13,000 participants in a few parts of the country in its first year to over 820,000 players across the nation today, making it the world's largest recreational tennis league.

USTA League was established to provide adult recreational tennis players throughout the country with the opportunity to compete against players of similar ability levels. Players participate on teams in a league format, which is administered by the USTA through its 17 Sections. The league groups players by using six National Tennis Rating Program (NTRP) levels, ranging from 2.5 (entry) to 5.0 (advanced). USTA League is open to any USTA member 18 years of age or older.

Last year, USTA League

changed its structure and format. The change offers USTA League participants two divisions: Adult (18 and over, 40 and over, and 55 and over) and Mixed (18 and over) to better align participants with players their own age. In 2014, a Mixed 40 and over division was added. The restructuring guarantees more frequency of play opportunities at more appropriate age groups.

The USTA is the national governing body for the sport of tennis in the U.S. and the leader in promoting and developing the growth of tennis at every level, from local communities to the highest level of the professional game. For more information on the USTA, go to www.usta.com, like the official Facebook page at [facebook.com/usta](https://www.facebook.com/usta), or follow @usta on Twitter.

Source: Brener Zwickel & Associates, Inc. ★

Auburn Area Republican Women Federated Luncheon

AUBURN, CA (MPG) - The Auburn Area Republican Women Federated will host their November luncheon on Friday, November 14th from 11:30 a.m. to 1:30 p.m. at the Sizzler located at 13570 Lincoln Way in Auburn. Placer County Sheriff

Ed Bonner will be discussing the ramifications of realignment, related to the 2011 legislation to reduce the prison population at the state level, and how it has impacted the county prison facilities. In addition, gang related activities will be addressed.

The public is invited to attend the luncheon. The cost for lunch is \$17 at the door, can check-in time is 11:15 a.m. For reservations, please call (916) 751-1892.

Source: Auburn Area Republican Women Federated ★

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Crime Spree Turns Deadly

Two Officers Killed in the Line of Duty

SACRAMENTO REGION, CA (MPG)

- It was with great sadness that the Sacramento County Sheriff's Department (SCSD) announced the murder of SCSD Deputy Danny Oliver, killed in the line of duty while investigating a suspicious occupied vehicle within a business parking lot in the 2000 block of Arden Way on the morning of October 24th, 2014.

Deputy Oliver and his partner were approaching the occupied vehicle when, for reasons unknown, the occupant(s) fired multiple rounds at the Deputies, striking Deputy Oliver in the upper torso and mortally wounding him. The suspects fled the scene and began a violent crime spree ranging from Arden Arcade to Auburn, carjacking several citizens in a nearby neighborhood and shooting one in the upper torso. That shooting victim is reported to be in stable condition.

After shooting Deputy Oliver and stealing a vehicle, the suspects fled to Auburn where Detective Michael Davis Jr. was shot and killed in the line of duty while attempting to apprehend the suspects. (We regret that additional information about Detective Davis was not available at the time this edition went to press.)

SCSD confirmed that both suspects in the shootings, Marcelo Marquez (34) and Janelle Marquez Monroy (38), were booked at the Sacramento County Main Jail on the morning of Saturday, October 25th. Marquez was booked for felony murder, felony carjacking, and felony attempted murder. Monroy was booked for felony carjacking and felony attempted murder. These charges will likely be amended by the District Attorney's Office in terms of exact number of counts of each and any penal code crime modification during the preliminary course of the prosecution and prior to trial. The first court appearance of both suspects was scheduled for Tuesday, October 28th.

SCSD also confirmed that the suspects, Marquez and Monroy, are husband and wife, and their address of record is West Valley, Utah. It is not yet known what Marquez and Monroy were doing in Sacramento or whether they have any ties to Sacramento. It was confirmed that one of them was a registered guest at the Motel 6 where the murder of Deputy Oliver occurred. A possible motive in this case is still under investigation. Both suspects are



Placer County Detective Michael Davis Jr. was shot and killed in the line of duty while attempting to apprehend the suspects.

currently cooperating with detectives in this investigation.

Marquez had an arm injury at the time of his arrest that needed to be treated and medically cleared prior to his booking into custody, but SCSD cannot yet confirm whether Marquez was shot in the gunfire exchange at the Motel scene or at the apprehension scene in Placer County.

SCSD is not releasing the specific caliber or type of weapons used at each scene until ballistic confirmation and scene confirmation is complete. But SCSD did confirm that several different caliber weapons were in their possession or on their person at the time of each incident.

Since this was a multiagency effort in two county jurisdictions, SCSD is currently unable to provide an estimate of how many officers were involved in the manhunt or how many rounds were fired at each scene. Crime scene investigation reports and ballistics will eventually provide an estimate of approximate gunfire.

While this investigation is very active and ongoing, the SCSD encourages anyone with information pertaining to this investigation to please contact the Sheriff's Department primary point of contact for this event at (916) 874-9022. Tip information may also be left anonymously at www.sacsheriff.com or by texting 274637 (CRIMES) and entering the keyword 'SSD.'

A local volunteer organization of current and former officers, Badges Supporting Fallen Officers' Families (BSFOF), reached out to Mrs. Davis on Sunday, and Mrs. Oliver on Monday, with financial support. BSFOF's goal is to be able to support the families of fallen officers immediately. You



SCSD Deputy Danny Oliver was killed in the line of duty while investigating a suspicious occupied vehicle. Deputy Oliver (47) was a 15-year veteran of the SCSD, assigned to the North Patrol Division Problem Oriented Policing team. He is survived by his wife and two daughters.

can find them online at ourfallen.org.

Deputy Oliver (47) was a 15-year veteran of the SCSD, assigned to the North Patrol Division Problem Oriented Policing team. He is survived by his wife and two daughters. The Sacramento County Deputy Sheriffs' Association and its STAR 6 Foundation have set up a memorial fund in Deputy Oliver's name through Exchange Bank. Memorial donations can be sent directly to Exchange Bank (STAR 6 Foundation, Danny Oliver Memorial Fund, c/o Exchange Bank, 1420 Rocky Ridge Drive, Suite 190, Roseville, CA 95661) or to the Sacramento County Deputy Sheriffs' Association (1700 I Street, Suite 100, Sacramento, CA 95811). Donations can also be deposited directly into the memorial fund (Savings Account Number 1205002973, Routing Number 121101985).

The memorial service for Detective Davis has been set for Tuesday, November 4th at 10 a.m. at Adventure Christian Church, 6401 Stanford Ranch Road, Roseville CA. A memorial fund for Detective Davis's four children has been set up at Wells Fargo Bank. The account is the Detective Michael Davis, Jr., Benefit Memorial Fund, account number 2348924032. Checks also can be sent to Wells Fargo Bank, 3680 Taylor Road, Loomis, CA 95650.

Sources: Sacramento County Sheriff's Department; Placer County Sheriff's Department; Bret Daniels, ourfallen.org ★

"Politics of the Real Jesus" Weekend Lecture Series Coming to Auburn

AUBURN, CA (MPG) - For many people, politics and Jesus do not mix, while for others there is no question that political life should be governed by gospel values. How does research on the historical Jesus touch on politics and responsibly inform our civic life? Can anything come from engaging the wit and wisdom of Jesus? What about the empire of God—could it change our lives, too?

Members of the public are invited to join in a candid discussion of the historical Jesus at a weekend lecture series sponsored jointly by First Congregational Church of Auburn UCC and the Westar Institute. Events take place at First Congregational Church of Auburn, 710 Auburn Ravine Rd., Auburn, CA, November 7th-8th.

On Friday evening, in a lecture entitled "How to Live in an Empire: Then and Now,"

guest speakers Arthur Dewey, Professor of Theology at Xavier University in Ohio, and Thomas Sheehan, Professor, Department of Religious Studies at Stanford University, will examine the economic, social, and political assumptions that informed life in the Roman Empire. On Saturday, they will place the historical Jesus into this context and explore how this affects how we understand his message, both in his time and for our contemporary situation.

This program is part of the Jesus Seminar on the Road series organized by Westar Institute, home of the Jesus Seminar. Westar is a non-profit, public-benefit educational organization dedicated to fostering and communicating the results of cutting-edge scholarship on the history and evolution of the Christian tradition, thereby

raising the level of public discourse about questions that matter in society and culture.

All sessions are open to the general public. Continuing Education Units (CEUs) are available for clergy and other educators. Registration is \$75 for all three events and \$50 for additional family members. The individual cost is \$20 for Friday evening and \$30 each for Saturday morning and afternoon sessions. Register by phone at (503) 375-5323 or online at westarinstitute.org/regional-programs/jsor-registration. Questions on local arrangements should be directed to Barbara Grandstaff at church.secretary@lccauburn.org. For more information, visit www.westarinstitute.org/events/fortworth.

Source: Westar Institute ★

Three African Lion Cubs Born at the Sacramento Zoo

SACRAMENTO, CA (MPG) - The Sacramento Zoo is excited to announce the birth of three African Lion cubs. The cubs were born the morning of Friday, October 24th. The first time mother and cubs appear to be healthy at this early point in the cub's lives.

"These are very early days for our first-time mother. So far, we are pleased with the progress of the female and her cubs. Females would naturally take some maternity leave from the rest of the pride for the first 4-8 weeks," said Dr. Adrian Fowler, Acting Director of the Sacramento Zoo. "Our own female will be off-exhibit for a while to allow her the same kind of mother-cub bonding. If all goes well, we are hopeful that the cubs will be ready to explore their exhibit in the weeks running up to Christmas."

A female lion's gestation is 3 ½ months with a litter typically ranging from two to four cubs. They are born with eyes closed and rely entirely on their mother for the first few months. Mother and cubs will be inside the den, away from public view, while the babies gain strength and coordination. In the meantime, guests can check the blog for updates, photos and video.

Lions usually spend 16-20 hours a day sleeping and resting, devoting the remaining hours to hunting, courting and protecting their territory. They protect their territory and keep in contact with one another by roaring loud enough to be heard up to five miles away. African lions are excellent hunters. Although they are mostly nocturnal, they are opportunistic and will hunt anytime, day or night. Females do 85 to 90 percent of the pride's hunting, while the males patrol the territory and protect the pride.

Lions are considered regionally endangered in West Africa, and an estimated 42% of major lion populations are declining. Their habitats are now only in game reserves in Eastern and Southern Africa. Loss of genetic diversity from inbreeding, fragmentation, diseases, and habitat loss are



Three African Lion cubs were born on Friday, October 24th at the Sacramento Zoo. Cubs are born with eyes closed and rely entirely on their mother for the first few months. Mother and cubs will be inside the den, away from public view, while the babies gain strength and coordination. In the meantime, guests can check the blog for updates, photos and video. The cubs, if all goes well, will be in their exhibit habitat in the weeks leading up to Christmas. Photo by Erik Bowker

all problems that continue to threaten this species. Diseases from domestic cats and dogs have also made an impact on wild populations.

The Sacramento Zoo participates in the Lion Species Survival Plan® (SSP). The Lion SSP works with captive populations to increase awareness of the problems that face this big cat.

Source: Sacramento Zoo ★

Know Your Medicare Rights

By David Sayen

As a person with Medicare, do you have any rights and protections? You certainly do!

You have rights whether you're enrolled in Original Medicare, in which you can choose any doctor or hospital that accepts Medicare, or Medicare Advantage, in which you get care within a network of health care providers.

Your rights guarantee that you get the health services the law says you can get, protect you against unethical practices, and ensure the privacy of your personal and medical information. You have the right to be treated with dignity and respect at all times and to be protected from discrimination.

You also have the right to get information in a way you understand from Medicare; your health care providers; and, under certain circumstances, Medicare contractors. This includes information about what Medicare covers, what it pays, how much you have to pay, and how to file a complaint or appeal. Moreover, you're entitled to learn about your treatment choices in clear language that you can understand and to participate in treatment decisions. One very important right is to get emergency care when and where you need it, anywhere in the United States.

If you have Medicare Advantage, your plan materials describe how to get emergency care. You don't need permission

from your primary-care doctor (the doctor you see first for health problems) before you get emergency care. If you're admitted to the hospital, you, a family member, or your primary-care doctor should contact your plan as soon as possible. If you get emergency care, you'll have to pay your regular share of the cost, or copayment. Then your plan will pay its share. If your plan doesn't pay its share, you have the right to appeal. In fact, whenever a claim is filed for your care, you'll get a notice from Medicare or your Medicare Advantage plan letting you know what will and won't be covered. If you disagree with the decision, you have the right to appeal.

You don't need a lawyer to appeal in most cases, and filing an appeal is free. You won't be penalized in any way for challenging a decision by Medicare or your health or drug plan. And many people who file appeals wind up with a favorable outcome.

For more information on appeals, you can read our booklet, "Medicare Appeals," available at www.medicare.gov/Publications, or call us toll free at 1-800-MEDICARE. You can also file a complaint about services you got from a hospital or other provider. If you're concerned about the quality of the care you're getting, call the Quality Improvement Organization (QIO) in your state to file a complaint. A QIO is a

group of doctors and other health care experts who check on and improve the care given to people with Medicare. You can get your QIO's phone number at www.medicare.gov/contacts or by calling 1-800-MEDICARE.

Many people with Original Medicare also enroll in Medicare Part D prescription drug plans. Here, too, you have certain rights. For example, if your pharmacist tells you that your plan won't cover a drug you think should be covered or it will cover the drug at a higher cost than you think you're required to pay, you can request a coverage determination. If that decision isn't in your favor, you can ask for an exception. Ask for an exception if you, your doctor, or your pharmacist believes you need a drug that isn't on your drug plan's list of covered medications, also known as a formulary.

For more details, read our booklet, "Medicare Rights and Protections," at <http://www.medicare.gov/Publications/Pubs/pdf/11534.pdf>.

David Sayen is Medicare's regional administrator for Arizona, California, Hawaii, Nevada, and the Pacific Territories. You can always get answers to your Medicare questions by calling 1-800-MEDICARE (1-800-633-4227).

The views expressed here are those of Mr. David Sayen and do not necessarily represent those of the Commission or individual members. ★

Three Teens Arrested for Vandalism

AUBURN, CA (MPG) - A Placer County Sheriff's detective apprehended three juveniles on Thursday, October 17th, in connection with recent burglaries and acts of vandalism at the Auburn Valley Country Club.

The golf course's clubhouse and restaurant, as well as the golf cart maintenance building, were broken into twice during the month of August. Alcohol was taken, and golf carts were taken out on the course

for joyriding. The carts were then intentionally damaged. During the October 15th incident, golf carts were again taken and vandalized. The cost of damages is still being determined.

Following up on leads, the detective located the three suspects at a local high school. The two 15-year-old suspects were charged with the October break-in only. The 14-year-old, who was on probation, was taken into custody and booked at

the Placer County Juvenile Hall in Auburn. The other two were released to the custody of their parents, and a report was forwarded to the District Attorney's Office and to the Placer County Probation Department.

Each suspect was charged with burglary, felony vandalism, and conspiracy.

Source: Placer County Sheriff's Office ★

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By Ronnie McBrayer

Imagine and Implement

the most faith in religion. He and I would often speak of religion. At such times I could always count on him to sum up his faith by quoting Emily Dickinson: "Some keep the Sabbath going to church; I keep it staying at home; With a bobolink for a chorister, and an orchard for a dome...God preaches - a noted clergyman - and the sermon is never long; So instead of getting to heaven at last, I'm going all along!"

Yet, for all the lost confidence, Charles never lost his hope for living in a better world. This was, after all, his calling. He wanted life to be better, more just, peaceful, and whole. While often disappointed, he kept wishing - and working - for nothing less than the Kingdom of God (though he disagreed with my terminology).

The "Kingdom of God," can invoke images of a faraway heaven where we will live in the sweet by-and-by. I don't think that is accurate, because heaven is just not that far away. Jesus taught that while there is an eternal element to Christianity, having faith is not so much about moving up and out when we die; it is about embracing and fostering the presence of God in this current world.

Imagine (to quote another of Charles' favorite musicians) a world with "nothing to kill for." Imagine all people "living life in peace." Imagine a world where the "lion will live with the lamb, where swords are beaten

into plowshares, and justice rolls down like the waters." But do more than imagine such a future - do more than simply wish for it - work for it. Implement it. Practice it. Live it.

I believe, with all my heart, that one day all of creation will be remade. I believe the universe will be divinely washed clean of all that has gone wrong, and the world will be set right. But I do not believe such faith gives me permission to be a spectator waiting for utopia. Such faith compels me to act, as Charles did, living as God would have this world to be.

So it never troubled me that Charles didn't go to the "House of God" on Sundays. Rather, it encouraged me that he went to do the work of God every day. I was never bothered by his claims to have no faith. Rather, I was challenged by how he actually practiced his faith. So what if he wanted the church to be "better?" He was making the world better.

Let this be a challenge to us all - especially those of us who enthusiastically gather each Sunday or Sabbath: Not all of God's work is done within the four walls of the church house. In fact, the lion's share of it is done outside. And that's good, because that is where it is needed the most. ★

Ronnie McBrayer is a syndicated columnist, pastor, and author. His newest book is "The Gospel According to Waffle House." You can read more at www.ronniemcbrayer.me.

Nobody is as Good as Their Selfie

Dr. James L. Snyder

I must confess I am not up to date with the latest technical gizmos. So much technology is around today that I believe most people have really lost their identity. I do not think they will soon recover.

I am not against modern technology; I simply cannot keep up with it. I would vote for anybody who would call a moratorium on all updates for the next five years. As soon as I get a product, it is out of date and I need, desperately need, an update if I am going to benefit from this product.

This brings me to the subject of the Selfie. It took me a long time to understand what this was. My clock is not always ticking. My idea of a Selfie is someone who is self-centered. How was I to know it had something to do with taking your own picture? I am not sure what to call people who take their own picture, but the modern term today is Selfie.

People want to believe that they are as good as their Selfie. I do not believe that for one moment. If I am as good as my Selfie, I am in pretty bad shape. I know you can Photoshop a picture to make yourself look a lot better, but then I ask, is that really a Selfie?

I think there are other ways to evaluate yourself. For me, my worth has to do with the pens I use. The Selfie that I took has no class and certainly lacks a lot of dignity.

Nothing is more personal than a person's pen. I never leave home without mine.

In fact, I carry on my person at all times a variety of pens. There is a pen for every activity. You can tell a lot about a person by the pen that they use. In my book, it is a fountain pen and I have a variety of them in my

personal collection. When it comes to pens, I have a collection that, well, let's say it exceeds a few. I have been collecting these pens since I have been able to write. After all, a writer without a pen is not really a writer.

The Gracious Mistress of the Parsonage has the opinion that I am a wee bit obsessive about my pen collection. I remember in exasperation at my growing pen collection, she once asked, "If you had to choose between me or your pens, which would you choose?"

As a man who has been a husband for more decades and I care to remember, certain questions that come from the other side of this marriage equation should never be answered and should be avoided at all costs. When such questions are put forth, the name of the game is switch the topic as quickly as possible.

I do not want it to be, an "either/or" kind of a situation. I choose to keep both, which has made me happy for so many years.

My idea is simply this, if something is worth writing it is worth writing with a fountain pen. You can tell a lot about a person by the pen they use and if it is a fountain pen, that tells me volumes about that person.

A fountain pen is the choice of the really serious writer. I know there are all kinds of pens these days, and I have my share of them, but when it comes to serious writing, it always has to be a fountain pen. There is something about a fountain pen that makes words flow almost effortlessly.

I take pride in my fountain pens and always have on my person the fountain pen for the day. Each day calls for a special fountain pen. Woe be unto the person who confuses one pen with the wrong day. After all, let us get

serious about this fountain pen business.

I was at the post office jotting down some notes while I was waiting in line just using and enjoying my fountain pen. The person in front of me turned around and said, "Sir, could I borrow your pen for a moment?"

There are questions and then there are questions. I froze and simply stared at her. I like being a gentleman as much as I can but when it comes to a fountain pen I really draw the line. Fortunately, for me, I had another pen, which was not a fountain pen for such emergencies as this. Not everybody is worthy of using a fountain pen, especially my fountain pen.

I do not think it is appropriate for someone to ask to borrow one of my pens!

Also, on the other side of the counter, I do not borrow or use somebody else's pen. I know it may be a phobia on my part, but I am sticking to it. When I go to the counter to pay for lunch, for example, the cashier always offers one of her pens. I refuse to use a pen that has been used by a million other people. I am not a germ-a-phobic, just a pen-a-phobic.

David understood this when he wrote, "My heart is inditing a good matter: I speak of the things which I have made touching the king: my tongue is the pen of a ready writer" (Psalm 45:1).

A person's value is determined by what he or she values the most. ★

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

Just a Pinch

Sharing Hometown Recipes, Cooking Tips and Coupons

By Janet Tharpe

Fall for the Flavor of These Pumpkin Cream Cheese Bars

"These are just right for fall!"



Terrie Hoelscher's Pumpkin Cream Cheese Bars are very easy to make and delicious! Moist, lightly spiced, with just the right amount of sweetness, these are a perfect fall afternoon treat. They'd make a great Thanksgiving dessert too. I bet these will get rave reviews! See step-by-step photos of Terrie's recipe plus thousands more from home cooks nationwide at: www.justapinch.com/pumpkinbar You'll also find a meal planner, coupons and chances to win! Enjoy and remember, use "just a pinch"...

-Janet

Pumpkin Cream Cheese Bars

What You Need

FILLING
8 oz cream cheese, softened
1/4 c sugar
1 egg

BATTER FOR BARS
1 c canned pumpkin
1 c sugar
1 egg
1/3 c vegetable oil
1 c all-purpose flour
1 tsp pumpkin pie spice
1 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1/2 c chopped pecan pieces

Directions
• Preheat oven to 375.

- Spray a 9x13" baking pan with non-stick spray.
- For filling, whisk together softened cream cheese, sugar and egg. Mix with a mixer until well-blended and smooth.
- For batter, combine pumpkin, sugar, egg and oil in a medium mixing bowl. Mix well.
- Stir in flour, pumpkin pie spice, baking powder, baking soda & salt. Mix well to combine.
- Pour batter into prepared baking dish, and spread to cover bottom of pan.
- Drizzle the cream cheese mixture over the batter. Cut through the batter with a knife or spatula, to make a marbled effect. Do this a second time, going in the opposite direction. When doing the marbling, do not let your knife drag or touch the bottom of the baking dish.
- Sprinkle with the chopped pecans.
- Bake 25 - 28 minutes or until a cake tester comes out clean.
- Cool the entire pan of bars, then cut into squares.

Submitted by: Terrie Hoelscher, Harper's Ferry, WV
www.justapinch.com/pumpkinbar

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1. British elevators
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9. "One ___ Over the Cuckoo's Nest"
13. Licorice-like flavor
14. Crew tool
15. Canines, e.g.
16. *Sinatra was Danny ___ in 1960's "Ocean's 11"
17. Also
18. Musical show
19. *Home to 32 newly-independent countries in Sixties
21. *Where the music invasion came from
23. Sense of humor, in text
24. Look for
25. Cartographer's creation
28. Royal Indian
30. Like Black Mamba's bite
35. Deserter
37. Cry weakly
39. *Twiggy didn't tip it
40. Gardening tool
41. Like a snicker
43. Prayer leader in a mosque
44. Groups of workers
46. At any time
47. Capitol feature
48. *Like the 1960s to "The Four Seasons"
50. Black tropical American cuckoo
52. Grandmother in Britain
53. Not as much
55. Pigeon sound
57. *Woodstock to NYC
61. *It intersects Ashbury
64. *Flower ___
65. Exist
67. *Steve McQueen in "The ___ Escape"
69. A bootlicker
70. Summer chore
71. Approaches
72. Crumbs or scraps
73. Hanking
74. To impede or bar
- DOWN**
1. Indochinese language
2. Ancient Peruvian
3. Medieval domain
4. Ivan and Nicholas, e.g.
5. Junior's predecessor
6. I, to a Greek
7. *First name of mastermind behind the Great Leap Forward
8. Exploratory spacecraft
9. *Many ran bare in the mud at Woodstock
10. Bulgarian money
11. Small ornamental case
12. At what time?
15. Kids ride, pl.
20. Leg protectors
22. *1966 hit, "___ Rubber Ball"
24. Drool, pl.
25. *King's ___ on Washington
26. Cognizant
27. Hokey-___
29. *Johnny's "Jackson" partner
31. *Like some rock by Grateful Dead or Jimi Hendrix
32. Bourne's portrayal
33. Andean animal
34. Arab country
36. Obscene
38. Genesis garden
42. "Fear of Flying" author ___ Jong
45. Wages that aren't hourly
49. Up to the present time
51. Well-groomed
54. Morally degraded
56. Shrek and Fiona, e.g.
57. As far as
58. Standard's partner
59. Special law enforcement unit
60. Koppel and Turner, e.g.
61. Shaped with an ax
62. Furnace output
63. Hawaiian tuber
66. Wade's opponent
68. Recipe amount

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12	
13					14			15				
16					17			18				
	19				20		21	22				
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72						73			74			

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9	2				3	7	
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				9		1	5
5		4			7	2	

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

For Solutions See Page 7

Come back every week for Crossword and Sudoku!



POPPOFF!

with Mary Jane Popp

ENERGIES OF LOVE PART II

If you remember last time on POPPOFF, I shared the four “Energetic Stress Styles” that I got from **Donna Eden and Dr. David Feinstein** they covered in their book “*The Energies of Love.*” **Donna** is a pioneer in energy medicine and **David** is a clinical Psychologist. They claim they have garnered experience from their couple’s workshops that are keys to a fulfilling partnership. I promised you some practical tips to fire up that relationship, so no more talk, here they are.

- 1) HUG OFTEN.** Hugs get your positive energies to intermingle and meld. Relaxing even into a six-second full-body embrace increases serotonin levels, leaving you feel closer and, if you were having a disagreement, less irritable.
- 2) GIVE YOUR PARTNER A SPINAL FLUSH.** Reflex points that impact every one of your body’s major energy pathways are situated along the spine. They go into a detailed description of what to do next, but not enough time here. But it’s in the book.

3) SUPPORT THE PRODUCTION OF OXYTOCIN. Energy techniques can influence your hormone levels. We know sex produces oxytocin, but so can this one-minute technique. It begins by breathing slowly and deeply as you draw your hands up from your pubic bone until you get to the center of your chest. Before you exhale, move your hands up and out toward your sides as if you were tracing a heart above and around your breasts. Slowly exhale as you being your hands back toward your pubic bone, completing the tracing of a large heart over your torso. Repeat a few times and finish by drawing your hands up the center of your chest and holding them over your heart for two breaths.

4) STRETCH. When you feel stale or tense, stand and imagine an invisible rope hanging down over your head. Reach up and pull it down with one hand and then the other, alternating hands for at least a minute.

5) HOOK UP. If you are feeling disconnected from yourself or your partner, place the middle finger of one hand on your “third eye” and the middle finger of your other on your navel. Gently press both fingers inward, pull them upward, and hold at least three deep full breaths.

6) SCAN FOR WHAT YOU APPRECIATE ABOUT YOUR PARTNER AND STATE IT. Often!

7) USE A GENTLE OPENING FOR TOUGH TOPICS. The

way you bring up a delicate topic will have an immediate impact on your partner’s biochemistry and thus the energy that is activated in each of you and between you.

8) KEEP YOUR ENERGIES MOVING IN A CRISS-CROSS PATTERN. Under stress, your energies lose the natural cross-over configuration that supports best thinking. Place either hand on its opposite shoulder and press hard behind the shoulder with your fingers. Drag your hand over your shoulder, maintaining pressure. Continue with less pressure now, to your opposite hip. Repeat two or three times. Shift to other side.

9) BALANCE YOUR ENERGIES RATHER THAN BATTLING YOUR PARTNER. If tension begins to rise between you and either calls for a cease fire, you should both...by ironclad pre-agreement...stop the argument, mid-sentence if necessary. Then, immediately set about shifting your energies.

10) GET CURIOUS ABOUT YOUR PARTNER’S STRESS RESPONSE STYLE. Rather than judging your partner or going into a defense mode, give your partner the benefit of the doubt.

Lots to think about and all the details are in “The Energies of Love.” Check out www.oflove.com too. It’s a map of the invisible energies that impact a relationship! May the LOVE be with you! ★

California Dungeness Crab Season to Open November 1st



CDFW reminds sport crabbers that traps and nets for Dungeness crab may not be set before 12:01 a.m. on November 1st. Those fishing with hoop nets should remember that regulations require raising the nets to the surface to inspect the contents at least every two hours.

SACRAMENTO REGION, CA (MPG) - California’s Dungeness crab sport fishery opens statewide this Saturday, November 1st. Every year at this time, recreational crab fishers eagerly set out in pursuit of these tasty crustaceans. Some set hoop nets and crab traps from boats and piers, while others fish crab loop traps on the end of a fishing rod. Still others will dive in to take the crabs by hand. Regardless of the method, Dungeness crabs are one of California’s most popular shellfish.

“Dungeness crab catches tend to be cyclic with several years of high crab numbers followed by a few years of lower catches,” said CDFW Environmental Scientist Christy Juhasz. “Recent seasons have been characterized by high Dungeness crab production so we may begin to see more average catches in the near future.”

The most popular methods for catching the crustaceans are with crab pots (or traps), loop traps and hoop nets. There is no limit to the number of pots or nets

that can be fished recreationally, except when fishing from a public fishing pier where only two fishing appliances may be used. Recreational crabbers may keep up to 10 Dungeness crabs per day of either sex, or six crabs if fishing from a party boat south of Mendocino County. No one may possess more than one daily bag limit, and no Dungeness crab may be taken from San Francisco or San Pablo bays, which are important crab nursery areas.

CDFW reminds sport crabbers that traps and nets for Dungeness crab may not be set before 12:01 a.m. on November 1st. Those fishing with hoop nets should remember that regulations require raising the nets to the surface to inspect the contents at least every two hours. Any undersized crabs or other species that are accidentally caught can be more quickly released. This regulation ensures that fishermen closely monitor their gear and do not allow any equipment to be abandoned in state waters. Trap fishermen should also closely

monitor their traps because lost trap gear can become a self-baiting crab killer.

The recreational size limit for Dungeness crab is five and three-quarter inches measured across the shell, directly in front of and excluding the lateral spines. Crab taken from party boats south of Mendocino County must measure at least six inches across.

Unlike rock crab species that are fished along rocky reefs, Dungeness crabs are usually found on sandy or sand-mud bottoms. Dungeness crabs generally prefer cooler northern and central California waters and are uncommon south of Point Conception. They are typically found at depths of less than 300 feet, although they have been documented down to 750 feet.

For more information regarding recreational Dungeness crab fishing regulations and other crab species, please visit the CDFW Marine Region website at www.dfg.ca.gov/marine/invertebrate/crabs.asp.

Source: CDFW News ★

Veteran’s Day Parade in Auburn

AUBURN, CA (MPG) - Come celebrate our nation’s heroes at the Veterans Day Parade in Downtown Auburn on Tuesday, November 11th!

The parade will start at the intersection of Lincoln Way

and Cleveland Avenue at 10:50 a.m. and end at the Gold Country Fairgrounds. Veterans who wish to participate in the parade will be furnished with a ride in a car or jeep, and will be picked up in front of the Armory at the Gold Country

Fairgrounds at 9 a.m. A free lunch will be served following the parade in the Maurine Dobbas Placer Hall, also located at the fairgrounds. For more information, call (530) 885-3731.

Source: www.visitplacer.com ★



Riley Reviews

THRILLING REVENGE THEME WELL-EXECUTED IN “JOHN WICK”

is ambushed by the Russian thug Iosef (Alfie Allen), with the help of his crew, to steal the Mustang that Wick refused to sell. In the process, Wick is seriously beaten and Daisy is killed, an act so vicious that he is stirred to revenge.

What happens going forward is fairly predictable, but the action is realized with such intensity and originality that “John Wick” is far more brutal and compelling than films of a similar nature, such as the memorable “Death Wish.”

Wick discovers rather quickly that Iosef is not just a garden-variety sociopath, but the son of Viggo Tarasov (Michael Nyqvist), the Russian mob leader for whom Wick once performed contract killings.

That Viggo Tarasov is, in fact, also a vicious sociopath who has mercilessly eliminated his competition to unite warring crime clans under his own umbrella shows that the Iosef did not fall far from the proverbial tree.

However, the petulant, spoiled and unhinged Iosef lacks his father’s instincts to act more rationally and with cautious deliberation. The senior Tarasov is immediately aware that the beast has been awakened and that big trouble is coming his way.

It doesn’t take much for Wick to return to his old form. Remnants of his past life were buried under cement in his garage. Swinging a sledgehammer, Wick unearths a cache of arms and gold coins that are used as currency in his mysterious underworld.

The hub of the New York underworld is the Continental Hotel, a very stylish establishment that caters only to high-end bad guys. The upscale hotel is a safe house for assassins, where

the stern house rule is that murder and other forms of mayhem are forbidden on the property.

Ian McShane has a nice turn as Winston, the hotel proprietor who strictly enforces the rules. The trouble is that Viggo Tarasov has offered a \$2 million bounty for the killing of John Wick, an offer that appeals to some of the assassin’s old pals, such as the lethal and beautiful Ms. Perkins (Adrienne Palicki), who just happens to hang out at the Continental.

Reconnecting with old contacts, Wick follows leads that could take him to Iosef. As a result, one of his first stops is the Red Circle, a Russian nightclub where Wick ends up gunning down most of the security staff as he gets very close to his elusive prey.

The nightclub shootout is just the first of many explosive encounters that put Wick closer to his target and eventually to the inevitable showdown with the top Russian mobster. Violent confrontations occur in parking lots, a church where the corrupt priest hides the mob’s assets, and a Brooklyn warehouse.

“John Wick” benefits from pivotal yet brief roles by accomplished actors such as Willem Dafoe’s Marcus, a crack sniper and former colleague of Wick, who is offered the bounty, and John Leguizamo’s Aurelio, the owner of a chop-shop who warns Iosef of the mistake he made in stealing the Ford Mustang.

Operating from a lean script, Keanu Reeves’s John Wick is a stoic character given to few words, but his message is delivered forcefully by brutal violence. “John Wick” is a great vehicle for Reeves’ natural style and arguably his best film since action pictures “Speed” and “The Matrix.”

“John Wick,” the high-octane action film, is also lean in its running time, delivering an exciting revenge thriller in an economical yet forceful manner. Indeed, the brutal violence and killings are off the charts, but “John Wick” is compelling pulp fiction. ★

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9am - Noon:	The Dave Ramsey Show
Noon - 1pm:	The KAHl Noon News with Mary Jane Popp and the KAHl News Team
1 - 4pm:	The Savage Nation
4 - 6pm:	The KAHl Afternoon News with Bob Stephenson and the KAHl News Team
6 - 7pm:	Poppoff with Mary Jane Popp
7 - 10pm:	Sports Byline USA with Ron Barr
10 - 11pm:	TMZ Sports
Saturdays	
6 - 7am:	A Time for Seniors
7 - 8am:	The Swap Shop
8 - 9am:	The KAHl Corral
9 - 10am:	The Garden Goddesses
11am - 12pm:	The 45 Guy with Mike Mackenzie
12 - 7pm:	Sinatra & Friends Music
7 - 8pm:	A Way With Words
8 - 9pm:	Rewind with Jimmy Jay
Sundays	
7:30 - 9am:	Cruisin’ Garage & Swap Meet
9 - 9:30am:	The Crossroads Radio Show
10 - 11am:	The Dew Sweepers Golf Show
11am - 6pm:	Sinatra & Friends Music
7 - 8pm:	A Way With Words
8 - 9pm:	Hearts of Space

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Michael Savage

Dave Ramsey

Mary Jane Popp



Bananas & Cinnamon Rice Pudding — Spoon rice pudding into a small dish. Top with sliced bananas and a sprinkle of ground cinnamon.



Peaches & Blueberries Rice Pudding — Layer diced fresh peaches, Kozy Shack Rice Pudding and blueberries in a small dish. Top with any remaining fruit.



Candied Almond Slivers and Tapioca Pudding — Spoon tapioca pudding into a dish. Top with candied almond slivers.



Chocolate Pudding — Spoon Kozy Shack Chocolate Pudding into a colorful cup. Top with a dollop of whipped cream and a cookie.



Banana Split Pudding Snack — Cut a banana in half the long way. Stand one half in a small cup. Spoon chocolate pudding into the cup and top with a maraschino cherry.

Pudding-Powered Snacks

Pair wholesome, delicious pudding with ingredients from your own pantry or fridge

FAMILY FEATURES

What do you reach for around 3 in the afternoon? Something salty? Something crunchy? Something creamy, smooth and sweet? These days, more and more snackers are looking for something wholesome and satisfying to get them through the afternoon.

Here's one snacking choice you may not have thought of: pudding. When pudding is made right — just the way your grandma used to — it's made with real ingredients like milk and eggs, cooked slowly until it's creamy and delicious. While cooking up your own pudding is a fun and satisfying weekend or evening project, when you need a quick afternoon snack, that's probably not in the cards.

Fortunately, there are still some companies making pudding just the way you would at home, slowly simmered to perfection. This is great news for people who want a smooth and creamy snack they can feel good about. There's a good reason why simple, comforting pudding was a favorite childhood snack — and is still a wholesome snack choice today.

Simple Ideas for a Delicious Snack

Pudding is perfect straight out of the refrigerator, of course, and all you need to enjoy it is a spoon. But you can make it your own with other ingredients that you probably have right in your kitchen. Take a look at your spice rack: You've probably got cinnamon, nutmeg and cayenne pepper. In your pantry, you've got crunchy cookies, pretzels and nuts. Fresh and frozen fruit are always good to have on hand. Even canned and shelf-stable packs of tropical fruits can top your pudding. Before you know it, you'll be seeing surprising pudding pairings everywhere you look.

With a little creativity, you could have a unique pudding snack every day of the week. We've got a few ideas to get you started.

Find out more about Kozy Shack® Pudding at www.kozyshack.com.

Mango & Coconut Tapioca Pudding — Cut a fresh mango into small pieces. Spoon Kozy Shack Tapioca Pudding into a small dish. Top with mango and sprinkle with toasted coconut.

Blackberry Rice Pudding — Dice a handful of fresh blackberries. Layer blackberries and Kozy Shack Rice Pudding in small dish. Top with any remaining fruit and a mint leaf.

Fresh Raspberries and Chocolate Pudding — Layer fresh raspberries, whipped cream and Kozy Shack Chocolate Pudding in a small dish. Top with extra raspberries and a dollop of whipped cream.

Lemon Tapioca Pudding — Crush a couple of lemon shortbread cookies. Spoon into the bottom of a small dish. Top with Kozy Shack Tapioca pudding, a sprinkle of lemon zest and assorted fresh berries.



Minty Chocolate Pudding — Cut mint and chocolate layered candies into smaller pieces. Spoon Kozy Shack Chocolate Pudding into a small bowl. Top with mint pieces.



Chocolate Drizzled Strawberries and Tapioca Pudding — Drizzle strawberries with melted dark chocolate and allow to set. Layer chopped strawberries and Kozy Shack Tapioca Pudding in a small dish. Top with a chocolate-drizzled strawberry.

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THANK A VETERAN TODAY



By **Gerry Mifsud**

For our local Auburn Deputy Michael David Davis Jr. & Sacramento Deputy Danny Oliver, their "Line of Duty" ended when they were gunned down on Friday, October 24th, 2014.

As this tragedy was unfolding on TV, I was alerted to my duty as a reporter to go to the scene. Being somewhat angry, I wanted to go after the monster that left six children of the downed officers fatherless.

As I hit the door running, my son Joe stopped me because he saw I was anxious and angry, and that's not good since I recently had major surgery. We sat down with his police scanner at 2:40 p.m. to hear Deputy Ben Machado say, "... suspect last seen running in Maidu area," then, "Pecoraro (Auburn Police Lieutenant) is at Placer High preparing evacuation," followed by, "Rocklin and Roseville Swat Teams are here." On my TV set,

NEVER GIVE UP

The Voice on the Police Scanner

I see the suspect's red pick-up truck from the KCRA helicopter overhead. Machado says, "We have limited bodies," alluding to assistants. Then comes a muddled reference to the FBI. I hear, "We have three helicopters in the air, two more on standby."

I'm thinking most of the officers by now know that Deputy Davis has died. Machado goes on to narrate a house by house and car by car search going towards 220 Belmont Street where the suspect (Marcelo Marquez) is held up. "Gas has been deployed," I hear several times. On TV, I see smoke all around the house. 3 p.m.: "Homeland Security is on hand in Railway Park." The female suspect (Janelle Monroy) has already been taken into custody.

Finally, at 3:50 p.m. comes, "He's in handcuffs, send ambulance." Deputy Machado said this with relief and probably grief. It is commendable how Deputy Machado, the many law enforcement agencies, and the alert community of Auburn worked together. Auburn community has even a higher regard for the Davis family, being that Deputy Mike Davis Jr., 42 years old, lost his life on the same day his father, Deputy Mike Davis

Sr., died in the line of duty in 1988.

I got into my car and drove off and I saw a large group of evacuated Placer High kids in a parking lot. They were joined with their loved ones with hugs and tears. I could hear parents' words like, "We'll get through this," and, "I'm here now, I love you," over and over.

Please consider donations to Laura Larson's demolished crime scene home on Belmont Dr., Auburn. Windows were all blown out by gas canisters, and the front door was kicked in with much damage done inside. A fund has been set up at www.gofundme.com/gcckfo.

Prayers and donations are needed. Donations can be sent to the Wells Fargo bank in Loomis for the "Detective Michael Davis Jr. benefit memorial."

Thank you, Deputy Machado, for showing your strength along with many others on this terrible day in Auburn's history.

Rest in peace, Deputy Mike Jr., along with your father, Deputy Mike Sr. ... a family of lasting legacy to Protect and Serve with a "NEVER GIVE UP" attitude.

Gerry Mifsud, TV Host and Senior Activist. ★

Hometown Heroes



Air Force Airman Jeremy B. Cross Rodde graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Cross Rodde is the son of Quinton T. Rodde of Colfax, Calif., and of Jannell M. Groundwater of Auburn, Calif. He is also the nephew of Randy A. Cross of Sarasota, Fla.

The airman graduated in 2013 from Placer High School in Auburn.

Source: Joint Hometown News Releases



Air Force Airman 1st Class James A. Meyers graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

He is a 2011 graduate of Colfax High School, Colfax, Calif.

Source: Joint Hometown News Releases

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20th Annual Cowpoke Fall Gathering

Continued from Page 1

Lincoln for neurologically disabled children.

South Placer Heritage Foundation - For continued support in the renovation of the Blue Goose Event Center.

Wellness Within - A non-profit mind-body wellness center offering free services to patients, survivors, and families coping with the stress of cancer. They have been chosen to receive this year's Tough Enough to Wear Pink funds.

Jump In! Friends of the Del Oro Pool - This group is raising funds to replace Del Oro High School's aging pool.

The Cowpoke Foundation gives away \$20-25,000 each year, and they are grateful to their many sponsors who make this possible:

Ranch Foreman sponsors - Beneto Foundation, Newcastle Wedding Gardens & Red Horse



John Kintz. Photo courtesy Cowpoke Fall Gathering

Barn; VCA Loomis Basin Veterinary Clinic; and Western Pacific Roofing Corp (Azusa, Dublin, Palmdale, Palm Springs, Sacramento).

Top Hand sponsors - Glendora Toyota & Glendora Hyundai; Loomis Basin Brewing Company; Roseman Wagner Wealth Management; Spine Practice of

J. Patrick Johnson, M.D.; Poet and Writers, Inc., through a grant it has received from the James Irvine Foundation; Town of Loomis; and Wells Fargo Bank.

Wrangler sponsors - Bickford Ranch; Boot Barn; Hebard Insurance, Wealth Management & Tax Solutions; Loomis Basin Equine Medical Center, Inc.; Placer County

Supervisor Jim Holmes; Realty World Loomis Basin; Cowpoke Amigos; American Legion, John A. Stacker Post 775; Able Self Storage; Rich Ruef, Photographer; Rocklin Park Hotel; Caryl DeRade; and the Kamphefner family.

Cowpoke Fall Gathering Schedule

Thursday, November 6th
5:30 p.m. - Fall Gathering Kick-Off. This event includes first class service and a wonderful meal provided by Jackson Catering at the historic Red Horse Barn on the lovely grounds of the Newcastle Wedding Gardens. Join in our traditional Hopi Indian Prayer Mound ceremony and get a sneak peek of this year's poets and singers.

Friday, November 7th
7:30 p.m. - Cowboy Poetry and Music with Paul Zarzyski, Juni Fisher, Pat Richardson, Bill Brewster, and emcee Jeff

Severson.

Saturday, November 8th
Tough Enough to Wear Pink all Day! Wear your pink in support of Breast Cancer Awareness.

9 a.m. - Cowboy Poetry featuring student poets from Loomis schools with Larry Maurice. Admission is free.

1 p.m. - Cowboy Poetry and Music Matinee performance with Paul Zarzyski, Juni Fisher, John Kintz, Pat Richardson, and emcee Jeff Severson.

7 p.m. - Cowboy Poetry and Music with Paul Zarzyski, Juni Fisher, Bill Brewster, Pat Richardson, and emcee Jeff Severson.

Sunday, November 9th
10 a.m. - Cowboy Church, featuring spiritual poetry and music. Refreshments will be served. Admission is free.

The Thursday kick-off will



Jeff Severson. Photo courtesy Cowpoke Fall Gathering

be held at Newcastle Wedding Gardens, 950 Taylor Rd, Newcastle. The Friday-Sunday Cowpoke Fall Gathering events will be held at the Historic Blue Goose Fruit Shed, 3550 Taylor Road, Loomis. For more information, visit www.cowpokefallgathering.com or call (916) 652-6290. For tickets, visit the Cowpoke website or call (866) 967-8167.

Source: Cowpoke Foundation

★

Honor Flag Arrives in Placer County to Pay Tribute to Detective Michael D. Davis Jr.



Since 2001, the Honor Flag has shown recognition to those who have lost their lives protecting and serving the public. Photo courtesy www.usshonorflag.org

By Linda Harper

PLACER COUNTY, CA (MPG) - Placer County Sheriff's Detective Mark D. Davis Jr. was killed in the line of duty on October 24th, 2014. He was deserving of a tribute only our Nation's Honor Flag could bestow. Like many others before him who gave the ultimate sacrifice while protecting our communities, the flag recognizes a true hero. On October 31st, the flag arrived at Sacramento International Airport and was transported in a procession to Chapel of the Valley Funeral Home in Roseville to lie beside the Detective.

Since 2001, the Honor Flag has shown recognition to those, like Detective Davis, who have lost

their lives protecting and serving the public. Shortly after the 2001 terrorist attacks on the World Trade Center and Pentagon, an American flag was given as a gift to Chris Heisler by the Texas House of Representatives. He was so moved by the devastation of the attacks he felt compelled to do something to honor his country and those who lost their lives during the horrific attack.

With his flag in tow, he helped to organize one of the longest motorcades comprised of police, fire fighters, military personnel, and other public servants in the history of the United States. They were bound for Ground Zero to show honor and support for our nation's heroes. Since then, the United State's Honor

Flag has paid tribute all over the country to those who have lost their lives in the line of duty.

The Honor Flag is managed by The Honor Network (Chris Heisler is co-founder and vice president), a non-profit organization founded on the conviction that every person who is committed to service in our communities deserves the support of all Americans and that an increase in patriotism is essential in keeping our great nation united.

If you would like to learn more about America's Honor Flag and organizer Chris Heisler, visit www.usshonorflag.org.

Sources: Placer County Information Office; The Honor Network ★

Slim Randles' HOME COUNTRY

"Speaking of Salt ..."



It was a bright morning, and we had finished off the coffee and conversation at the Mule Barn truck stop, and we couldn't think of anything much to do because we were still full from breakfast and it was too early for lunch, and the political problems and Hollywood gossip tanks had been thoroughly topped off. So we went over to Doc's house to look at his mare in the back yard.

She had, he said, a quarter crack in a front hoof.

So there we were, in a half circle around the little mare, staring at that slight crack as though focusing would bring a welded solution to the problem, but we all knew we just needed to drink Doc's coffee and change the scene.

"I see you have a block of salt," Bert said.

Doc nodded. Bert said, "Speaking of salt ..."

We really hadn't been, but smooth transitions aren't always easy.

"... puts me in mind of the time I stopped in that little store," Bert said. "Few years back now, I guess. Well, it was about the last time Milly had pups, because I think I'd left her home to have them. Of course, she waited until

I got home ..."

Doc and Steve stared at him encouragingly. "And?"

"Oh ... well, there's this little store up north ... out in the middle of about flat nothing ... and it was hot and I was thinking of a nice cold cocola right about then, so I stopped."

Bert looked around. "Dang store was about full of salt."

"Salt?"

"Everywhere. This guy had ice cream salt. Bags of it. Salt blocks for horses, sheep, cows, rabbits and even danged guinea pigs. He had regular salt. He had huge bags of bulk salt for putting on the ice.

"So I went to pay for my drink and I says to the guy, 'You must sell a lot of salt.' And he says to me, 'No, but that salesman who calls on me sure does.'" ★

2014 Mandarin Festival

AUBURN, CA (MPG) - The new gold in Placer County California is growing on trees as the County has become known for their intricate flavored, sweet, Mandarin Oranges. The annual Mountain Mandarin Festival, November 21 - 23, will celebrate 20 Magical Years in 2014 with the new crop of delicious, foot-hills-grown Mandarin oranges. Placer County growers will sell thousands of pounds of fresh Mandarin oranges and gift baskets, accompanied by all the free samples you like. Join in the fun with a Mandarin Recipe cooking contest, professional chef demonstrations, food, artisan crafts, and activities featuring the Mandarin orange, a Peel & Eat contest, live music and entertainment.

The Festival is held under the autumn-leaved trees of the Gold Country Fairgrounds in Auburn,

CA where their golds, rusts, and burgundies are punctuated with the bright orange globes of Mandarins everywhere you turn. The tangy scent of citrus is in the air as visitors discover chocolate-covered fresh Mandarins, Mandarin pizza or pulled pork, English Scones with Mandarin curd, and Mandarin infused drinks. Visitors can take home Mandarin BBQ sauces, syrups, olive oils, dressings and dozens of other Mandarin inspired concoctions.

There will be a dozen or more Placer County growers bringing thousands of familiar 10-pound orange-mesh bags of the fruit -- ready for travel home to friends and family. Mandarins should be plentiful, however it's a good idea to get your bags early and then enjoy the festival. Quality hand-crafted items are also for sale just

in time for holiday giving and home trimming at more than 250 booths. There will also be cooking demonstrations throughout the festival, and the popular Mandarin Recipe Contest on Sunday attracts amateur cooks who bring their prepared dish to be judged.

The Mandarin Festival will be held November 21 - 23, 2014: Friday, 11 a.m.-5 p.m., \$3 admission for all Saturday, 9 a.m.-5 p.m., \$8 general admission Sunday, 10 a.m.-4 p.m., \$8 general admission Seniors age 60 and over, \$5 admission Kids under 12, free admission Active Military (with ID) Discount, \$5

For more information, visit www.MandarinFestival.com.

Source: Mandarin Festival ★

The 8th Annual MandaRun

AUBURN, CA (MPG) - The 8th Annual MandaRun features a half Marathon and 5 K Run and benefits the Loomis Basin Education Foundation.

The Half Marathon enjoys a unique point-to-point scenic route with gently rolling terrain. The feedback from previous year's participants has been great. Many will come back for the route alone.

The 5 K route is an out and back from Taylor Road in



beautiful Loomis, CA. (There will not be a 10 K run this year.)

The MandaRun is Sunday, November 23rd. The half marathon starts at 8 a.m. at Gold

County Fairgrounds, 1273 High Street, Auburn. The 5 K starts at 9 a.m. at Loomis Train Depot Plaza, 3640 Taylor Road, Loomis. Online Registration ends November 22nd, and mail-in registrations must be postmarked by November 10th. Race day registration is ONLY for the 5K and starts at 7:30 a.m. For more information, visit www.MandaRun.com

Source: Manda Run ★

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