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AMERICAN RIVER Messenger

“Written by the people, for the people”

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December 16, 2016

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An Old-Fashioned Fair Oaks Christmas

By Shelly Lembke

FAIR OAKS, CA (MPG) - Fair Oaks Village heralded the holidays Saturday, December 3 with an old-fashioned Christmas celebration. The 33rd Annual Fair Oaks Christmas in the Village family-friendly event was organized by the Fair Oaks Chamber of Commerce and the Fair Oaks Recreation & Parks District and featured a wide variety of activities and displays for the entire community to enjoy.

In previous years, Fair Oaks found ways to decorate the Village area but current restrictions forced the participating agencies to rethink their prior methods and come up with a new and grander approach. So, they reached out to citizens, businesses and other entities to help realize their vision.

Working together in the spirit of the season the Village streets bustled with hot chocolate and cider, a gingerbread house display, cookie and wreath and Yule log decorating. Wonderful freebies for children included a craft booth, a Winnie the Pooh play (admission, one canned food donation for charity) and pictures and visits

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Miss Fair Oaks, Ashley Gaston Jr. Honorary Mayor, Josh Gumacal, (top photo); Bob's Cycle Center's beautiful parade float, (at right); Fair Oaks Chamber Honorary Mayor, Rachel Griffith, (at left); lighting of the new 30 ft tree with Fair Oaks Chamber and Fair Oaks Recreation and Parks District, (far left).



Vote Today for the Best of Fair Oaks

FAIR OAKS, CA (MPG) - The deadline is fast approaching for people to vote for the Best of Fair Oaks.

You can vote for your favorite local businesses in many categories and help them to be recognized for their hard work, customer service, their quality of care, taste of their foods, workmanship and more. This is your chance to tell others how much you appreciate the local businesses you patronize with your vote.

Businesses must be located in Fair Oaks to win the contest. All votes must be cast through the web site at BestoffFairOaks.com. You can vote for one business in each category or you can cast your vote for only one business. When casting your vote you must complete all the information or your vote will not be counted.

This year's event will be held on Thursday, January 19th from 5:30 to 7:30 pm at North Ridge Country Club, 7600 Madison Avenue in Fair Oaks. To purchase tickets to the event contact the Fair Oaks Chamber of Commerce at 916-967-2903. The event is open to the public provided a ticket is purchased. You do not need to be a Chamber member to attend. If you are a local business owner and want to see how much fun the chamber events are before you join, plan to attend this event!

All votes must be cast by 3:00 pm on December 31st. ★



ECOS Presents Environmental Awards



Chris Lewis of the California Native Plant Society and Marty Maskall of Fair Oaks EcoHousing

SACRAMENTO, CA (MPG) - The Environmental Council of Sacramento (ECOS) presented the 43rd Annual Environmentalist of the Year awards on November 16th at a festive event at the Sierra 2 Center.

Carmichael resident Chris Lewis and Fair Oaks resident Marty Maskall were both named Environmentalists of the Year.

The Mather Alliance was named Coalition of the Year for their outstanding work to protect the Mather Vernal Pools, and Sacramento County Supervisor Don Nottoli was named Public Servant of the Year for advocating for the conservation of the Mather Vernal Pools. Sacramento's Mayor-Elect Darrell Steinberg presented the award to Don Nottoli and shared his environmental vision for Sacramento.

Chris Lewis was named for 30 years of work with the California Native Plant Society, Sacramento Valley Chapter and Elderberry Farms, a native plant nursery. A retired civil

servant, Chris has been a tree-hugger and reluctant gardener most of her life. In the 1980s, she started volunteering with the California Native Plant Society (CNPS). Chris is still active with CNPS, and is now also the Director of the Elderberry Farms Native Plant Nursery, located at Soil Born Farms at the American River Ranch. Chris says: "It's the hundreds of volunteers who make the nursery such a success. I'm pleased to see the interest in adding native plants to back yards and front yards, with the result of attracting native insects and song birds." For more information, visit www.sacvalleycnps.org.

Marty was named for her efforts to establish Fair Oaks EcoHousing, soon to be built on New York Avenue near Fair Oaks Boulevard. The cohousing community will have 30 privately-owned townhomes clustered around shared open space and common facilities. A large central clubhouse is the heart of the neighborhood for a variety of activities,

including shared meals several times a week. Cars are kept to the edge of the site, thus making the neighborhood pedestrian-friendly and safe for children. Marty says: "I'm looking forward to living in a friendly and sustainable neighborhood close to Fair Oaks Village. We plan to break ground in early 2017, with move-in scheduled for Spring 2018." Fair Oaks EcoHousing is welcoming prospective residents at free site tours. For more information, visit www.FairOaksEcoHousing.org.

The ECOS mission is to achieve regional and community sustainability and a healthy environment for existing and future residents. By working with member organizations, local government, and community groups, ECOS energizes and brings positive change to the Sacramento region as we strive to develop thriving communities. For more information, visit www.ecosacramento.net.

Source: ECOS ★



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“A Christmas Journey” Benefit

SACRAMENTO REGION, CA (MPG) - The holiday season is a special time of year - the sights, the sounds, the gatherings with friends, the opportunity to reach out and help others who are less fortunate. On December 18 at 4 p.m., 3235 Pope Avenue, you are invited to help others while enjoying an afternoon of holiday music from around the world with Bel Tempo, a community handbell choir sponsored by Northminster Presbyterian Church.

This year’s concert, “A Christmas Journey,” is a benefit for St. John’s Program for Real Change, previously known as St. John’s Shelter for Women and Children. The Program provides more than shelter and food. It provides the ability to rise above devastating, negative elements and achieve job-readiness and self-sustainability.

The concert has become a holiday tradition for music lovers of all ages. In addition to handbell music, Bel Tempo will be joined by a soloist on English horn; and a variety of percussion instruments will also be

This year’s concert, “A Christmas Journey,” is a benefit for St. John’s Program for Real Change, previously known as St. John’s Shelter for Women and Children.

highlighted. Audience members will also have a chance to ring-along with hand chimes and join in a Christmas carol sing-along.

There is no fee for the concert. Instead, a freewill offering will be taken to benefit St. John’s Program for Real Change.

For more information, call (916) 487-5192 or go to northminsteronline.org. ★

Schola Cantorum: From Heaven on High

Music for the Christmas season - Celebrating Schola's 25th Anniversary

SACRAMENTO REGION, CA (MPG) - Sacred Heart’s Schola Cantorum and Conductor Donald Kendrick will present a Christmas Concert in Sacred Heart Church, 39th at J Street in Sacramento, on Saturday, December 17th at 8 PM and on Sunday, December 18th at 2 PM.

Schola’s 25th anniversary Christmas program entitled From Heaven On High will feature new and traditional carols from many centuries, beginning with chant in darkness. The choir will also sing new arrangements of carols by American composers that will feature Beverly Wesner-Hoehn, Harp, Cindy Behmer, Oboe, and Ryan Enright, Organ. The performance includes works by Culloton, Wilberg, Paulus, Warland, Willcocks, Stopford and Rutter. Schola has five Christmas CD’s and additional CDs featuring music for the liturgical year. The CDs will be available at the concert.

Schola Cantorum has appeared in concert throughout the West Coast and in England, Spain, Italy, Canada and Austria. In 2007 Schola performed in the Vatican for the Pope and they returned to Italy in 2013 to sing in St. Peter’s in Rome. Schola will celebrate its 25th anniversary with an international tour

to Berlin, Leipzig, Dresden and Prague in June 2017.

Saturday, December 17, 2016 at 8 PM
Sunday, December 18, 2016 at 2 PM

SACRED HEART CHURCH
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Suggested Donation
\$15 General
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Some Tickets available

at the door
Tickets: Schola's voice mail: (850) 545-4298 (or at the door) ★

Celebrate the Holidays with Santa Dinger

SACRAMENTO REGION, CA (MPG) - You better watch out and you better not cry – Santa Dinger is coming to town! He’ll be spreading holiday cheer next Saturday, December 17 at the On Deck Shop at Raley Field.

Sacramento’s jolliest mascot will be dressed for the holiday season from noon to 2 p.m. on the 17th in the On Deck Shop just next to the main gates at Raley Field. Kids and families will have the chance to have their picture taken with Santa Dinger, as well as participate in various holiday arts and crafts.

While you’re at the ballpark, don’t miss the chance to do some last-minute shopping! Be sure to take a look at the On Deck Shop’s all new River Cats and Giants winter items, membership in Dinger’s Kids Club, and many more great items.

Parking at Raley Field will be free for the event – all you need to bring is your holiday spirit! ★

Kool & The Gang To Perform At Thunder Valley Casino Resort On New Year’s Eve

SACRAMENTO REGION, CA (MPG) - Thunder Valley Casino Resort is proud to announce that tickets will go on sale for their New Year’s Eve headliner Kool & the Gang tomorrow, September 9 for Thunder Rewards members and Saturday, September 10 for the general public.

Kool & The Gang will be performing two shows in Thunder Valley’s Pano Hall on New Year’s Eve – one at 7:30 p.m. and the other at 10:30 p.m. Kool & The Gang will perform their legendary hits like Too Hot, Get Down On It, their newest hit single Sexy, and to top it off, Celebration. Good times are here to kick off 2017!

“New Year’s Eve is going to be a huge celebration this year at Thunder Valley,” said Dawn Clayton, General Manager of Thunder Valley Casino Resort. “While our New Year’s Eve headliner Kool & The Gang will be a significant draw, Thunder Valley will also offer diverse entertainment options and promotions throughout the casino, so there is sure to be an option for all Thunder Valley guests.”

Tickets for this event go on sale exclusively for Thunder Rewards members at the Thunder Valley Box Office

inside the casino at 10AM on Friday, September 9; tickets go on sale to the public at 10AM on Saturday, September 10.

For more information on upcoming New Year’s Eve celebration, visit www.thunder-valleyresort.com

The resort features 14

restaurants and bars and is home to a luxury, 17-story hotel with a large banquet and entertainment hall capable of hosting events for up to 850 guests. An expansive outdoor pool offers private cabanas with hi-def TVs, dressers and changing area. Coconut Bar features

poolside food and beverage service.

For more information on upcoming promotions, entertainment and ticket sales, or to make a reservation at Thunder Valley’s AAA Four Diamond resort, visit www.thundervalleyresort.com. ★

CDPH Offers Food Safety Tips for the Holidays

SACRAMENTO REGION, CA (MPG) - With the holiday season approaching, the California Department of Public Health (CDPH) reminds consumers to use safe food preparation and storage measures to prevent foodborne illness. Bacteria that can be found in foods such as meat and poultry may cause illness if they are insufficiently cooked, inadequately cooled or improperly handled.

“We can help ensure that foodborne illnesses don’t ruin our holidays by properly preparing and handling meat, poultry and other foods,” said CDPH Director and State Public Health Officer Dr. Karen Smith.

About 48 million illnesses,

128,000 hospitalizations and 3,000 deaths in the U.S. each year are related to foodborne diseases, according to the Centers for Disease Control and Prevention (CDC).

Foodborne diseases can be prevented by: washing hands with soap and warm water before and after food preparation, and especially after handling raw foods; cleaning all work surfaces, utensils and dishes with hot soapy water and rinsing them with hot water after each use; cooking food thoroughly and refrigerating adequately between meals.

Symptoms of foodborne disease can include diarrhea, which may be bloody, vomiting, abdominal cramps and

fever. Most infected people recover from foodborne illnesses within a week. Some, however, may develop complications that require hospitalization. Young children, the elderly, pregnant women and people with weakened immune systems are at highest risk for potentially life-threatening complications.

Additional information about food safety is available on the U.S. Department of Agriculture Meat and Poultry hotline at 1-888-MPHotline (1-888-674-6854). Consumers can also access the national Partnership for Food Safety Education’s Fight BAC! Website www.cdph.ca.gov

Source: CDPH ★



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.

Holiday Gifts Helping Good Causes
Need some ideas for holiday gifts? Here are a few suggestions that may help and assist a good cause at the same time.

The Sacramento Sheriff K-9 Association has an online store featuring a number of specialty items. Proceeds benefit this non-profit organization that supports our four-legged canine deputies. For more information, please visit ssdk9.com.

FAIR OAKS COMMUNITY UPDATE

Show your support for the American River Parkway by purchasing a yearlong unlimited Parks Passport. This convenient annual parking/day use pass is a great gift for joggers, bicyclists as well as outdoor recreationists who frequent the Parkway. Parks Passes are sold at The American River Parkway Foundation Office in the William B. Pond Recreation Area or online via arpf.org.

And check out the Discovery Shop at the Effie Yeaw Nature Center offering a variety of gifts perfect for nature lovers. Among the items are field and study guides focusing on local nature and history that cannot be found anywhere else. For more information, visit sacnaturecenter.net.

Holiday Travel Tips

Traveling via the airlines or picking up family and friends arriving at Sacramento International Airport for the holidays?

Remember you can avoid circling around the terminals to pick up passengers by using the Free Waiting

Area – also known as the Cell Phone Lot. Located near the Interstate 5 entrance/exit, this lot has convenient access to both terminals. And once your intended arrival is ready all they have to do is call you on your cell phone and you can proceed to pick them up at curb side.

And if you want to check on your departing flight status or get current information about flights arriving at Sacramento International, that information is available online at sacramento.aero.

County Office Closure

Most Sacramento County offices will be closed Monday, December 26, the day after Christmas.

Garbage service, as well as all emergency services will continue that day.

All offices will return to their normal business hours on Tuesday, December 27.

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

Report: Finding Shows Restrictions on Freedom of Speech at California Public Universities

Assemblyman Kiley Responds

SACRAMENTO REGION, CA (MPG) - Assemblyman Kevin Kiley (R-Roseville) has encouraged California’s public universities to adopt policies that guarantee protection for First Amendment rights following the publication of the 2017 Speech Code Report by the Foundation for Individual Rights in Education (FIRE). The report gave “red” ratings to several California universities, including CSU Sacramento, UC Merced, and UC Riverside, for speech codes that restrict freedom of speech, legal equality, and sanctity of conscience.

“California’s universities are a world-class asset,” Kiley said. “If they are to fulfill their full potential as centers of innovation and academic excellence,

we must encourage a diversity of ideas and ensure differing viewpoints are protected.”

Although the number of red-rated schools has dropped across the United States, the new report raised concerns about the proliferation of “bias reporting systems,” under which students are encouraged to report both on faculty members and classmates for speech that could be subjectively interpreted as offensive or biased. The result, the report concludes, is “an impermissible chilling effect on free speech.”

“We should be vigilant in ensuring that even well-intentioned policies do not inadvertently serve to limit free speech,” Kiley said. “I am looking forward to working

with university leaders, student groups, faculty, and other stakeholders to promote diversity of thought, free expression, and an open exchange of ideas on our state’s college campuses.”

Kiley also applauded UC President Janet Napolitano, who has called for “more speech” on college campuses. In October, Napolitano raised concerns that freedom of speech at universities has given way to freedom from speech.

FIRE’s 2017 Speech Code Report can be viewed at www.thefire.org.

Assemblyman Kevin Kiley represents the 6th Assembly District, which includes the Sacramento, Fair Oaks, Folsom, Orangevale. ★

An Old-Fashioned Fair Oaks Christmas

Continued from page 1

with Santa. The fun didn’t stop there. A 30-foot central Christmas tree was brought to the park and decorated for the occasion. Around that tree, which will remain decorated for the season, local groups participated in the Festival of Trees Competition by adorning their own individual trees, customized for the holiday event.

Live entertainment, carolers and a genuine hometown parade led to the celebration’s highlight of lighting all the trees in the park. The fun-filled day concluded with a public viewing of perennial favorite cartoon Frosty’s Winter



Parade spectators in Fair Oaks Village.

Wonderland.

Fair Oaks businesses from around the Village and other areas were open during the celebration. Food trucks and other vendors came to offer some convenient treats and

Christmas shopping. A special GoFundMe account was created for sponsors and donors to help offset the cost of the updated festivity’s décor, eco-friendly giant tree and other expenses. ★



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Best of Fair Oaks 2016
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BestofFairOaks.com
You're Invited!

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 19, 2017 • 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, 2016 at 3:00 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

American River Messenger is a member of Messenger Publishing Group

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Be sure to place in the subject field "Attention to Publisher." If you do not have email access, please call us at (916) 773-1111.

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Crossword Puzzle on Page 5

N	O	V	E	L		S	A	C			C	H	A	P
O	P	I	N	E		H	U	H			A	R	O	S
S	T	A	T	S		A	G	E			B	E	L	I
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				R	O	E			S	T	U	D		
S	K	A		N	E	A	T		T	E	R	E	S	A
L	O	S	T		U	N	I	X		S	A	D	H	U
O	A	T	H		P	E	R	M	S		S	W	A	G
P	L	E	A	T		W	R	A	P		P	I	K	E
E	A	R	W	I	G		U	S	E	R		N	O	R
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F	L	A	N	N	E	L		S	L	O	P	E	S	
L	E	V	E	E		I	M	P		P	O	R	C	H
I	V	I	E	D		B	A	A		E	D	G	A	R
T	O	D	D			I	N	N		N	E	S	T	S

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Sudoku Puzzle on Page 5

1	7	9	6	8	3	4	2	5
4	3	5	2	1	9	8	7	6
2	6	8	4	5	7	1	9	3
7	5	6	9	2	1	3	4	8
3	9	1	8	7	4	6	5	2
8	4	2	5	3	6	9	1	7
5	2	3	1	4	8	7	6	9
6	1	7	3	9	2	5	8	4
9	8	4	7	6	5	2	3	1

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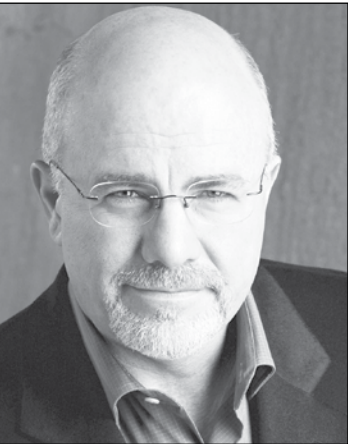
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Dave Says

Do both for Christmas

Dear Dave,
We have three preschool grandchildren, and they get tons of stuff for Christmas every year. We're in really good shape financially and would like to do something for their future this year instead of giving a toy that might get thrown in the corner. Do you have any suggestions?
- Valerie

Dear Valerie,
I'd do both. You don't want to be those grandparents who only hand envelopes at Christmas to 4-year-olds. No, they need things to play with. They're kids and they should be allowed to act like kids and be happy at Christmas. The good news is you can do both without spending an arm and a leg.
In addition to a few special toys, perhaps you could work with their parents to launch Educational Savings Accounts (ESAs) for them. This would get their college funds started, and it's what we do. We use mutual

funds in their ESAs, where each child is allowed to have up to \$2,000 contributed in their name per year.

The beauty of the ESA with the mutual fund inside is that it's growing completely tax-free. You have to name a custodian of the account until the child turns 18, and that could be you guys or their parents. Just make sure that together you don't over fund the ESAs and cause yourselves tax problems.

Merry Christmas, Valerie!
—Dave

Snakes bite!

Dear Dave,
My wife and I are building a home, and we found a great entertainment center we both love. It costs \$6,000, and the dealer said he would give us 10 percent off if we take out a store credit card. We have the cash to buy the piece, but we were wondering if it would be a good idea to get the card and use it for the entertainment center and Christmas gifts, then pay it off immediately.
- Tyler

Dear Tyler,
I hate to burst your bubble, but I'm pretty skeptical about this idea. I know it sounds good on the surface, but the problem is the

vast majority of people don't have the discipline to follow through on a plan like this. Another issue is a lot of places like this hit you with a fee when you pay off the card, the thing runs over, then you get another fee, and so on.

I'd just call the manager out of his office and let him know that unless he discounts the entertainment center \$600 I'm going to his competitor. No, there's no way I'd take out a stupid credit card at this place whether I had the cash on hand or not.

Tyler, you need to learn right now it's a bad idea to play with debt products, okay? Everyone thinks they're the exception to the rule or they're somehow winning or getting rich by doing stuff like this, but it doesn't work. They're trying to hook you, man!
—Dave

Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover, Entrepreneurship and Smart Money Smart Kids. The Dave Ramsey Show is heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com. ★



Make It Fun and It Will Get Done!

The Secret to Being Organized

Pam Young's Corner

2 Things to Do to Get "ME" Time During the Holidays

The holiday season is notorious for inciting panic in women and if they don't know how to deal with that shoulder-burdening aspect of this time of year, they're destined to miss what the holidays are really all about...PEACE, JOY, HARMONY.

I was recently asked to appear on a local television talk show in Portland, Oregon, to talk about the free day I have in my weekly plan. To bring up this topic, this time of year when most women who work outside their homes can barely find a free hour let alone a free day each week seemed absurd!

Today it seems we women are more concerned about recharging our cell phones than about recharging ourselves. If you don't take time for yourself, you'll end up being an old lady who looks in the mirror one day and says, "Who in the hell are you?" You won't know what you love and you'll regret not giving yourself time to just be you, without an agenda, without a "To Do" list.

So when I got on the show and was asked, "How can you have a free day every week?" the young host who is a wife and mother, works full time in television and radio and takes care of 80% of the work involved in running a happy household, my answer was, "You can't."

She howled! And when she composed herself, we talked about all the extra things we do for our families to make this time of year festive and fun and how we can eek out some free time even though it's the busiest time of the year.

A few days before I went on the show, I had my semi-annual dental check-up, so I asked the hygienist if she has a free day. She looked at me as though I'd ask her if she has five breasts! Then she said, "I had this discussion with my husband a couple of months ago. I told him I either needed to cut back my hours at work (which would mean less money for us) or he needed to pitch in and help. He's a longshoreman and gets paid for full-time but often works half-time. He didn't like either choice, but he said he'd try and help more. I gave him a month to see if he actually would help more. When he didn't, I cut back to only three days a week instead of five and it has really helped me! Now I get a break from work in the middle of the week so I can clean and keep up the laundry and I can enjoy my weekends with the family instead of catching up all that gets behind.

She went on to say she has one of those deals you strap to yourself that counts your steps and she averages 20,000 steps a day. I told her she should strap it to her husband to see how many steps he clocks. Her eyes got huge and she said, "I wanted to do just that, but he wouldn't let me! He knows he'd probably clock about 2,000 steps!"

When my dentist came in I asked him if he feels the pressure of the holiday season. Instantly he said, "Oh yeah! My patients want to use up all their dental insurance before the end of the year, and college students come home and want to get dental work done while they're home. Then I said,

"No I mean the pressure from all the holiday activities like writing Christmas cards, shopping, decorating, food preparation, gift wrapping and mailing packages in time and entertaining?" He thought for a minute and responded, "Oh, right, well yeah. I have to get up in the attic and get all the boxes down for my wife. Oh and I put the tree in the stand and put the angel on the top."

Well now, isn't that so special? There are two things you need to do if you want free time during the holidays.

1) Learn to delegate and give up control of having things exactly the way you want them. 2) Be willing to eliminate activities that aren't fun. For example, I quite writing and sending Christmas cards at least 20 years ago. Instead, every card I receive goes on a "calling" list. Since I love to talk on the phone I take time to sit and call each one. I don't shop. I give cash with humor and flair with my Stick it Right on the Money Gift-giving kit and using ideas I have in ELM Everybody Loves Money which gives fun ways to give cash which are available on my website.

That's it! Delegate and eliminate.

For more from Pam Young go to www.cluborganized.com. You'll find many musings, videos of Pam in the kitchen preparing delicious meals, videos on how to get organized, ways to lose weight and get your finances in order, all from a reformed SLOB's point of view. ★



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CLUES

ACROSS
1. "e.g. "A Winter's Tale" by Mark Helprin
6. Bag in Paris
9. "Cold-weather lip trouble
13. Speak one's mind
14. "What?"
15. What phoenix did
16. Used a lot in sports
17. ____ of Aquarius
18. Misrepresent
19. *Troika ride
21. *Has two eyes made of coal
23. Beluga yield
24. Found in a wall
25. Reggae precursor
28. Whiskey without water
30. Mother of Calcutta
35. What little kittens did with their mittens
37. Computer operating system
39. Ascetic holy Hindu
40. Hippocrates' promise
41. Chemically induced waves, pl.
43. Good obtained illegally
44. Garment fold
46. Sandwich alternative
47. Northern freshwater fish
48. No, they don't really crawl in one's ear
50. Substance abuser
52. Neither
53. Type of tide
55. Jamie ____ Curtis
57. *Popular cold weather fabric
61. *Desired winter destination, pl.
64. Don McLean: "Drove my chevy to the ____"
65. *Elf on the Shelf, e.g.
67. *Remove its furniture in winter?
69. Like a Harvard building?
70. Call to Bo-peep
71. Painter Degas

DOWN
1. Us, in Mexico
2. Prefers
3. Tiny bottle
4. "C'mon in!"
5. Wound
6. Persian king
7. Precedes Sep.
8. Maiden's "hope" storage
9. Captain's team
10. Islet in a river
11. Half-way around the world
12. Part of a hammer
15. Residences
20. "Faster!" to a horse
22. *Roast a chest ____ over an open fire
24. Cavalryman's foot holder
25. #61 Across, sing.
26. Bear Down Under
27. In the Asteraceae family
29. Again
31. Wood file
32. Buzz Aldrin's first name

33. Plumed military headdress
34. *Ice Angler's drill
36. *Warm winter day occurrence
38. *Winter Holiday, for short
42. Abacadabra, e.g.
45. Preserved in a can
49. "Fancy that!"
51. Go back into business
54. Cover story
56. Horace's poem
57. Dart
58. Prefix in levorotary
59. Like a zealous fan
60. Pauper's permanent state
61. Bridge
62. Units of work
63. Cut and run
66. *Gingerbread creation
68. 60 mins., pl.

CROSSWORD

1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
16						17				18				
	19					20			21	22				
				23				24						
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35			36		37		38			39				
40					41			42		43				
44				45		46				47				
48					49		50			51		52		
					53		54			55		56		
57	58	59	60					61			62	63		
64						65	66			67			68	
69						70				71				
72						73				74				



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Crossword Puzzle Solutions on Page 4

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				8		4	2	
			2				7	6
				5		1		
7	6			1				8
3			8		4			2
8			5			9		7
		3		4				
6	1				2			
	8	4		6				

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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Some Things Are Just Personal

Dr. James L. Snyder

I will grant I have a few eccentricities. But, far less than the Gracious Mistress of the Parsonage has avowed through the years. Listening to her, a person might come to believe my eccentricities are without limit. It is simply not the case.

I firmly believe one man’s eccentricity is another man’s way of doing something. After all, everybody has a way of doing everything they do. If that is eccentric, we all have a lot of ‘plaining to do.

If the tables were turned, I could make an equally infinite list of eccentricities associated with my wife. Since she set the table, who am I to turn it? I keep this as a secret stash to revel in occasionally when I am feeling a little poorly about myself. The secret will go no further.

An example might best illustrate my point. My wife thinks I am a little eccentric when it comes to pens. But, not so. I am just particular when it comes to using a writing instrument. After all, I am a writer and writers are experts when it comes to writing instruments. I could not play a musical instrument, but let me have a writing instrument and I can play all day long.

When it comes to writing instruments, I have my preferences. When I say that, I must confess, I have never seen a pen I did not want to own. The pen, any pen for that matter, has something of an alluring draw for me. I sometimes go into an office-supply store just to worship before the array of pens they have. Rarely do I walk away without taking one pen to the checkout counter and rescue it from obscurity.

I possess pens of every shape, color and purpose. As far as I am concerned, every pen has

a particular purpose. I always carry on my person a variety of pens with a diversity of ink colors because you never know what you are going to write doing the day. It would be beneath my dignity to use a pen for a purpose other than its intended task.

Often a certain resident of our household, which shall remain nameless, has made fun of what she calls “Your silly eccentricity.” This person is always looking at me when such remarks are made. I am not smart, but I get her nib.

If I wanted to make a point with her, I could say she is rather eccentric when it comes to her tools. To walk into her workshop is to be confronted with tools of every size, shape and purpose. I have watched her work and she never uses a hammer when she needs a screwdriver.

I once confronted her with this and she replied, “Oh, don’t be so silly. It’s not the same.”

Another thing some may consider eccentric is the fact I do not use other people’s pen. I jolly well do not like others using my pen. It is just the rule I go by.

When I am at a restaurant and it comes time to sign the credit card receipt, the waitress always supplies one of her pens, but I never use it. I always select from the assortment of pens I have on my person at the time.

After all, I do not know who used that pen last. Also, I would not want to promote jealousy among the pens I do have. This is a rather strict rule I have followed for as long as I can remember. I do not use your pen, you do not use my pen and the world is a wonderful place to live in.

This past week I faced a crisis in this regard. I was standing in line at the post office minding my own business, thinking of the package I had to mail. If

you have ever been in the post office line you know how long it can be and the longer it is, the less people they have to serve at the counter.

If there are two or three people in line there are six people standing behind the counter ready to assist you. If there are over 12 people in line, the number behind the counter reduces to two. It is just the way the government works.

As I say, I was minding my own business when a woman came up and ask a simple question. I am used to people asking me questions, but this one put me in a bind.

“Could I borrow one of your pens?”

I lacked not in pens, for I had six in my shirt pocket. It was the principle of the thing that got me. I had six pens, she needed to borrow one and everybody in the post office was looking at me, or so it seemed. My whole world stopped.

With some hesitation, I pulled a pen from my shirt pocket, put a smile on my face I did not really mean, and handed her my pen. It used to be my favorite pen, too.

Even the Bible says that everything has a purpose and every purpose has a season.

“To every thing there is a season, and a time to every purpose under the heaven:” (Ecclesiastes 3:1).

The greatest challenge in life is to discover your purpose, and no matter how anybody else thinks about it, you stick to it and do it for the glory of God.

Dr. James L. Snyder is pastor of the Family of God Fellowship Ocala, FL where he lives with the Gracious Mistress of the Parsonage. Call him at 1-866-552-2543 or e-mail jamesnsnyder2@att.net. His web site is www.jamesnsnyderministries.com.



By Pastor Ray Dare

The walk of faith is a walk that includes struggle and difficulty. I wish I could tell you that it didn’t, but it includes adversities that we all have to face. God will use what you go through to bring you out stronger and greater, with a greater commitment toward Him. He’s using that to build your character. I’m not saying God sends the storm, but God will take what life sends and He’ll turn it around and get some good out of it.

You see, the storms of life are impartial. Rain falls on everyone. So don’t blame God, whine, cry and say, “Why me, God?” and get bitter. It’s time to get stronger spiritually. It’s time to stay in church. It’s time you know to be more devoted

Pastor Ray's Encouraging Words

Your Struggle Will Produce Strength

to God, to turn your attention toward God.

Many times the struggle is what gives us strength. That’s the way God has ordained it. God doesn’t cause the problem, but He’ll use it. In your struggle, in your difficulty, don’t run away from God. Use the adversity as a stepping stone to get closer to God.

In Psalms 4:1, David said, “Hear me when I call, O God of my righteousness, you have enlarged me when I was in distress.” I want to call your attention to that phrase: “*you have enlarged me when I was in distress.*” In your difficult times, in the storms of life, when things aren’t going good - you need to understand that God can enlarge your faith. He can enlarge your confidence, your strength, your commitment to Him.

Today you may be in a terrible situation. You’re sitting in terrible problems. If you keep your faith in God, keep your

eyes on Him, you could be right around the corner from your greatest victory. Turn your struggles into strength. Use the adversities that you face in life as stepping stones to get you closer to God, to strengthen your faith and grow spiritually.

Just because we go through struggles in life, it doesn’t mean God is not still there. He is. He’s right beside you. He will see you through every situation. So I just want to encourage you today to put your trust in God. Don’t focus on the situation, focus on your Savior. Don’t look at the circumstances, look to Christ. In your hour of distress, don’t give up. Don’t turn away from God but run to God. He’s going to strengthen you through the struggle and you’re going to come through that storm stronger on the other side.

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The Widowed Persons Association of California encourages men and women to come to Sunday Support each Sunday from 3:00pm - 5:00pm. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service. Participants do not need to be members and there is no charge.

Sunday Support - Any and all widows or widowers are invited.
Every Sunday from 3:00pm - 5:00pm

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By Marlys Johnsen Norris, Christian Author

Black is now white and white is now black, falsehoods or lies are called truth and truth is a lie. Many of us realize who is author of all this constant confusion. We don’t go for it but many in our world do and their value system is contrary to the Bible. Living by these shaky systems is on its way to destroy lives and our country as well. Our basic freedoms are being eroded and taken from us one by one. It

The World Is Spinning Out Of Control

is time to stand-up and be counted! God’s wrath and judgment will fall on those who break His laws and covenants.

Little by little new concepts are being accepted by our society and put into law. They appeal to a minority who promote their ideas. Example: Abortion which is in direct conflict with God’s laws. God loves every one of those little babies that were conceived out of an act of the flesh but nevertheless God knew about both of the people and the conception. He knew about their personal need “to be loved” themselves even though they were misguided trying to use sex to find it.

God created one man and one woman to begin a family and that is the only way it can happen. Certainly not two men or two women! Same sex people do understand each other and can be the “best of friends”, but marriage

is blasphemy against the God of Creation.

In spite of everything that is happening God loves every one born into this world. They just have not realized His awesome loving presence in their lives, nor do they know the awesome plan He has for their lives created before the foundation of the world. Because He is a God of second chances, He extends His loving hand in their direction and asks to grasp it and come to Him through His Beloved Son, Jesus Christ. Jesus gave up his own life to purchase a brand new one for each of us. Write me if I can help you know and receive Him to know and love Him with your whole heart.

Marlys Johnsen Norris
Christan Author of 6 books
Marlysjn@gmail.com



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Natural Stress Relievers

What if you could safely and effectively treat yourself and your family at home for colds, flu, ear infections, even food poisoning without having to rush to urgent care ever again? **Dr. Kathleen Fry**, a traditionally trained medical doctor, now a Homeopathic Doctor, says you can. Author of **“Vitality”** How to get it and keep it, and her upcoming book **“There’s A Remedy for That”** revealed all on POPPOFF. With the holidays upon us, we talked about stress on with tips to deal with it in a natural way.

- 1) DEEP BREATHING.** The fastest and simplest stress reliever is our own breath. Taking a few minutes to breathe slowly and deeply helps to lower cortisol levels and reduce agitation.
- 2) GET EXTRA SLEEP.** Try getting into bed an hour earlier (without any electronic devices) to read something soothing or inspirational before sleep. If you have trouble falling or staying asleep because your brain just won’t “turn off”,

POPPOFF!

with **Mary Jane Popp**

try the homeopathic remedy **COFFEA CRUDA**. You can take one pellet of the 30c potency at bedtime and repeat it again if you awaken in the night. It’s not habit forming and won’t make you feel groggy in the morning. Homeopathic remedies are made in a special way in licensed homeopathic pharmacies by serially diluting and shaking a concentrated “mother tincture” of any natural substance. A remedy of 30c potency has been serially diluted in 100 drops of water 30 times.

- 3) LIMIT CAFFEINE AND ALCOHOL.** Caffeine is a nervous system stimulant and can worsen the symptoms of stress. Alcohol can disrupt your sleeping patterns not to mention wreak havoc on your gut.
- 4) SPEND TIME WALKING IN NATURE.** Even 15 minutes walking around the neighborhood can make a difference.
- 5) LIMIT TIME UNDER ARTIFICIAL LIGHT.** Try to get some time in natural light each day, especially in winter. Taking extra Vitamin D helps as well.
- 6) COMMON REMEDIES FOR STRESS. NUX VOMICA.** 30c is for people working too much who suffer heartburn and irritability. (Also a great remedy for hangover). Take 1 pellet 1-2 times a day or as frequently as every 1-2 hours

- when battling a hangover.
- 7) ARGENTUM NITRICUM** 30c is a great remedy for people who get hot and sweaty just thinking about getting on an airplane.
- 8) GELSEMIUM SEMPERVIRENS** 30c is a great remedy for people who get nervous before events like visiting the in-laws who voted differently than they did. Also a big help for stage fright or fear of speaking.
- 9) RESCUE REMEDY** is one of the Bach Flower remedies that can be very helpful for relieving generalized, acute anxiety.
- 10) COUNTING YOUR BLESSINGS.** Dr. Fry told me that whenever she is stressed, she stops and looks around at all the wonderful things in our beautiful world that brings her joy like her grandson Isaiah’s sweet smile, the snow covered mountains, and the fresh air she is privileged to breathe. A positive mental attitude is the best antidote no matter what the stressors are in your life. Though things may look gloomy at times, there is always something or someone in your life that has blessed you on some level.

Here’s your prescription. Relax and enjoy the beauty of this special holiday season and try not to sweat the small stuff. **MERRY CHRISTMAS...HAPPY NEW YEAR...GOD BLESS!** ★

Fun with Purpose Pays Off for Local Girl Scouts

SACRAMENTO REGION, CA (MPG) - Girl Scouts may be 104 years old, but the organization continues to deliver relevant, modern experiences that build leaders right here in our community.

This year was an incredible year for local Girl Scouts. Not only did 48 young women earn the highest award in Girl Scouting (the Gold Award), but one local girl earned the prestigious national Girl Scout Medal of Honor for saving a friend’s life using skills she learned while pursuing her first aid badge.

“I learned the Heimlich maneuver as a Brownie in third grade,” recalls 6th grader Abby Egawa, adding, “I did not think I would ever be faced with an emergency like this, but I do remember thinking to myself that the Heimlich maneuver was important and that I should pay attention.” Abby and her grateful friend Rosie Helft were interviewed on local television stations to talk about the harrowing experience and Abby’s quick thinking.

Just last month, two young leaders from Sacramento were recognized as “National Young Women of Distinction.” Each year, Girl Scouts of the USA (GSUSA) confers special honors on just ten young women who personify the organization’s goal of building girls of courage, confidence and character through their Gold Award projects. They are considered the organization’s best and brightest young leaders, and the fact that two of them are from Northern California is an unprecedented honor.

Ayana Watkins, a senior and student body president at Christian Brothers High School, planned and executed a symposium for 200 underserved Sacramento youth entitled “Education Matters in Black Lives,” to address the issue of the academic Achievement Gap and the need for educational support to ensure the success of African American youth.

Her symposium included a collegiate panel of students of



Ayana Watkins is a senior and student body president at Christian Brothers High School. Photo courtesy Girl Scouts of Central California

color and a YouTube channel that carried her message on a digital platform. Ayana believes that education is an antidote to poverty and social injustice. Through the successful implementation of her Girl Scout Gold Award project, Ayana has made a difference in her community and changed the world through education. “I learned that my voice matters and that I can make a difference in society,” she said. “I was able to create something that could address an issue, benefit others and make a positive change.”

Leyna Reynolds set her sights on making California roadways safer for new drivers. Noting the high number of accidents involving inexperienced drivers, Leyna developed a program by which new drivers could post “Student Driver” decals to let other drivers know there is a newbie behind the wheel. Leyna created the decals and distributed them through a teen driver advocacy group (Impact Teen Driver) and at local driving schools and insurance companies. She even developed a partnership with Mothers Against Drunk Driving!

She worked with California Assemblymember Kansan Chu, who introduced Assembly Bill 2322 to make these decals available to all permit holders while they practice their skills. She has been able to testify before the California Legislature in support of the bill. “The Gold

Award experience helped me to grow myself as a person,” says Reynolds, who plans to major in international relations after graduating from C.K. McClatchy High School next June. “I learned that, with enough perseverance and hard work, anyone can change the world.” Even though it didn’t pass this year, the author of the bill plans to reintroduce it next year.



Leyna Reynolds developed a program by which new drivers could post “Student Driver” decals to let other drivers know there is a newbie behind the wheel. Photo courtesy Girl Scouts of Central California

Ayana and Leyna were honored at a national celebration in Philadelphia and received national recognition as well as college scholarships. They will now have the opportunity to serve as representatives of Girl Scouts across the nation, inspiring girls to find their passions and work to change the world, just like they did.

Starting as young as 5 years old, girls have “fun with purpose,” gaining valuable life skills, sharing new experiences while having fun and building friendships! In addition to leadership, the organization offers great camps, STEAM opportunities and financial literacy programs.

There is always room for more girls in local troops, year-round. To learn more about Girl Scouting, to join a troop or to volunteer, visit Girl Scouts Heart of Central California at girlscout-shcc.org or 800.322.GIRL.

Source: Girl Scouts of Central California ★

American Legion Post 383 Says “Thanks”



American Legion Post 383 display their “Thank You” banner proudly. Photo by AP Contreras

By **Mark L. Rice, Commander**

FAIR OAKS, CA (MPG) - Fair Oaks American Legion Post 383 has been learning the value of community involvement. Knowing that the American Legion is a valuable part of their community, they recently made arrangements to show their gratitude to their local First Responders. It started with a suggestion by Post Adjutant Bill Heilmann that the post seek some way to show a sign of appreciation for those heroes that put it all on the line for the safety and wellbeing of

their community. At first, they sought to take up a post collection for Coffee gift cards, but the various department regulations prevent officers and firefighters from receiving any form of gratuity. After a long round table discussion, it was decided to put up a couple of banners at a busy intersection simply saying thanks. The idea was taken to a post meeting and the membership voted to support the signs. Post officer Dominick Damore researched locations where at the end of the current election, we could get permission to use a space where election signs

were removed. Meanwhile, post member Pete DePalma designed and printed the two banners to display. A site was found, permission granted, and on Nov. 9th, the day after the election, up went the banners. The Executive Committee knows that not only is the post demonstrating its support for these heroes, but Fair Oaks is also made aware that the American Legion is an important and involved part of the local community.

Mark L. Rice, Commander American Legion Post 383 Fair Oaks, California ★

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Blue Lives Matter



Commentary
by Senator Ted Gaines

A handful of California families will find it hard to celebrate the holidays this year because they lost their fathers and brothers to senseless violence.

On October 19, Sheriff’s Deputy Jack Hopkins of Modoc County responded to a disturbance call and was shot and killed in the line of duty. He was only 31. On October 6, Los Angeles County Sheriff’s Sgt. Steve Owen was shot dead responding to a burglary. The two deaths are a somber reminder that for our peace officers, their lives are on the line every time they are on patrol.

Each of these losses, hundreds of miles apart in our vast state, was a tragedy. But the same month, something far more sinister played out here, showing that America and our law enforcement have entered a new, more dangerous and shameful era that threatens the foundation of the lawful and civil society we enjoy.

Two Palm Springs police officers, Lesley Zerebny, 27, and Jose “Gil” Vega, 63, were murdered in a planned attack committed by John Hernandez Felix. These deaths did not occur during the commission of another crime, they were the crime. Felix set a trap for the officers and ambushed them, shooting them down in cold blood. It was not a one-off event.

In late November, a San Antonio policeman was ambush murdered as well. And, devastatingly, this summer’s hateful and violent anti-police protests culminated in the sickening

assassination of five innocent police officers in Dallas. I only wish that the list was complete, but it’s not.

Driven by the media’s hysterical coverage of any shooting death that fits their political narrative of minority oppression at the hands of police, we’re trending into and upside down world where the protectors are viewed as predators. That’s wrong. It’s the open, politically inspired murder of police that is the real “hate crime” epidemic.

In this overheated environment, it’s little surprise that year-over-year law enforcement firearm-related deaths are up 67-percent in 2016.

This growing hostility towards the police is terrible for the men and women who serve to keep us safe, and it’s changing the way they police, with distressing effect.

The “Ferguson Effect” describes a retreat from effective, proactive policing that has been one driver of a multi-decade crime decline that is in danger of reversing. It’s a term rooted in the Ferguson Police shooting of strong-arm robber Michael Brown, where the infamous and false “hands up, don’t shoot!” became the big lie slogan of rioters, activists, and a complicit, left-wing media and political cabal.

Police around the country, fearful of becoming a media story, or tired of the jeering, snarling mobs that now surround and confront them in the course of their duties, have predictably began interacting more cautiously and less frequently with the public, to dire effect.

In Chicago, for example, police stops were down 90-percent in the first part of 2016, compared to 2015. Shootings in that city have skyrocketed. Heather MacDonald, a scholar at the American Enterprise Institute, blames the crime spike in Chicago (and other cities – it’s not a Chicago-specific phenomenon) on the abandonment of “broken windows” policing that sees police actively intervening in small, low-level public enforcement crimes. This retreat leads to disorder and emboldens criminals to commit more serious crimes. It’s a troubling shift

in nationwide policing.

To make it worse, California is undertaking an unprecedented de-incarceration effort that is putting tens of thousands of criminals back out on the streets before their sentences are complete and making it more difficult to put offenders behind bars.

“Realignment,” 2014’s Proposition 47, and this year’s Proposition 57, all send a strong message to California criminals that the state is not interested in punishing them for their crimes.

It seems simple to understand that if you introduce more criminals into society, the result will be more crime. True to form, California violent crime jumped 11-percent in the first six months of 2015, compared to 2014. Expect crime to spike even higher.

This is the worst possible time for the police to step back because they fear attacks, shaming or other fallout from simply doing their jobs to preserve law and order and keep us safe. The environment that has inflamed and emboldened sick criminals to murder public safety officers must change. It’s a dangerous job where officers make life-and-death decision in a fraction of a second, and they deserve wide latitude from the public and our deepest thanks.

Are there abuses of police power and individual officers who use bad judgment? Of course. And it’s incumbent on us to hold those bad actors accountable. But it’s foolish to attribute sins of the individuals to the whole profession.

FBI Director James Comey said in October that the “narrative that policing is biased and unfair...threatens the future of policing.” Director Comey should not have stopped there. A media-fueled degradation of respect for law enforcement threatens much more than the future of policing, it threatens the safe, civil society that we take too much for granted.

Honor our police.

Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties. ★

Sacramento County DA Reports



Defendant Convicted for Series of Rancho Cordova Sexual Assaults Repeat DUI Offender Sentenced for Gross Vehicular Manslaughter Woman Convicted for Murder of 84-Year-Old Man

DATE: November 15, 2016
CASE: Jordan Hudson (Case #14F01257)
PROSECUTOR: Deputy District Attorney Tate Davis, Adult Sexual Assault Prosecution Unit

Jordan Hudson was convicted by a jury of assault to commit forcible rape, two counts of assault to commit forcible oral copulation, and committing a lewd and lascivious act on a 15-year-old child with the defendant being at least 10 years older than the victim.

On February 3, 2014, a woman was walking in Rancho Cordova when Hudson attacked and tried to rape her and force her to perform oral copulation on him. The victim fought back and Hudson fled the scene. On February 20, 2014, Hudson attacked an 18-year-old girl as she walked home from her high school. Hudson again tried to force the victim to perform oral copulation on him. This victim also fought back and Hudson fled the scene. Later that day, Hudson grabbed a 15-year-old girl’s buttock while she was walking home. The victim pushed him away, but Hudson continued to follow her into her apartment complex. Hudson left the scene when the victim’s sister yelled at him to leave.

Hudson was previously convicted of battery for a similar incident that occurred in 2011. He faces a maximum sentence of 21 years in prison. Sentencing is set for December 13, 2016, at 9:00 a.m. in Department 26 before the Honorable Laurel White.

the highway shoulder. At that moment, David Condell and his wife were in their cars on the shoulder. Mr. Condell had just filled his wife’s car with gas. While Mr. Condell waited for a break in the traffic before driving back on the highway, Short slammed into the rear of Mr. Condell’s car, killing him. Mr. Condell’s car then crashed into his wife’s car, injuring her. After the collision, Short drove back on the highway and crashed into another car, causing the other car to rollover. There were no injuries from that crash. Short’s BAC was .35 percent.

Short has a prior 2010 DUI with a BAC of .36 percent. He also has a prior 2003 DUI from San Diego County.

This case was prosecuted by the Alcohol and Drug Impaired Driver Vertical Prosecution Program. Funding for the program comes from a grant by the California Office of Traffic Safety (OTS), through the National Highway Traffic Safety Administration.

DATE: November 17, 2016
CASE: Tiana Smith-Anderson (Case #13F05990)
PROSECUTOR: Deputy District Attorney Satnam Rattu, Gangs & Hate Crimes Unit

Tiana Smith-Anderson was convicted by a jury for the second-degree murder of Singh B. Singh. The jury also found true that Smith-Anderson used a deadly weapon in the course of the murder. At sentencing, the Court will determine the truth of an additional allegation that Smith-Anderson suffered a prior conviction and prison commitment.

Mr. Singh and Smith-Anderson were acquaintances. On September 8, 2013, Smith-Anderson was alone with 84-year-old Mr. Singh at his Oak Park home. Later that night, Mr. Singh’s daughter returned home and went to bed. When she woke up the next morning, she went to check on her father and found him on the bedroom floor covered with a blanket and a large pool of blood. Responding officers found Mr. Singh dead on scene. Singh’s autopsy revealed he had been stabbed 26 times.

Tiana Smith-Anderson faces a maximum sentence of 17 years to life in prison. Sentencing is set for January 6, 2017, at 9:00 a.m. in Department 15 before the Honorable Kevin McCormick. ★



Report from Sacramento Metro Fire District

Two Commercial Fires in Less Than 30 Minutes



This fire had started in the fascia above Northridge Music and spread to the area above the other businesses. Two occupancies sustained interior water damage, as firefighters were able to hold the fire to the area above the units.

SACRAMENTO COUNTY, CA (MPG) - Just before 10:00 on December 11, Metro Firefighters were dispatched to a structure fire in a strip mall at 7861 Greenback Lane in Citrus Heights. Crews arrived to find smoke coming from the roof and quickly initiated fire attack. The fire had started in the fascia above Northridge Music and spread to the area above the other businesses. Two occupancies sustained interior water damage, as firefighters were able to hold the fire to the area above the units. Damage is estimated at \$50,000 and the cause

was determined to be electrical in nature. No injuries were reported.

Just a few minutes later, crews responded to an apartment complex at 5401 Garfield Avenue for report of black smoke from an apartment. Crews arrived to find fire in a downstairs unit and quickly extinguished it, saving the adjoining apartments from fire damage. The fire, which had started in the kitchen and spread to the living room and bedroom, caused major damage to the apartment. The unit directly above the fire unit sustained structural damage; residents of

both units were displaced by the fire. Damage is estimated at \$50,000, and the cause was determined to be unattended cooking.

Cooking remains the number one cause of home fires, causing more injuries than any other type of fire. Knowing what to do can make all the difference. Never leave unattended food cooking on the stove, even for a short time. If you encounter a small grease fire, leave the pan where it is, turn off the heat, and put a lid on it. If you can’t get a lid on the pan, use a fire extinguisher or call 911. ★

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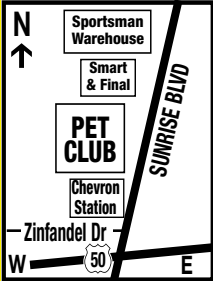
Eskaton FountainWood Lodge
Assisted Living and Memory Care
Orangevale
916-900-1201
License # 347003574



Look for Advertised Sale Items Everyweek at
www.petclubstores.com

PET CLUB
FOOD AND SUPPLIES

EVERYDAY LOW PRICES
Super Discount Prices* Hot Specials & Coupons
*Short term promotions from vendors
(No Access or Slip Fees)



2344 Sunrise Blvd.
Rancho Cordova, CA
916-635-5008

Mon-Fri 9-8,
SAT 9-7, SUN 10-7
Effective 12/14/16 - 12/20/16



COUPON
\$2.00 OFF ANY 28 LBS OR MORE PREMIUM DRY DOG FOOD PLU #336
\$1.00 OFF ANY 14 LBS OR MORE PREMIUM DRY CAT FOOD PLU #337
Nutro, Science Diet, Eukanuba, Avoderm, IAMS, Nature's Recipe, Natural Balance, Wellness, Pro Plan. Limit 1 Bag.
(Cannot be used in conjunction with similar dollar off, percentage off coupons, or advertised sale items)
Limit: 1 Coupon Per Family ARM
Effective 12/14/16 - 12/20/16

COUPON
SPARKLE PAPER TOWELS
39¢ Regular Roll
With any Purchase of any Pet, Fish Food or Supply Limit 1 Pkg. PLU 326
Limit 1 Coupon per Family
Effective 12/14/16 - 12/20/16 ARM

AVODERM
NATURAL DRY DOG FOOD
24-26 Lb Bag Limit 2 Bags Per Family

- Lamb Meal & Rice **\$31.99**
- Chicken Meal & Rice **\$32.99**
- Lite **\$32.99**
- Original **\$33.99**
- Large Breed Adult **\$33.99**

Effective 12/14/16 - 12/20/16

DIAMOND NATURALS
DRY DOG FOOD
40 Lb Bag

- Chicken •Lamb •Beef
- Senior 35 Lb •Light 30Lb **\$29.99**
- Large Breed **\$31.99**
- Large Breed Lamb **\$36.99**
- Ex-Athlete **\$36.99**

Effective 12/14/16 - 12/20/16

EARTHBORN
HOLISTIC DRY DOG FOOD
Natural Grain-Free 28 Lb Bag

- Primitive Feast •Great Plains Feast
- Meadow Feast •Coastal Catch

Limit 2 Bags Per Family (Reg Price \$43.99)
Effective 12/14/16 - 12/20/16 **\$39.99**

PEDIGREE
DRY DOG FOOD
Adult.
(Larger Breed Adult 36 Lb Bag. \$19.99)

46 Lb Bag Limit 1 Bag Per Family **\$21.99**

Effective 12/14/16 - 12/20/16

9 LIVES
CANNED CAT FOOD
5.5 Oz All Varieties

Limit 1 Case Per Family **35¢**

Effective 12/14/16 - 12/20/16

FANCY FEAST
GOURMET CANNED CAT FOOD
3 Oz All Varieties Except Elegant Medley

Limit 2 Cases Per Family **20¢/\$11.00**

Effective 12/14/16 - 12/20/16

PURINA
CAT CHOW
DRY CAT FOOD
•Regular •Indoor 16 Lb Bag

Limit 2 Bags Per Family **\$11.99**

Effective 12/14/16 - 12/20/16

SCOOPAWAY
CLUMPING CAT LITTER
20 lb Box
•Multi-Cat •Unscented
(Fresh Step Scoop, 20 Lb Box - \$7.49)

Limit 2 Boxes Per Family **\$5.49**

Effective 12/14/16 - 12/20/16

PURINA PRO-PLAN
CANNED FOOD SALE

Limit 2 Cases • Dog Food 12.5 Oz **99¢** • Cat Food 3 Oz **63¢**

WORLD'S BEST
CAT LITTER

14 Lbs Limit 2 Bags **\$11.99** Original **\$12.99** Extra Strength

All Varieties **PEDIGREE**
CANNED DOG FOOD

- Choice Cuts in Gravy •Chunky Ground Dinner
- Chopped Ground Dinner 13 Oz Limit 2 Cases (12ct) **69¢**

WELLNESS
CANNED DOG FOOD

Natural 12.5 Oz Can, Limit 2 Cases Full Case (Reg.Price - Reg. \$2.39 Stew \$2.49 Core \$2.49) **15% OFF**
OUR REGULAR LOW PRICES

18 Lb Bag Limit 2 Bags Per Family **PRECIOUS CAT**
CLUMPING CAT LITTER **\$5.99**

WELLNESS SIGNATURE SELECTS
& CORE CANNED CAT FOOD

Grain Free Selected Varieties Limit 1 Case Per Family (Reg Price Signature \$1.79 Core \$1.69) **15% OFF**
FULL CASE REGULAR LOW PRICES

WILDERNESS
DRY CAT FOOD

- Chicken •Salmon •Duck •Indoor
- Weight Control 100% Grain Free
- 11-12 Lb Bag Limit 2 Bags **\$5.00** (in store coupon)
OUR REGULAR LOW PRICES!

10 lb Bag Limit 2 Bags Per Family **JONNY CAT**
PREMIUM CAT LITTER **\$1.69**

•Original Choice 16 Lb Bag Limit 2 Bags Per Family **MEOW MIX**
DRY CAT FOOD **\$10.99**

SOLID GOLD
DRY DOG FOOD

- Hund n Flocken •Bark at the Moon (24lb) •Wolf King
- Bison (24lb) •Millenia 28.5 Lb Bag Limit 2 Bags **\$6.00** (in store coupon)
OUR REGULAR LOW PRICES

CAT'S PRIDE
FRESH & LIGHT PREMIUM CLUMPING CAT LITTER

15 Lb Jug Limit 2 Jugs **\$5.99** **SUPER BUY**

•Adult •Mature Adult 30 Lb Bag (Lrg Breed Adult \$39.99) Limit 2 Bags **SCIENCE DIET**
IDEAL BALANCE DRY DOG FOOD **\$35.99**

HAMILTON PET LEASHES

- Collars •Harnesses All Varieties
- Leads •Nylon
- Leashes •Leather

20% OFF OUR SUPER LOW PRICES

BARKWORTHIES
ALL NATURAL DOG CHEWS

- Bully Sticks •Antlers
- Treats All Varieties **20% OFF**
OUR SUPER LOW PRICES

OUR PETS/ COSMIC CATNIP
PRODUCTS

- Toys & Treats All Varieties **20% OFF**
OUR SUPER LOW PRICES

STAR MARK
PRODUCTS

- Treat Ball •Clickers •Treats
- Bento Ball •DuraFoam
- Disc & Ball •Chewball •Mints **20% OFF**
OUR SUPER LOW PRICES

SPOT & J & W
Dog & Cat Toys

- Soft Toys All Varieties **20% OFF**
OUR SUPER LOW PRICES

PENN-PLAX CASCADE POWER FILTER SALE

MODEL	TANK SIZE	PET CLUB SALE
CASCADE 100	20 Gal.	\$13.99
CASCADE 150	35 Gal.	\$17.99
CASCADE 200	50 Gal.	\$20.99
CASCADE 300	100 Gal.	\$27.99

Revolutionary Bio-Falls Quad Filtration System

TETRA BOXED 10 GALLON TANK
With Economy Kit

Just add Heater For Tropical Fish **\$36.99** Limit 1 Per Family

KORDON WATER CONDITIONERS

- Amquel 16 Oz. **\$5.99**
- Amquel Plus 16 Oz. **\$5.99**
- Novaquia Plus 16 Oz. **\$5.99**

INSTANT OCEAN SEA SALT
50 Gal. Salt Mix **\$14.99**

BONUS COUPON
FANCY FEAST
ELEGANT MEDLEY CANNED CAT FOOD

Selected Varieties - 3 Oz Limit 6 Cans with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 12/14/16 - 12/20/16 **59¢** ARM PLU 568

BONUS COUPON
PURINA
WHISKER LICKINS CAT TREATS

- Soft & Delicious - 2.5 Oz
- Crunchy & Yummy - 1.7 Oz
- Limit 2 Pouches with Coupon Limit One Coupon Per Family Price Valid Only With Coupon. Effective 12/14/16 - 12/20/16 **69¢** ARM PLU 446

BONUS COUPON
ARM & HAMMER
CAT LITTER DEODORIZER

20 Oz Box Limit 2 Boxes with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 12/14/16 - 12/20/16 **\$1.49** ARM PLU 422