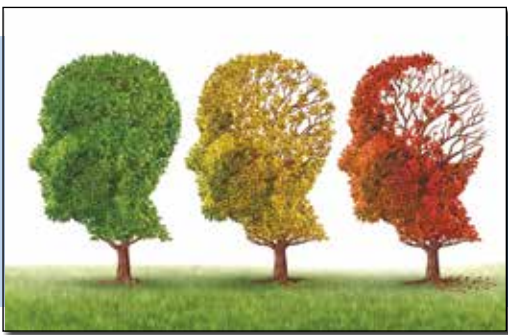




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VOLUME 12 • ISSUE 20

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OCTOBER 20, 2017

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VOLUNTEERS
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YEARS OF CARING**



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IN PINK FOR BREAST
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Reimagining Education

Students Chart Their Own Course at New UnSchool



The UnSchool aims to give students the freedom to break down barriers to learning.

**Story and photos
by Jacqueline Fox**

FAIR OAKS, CA (MPG) - Hacking an education sounds like something you'd get in deep trouble for. But that's not the case at UnSchool, now roughly two months into its inaugural semester in Fair Oaks, where students are blowing up traditional educational standards and, instead, charting their own course through a passion-based learning model.

UnSchool, which opened its doors August 10, is currently giving 85 freshman and sophomore transfer students from schools across the district an alternative high school education experience that, in every way possible, attempts to allow them, as well as their teachers, to reinvent academic norms via a passion-based learning philosophy, not one that marks success rates by the number of students in seats or standardized test scores.

The concept of independent learning is not a new one, but UnSchool is carving out new territory, stripping the learning process down to a bare-bones list of required core learning requirements in science, history, language arts and math, to create open space for students to identify and lock on to an area of interest and run with it.

"After interviewing lots of students we knew what we wanted for them and we knew what they wanted," says Gabriel Cooper, the former principal at Will Rogers Middle School in Fair Oaks who now identifies himself as "Chief Educational Deviant Principal." "We are here to hack an education, giving students and educators a way to circumvent the system they know, blowing it up and creating something completely new."

**"This is super
messy, and
super scary.
We are talking
about breaking
up 200 years
of educational
design."**

**GABRIEL COOPER
DEVIANTS IN CHARGE
STUDENTS CHART THEIR
OWN COURSE AT UNSCHOOL**

Here's how it works. Students take part in the process of setting goals and expectations for learning by working with their "deviant advisors," also known as teachers. They plot a course for themselves using journals, computers and other forms of instruction, even including long stretches of contemplation if needed, and craft a project for the year that

is completely their own with one exception: they are charged with finding a way to tie in core subject learning.

Take freshman Ellarose Colburn, 14, for example. Colburn transferred to UnSchool from Will Rogers Middle School. She has a strong interest in photojournalism. She's working with her advisor Jon Leister, a teacher in the district for 22 years, on a first-year project that will incorporate photos and storytelling from an upcoming family trip to Thailand. If she pulls all the pieces into place, her project will include enough work in core subjects to give her the required credits for history, arts and even science.

"I love it here," says Colburn. "When Gabriel came to my school last January to tell us about the plans for the UnSchool, I walked outside and immediately called my parents and said 'I have to go there.' It's been amazing so far for me. I'm meeting new students from other parts of the district and exposing myself to ideas that I hadn't before. I feel like we are one big family."

Leister, her advisor, said he's pleased to be able to teach high schoolers outside the walls of formal academia and give students the freedom to fold a passion for something into their educational experience



UnSchool currently shares space with La Entrada Continuation High School for 16-18 year-olds, as well as the El Serena Independent High School, also a performance-based campus. Shown above is freshman Nadia Cline.

before they get to college.

"I always loved learning and teaching, but I never really did like the one-size-fits all system," says Leister. "I didn't like that you had to wait until you got into grad school before you were asked what your passion was and then be told to go ahead and go study that for your project. Why not let students begin this way at the lower levels, where they are ready for something new and out-of-the-box?"

By no means are students allowed to sit around and surf the Internet all day. On the contrary, they are accountable to the class, their advisor and themselves. But the standardized, cookie-cutter academic scaffolding of the past is consistently being broken down and rebuilt to suit the new model.

"We work in academic excellence," says Leister. "We are iterating

Continued on page 10

CDPH Taking Action to Increase Hepatitis A Vaccine Supplies

By Corey Egel, CDPH

SACRAMENTO, CA (MPG) - California Governor Edmund G. Brown Jr., on October 13th, declared a state of emergency to help control the state's hepatitis A outbreak and increase the supply of adult hepatitis A vaccines to meet current needs.

"Vaccinating people at risk of exposure is the most effective tool we have to prevent the spread of hepatitis A infection during an outbreak," said California Department of Public Health (CDPH) Director and State Public Health Officer Dr. Karen Smith.

To help combat the outbreak, CDPH has already distributed nearly 80,000 doses of the vaccine that were obtained through the federal vaccine program, but those supplies must be increased to continue to address the outbreak. The declaration allows CDPH to immediately purchase additional vaccines directly from manufacturers and coordinate distribution to people at greatest risk in affected areas.

The adult hepatitis A vaccine is different than the one given to children, of which there is ample supply.

The risk of hepatitis A infection is associated with poor sanitation and hygiene and is transmitted through ingestion of contaminated food and drink or through direct contact with an infectious person. The current outbreak has largely impacted people experiencing homelessness and some illicit drug users. The virus can live for months in a contaminated environment, particularly in the absence of good sanitation.

To control this outbreak and prevent further spread, CDPH recommends the vaccination of people in affected areas who are homeless or using illicit drugs. CDPH also recommends vaccination of people who have frequent, close contact with at-risk populations in affected areas. CDPH is working with impacted counties to monitor the outbreak and implement vaccination efforts and is also providing guidance on improving sanitation, including access to handwashing facilities and toilets, to lessen the spread of the virus.

"Local public health officials are working hard to offer vaccines to people who are at the most at risk of infection, including homeless Californians," said Dr. Smith. "Today's order will help ensure communities can continue to deliver the vaccines where they are needed most."

Hepatitis A infection typically causes fever, a general ill feeling with lack of appetite and nausea, and, later in the course of the infection, yellowness of the skin and eyes. Severe hepatitis A infection is rare but does occur in people with underlying liver disease and can cause the liver to fail, potentially leading to death.

For more information about hepatitis A, visit www.cdph.ca.gov.
Source: www.cdph.ca.gov ★

Nearly 4,000 Volunteers Celebrate Five Years of Caring



Volunteers celebrate as United Way collects school supplies for its Stuff the Bus campaign, one of dozens of projects that took place during United Way's 2017 Day of Caring in September. Photo courtesy United Way.

By Kristin Thébaud

SACRAMENTO REGION, CA (MPG)

- Since United Way California Capital Region held its inaugural 2013 Day of Caring, 3,692 volunteers have spent one day caring for their community over the last five years. Volunteers donated 18,054 hours of service, valued at \$366,572, for 182 projects with nonprofits, parks and schools across the region, including on United Way's 2017 Day of Caring that took place Sept. 22-23.

"In just five years, Day of Caring has become the single largest volunteer day in our region," said Stephanie Bray, president and CEO, United Way California Capital Region. "Thousands of volunteers have dug their hands in to help hard-working nonprofits, parks and schools that do so much for our community every day."

Hundreds of volunteers donated time for United Way's 2017 Day of Caring at dozens of volunteer projects, including building garden beds at schools, painting nonprofit program facilities and cleaning up parks. The event began with a kickoff breakfast and rally at Cal Expo that included an appearance by Mayor Darrell Steinberg. As part of this year's Day of Caring, United Way held its inaugural Stuff the Bus campaign, which raised more than \$11,000 in school supplies for Robla School District in Sacramento.

Nationwide has been the presenting sponsor for Day of Caring since it began in 2013. Project sponsors for 2017 included Dr. Pepper Snapple Group, ESM Prep, KPMG, Law Offices of Deon R. Stein, Nelson Staffing, SAFE Credit Union, SMUD, Social Interest Solutions, Sutter Health,

Syzmanowski Orthodontics, TaxAudit.com and Zurich. Media partners included Entercom Radio's ESPN Radio 1320 AM, 98 Rock, Eagle 96.9 FM and 106.5 The End.

Day of Caring is part of United Way California Capital Region's Square One Project, a 20-year promise to significantly increase the number of local students who graduate from high school ready for success in college and beyond. Through nine decades of work and research across Amador, El Dorado, Sacramento, Placer and Yolo counties, United Way believes ending poverty starts in school and is working to ensure kids meet important milestones for success in college or career. To donate or volunteer: www.your-localunitedway.org.

Source: Thébaud Communications ★

Metro Fire Rolls Out in Pink for Breast Cancer Awareness



For the last two years, Metro Fire has won the contest for most money raised for Movember's "First Responder Challenge," which involves fire departments and others across the region. Photo courtesy Sac Metro Fire



Albie Aware Breast Cancer Foundation, founded in 2007, offers assistance for life-saving diagnostic testing, patient advocacy, prevention education and compassionate support to individuals battling breast cancer. Photo courtesy Sac Metro Fire

Story by Jacqueline Fox

SACRAMENTO, CA (MPG) - The Sacramento Metropolitan Fire District (Metro Fire) kicked off Breast Cancer Awareness month with the debut of one of its Pierce manufactured fire trucks decked out in a pink wrap, ribbon and a touch of blue Oct 5, part of its two-month campaign to raise funds and awareness for breast and other forms of cancer.

The big pink truck made its debut at Metro Fire headquarters in Mather as part of the centerpiece of the campaign "All Cancers All People." Metro Fire has partnered with the Albie Aware Breast Cancer Foundation to promote Breast Cancer Awareness Month in October, and the Movember Foundation to put the focus on men's health and cancer awareness in November.

"The centerpiece of its multi-month campaign was the transformation of one of our Pierce Manufactured fire trucks from fire engine red to "October Pink" and just a touch of blue ombre," says Christopher Vestal, Metro Fire captain/paramedic and public information officer.

Albie Aware Breast Cancer Foundation Executive Director Cindy Love, alongside cancer survivors from Metro Fire and others who have been impacted by cancer attended the roll out for the campaign. Albie Aware, founded in 2007, offers assistance for life-saving diagnostic testing, patient

advocacy, prevention education and compassionate support to individuals battling breast cancer.

The Movember Foundation was founded in 2003 in Melbourne, Australia to essentially fund research and programs dealing with education and treatment for prostate cancer. In 2007, Movember launched in the United States with a partnership with the Prostate Cancer Foundation. Today, the foundation works to conduct outreach and fund research for men's cancer and various other health-related causes, including suicide prevention, with a global reach and roughly 5 million participants.

Metro Fire's pink truck, which has been named "All Cancers All People," got its makeover courtesy of Sacramento-based Vehicle Wraps Inc., with a little help from Sacramento Area Firefighters Local 522 and the Sacramento Metro Firefighters Association, Vestal said. In addition to the debut of the pink and pale blue truck, Vestal said Metro Fire was teaming up with the Sacramento Kings to conduct "surprise visits" to patients across the region and deliver free tickets to the Kings' Oct. 9 game against the Portland Trailblazers, during which Albie Aware breast cancer survivors will be participating in the half-time ceremony.

This is the fourth year Metro Fire has been involved in

promoting cancer awareness in the county. The way Metro Fire sees it, the outreach goes hand-in-hand with its normal duties.

"We view this as something that extends our mission to providing services to our community throughout the region, not just emergency situations, but also preventative outreach," Vestal said. "We have a duty to let people know about how early detection helps save lives and about the services available to those who are diagnosed with cancer."

For the last two years, Metro Fire has won the contest for most money raised for Movember's "First Responder Challenge," which involves fire departments and others across the region. Metro Fire collected \$32,000 in donations for 2016 and \$28,000 in 2015.

"Metro Fire will be working hard again to win Movember's "First Responder Challenge" for the third year in a row after setting a record in 2017 record of \$32,000," Vestal said.

Wanna join in the fun? You can engage, socially that is, with Metro Fire by sharing your cancer related story or message of support using the hashtag #AllCancersAllPeople on the department's social media pages on Facebook (Sacramento Metropolitan Fire District), Instagram (@metro_fire_sacramento), and Twitter (@metrofirepio).

For more information: visit www.metrofire.ca.gov ★

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Churches Come Together to Help Feed Others



Volunteers and sellers Mary Lee, Judith, Kathy, Rev. Joe, Pastor Bryant, Judy, Robin, Vanessa, Danesha and Beverly and joined in to make the fundraising event a success. Photo by Paul Scholl

FAIR OAKS, CA (MPG) - Two local churches joined their efforts to hold a joint rummage sale on October 7th at the St. Francis Episcopal Church. Joining with St. Francis was Valley Redemptive Church, also of Fair Oaks. The two congregations came together to raise funds to buy turkeys to help feed those in need this coming holiday season. ★

All Creatures Big and Small

By Mary Lee Pennington

FAIR OAKS, CA (MPG) - On October 8, members and friends of St. Francis Episcopal Church celebrated the feast day of their patron saint, Francis of Assisi, who expressed his devotion to God through caring for all of creation. Priest-In-Charge Reverend Joe Duggan, and Associate Priest Reverend Sonya Reichel officiated at a service to pray for creation and bless animals.

The event drew about a dozen animals and their humans, each of whom expressed gratitude for the special love and companionship they experienced through animals.

Through this event, the church honors their patron and seeks to live out St. Francis of Assisi's understanding of God's love for all creatures, big and small. ★



Priest-In-Charge Reverend Joe Duggan, and Associate Priest Reverend Sonya Reichel officiated at a service to pray for creation and bless animals. Photo courtesy Mary Lee Pennington



By County Supervisor Susan Peters

Through the generosity of the American River Messenger, this column serves to provide an update about matters affecting the unincorporated community of Carmichael.

October Community Meetings

I will be holding two community meetings this month in Carmichael and Arden Arcade with District Attorney Anne Marie Schubert as the guest speaker.

Her office has been instrumental in setting up business watch groups in commercial areas in Arden Arcade and Carmichael that are like Neighborhood Watch except participants include businesses and merchants. Under her leadership, Community Prosecutors working with the Sheriff's Homeless Outreach Team (HOT) Unit also have successfully identified transients with records of violent and destructive behavior as "Chronic Nuisance Offenders" and obtained stay away orders issued by the courts for particular locations or using such orders to leverage CNOs into rehabilitation programs.

These two community meetings will be at the Mission Oaks

FAIR OAKS COMMUNITY UPDATE

Community Center in Gibbons Park (4701 Gibbon Drive) in Carmichael on Tuesday, October 24, and in Arden Arcade at the Swanston Park Community Center (2350 Northrop Avenue) on Thursday, October 26. Both meetings will start at 6 pm.

Violent Crime Down in Unincorporated Area

The FBI recently released its 2016 crime statistics showing violent crime rose about 5% in California overall last year and when added to the spike in 2015 Sheriff Scott Jones says violent crime went up statewide 15% in the last two years. But that does not reflect results in the unincorporated area of Sacramento County served by our Sheriff's Department.

In the unincorporated area, violent crime last year went down 10%. Also year-to-date in 2017 our violent crime is down an additional 7%. And when Sheriff Jones crunched the numbers the City of Sacramento showed less than a 2% reduction in violent crime and Citrus Heights and Folsom's violent crime rate actually went up.

While Sheriff Jones attributes the success to his department's internal efficiencies and reorganizations, he says a large portion is due to the department's transition over the last several years toward Intelligence Led Policing. Three years ago he came before the Board of Supervisors and explained to us his desire to move to Intelligence Led Policing as well as asked for budgetary resources to implement that approach – and we committed to support that effort at that time plus we have been

continuing that support in subsequent budget years. It is an investment that is generating a public safety dividend.

Law Enforcement at Community Coffee Meeting

Sheriff Scott Jones attributes the reduction in violent crime in part to the implementation of "Intelligence Led Policing" and the Sheriff's North Division (which includes Arden Arcade, Carmichael, Fair Oaks, Foothills and North Highlands) was one of the first commands integrating that approach. Captain Kris Palmer was in charge of that effort at the time and he subsequently has been promoted to Chief Deputy Sheriff and will be the guest speaker at this month's Community Coffee Meeting on Wednesday, November 15, at 7:30 am.

Chief Deputy Sheriff Kris Palmer has held a number of leadership positions in the Sheriff's Department before his most recent promotion. This meeting will be held at the Fair Oaks Water District's conference room, 10326 Fair Oaks Blvd. near Winding Way. As usual, I will give a brief update on what is going on with Sacramento County then introduce our guest speaker followed by questions and answers. It should be an interesting discussion.

And coffee, of course, will be provided!

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susan-peters@saccounty.net. ★





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Tickets will sell out fast so don't miss your chance to attend the "Best of Fair Oaks" event. This year's event will be held:

Where: North Ridge Country Club, 7600 Madison Ave, Fair Oaks, CA 95628

When: Thursday January 25, 2018 • 5:30 to PM-7:30PM

Cost: Contact the Fair Oaks Chamber of Commerce for details. To purchase tickets for this event please call 916-967-2903 or go to FairOaksChamber.com.

Contest Rules

Business must be located in Fair Oaks.

All votes must be received no later than December 31, 2017 at 5:00 pm at the office of Messenger Publishing Group.

Only one vote per category per person. All voting entries must have complete information or the votes will not be counted.

Best of Fair Oaks winners will be presented at this year's "Best of Fair Oaks" event.



**Publisher,
Paul V. Scholl**

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Crossword Puzzle on Page 5

R	A	B	A	T		A	N	C			H	I	L	T	
A	B	I	D	E		H	A	H			S	O	N	A	R
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Sudoku Puzzle on Page 5

2	5	3	8	6	9	7	4	1
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7	9	4	5	1	2	8	3	6
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3	4	6	1	9	8	5	2	7
9	1	2	4	5	7	3	6	8
1	2	5	6	8	3	4	7	9
6	7	8	9	4	5	2	1	3
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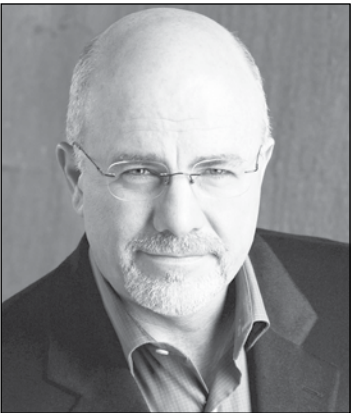
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He’s becoming a man

Dear Dave,
My son is about to go off to college, and I’m concerned about how he’ll handle his money when he gets there. We’ve taught all our children how to use your envelope system, and to save and give, but I’d like some advice on how he can safeguard his finances a little better.

- Ashley

Dear Ashley,
If you haven’t already covered it, he needs to learn to utilize a debit card and reconcile a checking account. Set the account up in your name and his, so you can follow what’s going on in the account. If there’s an issue, this gives you easy access so that a minor incident doesn’t become a huge problem.
Right now, the best way for him to learn is to make educated,

Dave Says

informed decisions on his own and to stand on his own two feet. You’re there for guidance at this point — not control. I’d let him use a debit card, cash, and have a few simple envelopes for expenses. Also, he needs to report back to you monthly what’s going on with the budget. What I’m talking about here isn’t control; it’s a simple, regular review and coaching session on finances. This is an exciting time in your lives. You’ve laid a foundation, and it’s time for this little one to spread his wings a bit. Together, you can make sure he’s learning and living the way a young man should!

—Dave

Leasing equals financing

Dear Dave,
What is your opinion on leasing cell phones?

-Monica

Dear Monica,
In most cases, leasing something is just another way of financing. I wouldn’t lease anything, apart from a building or office space for

a business in the short term.
There are almost always hidden conditions and a few “gotchas” hidden in the fine print of leases. Besides, leasing a cell phone? Really? Come on! If you can’t pay cash for something like a cell phone, it means you can’t afford the phone. It’s as simple as that!
—Dave

If you guys are on the same page when it comes to money, and you’re both willing to work together on paying off any debt after you’re married, there’s no reason to postpone the wedding. You two shouldn’t be paying each other’s debt before you get married, but once the rings are on your fingers, and you’re pronounced “as one,” then everything shifts from being “mine” and “hers” to “ours.” Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including The Total Money Makeover. The Dave Ramsey Show is heard by more than 13 million listeners each week on 585 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey. ★

Virtual Tour Explains Challenges of Dementia



There are presently 5.5 million Americans with Alzheimer’s. Someone in the United States develops Alzheimer’s disease every 66 seconds (American Alzheimer’s Association). That is 500,000 additional Americans every year.

By Rick Beasley

SACRAMENTO REGION, CA (MPG)

- Dementia is not a disease. It is a broad term used to describe a slow, severe decline in memory and reasoning skills that impact and interfere with daily life. Even though the prevalence rate of dementia has fallen dramatically in recent years, there are still over 7 million American seniors today that have some form of dementia.

There are a large number of recognized diseases associated with dementia—Huntington’s disease, Parkinson’s, Wernicke-Korsakoff Syndrome, Lewy bodies to name just a few. Alzheimer’s disease is by far the most prevalent and recognized form of dementia. There are presently 5.5 million Americans with Alzheimer’s. Someone in the United States develops Alzheimer’s disease every 66 seconds (American Alzheimer’s Association). That is 500,000 additional Americans every year. By 2050, that number of Americans with Alzheimer’s disease is expected to increase to 16 million.

Alzheimer’s disease results in the loss of brain cells and cognitive functioning abilities. Even though it is a progressively degenerative and ultimately fatal disease, Alzheimer’s can be managed with treatment, care and changes to in daily environment and living conditions.

Alzheimer’s disease is not a normal part of the aging process. However, increasing age is the

number one risk factor involving the disease-with the vast majority of afflictions occurring in people 65 and older.

Family histories and genetics are not a major factor in the development of Alzheimer’s. Some rare forms of dementia (such as Huntington’s disease) are inherited, but having a parent or grandparent with Alzheimer’s does not increase your overall risks compared to the rest of the population. Less than 1% of all Alzheimer’s cases are thought to be linked genetically (Dr. Nick Fox, Institute of Neurology in London).

There are ten generally recognized warning signs of Alzheimer’s, that range from daily memory losses to decreased difficulties completing familiar tasks, to dramatic changes in moods and personalities. Typical and normal age related changes, such as occasionally forgetting some names or appointment or misplacing items from time to time are not considered markers for Alzheimer’s. A normal age related question would be: “Where are my car keys?” An Alzheimer’s warning sign might be: “What are these keys for?”

There are a number of educational programs and seminars relating to Alzheimer’s research, care and development. One such program is the Virtual Dementia Tour (developed by Second Wind Dreams), which briefly simulates dementia on a user in a controlled environment. This tour is

approximately 20 minutes long and consists of a 5 minute guided tour segment where the user is instructed to perform simple, household tasks while having simulated dementia characteristics, followed by an overview, cool down and debriefing period that explains what they had just experienced. This program is intended to help provide understanding and empathy towards those afflicted with Alzheimer’s.

Carlie Beasley, of Summerset Assisted Living in Rancho Cordova, has been effectively using this program and finding immediate results, commenting: “Our staff and family members have had dramatic experiences after going through this tour. It has made a noticeable difference on how our staff interacts with memory care residents and how much more tolerant and empathetic family members are in dealing with their loved ones.” Beasley is so impressed by the initial results of the tour, that she has offered to have her Summerset team provide this tour to anyone interested within the general public, adding: “This is a compelling and possibly life-changing event that anyone remotely associated or touched by the effects of dementia should experience”. Beasley can be reached at (916) 330-1300 or by visiting Summerset Rancho Cordova Assisted Living and Memory Care center at 2341 Vehicle Drive in Rancho Cordova. ★

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ACROSS

1. Capital near Casablanca
6. African National Congress
9. Sword handle
13. Do like a good citizen
14. Exclamation of suspicion
15. Echo sounder
16. Jewish holiday
17. Kimono sash
18. Blast from the past
19. *Commissioner's ____
21. *Yankees' home
23. Little Mermaid's domain
24. Command before "in"
25. U.K. broadcaster
28. Puerto ____
30. *Why 1994 World Series was canceled
35. Displeasure on one's face
37. Barrels or casks
39. Desert wanderer's hope
40. Aries or Taurus, e.g.
41. "A Doll's House" playwright
43. Grannies
44. Conquer, as in Everest
46. Overweight wrestler
47. Man Ray's art movement
48. "____ Truckin'"
50. Laundry room fire hazard
52. One of Florida Keys, e.g.
53. Database command
55. ____-cha-cha
57. *Blue Jays' home
61. Young domesticated ungulate
64. Cover story
65. Victoria's Secret purchase
67. Free from
69. Locomotive hair
70. Big galoot
71. ____-____-la
72. The big one and little one, e.g.
73. Explosive
74. Red Sea nation

DOWN

1. Ice Cube's genre
2. Go up against
3. Ethiopian currency
4. Goodbye to amiga
5. Difficult for Beast to control
6. Sailor's call
7. Nail a criminal
8. Trouser fabric
9. Like Roman Empire
10. ____-China
11. Animal house
12. "Star ____"
15. Site of a 1976 uprising, South Africa
20. Hispaniola republic
22. First responders
24. Give advice
25. * ____ Sox Scandal, 1919
26. Round loaf, in Paris
27. Type of mandarin
29. *Overcame Curse of the Billy Goat
31. "Atlas Shrugged" author
32. Asimov or Mizrahi
33. Sorta
34. Bacon piece
36. "Where the Wild Things Are" rollick
38. Big rig

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Crossword Puzzle Solutions on Page 4

42. Time being
45. Herzegovina's partner
49. "As if!"
51. *Number of teams in MLB
54. R2-D2, e.g.
56. Flambé
57. Diplomat's forte
58. Mixture or medley
59. Make someone angry
60. #17 Across, pl.
61. Synonym to #9 Across
62. Dutch cheese
63. Thespian's part
66. *What Rickey Henderson did best?
68. *World Series ticketholder

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

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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.

Solutions on Page 4

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By Marlys Johnsen Norris,
Christian Author

“TRUTH” actual TRUTH (not opinions of man) always originates from the heart of God. For most of us, truth most often brings conviction that needs correction in an area of our life that needs change. Possibly it is an area of sin that a person enjoys and does not want to change, which makes accepting our wrong behavior very hard to accept. It is offensive especially if it is mentioned by friend or family member.

GOD’S TRUTH is registered and written in the Holy Bible in many different ways, so we can understand its concepts and

God is The Author of All Truth

follow them. Hence receive the blessings of God. The words of God are full of instruction to help us eliminate areas in our lives that ultimately will destroy our lives in one form or another. Conviction comes as a “still small voice within (Holy Spirit)” speaks to our conscience about areas our life.

Confession: I have been a Christian for 49 years (as of July 24th) and this happened to me recently! I FINALLY BECAME AWARE OF SOMETHING I HAVE DONE FOR YEARS YET I HAVE ALWAYS BEEN A VERY SENTIMENTAL AND GIVING PERSON. I grew up with very little materially and then, in my 40’s I inherited some money. Escaping my problems, I began to shop till I dropped and collected a lot of “gifts” for someone. However, now I have the two closets full of boxes of gifts! “Conviction” is helping me to curb those ideas and stop going shopping. I finally

realize what I have done! I sat down and talked to God about it. Prayer opened some new ideas of how to bless others I do not know with those gifts which I intend to follow this year. God forgave me and I am grateful.

Conviction is not bad – if we listen and heed it, God has a way of transforming our sin and misdeeds into a blessing in our lives. The words of the Bible are Holy, Pure and Just and serve as a protection to enrich and increase our happiness and blessing,

Just like a loving parent, God desires His “T R U T H” TO BE THE THE “KEY” OF LOVE THAT OPENS THE DOORS OF OUR LIVES THAT NEED SOME HOUSE CLEANING!! It will happen at just the perfect time, then enjoy!

In His Magnificent Love
Marlys Johnsen Norris
Christian Author of 6 Books
& American River Messenger since 2006
Marlysjn@gmail.com

★



By Pastor Ray Dare

As you read the headlines and listen to the news reports there are a lot of things to be afraid of. We don’t like to admit our fears, but we all have our private phobias and inner insecurities. We may try to fake it, pretend they don’t exist, medicate them, but the fact is we all have them. And if you don’t deal with them, eventually they lead to other emotional problems. How do you break free from worry? The Bible tells us in Phil. Chapter 4.

Pray about everything. How do you overcome the habit of worrying? You replace it. Instead of worrying the Bible tells us to pray. “Don’t be anxious about anything..... but in everything by prayer...” If it’s worth worrying about it’s worth praying about. You say, “But I don’t have time to

Pastor Ray's Encouraging Words

3 Keys to Stop Worrying

pray!” Do you have time to worry? Then you have time to pray. Turn your cares into prayers because if it’s worth worrying about, it’s worth praying about.

Thank God in all things. “...with thanksgiving...” The Bible does NOT say be thankful FOR everything. It says, “In every circumstance give thanks.” Not for every circumstance. What’s the difference? Even out of bad God can bring good. In every circumstance, no matter how bad it is, I can give thanks to God because (a) I know He has a purpose bigger than the problem (b) He will give me the power to overcome the problem, and (c) I will grow through the experience if I allow it to help me grow.

Think about right things. “Finally, whatever is true and noble and right and pure and lovely and admirable, think about such things and the God of peace will be with you.” None of us use our brain to the potential God has given us. Whatever you put in your brain is what’s going to come out. It’s like a computer. Garbage in, garbage out. So, if you want

to change your life, you need to change what you’re thinking about. What’s the result? The result is peace, God’s peace. How do you get the kind of peace that helps you to trust in the tough times? You don’t worry about anything, you pray about everything, you give thanks in all things, you think about right things and the peace of God will be yours as you trust in Jesus.

Would you pray this prayer in your heart? “Dear Lord, help me not to worry about anything but to discuss them with You rather than worry. Help me to thank You in every situation, realizing that there’s always something to be grateful for. Help me to think about the right things, to spend some time with You, reading the Bible to fill my mind with positive things, not the negative garbage that’s out in the world. I ask for Your peace in my heart, in Jesus name, Amen”.

Pastor Ray
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Sacramento County DA Reports



Defendant Sentenced for Apartment Complex Shooting

DATE: September 29, 2017

CASE: Bryant Fields (Case #16FE007858)

PROSECUTOR: Deputy District Attorney Kristen Andersen, Targeting Armed Recidivist Gang Enforcement Team (TARGET)

The Honorable Michael Bowman sentenced Bryant Fields to 51 years in prison. On August 2, 2017, a jury convicted Fields of attempted murder, two counts of assault with a semi-automatic firearm, two counts of shooting into an occupied vehicle and felon in possession of a gun. The jury also found true multiple allegations that Fields personally used a gun and that he intentionally discharged a firearm.

On April 18, 2016, Sacramento police officers responded to a shot spotter notification at an apartment complex, where they found 10 spent shell casings. Video of the shooting and witness interviews revealed that Bryant Fields got into a short verbal altercation with the victim. When the victim got into his car to leave, Fields followed him out of the complex on foot and shot at the victim's car 10 times. One round hit another vehicle as it passed by the scene. On April 23, 2016, officers located Fields at a residence along with items that connected him to the crime, including the gun used in the shooting. The Court found that Fields had suffered a prior strike conviction for felony assault with a firearm on November 19, 2009.

Three Gang Members Convicted of Attempted Murder

DATE: September 29, 2017

CASE: Joseph Castaneda,

Manuel Labrasca & Ray Ramirez

PROSECUTOR: Deputy District Attorney Satnam Rattu, Gang & Hate Crimes Unit

Joseph Castaneda, Manuel Labrasca, and Ray Ramirez were convicted of two counts of attempted murder and enhancements for causing great bodily injury and participating in a criminal street gang.

On March 17, 2016, Castaneda, Labrasca and Ramirez were in the parking lot of an apartment complex in the Lemon Hill area. All three are validated Norteno gang members. The two victims were in a car that entered the parking lot. When the passenger got out of that car he was immediately attacked. The driver attempted to intervene in the assault and was also attacked. Both victims suffered extensive stab wounds but they were able to get into their car and driver was able to drive to a local hospital.

Castaneda and Labrasca face a potential prison sentence of up to 30 years. Ramirez has a prior strike conviction for robbery and participating in

a criminal street gang and faces a minimum sentence of 50 years to life. Sentencing is set for November 3, 2017 10:00 a.m. in Department 22 before the Honorable Russell Hom.

Defendant Convicted of Child Sexual Assault

DATE: October 3, 2017

CASE: Jose Contreras (Case #16FE011439)

PROSECUTOR: Deputy District Attorney TeriAnn Grimes, Special Assault & Child Abuse Unit
Jose Contreras was convicted by a jury of two counts of committing a sex act with a child under 10 years of age and two count of committing a lewd act upon a child.

On June 8, 2016, the victim's parents left their 6-year-old daughter in the care of Contreras, who is a family member. When the victim's parents returned home, they found Contreras naked from the waist down in their daughter's room. The victim was crying and had thrown up and urinated on herself. The victim's father immediately called 911 to report the crime. The victim later told the police how Contreras sexually assaulted her.

Contreras faces a maximum sentence of 50 years to life in prison. Sentencing is set for November 17, 2017 at 1:30 p.m. in Department 29 before the Honorable Timothy Frawley.

Defendant Convicted for Murder of 13-Month-Old Girl

DATE: October 6, 2017

CASE: Guyland Washington (Case #14F04826)

PROSECUTOR: Deputy District Attorney Dawn Bladet, Homicide Unit

Guyland Washington was convicted by a jury for the second-degree murder of 13-month-old Leila Shehadeh, and child assault causing death.

On the morning of July 11, 2014, Guyland Washington's then girlfriend left her 13-month-old daughter, Leila Shehadeh, in Washington's care. When the girlfriend returned that afternoon, she discovered her daughter was not breathing and unresponsive. Paramedics brought Leila to the UC Davis Medical Center, where she was pronounced dead shortly after her arrival. When doctors observed bruising and multiple injuries to Leila's head, body and anal areas, they reported suspected child abuse to law enforcement. An autopsy showed Leila suffered a skull fracture with associated brain swelling, rib fractures and significant bruising on various parts of her body. Her cause of death was determined to be intentionally inflicted blunt force injuries.

Washington faces a maximum sentence of 25 years to life in prison. Sentencing is set for December 8, 2017, at 9:00 a.m. in Department 12 before the Honorable Maryanne Gilliard. ★

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with Mary Jane Popp

Here's to Brilliance

How would you like to turn burnout into brilliance? A simple thing like stress can really knock you out of the running. But it doesn't mean you're down for good. **Denise Green** is a speaker, writer, and executive coach and she is committed to helping people go from burnout to brilliance in just a few steps. So can four steps bring you up to the best you can be? We talked about it on POPPOFF when she gave me the insider information from her book **"Work-Life to Brilliance."** In her book she gives us tools to break stress and create the life and health you crave. So let's explore the four achievable steps to reach that brilliance.

We can begin by **Taming Your Thoughts.** Getting hooked on emotionally charged narratives of anger, resentment, guilt or fear can

have devastating consequences for your physical and mental wellbeing, affecting your emotional and physiological circuitry in powerful ways. Upgrade your thoughts by noticing when you think the original painful thought. Catch yourself thinking and replace the painful thought with an upgraded belief that brings relief and prompts better actions. Repeat the new belief over and over until it becomes an embedded belief. Next, **Exude Authentic Confidence.** Truly confident people exude both warmth and strength. Aligning your outward appearance and actions with who and how you want to be in the world can improve your self-perception, as well as other's perceptions of you. You can make changes to improve your confidence almost instantly: get a great haircut, improve how you dress, make eye contact, smile, stand and sit with good posture and keep your chin level with the floor. Then **Nurture Brilliant Relationships.** Toxic encounters switch on your sympathetic nervous system, putting your brain in a threat state where you're less able to access your "intelligent" brain,

the prefrontal cortex. To live a brilliant life, you must attract and nourish relationships that make you happy, healthy and more effective in your life. You need people who make you laugh, who pick you up on a bad day and who remind you of your brilliance. Finally, **Manage Your Relationships with Technology.** Most of us don't use technology as much as we let it use us. Technology has created a "constantly on" environment where we actually have less free time. It takes incredible willpower to resist our screens, but our addiction to our technology and our mobile devices allow us less space to just be. It also zaps our productivity.

According to Denise Green, you need to remember this about brilliance: It's not a destination you reach and then set up camp. It's more like a journey with unpredictable twists and turns. It's easy to fall off the path, but with attention and shifting, you can find your way back again. She goes into a lot of detail in **Work-Life Brilliance.** You can also check out her website at www.BrillianceInc.com. It's all about reigniting one's internal spark. So light up and shine! ★

Jerry Brown Signs Transsexual Takeover Bill

SAVECALIFORNIA.COM
Special Release

SACRAMENTO, CA (MPG) - Veteran California pro-family leader Randy Thomasson, president of SaveCalifornia.com, has issued the following statement responding to Governor Jerry Brown signing, without comment, SB 219, which will force all California long-term care facilities to submit to the tyrannical transsexual agenda, without limit:

"Existing law prohibits care homes from discriminating on the basis of actual or perceived sexual orientation, or actual or perceived gender identity (HSC 1569.269(b)). Yet this dangerous new law will unnecessarily and excessively penalize certain types of private speech at care facilities, and will impose criminal liability for saying 'wrong' words, including injurious fines and up to a year in jail.

"By imposing severe penalties within a confusing new 'sex change' policy, SB 219 will insensitively condemn care home employees who are non-English speakers and who may misunderstand requests of a resident in gender change transition. Creating harsh criminal penalties is not a sensible solution to delicate communication problems that may arise at care facilities. It's sad that the ruling Democrats ignored the commonsense objections of the California Association of Health Facilities.

"Who could have imagined a law sending Californians to jail for saying 'he' or 'she' in a way the State doesn't like? But it's here. Under SB 219, if a California long-term care home employee refers to a transitioning transgender woman as 'he,' or a transitioning transgender man as 'she,' they can incur a criminal fine and be incarcerated for up to a year, while the care home itself can suffer heavy fines and license revocation by the Department of Public Health, and also incur a fine of up to \$150,000 under the state Fair Employment and Housing Act. This merciless squashing of free speech cries out to be ruled unconstitutional."

Understand what SB 219 does:
SB 219 will require all

“Who could have imagined a law sending Californians to jail for saying ‘he’ or ‘she’ in a way the State doesn’t like? But it’s here.”
RANDY THOMASSON
SAVECALIFORNIA.COM
PRESIDENT

long-term care facilities -- senior homes, convalescent homes, skilled nursing facilities, developmentally disabled, pediatric day health, respite care, etc. -- to fully support transsexuality and cross-dressing, including all types of "sex" unless sexual relations are forbidden for all residents. The bill lacks a religious exemption for residents, employees, managers, or owners.

When SB 219 becomes law on January 1, 2018, it will be unlawful and criminal for any private care facility to:

1. Not call a transsexual's desire pronoun "he" or "she" or the transsexual's new "male" or "female" name.
2. Move or evict a transsexual resident for acting out their transsexual behavior, even if other residents are disturbed by it.
3. Respect the wishes of a person in a shared room not to have a transsexual roommate.
4. Maintain order by keeping biological males and biological females from sharing rooms and beds.
5. Refuse to help dress men in women's clothes or women in men's clothes, since the new law mandates a "right to wear or be dressed in clothing, accessories, or cosmetics that are permitted for any other resident."
6. Protect privacy in men's and women's restrooms and bathing areas, despite the bill's

mandate for unisex bathrooms, "regardless of whether the resident is making a gender transition or appears to be gender-nonconforming."

7. Restrict homosexual or transsexual "sex" with other residents or visitors on the premises, unless there is a uniform ban on sexual relations for all residents.

8. Fail to introduce all employees to a new government-endorsed curriculum called, "Building Respect for LGBT Older Adults."

9. Despite all the above, private care centers could not "deny or restrict medical or nonmedical care that is appropriate to a resident's organs and bodily needs." (So, with a cross-dressing biological male, the private care facility would be forced to treat him as a "woman," but then as the man he is in regard to his "organs and bodily needs"?)

SB 219 will force California care facility employees, often Hispanic or Filipina women, to abandon all morals, reason, and logic by being legally forced to dress up a biological man, if he demands it, in bra, panties, and women's clothes; being forced to put on him women's earrings and necklaces and panty hose and women's shoes; and being forced to apply make-up, eyeliner, and lipstick.

As LifeSiteNews explains, "if an elderly woman living at a nursing home in California is upset that she has been assigned a severely gender-confused man (say, a man with penis intact and artificially-induced breasts who dresses like a woman) as a roommate, her request to be reassigned another roommate could be termed 'discriminatory.'"

SaveCalifornia.com is a leading West Coast nonprofit, nonpartisan organization standing strong for moral virtues for the common good. We represent children and families in the areas of marriage and family, parental rights, the sanctity of human life, religious freedom, financial freedom, and back-to-basics education. ★

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Reimagining Education

Students Chart Their Own Course at New UnSchool

Continued from page 1

and evolving every day here. And we have accountability to stay within the realm of that excellence."

Grades are based on the students' current goals after high school. If they are working under college-based learning requirements, they follow an A-G grading system. Otherwise, says Cooper, they follow a mastery grading plan, which records subject competency without a formal grade. Whichever system students are graded on, they do need to show their work.

"They are accountable," says Cooper. "We have a policy here that goes 'If it isn't on paper, it didn't happen.'"

Over the course of the next few years, if all goes as planned, UnSchool could grow to include as many as 250 students in grades seven through 12. For now, keeping the class-sizes small is making it easier to navigate the new territory, work out bugs and make changes where needed, which students and staff will handle collaboratively.

"It's small, but we did that on purpose," says Cooper. "Kids are coming in from every corner of the district and we want to make sure we start out with the ability to stay focused on them and not be immediately overwhelmed by trying to grow too, big too fast."

The UnSchool has already challenged itself as a contender for recognition. Although it did not win, making it to the final rounds in The ReinventEd contest at Sacramento State College, vying for a \$5,000 prize, showed the school's determination to take itself seriously.

"We are doing exactly what the goal of the competition was, which is to reimagine education," says Cooper. "We were super excited to compete." The school, he added, also is pushing for its accreditation with the Western Association of Schools and Colleges (WASC), one of



Gabriel Cooper, the former principal at Will Rogers Middle School in Fair Oaks now identifies himself as "Chief Educational Deviant Principal."

six official academic bodies responsible for the accreditation of public and private schools in the country.

For many parents, this concept of independent study brings up all kinds of fears. Will my son or daughter learn anything? How do you know they are doing the work? What will their grades be like and can get what they need to go on to a good collage?

All normal questions, says Cooper, who adds that, so far, the feedback from parents has been positive. But he admits, for some, the process of putting their children in a prototype for a new way of learning doesn't come without a lot of potential for anxiety.

"This is super messy, and super scary," says Cooper. "We are talking about breaking up 200 years of educational design. So, it is really scary for them too. They are also used to following society's ways, norms and cultural expectations. But many of them have been wanting something different for so long and they are telling us that kids report they are no longer being bullied, they feel safer and they seem more engaged."

UnSchool currently shares space with La Entrada Continuation High School for 16-18 year-olds, as well as the El Serena Independent High School, also a performance-based campus.

In addition to individualized projects, students can also incorporate community-based experiences, as well as internships and online courses into their program of learning. If a student wants to write a novel, a book of poetry or a play as a project, he or she can attend readings and performances, study writers across history from the pastoral poets of England on down to the works of Hemingway, Faulkner or Steinbeck, whatever works, provided they bring in core subject study components.

Essentially, the UnSchool aims to give students the freedom to break down barriers to learning and conventional teaching models through a self-directed but carefully thought-out process. It's not an experiment. It's a challenge. And the framework for its future is unfolding.

"We are blowing up the old system," says Cooper, who has been brewing a passion for this project for years. "I was always looking for ways to deviate from the system as principal in the district. It's my dream to give kids a way to hack an education, not be seated in class where they are judged on their grade so much, driven by class numbers and formalized testing. This is where they can be excellent. And they get to have a huge say in what that looks like." ★

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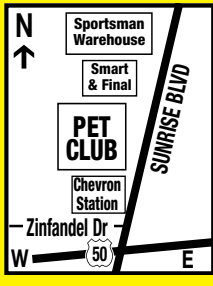
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Effective 10/18/17 - 10/24/17

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