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THE CONTROVERSY OF FREE-RANGE PARENTING



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COMPANY HELPS ELDERLY AND DISABLED STAY SAFE AND HEALTHY



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POPPOFF!

with Mary Jane Popp



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Officers Honor Beloved Deputy

Danny Oliver Joins Heroes on Park Wall



Sheriff Scott Jones (right) and department top brass including Chief Deputies Phil Brelje, Erik Maness, and Deputy Tony Turnbull join remembrances at Patriots Park. The ceremony inducted slain Deputy Danny Oliver to the Fair Oaks monument (plaque in photo at right). The recent ceremony added a plaque bearing Oliver's name (right) to the ranks of Fair Oaks and Carmichael heroes who gave their lives for community or nation.

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Dozens of uniformed and plain-clothed sheriff's officers recently joined families who sacrificed loved ones in service to community or nation.

The officers saluted Deputy Danny P. Oliver, who was inducted to the Wall of Honor at Patriots Park. The ceremony included Oliver's plaque with those of previous honorees. Erected by Carmichael Park District, the monument salutes heroes who fell since the District was established in 1945.

Oliver perished during a criminal incident that spread from Arcade to Placer County last year. The 47-year-old father of two died as he and his partner investigated suspicious activity in an Arden Way motel parking lot. The shooter and a female companion then fled to Auburn. During their escape, they carjacked two vehicles and shot and injured a car owner. Near Interstate 80, the male suspect fired on two Placer County officers. One, Investigator Michael Davis, died from his wounds.

At the time of Oliver's death, the 15-year Sheriff's

"Deputy Oliver and his partner interacted with the community to solve problems. [Oliver] was respected and revered by the communities he patrolled and friendly to the residents he served."

— County Supervisor Susan Peters

Department veteran worked with Problem-Oriented Police in the North Area Division. Speaking at Patriots Park, Sheriff Scott Jones paraphrased Abraham Lincoln's Gettysburg address and noted it "fitting to dedicate a portion of this field for Danny Oliver and 12 other patriots who gave their lives so this nation and this community could be safe."

Oliver's parents Bill and Jeri Oliver were among relatives and friends of wall honorees at the ceremony. Joining the police contingent was Scott Brown, Oliver's partner. Now promoted to Detective, Brown



saw his brother officer die at the Arden Way motel.

"As POP deputies," said County Supervisor Susan Peters, "Deputy Oliver and his partner interacted with the community to solve problems. [Oliver] was respected and revered by the communities he patrolled and friendly to the residents he served. They were devastated by his death." While heroes honored at Patriots Park wore different uniforms and had different stories, Peters said, they shared a common bond.

"They believed in serving us. They fought for our country, protected us from crime, responded to

Continued on page 8

VA Hospital Accountability Bill Introduced

Inspiration for the Bill Comes After Tragic Death at Mather VA

SACRAMENTO REGION, CA (MPG)

- Citing the tragic death of a veteran at the Mather Veterans Affairs hospital last year, Congressman Ami Bera, M.D. introduced a bill to implement additional accountability measures at Veterans Affairs hospitals across the country.

His bill, the VA Quality Care Act, includes additional oversight measures to ensure all problems at VA facilities are reported, communicated, and fixed across the network.

"The tragic death of this veteran illustrates problems within the VA system that must be addressed," Bera said. "My bill increases transparency and reporting so that any issues in the delivery of care at one facility are shared

with other facilities in the system. The information from my requested investigation suggests that VA facilities are not sharing best practices and other quality improvement measures effectively. This bill will ensure doctors, nurses, and staff are all operating efficiently and effectively and collaborating across health centers to deliver the best care possible to our nation's heroes."

Last October, a Sacramento County Vietnam veteran died after a do-not-resuscitate bracelet was incorrectly placed on his wrist. Bera requested an investigation with the Office of the Inspector General; their report found that Mather was responsible for a "delay in life-saving intervention."

"Our service members have sacrificed for our country and it is our responsibility to ensure they receive top quality care," Bera said. "Based on the findings in

the Inspector General report, there are institutional problems that are seriously affecting the quality and delivery of care. Reporting requirements in my bill will help correct

and improve care. We must do all we can to ensure this does not happen to any other veterans."

Source: Office of Congressman Ami Bera



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The Controversy of Free-Range Parenting

Commentary By Lanaya Nilsson

Watching children as they experience the joys of childhood, playing, learning, growing, is an inherent right of all parents. But one question that a growing number of parents are asking is: “Do I need to fear for my kids?”

Most people are familiar with the term “helicopter” to describe a parenting style where an adult “hovers” over their child to the point of hindering his growth process, and taking control over the child’s life. Some information and studies claim “helicopter” parenting stunts kids’ growth, leaving them prone to problems like depression and anxiety, as well as contributing to anger issues in young adulthood; these issues are contributed to not having had the freedom growing up necessary to develop the skills to manage the pressures of independent life.

Currently, there is an emerging movement called “Free-Range Parenting” (also referred to as “Slow” and “Simplistic” parenting), gaining momentum and proponents from all over the nation. Free-range Parenting is defined as “The concept of raising children in the spirit of encouraging them to function independently in proper accordance of their age of development with a reasonable acceptance of realistic personal risks.”

The movement began eight years ago when a writer for the New York Sun, Lenore Skenazy, wrote the article Why I let my 9 year old ride the subway alone. The piece had very strong reactions from both the public and media. Within days Skenazy was on several major news shows defending her parenting style. She followed by writing the book “Free-Range Kids: Giving Our Children the Freedom We Had without Going Nuts with Worry.”

Skenazy is considered the founder of the Free-Range Parenting movement.

“I am of course not against safety,” said Skenazy. “I believe in using car seats and helmets when riding bikes or scooters. In fact, at every baby shower I attend I bring the expectant mother a fire extinguisher. ...But what I am against is our culture’s constant pushing of dangers that are not real into parents’ minds.

“A kid can’t walk down the street to school or a friend’s house for fear of



Free-range Parenting is defined as “The concept of raising children in the spirit of encouraging them to function independently in proper accordance of their age of development with a reasonable acceptance of realistic personal risks.”

being kidnapped or his parents being arrested for neglect—like the case of a Maryland couple who faced charges when their two children walked home alone. Plus, parents are bombarded with warnings daily in the news and online. It’s not surprising that so many parents are hovering over children. We have become a fear culture.”

Skenazy goes on to say that following the media frenzy around the article she wrote, she was dubbed “World’s Worst Mom,” also now the name of her show on Discovery Life.

“It is simply not true that I ‘don’t care’ about my children’s safety,” defends Skenazy. “I just don’t think our kids need a security detail, nor do I believe they are in constant danger. ... Just because I don’t conger up images

of the worst thing possible happening to my kids, does not mean I am cold-hearted or even brave, but rather I try to make choices based on my reality, not my imagination.”

When asked for her suggestions to help families to be more free-range she said, “When I speak at schools, which I do often, I tell educators and parents (and kids) to encourage independence by letting a child do something new like running an errand, having free play outside, or riding public transportation. And-when he accomplishes these tasks and comes home beaming, it changes the parents too; because pride is stronger than fear.”

Skenazy will continue educating to replace scared parents with proud ones, and apprehensive children into

self-reliant kids. Her website is www.freerangekids.com and features information, articles, free-range parent (FRP) connections, and more.

One criticism of opponents of FRP is that free-range parenting advocates are too focused on child abductions by strangers being rare and ignore the dramatic drop in child deaths from unintentional injuries in the past 50 years. Another criticism is that FRP has taken the ideas and philosophies too far, and underestimates the risks to children in today’s society.

One member (preferring to remain anonymous) of a local free-range parenting group, called Greater East Sacramento Free-Range Parents (which can be found on Facebook), talked about his experiences with the

movement:

“I don’t consider FRP to be anything new,” he said. “I think historically here—and throughout the world—most parents would consider ‘free-range’ to just be ‘parenting.’...My own parents would be considered ‘free-range’ by today’s standards. I was walking to school by third grade and a ‘latchkey’ kid by fourth, and most my summers were spent on my bike all day exploring; sometimes not even knowing where I was.”

When asked what the biggest influence that FRP has had on his family he replied: “I don’t think that FRP is about letting children run wild without rules, but rather that it is a reminder that confidence in children is built by doing for themselves, and as a parent to a preschooler I already see the strong character developing in her with independent action and learning skills, which in turn is building her self-esteem.”

Kathy Shultz, the moderator of the Greater East Sacramento Free-Range Parents Facebook page, also had some input. “I became involved with FRP due to my association with the Children in Nature movement, which along with encouraging kids to get into nature, stresses giving them unstructured time to explore, too. So it probably came about in relation to that.”

Shultz talked about her family’s experience, saying: “My son has played outside since he was younger than what is considered ‘acceptable,’ and when he was older I allowed him to go to the corner store on his own. He chats up strangers in public, too!”

Regarding the future of FRP, she said, “My hope is that it is accepted. My great fear is of being reported. But my son is tall for his age, so the things I let him do may not raise as many eyebrows as if he was average or small for his age.”

Parenting styles have become controversial, causing distress for many parents while trying to navigate all the data and decide what is best for their families. But parents all want the same thing: for children to feel loved, appreciated, respected, and understood so they become healthy and happy members of society.

Sources: *Psychology Today*, *NPR* ★

So-Called “Nonviolent Second-Strikers” Get Early Prison Release

District Attorney’s Office
Special Release

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County District Attorney’s Office will begin posting on its website information about “nonviolent second-strike offenders” who have been granted early release from prison.

After a federal court ordered California to reduce prison overcrowding, a number of measures were put into place that result in early prison releases, including early parole consideration for individuals characterized as “nonviolent second-strikers.” In order to qualify, inmates must not currently be serving a sentence for a crime that is legally categorized as a “violent felony” and must not be required to register as sex offenders.

Starting January 1st, 2015, the Department of Corrections and Rehabilitation (CDCR) began a new early parole determination process, evaluating “nonviolent second-strikers” for parole once they have served only 50 percent of their sentence or are within 12 months of having served 50 percent of their actual sentence. Upon receipt of inmate names from CDCR with a recommendation for release, the Board of Prison Hearings conducts an administrative review to determine if the inmate should be released from prison or retained for the term otherwise prescribed by law. The Board determines whether an offender would pose an unreasonable risk to public safety based on criminal history, behavior in prison, rehabilitation efforts, and written statements.

The Sacramento District Attorney’s Office takes an active role in evaluating these cases and writes letters to the Board with an overview of the inmate’s criminal history, an opinion regarding the public safety risk posed by the

inmate, and the appropriateness of an offender’s early release.

As of November 13th, 2015, 72 inmates sentenced from Sacramento County have been granted early prison releases. Many of these offenders have violent and lengthy criminal histories. Examples of these early releases include:

Victor “Chunky” Montez – A known gang member with a violent criminal history including voluntary manslaughter, assault with a deadly weapon, and resisting arrest as well as drug transportation/possession and ammunition possession convictions. He was also found to be in possession of a large cache of firearms. Montez has been in and out of prison since the 1980s, violating parole seven times.

Deshawn Fisher – Prior convictions include voluntary manslaughter. In the prior offense, Fisher and his co-defendant tried to rob a group of men at gunpoint as they played cards in front of a house. Two men were shot, one died. In prison, Fisher committed battery on inmates, participated in riots, engaged in mutual combat, and threatened an officer’s life among other violent behavior. He violated parole twice by being in possession of firearms, ammunition, and drugs.

James Allen West – Committing offense is assault with a deadly weapon by means of force likely to cause great bodily injury. West beat the victim unconscious, punching and kicking him in the head wearing steel-toed boots. Past convictions include violent assaults and battery with serious bodily injury. One victim was a 75-year-old woman. West beat the other victims until they were unconscious.

Willie C. Harris – Multiple felony convictions, including a 1985 first-degree burglary strike offense. Since 1999, Harris has

had seven DUI and driving with a suspended license convictions and a reckless DUI conviction. His committing offense was felony DUI where his blood alcohol level was .17, more than twice the legal limit. At the time of that offense, he was on parole for a 2008 DUI conviction where he had a .19 blood alcohol level.

Vanessa Santos – Prior convictions include two assaults with a deadly weapon. Santos stabbed one victim in the arm with a knife. Nine days later, she stabbed another victim in the leg with a knife and kicked the victim repeatedly when she was on the ground, causing great bodily injury. Santos was most recently convicted for driving recklessly through a residential area with willful disregard in an attempt to evade officers.


Kevin James Rodriguez – Since 2001, Rodriguez has been convicted of felony domestic violence, felony assault with a deadly weapon and stalking charges, and false imprisonment. He stalked, harassed, and abused his girlfriend. He chased her down with his car, almost causing her to crash, and held her and her daughter hostage in their own home, terrorizing them. In 2013, he was a parolee-at-large and led police on a high speed chase with wanton disregard for the safety of the public or officers.

“It’s important for the public to be aware of these so-called nonviolent offenders being released early from prison into our neighborhoods, as many of them pose a danger to our community,” said District Attorney Anne Marie Schubert. “Our office will continue to provide information that affects public safety and the interest of justice.” The Early Prison Releases webpage can be found at www.sacda.org/early-prison-releases.


Source: *Sacramento County District Attorney’s Office* ★

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Less Stress This Thanksgiving

Seven Easy Steps to Your Best Turkey Yet

SACRAMENTO REGION, CA (STATEPOINT) - Selecting, preparing, and cooking the centerpiece of your family’s Thanksgiving meal can pile on a lot of stress. However, there are some easy ways to simplify the process.

“There are a lot of great choices, but they can certainly be overwhelming during a busy holiday,” said Theo Weening, global meat buyer for Whole Foods Market. Here are seven basic rules to ensure you have the perfect turkey for your holiday meal.

Plan ahead: Frozen turkeys can take several days to fully thaw. The safest method is by placing it on a tray in its packaging to catch drips, and put it in the refrigerator on the lowest shelf. Plan for one full day of thawing for every five pounds of turkey. If you’re short on time, put your turkey in a leak-proof wrapper and submerge it completely in cold tap water. The water should be changed every 30 minutes. Plan for 30 minutes of thawing time per pound.

Research: There are many different types of turkey to choose from. Some grocers carry a variety of birds and additionally have in-house butcher experts behind the counter to help you choose what is right for your taste and budget. Here are the five types of turkey found at Whole Foods Market:

- Organic: fed organic feed (that means no GMOs, among other things) and given access to the outdoors.
- Classic: known for their trifecta of flavor, quality, and value.
- Heritage: rich, succulent, old-world breeds cherished for flavor.
- Heirloom: robust flavor with a higher percentage of dark meat.
- Kosher: certified kosher.

Size matters: A good rule of thumb is to buy 1.5 pounds of



Frozen turkeys can take several days to fully thaw. The safest method is by placing it on a tray in its packaging to catch drips, and put it in the refrigerator on the lowest shelf. Photo courtesy of Statepoint Media

turkey per person, providing everyone a healthy portion while allowing for those sought after leftovers.

Read the label: The best birds are raised with the highest standards. This means no antibiotics, no animal by-products in their feed, no added solutions or injections, and no added growth hormones. To make it simple, shop at a store that only carries turkeys raised with these standards, such as Whole Foods Market. Their turkeys are also 5-Step Animal Welfare rated.

Brine: Soaking turkey in a saltwater solution for four to 24 hours before roasting keeps it tender and juicy. Try a brine kit for a simple and easy recipe.

Time it: It takes approximately 13 minutes per pound to cook a turkey at 350 degrees, and the turkey is done once it reaches 165 degrees. Use a meat thermometer and insert it into the thickest part of the thigh (without hitting the bone) to test the temperature.

Rest: Wait 30 minutes before carving the turkey. Giving the turkey time to rest allows the juices to redistribute for better flavor.

More turkey tips are available at www.wholefoodsmarket.com/turkey. When it comes to choosing and cooking your holiday turkey, preparation is key. Do your research, know what you like, and enjoy the rest. ★

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CLUES

ACROSS

1. Gang

6. "Back To The Future"
actress

9. Femme fatale

13. Bader Ginsberg and Babe

14. Like Mother Hubbard

15. Small, olive-gray bird

16. Abraham's sacrifice

17. E.T. transporter

18. It happens at a given
place and time

19. *Mythic oceanic
temptress

21. *Flying stallion

23. Heat unit

24. Doe's mate

25. *Number of heads on
Ravana in Hindu mythology

28. Dripping faucet sound

30. Worn by train station
porter

35. Done after you sow?

37. Curved molding

39. Voice of Lamb Chop

40. Face-to-face exam

41. Shamu and such

43. Highest point

44. Flax flower genus

46. Republic of Ireland

47. Laughing on the inside
via text

48. Class action

50. ____ a coin

52. *A Cyclops does it out of
only one eye

53. Like a gossipmonger

55. Last letter

57. *Much-hunted ungulate

61. *Only half man

65. Green side

66. Hole puncher

68. *Witch's condemnation

69. Serpentine

70. Civilian aviation agency

71. Utopia, e.g.

72. One of three Rs

73. Funerary vase

74. Like kale and spinach greens

DOWN

1. "____ and proper"

2. British river

3. Night shooter

4. Emotional punishment

5. Protective embankment

6. *Like the voice of mythic Greek
Stentor

7. *Pointy-eared creature

8. Choose and follow

9. ____ la Vida

10. *God of war, son of Zeus

11. Carte du jour

12. Chef's vessel

15. Chills on the couch

20. Inuit shelter

22. *A Hobbit's is slightly pointed

24. Point out

25. *Big-haired Scandinavian

26. Like Halloween night

27. Indian breads

29. *Manlike man-eater

31. Lentil soup

32. Head of crime syndicate, pl.

33. Mountain ridge

34. *Dust-sprinkler

36. Positive sign

38. ____ of Sandwich

42. Carpe in "Carpe diem"

45. Poet's death lament

49. And not

51. Writing implement

54. Mix-up

56. Chopin's composition

57. Brezhnev's domain

58. Back of the neck

59. Pelvic bones

60. Joker, e.g.

61. Reunion group

62. A in A = b x h

63. Sky defender

64. Count on

67. *The son of Hera was the god
of ____

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

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

For Solutions See Page 5

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Sudoku Puzzle on Page 4

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

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Sudoku Puzzle on Page 4

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

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Christian Author

A person may believe that they are ordinary, but God created people who can become *extraordinary* when they are filled with His Spirit. God will do more than you ever imagined. When you realize how God’s love has filled you and you are obedient to His voice, you will begin to enjoy the overflow in your life.

With God, we become more than conquerors because God exaggerates His glory through our knowledge of His Holy

Crown Your Life with Goodness

Word. It is not about who we are, but who God is. Possibly it is time to examine to whom a person has given their life. Has one lost the faith of their childhood and become caught up in the things of the world? They will never satisfy the longings in anyone’s heart. One’s breakthrough is on the other side of the obedience to listen to the voice and heart of God.

God’s word continually shares about the “Law of Reciprocity.” The manner in which you give of yourself and your possessions is the manner you will also receive. Selfish people only think about themselves and soon after others realize this, they will “cut off the flow” to them. However, if you are known by others as generous with your time, talents, and possessions, you will have many friends.

May the covenant of obedience

of reciprocity be to you an exciting time of Jubilee! Remember: God is not mocked; the law of reaping and sowing is always in affect when we dishonor God’s laws. “Do not be deceived, God is not mocked; for whatever a man sows that he will also reap” (Galatians 6:7).

The beginning of Jubilee will be a first month the beginning of months; it shall be the first month of the year for you. (Exodus 12:2) Following in obedience God’s laws is like taking the blood of the perfect Lamb of God and sprinkling it on the lamp-posts of your life as protection. This is what the Jews did during Passover. They were a blessed people and Israel a chosen nation.

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

River City Chorale’s Christmas Concert

Begin the Season with Us!



Hear a wonderful variety of Christmas music – exciting new song as well as beloved favorites!

Friday, Dec., 4 - 7:30pm First Baptist Church of Fair Oaks 4001 San Juan Ave. Fair Oaks	Saturday, Dec., 5 - 7:30pm Faith Presbyterian Church 625 Florin Road Sacramento	Sunday, Dec., 6 - 7:30pm St. Mark’s Lutheran Church 7869 Kingswood Dr. (Near Sunrise Mall) Citrus Heights
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Carmichael Park
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9:00 a.m. - 2:00 p.m.
5750 Grant Ave.
Carmichael, CA 95608

Fair Oaks Sunset
Every Wednesday
3:00 p.m. - 7:00 p.m.
8101 Sunset Ave.
Fair Oaks, CA 95628

Holiday Craft Fair

Hosted by the Citrus Heights Lions Club

Saturday, November 21st, 2015
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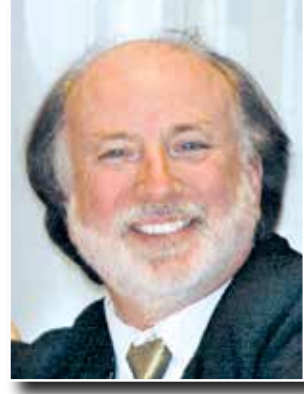
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Publisher, Paul V. Scholl

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POPPOFF!

with Mary Jane Popp

2) Connect your previous day’s thoughts to your dream to detect which thoughts may have prompted this dream’s responses. Like events, your thoughts may appear in your dream in literal or symbolic terms. Write “I thought” statements and record when you thought them.

3) Select and define major dream phases and symbols from your write-up of this dream to discover the dream’s personalized meanings. Consider effects of your events and thoughts of the day before your dream and earlier experiences on the meaning of each major dream phase and symbol. The general definition for phrases as used in this step is “a string of words.” The strings of words can be phrases, clauses, or whole sentences.

4) Compare your emotions in your dream with your pre-dream, waking-life emotions to discover whether your waking-life emotions accurately reflect how you feel about the issues in this dream. Note: the issue may be a relationship issue. What differences, if any, do you find between your emotions in your dream and your waking-life emotions? It is useful to periodically review your emotions in your dreams regarding the main issue or relationship at hand.

5) Explore your dream for possible solutions to problems, including changing (or affirming)

your thoughts, attitudes, or behaviors. Consider your response to each PMID model step, including step six, as you search for solutions and suggestions in this dream. Give primary attention to the power of your thoughts before your dream (PMID step two) to act as questions that your dream answers.

6) Explore your dream for family and other relationship systems perspectives, which are influences arising from reactions to family and other major relationships, both past and current. Use these perspectives to discover whether this dream reflects your reactions during experiences with family members or other important people in your life. Compare and comment on your dreaming and waking-life reactions to the primary relationships in this dream.

So, who knows what can come of knowing what your dreams mean. Perhaps you can use it to be better at whatever you choose. You can also check out Evelyn Duesbury’s website at www.yourguidingdreams.com. “The Counselor’s guide for Facilitating the Interpretation of Dreams” might also relieve your stress as well as solve some of your problems. According to Duesbury, be careful and mindful what you dream about...it may end up helping you live a healthier, more satisfying, and rewarding life. Sweet dreams! ★

Company Helps Elderly and Disabled Stay Safe and Healthy

Free Repairs, Grab Bars, and Safety Aids Available for Low-Income Homeowners



Safe at Home volunteer installer Clay Johnston. Photo courtesy Barbara Withers

SACRAMENTO COUNTY, CA (MPG) - Thousands of residents in Sacramento County are seniors or adults with disabilities who are at risk due to multiple safety and health hazards in their homes. Rebuilding Together’s Safe at Home program helps residents age safer at home by installing safety and accessibility features such as grab bars and shower and bath aids. These kinds of simple and often low-cost home safety modifications can reduce falls by 50 percent and also help to increase physical independence. The Safe at Home

program is now available for free to qualified low-income households located in most communities in Sacramento County, and is available for a reasonable fee for those above the income guidelines. Rebuilding Together Sacramento is a nonprofit that preserves and revitalizes homes and communities to ensure that people who are low-income, elderly, disabled, or families with children can live independently in comfort and safety. Call (916) 455-1880 to find out if you or your family member is eligible. You can also join the

effort to help create safe and healthy homes by becoming a Rebuilding Together volunteer. Skilled and unskilled volunteers can participate in our Safe at Home programs or other programs. If you are interested in being a Rebuilding Together volunteer, please contact David Grantham at (916) 455-1880 x3. For more information about Rebuilding Together, visit our website at www.rebuildingtogethersacramento.org.

Source: Barbara Withers

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Kiosks Make DMV a Breeze

Four Million Transactions Completed on Self-Service Terminals

SACRAMENTO REGION, CA (MPG)

- The California Department of Motor Vehicles (DMV) announced today that four million transactions have been completed on Self-Service Terminals (SSTs) since these convenient terminals were placed in the field offices in 2010. Today, customers can find an SST in 50 DMV field offices across the state.

“Self-Service Terminals offer customers an easy way to renew their registration and immediately receive their registration card and license plate tags at the same time,” said DMV Director Jean Shiomoto. “No appointment is necessary to use these terminals which makes them increasingly popular.”

The blue and gold kiosks use touchscreen technology which allows customers to renew their vehicle registration or file for Planned Non-Operation Status without waiting in line. Customers must bring in the renewal notice



The blue and gold DMV kiosks use touchscreen technology which allows customers to renew their vehicle registration or file for Planned Non-Operation Status without waiting in line.

the DMV sends them in the mail or their current registration card to complete the transaction. The SST accepts payments by cash, electronic check, credit, or debit card. The SST is as easy to use as an ATM and instructions are available in English and Spanish. The full list of the 50 DMV field

offices with SSTs is available on DMV’s website: https://www.dmv.ca.gov/portal/dmv/detail/fo/fo_sst/.

The SST is just one way customers can renew their registration, they can also go online at www.dmv.ca.gov, mail it in, or by phone at (800) 777-0133.

Source: DMV

★

Holiday Music Close to Home



The River City Chorale wants to help you kick-off the holiday season by offering a selection of Christmas favorites, both sacred and secular, popular and classical. Photo courtesy Diane Salter

SACRAMENTO REGION, CA (MPG) - “I’ll Be Home for Christmas” brings warm memories for most of us, it reminds us of the very best part of the holiday season: getting together with family—if only in our dreams.

The River City Chorale wants to help you kick-off the holiday season by offering a selection of Christmas favorites, both sacred and secular, popular and classical. From “It’s the Most Wonderful Time of the Year” through medleys of traditional carols, to “Gloria in Excelsis Deo” by Memley, to the exquisitely beautiful “O Nata Lux” by Forbes. There will something for everyone. Added just this year, will be a brass ensemble, and, as always, the

accompaniment of the talented members of the River City Orchestra and pianist, Kathleen Earl Midgley.

There will be three different dates and venues to choose from: Dec. 4th at 7:30 pm at the First Baptist Church of Fair Oaks; Dec. 5th at 7:30 pm at the Faith Presbyterian Church in South Sacramento; and Dec. 6th at 4:00 pm at St. Mark’s Lutheran Church in Citrus Heights. As you can see, you don’t have to drive downtown or pay for expensive parking to experience one of these fine performances. And parking is always free!

The River City Chorale, 60 voices strong, has been providing an eclectic selection

of music to Sacramento for 38 years, featuring classical, jazz, Broadway, folk, etc. The Chorale performs three times a year; in addition to the Christmas concert, there is the ever-popular winter Cabaret and the spring concert in May. Richard Morrissey has been the musical director of the River City Chorale for a number of years and brings a wealth of teaching and performing experience to the group.

Visit www.RiverCityChorale.org or call (916) 331-5810 to order tickets. Season ticket holders receive a 20 percent discount on what is already a very affordable rate—this means three concerts for only \$44!

Source: Diane Salter

★

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Officers Honor Beloved Deputy

Danny Oliver Joins Heroes on Park Wall

Continued from page 1

fires and ensured we were safe on roads and highways. As a community, we will be forever grateful to each for their dedication.”

The Patriots Park monument honors the following heroes:

Deputy Danny P. Oliver

CHP Officer Ronald E. Davis

Army Specialist

James E. Schlottman

Army Lieutenant Robert S. Byrnes

Airforce Captain Olin E. Gilbert Jr.

Army Sergeant Larry H. Morford

Firefighter Dean W. Rhoades

US Navy pilot Lieutenant J. G.

David A Warne

Marine and firefighter

Sergeant Brian E. Dunlap

Deputies Kevin P. Blount and

Joseph M. Kievernagel

Army Sergeant Ronald L. Coffelt

Army Specialist

Raymond N. Spencer Jr.

Anyone may visit the Wall of Honor. Patriots Park is located at 6825 Palm Avenue, Fair Oaks. ★

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LETTER TO THE EDITOR

County Supervisor Has Overstayed Her Welcome

For years now we as residents have all been pushed aside as our County Supervisor that represents northeast county suburbs including Carmichael and Fair Oaks, has decimated the “Identities” of Fair Oaks, and Carmichael Colony.

In the ongoing bid to further erode these communities identities two of the latest insults come in the form of “The Fair Oaks Boulevard Corridor Project” and “Expanded rooster ban.”

Examine first: The Fair Oaks Boulevard Corridor Project. Not only will this project further the transformation of the Community of Carmichael Colony into a “Large Business Freeway.” The project clearly splits The Colony in half. This latest round of County Supervisors buffoonery seeks to remedy the ludicrous mistakes of the past (a traffic light at every intersection) that has for years plagued Carmichael. Further. the actual traveled speeds (40- 50 mph+ ave) and non-stop traffic noise (70- 80 db+ ave.) at which this so called corridor is known for, and harasses residence non-stop.

This plan also seeks to bury the remaining rural identity of Carmichael Colony along with the aerial power lines. With ever increasing pedestrian traffic, this corridor was never meant, nor should be made to support more automobile traffic. Supervisors should seek instead to embrace that pedestrian traffic, and reject, and mitigate current and future automobile traffic speeds and noise.

Several citizen groups have tried, and failed to keep the plan of traffic expansion out of Carmichael Colony. Yet those voices, and efforts have all gone, and fallen on the out of touch ears of County Supervision. A seat that is occupied with impunity in regards to any and all residence inhabiting Carmichael Colony, and Fair Oaks communities. County Supervision immune from residence true community direction. County Supervision shielded by bureaucratic regulation, and legal impunity.

The Fair Oaks Boulevard Corridor Project, ignores residence of Cypress Avenue.

The Fair Oaks Boulevard Corridor Project, ignores residence of Fair Oaks Boulevard.

The Fair Oaks Boulevard Corridor Project, ignores residence of Manzanita Avenue.

The Fair Oaks Boulevard Corridor Project, ignores residence of Carmichael Colony.

Examine second: Expanded rooster ban an affront to rural lifestyles and contradicted the region’s “farm-to-fork” mantra.

“Supervisor..., the only board member in support of the ban, said she has fielded many complaints from residents about crowing fowl. She said she had been working with county staff to come up with an acceptable ban.”

Read more here: <http://www.sacbee.com/news/local/article41637243.html#storylink=cpy>

County Supervisor... supports the fowl ban. She said peacocks have scared her out of bed with noises that sound like a child being strangled. <http://www.kcra.com/news/noise-complaints-prompt-proposed-fowl-ban-in-sacramento-county/36070658>

“The rest of the board agreed with residents who said existing laws could handle the problem.”

In summary, it’s time for the communities of Carmichael Colony and Fair Oaks to Terminate current County Supervision in favor of a County Supervisor that is more: “In Touch” and responsive to residents of northeast county suburbs. Terminate County Supervision using it’s position and staff to better it’s own “backyard” agenda.

Sacramento County supervisor subject of FPPC review: <http://www.kcra.com/news/local-news/news-sacramento/sacramento-county-supervisor-subject-of-fppc-review/26980662>

From Shane Spencer aka C. Michael Colonist ★

Letters to the Editor are published as they are received.



Lisa West
Community Outreach Director

☎

Cremation is on the Rise



*Memorial Parks
Mortuaries & Crematory*

By Lisa West

If you haven’t already heard, cremation is on the rise. According to reports from CANA (Cremation Association of North America) in California cremation is more than 55%. In Sacramento County it is reportedly as high as 65% and in the State of Nevada, it is the highest in the nation at 72%.

The reasons people are choosing cremation vary from person to person. If you asked 50 people why they chose cremation, you’d get 50 different answers. What’s important to know is that cremation services also vary widely. You have the cremation societies or cremation store fronts that advertise cremation as low as \$599. And at a funeral home you may be quoted anywhere from \$1,500 to \$3,000.

The best advice I can give you is to be sure you are comparing apples to apples. Some low-cost cremation companies do not include certain services in their price that you might expect to be standardized, such as pick up and transfer of your loved one from their home or a hospital upon their passing. That fee could be extra.

Another concern you should consider is whether or not the cremation provider can guarantee the cremated human remains of your loved one will be available for the funeral service. Some cremations are “sub-contracted out” to another vendor and the cremation provider may not be able to guarantee you a date when they will be returned. This is because they do not own their own crematory and have no control over when and where the cremation takes place.

If possible, it is wise to try and use a funeral home or cremation provider which owns their own crematory. That way your loved one never leaves their care and is never shipped to another county or city for cremation.

Ask if the funeral home has a Cremation Code of Ethics on their website that you can view to find out exactly what their cremation procedures and policies are before making your decision. You can also check with the State of California Department of Consumer Affairs to make sure they have had no violations and that their staff is trained and certified for cremation.

Taking these steps can be very important to ensuring you or your loved one are in the best hands possible when choosing cremation.

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. ★


www.EastLawn.com

NO ONE SHOULD GO HUNGRY ON THANKSGIVING!

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This Thanksgiving, your neighbors in desperate need won’t have anything to celebrate. They will be searching for food, shelter, and for hope.

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WIDOWED PERSONS ASSOCIATION OF CALIFORNIA



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.

OFFICE HOURS 10:00am - 3:00pm
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In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Ave., Ste D-18

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