



Therapeutic
Recreation Scores
Big Since 1975

Page 3

“IN THE END, WE WILL
REMEMBER NOT THE WORDS
OF OUR ENEMIES, BUT THE
SILENCE OF OUR FRIENDS.”
— MARTIN LUTHER KING, JR.



AMERICAN RIVER MESSENGER

Volume 10 • Issue 01

Serving Fair Oaks, Orangevale & Sacramento County

January 16, 2015

NCA Aspiring
Artist Debut 2015



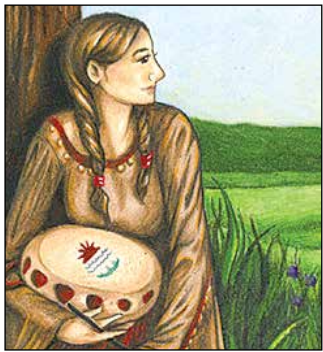
Page 11

For the Love
of Books



Page 10

Words Take
Wing With
Joseph Bruchac



Page 2



Scan our QR Code for a
direct link to our online edition!

PRESORTED STD.
US POSTAGE
PAID
PERMIT 350
Carmichael, CA
Change Service Requested

Employment Trends Show Growing Optimism



Despite the optimistic outlook, regional acquisition and mergers combined with seasonal layoffs is reducing workforces at 6% of Sacramento regional employers polled in the first three months of 2015.

SACRAMENTO REGION, CA (MPG) - Optimism is strong for ongoing growth of the Sacramento regional economy in the New Year.

In direct contacts with top Sacramento regional employers, Pacific Staffing has discovered that 84% of company contacts expressed optimism for 2015 about ongoing economic and job growth in our region. Just 8% of those contacted in 2014 between November 12th and December 16th indicated a pessimistic outlook. Another 8% didn't or couldn't answer when asked, "Are you optimistic or pessimistic about the economy in 2015?" In what is traditionally the slowest period for hiring, the Sacramento Employment Trends Survey has learned the majority of top regional employers will continue at a robust pace in hiring for the first quarter of 2015.

While weather and seasonal change often reduces the hiring market for Sacramento in the first quarter of the New Year, 65% of companies report they are

hiring in January, February, and March. In another measure of ongoing recovery and growth of the economy and hiring market in Sacramento, 49% of hiring was attributed by company contacts to expansion or growth of their workforce in the first quarter. Thirteen percent (13%) of hiring was attributed to seasonal needs. Thirty-five percent (35%) of companies surveyed by phone say they will not hire in the first quarter.

Despite the optimistic outlook, regional acquisition and mergers combined with seasonal layoffs is reducing workforces at 6% of Sacramento regional employers polled in the first three months of 2015.

There are many skills in demand: Sacramento employers demonstrated a strong demand for accounting/finance, general office/clerical, warehouse, and shipping and manufacturing skills. Customer service, sales, engineering, and information technology skills continue to be sought by the area's top regional

companies. Some firms report hiring out of the market for specialized IT and industry proprietary technical skills like automated construction estimating.

How does this quarter compare to last quarter or last year? Find out for yourself: For more information, employment blogs, and market surveys, go to www.pacific-staffing.com.

There will be challenges in 2015: The New Year brings new laws including sick leave changes and ACA requirements employers are concerned about. Another worry in the Sacramento market is finding qualified applicants, especially in IT and construction trades, with employers also citing retention of current skilled workers as a growing issue.

Of Sacramento regional top companies, polled by industry, 37% are service, 30% are manufacturers, 21% are construction, and 12% are retail.

Source: Rick Reed Public Relations ★

The Passing of Retired Sheriff Glen Craig

SACRAMENTO COUNTY, CA (MPG) - It is with both sadness and pride that the Sacramento County Sheriff's Department acknowledges the passing of retired Sheriff Glen Craig. Craig was elected as the 33rd Sheriff of Sacramento County in 1986 and served until his retirement in 1999. He was a tireless and conscientious Sheriff who brought many advancements and innovations to the Department, including community service centers and a community-oriented

"Sheriff Craig left a lasting legacy of leadership and professionalism on the Sacramento Sheriff's Department. He will be missed, but the impact he made on us will continue to shape us and drive us toward excellence each and every day."

policing philosophy. His leadership and integrity made a profound impact on the Sheriff's Department that can still be felt today. "It was Sheriff Craig who hired me, and he quickly became an informal mentor; someone whose leadership I wanted to follow and to emulate. I have been deeply appreciative of his support, advice, and friendship during my entire tenure as Sheriff," said Sheriff Scott Jones.

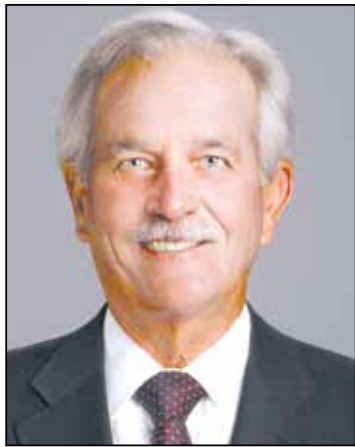
Former Sacramento Sheriffs also weighed in: "It was both a privilege and an honor to have worked for Glen and to have called him my friend. He will be missed greatly," said former Sheriff Lou Blanas.

Former Sheriff Robbie Waters said, "Glen and I worked together

Continued on page 5

Sierra Vista Bank Appoints Robert Perry-Smith as Chairman

SACRAMENTO REGION, CA (MPG) - Sierra Vista Bank (the "Bank") announced that Robert T. Perry-Smith has been appointed to its



Sierra Vista Bank announced that Robert T. Perry-Smith has been appointed to its Board of Directors and will serve as its Chairman. Mr. Perry-Smith is a member of the American Institute of Certified Public Accountants and the California Society of CPAs.

Board of Directors and will serve as its Chairman. The Bank's preceding Chairman, Brady Whitlow, will remain on the Board as Vice Chairman. "We are

very pleased to add someone with Bob's experience and expertise to our team," stated Whitlow. In 2013, Mr. Perry-Smith concluded a 40-year career as a CPA at both the national level as a Partner and then as the Founder and CEO of Perry-Smith LLP. Throughout his career, Mr. Perry-Smith and his firm were regarded as a leading provider of professional services to the Banking Industry specializing in annual audits, regulatory compliance, capital structures, as well as merger and acquisition strategies. The company became one of the region's most successful firms, expanding significantly over its 28-year history

before being acquired by Crowe Horwath LLP in 2011. Mr. Perry-Smith is a frequent speaker at Banking Industry conferences and Trade Association meetings.

Mr. Perry-Smith is a member of the American Institute of Certified Public Accountants and the California Society of CPAs. He holds a BS Degree in Accounting from California State University, Sacramento. Mr. Perry-Smith currently serves as the Chairman of the Perry-Smith Foundation and is a past President of the Sutter Club in Sacramento. As Chairman of the Board, he will serve as an ex officio member of all standing Bank committees, including

the Audit Committee, and will Chair the Corporate Governance/Compensation Committee.

"I have known Bob for over 20 years and am looking forward to working with a person whom I so highly regard," stated President/CEO Gary D. Gall. "His presence and business acumen will add strategic value to our organization."

Mr. Perry-Smith said, "Community Banking has long been near and dear to my heart! I am very pleased to have the opportunity to join the Sierra Vista Bank team and share in its vision for the future development of the Bank."

Sierra Vista Bank is a locally owned community bank headquartered at 1710 Prairie City Road in Folsom, CA since March 2007 and has branches located in Cameron Park and the Fair Oaks Village. The Bank prides itself on serving the financial needs of small businesses and professionals in Folsom and throughout the Highway 50 Corridor while remaining committed to community philanthropy. Additional information about Sierra Vista Bank can be found at www.sier-ravistabank.com or by calling (916) 850-1500. ★



START YOURS TODAY!



American River Messenger delivers your local community news 24 issues a year.

**BOTH NEWSPAPERS
FOR ONLY**



Get The Sunday Sacramento Bee!

\$15⁰⁰

FOR 6 MONTHS!

See inside for details

Upward Basketball Grows by Leaps and Bounds

FAIR OAKS, CA (MPG) - Upward Basketball, sponsored by Fair Oaks Presbyterian Church, is celebrating its 17th season and is setting new records. This season 361 boys and girls have registered to play basketball, making a total of 44 teams this season.

The first season in 2007 had 39 players; last year there were 283 players. Ken Friedman of Orangevale, Upward Sports coordinator, hoped to reach 300 players, so it's an understatement that he's pleased with the number of youngsters registering to play this year.

Also, the program has grown so much that practices and games will be played at two churches: Fair Oaks Presbyterian Church on Fair Oaks Boulevard near Madison Avenue and Faith Lutheran Church located at Fair Oaks Boulevard and San Juan Avenue.

Local practices began the first week of December. Practices for kindergarten through fourth

grade are held at Fair Oaks Presbyterian Church, and fifth and sixth grade practices are held at Faith Lutheran Church.

Games will be played on Saturdays from January 10th through March 7th at Fair Oaks Presbyterian and Faith Lutheran churches. The fifth and sixth grade players will participate in tournaments at the end of the season.

Upward Basketball is part of Upward Sports, a program offered by an international organization. It's geared for elementary school-age youngsters (kindergarten through sixth grade) and provides families with an alternative to other types of sports leagues. The program includes basketball, flag football, soccer, and cheerleading. It provides a fun sports experience based on healthy competition for kids, teaching skills for the sports arena and values for life, according to the Upward Sports Fact Sheet.

Upward Sports is the world's largest Christian-based kids' sports league, founded in 1995 by Caz McCaslin of Spartanburg, SC. Nearly 550,000 children in 48 states and Canada participate in Upward Sports leagues and camps hosted by 2,400 churches. Around one million people play, coach, referee, or volunteer in Upward Sports worldwide.

The organization equips local churches that provide available fields or gyms for kids' sports. In addition to learning the sport and playing games, the program helps young players grow athletically and spiritually through a player-only, interactive website that includes games, skill-and-drill videos, and discussion about the week's Bible verse.

For more information about Upward Basketball and Upward Sports, contact Friedman at (916) 838-6577 or email kenvfl@gmail.com.

Source: Tinka Davi ★

Words Take Wing with Joseph Bruchac

Native American Author Headlines Celebration of Diversity in Literature

SACRAMENTO REGION, CA (MPG) - Joseph Bruchac has celebrated his Abenaki Indian heritage in more than 120 books for adults and children. The versatile, award-winning writer will headline the 11th annual Words Take Wing celebration Monday, February 9th at 7 p.m. at the Tsakopoulos Library Galleria 828 I Street, Sacramento.

Words Take Wing: Honoring Diversity in Children's Literature, an event for all ages, is sponsored by The University of California at Davis School of Education. It is a celebration of children's literature as art. The event focuses on the diversity of stories and characters found in works by authors from different cultures.

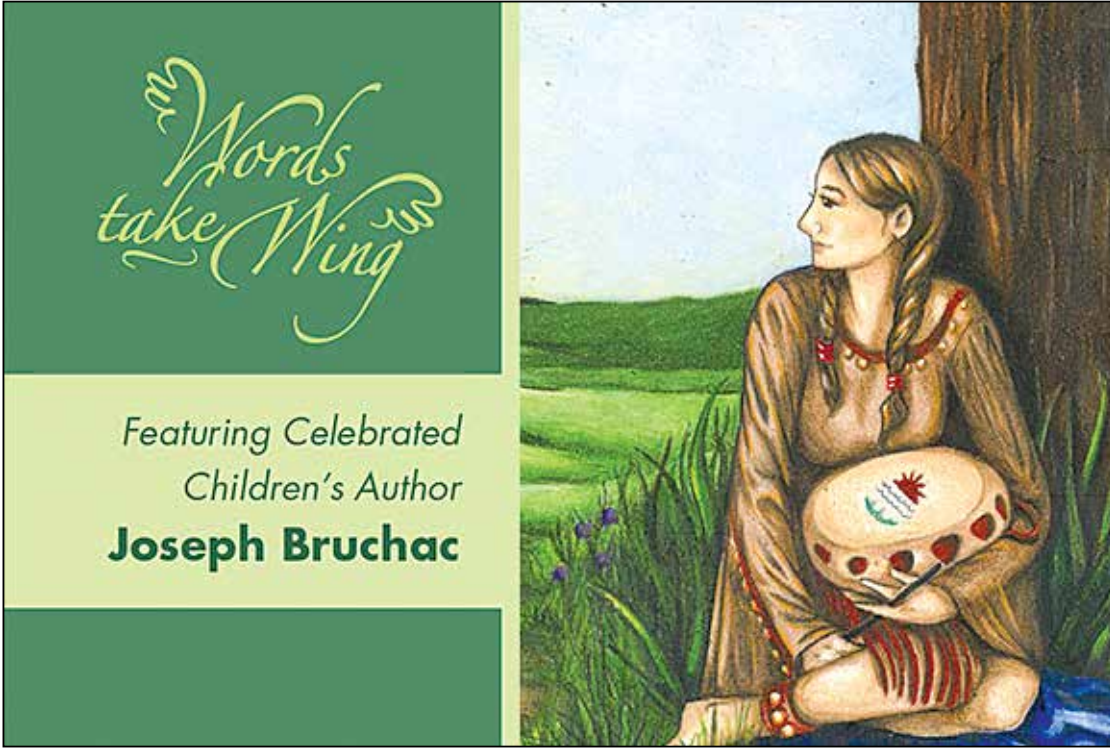
In a career now in its fourth decade, Bruchac has written poetry, short stories, picture books, novels, and anthologies that celebrate a range of Native American traditions. His books include "Keepers of the Earth: Native American Stories and Environmental Activities for Children" and "Code Talkers: A Novel about the Navajo Marines of World War Two." Also a noted preservationist, Bruchac has worked on books and other projects with his son, James, to document the Abenaki language from the present-day Northeastern United States and Canada. His many awards include the Cherokee

Nation Prose Award, a National Endowment for the Arts Writing Fellowship for Poetry, and the Lifetime Achievement Award from the Native Writers Circle of the Americas.

Notable guests at previous Words Take Wing events include the award-winning husband-and-wife team of Andrea and Brian Pinkney, winners of the Coretta Scott King and Caldecott awards, and Margarita Engle, the first Latina to win the Newberry Honor.

The event is free, but registration is required. Visit www.education.ucdavis.edu/wtw15 to register.

Source: Sacramento Public Library ★



Bruchac has worked on books and other projects with his son, James, to document the Abenaki language from the present-day Northeastern United States and Canada. His many awards include the Cherokee Nation Prose Award, a National Endowment for the Arts Writing Fellowship for Poetry, and the Lifetime Achievement Award from the Native Writers Circle of the Americas.

District Attorney Jan Scully Announces 20-Year Tenure Report

SACRAMENTO REGION, CA (MPG) - As District Attorney Jan Scully's final term comes to an end, the District Attorney's Office has issued an End of Tenure Report.

Throughout Scully's 20-year tenure, the District Attorney's Office has taken an innovative and collaborative approach to improving the prosecution and prevention of crimes as well as assisting victims. The report chronicles many of these accomplishments and successes, including the development of new and modified

specialized units as well as collaborative task forces, dedicated courts, and prevention outreach programs with partners from community organizations, businesses and other government agencies.

The report also highlights notable cases prosecuted; the advancement of science in the District Attorney's Laboratory of Forensic Services, the progression of technology in the Information Technology bureau and in the courtroom, the expansion and role of the Victim/

Witness Unit, and other interesting facts. The citizens of Sacramento County have been well served for the past 20 years and can be assured the District Attorney's Office will continue to fulfill its mission to Seek Justice, Serve Justice, and Do Justice on behalf of the community.

The full report can be viewed at www.sacda.org/media/reports/EndOfTenureReport.pdf.

Source: Sacramento County District Attorney's Office ★

*Founder's Club
Rent Specials*

Is it time to help your parents with a move into
Senior Living?

Now could be a good time to start the discussion.

**Opening in Orangevale
in Spring 2015**

Visit our Sales office at
8686 Greenback Lane, Orangevale
916-542-7988

Fair Oaks EcoHousing
A Family-Friendly Green Neighborhood

- Safe and Supportive Community for People of All Ages
- Close to Fair Oaks Village
- Large Clubhouse and Gardens
- 30 Townhomes and Flats

Join us for a
monthly site tour

For more information, visit
FairOaksEcoHousing.org

We have
EXCITING NEWS!

Advance Practice Primary Care

A Nurse Practitioner Clinic
is **NOW OPEN** to the Public!

Now accepting Medicare and PPO patients

Ross Lauger • FNP-C

For an appointment call **916.539.1449**

Supervising Physician
Jeffery D. Wayne M.D.
Associate Site for Clinical Trials Research

9267 Greenback Ln. Suite #C2
Orangevale, CA 95662
Office (916) 539-1449
Fax (888) 990-1397

Advance Practice meets
the healthcare needs of
the community.

Treating:

- Diabetes
- Hypertension
- Thyroid Conditions
- Osteoporosis
- Orthopedic
- Spinal
- Case Management
- Vascular conditions
- Routine Screening Exams

**Publisher,
Paul V. Scholl**

American River Messenger is a member
of Messenger Publishing Group

**AMERICAN RIVER
MESSENGER**

"Written by the people, for the people"

Publisher's Statement: It is the intent of the *American River Messenger* to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

American River Messenger is not responsible for unsolicited manuscripts or materials. The entire contents of the *American River Messenger* are copyrighted. Ownership of all advertising created and/

or composed by the *American River Messenger* is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Subscriptions should be mailed to *American River Messenger*, 7405 Greenback Lane, #129, Citrus Heights, CA 95610. Subscription rate is \$25 per year; \$30 per year in Sacramento and Sacramento county; \$40 per year outside Sacramento county. *American River Messenger* is published twice monthly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@AmericanRiverMessenger.com. Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 916-773-1111.

Advertising Sales

Graphics & Layout

Contributing Writers

Distribution Assistant

Accounting

Web Master

News Services

Photography

Paul V. Scholl
Bill Martin • Linda Harper
Banerjee Designs • Stump Removal Graphics

Susan Skinner • Mary Jane Popp • Marlys Johnsen Norris • Tim Reilly
David Dickstein • Dave Ramsey • Dr. E. Kirsten Peters • Kay Burton
Dr. Bob Graykowski • Julie Parker
David Graulich • Ronnie McBrayer

Gabriel Scholl
Nicholson & Olsen CPA

RJ at thesitebarn.com • JWS Promotions • Mikahn Design

Whiskey & Gunpowder • StatePoint Media • NewsUSA • PRWEB NewsWire
North American Precip Syndicate • Blue Ridge Press • ARA Content
Family Features • WorldNetDaily
Amanda Morello • Susan Skinner

Member of Carmichael, Citrus Heights, Fair Oaks,
and Orangevale Chambers of Commerce

We are proud members of these newspaper associations.

Therapeutic Recreation Scores Big Since 1975



TRS volunteer attempts goal during the Chargers’ last soccer practice before Special Olympics competition.

Story and photo by Ryan Meza

SACRAMENTO COUNTY, CA (MPG) - Providing recreation services to community members with disabilities since 1975, the Therapeutic Recreation Services (TRS) program offered by the Sacramento County Department of Regional Parks is a fun-filled atmosphere that includes activities such as “Monster Mini Golf and Dinner” and “Ridin’ on the River.”

With an active team of more than 200 athletes who compete in a variety of sporting competitions including the Special Olympics, TRS provides year-round training to all who participate in five different sports: basketball, soccer, swimming, track and field, and floor hockey. Almost everybody who trains in a sporting activity ends up competing in their Special Olympics Team called the Chargers. The Sacramento County Chargers was founded more than 30 years ago. Chargers athletes

have received many awards for various sports and competitions hosted by the Special Olympics. Over the past years, the Special Olympics have also honored several of the coaches and volunteers who participate.

“It is our goal that our participants gain their highest level of independence and valuable lifelong skills that will benefit them in their everyday lives. It is our hope that participants gain improvements in communication, making choices, community awareness, social skills, learn money management skills, and develop new friendships,” said Jenn Wilson, recreation specialist for TRS.

TRS is staffed by two full-time employees, 10 part-time employees, 20 regular volunteers, up to two recreation therapy interns per year, and more than 50 community volunteers from local high schools and colleges. With increasing participation, TRS staff works hard to find new places to visit as well as offer more activities and sports for participants to enjoy.

“Activities are fun, and you get to meet a lot of friends. The staff is cool, and they really make it fun for us,” said Hermanda Seals, a TRS participant.

In addition to county funding, TRS receives donations from Eppie’s Great Race, Pathways to Recreation, and individual donors. During the last fiscal year, TRS received close to \$50,000 in outside donations. If you wish to donate or become a volunteer, send TRS an email at TRS@SacCounty.net.

Source: Sacramento County

★

CHP Highlights New Laws Affecting Motorists

SACRAMENTO REGION, CA (MPG) - The mission of the California Highway Patrol (CHP) is to save lives. One way to assist in accomplishing this mission is to ensure all California drivers are familiar with a couple of new laws designed to keep the motoring public safe.

Modified Limousine Safety Requirements: Regulations/Inspections (SB 611, Hill)

This law creates a modified limousine inspection program that must be implemented no later than July 1st, 2016. Through this program, modified limousine terminals will be inspected once every 13 months by the CHP. The new law also defines a modified limousine as a vehicle that seats not more than 10 passengers, including the driver, and has been modified, altered, or extended in a manner that increases the wheelbase of the vehicle, sufficient to accommodate additional passengers. SB 611 also requires modified limousines to be equipped with two readily accessible and fully charged fire extinguishers. The driver or operator of the modified limousine must notify the passengers of the safety features of the vehicle, including instructions for lowering the partition between the driver and passengers and the location of the fire extinguishers.

Driver License Eligibility: Undocumented Residents (AB 60, Alejo)

Beginning January 2nd, 2015, the California Department of Motor Vehicles (DMV) will issue an original driver license to an applicant who is unable to submit satisfactory proof of legal presence in the United States. The applicants are required to provide satisfactory proof of identity and California residency and must meet all other qualifications for licensure, which includes demonstration of the basic knowledge, skills, and ability to have the privilege of driving. This law was adopted during the 2013 legislative year. It does not change the day-to-day operations of the CHP.

For complete information on chaptered bills enacted in 2014, please refer to the Legislative Counsel website at www.LegInfo.ca.gov.

Source: California Highway Patrol

★

New Cohousing Community Hosts Cohousing Expert

By Marty Maskall

SACRAMENTO REGION, CA (MPG) - 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.

Durrett, an award-winning architect, is currently designing the latest addition to the local cohousing communities: Fair Oaks EcoHousing on Fair Oaks Boulevard near New York Avenue.

The presentation will provide an overview of the national cohousing movement, with examples of communities that have been built around the country over the last two decades, including Southside Park Cohousing in Sacramento, Nevada City Cohousing, and Wolf Creek Lodge in Grass Valley.

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.

Cars are kept to the edge of the site, thus making the neighborhood pedestrian-friendly and safe for children. Future residents are involved in the design and development of their new community so it reflects their needs and priorities, creating a truly custom neighborhood.

Architects and authors Charles Durrett and Kathryn McCamant introduced cohousing to North America in the 1980s with their seminal book, Cohousing: A Contemporary Approach to Housing Ourselves, after studying the movement in Denmark. There are now more than 130 housing communities in the U.S. and Canada. Together, McCamant and Durrett, a husband-and-wife team, have worked on over 50 cohousing projects. They now live in Nevada City Cohousing.

Admission to the public presentation is free. For more information on cohousing, visit www.FairOaksEcoHousing.org.

★

Food for Families Raises Almost Three Million Pounds of Food in Holiday Donation Campaign

SACRAMENTO REGION, CA (MPG) - Thanks to the generosity of Raley’s customers, employees, and community partners, Raley’s Food for Families annual Holiday Bag Campaign surpassed its goal by nearly 50%, raising 2.9 million pounds of food in Northern California and Northern Nevada in 2014. The total, raised from November 7th through December 31st, is among the highest in recent years and set a new bar for 2015.

“This year was one of our best Holiday Bag Campaigns ever,” said Jennifer Teel-Wolter, executive director of Food for Families. “Not only did we raise nearly three million pounds of food for those in need, we also did it by providing fresh and healthy options to our food banks. We’re thrilled to see how the community supported this effort and we’re so grateful to everyone who participated.”

Once again, Raley’s made holiday giving easy with its 29th annual Food for Families Holiday Bag Campaign through Facebook and mobile text donation


capabilities in addition to in-store donations. For just \$10, customers could donate a bag of wholesome food to Food for Families. Raley’s more than doubled all donations, turning each \$10 donation into more than \$27 worth of food. All donations stayed in the communities in which they were raised and were distributed by local Food for Families food bank partners. Each holiday bag provided 21 meals and included more fresh produce than ever before, and, for the first time, milk in addition to pantry staples like whole wheat pasta and tuna. Seventy-three regional food banks distributed holiday bags purchased to benefit local families.

In addition to the 2.9 million pounds of food, Raley’s once again donated over 100,000 pounds of fresh turkeys, chickens, and hams, which provide over 80,000 meals.

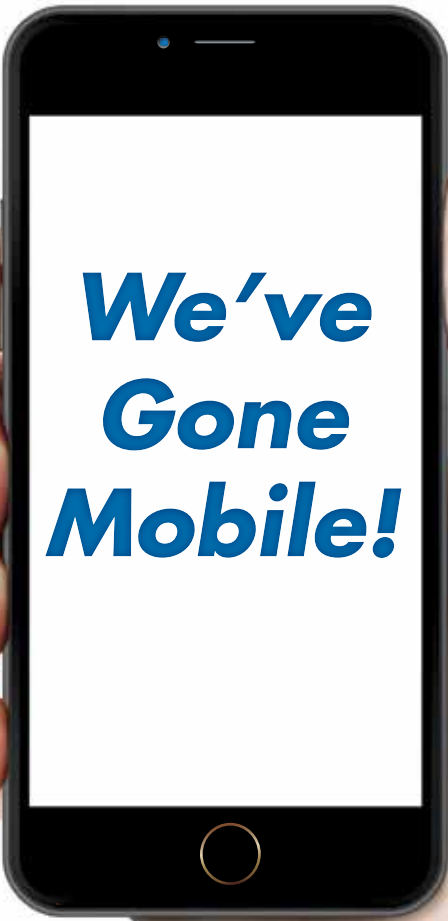
For more information, contact Kat Maudru at (916) 373-6115 or at Kat.maudru@raleys.com.

Source: Raley’s

★




IS EXCITED TO ANNOUNCE THAT



- Check account balances
- Deposit checks
- Transfer funds
- View Bill Payments

Download your Sierra Vista Bank App today!



www.sierravistabank.com


Folsom Branch
916.850.1500

Cameron Park Branch
530.676.3400


Fair Oaks Branch
916.293.4910

MEMBER FDIC • EQUAL HOUSING LENDER

You may be charged access fees by your cell phone provider based on your individual plan. Web access is needed to use this service. Check with your cell phone provider for details on specific fees and charges.



COMPLETE CAR CARE





Get Road-Ready for the New Year!

An Honest Brake® Since 1983

Yes, We Do...

- ✓ Wheel Alignment
- ✓ Front End Repairs
- ✓ Shocks & Struts
- ✓ Batteries, Starters and Alternators
- ✓ Belts & Hoses
- ✓ Water Pumps
- ✓ Timing Belts
- ✓ Axles
- ✓ Air Conditioning
- ✓ Fuel Pumps
- ✓ Radiators
- ✓ Factory Specified Services
- ✓ Towing Available
- ✓ **FREE** ABS & Check Engine Light Scan
- ✓ **FREE** Shuttle Service
- ✓ **FREE** A/C Check



- QUALITY SERVICE
- QUALITY PARTS
- FINANCING AVAILABLE
- EXTENDED WARRANTIES HONORED

10% MILITARY DISCOUNT

FRONT OR REAR BRAKES



- Front disc or rear drum
- Resurface rotors or drums
- Centric pads or shoes
- Repack bearings as applicable
- 12 month or 12,000 mile warranty

\$89.95*

Reg. Price \$109.95

SAVE \$20.00!

*Applies to most cars & light trucks. Additional parts or labor required on certain vehicles. Plus disposal fee. Not valid with any other offers. Expires 2/14/15. ARM-S004



EXPRESS LUBE, OIL & FILTER

- New Valvoline filter
- Up to 5 quarts of 5w-30 or 5w-20 oil



\$19.95

Reg. Price \$24.95

SAVE \$5.00!

Bring in a 2nd car the same day, & get the same for only \$10! Except Saturday.

Includes: Express courtesy inspection, under 30 minutes in most cases. Most cars & light trucks. Plus disposal fee. Not valid with any other offers. Expires 2/14/15. ARM-S005



ANTI-FREEZE FLUSH SERVICE

FOR WORRY-FREE WINTER DRIVING



- Revitalizes your engine's radiator & entire cooling system
- Includes new anti-freeze coolant (chemical kit extra if necessary)

\$49.95

Reg. Price \$89.95

SAVE \$40.00!

Most vehicles. Plus disposal fee. Not valid with any other offers. Expires 2/14/15. ARM-S044



WINTER MAINTENANCE SPECIAL

OIL CHANGE + ANY 2:


- Transmission Fluid Flush
- Steering Fluid Flush
- Brake Fluid Flush
- Coolant Flush
- Fuel Injectors Flush

\$169.95

Reg. Price \$289.95

SAVE \$120!

Most vehicles. Plus tax & disposal fee. Chemical kits extra. Not valid with any other offers. Expires 2/14/15. ARM-S025



CITRUS HEIGHTS

8000 Greenback Ln.
916.723.8000

ELK GROVE

8456 Elk Grove Blvd.
916.714.8585

MANTECA

515 E. Yosemite Ave.
209.239.7400

ORANGEVALE

9348 Greenback Ln.
916.988.0737

RANCHO CORDOVA

2265 Sunrise Blvd.
916.638.2886

ROSEVILLE

106 Harding Blvd., #2
916.786.7800

ROSEVILLE

10221 Fairway Dr.
916.774.1600

SACRAMENTO


3261 Northgate Blvd.
916.921.0502

SACRAMENTO


5810 Auburn Blvd.
916.338.5656

TRACY

1210 Tracy Blvd.
209.836.3500



WE ACCEPT COMPETITOR COUPONS FOR SAME SERVICES AND PRODUCTS



Spend \$100+ & Receive a 2-Night Las Vegas Getaway!

More Coupons: www.Brakemasters.com

Top New Laws for California Businesses

California Chamber Releases Its 2015 List



Several new laws will increase employers' wage-and-hour obligations in 2015. AB 1897 holds employers liable for wage-and-hour violations when they use staffing agencies or other labor contractors. If a contractor fails to pay its workers properly or provide workers' compensation coverage, the "client employer" can now be held legally responsible.

SACRAMENTO REGION (MPG)

The California Chamber of Commerce has released a list of new laws that will affect California businesses in 2015. Some of these, such as mandatory paid sick leave, make significant changes to the state's legal landscape. Others will have more limited impact. Here are some highlights.

Mandatory paid sick leave: AB 1522, the Healthy Workplaces, Healthy Families Act of 2014, requires employers to provide paid sick leave to any employee who worked in California for 30 days. Employers can limit paid sick leave to 24 hours or three days in each year of employment and can put a maximum cap on total accrual of 48 hours or six days. The effective date for the paid sick leave benefit is July 1st, 2015.

Unpaid interns and volunteers: AB 1443 adds unpaid interns and volunteers to the list of individuals protected from harassment and discrimination under the Fair Employment and Housing Act (FEHA), and it extends religious belief protections and

accommodation requirements to anyone in an apprenticeship training program, unpaid internship, or any other such program.

Driver's licenses: AB 1660 makes it a violation for an employer to discriminate against anyone who presents a driver's license issued to undocumented persons. Such actions constitutes national origin discrimination under FEHA. The law also makes it a violation of FEHA for an employer to require a person to present a driver's license unless possessing a driver's license is required by law or the employer's requirement is otherwise permitted by law. Any driver's license information obtained by an employer must be treated as private and confidential.

Public assistance recipients: AB 1792 prohibits discrimination and retaliation against employees receiving public assistance. It also requires state agencies to prepare an annual list of the top 500 employers with the most number of employees enrolled in a public assistance program. The reports will be

made public and will be prepared starting in January 2016.

Harassment prevention: AB 2053 requires employers that are required to provide mandatory sexual harassment prevention training to supervisors to include a component on the prevention of "abusive conduct." The law does not allow employees to sue for abusive conduct in the workplace unless the conduct becomes discrimination or harassment against a protected class; it merely requires training on prevention of abusive conduct.

Farm labor contractors: SB 1087 imposes specific sexual harassment prevention training requirements on farm labor contractors. It places restrictions on licenses for farm labor contractors who have engaged in sexual harassment, changes the exam requirements, and increases licensing fees, bonding requirements, and penalties.

Several new laws will increase employers' wage-and-hour obligations in 2015. AB 1897 holds employers liable for wage-and-hour violations when they use

staffing agencies or other labor contractors. If a contractor fails to pay its workers properly or provide workers' compensation coverage, the "client employer" can now be held legally responsible. AB 2288, the Child Labor Protection Act of 2014, provides additional penalties for violations of California laws regarding employment of minors, including a penalty of \$25,000 to \$50,000 for "Class A" violations involving minors 12 years of age or younger. The statute of limitations for claims that arise from violations of employment laws is now delayed or suspended until the minor is 18 years of age.

Other laws include AB 1650, which requires contractors who bid on state contracts involving on-site construction-related services to certify that they will not ask applicants to disclose information concerning criminal history at the time of an initial employment application; and AB 1852, which requires businesses that provide specified services to minors to provide a written notice to the parent or guardian of the minor receiving those services, including the business's policies relating to employee criminal background checks.

Source: California Chamber of Commerce

Folsom Lake College Offering 85 Spring Classes at Rancho Cordova Center

RANCHO CORDOVA, CA (MPG) - Folsom Lake College's Rancho Cordova Center will be offering 85 classes this spring. Many classes will begin the week of January 17th. Registration for all spring classes is underway and continues through January 16th. Course offerings include general education requirements and extensive classes for English learners.

Overall, more than 750 classes are being offered at the Rancho Cordova Center, the main Folsom campus, the El Dorado Center in Placerville, and online. Full-semester classes start the week of January 17th and run through May 20th. Other shorter-term or "Fast-Track" classes begin throughout the semester. To view all spring classes, go to www.flc.losrios.edu and click

on "Class Schedules" on the homepage.

New students must first apply for admission to the college before registering for classes. To access the online admission application, go to www.flc.losrios.edu/new-students. The enrollment fee for California residents is \$46 per unit. Other minimal fees apply.

Course offerings will continue to increase as Folsom Lake College prepares to open its new permanent Rancho Cordova Center site (at the corner of Folsom Boulevard and Paseo Drive) in late 2015.

For more information, please contact the Rancho Cordova Center at (916) 255-0717.

Source: Folsom Lake College

Spay It Forward 2015 Campaign

Animal Spay and Neuter Offers Free Cat Spays and Neuters

SACRAMENTO COUNTY, CA (MPG)

- Animal Spay and Neuter, a non-profit clinic, is partnering with Sacramento animal care agencies and rescue groups to provide FREE cat spays and neuters through March 2015 or until funding runs out for this program.

This program is for all cats, owned or homeless, tame or feral, that reside anywhere in the incorporated and unincorporated areas of Sacramento County.

Surgery is by appointment

only. Call to make your appointment as the schedule will fill up quickly.

This free service is being offered at two locations. The Sacramento location is at 3839 Bradshaw Road; call them at (916) 368-7314. The Auburn location is at 3524 KOA Way; call them at (530) 889-8800.

All Donations toward the Spay and Neuter are welcome to keep the fund alive.

Source: City of Rancho Cordova

Earn **\$200** per month for just a few hours delivery work per week!
CALL 773-1111





HELP WANTED

**Messenger Publishing Group
INDEPENDENT
SALES AGENT**

MPG is seeking an Independent Sales Agent to generate advertising sales for our local newspapers. This is an extra income opportunity that you can work at from your home. Become part of a growing newspaper group that has been very well received by our readers and the business community. Compensation is commission only, but the commission is a very generous rate.



**To apply, call 773-1111
and send an email to publisher@mpg8.com.**





You're Invited!

"We Do Church Differently"

Sunday Mornings at 10am

We Meet At:
Foothills Community Center

For More Information
(916) 992-1997



We are creating...

- Quality Children's Programs
- Meaningful Friendships in Small Groups
- Ministry for Healthy Families and Marriages
- Contemporary Worship in which God is experienced

"A Community Church Your Entire Family Will Enjoy"

www.NBC4u.org

Giants Trophy Tour Starts at New Home

By Jared Isham

SACRAMENTO REGION, CA (MPG)

- The River Cats got a taste of the World Series championship on January 7th, 2015, when the Giants Trophy stopped by on their tour. The event took place during a one-hour timeframe where the most committed fans received a picture next to the trophy. With the weather sunny and temperatures in the 70s, you couldn't ask for a better day to participate in such a memorable event.

The line to see the World Series Trophy wrapped around the entire stadium with an estimated 3,000 to 5,000 people seizing the opportunity to get a picture with it. Speaking with people in line, many of them grabbed their spot as early as 1:30 p.m. for the 3 p.m. event. Once inside, the fans were directed down the left field line and a professional photographer was there to capture their memory in center field where they could exit back down the right field line.

The hour-long event was accompanied by the On Deck Shop providing Giants apparel and showing off the new River Cats merchandise. Not only was this a great moment for baseball in Sacramento, but donations were also accepted for the Junior



Trophy: The River Cats got a taste of the World Series championship on January 7th, 2015, when the Giants Trophy stopped by on their tour. Photo by Ben Barber

Giants program providing at-risk youth an opportunity to learn confidence, integrity, leadership, and teamwork. ★



By Pastor Ray Dare

As you enter the New Year, you'll be facing a lot of new situations. Specifically, you'll face new problems, you'll face new opportunities to grow and you'll face new possibilities. Each of these will require a new response, new perspective, new habits and a new action. So as we start the New Year, let's ask ourselves, "What does the New Year require of me?"

New Problems Will Require New Perspective. I hate to tell you this but you're going to have some problems in 2015. You say, "Oh, no! Not the same old problems!" No, some new ones. These will be even better ones. Some of them will be even bigger. You say, "Oh, no! I don't want that!" But God says, "I'm not going to remove your problems. Instead I'm going to make you a stronger through them." You can't solve tomorrow's problems with today's solutions. New problems require new

What Will the New Year Require?

perspective. Attitudes are kind of like diapers. They have to be changed or they start stinking. We need to develop new perspectives. Maybe you've got a problem and you haven't been able to solve it. Maybe what God's saying is you need to look at it in a new way. You need a new approach. You need to try it from a new point of view. Ask yourself, "In what way do I need a new perspective?"

New Progress Will Require New Habits. So often we get stuck in a rut. Most of everything you do is habitual. The way you get up in the morning, the way you shower, the way you eat. Even the types of food you eat are pretty much habitual. The way you dress. The way you go to work. If you're going to change, you're going to have to develop some new habits. What new habits do you need to develop this New Year? Maybe it's a new habit of getting involved in a Bible study or a new habit of having a regular prayer time every day. Or a new habit of reading the Bible. Or a new habit of tithing ten percent of your money. I don't know. But I can tell you this: If you're going to grow this next

year, you're going to have to change some habits. Ephesians 4:24 says, "Put on your new self, which is made in the image of Christ." Ask yourself, "What new habit do I need to develop?"

New Possibilities Will Require New Actions. There are two things you can be sure about in life. One, you can't live in the past. And two, you can't live off the past. The Christian life is one of constant renewal, growth, development, progress, faith and commitment. The level of faith that you had last year was great for last year, but it's not going to cut it in 2015. You need to grow. I can say without a shadow of a doubt that God has a lot of great things in store for you this New Year, but you have to act. New possibilities require new actions. Don't try to live off of last year's commitments. God's going to give you greater opportunities in this New Year. Ask yourself, "What new possibility requires my action today?"

Pastor Ray
New Beginnings Church
YOU'RE INVITED,
Sunday service at 10 am
"We Do Church Differently"
www.NBC4U.org ★

Bella Vista High School Crab Feed Fundraiser

ORANGEVALE, CA (MPG) - The Bella Vista High School Football Booster will be hosting their 18th annual Crab Feed Fundraiser on Saturday, January 31, 2015 from 5pm to 11pm. The fundraiser will be located at Divine Savior Church, 9079 Greenback Lane, Orangevale. This event is open to the public

and will feature a mouthwatering meal that includes soup, salad, pasta, delicious crab, and dessert. In addition to a great dinner, the fundraiser will offer live and silent auctions, a raffle drawing, a fabulous dessert auction, and music and dancing. Tickets for the fundraiser are \$50 per person, and tables can be purchased

for a party of eight (standard) or party of 10 (which is limited and first come first serve).

To order tickets or for more information, call (916) 717-3517 or email crabfeed@bellavista-football.com. Order forms are available at www.bellavistafootball.com.

Source: Chris Lee ★

"DMC to NYC" All Star Campaign

By Ben Barber and Jared Isham

SACRAMENTO REGION, CA (MPG) - Do you want to see DeMarcus Cousins in the NBA All Star Game on Sunday, February 15th? Here's your chance: This year, instead of having a panel of broadcasters and media members deciding the vote, the NBA is bringing it to the fans. In this grassroots support-style campaign, each NBA player is eligible for a vote, and that vote is in your hands.

Between now and January

19th, it's up to you to vote in DeMarcus Cousins. The Kings are calling it "DMC to NYC." Show him your support by voting him up to the top 60 ranking so he can represent the Kings in the 64th All Star game at Madison Square Gardens.

Here's how you can vote for Cousins: daily votes through NBA.com ballots, daily tweets which must include both DeMarcus Cousins and #NBABallot, daily Facebook status posts that include both DeMarcus Cousins and #NBABallot in your message,

daily Instagram posts that include DeMarcus Cousins and #NBABallot in your description, daily voting via SMS text—text Cousins to 69622, and daily voting through NBA Game Time and NBA Game Time applications.

Starters will be announced on TNT's NBA Tip-Off show on January 22nd, 2015, at 4 p.m. PT. Voting ends on January 19th, 2015. Don't delay, start voting today!

For more information, visit www.Kings.com/ASB. ★

Miss Orangevale Pageant

ORANGEVALE, CA (MPG) - The main goal of the Miss Orangevale Pageant is to teach young ladies the importance of confidence, leadership, business networking, and ambassadorship as well as life skills such as grace, poise, charm, chivalry, respect, and proper grammar.

Young ladies ranging from 3 to 21 years of age are encouraged to consider this opportunity to be an official contestant, with the possibility of being crowned Miss Orangevale or joining the royal court of the Miss Orangevale Program. The most important aspect of being a member of the Orangevale Chamber of Commerce Court is that you will be a Goodwill Ambassador and be required to represent the community of Orangevale with high standards.

A panel of qualified unbiased judges will be chosen by the Orangevale Chamber Board of Directors. The pageant consists of on-stage presence and personality, eveningwear, fun wear, and love for Orangevale. Judges

will choose a Miss Orangevale, a Junior Miss Orangevale, a Little Miss Orangevale, and a Wee Miss Orangevale to reign for one year as Goodwill Ambassadors for the Orangevale Chamber of Commerce. The winners of the Miss Orangevale categories will be crowned and awarded and official sash. The goal of the program is to one day be able to provide the Queen Miss Orangevale a scholarship grant for education.

In 2009, Tamara Barbu-Brown was approached by the Chamber of Commerce to once again start up the Miss Orangevale Pageant. Without any hesitation, and with a bright smile, Tamara took on the challenge with graceful determination. The program is now running strong with new Queens in the history books. The inner shine and accomplishments of the contestants exemplifies the core values of the program. Tamara provides all contestants an opportunity to stay busy with events in the community throughout the year. The Miss

Orangevale Pageant is a place for young girls of the community to gain valuable skills and the ability to accomplish their future endeavors.

The Orangevale Chamber of Commerce will provide an application to any interested persons. Applications may be requested by emailing info@orangevalechamber.com or by calling (916) 988-0175. The deadline to submit an application to the Chamber is March 31th, 2015. The Miss Orangevale Pageant will be held on April 10th, 2015, at East Valley Church in Orangevale.

The Orangevale Chamber of Commerce is located at 9267 Greenback Lane, Suite B-91, in Orangevale and is open Monday through Thursday from 9 a.m. until 2 p.m.; the Chamber is closed on holidays. For more information, please call (916) 988-0175, visit www.orangevalechamber.com, or email info@orangevalechamber.com.

Source: Orangevale Chamber Of Commerce ★

The Passing of Retired Sheriff Glen Craig

Continued from Page 1

after his election to Sheriff, and mine to the city council, for the good of the City and County of Sacramento. He did an excellent job in the law enforcement field and will be missed."

Retired Sheriff John McGinness had this to say: "Sheriff Craig told me, 'Never make decisions based on politics; use your moral compass and do what you believe to be right. Political issues will resolve themselves accordingly.' In spite of his sincere dedication to his professional calling, he also espoused his firm belief that family should be your first obligation; they'll be with you long after your professional obligations are met. Not only did he

offer such wise counsel, he displayed it through his actions. I will miss him enormously."

Prior to serving as Sheriff, he worked numerous positions in his 44 years of law enforcement, including as Commissioner of the California Highway Patrol and as the Director of the Division of Law Enforcement at the State Department of Justice. In each of these roles, he led with distinction and honor. Since his retirement, he has remained active in the private sector, advising on law enforcement-related issues. He is held in the highest esteem by political and law enforcement leaders throughout the State. He was awarded the prestigious Bud Hawkins award by the California Peace Officers

Association (CPOA) for his contributions and impact on California law enforcement. In addition, Sheriff Craig devoted countless hours of volunteer time to the Make-A-Wish Foundation, the Boy Scouts of America, People Reaching Out, Walk America, and the March of Dimes.

"Sheriff Craig left a lasting legacy of leadership and professionalism on the Sacramento Sheriff's Department. He will be missed, but the impact he made on us will continue to shape us and drive us toward excellence each and every day," said Sheriff Scott Jones.

Source: Sacramento County Sheriff's Department ★



POTOCKI FAMILY CHIROPRACTIC

WE LISTEN
WE CARE
WE GET RESULTS

THE NATURAL WAY TO GOOD HEALTH

Consultation, Exam, X-Rays (if necessary), Repair, and Adjustment for

\$45⁰⁰*

* Excludes Medicare and Worker's Compensation.

Potocki Family Chiropractic
5150 Sunrise Blvd.
Suite F1
Fair Oaks, CA 95628
(Corner of Wildridge & Sunrise)

916-536-0400

www.drpotocki.com



Foster Care

The need is great for loving, safe homes for foster children ages 0-18 & pregnant/parenting teens.

We offer free training, fingerprinting, CPR/ 1st aid, 24 hr support, monthly reimb.

Call Lenka (916) 338-7156



ABRITER Foster Family Agency

CALL A PROFESSIONAL!

Business & Service Directory

LANDSCAPE SERVICES

SLS

Superior Landscape Services Landscaping and Maintenance

- Sprinkler Repair/Install • Pruning
- Mowing/Trimming • Fertilizing

Insured
Lic#794551

(916) 728-5812 • Cell (916) 761-0999
Dave Cochran Owner • dave_SLS@surewest.net

PARALEGAL SERVICES

Living Trust • Living Will

Includes: Trust, Will, Powers of Attorney,
Family Residence Deed
Single \$450 • Couple \$495

Call Lynda K. Knight (916) 214-1215
1337 Howe Ave. Suite 103, Sacramento

DENTAL CARE

HMF Family

DENTISTRY

Located at 11230 Gold Express Dr. #306
Gold River, CA • **916-852-7660**

• Restorative and Cosmetic Dentistry • Oral Sedation

• Invisalign • Extractions (including wisdom teeth)

• 1 hour Teeth Whitening (as seen in extreme makeover)

• White Fillings • Digital X-Rays (uses less radiation) • Financing Available

DRUG AND ALCOHOL REHABILITATION

CLEAN & SOBER
LIVING
CSTL, Inc.

HELPING PEOPLE AND THE COMMUNITY WITH
THE ALCOHOL AND DRUG PROBLEM!
18 YEARS IN BUSINESS!

DETOX (916) 965-3386

SOBER LIVING (916) 961-2691

HORSE RANCH SERVICES

★ **HHR** ★
Hughes Horse Ranch

Providing Quality, Caring and
Professional Horse Boarding
in Carmichael since 1983

DRY STABLES AND RUN

\$175/MONTH
916.944.3119

- Large Covered Pipe Corral Stalls
- Individual, Secure Tack Lockers
- Horses Fed Alfalfa Twice Daily
- Automatic Water Systems

- Cement Wash Rack
- Riding, Grazing and Turn Out Pastures
- Arena • Trailer Storage
- Riding Distance to Ancil Hoffman Park

LEGAL SERVICES

BONES LAW FIRM

4811 Chippendale Dr., Suite 307, Sacramento, CA 95841

Gordon G. Bones
Attorney at Law



The Law Firm provides the following legal services:

- Bankruptcy • Business and Corporate Matters
- Trust and Trust Administration
- Estate Planning • Probate and Conservatorship
- Family Law

P: 916.965.6647

F: 916.965.4218

gbones@boneslawfirm.com

DENTAL CARE

Dr. John C. Riach
Dr. Michael B. Holm
Dr. Guy E. Acheson

AMERICAN RIVER DENTAL

Appointments 7 a.m. to 7 p.m. • New patients welcome
IV Sedation-Nitrous Oxide • Orthodontics

10350 Coloma Rd. 362-9247

ITEX AdvantageSM

Just don't ask to see our cape.

Join thousands of businesses that have discovered
the benefits of bartering.



Connect. Trade. Save.
call Susan 916.779.5210 | sacramento.itex.com



Call to Advertise Here
773-1111



PAINTING SERVICE

QUALITY A PAINT SERVICE

22 Years Experience

State Lic. 646386



Prefer Small Jobs - My Specialty!

► 2-3 Rooms ► 2-3-4-5 Doors

► Single Family Homes

1200-1500 Sq Ft.



916-967-0763

AIR CONDITIONING/HEATING SERVICES

"Remember, When It Comes To Air,
There's Really Only One Pro"

PRO AIR INC.

Maintenance
Sales ♦ Service

CCL#: 498775

\$49
Tune Up Special
(Heating or Air)

- Experienced, Reliable, Affordable
- Family Owned & Operated
- Serving the Sacramento Region Since 1982

(916) 722-8300 • www.proairac.com

CEMETERY SERVICES

*Respectful,
Affordable Burial*

Endowment Care Facility
Beautiful Park like setting
Monuments allowed • Cremation Niches
Commingle Scattering Garden
Quality & Affordable Service

Fair Oaks Cemetery District

7780 Olive St., Fair Oaks, 95628

916-966-1613

PET SITTING SERVICE

Professional, Loving
PET CARE

Established Reputation
Kennel Free Environment
Lots of TLC

Call Madeline

(916) 723-1608

FUNERAL SERVICES

RUSS MONROE'S
FUNERALS & CREMATIONS

FD 1404

7960 WINDING WAY
FAIR OAKS, CA 95628

Tel (916) 9611265
Fax (916) 9612430

GOT LOCAL NEWS?

Call

773-1111

MPG

Messenger
Publishing Group

PAINTING SERVICE

Anni The Painter



**One Room
at a Time
Okay!**

- Perfectionist
- Fun Ideas • Kid's Rooms
- Cabinets • Bathrooms
- Kitchens • Etc.

New Molding Installs • Small Jobs OK!
Lic # 733938 • Free Bids
916-532-6194

HOME OWNERSHIP

1st Time Home Buyer??



LYON
REAL ESTATE
www.Codygon.com

✓ Me out

**Charles
Vines**

Broker Associate
(916) 216-9349
DRE# 01789423



Scan QR Code to see YouTube Video

COMPUTER SERVICES

YourAppleTutor.net

HANDS-ON APPLE TUTORING

At your home
or office, with
you and your Mac,
MacBook, iPhone,
iPad, or Apple TV.
\$100 for 2 hours



Expert Experienced Help
Beginners to Advanced Users
Reasonable Rates

(916) 996 - 0609

Zinsky's

PC Configurations

"Don't replace it - REPAIR IT!"

Custom Desktop Computer Configurations
• PC Repair • Home Wireless Networking
• Installations • Viri & Spyware Eradication

Alan Zinsky

Phone: 916-622-2269

Zconfig@sbcglobal.net

Bus. Lic. # 305312 • B. E. A. R. Reg. #84416

www.zinskyspcrepair.com



REAL ESTATE

Sherm Grady

REALTOR@BRE #01925823

916.768.7704 Mobile

916.773.8027 Office • 916.722.7947 Fax

sherm.grady@cbnocal.com

www.shermgrady.com



2270 Douglas Blvd., Ste 120
Roseville, CA 95661

COLDWELL BANKER

RESIDENTIAL BROKERAGE

HANDYMAN

CARPENTER DAVIDMACK

Handyman • 25 Years Experience

Bus. Lic. # 636425

Honest Man • Quality Work

- Doors Specialist • Dry Rot • Roof Repairs
- Painting • Sheet Rock • Texture
- All Floors, Windows, Decks, Tiles, Patios A to Z
- Exterior Sidings • Plumbing • Electrical
- Dump Hauling • Facial Boards • Gutters
- Auto Body and Spot Painting

916-548-8249

**CALL 773-1111
TO ADVERTISE
IN YOUR LOCAL
HOMETOWN
NEWSPAPER**

STATEPOINT CROSSWORD • BROADWAY SONGS

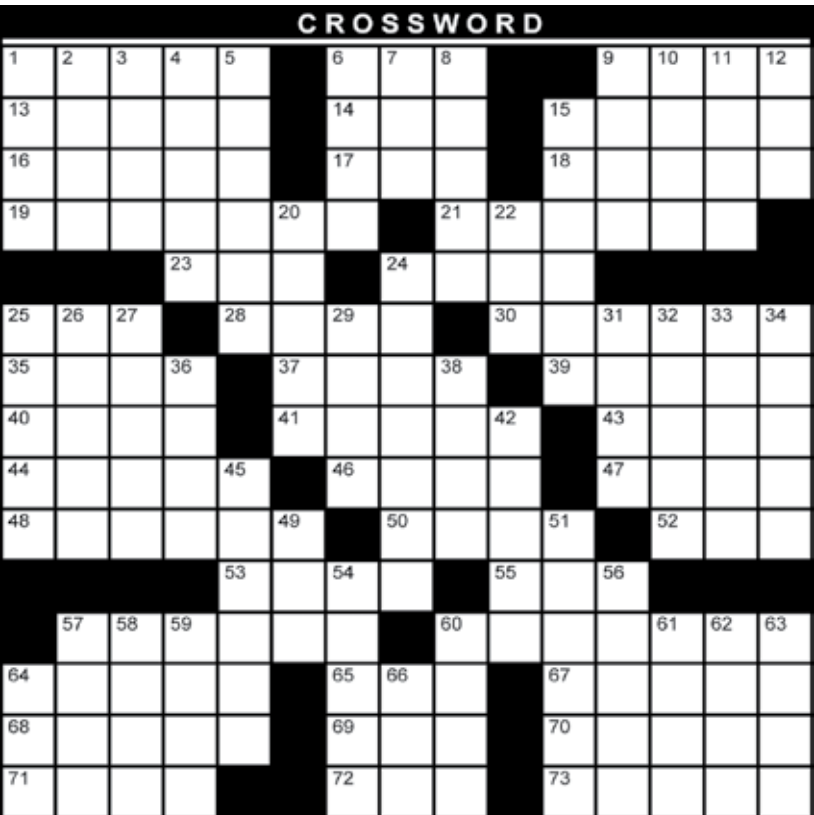
CLUES

ACROSS

1. A minority people of New Zealand
6. Dr. Frankenstein's workplace
9. * "___ Enchanted Evening"
13. Straight ____, e.g.
14. ___ king
15. * Exclamatory song from the Buddy Holly Musical
16. Narcotics agent
17. Under the weather
18. Hal-9000's chess opponent
19. * Fantine: "I _____ a dream in time gone by..."
21. Type of canned tomato
23. ___ talk of encouragement
24. * "Who's Got The ___?" from "Damned Yankees"
25. Pick up, as in a criminal
28. Hit song by Katy Perry
30. * Desirée: "Quick, send in the ___"
35. Footnote word
37. Horsefly
39. Search helper
40. Mongolian desert
41. Greek ruler of the underworld
43. Ripped
44. Edward Teller's creation
46. Iranian coin
47. * Song title from "Beauty and the Beast" and "The Wiz"
48. Conical dwellings
50. Gunk
52. Pavlova's step
53. Dirty money
55. Singer-songwriter Stewart
57. * Peggy Sawyer: "...I am taking you to forty-___ street."
60. Like a light and confident step
64. Hammerin' Hank
65. "___ la la!"
67. Food safety threat
68. Summer romance, e.g.
69. Genetic info carrier
70. Clean a spill
71. Change for a twenty
72. Make a seam
73. Agenda entries

DOWN

1. Fix, especially by sewing
2. Month of Purim
3. Fictional giant
4. Summary
5. Chemical compound
6. "Best ___ plans"
7. * "___ That Jazz" from "Chicago"
8. Model-building wood
9. * "There's no business like ___ business..."
10. Symphony member
11. Dehumidifier's foe
12. Needle hole
15. In an open way
20. Historical period
22. Clinical twitching
24. What meteorologists do
25. * Phantom: "Help me make the music of the ___"
26. PDF reader
27. Jazz style
29. Winglike
31. Often taken with help of a bible
32. Celebrate or "___ it up!"
33. Marilyn Monroe's original name
34. Sound units
36. Play charades
38. Toothy wheel
42. Impolite dinner sound
45. Be in the right place
49. Duke of Cambridge to Prince of Wales, e.g.
51. * Self-de-sounding "Sound of Music" song
54. Emitted from frankincense or myrrh, pl.
56. Monocot's alternative
57. * Cole Porter's "Love for ___"
58. Julia Roberts' character Brockovich
59. Flipside of pros
60. Playwright George Bernard
61. Uh-uh
62. Dour
63. Puppy sounds
64. Away from the bow
66. * "___ singular sensation..."



dish

Make the Switch
to Dish Today
and Save Up To 50%

Call Now and Ask How!

1-800-318-5121

Call 7 days a week 8am - 11pm EST Promo Code: MB0113

Promotional
Packages
starting at only ...
\$19.99
mo.
for 12 months

FREE
PREMIUM MOVIE CHANNELS*
For 3 months.

HBO **SHOWTIME**
COMETV **stargz**

dish

*Offer subject to change based on premium channel availability

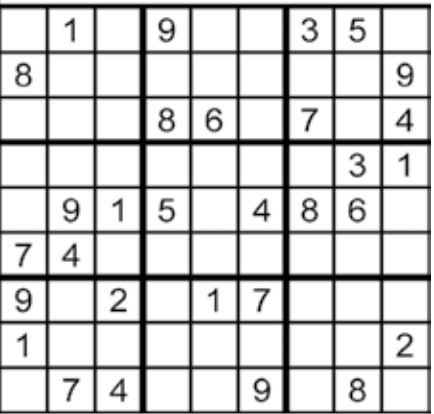
© StatePoint Media

SUDOKU

you could save 28%^{*}
Call 1-800-970-4376 to see how much
you could save on car insurance.

esurance
an Allstate company

*National average annual savings based on data
from customers who reported savings by switching to
Esurance between 10/1/11 and 4/30/12.
© 2012 Esurance Insurance Company, All Rights Reserved. C150000000



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 7

Come back every week for Crossword and Sudoku!

Adoption

PREGNANT? CONSIDERING ADOPTION? Call us first. Living expenses, housing, medical, and continued support afterwards. Choose adoptive family of your choice. Call 24/7. 1-877-879-4709 (Cal-SCAN)

Announcements

Thanksgiving to St Jude for Granted Request
I have done my Novena and I had my request granted. Thank you St.Jude. ICB. (MPG 10-16-14)

Custom Sewing and Alterations
• Hard to Fit • Plus Size
916-476-6092 (MPG 08-31-14)

DID YOU KNOW 144 million U.S. Adults read a Newspaper print copy each week? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

DID YOU KNOW 7 IN 10 Americans or 158 million U.S. Adults read content from newspaper media each week? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

DID YOU KNOW Newspaper-generated content is so valuable it's taken and repeated, condensed, broadcast, tweeted, discussed, posted, copied, edited, and emailed countless times throughout the day by others? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

DID YOU KNOW that not only does newspaper media reach a HUGE Audience, they also reach an ENGAGED AUDIENCE. Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

Antiques/Collectibles Wanted

Always Buying WWII Military Souvenirs, German, Japanese, U.S. Also Antiques Firearms, Obsolete Law Badges, Police, Sheriff, 916-300-8045 (MPG 12-31-14)

Old Railroad Items Wanted: lanterns, locks, china, paper, etc. Call (916) 663-2463 (MPG 06-30-15)

Old Porcelain Signs Wanted: oil & gas, highway, RR, etc. Call (916) 663-2463 (MPG 06-30-15)

Autos Wanted

WE BUY CARS! Running or Not. Any Make, Model or Year. Call today for an INSTANT OFFER. Free Towing/Pickup. Top Dollar. We're Local! 1-800-844-3595 (SWAN)

CARS/TRUCKS WANTED! Top \$\$\$\$\$ PAID! Running or Not. All Years, Makes, Models. Free Towing! We're Local! 7 Days/Week. Call Toll Free: 1-888-416-2330 (NANI)

GET CASH TODAY for any car/truck. I will buy your car today. Any Condition. Call 1-800-864-5796 or www.carbuyguy.com (NANI)

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 800-731-5042. (Cal-SCAN)

WANTED! I buy old Porsche's 911, 356, 1948-1973 only. Any condition. Top \$\$ paid. Finders Fee. Call 707-965-9546 or email porsche-classics@yahoo.com (Cal-SCAN)

Business Opportunity

BE YOUR OWN BOSS! PT/FT - No Exp Needed. Training Provided. Not MLM. No Cold Calling. Earn up to \$5000 per month! Set Your Own Hours. Schedule your interview at www.bizpro121.com (Cal-SCAN)

Cable/Satellite TV

DISH TV Retailer. Starting at \$19.99/month (for 12 mos.) & High Speed Internet starting at \$14.95/month (where available.) SAVE! Ask About SAME DAY Installation! CALL Now! 1-800-357-0810 (Cal-SCAN)

Get The Big Deal from DirecTV! Act Now - \$19.99/mo. Free 3-Months of HBO, starz, SHOWTIME & CINEMAX. FREE GENIE HD/DVR Upgrade! 2014 NFL Sunday Ticket. Included with Select Packages. New Customers Only. IV Support Holdings LLC- An authorized DirecTV Dealer. Some exclusions apply - Call for details 1-800-385-9017 (Cal-SCAN)

CABLE/SATELLITE TV Dish Network - SAVE!

CABLE/SATELLITE TV Dish Network - SAVE! Starting \$19.99/month (for 12 months) Premium Channel Offers Available! FREE Equipment, Installation & Activation. CALL, COMPARE LOCAL DEALS! 1-800-691-6715 (Cal-SCAN)

DISH TV Retailer. Starting at \$19.99/month (for 12 mos.) & High Speed Internet starting at \$14.95/month (where available.) SAVE! Ask About SAME DAY Installation! CALL Now! 1-800-375-0156 (MB 06-30-14)

Career Training

AVIATION Grads work with JetBlue, Boeing, NASA and others - start here with hands on training for FAA certification. Financial aid if qualified. Call Aviation Institute of Maintenance 888-686-1704 (NANI)

Credit/Debt Services

GET FREE OF CREDIT CARD DEBT NOW! Cut payments by up to half. Stop creditors from calling. 855-341-6281 (MB 12-31-13)

Divorce

Before you list your home, order Free Special Report that reveals what happens to your matrimonial home before, during, and after a divorce. Free recorded message 1-800-213-4205 ID# 1009 (MPG 08-30-12)

Electrical Services

RETIRED MASTER ELECTRICIAN, problem solver! 30 yrs experience, senior discounts, Save big - don't replace panel - rebuild it. Lic.# 513168, 916-595-3052 (MPG 12-31-14)

Financial Aid

Cut your STUDENT LOAN payments in HALF or more even if Late or in Default. Get Relief FAST Much LOWER payments. Call Student Hotline 855-341-7551 (MB 06-30-14)

Financial Services

SOCIAL SECURITY DISABILITY BENEFITS. Unable to work? Denied benefits? We Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-800-966-1904 to start your application today! (Cal-SCAN)

Are you in BIG trouble with the IRS? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Seen on CNN. A BBB. Call 1-800-761-5395 (Cal-SCAN)

Do you owe over \$10,000 to the IRS or State in back taxes? Get tax relief now! Call BlueTax, the nation's full service tax solution firm. 800-393-6403. (Cal-SCAN)

Reduce your Past Tax Bill by as much as 75 Percent. Stop Levies, Liens and Wage Garnishments. Call The Tax DR Now to see if you Qualify. 1-800-498-1067. (Cal-SCAN)

Do You Want to Know What Your Home is Worth?

Home Values Have Increased Over 30% in our Area in the Last Year!

Fitness

Your Fitness Goals **100% Guaranteed** **17 Years of Experience**
• Weight Loss • Injury Prevention • Senior Fitness • Yoga • Pilates
Safe, Effective, Functional Resistance Training
Be Active, Call Today! Jenn@YourFitnessGenie.com (916)768-8767

For Rent

Small "cute" Carmichael office 150 sq. feet. Asking \$200 per month includes all utilities paid, desk, metal cabinet. 4826 El Camino Ave. Call 916-483-7325 or 916-872-0651. (MPG 1-15-15)

For Sale

Million Dollar View
4 bed 3 ba with separate granny flat 2 bed 1 bath 4.88 acre. Qualifies for VA financing. Marvylene Weyer LYON RE 916-837-6400 (MPG 10-31-14)

WHEELCHAIR FOR SALE, \$600
M61 PRONTO Wheelchair with sure step, used very little. Please call (916) 708-1781 (MPG 11-05-14)

Toyota Touring Prius 2009. 58K. Great condition. \$14,900. 408-771-3007. (MPG 12-31-14)

Do You Want to Know What Your Home is Worth?

Home Values Have Increased Over 30% in our Area in the Last Year!

Fitness

Your Fitness Goals **100% Guaranteed** **17 Years of Experience**
• Weight Loss • Injury Prevention • Senior Fitness • Yoga • Pilates
Safe, Effective, Functional Resistance Training
Be Active, Call Today! Jenn@YourFitnessGenie.com (916)768-8767

For Rent

Small "cute" Carmichael office 150 sq. feet. Asking \$200 per month includes all utilities paid, desk, metal cabinet. 4826 El Camino Ave. Call 916-483-7325 or 916-872-0651. (MPG 1-15-15)

For Sale

Million Dollar View
4 bed 3 ba with separate granny flat 2 bed 1 bath 4.88 acre. Qualifies for VA financing. Marvylene Weyer LYON RE 916-837-6400 (MPG 10-31-14)

WHEELCHAIR FOR SALE, \$600
M61 PRONTO Wheelchair with sure step, used very little. Please call (916) 708-1781 (MPG 11-05-14)

Toyota Touring Prius 2009. 58K. Great condition. \$14,900. 408-771-3007. (MPG 12-31-14)

Handyman

QUALITY LABOR & MAINTENANCE
Yard Work, Hauling, Gutter Clean, Odd Jobs
You Name It!
(916) 613-8359

Health & Medical

Can't Stop Eating
Compulsive Eaters Anonymous - HOW (CEA-HOW)
We're a nonprofit organization for anyone suffering from Compulsive Eating, Anorexia, and Bulimia. A fellowship of individuals who understand your problem and will offer you support. Come find examples of others who have found a working solution. *Membership is Anonymous* There are no dues or fees for membership
The only requirement is a desire to stop eating compulsively
CALL: 916-434-5894 for meeting times and locations OR Visit ceahow.org (MPG 07-31-14)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75 percent on all your medication needs. Call today 1-800-281-3958 for \$10.00 off your first prescription and free shipping. (MB 06-30-14)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75 percent on all your medication needs. Call today 1-800-356-4170 for \$10.00 off your first prescription and free shipping (SWAN)

Foster Parenting

Aspiranet is seeking loving homes for foster children in need. Contact 1-877-380-HERO for info and register for training. aspiranetheroes.org (MPG 04-30-13)

Handyman

QUALITY LABOR & MAINTENANCE
Yard Work, Hauling, Gutter Clean, Odd Jobs
You Name It!
(916) 613-8359

Health & Medical

Can't Stop Eating
Compulsive Eaters Anonymous - HOW (CEA-HOW)
We're a nonprofit organization for anyone suffering from Compulsive Eating, Anorexia, and Bulimia. A fellowship of individuals who understand your problem and will offer you support. Come find examples of others who have found a working solution. *Membership is Anonymous* There are no dues or fees for membership
The only requirement is a desire to stop eating compulsively
CALL: 916-434-5894 for meeting times and locations OR Visit ceahow.org (MPG 07-31-14)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75 percent on all your medication needs. Call today 1-800-356-4170 for \$10.00 off your first prescription and free shipping (SWAN)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75 percent on all your medication needs. Call today 1-800-356-4170 for \$10.00 off your first prescription and free shipping (SWAN)

Handyman

QUALITY LABOR & MAINTENANCE
Yard Work, Hauling, Gutter Clean, Odd Jobs
You Name It!
(916) 613-8359

Health & Medical

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 90 percent on all your medication needs. Call today 1-800-273-0209, for \$10.00 off your first prescription and free shipping. (Cal-SCAN)

Heating & Air

AC Repair Low Prices 487-4609 (MPG)

VICTORIA HEATING & AIR CONDITIONING

Lic#877379
Over 10 Years of Experience
We Provide
SERVICE, REPAIR, CHANGE OUT AND NEW INSTALL
• Easy • Fast Response
• Reasonable Price
• We offer a
Special \$50 Diagnostic Fee
• We will tell you what is wrong with your unit and how much it will cost to fix your unit before we begin work
• Each project is confirmed in writing and one year warranty
• OR, new unit installed with 5 to 10 years warranty
So Don't Wait! Call Us At (209) 338-4475 or (916) 474-0173 (MPG 16-02-14)

Help Animals

SPCA Thrift Shop Helpless animals need your donations. The Real Non-Profit. Will pick up. Call 916-442-8118. 1517E Street for donations-10-4pm (MPG)

Help Wanted

Part time Merchandiser
Auburn, California. Apply at: www.apply2jobs.com/tng (MPG 12-31-14)

LIVE-IN HOUSEKEEPER in Sacramento
Good English, driving ability and Asian/Indian cooking essential. We have an attached 1 bedroom apartment with separate entrance. For 4-8 wks. Probation at \$15 per hr., afterwards up to \$2500 per month + apt. + food, etc. Call 916-484-1333 (MPG 11-31-14)

CUSTOMER SERVICE
Medical Billing Co. needs 6 CSR's w/ exp. Resume to HR@WebBill EMS.com We support workplace diversity. M/F/D/V. (MPG 09-25-14)

Caring Compassionate Seniors WANTED! SENIORS HELPING SENIORS®, a leader in the Senior in-home service industry, has immediate PT openings for Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules...we'll work around your schedule! Valid driver's license and use of auto is required. Call us today for more information. (916) 372 9640 (MPG)

AVON - Earn extra income with a new career! Sell from home, work online. \$15 startup. For information, call: 877-830-2916. (Cal-SCAN)

AIRLINE CAREERS start here - Get FAA approved Aviation Mechanic training. Financial aid for qualified students. Job placement assistance. Get started by calling AIM now 888-216-1687 (SWAN)

Help Animals

SPCA Thrift Shop Helpless animals need your donations. The Real Non-Profit. Will pick up. Call 916-442-8118. 1517E Street for donations-10-4pm (MPG)

Help Wanted

Part time Merchandiser
Auburn, California. Apply at: www.apply2jobs.com/tng (MPG 12-31-14)

LIVE-IN HOUSEKEEPER in Sacramento
Good English, driving ability and Asian/Indian cooking essential. We have an attached 1 bedroom apartment with separate entrance. For 4-8 wks. Probation at \$15 per hr., afterwards up to \$2500 per month + apt. + food, etc. Call 916-484-1333 (MPG 11-31-14)

CUSTOMER SERVICE
Medical Billing Co. needs 6 CSR's w/ exp. Resume to HR@WebBill EMS.com We support workplace diversity. M/F/D/V. (MPG 09-25-14)

Caring Compassionate Seniors WANTED! SENIORS HELPING SENIORS®, a leader in the Senior in-home service industry, has immediate PT openings for Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules...we'll work around your schedule! Valid driver's license and use of auto is required. Call us today for more information. (916) 372 9640 (MPG)

AVON - Earn extra income with a new career! Sell from home, work online. \$15 startup. For information, call: 877-830-2916. (Cal-SCAN)

AIRLINE CAREERS start here - Get FAA approved Aviation Mechanic training. Financial aid for qualified students. Job placement assistance. Get started by calling AIM now 888-216-1687 (SWAN)

Help Wanted Drivers

Drivers: Teams and Solos! Teams - \$1000/week min. per driver + \$.01-.12 cpm. Solos - \$-40 + .05 cpm weekly. \$2500 sign-on bonus! 2yrs OTR w/Hazmat. EOE/M/F/V/D Call 877-699-2352. (MPG 10-31-14)

ATTN: Drivers - \$2K Sign-On Bonus! Make \$55k a Year. Great Benefits + 401K. Paid Training/Orientation CDL-A Req - (877) 258-8782 www.ad-drivers.com (Cal-SCAN)

Obtain Class A CDL in 2 ½ weeks. Company Sponsored Training. Also Hiring Recent Truck School Graduates, Experienced Drivers. Must be 21 or Older. Call: (866) 275-2349 (Cal-SCAN)

DRIVERS - NO EXPERIENCE? Some or LOTS of experience? Let's Talk! No matter what stage in your career, it's time, call Central Refrigerated Home. 888-891-2195 www.CentralTruckDrivingjobs.com (Cal-SCAN)

Home for Rent

Vintage Home \$1350.00 3bd/2ba. 6 car garage. No Pets/No Smoking. 209-712-4135. (MPG 11-30-14)

Home Maintenance

A Quality Home Maintenance
Gutters Cleaned
By Gutter Dog
(916) 613-8359

Inhome Childcare

Adela's Small in-home childcare M-F 7AM-6PM. Infant through 6. Licensed & Insured. West Sacramento-Southport area. Call (916) 374-0465. (MPG 12-31-14)

Nenes Smart Start Small in-home Childcare M-F 7AM-6PM. Infant thru 5 Preschool certified Licensed & Insured, (916) 723-3342 colther@surewest.net

Insurance/Health

Lowest Prices on Health & Dental Insurance. We have the best rates from top companies! Call Now! 888-989-4807. (Cal-SCAN)

LANDA'S HOUSE CLEANING

Serves Sacramento Areas. Residential & Commercial Cleaning Services. For More Information: www.landashousecleaning.com (MPG 04-30-14)

Medical Supplies /Equipment

Safe Step Walk-In Tub Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 800-799-4811 for \$750 Off. (Cal-SCAN)

Medical Alert for Seniors - 24/7 monitoring. FREE Equipment. FREE Shipping. Nationwide Service. \$29.95/ Month CALL Medical Guardian Today 855-334-1975 (MB 06-30-14)

Moving Services

STEADY MOVES
You rent the truck...we will make sure it's loaded/unloaded PROFESSIONALLY! (Lic#322945) 916-206-3183. Email msmith2661@comcast.net (MPG 06-30-14)

Miscellaneous

South Oregon Bed and Breakfast
Rogue River, Oregon. 8 miles to Grants Pass. One mile off I-5 and from the scenic Rogue River Historic Town. Nightly/ Weekly Rates. Thrifty. Call Nancy 541-582-4163 (MPG 02-28-15)

MAKE A CONNECTION Real People, Flirty Chat. Meet singles right now! Call LiveLinks. Try it FREE. Call NOW: Call 1-877-737-9447. 18+ (NANI)

Sell your structured settlement or annuity payments for CASH NOW. You don't have to wait for your future payments any longer! Call 1-800-714-4724 (NANI)

SUPPORT our service members, veterans and their families in their time of need. For more information visit the Fisher House website at www.fisherhouse.org (NANI)

Safe Step Walk-In Tub Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 800-980-6076 for \$750 Off. (NANI)

CASH FOR CARS: All Cars/ Trucks Wanted. Running or Not! Top Dollar Paid. We Come To You! Any Make/Model. Call For Instant Offer. 1-800-864-5960 (NANI)

Bundle & Save on your TV, Internet, Phone!!! Call Bundle Deals NOW Compare all Companies, Packages and Prices! Call 1-855-978-2608 TODAY! (NANI)

CASH PAID for unexpired, sealed DIABETIC TEST STRIPS! 1 DAY PAYMENT & PREPAID shipping. HIGHEST PRICES! Call 1-888-776-7771. www.Cash4DiabeticSupplies.com (NANI)

Got Knee Pain? Back Pain? Shoulder Pain? Get a pain-relieving brace - little or NO cost to you. Medicare Patients Call Health Hotline Now! 1-800-491-6053 (NANI)

PREGNANT? CONSIDERING ADOPTION? Call us first. Living expenses, housing, medical and continued support afterwards. Choose adoptive family of your choice. Call 24/7. 1-800-741-1410 (NANI)

SOCIAL SECURITY DISABILITY BENEFITS. Unable to work? Denied benefits? We Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-800-290-8321 to start your application today! (NANI)

DIRECTV starting at \$24.99/mo. Free 3-Months of HBO, starz, SHOWTIME & CINEMAX FREE RECEIVER Upgrade! 2014 NFL Sunday Ticket Included with Select Packages. Some exclusions apply - Call for details 1-800-647-1163 (SWAN)

Dish TV Retailer - SAVE! Starting \$19.99/month (for 12 months), FREE Premium Movie Channels. FREE Equipment, Installation & Activation. CALL, COMPARE LOCAL DEALS! 1-800-341-7308 (SWAN)

DISH TV Starting at \$19.99/month (for 12 mos.) SAVE! Regular Price \$32.99 Call Today and Ask About FREE SAME DAY Installation! CALL Now! 877-626-5780 (SWAN)

Miscellaneous for Sale

SAWMILLS from only \$4397.00-MAKE & SAVE MONEY with your own bandmill- Cut lumber anywhere! **Stock ready on Reno NV** **Now from \$8057-13613 (Cal-SCAN)**

Music Lessons

Guitar Lessons - Beginner to Advanced. \$10/half hour. \$15/hour. freddiebbalbert1@yahoo.com. 530-263-6926 (MPG 07-31-14)

Piano lessons for children and adults by experienced, creative teacher. Citrus Heights. For more information, visit www.anitraalexander.com, or call (916) 725-1054 (MPG)

Painting Services

Anni The Painter
One Room at a Time Okay!
• Perfectionist
• Fun Ideas • Kid's Rooms • Cabinets & Bathrooms • Kitchens • Etc.
New Molding Installs • Small Jobs OK! Lic # 733938 • Free Bids
916-532-6194

Personals

Want to hear from a vibrant S.D.A. Church Man. I am a vibrant S.D.A. Church Woman, 81 yrs old, 5 ft 7 ins. Interested in going to church, traveling. Have a FREE pass to Yosemite. Enjoy Camp meetings. Please call me anytime at 916-496-5740 (MPG 10-31-14)

MEET SINGLES RIGHT NOW! No paid operators, just real people like you. Browse greetings, exchange messages and connect live. Try it free. Call now 1-800-945-3392. (Cal-SCAN)

Pets/Animals

DOG RESCUE
Gary
(916) 334-2841
Please Adopt or Foster Because so many really great dogs are dying for a good home...
ShelterMOU@hotmail.com

Real Estate

HONEST LOCAL INVESTOR
BUYS HOUSES FOR CASH... Call Me First! Mike (916) 203-1585 mike@rsproperty.com (MPG 02-28-14)

Hope for Troubled Homeowners

WE PROVIDE SOLUTIONS
Call Our Short Sale Hotline for a FREE Consultation
(916) 331-3311
Sac Short Sale Pros
License #01128753 (MPG 06-30-13)

Real Estate for Sale

Texas Land Sale Near El Paso \$0 Down 20 Acres-\$128/mo-\$16,900 40 Acres-\$198/mo-\$25,900 Money Back Guarantee No Qualifying-Owner Financing Call 1-800-343-9444 (NANI)

Roommate to Share

3 Bedroom House and w/Family. Private Room/Shared Bath. \$550/500. Ph: 510-372-3865. (MPG 12-31-14)

Schools/Education

TRAIN AT HOME TO PROCESS MEDICAL BILLING & INSURANCE CLAIMS! NO EXPERIENCE REQUIRED! Become a Medical Office Assistant now with our online training program! HS Diploma/GED & Computer/Internet required to participate. 1-877-649-3155 (Cal-SCAN)

Volunteers Needed

LIKE TO PLAY BINGO?
Support Veterans While You Play!
Bingo Volunteers needed every Thursday, Friday, Sunday nights from 4-10pm at Sacramento Bingo Center. 916-533-9811. (MPG 03-31-14)

Bristol Hospice is looking for volunteers to provide companionship with our hospice patients and families. We provide the training and match you with a family in your area. Please call volunteer services for more information at (916) 782-5511. (MPG 12-31-13)

Volunteers Needed

LIKE TO PLAY BINGO?
Support Veterans While You Play!
Bingo Volunteers needed every Thursday, Friday, Sunday nights from 4-10pm at Sacramento Bingo Center. 916-533-9811. (MPG 03-31-14)

Bristol Hospice is looking for volunteers to provide companionship with our hospice patients and families. We provide the training and match you with a family in your area. Please call volunteer services for more information at (916) 782-5511. (MPG 12-31-13)

Sudoku Puzzle on Page 6

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

Want to Buy

CASH PAID ON THE SPOT FOR YOUR EXTRA DIABETIC TEST STRIPS UP TO \$25 PER BOX!
We buy One Touch and most brands. For FAST LOCAL PICK-UP please call (916) 505-4673 (MPG 06-30-14)

Work Wanted

Retired Carmichael native looking for a 1950s or 60s Porsche for restoration project. Not running OK. I'm not a dealer or reseller. I sold my '63 years ago and always regretted it. Honest and friendly. 916-803-0480 Jack. (MPG 06-30-14)

CASH FOR DIABETIC TEST STRIPS! Don't throw boxes away - Help others. Unopened / Unexpired boxes only. All Brands Considered. Call Anytime! 24hrs/7days (888) 491-1168 (Cal-SCAN)

Yoga

Restorative Yoga. 1st Class Free. The Cabin. Citrus Heights. Call for Louise. (916) 729-0103 (MPG 05-08-14)

HELP WANTED

Now accepting applications for
Full time and Part Time Holiday help at the UPS Store

Looking to fill a Position for a Notary/ Customer Service Rep. and Part Time Graphic Designer/Service Rep.
Please inquire for positions at the store location with resume.
7405 Greenback Lane Citrus Heights CA 95610

LOST AND FOUND

Old Family photo album found at a Regional Transit Bus
Stop in the vicinity of Orangevale.
Please call 916-483-2299, ask for Lynne, to identify it.

SWORDS FOR SALE

6 Spanish Swords labeled "Toledo" purchased in Spain
4 large 2 small
Engraved
\$150
Call 785-375-3467

Specialties Plus

• Machine Repairs (all makes & models)
• Toner Cartridge Refills (Using Cartridge World? Take 10% off their price & try mine)
• Free Cleaning (with our cartridge)
• We are Local
• Service Contracts (monthly or yearly)
• Lease or Rent
• High Volume Copying (save wear & tear on your machine)

Specializing in Digital Printers, Copiers, Fax & Multifunction Machines

E-mail:
specplus@comcast.net
(916) 723-8430

Crossword Puzzle on Page 6

M	A	O	R	I	L	A	B	S	O	M	E			
E	D	G	E	S		A	L	A	O	H	B	O	Y	
N	A	R	C	O		I	L	L	P	O	O	L	E	
D	R	E	A	M	E	D		S	T	E	W	E	D	
	P	E	P		P	A	I	N						
N	A	B		R	O	A	R		C	L	O	W	N	S
I	D	E	M		C	L	E	G		Y	A	H	O	O
G	O	B	I		H	A	D	E	S		T	O	R	N
H	B	O	M	B		R	I	A	L		H	O	M	E
T	E	P	E	E	S		C	R	U	D		P	A	S
						L	O	O	T	R	O	D		
	S	E	C	O	N	D		S	P	R	I	N	G	Y
A	A	R	O	N		O	O	H		E	C	O	L	



By Ronnie McBrayer

Nikos Kazantzakis was a Greek writer and philosopher who penned the fabled book, “Zorba the Greek,” which would later become a treasured film starring Anthony Quinn. A second book of his was also adapted by Hollywood: “The Last Temptation of Christ,” a Scorsese flick that got Christians all over North America up in arms (Not to mention that the original book got poor Nikos excommunicated from his beloved Greek Orthodox Church).

The controversy surrounding Kazantzakis has more than ostracized him in faith circles, and that is tragic, for he was an incredibly astute, wise man with much to offer, even in death. You’ll find his grave on the island of Crete in his ancestral village. It’s a simple, plain site with a wooden cross and a capstone with ten Greek words. Translated into English it reads, “I want nothing. I fear nothing. I am free.”

This is timeless wisdom, for the things we desire, the things we want, the things we think we need, and the things we chase imprison us. The pursuit, the game of acquisition - and we’re usually chasing emotional rather than material things - actually steals our happiness. The pursuit is a dead-end, and

Nothing to Prove

only when we have given up, given out, and given over, can we ever be happy and free.

Now, if a Greek philosopher’s epitaph is too highbrow for your tastes, then maybe you will be better served by the words of Kris Kristofferson as sung by Janice Joplin: “Freedom is just another word for nothing left to lose.” And usually the last thing we lose is our wretched insecurity that has us forever chasing after fool’s gold, playing for the fickle crowd’s applause, or trying to climb some unsurmountable mountain to showcase our strength.

No, there’s nothing wrong with ambition, for it has its place. There’s no shame in having God-given abilities; be thankful for them. The problem is when we go scrambling for accolades and approval, when we become something of stage actors trying to obtain that elusive appreciation, recognition, and validation. The problem is when we feel we have something to prove to others - that we are capable or lovable. Then, we have imprisoned ourselves.

The imprisoned soul may appear to be a person of great drive and focus. He or she may be sacrificial and benevolent, but as Helen Shucman said, this person is “affected by everything.” There is so sense of identity or grounding, no internal peace, no satisfaction. They are shaky, hungry, feel inadequate, insecure, and afraid.

Thus, they go hustling for love and try to shake down approval from every person and situation they encounter; here and there, trying this and trying that,

reaching high and reaching low, straining for everything. They are trapped. Only when the striving ends will such poor souls be free.

The good news is, this can happen. We can quit doing and saying things we don’t mean, clutching to approval we don’t need, wasting time and energy we don’t have. We can be free from the merciless crowd, free from our own pride and insecurities, free to become people who no longer need the flattery of others; others who are as fractured as we are, others who give their approval which lasts for about five minutes, and then the exhausting, self-caging exercise must begin again.

Simply, you can’t kiss every pretty girl or boy. You can’t win every game. You can’t make every person love you (or even like you). You can’t react to every sound in the cacophony of voices that call to you. You can’t prove to every person you meet how lovable, capable, smart, sexy, accomplished, and worthy you are.

Try to do all of this, and you will be an ego-driven, self-centered maniac; or you will be as fragile as glass, a needy little imp that never experiences a single moment of rest. Either way, you will never be free. It’s only when you have let everything go, when you have nothing left to prove, that you will have something truly to live for.

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. ★

Everything New Gets Old Too Soon

Dr. James L. Snyder

I am not one to stay up New Year’s Eve to watch some celebrity drop the ball at Times Square at midnight. All year long I have to put up with people dropping the ball so I’m not going to make a special effort to watch somebody drop another ball.

As for the Gracious Mistress of the Parsonage and myself we stayed home New Year’s Eve and enjoyed our own society. It’s always good to have nothing to do and knowing that nobody will stop by and nobody’s going to call us on the phone. A night with the cell phones quiet is like a night in the forest. Everybody is out celebrating the end of the old year.

I think everybody has the right to celebrate in his or her own way.

One thing struck both of us as we were reclining and drinking some apple cider tea. Believe me, it’s a rare occasion when the same thought invades both of our thinking space at the same time. She seems to always know what I’m thinking and I never seem to be thinking.

She looked at me and said, “Do you know what I’ve been thinking?”

Being a husband for as many moons as I have been, I know a trick question when I hear it. Since this is the last night of the old year, how do I know she’s not using it to get in one more trick question?

But, it’s the last evening of the old year and so I threw caution to the wind (which actually hit the wall) and walked into her question.

“No, what have you been thinking?”

“I’ve just been thinking about how fast time flies.” And then she seemed to stare into space.

She had a good point there. I’m not sure which airline time travels on but it sure does

go fast.

While I was musing, which isn’t really that amusing, she then let her thoughts flow.

“Everything new seems to get old too soon. Just as soon as you get something new, in no time it becomes old.”

I suspect she was thinking of me when she used the word “old.” I didn’t say it, but I wanted to say, “Old is better than dead.” Sometimes it’s best to keep your mouth shut especially when I’m with my wife.

I don’t say this too often, but she had a great point there. It’s like when you buy a brand-new automobile at the auto dealer. It’s new when you sign the contract, it’s new when you step into the car and smell the freshness, but as soon as you drive it off the lot it’s an old car.

We then started to talk about all the happenings during the past year. Many things happen, some bad, some good. Then, for whatever reason, my wife brought out our old family photo album. Whatever possessed her to do that I’ll never know nor will I ask.

We began looking at some of the old pictures, but those old pictures were new when they were taken.

When we came to our wedding pictures, I was a little shocked. I didn’t know anybody could look that young. There we were, a beautiful young bride and a somewhat handsome young groom. The only thing we had in common at the time was, we were both young.

Looking at those old pictures, particularly of myself, it hardly seems possible that this old geezer staring back at me in the mirror each morning is the same young man in those pictures. Whatever happened to that young man?

Then we went through the arrival of children and then grandchildren. They were so young when they were born!

Look at them now.

As my wife closed the photo album, she asked a very simple question. “I wonder what’s going to happen this New Year?” That sure opens up Pandora’s Box.

That’s an excellent question to ponder and only time will tell. Next year at this time we will know the answer to that question.

One thought did come to me, but I sure didn’t want to tell her. Certain things a person needs to find out for herself. The only thing I’m sure of for this coming New Year is it I’m going to get a little bit older, whatever that means. I hope it doesn’t mean I get grouchier or anything like that. Of course, I’m probably as grouchy as I’ll ever get or anybody could get. Grouchy gets old real fast. Trust me.

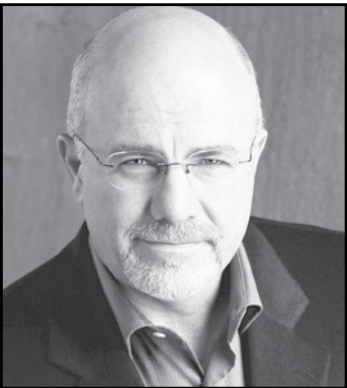
For a few moments, we sat in quiet, musing our own thoughts and if she was on the same wavelength as me, she was thinking about how fast our time has gone. You don’t get a second chance to do many things in this life.

I’m not one for making New Year’s resolutions, but if I were, I think one New Year’s resolution I would make would be, make sure I take advantage of the time and people I have when I have them. Appreciate each day and each person because it may be the last time.

I think David might’ve had some thoughts along this line. “I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread” (Psalm 37:25).

I can’t be young again but I can enjoy what God has put in front of me today.

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. ★



Don’t Drop the Coverage

Dear Dave,

My husband and I are debt-free except for our home, and we have about \$100,000 in savings. Recently, one of our daughters was diagnosed with Crohn’s disease. We’re worried about this, and the fact that she and her sister are both teenage drivers. Do you think we should drop full coverage, and have just liability, since we’ll probably have lots of medical bills over the next few years?

-Kim

Dear Kim,

I’m really sorry to hear about your daughter’s medical situation. But speaking from a financial perspective, you guys are in pretty good shape to handle things. You have a pile of cash in savings, I assume you have some kind of medical insurance and you’re debt-free.

Under the circumstances, I get where you’re coming from and the idea of having even more money available to put toward medical issues. In your case, however, there’s no way I’m going to have only liability coverage when there are two

Dave Says

teenage drivers in the house. There’s a reason insurance rates are so high for teens. It’s called statistical analysis of their driving ability. They’re not good drivers!

I haven’t had a wreck in over 20 years, but I’ve had some kids who did. No, I wouldn’t drop the coverage. Hopefully, your daughter will be okay. But I wouldn’t take a chance on having to write a check for another car on top of medical expenses.

—Dave

Kids and Family

Dear Dave,

I receive child support payments for my two kids from my ex-husband. My new husband and I are using your plan to improve out finances, but we can’t agree on how to handle these payments. I’ve been keeping it in a separate account. He thinks we should combine it with the rest of our house money and budget. What do you think is best?

-Leslie

Dear Leslie,

I don’t blame you for being protective of the child support money. I’m sure the feelings you have stem from a desire to protect your kids. But if your new husband is a good guy, one who’s kind, loving and willing to treat these kids like they’re

his very own, then my opinion is the money should go into the pile where it helps take care of the kids and family.

Your job as a parent is to be a blessing to your kids. That means feeding them, clothing them, educating them and giving them a good home. As long as these things are happening, and we’re talking about a functional, loving marriage, then all the money should be combined and be part of the family. Put it right at the top of your monthly budget, along with all your other household income.

Money is important, and I’d expect you to make sure your kids and your cash are treated properly. But I’m talking about two responsible people being involved in a happy marriage, too. A healthy, loving relationship is one of the best gifts any couple can give to their kids.

—Dave

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



Grace Baptist Church

Come and Experience God's Amazing Grace

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung.

Grace Baptist still stands on the Principles, Doctrines and Separation, found and taught in The Bible

Service Schedules

Sunday Schools (All Ages) 9:45am
Sunday Worship II :00 am
Sunday Evening 6:00pm
Wednesday Evening 7:00pm

6724 Palm Avenue, Fair Oaks, CA 95628
(Located one block South of Madison; just East of Dewey)
Pastor Charles Carter (916) 967-3915

Call for more information



Kevin Kitrell Ross
Senior Minister/CEO
Unity of Sacramento

Host, Design Your Life on UnityOnlineRadio.org

Coach to
America’s Rising Stars



A positive path for spiritual living

Welcome to Unity of Sacramento

We are a transdenominational, intercultural, interfaith, spiritual community of love open to all people. We are a place to heal and a space to grow. We are a soft place to land for the traveler on the spiritual journey.

Our Spiritual Leader
Reverend Kevin Kitrell Ross, Senior Minister

Our Vision
“Centered in God, we co-create a world of peace, prosperity and unconditional love for all.”
Unity of Sacramento is home of the Daily Word and is an affiliate of the Unity Worldwide Ministries and Unity Institute at Unity Village, Missouri.

OUR SUNDAY CELEBRATION SERVICES

Traditional /Contemplative 9:00 AM
Guided Meditation 10:15 AM
Contemporary/Inspirational 11:00 AM
with Sunday school for children and teens during the 11:00 am services

Unity of Sacramento, 9249 Folsom Blvd
Sacramento, CA 95826 • 916-368-3950
unityofsacramento.com



Sacramento Hospice.com

Hospice Resources
Patient Needs
Caregiver Needs

WWW.AMERICANRIVERMESSENGER.COM

New Year's Revelation: Father Time is a Liar

By Eric Nelson

Well-known bioethicist, author and former Obama administration advisor Ezekiel Emanuel rocked the Twittersphere recently, saying he'd rather not stick around until he reaches what most consider to be a ripe old age. "Seventy-five years is all I want to live," he wrote in a widely discussed essay in The Atlantic. "I want to celebrate my life while I am still in my prime."

As Emanuel sees it, "living too long... robs us of our creativity and ability to contribute to work, society, the world. It transforms how people experience us, relate to us, and, most important, remember us. We are no longer remembered as vibrant and engaged but as feeble, ineffectual, even pathetic."

According to the Wall Street Journal, however, we would do well to challenge such bleak and self-defeating assumptions.

In her article "Why everything you think about aging may be wrong," reporter Anne Tergesen draws on a number of studies to illustrate why, for instance, depression and loneliness are not more common in old people, cognitive decline is not inevitable, older workers are not less productive and creative ability does not necessarily deteriorate – and may actually improve – over time.

"In many ways," she says, "life gets better as we get older."

How is it, though, that Tergesen's assessment doesn't appear to match up with what we see day in and day out? Is it simply that when it comes to forming an opinion, personal observation – no matter how small the sample size – tends to trump scientific research? Or could it be that a reluctance to question such misconceptions



about aging tends to precipitate, even perpetuate, their apparent prevalence?

If we're not careful, buying into this line of reasoning can make it seem like all we need to do is wish our way to the fountain of youth, or that we're somehow to blame for our own or another's infirmities. On the

...a willingness to exchange so many erroneous assumptions about old age for a more inspired perspective can have a positive effect.

other hand, a willingness to exchange so many erroneous assumptions about old age for a more inspired perspective can have a positive effect.

For one woman volunteering as a Foster Grandparent at a Utah elementary school, this approach translated into a marked improvement in her hearing.

A couple years back, she began having trouble understanding what the children were saying and would often ask them to speak louder. "I found being in the same room with lots of

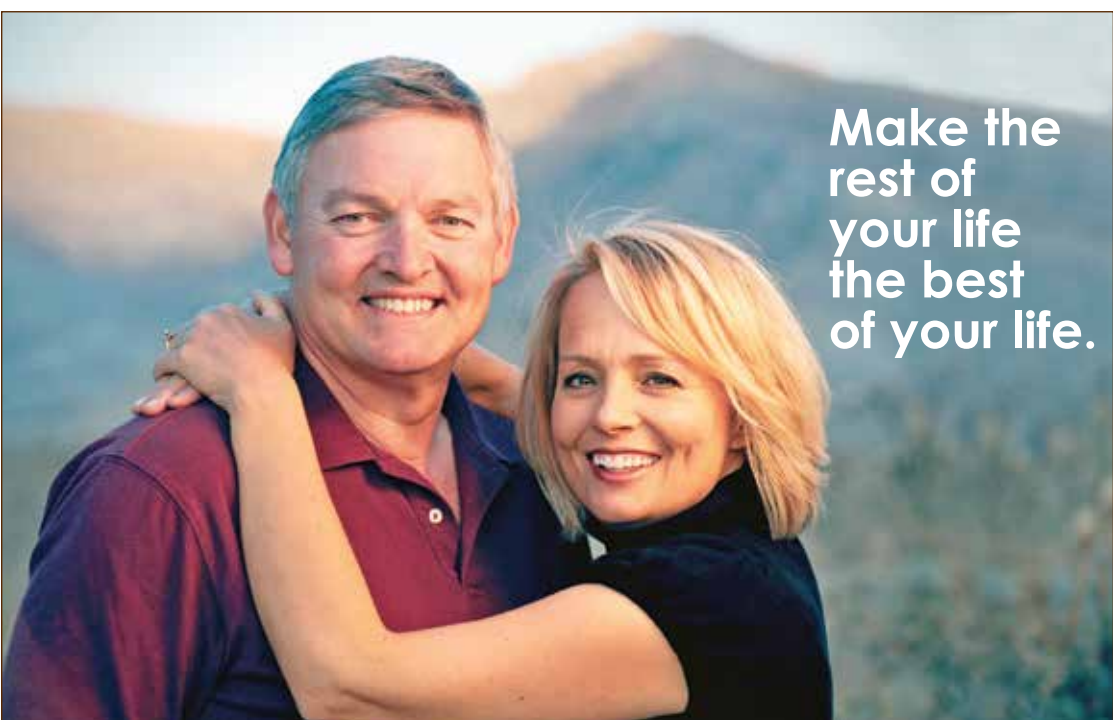
noisy kids more and more frustrating, and I realized that if my hearing continued to grow worse, I wouldn't be able to continue volunteering in either reading or art," she writes in a published account. "This added to my feelings of fear and distress because I loved being with the children."

Rather than giving in to the idea that this sort of thing is to be expected as we get older, she was encouraged by a friend to ponder what Mary Baker Eddy has to say in her book Science and Health about God or Spirit and not a physical body as being the source of such "spiritual senses" as sight and hearing, "untouched by age, time, or material processes." As she did, her hearing improved to the point that she could again detect a wide spectrum of sounds, even in a loud restaurant.

It's stories like this that make you wonder if we might be better off ditching the idea of how long we want to live for a deeper consideration of what we're willing to accept as true – about ourselves, about others, about the nature of life itself – even the possibility that, as Eddy puts it, we're all destined to "ripen into health and immortality, instead of lapsing into darkness or gloom."

Maybe then we'll be less impressed with the apparent ravages of time and more inclined to appreciate, at least in some small measure, the promise of eternity.

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. ★



Make the rest of your life the best of your life.

Search Single Again Dating Free Today!

Are you looking for a relationship? With our online dating tool we've made it easy for you to take the first step in to finding your perfect partner. We understand that dating can be a daunting experience, but with our help we can ease you through it. Using our simple and FREE sign up system you could be browsing for other single people within a couple of minutes.

With members who will match your profile to others who may have a completely different background, it's a great way to get to know new people and to start a new journey. Whether you are looking for friendship, a relationship or just a little bit of fun, you can find it here knowing that member share your same values. So wave goodbye to long, lonely nights! Sign up today.

With instant messaging, status updates, member feeds, video dating, dating diaries and more, there are plenty of ways to get to know some of our two million members!

Here's how it all works...

When you first join us, you become a free member. As a free member you can create a profile, add a photo, search for people by county, create your favorites list and send unlimited winks. You'll also receive an email if someone adds you as one of their favorites, winks at you, or sends you a message. If you decide to become a full member, you will also be able to:

- Send and receive private messages
- Chat online with instant messenger
- See who's looked at your profile
- Add multiple photos to your profile
- Video chat
- Create and read dating diaries
- Create and watch video profiles

You can upgrade from free to full membership by accessing 'My Account' when you login, or click here to be taken to the membership page once you are logged in. If you have any questions about your membership, or have any trouble using singleagain.com/dating, our dedicated support team are on hand to help you.

The best online dating site!
100% Free to register
and search today!

Single Again

WWW.SINGLEAGAIN.COM/DATING

Living Trust Senior Special

with this ad

If you have a house, you need a Trust.
If you have a Trust, it needs to be up-to-date.
(Review of existing trust at no charge)

SENIOR SPECIAL

Asset Protection Program includes the following:

Revocable Living Trust • Powers of Attorney Financial • Powers of Attorney Healthcare
Wills • One Residential Trust Transfer Deed
No Charge for Notary Services • Prop 13 Protection
Long Term Care Government Benefits Planning



WILL ASSOCIATES

Richard H. Will
ELDER LAW ATTORNEY
Serving Seniors Since 1975

Avoid Probate —
Call Today!
(916) 482-8897

1337 Howe Avenue, Suite 103 • Sacramento • www.willassociates.com

SACRAMENTO AREA WOOD SPECIALISTS

Flooring Sales & Installation



Services Offered:

- FLOORING SALES
- LAMINATES
- HARDWOODS
- CARPETS
- BASEBOARDS

...AND MORE!

We have been in the Sacramento area for over 18 years and continue to work with many of the areas investors, Realtors, property managers, retail shops, large area production builders as well as countless homeowners and numerous custom builders.

We specialize in the installation of prefinished hardwood, laminate, carpet and vinyl flooring in both the residential and commercial environment. Installing flooring since 1993 has given us many years of experience in both remodels and new construction. Because we work on our own and also as part of a larger team of licensed and insured contractors, no job is too big or too small.

We show up on time, get the job done and leave the client happy. We understand that the client is what drives our business and we always conduct ourselves in a professional manner.

Flooring Sales & Installation License #920682



Check out our incredible prices on our website:

12mm laminate, upgraded laminate pad and installation from \$3 sq ft
8mm laminate, upgraded laminate pad and installation from \$2 sq ft
Engineered Hardwood and Installation from \$6 sq ft

Check out our new website complete with flooring samples, photos and references at: www.sawsflooring.com

SACRAMENTO AREA WOOD SPECIALISTS

Denny Alexander, Owner / Operator

916-879-1798 • saws.flooring@hotmail.com



Visit our Showroom

11265 Sunco Dr., Suite 100
Rancho Cordova, CA 95742

Persian Lamb Chop Kabob \$14⁹⁹

Juicy marinated pieces of lamb chops, delicately prepared and cooked over an open flame, served over aromatic long grain Basmati Saffron rice, and grilled Tomatoes.

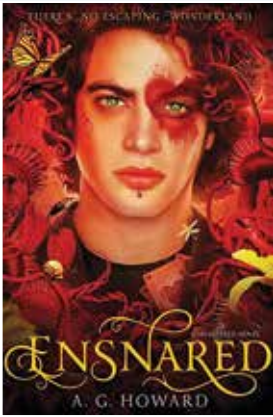


TAKFoodMarket.com
call 916-944-3188
9045 Fair Oaks Blvd, Carmichael



★★★★
THE SACRAMENTO BEE
FOOD REVIEW
FEB 2013

For the Love of Books



Book Review by Amy Shane
amy-shane@att.net



ENSNARED

by A.G. Howard

- ◆ **Publisher:** Amulet
- ◆ **Release date:** January 06, 2015 ◆ **hardcover, 405 pages**
- ◆ **Intended audience:** Young adult ◆ **Rating:** ♥ ♥ ♥

On the Book Jacket: After surviving a disastrous battle at prom, Alyssa has embraced her madness and gained perspective. She's determined to rescue her two worlds and the people and netherlings she loves. Even if it means challenging Queen Red to a final battle of wills and wiles . . . and even if the only way to Wonderland, now that the rabbit hole is closed, is through the looking-glass world--a parallel dimension filled with mutated and violent netherling outcasts. In the final installment of the wildly popular Splintered trilogy, Alyssa and her dad journey into the heart of magic and mayhem in search of her mom and to set right all that's gone wrong. Together with Jeb and Morpheus, they must salvage Wonderland from the decay and destruction that has ensnared it. But if they succeed and come out alive, can everyone truly have their happily ever after?

Amy's Review: Dive, once again, into the madness that is Wonderland! More than ever before, fate is riding on Alyssa's shoulders, to save everyone she loves; from Jeb, to her father, her mother and of course Morpheus. For the last time, readers follow Alyssa not down a rabbit hole, but through the looking glass, into the outcast world of AnyElseWhere, where Alyssa must once and for all, make her decision. Will she face the Red Queen and battle for her rightful calling as ruler of Wonderland, or turn her back to live in the human world and let it all fall? However, once Alyssa arrives with her father into the backwards world of AnyElseWhere, she quickly realizes it's not only Red that she must battle, but newly created monsters and netherlings, as well as their creator. Needing to make a decision, between starting or stopping her eternal rule of Wonderland, Alyssa must learn to use the two forces set against her to solve the riddles of Wonderland, once and for all. Being torn between two loves, tears

Alyssa's heart in two, as her human side and her netherling side must battle each other. Making it harder than choosing which world to dedicate her life too, along with who she must marry. Not only for Wonderland and the Human world, but for her heart's desire as well. Strong willed and even stubborn, this time, Alyssa finally discovers who she is, who she wants, and what she is meant to do. This time she won't let anyone prevent her from succeeding, finally learning to stand tall in spite of her magic and human self, using her own wings to fly. A.G. Howard, takes you on the final, magical journey of fantastical dark creatures with wicked intent. Writing not only a tale that is wickedly sweet, but one that takes you on a picturesque journey, where words drip off the pages like a canvas. Bringing to the surface the true essence of Splintered's magic, which is as poetic, as it is beautiful, painting scenes that are vivid, while artfully writing a tale.

Help Protect Kids from Fraud and Identity Theft

Tips for Safeguarding Children's Sensitive Information

SACRAMENTO REGION (MPG) - Parents go to great lengths to shield their children from life's bumps and bruises, but even the best bicycle helmets and baby gates can't ward off a hazard that has surfaced in recent years. Identity theft is a threat many moms and dads don't know how to protect against. "Identity theft is at an all-time high, and criminals are targeting children more aggressively than ever," said Mike Sullivan, director of education for Take Charge America, a national nonprofit credit counseling and debt management agency. "Their credit history is clean, and most parents don't even think to check their kids' credit reports, so it's easy for criminals to do serious damage over a long period of time." Sullivan offers five tips for parents to safeguard their kids from identity theft: Protect kids' Social Security numbers: Parents should store kids' cards in a safe and hidden place, and think twice before giving out their child's number.

Health care providers may need this information, but is it necessary for Little League or a library card, or are there other options for identification? Pay attention to their online activity: Kids surfing the web or checking email or social accounts may unwittingly click on links or download content from unknown sources, putting sensitive information at risk. Parents can teach their kids appropriate online conduct and utilize an array of tools that help protect them online. Protect financial accounts: Many parents open savings accounts for their children, but they must be careful to keep financial statements private, ensure accounts can't be accessed without their approval, and opt out of any marketing to avoid credit card offers in their children's names. To opt out of credit card offers for five years, call 1-888-5-OPT-OUT (567-8688) or visit optoutprescreen.com. Understand warning signs: Parents who receive credit card

offers in their kid's name should be wary, as this may mean their identity has been compromised. Other signs include denial of a bank account or driver's license, or collection calls or bills addressed to a child. Check your child's credit: Parents who believe their child is at risk for identity theft should request a credit report from Equifax, Experian and TransUnion. The process for requesting a report on behalf of a child is different for each credit bureau. The steps and required documentation can be found on their respective websites. If a child's identity has been stolen, parents immediately should file a police report, contact the Federal Trade Commission at 877-ID-THEFT (438-4338) and place a fraud alert on the child's file with all three credit reporting companies. For more financial tips, visit www.takechargeamerica.org or call (888) 822-9193. *Source: Aker Ink Public Relations* ★

American River Trout Hatchery Reopens After Summer Evacuation



Colder winter temperatures and recent rain are allowing hatchery staff to begin filling the raceways with cooler river water and start producing rainbow trout for planting in northern California lakes in the summer of 2015.

GOLD RIVER, CA (MPG) - The American River Trout Hatchery operated by the California Department of Fish and Wildlife (CDFW) recently reopened after warm water temperatures forced the closure of the facility in early summer. Colder winter temperatures and recent rain are allowing hatchery staff to begin filling the raceways with cooler river water and start producing rainbow trout for planting in northern California lakes in the summer of 2015. "The drought forced us to think quickly and make the best

decisions for the health of the fish," said Dr. Bill Cox, CDFW Fishery Program Manager. "Because of the rain and colder weather, we can start producing trout right away." In June, CDFW moved all rainbow trout out of the American River Hatchery to avoid losses of young fish due to rising water temperatures. Both Nimbus and American River hatcheries' water supply comes from Lake Natoma, upstream of the hatcheries. Drought conditions resulted in reduced water supplies stored in Folsom Lake and warm summer temperatures

increased the water temperature of the available water, exceeding tolerable temperatures for growing fish. The trout being grown now will be available for planting in state waters beginning in January 2015. For the fish stocking schedule, please visit www.nrm.dfg.ca.gov/FishPlants/. For complete fishing regulations, please visit www.wildlife.ca.gov/Regulations. *Source: California Department of Fish and Wildlife* ★

CDPH Announces First Influenza Death of the Season

SACRAMENTO REGION, CA (MPG) - Dr. Ron Chapman, director of the California Department of Public Health (CDPH) and state health officer, announced the first confirmed influenza death of a person under the age of 65 reported for the 2014-2015 season. This fatality of an adult resident of Southern California is a somber reminder that influenza can be a serious and often deadly disease. Influenza activity remains at a regional level in California. "Flu activity is beginning to increase statewide, including reports of hospitalizations and severe disease," said Dr. Chapman. "We are early on in what could be a severe flu season, and I encourage everyone who has not yet gotten a flu vaccination to do so. The influenza vaccine remains the most effective way to protect yourself from

the flu." Influenza is already widespread in 43 other states and there have been 21 pediatric influenza deaths nationwide so far this influenza season. CDPH continues to monitor flu activity statewide and the availability of vaccine and antivirals as well as hospital capacity. Influenza-related deaths in people under 65 years of age are reportable to CDPH. Dr. Chapman also notes that in addition to getting vaccinated, it's important to practice good hand washing and other good health habits. People who are ill should take the following actions to stop the spread of germs: While sick, stay home and limit contact with others; cover your nose and mouth when coughing or sneezing; wash hands thoroughly with soap and water or use an alcohol-based rub; and

avoid touching your eyes, nose, and mouth. Those at highest risk of severe influenza—the elderly, pregnant women, infants, or people with other health conditions—who show flu symptoms should contact their physician immediately in order to get the most effective treatment for influenza. Symptoms include fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and fatigue. Visit a flu vaccine location near you to get immunized. Some local health departments may also offer free or low-cost immunizations. For more information on influenza and other respiratory disease surveillance reports, visit www.cdph.ca.gov/data/statistics/Pages/CISPDDataArchive.aspx. *Source: California Department of Public Health* ★

All You Can Eat Crab Feed

February 7th
5 PM – Cocktails
6 PM – Dinner
\$45.00 per Person
Open to the Public
Dancing, Live Music
The Crystal Image Band
Raffle Prizes
2 Grand Prizes



Supports Local Vetrans & Families
VFW Center Township Post 6158
8990 Kruitof Way, Fair Oaks, CA 95628
Phone 916-966-1663
Web Address: <http://vfw6158.org>

Union Gospel Mission Sacramento



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

We accept donations, clothing and goods, 7 days a week ... and prayer always!

Matthew 25:40
"Caring for the Least"

50+ Years of Service

(916) 447-3268
400 Bannon Street • Sacramento, CA 95811
Exec. Director, Pastor Tim Lane
P.O. Box 1108, Sacramento, CA 95812

Tune in our Radio Program:
KFIA 710 AM, Sun & Mon 3 PM
listen online & visit us at:
www.ugmsac.com
[Facebook.com/UGMSAC](https://www.facebook.com/UGMSAC)

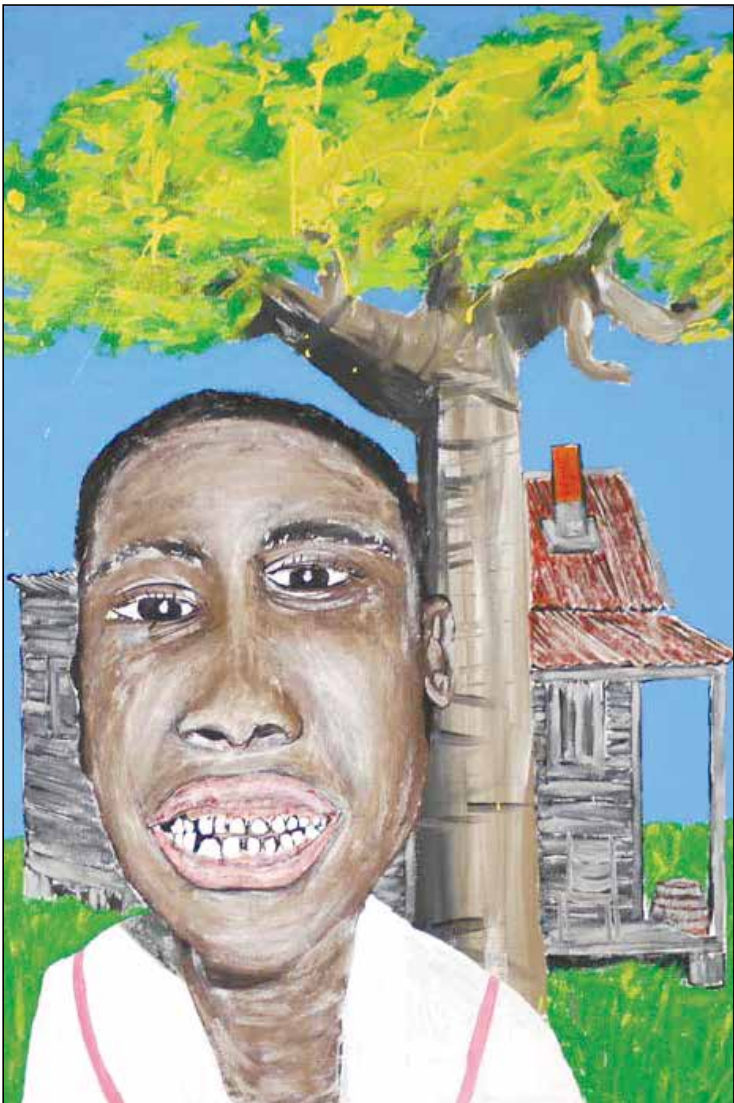
NCA Aspiring Artist Debut 2015

CARMICHAEL, CA (MPG) - A free art exhibit is now open to new artists who have never shown in a juried exhibition. This annual art show is sponsored by Northern California Arts (NCA), Inc., located at Sacramento Fine Arts Center, 5330B Gibbons Drive, Carmichael, CA 95608.

All media are accepted: drawing, mixed media, oil, acrylic, watercolor, pastel, photography, and sculpture. Open to artists who are high school age through adult. Show dates are January 27th through February 14th. The gallery will be open Tuesdays from 11 a.m. to 7 p.m. and on Wednesdays through Saturdays from 11 a.m. to 3 p.m. The Second Saturday Reception with awards presentation will be held on February 14th from 5:30 p.m. to 8:30 p.m.

Do you want to enter, or do you know an artist who qualifies? Hand-deliver artwork on Saturday, January 17th from 11 a.m. to 3 p.m. Limit one piece of artwork per person; there is no entry fee. For more information, please visit www.sacfinearts.org and click “call to Artists.”

Source: Sacramento Fine Arts Center ★



2014 Award of Merit, Rickey Guerrero, “Happy Girl.” Photo courtesy of Sacramento Fine Arts Center

Jim Miller
Answers
Your
Senior
Questions

Check Out This
Week's Topic!

**Savvy
SENIOR**

How to Claim the Retirement Saver's Tax Credit

Dear Savvy Senior,

A coworker was recently telling me about a tax credit she got last year for simply contributing to our company's 401(k) plan. What can you tell me about this, and who's eligible? - Over 55

Dear Over,

It's called the “retirement saver's tax credit,” and it's a frequently overlooked credit that's available to low and moderate-income individuals and families who make saving for retirement a priority. Here's how it works.

If you contribute to a traditional or Roth IRA, or an employer sponsored plan like a 401(k), 457, 403(b), SEP plan, SIMPLE IRA or other retirement-savings plan, the retirement saver's tax credit will allow you to claim 10, 20 or 50 percent of your contribution, depending on your income, up to a maximum of \$1,000 per person or \$2,000 per couple.

To qualify, you must also be at least 18 years old and not a full-time student, and were not claimed as a dependent on someone else's tax return. And your adjusted gross income in 2015 must be \$61,000 or less as a married couple filing jointly, \$45,750 or less if filing as head of household, or \$30,500 or less if you're a

single filer. These income limits are adjusted annually to keep pace with inflation.

To get the 50 percent credit, you'll need to have an income below \$18,250 if you're single, \$27,375 if you're filing as head of household, and \$36,500 for couples in 2015.

The 20 percent credit rate applies to individuals earning between \$18,251 and \$19,750; for head of household filers it's \$27,376 to \$29,625; and for couples it's \$36,501 to \$39,500.

And the 10 percent rate is for individuals with an adjusted gross income between \$19,751 and \$30,500; for head of household filers 29,626 to \$45,750; and couples it's between \$39,501 and \$60,100.

Double Tax Break

You also need to know that the retirement saver's tax credit can be claimed in addition to the tax deduction you get for contributing to your employer's retirement plan or a traditional IRA. Here's an example of how this works.

Let's say you're married and have an income of \$37,000, and your spouse is not working. If you contribute \$1,000 to your company's 401(k) plan, your adjusted gross income would be reduced to \$36,000 on your tax return. You would also be able to claim a 50 percent

retirement saver's credit, which is worth \$500, for your \$1,000 401(k) contribution.

Keep in mind though that this is a tax credit, not a deduction, so it lowers your income tax dollar for dollar. It is, however, a nonrefundable tax credit, which means it cannot reduce the amount of tax owed to less than zero.

How to Claim

To claim the credit, you will need to fill out Form 8880 (see irs.gov/pub/irs-pdf/f8880.pdf) and attach it to your 1040, 1040A or 1040NR when you file your tax return. Don't use the 1040EZ Form.

If you think that you would have qualified for the credit in previous years but didn't claim it, you can file an amended return as far back as 2011 and still get the credits. A 2011 amended return is due by April 15, 2015. See IRS Form 1040X (irs.gov/pub/irs-pdf/i1040x.pdf) for instructions on how to file an amended return.

And for more information on the retirement saver's tax credit, see IRS Publication 590 “Individual Retirement Arrangements” (irs.gov/pub/irs-pdf/p590.pdf).

If you don't have Internet access to see or download these forms, call the IRS at 800-829-3676 and ask them to mail them to you. ★

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.

Did You Get Your Sunday Bee?

If you did not receive delivery of your Sunday Sacramento Bee please call their Customer Service line at 800-284-3233 and request a copy to be delivered to your address. The American River Messenger is responsible for your weekly delivery of our newspaper. The Sacramento Bee will correct any service problems for Sunday delivery. We appreciate your readership!

The Perfect Combination!

AMERICAN RIVER MESSENGER
Serving Fair Oaks, Orangevale & Sacramento County

SACRAMENTO BEE
Monday, September 22, 2013

Start Yours Today!

Get a 6 month subscription for only:

\$15.00

Here's what you'll get!

- ✓ The American River Messenger, two issues each month.
- ✓ The Sunday Sacramento Bee, every week!

YES! START MY SUBSCRIPTION NOW!

NAME _____

ADDRESS _____

CITY _____ ZIP _____

PHONE (____) _____ EMAIL (OPTIONAL) _____

☐ *To opt-out of delivery of the Sacramento Bee, simply check this box

MAIL YOUR PAYMENT TO:
MESSENGER PUBLISHING GROUP
7144 FAIR OAKS BOULEVARD, SUITE 5
CARMICHAEL, CA 95608

**Some delivery restrictions may apply.*
ARM

As a valued American River Messenger subscriber, you receive the Sunday Sacramento Bee as part of your subscription. BOTH NEWSPAPERS FOR ONLY \$15 FOR 6 MONTHS!

IT'S THE PERFECT COMBINATION!

Offer available to new and current American River Messenger subscribers. To take advantage of this unique opportunity please call (916) 773-1111.

FREE LUNCHEON

& 20-minute presentation



This is not a sales seminar. It is a 20-minute educational presentation that focuses on the importance of advance funeral planning and all of the options available including Veteran's benefits, cremation and burial choices as well as key consumer advice. In addition to a catered meal, each attendee will receive a FREE Emergency Planning Guide.

Friday, January 16
Thursday, March 19
11:30 am to 12:30 pm
Elk Grove
Memorial Park & Mortuary
9189 E. Stockton Blvd.,
Elk Grove, CA 95624
Tel 916.732.2031
RSVP: Glenda at glendal@eastlawn.com

Wednesday, February 18
(Spanish & English)
11:30 am to 12:30 pm
Andrews & Greilich
Funeral Home
3939 Fruitridge Road,
Sacramento, CA 95820
Tel 916.732.2026
RSVP: Janice at janicem@eastlawn.com

Thursday, January 29
Friday, March 27
11:30 am to 12:30 pm
Sierra Hills Memorial Park
& East Lawn Mortuary
5757 Greenback Lane,
Sacramento, CA 95841
Tel 916.732.2020
RSVP: Jessica at jessicae@eastlawn.com

Friday, February 6, 2015
11:30 am to 12:30 pm
East Lawn
Memorial Park & Crematory
4300 Folsom Blvd.,
Sacramento, CA 95819
Tel 916.732.2000
RSVP: Meredith at mereditht@eastlawn.com

Reservations Required,

Please RSVP to the location of your choice. Seating is limited to 30 attendees per seminar.



f www.EastLawn.com FD#136

SUPPORTING LOCAL FARMERS, YOUTH AND COMMUNITIES

California Certified

EAT
HEALTHY.
BUY LOCAL

**FARMERS
MARKET**

COMING SOON!
**Land Park
Farmers Market**
Opening in November
(open date TBA) 9 AM to 1 PM;
3800 S. Land Park (at the Y -
cross St. Sutterville)

Enjoy organic produce, specialty gourmet foods,
live music, chef demos and craft/health fairs.

- SATURDAY**

SATURDAY

SATURDAY

SATURDAY

SUNDAY

WEDNESDAY

WEDNESDAY

THURSDAY
- Unity of Sacramento Farmers Market**
9249 Folsom Blvd, Sacramento (in front of the Unity of Sacramento Church).
Every Saturday 8 am - 1 pm. Seasonal, closes 11/29.

Sunrise Mall Farmers Market
6190 Sunrise Blvd, Citrus Heights (behind Sears in the SE parking lot).
Every Saturday 8 am - 1 pm. Open year round.

Sacramento Midtown Farmers Market
20th St. between J and K, Sacramento.
Every Saturday 8 am - 1 pm. Open year round.

Historic Folsom Farmers Market
915 Sutter St, Folsom (Historic Folsom Public Plaza).
Every Saturday 8 am - 1 pm. Open year round.

Carmichael Park Farmers Market
5750 Grant Ave, Carmichael (corner of Grant and Fair Oaks Blvd).
Every Sunday 9 am - 2 pm. Open year round.

VA Mather Farmers Market
10535 Hospital Wy, Mather (VA Hospital).
Every Wednesday 9 am - 1 pm. Seasonal, closes 11/26.

Fair Oaks Sunset Farmers Market
8101 Sunset Ave, Fair Oaks (New Life Church parking lot).
Every Wednesday 3 pm - 7 pm. Seasonal, closes 11/26.

UC Davis Health System Farmers Market
45th and Y St, Sacramento (UC Davis Medical Center Campus).
Every Thursday 3 pm - 7:30 pm. Seasonal, closes 11/13.

**Runs throughout
October at all our
weekend market
locations.**

Choose your very own
pumpkin and paint it at the
market with us - great family
event to get in the fall spirit!

For more information: www.bemoneysmartusa.org

92% of residents and families would recommend Eskaton



At Eskaton, we listen. We want to know how we're doing, so we ask. According to our 2014 Satisfaction Survey — carried out, calculated and validated by a third party — more than nine out of ten residents and families would recommend Eskaton. The reasons are many. We provide high quality service. Our focus is on wellness of mind, body and spirit. And we feature unique Signature Programs like Smart Sensor technology for an enhanced level of care, Kids Connection for intergenerational experiences, along with powerful life enrichment like Thrill of a Lifetime, music and pet therapies. All this with the practicality of month-to-month rental.

Experience the Eskaton difference. Call 916-900-1281 today.

**Affordable
Pricing**

**Quality
Senior Living**

ESKATON
Transforming the Aging Experience

Eskaton FountainWood Lodge
Assisted Living and Memory Care
8773 Oak Avenue | Orangevale, CA 95662
916-900-1201
License # 347003574
eskaton.org

