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AMERICAN RIVER Messenger

“Written by the people, for the people”

Volume 10 • Issue 23 Serving Fair Oaks, Orangevale & Sacramento County December 4, 2015

**HOW DO YOU DEFINE
UNCONDITIONAL LOVE?**



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**FAIR OAKS
COMMUNITY
UPDATE**



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with Mary Jane Popp



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*Women’s Empowerment’s Annual Holiday Stocking Drive to
Bring Smiles to Formerly Homeless Women and Children*



Women’s Empowerment graduate Abigail and her children receive holiday stockings from the community last year. Photo courtesy Women’s Empowerment

SACRAMENTO REGION, CA (MPG) - Local residents can bring smiles to formerly homeless women and children this holiday season by contributing to Women’s Empowerment’s annual Holiday Stocking Drive. The group is seeking 250 stockings and specific fillers for local infants and toddlers, children, teens, and adult women. For the list of items needed, visit www.womens-empowerment.org. Those interested also can donate \$30 to have a volunteer elf fill a stocking or donate Target gift cards. Items are needed by Dec. 8th and can be dropped off at 1590 North A Street, Sacramento. For more information contact Kate Towson at

kate@womens-empowerment.org or (916) 669-2307.

“There’s nothing like seeing the joy of children and women once homeless now receiving their very own holiday stockings filled with fun and necessary items to keep them warm and healthy this winter,” said Lisa Culp, executive director, Women’s Empowerment. “Coming together as a community to bring joy to these families is a fantastic way to show them they are an important part of our community.”

Recently featured on NBC’s TODAY Show, Women’s Empowerment offers the most comprehensive job-readiness program

in the Sacramento area designed specifically for women who are homeless and their children. The 2014 Organization of the Year has graduated 1,271 homeless women and their 2,700 children. Last year, 89 percent of graduates found homes and 88 percent found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes, and support services to help homeless women across diverse ages, races and cultures. Women’s Empowerment is funded solely through private donations from the community. To donate, visit www.womens-empowerment.org.

Source: Women’s Empowerment

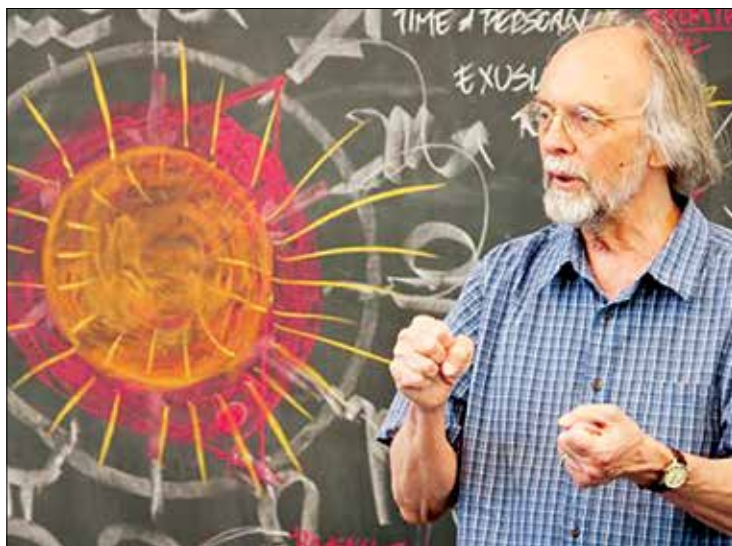


Learn About the Esoteric Meaning of Christmas at Rudolf Steiner College

By Seraphim Winslow

FAIR OAKS, CA (MPG) - In preparation for the Christmas season, Professor Brian Gray of Rudolf Steiner College in Fair Oaks will be presenting a three-part lecture series on the topic of the Christ Child and esoteric Christianity through December 14th. According to Rudolf Steiner College, these presentations will focus “on the cosmic background of the Christ event leading to the experiences of the shepherds and kings at the birth, and the childhood and youth of Jesus up to the moment of Baptism.” Each lecture costs \$15 to attend, and takes place on three consecutive Monday evenings from 7 to 9 p.m. on the campus of Steiner College, 9200 Fair Oaks Boulevard in Fair Oaks.

If you’ve never been there, you will find that Fair Oaks is one of the few California



Brian Gray lecturing on esoteric Christianity at Rudolf Steiner College. Photo courtesy of Wise Cosmos Educational Initiative

towns that lives up to its name, for nearly everywhere you look in this hidden hamlet of east Sacramento county there are...well, fair oaks. Famous for its free-range chickens that are allowed to roam its homey streets and meandering byways,

Fair Oaks is like a mystic land full of hidden treasures that only a few lucky people have been blessed to discover. Possibly the most well-known of these precious places is the old-fashioned downtown, Fair Oaks Village. But one of the most brilliant,

unknown gems in Fair Oaks, and the one that probably does the most to lend this village its mysteriously spiritual atmosphere, is Rudolf Steiner College.

Named in honor of the early twentieth century philosopher and renaissance man Rudolf Steiner, who excelled in blazing bold, new theoretical and practical trails in fields of study as seemingly disparate as child-rearing and education, art and architecture, movement and dance, farming and agriculture, theology and philosophy—not to mention health and alternative medicine—the college is located on a beautiful 13-acre campus punctuated by flowers and greenery designed to aesthetically match the somewhat quirky architecture that is characteristic of this school’s philosophical outlook, which is a harmonious blend of the spiritual and the down-to-earth. The school is

Continued on page 2

CDPH Offers Food Safety Tips for the Holidays

SACRAMENTO REGION, CA (MPG) - With the holiday season upon us, California Department of Public Health (CDPH) Director and State Public Health Officer Dr. Karen Smith reminded consumers about the importance of safe food handling to prevent food-borne illness.

“Bacterial pathogens like Salmonella, E. coli, and Campylobacter can be present in foods, such as meat and poultry, and can cause illness due to insufficient cooking, inadequate cooling, and improper food handling practices,” Smith said. “Properly prepared and handled foods can assure us all a safe meal every day of the year.”

According to the Centers for Disease Control and Prevention, 48 million illnesses, 128,000 hospitalizations, and 3,000 deaths annually in the United States are related to foodborne diseases.

Foodborne diseases can be prevented by simple safety steps in the kitchen. Wash hands with soap and warm water before and after food preparation, and especially after handling raw foods. Clean all work surfaces, utensils, and dishes with hot soapy water and rinse with hot water after each use. Be sure to cook foods thoroughly and to refrigerate adequately between meals. Consumers can find more information about food safety tips for holiday feasts on the CDPH website.

Bacteria such as Salmonella and E. coli O157:H7 are responsible for many food-borne illnesses, caused by eating contaminated foods. Contamination can occur at the farm level, during processing and handling, and as a result of poor food handling practices at home.

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 a weakened immune system are at highest risk for potentially life-threatening complications.

Additional resources for information on food safety include the federal Food and Drug Administration Food Information line at (888) SAFEFOOD (723-3366) and the U.S. Department of Agriculture Meat and Poultry Hotline at (888) MPH hotline (674-6854). Consumers can also access the national Partnership for Food Safety Education’s “Fight BAC” (bacteria) webpage.

Source: California Department of Public Health ★

Learn About the Esoteric Meaning of Christmas at Rudolf Steiner College

Continued from page 1
surrounded on almost every side by farms and fields where teachers, students, and interns practice biodynamic agriculture, a holistic method of managing land and animals that anticipated organic farming by several decades.

Though it is mainly a training ground for steeping future teachers and educators in Steiner's vision for holistic education practiced in the world-famous and well-respected Waldorf Schools that he founded, Rudolf Steiner College also offers publicly accessible lectures and classes in dance, painting, sculpture, agriculture, consciousness studies, and philosophy. Recently, the college has partnered with Meristem, a facility that helps young adults on the autism spectrum develop life skills, increase their social capacity, and transition to work



The entrance to the beautiful campus of Rudolf Steiner College. Photo by Seraphim Winslow

and independence. Meristem students on the Steiner College campus have wide access to the arts and crafts studios, as well as to the biodynamic farm where they enjoy a rare hands-on approach to learning to deal responsibly and lovingly with the real world.

Like everything else that Rudolf Steiner wrote about or

taught, the esoteric approach to Christmas and the Christ event that are to be the topic of Professor Gray's lecture series will surely present profound and fascinating perspectives on a topic of which many Americans seem to have forgotten the true meaning. For more information, contact Rudolf Steiner College office at (916) 961-8727. ★

Sacramento Appliance Store Owners "Walk the Talk"

Story and Photos
by Margaret Snider

SACRAMENTO, CA (MPG) - Erin and Kerry Toscano met in 1992, when Kerry bought a used refrigerator, washer and dryer from Erin's dad. Erin made the delivery, and said that when he left he kept the kick plate to her refrigerator in the truck so he would have an excuse to come back and talk to her. "Somehow I got the gumption to ask her on a date," Erin said. They married a year later.

Erin had been in the appliance business since he was 13, working with his dad. After he and Kerry married, they started fixing and selling appliances, working out of their garage. Two weeks later they moved the business to a warehouse in back of a boat yard in Rio Linda. Soon after, they came to Auburn Boulevard as Appliance Warehouse.

"When we first started we had no kids so we put in very long hours," Kerry said. "Our whole business plan was really just to stay in business and make a good name for ourselves. In this industry there are so many (with) bad business morals and ethics. We just wanted to be good to others and conduct our business with honesty and integrity."

The couple has three children, 13-year-old Vincent and 9-year-old twins Max and Grace. The twins were born four years and four days after Vincent's birthday, so they have always celebrated the three birthdays together. Last year the Toscanos celebrated with a large party at Farrell's Ice Cream Parlour. Not wanting to have guests bring presents for all three kids, the Toscanos asked for nonperishable food for the food bank instead. As a result they "had the van full in the back and then the back of my truck full, and then the back seat of my truck full," Erin said. This year, the parents



Anything and Everything sells rebuilt and refurbished household appliances. Owners Erin and Kerry Toscano "try to get everything and the kitchen sink." For do-it-yourselfers, a stroll through the shop can be like looking through a treasure trove.

gave the kids the choice of doing the same or not." The kids were unanimous in voting for the food bank. "Mom, let's save the world!" Max said.

Appliance Warehouse is run with the same kind of attention to service. "Good customer service is the one thing a business can't survive without," Erin said. They treat their employees as family, which some of them, in fact, are.

"We pay our technicians the best in this industry, with vacation and sick time," Kerry said. "But our friendship and being a family on the personal level is what keeps us all together."

The couple said that over half of their business is from repeat or referral customers. "You know you've got a loyal customer when they've had three generations buying from us," Kerry said.

The Toscano's business sells used household appliances that they have rebuilt and refurbished. Their second most important role is in recycling.

Whatever can't be rebuilt is fully torn apart and recycled. There are always a lot of parts and miscellaneous items left over and for that reason in 2014 they opened a small store on the property named Anything and Everything. In that store, they put to good use the diverse assortment of "stuff" that comes into their hands. This includes such things as pumps, tools, various appliance and equipment parts as well as repaired small appliances and equipment. Customers can also find miscellaneous used furniture, Christmas trees and decorations, and too many things to even start to name.

"I try to get everything and the kitchen sink," Erin said. For do-it-yourselfers, a stroll through the shop can be like looking through a treasure trove.

You can find out more about Appliance Warehouse, which is located at 4914 Auburn Blvd., Sacramento, at their website ApplianceWarehouse.biz. The store is open from 10 a.m. to 7 p.m., seven days a week. ★

Union Gospel Mission Sacramento

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

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FAIR OAKS COMMUNITY UPDATE



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 Fair Oaks.

Holiday Event in Fair Oaks Village

The Fair Oaks Chamber of Commerce presents the annual “Christmas in the Village” on Saturday, December 5th. There will be plenty of old-fashioned holiday fun in Fair Oaks Village from noon to 6 p.m., which includes a visit by Santa, shopping, music, and a parade (starting at 4:30 p.m.) plus the lighting of the tree afterward. For details on times and activities, please visit the Chamber’s website at fairoakschamber.com.

Stopping Shopping Cart Blight

The Board of Supervisors recently took steps to reduce the unsightly nuisance and blight

of abandoned shopping carts—and reduce the County’s cost of retrieving them. The new ordinance requires business owners who provide shopping carts for customers to submit an Abandoned Cart Prevention Plan outlining measures to be taken to eliminate the removal of carts from their premises.

More than 300 carts are picked up each month, and carts not picked up interfere with vehicle and pedestrian traffic and are subject to theft. The new requirements should help reduce these problems and maintain property values in the unincorporated area.

The ordinance is similar to those in many cities and counties, and the required plan must include these elements:

- Carts must be identified with the name and address of the business
- Notice to customers explaining that removal of the carts is prohibited
- A description of measure that will prevent cart removal such as disabling devices on carts, posting of a security guard, locks on carts stored outside when the business is closed, etc.
- An effective daily procedure for retrieval of abandoned carts

Prior to adoption of the ordinance, input was sought from a variety of stakeholders to ensure the ordinance is workable, including the California Grocers Association, local business organizations, and Property and

Business Improvement Districts. To report an abandoned shopping cart, please call 311.

California International Marathon

Thousands of runners are expected to be racing through our neighborhoods on Sunday, December 6th, during the annual California International Marathon. The 26-mile grueling trek begins 7 a.m. in Folsom and concludes at the State Capitol.

This event attracts world-class competition. Several thousand out-of-town visitors travel to the area to participate in or watch the marathon. This influx contributes to our local economy via renting lodging, dining in restaurants, retails sales, etc.

Residents can come out and cheer the runners. Fair Oaks Boulevard is part of the route, so Fair Oaks, Carmichael, and Arden-Arcade residents south of that roadway may find themselves landlocked while the race is in progress due to street closures.

These closures may cause some inconvenience, so please be cognizant of that when planning your morning activities. Residents can view specific street closures on the marathon’s webpage runcim.org.

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

Potocki Family Chiropractic Toy Drive

FAIR OAKS, CA (MPG) - Bring in a toy for a family in need and get yourself adjusted! This is the time of year to be thankful for what we have and help those who need it most. Potocki Family Chiropractic Center will be hosting a toy drive throughout the entire month of December. They will be collecting unwrapped, packaged gift donations for children of all ages. All new patients and patients who have not

been seen in the past six months that bring in an unwrapped toy will get a consultation, exam, set of x-rays, report of findings, and first adjustment at no charge. Call the office at (916) 536-9039 to schedule an appointment. Spots fill up fast, so schedule in advance. The office is located at 5150 Sunrise Blvd, Suite #F1, Fair Oaks, 95628.

Source: Potocki Family Chiropractic

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***The Annual Percentage Yield is accurate as of 12/4/15 and may change at anytime without prior notice. The APY applies to a Liquid Certificate of Deposit (Liquid CD) with a 12 month term. The minimum balance to obtain the stated APY is \$10,000. Additional deposits in amounts of \$500 or greater may be allowed until 7 days before maturity date. Withdrawals of principal before maturity may be allowed, in amounts of \$500 or greater without penalty after the first six days of deposit (or after the first six days following any partial withdrawal) as long as the minimum balance of \$10,000 is maintained. A penalty may be imposed for early withdrawal if the minimum balance is not maintained.

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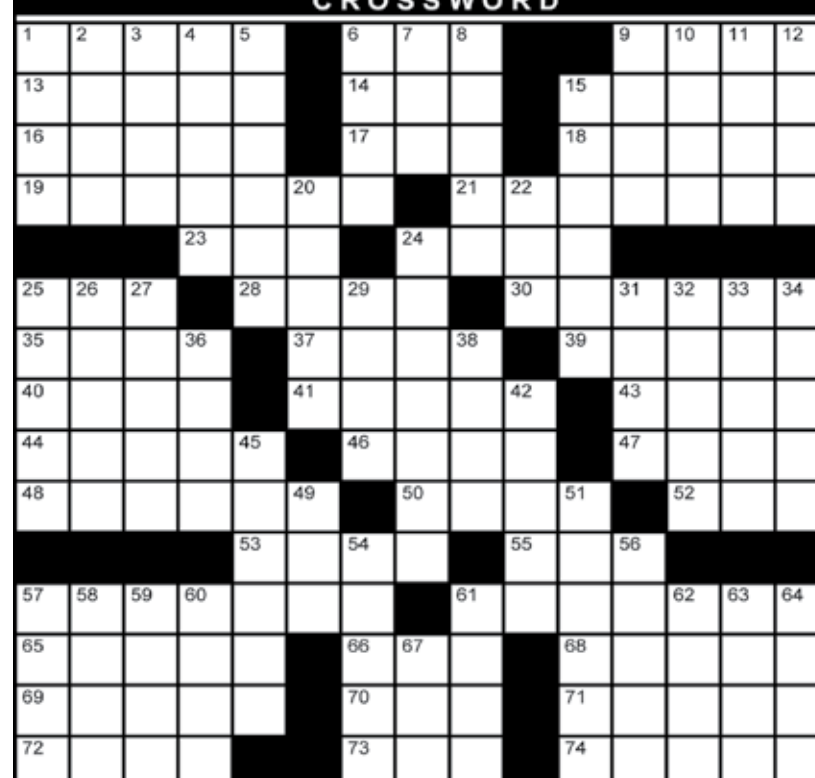
ACROSS

- C in ROTC
- A Bartholomew Cubbins accessory
- From a great distance
- Dickens's Heep
- Credit card acronym
- Falstaffian in body
- One with lowest voice
- South Pacific welcome
- Capital territory of India
- *Escaped Mexican drug lord
- *Formerly Bruce
- This is well if it ends well
- Make over
- Public health promoting org.
28. "_____ and sound"
- Brilliant or magnificent
- Fast time
- Australian palm
39. Sometimes done to a relationship
- Medley
41. *Presidential candidate and celebrity
- Printing unit
- Mandarin's headquarters
- _____ crazy
- Gulf War missile
- Based on two
- Change to copy
- Give it a go
- Wine and cheese descriptor
- Jersey call
- *He visited U.S. with great fanfare
- *New late night host
- Hawaiian veranda
66. *_____ Paul teamed with Rihanna and Kanye
- Madagascar primate
- Set straight
70. _____ you sure?
- Like one of eight in college basketball
- Phoenix suburb
- Swerve
- Scatterbrained

DOWN

- 27 to 3
- Kind of account
- Reduced Instruction Set Computer
- Turkish bigwig
- Sandbanks
- Beyoncé's 2008 hit
- Tarzan's adoptive mom
- Jiffy or instant
- Lend a criminal hand
- Succumbed to gravity
- Zombie's skin color
- Bit attachment
- Unequivocally detestable
- Manufacturing site
- Online pop-ups
22. Reckoned
- *Major fight winner
- Flying nuisance
- True inner self
- Evergreen trees
- Livens up
- Give a boot
- Happen again
- *Deflategate star
- Three-_____ sloth
- In the middle of
- Best of its kind
- One of B-vitamins
- Computer-generated imagery
- What the bell did?
- English homework
- Plural of obelus
- Kind of drumbeat
- Respiratory rattling
- Black tropical cuckoo
- Hindu serpent deity
- *They went down with the El Faro
- Discharge
- Tracks after rain
- *Stephen Curry was a master at hitting this shot
- Easter Rising product

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Sudoku Puzzle on Page 4

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

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Sudoku Puzzle on Page 4

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

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Christian Author

1. The Old Testament was written around 1446 B.C. (before Christ) and the New Testament was written around A.D. 33 (anno Domini). The Old Testament was in Mt. Sinai and the New Testament at Mt. Zion.
2. The Old Testament was thundered with fear and dread (Exodus 19:17-24) and Jesus Christ, God the Son, declared the New Covenant with love and grace.
3. Moses was the first mediator of the Old Covenant. Jesus was and is the mediator of the New Covenant.
4. They were different in subject matter. The Old Covenant demanded works. The New Covenant fulfills the covenant of works through the completed work of Jesus.
5. They were differences in how they were dedicated. The Old Covenant was dedicated to the blood of animals sprinkled on the people (Exodus 23: 5-8).
6. The New Covenant was dedicated with Jesus' blood spiritually applied to His people.
7. They are different in their sacrifices. The Old Covenant demanded endless repetition of imperfect sacrifices. The New Covenant provides a once-and-for-all perfect sacrifice of the Son of God Himself.
8. They are different in how and where they were written. The Old Covenant demanded endless repetition of imperfect sacrifices. The New Covenant is written by God on the hearts of His people.
9. They are different in their goals. The goal of the Old Covenant was to discover sin, to condemn it, and set a "fence" around it. The goal of the New Covenant is to declare the love, grace, and mercy of God, and to give repentance, remission of sin, and the gift of eternal life.
10. They are also different in their practical effect on living. The Old Covenant ends in bondage (through no fault of its own). The New Covenant provides true liberty.
11. They are different in their giving of the Holy Spirit. Under the Old Covenant, God did grant the Holy Spirit, but not in the same way.

What Are Some Differences in the Old And New Covenants?

12. They are different in their idea of the Kingdom of God. Under the Old Covenant, it is mainly used as the supreme rule of Israel over the nations. Under the New Covenant, it is both a present spiritual reality and a coming literal act.
13. They are different in their substance. The Old Covenant has vivid shadows. The New Covenant has the reality.
14. They are different in the extent of their administration. The Old Covenant was confined to the descendants of Abraham through Isaac and Jacob according to the flesh. The New Covenant is extended to all nations and all races under heaven.
15. They are different in what they actually accomplish. The Old Covenant made nothing perfect. The New Covenant can and will bring in the perfection to God's people through the shed blood of Jesus Christ.
16. They are different in their duration. The Old Covenant was designed to be removed. The New Covenant was designed to last forever.

Marlys Johnsen Norris is the Christian author of seven books. You may contact her at Marlysjn@gmail.com. ★

Unconditional Love: The Project Love More Interview with Alan Cosio



Column by Kelly Davenport

In a previous article "Say Hello Before Saying Goodbye," I explore how to support those experiencing loss by exercising unconditional love to those enduring terminal illness. As I began to explore this subject, an opportunity arose to interview Alan Cosio, founder of Project Love More. In October 2014, Alan lost his wife in a solo auto accident. Grappling at the hows and whys of this massive tragedy, Alan, a former youth pastor and now a single father of six, felt compelled to lead his family through this tragic episode in their lives with a radical approach. Either he could collapse and retreat, or he could choose to be thankful for all that he still had...and an unprecedented opportunity to move forward with unwavering purpose.

"You never know what a day will bring," Alan told me. "When we feel we have given all the love we have, we must to commit to love more!" His destiny now points to a deepening need to share his story. Alan insists, "We can, we must, we will...move forward with intention and purpose

under any circumstance." In this inspiring interview, Alan shares his quest to equip us all with the power of unconditional love. This is the first of a four-part series **Love, Hope, Mercy and Grace**.

Part 1: Love

Davenport: Please share how "Project Love More" began.

Cosio: I refer to my start point as origins. I was blessed to experience a loving marriage with my best friend for nearly twenty years. When her life ended, I had an opportunity to reflect on our time together in a very profound way. As I spoke about this cathartic experience, I noticed that my story touched those who received it and those same individuals asked for more. When my grown daughter Jenny suggested I write a book on the subject of my own transformation, something clicked and "Project Love More" was born.

Davenport: How do you define unconditional love?

Cosio: I like to define unconditional love as loving without expecting anything in return. Love is the cornerstone of life and we are predisposed for love. It is biblical in nature, with multitudes of volumes written and sung about love concepts for centuries. The Greeks have six forms of love: four of which are *eros*, romantic love; *phileo*, brotherly love; *storge*, parental love; and *agape*, God's love for all. When I speak of love as unconditional, I desire to convey the healing power that comes from giving and receiving of this special love as a way of life.

Davenport: Can you give us examples of unconditional love? ★

Cosio: In this journey of my life, I've discovered the meaning of what it is to love and be loved. Most importantly, the experience of unconditional love is something I will never forget. One example stands out when my late wife, Kathy, without hesitation, joyfully stepped in to care for my grown daughter's toddler son during her deployment in the US Army...twice! She loved on that child like he was her own. And he was a high-spirited boy!

The intriguing aspect of unconditional love is that usually it doesn't come naturally for everyone. Then, you may have difficulty in knowing the difference between unconditional love verses unaccountable love or even dysfunctional enabling love. The importance of knowing how to recognize this pure form of love is critical to receive and dispense it in a healthy, functional way.

Davenport: Thank you, Alan!

In an attempt to convey the intangibles of love concepts, Alan strives to unravel the power of choice in how we actuate love. In upcoming articles, I will explore the aspects of **Hope, Mercy and Grace** that contribute to the wholeness of unconditional love. To learn more, please visit www.projectlovemore.com.

Kelly Davenport resides in Sacramento with her family. She is an adjunct instructor at Sacramento State University and the author of a children's book "Do Hotdogs Grow on Trees?" available at Amazon.com (<http://tinyurl.com/dohotdogsgrowontrees1>), or barnesandnoble.com (<http://tinyurl.com/dohotdogsgrowontrees>). ★



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POPPOFF!

with Mary Jane Popp

Busting Out All Over!

Did you eat until you felt like bursting at Thanksgiving? Did the dessert tray beckon you to come hither and add on those extra pounds you don't need? Either one will guilt you into starvation in January trying to rid yourself of that extra weight. Well, Dr. David Magnano, a health educator who has designed and presented hundreds of wellness workshops, has some tips for healthy eating. Not to worry, you will still enjoy a jolly eating season. So here is Dr. Magnano's course in "Eating 101" that reviews seven simple rules for healthy eating, which he says will significantly decrease falling victim to aches, pains, and degenerative diseases both now and as we advance in years—and weight too.

1) Eat only when you are hungry. Many people eat when they are not even hungry. They eat because they think they should

- eat because it's lunch time or because they are on a schedule.
- 2) Don't mix food types. Eat foods in the proper order. It is preferable to eat foods of one type all at the same time. Have meats first, slowly, which will allow the brain to trigger productions of the body's strongest digestive enzymes. Add a little salad, and after fifteen minutes, eat your potato. Twenty minutes after the potato is gone, fruits or sugared desserts are okay to eat. The worst error would be to go to a buffet and gorge yourself on foods you don't generally eat that are grown or are from other continents.
- 3) Don't eat when you're feeling stressed, ill, or injured. Boyfriend or girlfriend just dump you? Bad day at work? Coming down with the flu? Don't try to medicate yourself with a pint of ice cream or a New York strip steak. When we are experiencing physical, emotional, and mental stress, such as illness or injury or when our body is too hot or too cold, our digestive system shuts down and our body goes into healing mode, not digestive mode. Try soup broth and juices.
- 4) Chew 22 times...including protein drinks. Don't gulp down those drinks, because it's like swallowing a whole steak. You

- have to chew protein, or the signals to the brain won't be there. If you don't chew, you're shocking the system.
- 5) Don't eat overly cooked foods. Because we don't know what's being added to the food we buy, we tend to over-process it because we're afraid we'll get sick if we eat something raw. Meat should never be heated in excess of 118 degrees, as the enzymes in that protein are destroyed when they're heated that high. Be careful of the meats you buy.
- 6) Give your food a background check. Learn to be a food detective. Know the history of what you put in your mouth. Are the apples colored, sprayed, or glazed? Get fresh, locally grown meat and produce. Start your own small garden. Be sure whatever you consume is the finest you can purchase or grow.
- 7) Use spices and natural digestive aids to help break down what you eat. Some cultures add ginger for super digestion. Others add hot peppers, a digestive tract stimulant. Turmeric is also good for digestion. No more time, so get more information at www.naturesources.com. And be sure not to gulp and go! Happy holiday eating! ★

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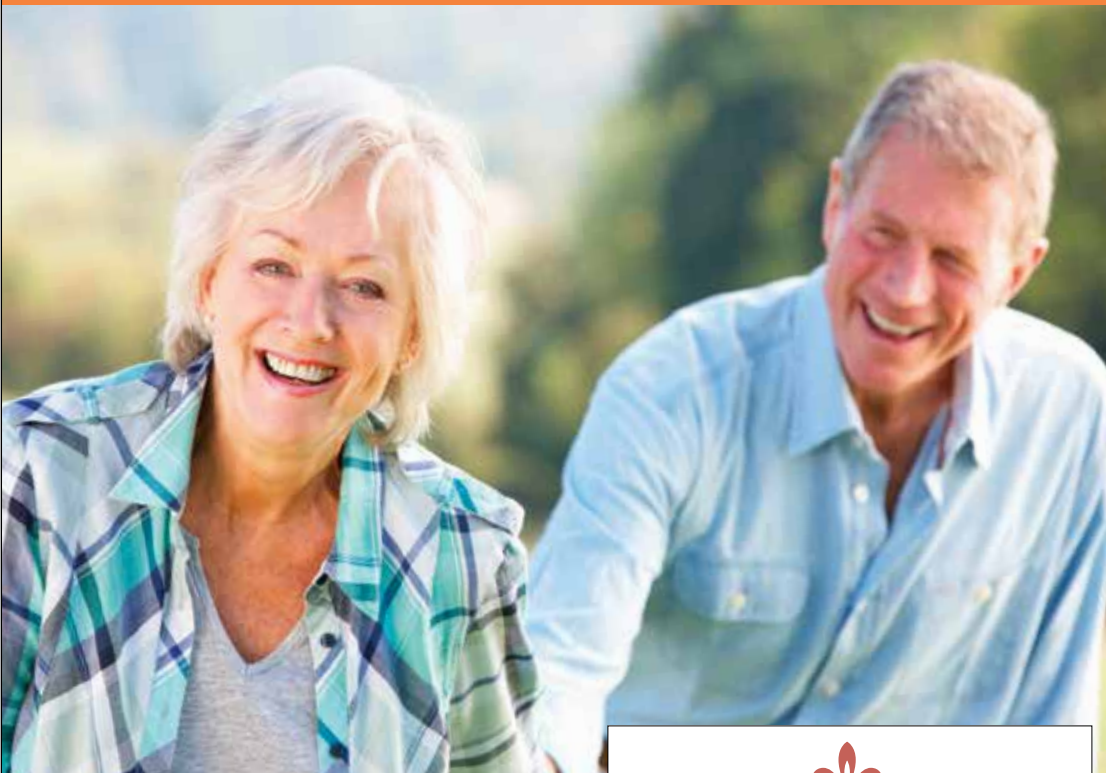


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The 2016 World Tour Visits Sacramento and Encompasses the Great Assist Program to Help Local Communities

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- Celebrating 90 years of providing smiles, sportsmanship, and service to millions of people worldwide, the world famous Harlem Globetrotters will bring their unrivaled family show to Sleep Train Arena in Sacramento on Sunday, January 17th, at 2 p.m. and on Martin Luther King Day, Monday, January 18th, at 2 p.m., and to Enochs High School in Modesto on Tuesday, January 19th, 2016, at 7 p.m., as part of their 90th Anniversary World Tour.

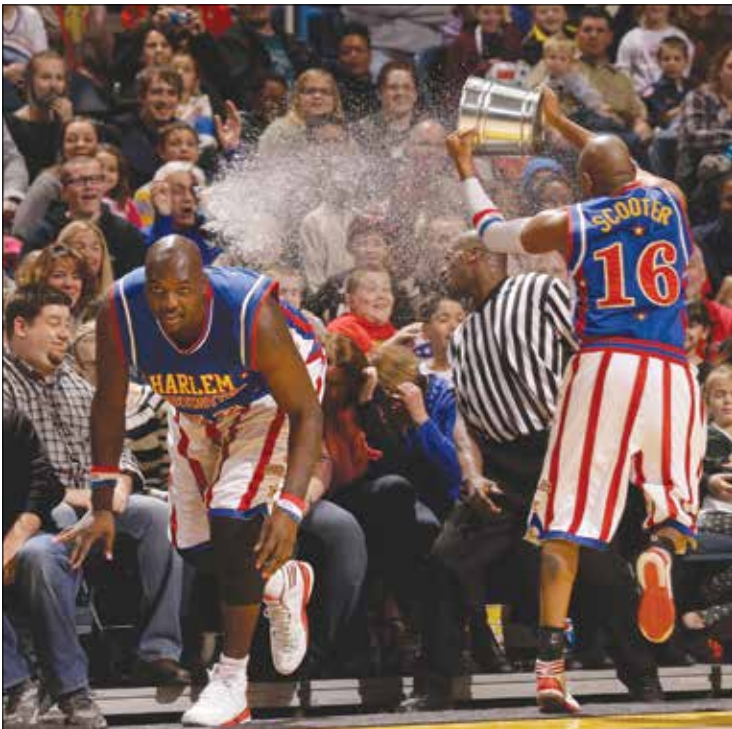
Known worldwide as the Ambassadors of Goodwill, the Globetrotters also announced today that they are giving back even more during their 90th year with The Great Assist program. Stars of the team will leave a mark in communities across North America with acts of goodwill during the tour that is set to play over 330 games in 260 cities.



Stars of the team will leave a mark in communities across North America with acts of goodwill during the tour that is set to play over 330 games in 260 cities. Photo courtesy of Harlem Globetrotters

Fans are encouraged to visit www.GreatAssist.com to nominate a worthwhile cause or a deserving family in need of a smile, and the Globetrotters will help as many fans as possible throughout the tour. In addition to fan requests, the team is planning to bring their bullying prevention program to over 400 schools and community centers, talk to youth about character education and physical fitness, visit children's hospitals and lend a hand to those in need.

On the court, the Globetrotters' 90-year celebration will feature some of the greatest athletes and entertainers on the planet. With a star-studded roster



The Globetrotters' one-of-a-kind show is unrivaled in the world of family entertainment. Every game will showcase incredible ball handling wizardry, rim-rattling dunks, trick shots, hilarious comedy, and unequalled fan interaction. Photo courtesy of Harlem Globetrotters

featuring Big Easy Lofton, Ant Atkinson, Hi-Lite Bruton, Thunder Law, Bull Bullard and Cheese Chisholm—plus female stars TNT Maddox and Sweet J Ekworomadu (Rosters will vary in each city and are subject to change)—the Globetrotters' one-of-a-kind show is unrivaled in the world of family entertainment. Every game will showcase incredible ball handling wizardry, rim-rattling dunks, trick shots, hilarious comedy, and unequalled fan interaction. After the game, Globetrotter stars will sign autographs and take photos with fans.

Tickets for the game in Sacramento are now available at www.harlemglobetrotters.com, www.ticketmaster.com, the Sleep Train Arena box office, or by phone at (916) 745-3000. Tickets for the game in Modesto can be purchased at www.ticketweb.com, the Enochs High School main office, or by phone at (866) 468-3399. Information on group and scout tickets can also be found at www.harlemglobetrotters.com.

As part of the launch of The Great Assist, the Globetrotters performed before fans in Times Square in New York City on October 6th and named T.V. personality Robin Roberts as just the 10th Honorary Harlem Globetrotter in history. Roberts joins the likes of Henry Kissinger, Nelson Mandela, and Pope Francis, who were honored at the Vatican this past May. The Honorary Harlem Globetrotter accolade recognizes

an individual of extraordinary character and achievement who has made an everlasting mark on the world. Roberts has provided inspiration for millions, as she has publicly battled life-threatening health issues.

The Harlem Globetrotters are a worldwide icon, synonymous with one-of-a-kind family entertainment and great basketball skills. Throughout their history, the Original Harlem Globetrotters have showcased their iconic talents in 122 countries and territories, on six continents, often breaking down cultural and societal barriers while providing fans with their first-ever basketball experience. Proud inductees of the Naismith Memorial Basketball Hall of Fame, the Globetrotters have entertained hundreds of millions of fans—among them popes, kings, queens, and president—over nine thrilling decades. Sponsored by World Vision, Greyhound Lines, and Baden Sports, Harlem Globetrotters International, Inc. is a wholly-owned subsidiary of Herschend Enterprises, the largest family-owned themed entertainment company in the U.S.

For the latest news and information about the Harlem Globetrotters, and to purchase tickets and team merchandise, visit the Globetrotters' official website: www.harlemglobetrotters.com.

Source: Harlem Globetrotters PR



Lisa West
Community Outreach Director



The Value of a Funeral



Memorial Parks
Mortuaries & Crematory

By Lisa West

Life is moving so fast. Things we just automatically used to do sometimes get pushed aside because there just isn't enough time. This includes the traditional funeral.

A traditional funeral used to consist of an all-day visitation period, followed by an elaborate (and often very long) funeral service in a church or chapel, then another service at the graveside, and then a family reception that could last late into the evening. Additionally, certain religious customs would call for an additional evening for a wake, a rosary, or a vigil. And some still do.

But funerals, like everything else, are changing. Dr. Alan D. Wolfelt, Ph.D., a respected author on the topic of grief, believes that meaningful funeral experiences help families and friends support one another, embrace their feelings, and embark on the journey to healing.

Dr. Wolfelt's hierarchy of the purpose of funerals notes that we have had funerals since the beginning of time and they still hold a valuable place in our lives.

In the funeral home where I work, we often have elderly people come in

to make their funeral pre-arrangements, and they say things like, "I don't want anyone to go to the trouble of having a service. Just cremate me and be done with it." Typically, we remind them that the funeral really isn't for them; it's for those left behind.

Death and grief are realities of life, and there is still an important place for funerals in today's fast-paced society. It is recommended that you consider the following: Funerals don't have to be elaborate to be meaningful. Funerals are a time for support and to show love to those who are grieving. Funerals mark an important moment in time—they are a rite of passage which distinguishes our lives forever.

As Dr. Wolfelt so poignantly put it, "Planning and attending a meaningful funeral can have a lasting and profoundly important impact on your life." And I have to agree because I've seen it happen.

Lisa West is the community outreach director for East Lawn and her column appears monthly. You can reach her at lisaw@eastlawn.com or (916)732-2020. For previous articles, please visit www.EastLawn.com.



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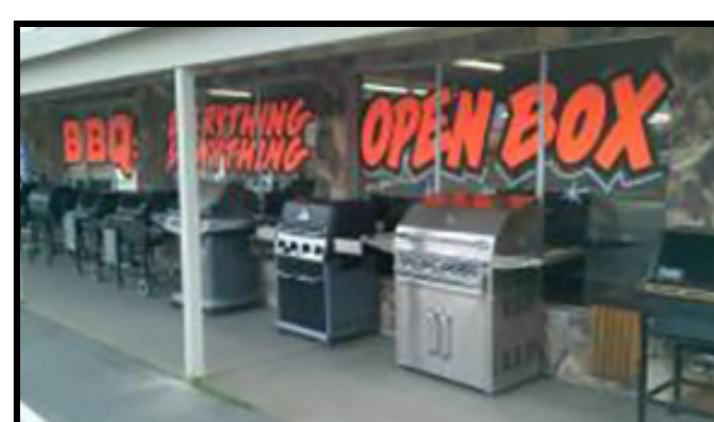
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