

**Local Architects
Have Big Plans**
Pasion & Enriquez Architecture

Page 4

**PLUS:
Retiring DA Will
Miss Top Dog**

Page 4

AMERICAN RIVER MESSENGER

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Serving Fair Oaks, Orangevale & Sacramento County

January 30, 2015

**Girl Scouts
About More
Than Just Cookies**



Page 3

**Community Hosts
Cohousing Expert**



Page 2

**Fair Oaks
Community Update
by Susan Peters**



Page 2



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Experience American Heritage Day



The California Consolidated Drum Band (top photo) entertains visitors at the event. The Mountain Men Camp display (above) with Robert Woodgate (left) and Robert Shoff. Broc Wayland's Big Wheel bicycle display (far left).

Story and photos by Jim Hatfield

FAIR OAKS, CA (MPG) - You are invited to attend the 13th annual American Heritage Day event sponsored by the Mount Vernon Memorial Park at 8201 Greenback Lane in Fair Oaks. The event will be held on Monday, February 16th (Presidents' Day) from 10 a.m. to 2 p.m. Admission to the event is free. Mark your calendars, tell your friends, and be sure to bring your cameras.

Exhibits at the event provide a day of living history with American Revolutionary Soldiers, a drum band, George and Martha Washington, President

Lincoln, Amelia Earhart, Rosie the Riveter, Mountain Men, American Indians, U.S. Calvary, Gold Rush City and gold panning (for the kids), a puppet show, Wells Fargo Stage Coach, railroad steam engines, Mormon Battalion, Red Barons R.C. Flying Club, U.S. Army Vietnam helicopter, a vehicle display featuring vehicles from 1913 to 1970 including motorcycle and military units, local fire and Citrus Heights Police Department display, and much more!

Bring the kids and grandkids and enjoy a fun-filled family day. For more information about this event, please call Ruthie at Mount Vernon Memorial Park at (916) 969-1251. ★

Community Donates 96 Baby Baskets for New Moms

SACRAMENTO REGION, CA (MPG) - Community members donated \$4,800 in December to provide 96 local pregnant women with baby baskets, thanks to the Sacramento Life Center's Baby Basket Drive. The baskets are filled with needed items including formula, diapers, newborn clothes, pacifiers, and more, and

are given to every Sacramento Life Center patient after the baby's birth. Donors also gave new items to add to the 1,000 baskets the Sacramento Life Center will give in 2015. Monetary donations and new items for baby baskets are accepted year-round. For more information, visit www.saclife.org.

"Our patients may come in for a pregnancy test, but they leave with strong support systems and resources," said Marie Leatherby, executive director. "We want to encourage women and teen girls and their partners that they are capable of caring for a child, and we understand the hurdles that they often face,

sometimes as simple as wondering if they will be able to afford diapers. These baby baskets give new moms a boost of confidence and needed supplies."

Christine Sy of Sacramento will receive a baby basket when she gives birth to her son in April. She was already excited about the services she had

received at the Sacramento Life Center, but she teared up when she learned she would be receiving a baby basket.

"I've always dreamed of being a mom," Sy said. "I just thought it wasn't the right time. I'm in such a positive place in my life now. I feel like the Sacramento Life Center got me in that place. It's because of them that I'm so happy and ready to be a mom."

The Sacramento Life Center's mission is to offer compassion, support, resources and free medical care to women and couples facing an unplanned or unsupported pregnancy. The center's licensed Sac Valley Pregnancy Clinic includes a primary clinic and two mobile clinics, all providing free services

Continued on page 11



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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.

U.S. Senior Open Community Meeting

More than 150,000 spectators are expected to visit Del Paso Country Club when it plays host to the 2015 U.S. Senior Open Championship from June 22nd to June 28th. To help residents and businesses surrounding the golf course to understand how the event will affect the neighborhood, an informational community meeting will be held on Tuesday, February 3rd at 6 p.m. Officials from the U.S. Senior Open, Del Paso Country Club, and Sacramento County will be present to explain traffic

management and street closure plans and to provide information for local residents on how to access their homes during the tournament. The meeting is open to the public and will be held at the Del Paso Country Club, 3333 Marconi Avenue. In addition to featuring 156 of golf's elite professionals and amateurs, the seven-day event is estimated to pump \$17 million into our regional economy. For information about the tournament, please visit www.2015senioropen.com.

Community Meetings for Fair Oaks and Arden Arcade

If you are an early riser, please consider attending any one of my Community Coffee Meetings that will be held throughout the year in the morning in Fair Oaks. We will meet four times during the year at 7:30 a.m. at the Fair Oaks Water District's conference room, 10326 Fair Oaks Boulevard near Winding Way. The first meeting of the year will be on Wednesday, February 18th, and the guest speaker will be County Executive Brad Hudson. I also will be holding three evening community meetings in the Arden Arcade area during 2015 that will be rotated around to different locations. The first Arden Arcade meeting will be at Arden-Dimick Library, located at 891 Watt Avenue near Northrop

Avenue, at 6 p.m. on Wednesday, February 25th. The meeting will feature District Attorney Anne Marie Schubert as our guest speaker. Later in the year, we will meet again at the Conzelmann Community Center at Howe Park and end the year at Sacramento Suburban Water District's Board Room. Each of those meetings will also feature a guest speaker. A full listing of all the 2015 community meeting dates is on my webpage at www.bos.sac-county.net.

Check Before You Burn

In effect now through February 28th, wood burning is restricted in the unincorporated area as well as in the cities of Citrus Heights, Elk Grove, Folsom, Galt, Isleton, Rancho Cordova, and Sacramento in accordance with air quality regulations. The restrictions are applicable to fireplaces, wood stoves, fire pits, or chimneys. Implementation of these restrictions has helped reduce pollution and allowed our area to stay in compliance with federal air quality standards. Before you burn, please check the daily status by calling 1-877-No Burn-5 or visit www.airquality.org.

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

Community Hosts Cohousing Expert



The heart of the cohousing neighborhood is a central clubhouse, which typically includes a dining room, kitchen, and other amenities. Photo courtesy of McCamant and Durrett Architects

By Marty Maskall

FAIR OAKS, CA (MPG) - Charles Durrett, architect and international expert on cohousing, will give a public presentation at 7 p.m. on Saturday, February 7th at the Fair Oaks Library, 11601 Fair Oaks Blvd.

Cohousing neighborhoods are composed of privately owned homes clustered around shared open space and common facilities. A central clubhouse—the heart of the neighborhood—typically includes a dining room, kitchen, lounge, workshop

space, kid's playroom, and guest rooms. Admission to the public presentation is free. For more information on cohousing, visit www.FairOaksEcoHousing.org.

Metro Fire Accepting Applications

SACRAMENTO COUNTY, CA (MPG) - On January 14th, Metro Fire opened the online hiring process for the position of firefighter/paramedic, accepting the first 1,000 qualified applications received. The application process will officially close on February 5th at 5:00 p.m. Potential applicants should visit www.metrofire.ca.gov for more information and to apply. Only the first 1,000 qualified applicants will be invited to the written exam, currently scheduled

for February 17th. Qualified applicants must be at least 18 years of age and possess a high school diploma or equivalent GED certificate, along with a California State Paramedic License and the ability to obtain a Sacramento County EMT-P Accreditation by completion of the Academy. Qualified applicants must also have a valid CPAT (Candidate Physical Agility Test) certificate and a valid unrestricted California Driver's License Class C. Applicants must have the

ability to obtain and maintain a Firefighter Endorsement within six months of appointment. There is no requirement for previous completion of a Firefighter I academy. United States Military Veterans who show proof of an honorable discharge will be awarded a 5% credit, which will be added to their overall passing score upon completion of the testing process. Source: Sacramento Metropolitan Fire District

Free Weekend Activities at Effie Yeaw Nature Center

CARMICHAEL, CA (MPG) - The Effie Yeaw Nature Center (2850 San Lorenzo Way) is hosting a series of free, fun, and informational events this winter season. There is a \$5 per car county entrance fee into Ancil Hoffman Park (free to members). Donations are gratefully accepted. Nor-Cal Snakes: On Saturday, January 24th at 10:30 a.m., slither on in for a special presentation by

Lynne Tolman from the Northern California Herpetological Society. Try to "scale" back your enthusiasm as you learn about our local snakes. Learn all about the varieties that are found here, their life history and habitats, and meet live snakes up close! Mighty Meta-Morphin' Monarchs: On Sunday, January 25th at 1:30 p.m., come in for a special program all about the

amazing Monarch butterflies. Learn about their lifecycle, their remarkable migrations, where they are wintering, and take some plant seeds home to make your yard monarch friendly. Critter Close-Up: On Saturday, January 31st at 10:30 a.m., you can get eye to eye with the furry, scaly, or feathered residents. Source: Effie Yeaw Nature Center



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Girl Scouts About More Than Just Cookies

SACRAMENTO REGION, CA (MPG) - Girl Scout Cookie Season is underway and continues through March 22nd! But there’s more to Girl Scout Cookies than what’s in the box—Girl Scouts is about the essential skills a girl gains from interacting with customers and the experience of running her own cookie business and working with others. New this year, Girl Scouts will be able to sell their cookies online through Digital Cookie, adding new skills to the program like online marketing and e-commerce.

From its earliest beginnings in 1917 to its current popularity, the Girl Scout Cookie Program has helped girls have fun, develop valuable life skills, and make their communities a better place. Cookie earnings help pay for the leadership activities and field trips Girl Scouts do all year long. Plus, the cookie program benefits more than just the girls selling them. With their earnings, Girl Scouts fund important community projects at the local level. When you buy Girl Scout cookies in your neighborhood, you are keeping your dollars in the community.

The five skills girls learn are goal setting, decision making, money management, people skills, and business ethics. There are financial literacy badges girls can earn at each level, from kindergarten through grade 12. In terms of skill building, statistics show the Girl Scout Cookie Program works. According to a survey from the Girl Scout Research Institute, 85% of Girl Scout “cookie entrepreneurs” learn money management through developing budgets, taking cookie orders, and handling customers’ money.

Girl Scouts Heart of Central California purchases its cookies from ABC Bakers, one of two licensed Girl Scout cookie bakers. This year, girls will sell Thin Mints, Caramel deLites,



Girl Scouts Heart of Central California purchases its cookies from ABC Bakers, one of two licensed Girl Scout cookie bakers.

Peanut Butter Patties, Peanut Butter Sandwiches, Shortbread, Lemonades, Thanks-A-Lot, and Cranberry Citrus Crisps. Select troops will also be selling a limited supply of the new gluten-free Trios, made with real peanut butter, chocolate chips, and whole grain oats.

Becoming a national holiday for Girl Scout Cookie fans, National Girl Scout Cookie Weekend will take place February 27th through March 1st. In honor of this nearly 100-year-old American tradition, Girl Scout members, volunteers, alumnae, and supporters across the country will celebrate the world’s largest girl-led business.

Girl Scouts Heart of Central California will also continue its partnership with the American

Red Cross for Project Thank You. Through Project Thank You, customers can purchase Girl Scout Cookies, which are distributed by the American Red Cross to local service men and women, VA hospitals, and food banks. At booth sales, customers just need to tell the girls that they’d like to purchase cookies for Project Thank You and they will put the cookies aside.

Local Girl Scouts are currently taking cookie pre-orders. After pre-orders, Girl Scouts will sell cookies at booths outside of local storefronts from February 27th to March 22nd. Cookies are \$5 per package. More information can be found at www.girlscoutcookies.org.

Source: Girl Scouts Heart of Central California ★

MBK Homes Announces New Community Under Construction in Fair Oaks

FAIR OAKS, CA (MPG) - Award-winning California homebuilder MBK Homes is making moves in Northern California with the groundbreaking of Madison at Fair Oaks, a collection of 89 single-family detached homes. This charming new home community offers an eclectic mix of Spanish, French Country, and Craftsman architecture with unique open-concept floor plans. With an overall commitment to providing the highest quality products, service, and satisfaction, this new home community presents a high-value option at prices competitive with local resale alternatives.

“We are excited to be building new homes in Northern California, and especially in a town like Fair Oaks, a vibrant community that maintains a small-town feel while offering conveniences to shopping, employment, and schools,” said Rick Fletcher, vice president of

sales and marketing for MBK Homes. “We’ve designed homes that give buyers tremendous spaces for an excellent value. These open floor plans have huge kitchens, large dining rooms, and high ceilings, creating a space that feels even bigger than it actually is.”

The two-story homes at Madison at Fair Oaks will offer three expansive floor plan options ranging in size from 2,625 square feet to 3,194 square feet. They will have up to five bedrooms and two-and-a-half to three bathrooms. Each home includes a two-car garage, a loft area, a large great room, and a private backyard designed to facilitate indoor to outdoor living. Living up to MBK’s reputation for quality and energy efficiency, homes are equipped with stainless steel GE appliances, tankless water heaters, granite countertops, modern shaker style cabinetry, USB

charging outlets, and a flat panel TV connector. The community boasts architecture by Irvine-based Mark Gross & Associates and landscaping by Napa-based VanderToolen Associates.

Fair Oaks maintains a wonderful quaint feel with a location close to Sacramento and a short commute to employment centers. Its family-friendly attitude is reflected in the city’s 14 elementary schools, 21 preschools and nine private schools. Madison at Fair Oaks is within walking distance of the high-ranking Bella Vista High School.

Sales are set to begin in late February and pricing is anticipated from the mid \$400,000s. For more information about the community and MBK Homes, please visit www.mbkhomes.com.

Source: New Ground PR & Marketing ★

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Retiring DA Will Miss Top Dog



Room at the top: Court House employee Reggie nuzzles the boss at retiring District Attorney Jan Scully's desk.

Story and photos by Susan Maxwell Skinner

SACRAMENTO COUNTY, CA (MPG) - Who weighs 73 pounds and sprawls with impunity on Sacramento court room floors? Reggie the comfort dog is also the only county employee who can nuzzle former District Attorney Jan Scully's knees.

Now in his sixth year of employment, the towering standard poodle was part of the farewell delegation—wagging his pom-pom tail—when his

boss retired last year. “I’ll definitely miss Reggie,” admitted Scully. “I’m proud of what we’ve achieved with him for crime victims. His temperament, his calmness—everything about him makes him easy to love. I want to take him home every time I see him.”

Reggie was donated to the DA’s Victim Witness Unit by the St. Francis Pet Education and Training Center in Fair Oaks. He earned his stripes while still a lolling pup. “On his first day at work, he came upon a family outside a courtroom,” said Scully. “They were

part of a homicide case, and they were all in tears. Without being told, Reggie walked over to the mom and put his snout on her lap. She instinctively started to pet him. He was comforting her.”

When not in court or comforting the vulnerable, the poodle mooches freely in the DA’s downtown building. Undaunted by elevators and busy corridors, he visits people throughout the office, favoring those who supply treats. “He’d come in and lie on my floor while I was working,” said his

former boss. “Seeing Reggie was like taking a really big breath and ending up smiling. For staff, and for victims of crime, he’s a real morale booster.” The canine also wins hearts at civic banquets. Jacketed in black and gold, he upstages most VIPS. “He wanders around the tables, being petted and having his photo taken,” said Scully.

Her office was a California pioneer in providing critter support for crime victims—often in cases of sexual or violent assault—and for intimidated witnesses. Reggie’s service was at first controversial. Some defense attorneys argued jurors might be influenced by chocolate eyes and mute compassion. Scully recalled, “We suffered what we called ‘Reggie motions.’ One judge banned him. It was a struggle to get him accepted. We had a breakthrough when a judge asked our prosecuting attorney if she feared (the dog’s presence) might lead to trial results being overturned on appeal. Our attorney answered, ‘I’m not. Are you?’” On appeal, the jury’s conviction indeed held firm. Reggie’s worth was cast in granite.

DA victim advocate Marcia Christian shared her home with the canine staffer after hours. “He’s comforting and calm,” she said. “If Reggie senses someone’s upset, he pushes himself against them or puts his head in their lap. He’ll shake hands and play with children. One little girl had been molested and was too petrified to come in our office door. She saw Reggie and that was it. She hugged him and they lay on the floor, playing.” Part of the pacifying poodle’s duty is accompanying victims or frightened witnesses when they testify. He then settles near them to wait out the slow process of questioning. Bathroom needs

are signaled with a few nose-pokes at handlers.

After hours, he’s an ordinary dog. “He’s high energy and he eats anything,” said handler Christian. “He likes playing, preferably with other dogs. His favorite thing is to chase and be chased at the dog park.”

While not exactly on the DA’s payroll, Reggie’s “salary” is part of operational expenses. Funding for food, grooming, vet bills—even his Frisbee—comes from confiscated proceeds of crime. Reggie’s champions consider him worth more than his weight in gold, but his actual cost to the DA’s Office is about \$1,500 per year.

“You can’t put a dollar value on the comfort, support, and affection he showers on everyone who touches him,” said the retired DA. “Reggie is priceless.” ★



Suited up for courthouse duty, Reggie gets a morning greeting from fellow county employee Deputy Ron Aurich.

Local Architects Have Big Plans

Pasion & Enriquez Architecture

Story and Photo by Shaunna Boyd

SACRAMENTO REGION, CA (MPG) - Steve Pasion and Jose Enriquez both had a common goal to one day start their own architecture firm; they had been practicing at other architecture firms since the mid-1990s. Pasion and Enriquez met as colleagues at a small firm in Sacramento in 1999 and developed a friendship. They began collaborating in joint venture projects in 2010 and shortly after opened their own architecture firm: Pasion & Enriquez Architecture. In 2013, they opened their Carmichael office located at 7411 Fair Oaks Boulevard, Suite A2.

When asked what drew each of them to architecture, Enriquez said, “In grade school, I didn’t know what an architect was. When I looked it up in the encyclopedia, it sounded so unique. The thought of making that idea a reality was really exciting.”

Pasion said he first learned of architecture from watching movies. “When I was little, I thought about what I might want to be. Since I liked to draw, I thought I could someday do what an architect does.”

Before opening their own firm, Pasion and Enriquez gained a lot of experience working at other architecture firms. Pasion said, “I think having worked at small to large firms and being involved in a diverse range of

projects has helped us develop a unique set of skills. In addition to traditional architecture, we have experience in construction management, estimating, and forensic architecture.”

When asked about some of the most influential or significant projects they have worked on, Enriquez explained that one of his favorite projects was a renovation project in Midtown Sacramento, “It was a two-story brick building in a retail complex and was my first building design that was actually built.”

Pasion said one of his favorite projects was a social services building in Woodland. The firm where he worked at the time was very busy, so he was able to oversee almost every aspect of the project as project manager. He represented the firm at the project meetings and loved being part of the design process.

Another significant project for Pasion was working on the Terminal B project at Sacramento International Airport, “The design was so stylized, it would have been impossible to build such a structure 20 years ago. It’s amazing what the advancements in technology and 3D imaging have allowed us to create. There was actually an on-site office at the airport, so I was able to watch the progress as it was built each day. It was a marvel to watch.”

Pasion & Enriquez Architecture has many upcoming

projects, including a few commercial buildings in El Dorado Hills, some retail and restaurant projects in Midtown, and many tenant improvement projects (which involve renovating existing buildings by designing the interior space) in Sacramento and San Joaquin counties. One current project they are very excited to be working on is a commercial/retail building in El Dorado Hills, “It’s in a highly visible location and can be seen from the freeway. We’ve actually designed it to look like a winery from the outside,” said Enriquez.

Future plans for the firm include expanding their office space and their office personnel. They currently have a team of professionals working under their direction but plan to have even more staff positions available in the coming years.

“We are down to earth, and we both love to help others through friendly service and great design. We consider our clients to be our friends and love to go the extra mile to make them happy,” said Pasion.

“We work hard to do whatever benefits the project in the best way. We strive to do more than just meet the client’s expectations, we want to exceed expectations. We build relationships with our clients and follow up to ensure satisfaction,” said Enriquez.

It was a risk for them to leave their established architecture



Steve Pasion and Jose Enriquez both had a common goal to one day start their own architecture firm. Pasion and Enriquez met as colleagues at a small firm in Sacramento in 1999 and developed a friendship. They began collaborating in joint venture projects in 2010 when they opened their own architecture firm: Pasion & Enriquez Architecture.

firms and venture out on their own. But the risk paid off, because owning their own firm allows them to have more creative control of the projects. They have created a complementary partnership in which each motivates and supports the other. They both wear many hats in the firm; they each bring in new business, create project

designs, and administer the construction of the projects. Their partnership is extremely collaborative, and they enjoy each other’s company.

Aside from their passion for architecture and client satisfaction, they do have outside interests as well. Pasion loves spending time with his nine-year-old son, enjoys salsa

dancing and playing basketball, and loves to cook. Enriquez enjoys playing the saxophone, love watching his son play soccer and basketball, and he is a serious foodie.

For professional services from Pasion & Enriquez Architecture, please visit www.pasionenriquez.com or call (916) 993-8886. ★

DMV Releases AB 60 Implementation Statistics

SACRAMENTO REGION, CA (MPG) - The California Department of Motor Vehicles (DMV) released preliminary statistics on the progress of implementing Assembly Bill 60 (AB 60), the new law requiring the DMV to issue a driver’s license to applicants who can prove identity, California residency, and can meet all other testing requirements.

On January 2nd, there were 17,200 driver’s license applicants. Out of that number, there were 970 applicants who received a license. The pass/fail

statewide average for English-language tests was 54% pass and 46% fail, while the pass/fail statewide average for Spanish-language tests was 36% pass and 64% fail. The pass/fail average for the four driver’s license processing centers was 36% pass and 64% fail.

The DMV will release updated AB 60 statistics each Tuesday. The DMV has a helpful AB 60 information webpage, www.ab60.dmv.ca.gov, containing a complete list of acceptable documents that can be used to verify identity and residency, a copy

of the driver handbook, sample knowledge tests, appointment information, and other helpful materials.

Anyone applying for a first-time driver’s license is required to make an appointment, unless they plan on visiting one of four driver’s license processing centers where walk-in customers are accepted. Online appointments can be scheduled as far as 90 days in advance at www.dmv.ca.gov or by calling (800) 777-0133.

Source: California Department of Motor Vehicles ★

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By Pastor Ray Dare

Our biggest problems are people problems -- getting along with other people. "To dwell above with those you love, that will be a glory. But to dwell below, with those we know, that's another story." In the Bible, the book of James chapter 4 talks about how to treat people right by not showing favoritism and discriminating. James 4:3-4, NIV *"If you show special attention to the man wearing fine clothes and say, 'Here's a good seat for you,' but say to the poor man, 'You stand there' or 'Sit on the floor by my feet,' have you not discriminated among yourselves and become judges with evil thoughts?"*

The Bible says don't discriminate. The New English Bible calls it "snobbery". Don't be a snob. A snob is somebody whose nose turns up when their eyes look down; somebody who always thinks they're better than everybody else. The Greek word literally means to receive somebody at face value, on the basis of how they look, superficial judgment. James says, "Don't

Treating Everybody the Same (Part One)

do that. Don't accept people just on superficial judgments." The Good News says, *"Never treat anybody in a different way according to their outward appearance."* It's a common social disease. There are common areas of discrimination in our society.

Appearance – We discriminate often because of appearance: long hair, short hair, good clothes, shabby clothes, gender, skin color, age, just to name a few! The list goes on and on. How do you judge people? Do you judge them immediately by how they look? Do you judge them immediately?

Affluence – a very common distinction. We judge people by their wealth – whether they're rich or poor – their economic status. What attitude do you have toward people who make less money than you do?

Achievement – whether good or bad. People are penalized for their past, even if their debt has been paid. Do you accept people with a checkered past? Our society gushes over winners and forgets the losers. James says, "Don't do that. Don't give preferential treatment."

Academics – or the lack there of. How do you treat people who are a little slower than you? What about the person with the learning disability or emotional or mental disorder? Are

you patient with them? Do you give them the same time and respect as you do other people?

Ancestry – We judge people according to their race, their nationality, their ethnic background. I heard about a black man who went to a church in the South and was trying to get in. It was full of bigots and they wouldn't let him in. He went to the pastor and told him. The pastor said, "You just need to pray about it." About three weeks later the pastor saw him and asked, "Did you talk to the Lord about it?" The man said, "Yes, and God said, 'Don't worry, I've been trying to get in that church 20 years and I still can't get in!'"

Romans 2:11 *"God does not show favoritism"*. Jesus treated everybody with dignity. God loves everybody. If there is one place in the world where there shouldn't be any kind of discrimination it ought to be the church. There is discrimination everywhere else in the world.

But there ought to be one place no matter who you are or what your background is that you're always welcome.

Pastor Ray
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Highway Patrol Decoy Operation Yields Positive Results

SACRAMENTO COUNTY, CA (MPG) - The California Highway Patrol's (CHP) North Sacramento office conducted a pedestrian decoy enforcement operation on December 27, 2014 to enforce California's right-of-way laws for pedestrians in a crosswalk, pedestrians jaywalking, and bicyclists violating the rules of the road. Officers were looking for violations made by drivers, bike riders, and pedestrians that could lead to injuries. Special attention was directed toward jaywalkers, drivers speeding and making illegal turns, drivers failing to stop for signs and signals, drivers failing to yield to pedestrians in crosswalks,

and any other dangerous violations. In total, 36 citations were issued.

Bicycle and pedestrian fatalities are rising in California as more people use non-motorized means of transportation. Locally, the North Sacramento CHP office has investigated 732 fatal and injury collisions involving pedestrians and bicyclists during the past three years. In 2012, California witnessed 612 pedestrian and 124 bicyclists killed that year, while nationally 4,743 pedestrians and 726 bicyclists were killed.

The California Pedestrian and Bicyclist Enforcement and Education Project will continue to work on reducing the

number of pedestrians and bicyclists killed and injured locally through education campaigns and enforcement campaigns. The CHP will work with local law enforcement agencies and community members to increase traffic safety partnerships related to pedestrian and bicyclist safety and to develop and implement a public awareness campaign.

Funding for this program was provided by a grant from the California Office of Traffic Safety through the National Highway Traffic Safety Administration.

Source: California Highway Patrol ★

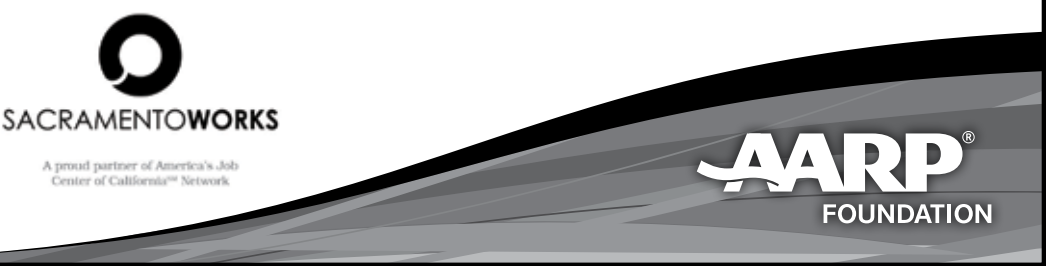


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Commentary
By Jill Richardson

After a long wait, California's 2008 ballot measure to improve conditions for laying hens finally went into effect. Instead of living in cramped cages that give each bird less room than a sheet of paper, the birds are going to get enough space to lie down, stand up, stretch their wings, or turn around.

That's still not very much space. And it's certainly not "Chicken Disneyland," as egg producer Frank Hilliker told the San Diego Union-Tribune.

Chicken Disneyland would be an outdoor area with ample space to scratch for tasty bugs, eat grass, and take dust baths. Birds who live there would find their own shelter, nest boxes, and some good high-up places to roost.

This may sound funnier than it is. When chickens are crowded in too close together under stressful conditions, they peck each other, sometimes to death.

So while the new standards are a step up from what laying hens

had in the past—and will also impact suppliers in other states that ship eggs to California—it's a very low bar.

The average laying hen leads a short, rather unpleasant life. Hens lay the most eggs during their first year or two of life. After that, their production goes down and the egg industry has little use for them.

"Spent hens," as they are called after they put in their year or so of egg-laying, might end up in canned chicken sold for human consumption. Mostly, their meat winds up in animal feed and pet food.

A recent undercover investigation by the Humane Society found horrific abuses in the slaughter of spent hens at a Minnesota plant.

Very little of the media coverage of California's new standards for egg producers emphasizes the plight of laying hens or how the improved standards still fall short. Instead, it's focusing on the potential increase in egg prices consumers will pay.

But Hilliker explains that he can't singlehandedly dictate egg prices.

While egg prices are up, it isn't because egg producers chose to set a high price to cover their costs. Supply and demand are key. It's just good luck for producers that they're upgrading their facilities to comply with the law at a time when egg prices are favorable.

However, egg prices could rise more due to the new regulations.

But how much does the average family spend on eggs anyway? The average price of a dozen eggs has hovered between \$1.08 and a little

more than \$2.00 for the last ten years. Prices rose 10 cents to \$2.03 between November 2013 and November 2014, the most recent months available for comparison.

With prices so low, it would be difficult for costlier eggs to really harm consumer budgets. How many dozen eggs do you buy per week? One? Two? Unless you own a brunch restaurant, egg prices don't really make a dent on your wallet.

Compare that to the impact on the chickens that produce them. Isn't moving chickens from a caged space smaller than a piece of paper to either larger cages or cage-free environments worth the investment?

I choose to raise my own chickens when I am able and to buy organic eggs directly from small farmers when I am not, but I am the exception. (Or should I say egg-ception?) I don't expect most Americans to care as much as I do about the treatment of chickens, yet I don't think Americans favor cruelty either.

Even if the new humane standards drive up egg prices, it's worth adopting them in California and the rest of the country. Because we're not the kind of people who are so eager to save a few pennies on eggs that we must subject the hens that lay them to the maximum amount of misery.

Jill Richardson, an OtherWords columnist, writes about all aspects of the food system, from farm to fork. She's the author of Recipe for America: Why Our Food System is Broken and What We Can Do To Fix It and blogs at La Vida Locavore.

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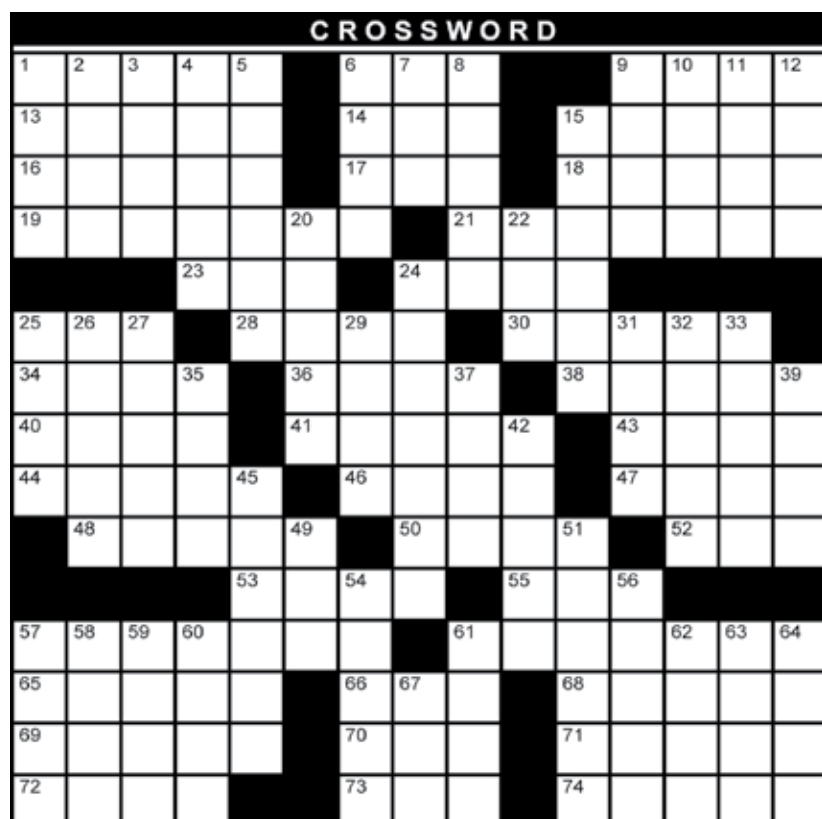
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- *Mike Ditka has his own brand of this smoke
- One who is not Jewish, Yiddish
- Done for dramatic affect?
- Often done for one's sins
- Unagi
- Garment enlarger
- *The _____
- *Winners of first two Super Bowls
- Après-_____
- Keep it up?
- State V.I.P.
- Starch used in Asian food
- Extremely tiny
- Top of Kilimanjaro, e.g.
- Texting button
- Result of too much pressure
- Pharrell Williams' 2014 album
- Last European colony in China
- Muslim honorific
- Tax evader's fear
- *Something to play for
- Track _____
- Confusion
- Feudal laborer
- Like humor or martini
- Charades action
- 401(k) alternative
- *Super Bowl host state
- Fracas
- Precedes birth
- Former measure of U.S. economy
- Made cow noise
- Mixtures
- Earned at Wharton or Kellogg
- "_____ it!" said the accused
- *Hendricks and Ginn Jr.
- Make a scene
- Type of car

DOWN

- Wound, eventually
- South American monkey
- All excited
- Vampire's feature, pl.
- One who _____ out at the site of a snake
- Curved molding
- "The Raven" writer
- Airy spirit
- Dropped or fell
- Source of artist's inspiration
- ____-friendly
- Understands
- Al Fresco meal
- Unhealthy vapors
- *Teams rely on this kicker sense
- To the point
- Lady of "Applause"
- Poppy product
- Opera composer Giuseppe _____
- *Cleats, helmet, pads
- Pack like sardines
- Was violently angry
- Shade of yellow
- *49
- Copenhagen native
- *Super Bowl halftime performer
- Finno-_____ language
- Malignant or benign ones
- Bowling target
- Drab and unattractive people
- Molten rock
- Before, in the olden days
- Sir Mix-_____
- Rapid series of short loud sounds
- Footnote acronym
- Menageries
- A quarrel
- *Not a Super Bowl party without it?
- Bulgarian money
- Place of forbidden fruit
- *Where to watch



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Sudoku Puzzle on Page 6

4	8	1	5	9	2	3	7	6
5	7	3	6	1	4	9	2	
6	2	9	4	3	7	1	8	5
2	9	6	8	5	3	7	1	4
7	1	5	2	4	9	6	3	8
8	3	4	7	1	6	2	5	9
1	6	8	3	2	5	9	4	7
3	5	7	9	6	4	8	2	1
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LOST AND FOUND

Old Family photo



By Ronnie McBrayer

Zen Buddhists use a descriptive phrase that we who are Christian should adopt as our own. The phrase is “Idiot’s Compassion.” It was first used by Chogyam Trungpa, a provocative and controversial Tibetan who helped bring Buddhism to the West in the 1970s. According to Trungpa, “Idiot’s Compassion” is this intense desire to help someone who is in need, but this benevolent desire blinds the do-gooder from seeing reality.

The classic example of such behavior is the relationship between the addict and the enabler. Suppose an alcoholic friend comes to you in much suffering. Her body is racked by convulsions and tremors. She is financially used up. She is tormented by her disease. She begs you for a drink. You are persuaded to offer her a drink - just one drink - to alleviate her immediate pain. You do this, in your own mind, out of mercy. Yet, this act is far from merciful.

In providing the addict another drink, another high, or another hit, you have actually given her more of the poison that will ultimately take her life. This is not mercy. It is foolish cruelty. It is “Idiot’s Compassion.” The

No Fixing a Fool

Hebrew sages had a word for one who could not be helped. They called such a person a “fool.”

There was a time when a fool was merely an entertainer. Fools were common in the palaces of kings and queens, court jesters who made the monarchy laugh. It was not the most secure job, as the fool could easily be beheaded or disemboweled for a bad joke. Thus, a fool was someone who not only had the job of being laughed at, but over time became anyone idiotic enough to even take such a job.

As the word and its use have evolved over time, a fool is someone who simply “lacks good judgment.” Maybe it is immaturity. Maybe it is ignorance. Maybe it is inexperience or a lack of education. It’s a person not capable of making good choices. The book of Proverbs goes further. In that ancient book of Hebrew wisdom, a fool is described a hundred or so times. The word means “fat,” “heavy,” or “thick.”

It is someone who is immovable, stuck, unyielding, and stubborn. It is the person who refuses to “get it,” who refuses to learn, and refuses to accept correction or critique. This person cannot be taught - not by people and not by his or her circumstances. In the words of Hebrew scholar William Wilson, “The fool has a weak mind but confident expectations,” so it’s damn the torpedoes, full speed ahead, and nothing you say or do will make a bit of difference with such a person.

If you don’t believe me, go into business with a fool, marry a fool, move in with a fool, work for a fool, hire a fool, and you will discover it to be one of the most maddening experiences of your life. The better part of wisdom is to keep some distance, for a fool is as dangerous and toxic as poison, and will suck you into a never-ending death dance.

Now, I know this can be hard wisdom to accept, especially for those of us who are engineered to “help” others. We want to solve their problems, be a listening friend, or offer a little support while they are down on their luck. In most cases, this is gracious and appropriate intervention, but when it comes to the fool, there is no fixing them. You might as well try to rescue a drowning man who is still fighting the water. Both the savior and saved will drown in the struggle.

No, I’m not advocating a lack of compassion for those who need some help along life’s way. I’m only calling attention to the fact that, in the words of the old Greek proverb, “Talking sense to a fool only makes you foolish.” For once you are tangled up with one who refuses to learn or listen, he has a way of making you look and behave like an idiot as well.

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

Whatever Happened to an Old-Fashioned Handshake?

Dr. James L. Snyder

I must confess I do have some old-fashioned biases. I would be the first to admit I’m not up to date on the latest fad or trend.

I come from that era that believed the well-dressed man is one that doesn’t stand out from everybody else. I’ve tried to keep to that all these years. I certainly don’t want to stand out and have people recognize me or point their finger at me and whispered to each other.

For years, I’ve been very careful about that. Now, it seems that because I try to dress like a well-dressed man and not stand out I am in fact standing out. Nobody, except me and two other people, really care about being well-dressed.

This has never been an issue with me and it even now is not an issue. But reflecting on the past year and looking forward to the year before me, I have to take some calculations. According to my calculation, I no longer fit into that “well-dressed man” category, because the term “well-dressed man” does not mean what it used to mean.

I hate it when something outlasts its definition.

To be a well-dressed man today, according to the latest fads and trends I have noticed, I need to throw away my belt and let my trousers drop all the way down to my knees.

Let me go on record as saying, never in a million years will that happen.

Then there is the issue about a necktie. Am I the last person on planet earth wearing a necktie?

Very few people today know how to tie a necktie. Well, I do and I will until they put me in a casket and then I hope I’m still wearing a tie. So if you come to my funeral and look at me in the casket and I’m not wearing a tie, complain to someone for me.

The latest trends and fads have

no interest to me whatsoever.

This came to my attention recently when I had to sign some legal papers for something to do with the church. I had to sign here, initial there, sign the next page, initial three pages and it went on and on until I ran out of ink.

I’m one of those old-fashioned guys that use a fountain pen and all that signing and initialing drained all of the ink out of my fountain pen. Before I finished, I was on the verge of carpal tunnel.

I sighed rather deeply, looked at the gentleman (I think he was a gentleman because he was dressed like a gentleman), and said kind of sarcastically, “Do you remember the old-fashioned handshake?”

He looked at me without smiling and then said, “Here are some more papers for you to sign.”

I thought I was signing my life away, but in reality, I was just signing my ink away.

I do remember when a handshake really meant something. Just about everything was sealed with a handshake and both parties were as good as their word. It would take a lot of undoing to undo that handshake. Now, you’re only as good as the word on a piece of paper over your signature. Then, some lawyer can finagle it around to mean something other than what you really meant it in the first place. So what’s the purpose of all this?

I know you’re not supposed to say this, but I will, I sure long for the good old days when a handshake was all you needed. I get tired of the rigmarole passing as business these days. I get tired of paperwork that’s piled higher than the tallest tree in the forest.

Of course, if we go back to that handshake scenario, it will put many lawyers out of business. What would these people do for a living? I have some ideas, but I’m going to keep that

to myself.

Trust has gone out of our culture today because everybody is only after what they can get for themselves and they don’t care how they get it.

A handshake met something in “the day.” In fact, I believe it was more binding than all of the paperwork and signed documents and legalese we have today. It’s hard to sue a handshake!

What I want to know is simply this. When we replaced the good old-fashioned handshake with all of this legalese stuff, are we better off? Have we simplified everything and covered all of the bases?

The answer is a loud no.

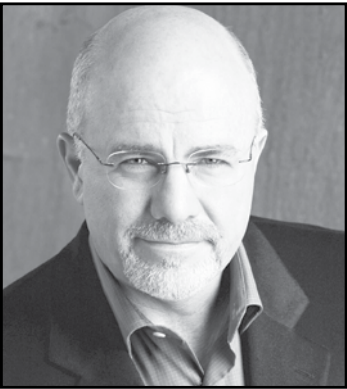
A man’s word used to be his bond and something he would never go back on.

The Gracious Mistress of the Parsonage and I have lived on that marital philosophy all of our married life. I know in the marriage ceremony there is no “handshake.” But the philosophy of that handshake is right there. When I said “I do,” and she responded by another “I do,” we were shaking hands and saying to everybody around us but particularly to one another, “We do.”

I think James shook the right hand when he wrote, “But above all things, my brethren, swear not, neither by heaven, neither by the earth, neither by any other oath: but let your yea be yea; and your nay, nay; lest ye fall into condemnation” (James 5:12).

I’m all for getting back to the good old days when a handshake was all you needed.

Rev. James L. Snyder is pastor of the Family of God Fellowship, P.O. Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 866-552-2543 or e-mail jamesnsnyder2@att.net. His website is www.jamesnsnyderministries.com. ★



Dave Says

thing to have that extra umbrella insurance policy in liability situations!

—Dave

Drop the Arrogance

Dear Dave,

My son is in his thirties and has been married for seven years to a girl from a wealthy family. Her parents provided them with a lot of financial support over the years, but now they’re getting divorced and he has come to us for the money to make this happen. On top of all this, when we ask him why he doesn’t have the money he tells us it’s none of our business. We don’t like his attitude, but we’re not sure what to do.

-Dee

Dear Dee,

This is a grown man we’re talking about, and if he’s going to take on the lifestyle and actions of a grown-up he needs to act like one and take care of his responsibilities. I understand he’s your son, and he’s hurting right now. Still, it takes a ton of

arrogance to beg money from someone and tell them the reason they don’t have it is not their business.

If he seriously wants to get into some financial counseling and start becoming accountable for his money — to himself and to you — then you might consider helping him out financially. But at this point, you’re giving a drunk a drink if you just hand him money because he wants it.

Anyone can make a mistake, Dee. But it’s not your job to fund his irresponsible behavior or his arrogance!

—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*, *EntreLeadership* 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. ★



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Is There Such a Thing as Psychedelic-induced Spirituality?

By Eric Nelson

PETALUMA, CA, Dec. 8, 2014 – Asked if they could envision a day when psychedelic drugs could or should be used to heighten an individual’s tendency toward empathy and compassion, both men sitting on a stage in front of a packed auditorium at Stanford University – one a research scientist, the other an accomplished neurosurgeon – responded with a convincing “Yes!”

Times have changed. Beginning in 1970, the Food and Drug Administration banned all research on such drugs as LSD, psilocybin and MDMA or “Ecstasy” after they were embraced and often abused by a burgeoning counter-culture intent on using them for recreational purposes, instead of their originally intended and medically moderated therapeutic applications. But by the mid-1990s, the embargo was lifted and today scientists are again exploring ways in which these compounds can be used to treat a variety of mental illnesses.

It’s argued that psychedelics are a great way to reconnect the mentally distressed with their inner self – the spiritual self, the compassionate, caring, confident self – thanks to a still-not-entirely-understood interaction with certain chemicals in the brain. It’s possible, however, that at least part of this uncertainty stems from the continued emphasis on the drugs and chemicals themselves instead of the thought of the individual receiving the drugs.

Case in point: Alexander “Sasha” Shulgin, a researcher



from U.C. Berkeley considered by many to be the “Godfather of psychedelics,” discovered following surgery for a bone infection that what he thought was a sedative was in fact just some sweetener added to his orange juice. “A fraction of a gram of sugar had rendered me unconscious, because I had truly believed that it could do just that,” he wrote in his autobiography, *PiHKAL: A Chemical Love*

“The mind is the major factor in defining a psychoactive drug’s action.”

Story. “The mind is the major factor in defining a psychoactive drug’s action.”

Indeed, there are plenty of studies indicating that were it not for an individual’s mental predisposition to a particular drug’s effectiveness – and, in some cases, the predisposition of the one administering the drug – they would experience little if any reaction. This makes you

wonder if there might be other, more effective means to stimulate such morally and spiritually geared sensibilities as empathy and compassion.

Long before psychedelics had been discovered, religious reformer Mary Baker Eddy found that a wholly prayer-based approach to treating mental illness worked best – an approach based on the inspired assumption that mental acuity is not dependent upon human circumstance or material conditions but divine providence.

“I visited in his cell the assassin of President Garfield, and found him in the mental state called moral idiocy,” Eddy recounts in her *Miscellaneous Writings 1883-1896*. “He had no sense of his crime; but regarded his act as one of simple justice, and himself as the victim. My few words touched him; he sank back in his chair, limp and pale; his flippancy had fled. The jailer thanked me, and said, ‘Other visitors have brought to him bouquets, but you have brought what will do him good.’”

It may be years before researchers, doctors or even the broader public adopts such an approach, but it is worth considering. Maybe then we’ll be that much less dependent on drugs and that much more reliant on the spirituality that is innate in all of us.

Eric Nelson’s columns on the link between consciousness and health appear regularly in a number of local and national online publications. He also serves as the media and legislative spokesperson for Christian Science in Northern California. Follow him on Twitter @norcalcs. ★



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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For the Love of Books



Book Review by Amy Shane
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MAKE IT AHEAD: A BAREFOOT CONTESSA COOKBOOK by Ina Garten

◆ Publisher: Clarkson Potter
◆ Release date: October 28, 2014 ◆ hardcover, 272 pages

On the Book Jacket: For the first time, trusted and beloved cookbook author Ina Garten, the Barefoot Contessa, answers the number one question she receives from cooks: Can I make it ahead? If you've ever found yourself stuck in front of the stove at your own party, scrambling to get everything to the table at just the right moment, Ina is here to let you in on her secrets! Thanks to twenty years of running a specialty food store and fifteen years writing cookbooks, she has learned exactly which dishes you can prep, assemble, or cook ahead of time. Whether you're hosting a party or simply making dinner on a hectic weeknight, Ina gives you lots of amazing recipes that taste just as good—or even better!—when they're made in advance.

In *Make It Ahead*, each recipe includes clear instructions for what you can do ahead of time, and how far in advance, so you can cook with confidence and eliminate last-minute surprises. Make a pitcher of Summer Rosé Sangria filled with red berries, let it chill overnight for the flavors to develop, and you have a delicious drink to offer your friends the minute they arrive. Simmer a pot of Wild Mushroom & Farro Soup, enjoy a bowl for lunch, and freeze the rest for a chilly evening. You can prep the kale, Brussels sprouts, and lemon vinaigrette for Winter Slaw ahead of time and simply toss them together before serving. Assemble French Chicken Pot Pies filled with artichokes and fresh tarragon a day in advance and then pop them in the oven half an hour before dinner. And for dessert, everyone needs the recipe for Ina's Decadent (gluten-free!) Chocolate Cake topped with Make-Ahead Whipped Cream. Ina also includes recipes for the biggest cooking day of the year—Thanksgiving! Her Ultimate Make-Ahead Roast Turkey and Gravy with Onions & Sage may just change your life.

With beautiful photographs and hundreds of invaluable make-ahead tips, this is your new go-to guide for preparing meals that are stress-free yet filled with those fabulously satisfying flavors that you have come to expect from the Barefoot Contessa.

Amy's Review: Once again, I am thrilled by a cookbook prepared by *The Barefoot Contessa* - Ina Garten, dedicated to meals that can be prepared ahead. Changing lives and kitchens everywhere, Ina Garten answers the call, giving readers a cookbook dedicated entirely to, make it ahead meal planning and recipes. Everything you need to be successful is included, from the number of servings yielded, ingredients, detailed instructions, personal sentiments, as well as helpful tips and techniques.

The Barefoot Contessa explores everything from baking ahead, cooking ahead, food storage, and even Thanksgiving preparation. No one is left out, with even a recipe included for the family dog. Best of all the beautiful mouthwatering photographs that accompany each recipe, bring life to the meal. Every meal is encompassed, with a wide range of recipes from breakfast to dessert. Recipes flank every page of the book, with instructions to make items such as:

asparagus and prosciutto bundles, goat cheese mashed potatoes and savory French chicken pot pie, to tri-berry crumbles and chocolate cake with mocha frosting. *Make It Ahead* explores not only the world of recipes, but tips for party planning, meal planning and even drink recipes for those drop in guests, making this book a valuable addition to any kitchen.

While, this book is described as make ahead meals, it is not a book that will stock up your freezer, it primarily focuses on preparing meals from one day to seven days in advance. The moment I received this book, I instantly flagged numerous recipes I wanted to try, which is always the number one sign of a spectacular cookbook. Once again, showing readers how easy it is to make sophisticated food simple. Truly a remarkable cookbook and a definite recommendation for fans of, *The Barefoot Contessa* cookbook line and would be a great gift for the foodie at heart.

Kaiser RNs Approve New Pact in Overwhelming Vote

Major Patient Care, Health and Safety, and Economic Gains

Special release from the California Nurses Association

SACRAMENTO REGION, CA (MPG) - Registered nurses (RNs) and nurse practitioners (NPs) who work at 21 Kaiser Permanente hospitals and 65 clinics across Northern and Central California, the largest nurses' collective bargaining contract in the U.S., have voted to approve a new three-year agreement that provides for substantial improvements in patient care, health and safety protections for nurses, and economic gains.

The pact was overwhelmingly approved in membership meetings from held last week from Santa Rosa to Fresno. The California Nurses Association (CAN)/National Nurses United (NNU) represent 18,000 Kaiser RNs and NPs, part of an overall membership of 185,000 RNs nationally in NNU, the largest U.S. organization of nurses.

"Kaiser RNs have long been in the forefront of standing up for their patients and themselves, setting a benchmark that others have followed," noted CNA/NNU Executive Director RoseAnn DeMoro. "The new pact could not have been realized without the unified determination of Kaiser nurses to assuring the highest level of quality care for patients as well as protections for the nurses who deliver that care."

"This contract will set the national standards for all other hospitals to achieve patient protections and solidify the future of the nursing profession," said Zenei Cortez, RN, chair of the Kaiser RN bargaining team, and a co-president of CNA.

"We look forward to a new chapter in our interactions with Kaiser," DeMoro added. "We especially appreciate the commitment of Kaiser's leadership to working to address our concerns, including working through the complicated problems associated with the changes in health care delivery, some of them related to the Affordable Care Act, and the attention it has paid in this contract to the health and safety of its registered nurses as well as patients."

"This is a great day for Kaiser patients and nurses," said Zenei Cortez, RN and chair of the Kaiser RN bargaining team and a co-president of CNA. "We have an agreement that will strengthen the ability of Kaiser RNs to provide the optimal level of care our patients deserve, while establishing additional security for nurses. I am so proud of the Kaiser RNs and NPs who worked so hard for so long for this day."

"This agreement is a great achievement," added Diane McClure, a Sacramento Kaiser RN and nurse negotiator. "We are especially excited about the expanded opportunity for new RN grads and trainees in Kaiser and the protections this agreement offers for RNs and our families."

The agreement includes the following major components, among others:

- Kaiser will hire hundreds of RNs, which the nurses say should substantially improve the quality of care for hospitalized patients as well as signaling a renewed commitment to RN training and employment opportunities for new RN graduates at a time many hospitals have frozen RN hires.
- Groundbreaking workplace protections for nurses from workplace violence to infectious diseases like Ebola to needle stick injuries.
- Substantial economic gains for RNs and NPs, many of them the sole source of income for their families or extended families. Over the three years of the agreement, all the nurses will receive 14% pay increases through across-the-board hikes and lump-sum payments.
- Additional long-term retirement security for Kaiser RNs and NPs through maintenance of a secure pension plan plus a substantial increase in employer contributions to the nurses' 401k pension plans for the 87% of Kaiser RNs with those plans.
- Annual paid release time, the first in the nation, for 25 RNs every year to participate in NNU's disaster relief program, the Registered Nurse Response Network, which has dispatched hundreds of RNs to provide basic medical services following U.S. and global disasters from Hurricane Katrina to the Haiti earthquake to Typhoon Haiyan in the Philippines.

CNA is also committed to helping National Union of Healthcare Workers at Kaiser, including mental health clinicians, to achieve a contract agreement as well. ★

Fair Oaks Rotary Events

FAIR OAKS, CA (MPG) - The Fair Oaks Rotary Crab Feed Forum will take place at 5:30 p.m. on February 2nd. Immediately following will be a social hour from 6:15 p.m. until 7:00 p.m. and the weekly club meeting from 7 p.m. to 8:30 p.m. The following week, the Crab Feed Forum, social hour, and weekly club meeting will be February 9th with the same schedule.

All meetings are located at the clubhouse's upper floor at 7997 California Ave.
Source: Fair Oaks Rotary ★

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A large, round baby's first birthday basket is filled with various items. The basket is lined with a white, fringed fabric. Inside, a large yellow duck is the central focus. To its left is a green baby bottle. In front of the duck is a blue can of Similac baby formula. To the right of the duck are a pair of pink baby shoes with white daisy decorations. In front of the shoes are two pairs of baby clothes: a white onesie with pink trim and a pink onesie with white trim. A book with a picture of a baby is also visible in the background. The basket is placed on a dark brown couch, with patterned pillows visible on either side.

including pregnancy tests, STD tests, ultrasounds, counseling for men and women, education, and resource referrals. The Sacramento Life Center also

offers a school-based teen education program, a 24-hour hotline, and a program for women seeking support after having an abortion. For more information about the Sacramento Life Center's Sac Valley Pregnancy

Clinic, visit www.svpclinic.com.
For more information about the
Sacramento Life Center or to
make a donation, visit www.saclife.org.

Source: Kristin Thébaud
Communications ★

Miller
wears
our
senior
stitions

A portrait of a man with short dark hair, wearing glasses and a dark jacket over a grey shirt. He is smiling and looking towards the camera. The background is a light blue gradient.

Savvy
SENIOR

Where can I find out about alternative transportation options for my elderly mother? She needs to give up driving, but before she does, we need to figure out how she'll get around.
- Searching Daughter

Alternative transportation services vary widely by community, so what's available to your mom will depend on where she lives. Here's what you should know.

For starters it's important to know that while most urban areas offer seniors a variety of transportation services, the options may be few to none for those living in the suburbs, small towns and rural areas. Alternative transportation is an essential link in helping seniors who no longer drive get to their doctor's appointments, stores, social activities and more.

Depending on where your mom lives, here's a rundown of possible solutions that can help her get around, along with some resources to help you locate them.

Family and friends: This is by far the most often used and favorite option among seniors. So make a list of all possible candidates your mom can call on, along with their availability and contact information.

Local transportation programs: These are usually sponsored by nonprofit organizations that serve seniors. These services may charge a nominal fee or accept donations and often

operate with the help of volunteer drivers

Also check out the Independent Transportation Network (itn-america.org), which is a national nonprofit that has 27 affiliate transportation programs in 23 states. With this program, seniors pay membership dues and fees based on mileage. And, most programs will let your mom donate her car in return for credits toward future rides.

Demand response services: Often referred to as “dial-a-ride” or “elderly and disabled transportation service,” these are typically government-funded programs that provide door-to-door transportation services by appointment and usually charge a small fee or donation on a per ride basis. Many use vans and offer accessible services for riders with special needs.

Taxi or car service: These private services offer flexible scheduling but can be expensive, however, they're cheaper than owning a car. Some taxi/car services may be willing to set up accounts that allow other family members to pay for services and some may offer senior discounts. Be sure to ask.

Another option to look into is ride-sharing services, which connects people with cars, with people who need rides. Uber (uber.com), Lyft (lyft.com) and Sidecar (side.cr) are three of the largest companies offering services in dozens of cities across the U.S.

Private program services:
Some hospitals, health clinics.

senior centers, adult day centers, malls or other businesses may offer transportation for program participants or customers. And some nonmedical home-care agencies that bill themselves as providing companionship and running errands or doing chores may also provide transportation.

Mass transit: Public transportation (buses, trains, subways, etc.) where available, can also be an affordable option and may offer senior reduced rates.

Hire someone: If your mom lives in an area where there are limited or no transportation services available, another option to consider is to pay someone in the community to drive her. Consider hiring a neighbor, retiree, high school or college student that has a flexible schedule and wouldn't mind making a few extra bucks.

Where to Look

To find out what transportation services are available in your mom's community, contact the Rides in Sight national toll-free call center at 855-607-4337 (or see ridesinsight.org), and the Eldercare Locator (800-677-1116), which will direct you to her area agency on aging for assistance.

Also contact local senior centers, places of worship and retirement communities for other possible options. And check with her state department of transportation at www.fhwa.dot.gov/webstate.htm, and the American Public Transportation Association at publictransportation.org. ★

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit www.savvysenior.org. Jim Miller is a contributor to the NBC Today show and author of “The Savvy Senior” book.

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RSVP: Janice at janicem@eastlawn.com

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Friday, March 27**
11:30 am to 12:30 pm
**Sierra Hills Memorial Park
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Sacramento, CA 95841
Tel 916.732.2020
RSVP: Jessica at jessicae@eastlawn.com

Friday, February 6, 2015
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