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# AMERICAN RIVER MESSENGER

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Serving Fair Oaks, Orangevale & Sacramento County

February 13, 2015

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# Fair Oaks Relay for Life Seeks to Finish the Fight



From left to right: Tina Macuha, anchor & reporter for Good Day Sacramento, who spoke at last year's event about her experiences as a breast cancer survivor; Pat Poremba, chair of the 2015 Relay for Life; and Genevieve Hartsock, the 2014 American Cancer Society Relay Specialist for Fair Oaks.  
Photos by Greg Lowdermilk

By Christie Spurlock

**FAIR OAKS, CA (MPG)** - At Sacramento Waldorf School, on April 18th at 9:00 a.m., the Fair Oaks Relay for Life will begin.

Relay for Life is a yearly event by the American Cancer Society. Participants in the relay form teams, and members of each team take turns walking around the track for 24 hours straight. It's not a race, but rather a community fundraising event to raise money for cancer

research and treatment.

The public is welcome to attend the relay for free to support the participants and enjoy the proceedings.

"There are many activities to do during the event; a tradition of Relay for Life is the Luminaria, in which participants make a candlelit bag in memory of someone who has passed on due to cancer. There are also refreshments, games, a survivor luncheon, musical entertainment, and much more," said Krista Kung, Fair

*Continued on page 5*

## Moratorium Lifted on New Grocery Stores for Women, Infants, and Children Program

**SACRAMENTO REGION, CA (MPG)**

- Dr. Ron Chapman, California Department of Public Health (CDPH) director and state health officer, announced that the moratorium for stores to apply for authorization in the California Women, Infants, and Children (WIC) program was lifted effective February 1st.

"This positive step will improve availability and access for the approximately 1.4 million women, infants, and children who participate in the California WIC program," said Dr. Chapman.

To address rising food costs in the California WIC program, the United States Department of Agriculture (USDA) in 2012 continued a moratorium on the addition of new vendors into the program so that CDPH and USDA could develop and implement strategies to contain costs and ensure program integrity. USDA notified CDPH by letter that the moratorium can now be fully lifted.

**"In September 2014, USDA partially lifted the moratorium to include new full-line grocery stores."**

In June 2014, USDA partially lifted the moratorium to include additional locations for stores that already had a master contract with the WIC program. Since that time, 217 stores have been added to the program. In September 2014, USDA partially lifted the moratorium to include new full-line grocery stores. Since that time, 24 stores have been added to the program. It is anticipated that 200 stores will be added statewide after the moratorium is fully lifted. California currently has approximately 4,300 authorized stores that participate in the WIC program.

"USDA and CDPH continue to work together to ensure the strategies now in place are effective in containing food costs and comply with federal regulations and mandates," said Dr. Chapman.

California WIC provides access to healthy supplemental foods, nutrition education, breastfeeding support, and referrals to healthcare and community services for the infants, children, and pregnant or post-partum women it serves. WIC spends approximately \$83 million each month on food.

At the federal level, WIC is administered by the USDA; California's WIC Program is administered at the state level by CDPH.

For more information, visit [www.cdph.ca.gov](http://www.cdph.ca.gov).

Source: California Department of Public Health ★

# Sacramento Tree Foundation: Keeping Green is Critical to Our Health

Story by Molly Townsend,  
photos courtesy  
Sacramento  
Tree Foundation

**SACRAMENTO REGION, CA (MPG)**

- Trees provide a lot more than beauty in our communities. Shade, air purification, filtration of pollutants in our water, impeding storm water runoff, and protecting soil from erosion are just some of the benefits of which Sacramento Tree Foundation works to educate the public. Since its establishment in 1982, the nonprofit organization has been working to educate and train individuals on how to preserve, protect, and properly plant trees throughout Sacramento schools, parks, neighborhoods, and open spaces.

Major partners of Sacramento Tree Foundation include California ReLeaf, Sacramento Municipal Utilities District, Urban

Ecosystems and Social Dynamics Program, and Capital Public Radio. Grantors of the foundation include the California Department of Forestry and Fire Protection, Sacramento Metropolitan Air Quality Management District, and the Kelly Foundation.

According to Sacramento Tree Foundation's website, the foundation is leading the effort to plant five million trees in the Sacramento region.

"Trees give us so much," said the director of development and business services, Marian Bender. "Having green in our environment is critical to our social, emotional, and physical health."

Bender joined the foundation two years ago after attending the nonprofit's annual Greenprint Summit workshop, which inspired her to put her past work experience and love of trees to use within the organization.



Volunteers planting trees at Pioneer High School in Woodland.  
Photo courtesy Sacramento Tree Foundation

Trees also provide economical advantages. According to the California Urban Forests Council, urban forestry employs more than

60,000 Californians, and simply having trees on one's street can increase property values by an

*Continued on Page 10*



# Participate in the Fair Oaks Relay for Life



Members of one of the Waldorf school teams enjoy the event. Morning Dew (below), a local Grateful Dead cover band, plays on stage at the 2014 Relay for Life. Photos courtesy Greg Lowdermilk

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Oaks Relay for Life publicity chair.

If you want to take your participation in Relay for Life a step further, the best thing you can do is to volunteer your time. The relay is in need of “dozens of volunteers” to help with setting up, tearing down, registering, managing event booths, helping with the chili cook-off, and more. Specific volunteer job titles will be available online at [www.RelayForLife.org/FairOaksCA](http://www.RelayForLife.org/FairOaksCA) in March.

“There are many ways that someone can participate in the event. The primary way is to join a team that fundraises for the American Cancer Society prior to and at the 24-hour event. We’ve had car washes, bake sales, lemonade stands, bouncy houses, chili cookoffs, and may



other fun ways that teams have worked together to raise funds,” said Patricia Poremba, chair of the 2015 Fair Oaks Relay for Life.

However, if you cannot attend

the event, you can still be a part of Relay for Life. They are asking for help with donations that will be used toward event activities, such as raffle and silent auction prizes, food, and entertainment

“We would really like to invite the Fair Oaks and surrounding communities to come together and join us in this fight against cancer,” said Poremba. “The Relay For Life of Fair Oaks has been going strong for 12 years so far, raising over \$260,000 for the American Cancer Society while bringing hope to cancer survivors like me, giving us a chance to remember and honor those we have lost, and teaching us more about prevention, treatment options, and services available to fight this disease.”

Sources: Patricia Poremba, Krista Kung, and Relay for Life★



From left to right: Fair Oaks Honorary Mayor Bob Clouse; Linda Aseltine; Pete Schroeder; Ronda Leuty; Del Barbray; and the current chamber president Rose Erickson. Not pictured: Karyn Barthmoore. Photo courtesy Fair Oaks Chamber of Commerce

## Fair Oaks Chamber of Commerce’s 2014 Award Winners

**FAIR OAKS, CA (MPG)** - On January 15th, the Fair Oaks Chamber of Commerce held their monthly chamber luncheon. At the luncheon, end of the year awards were distributed. Congratulations to the winners, who include Ronda Leuty with California Ave. Skin & Body Works as Business Person of the Year; Linda

Aseltine with Sierra Vista Bank as Business of the Year; Del Barbary with Take Shape for Life as the Volunteer of the Year, Pete Schroeder with PGS Consulting as Citizen of the Year; and Karyn Barthmoore with California Ave. Skin & Body Works as Ambassador of the Year.

Source: Fair Oaks Chamber of Commerce★

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FAIR OAKS COMMUNITY UPDATE



By County Supervisor Susan Peters

- Through the generosity of *The American River Messenger* this column serves to provide an update about matters affecting the unincorporated community of Fair Oaks.

Community Meetings for Fair Oaks and Arden Arcade

If you are an early riser, please consider attending any one of my Community Coffee Meetings that will be held throughout the year in the morning in Fair Oaks. We will meet four times during the year at 7:30 a.m. at the Fair Oaks Water District’s conference room, 10326 Fair Oaks Blvd. near Winding Way. The first meeting of the year will be on Wednesday, February 18th, and the guest speaker will be County Executive Brad Hudson.

I also will be holding three evening community meetings in the Arden Arcade area

during 2015 that will be rotated around to different locations. The first Arden Arcade meeting will be on Wednesday, February 25th at 6 p.m. at Arden-Dimick Library, 891 Watt Avenue near Northrop Avenue; this meeting will feature District Attorney Anne Marie Schubert as our guest speaker. Later in the year we will meet again at the Conzelmann Community Center at Howe Park and end the year at Sacramento Suburban Water District’s Board Room. Each of those meetings will also feature a guest speaker.

A full listing of all the 2015 community meeting dates is on my webpage at [www.bos.sac-county.net](http://www.bos.sac-county.net).

Help Catch Animal Killer

A \$20,000 reward is being offered to find the person who set fire to a dog in a pet travel crate, the fourth in a series of recent animal cruelty cases in the Sacramento area.

The most recent incident occurred in Arden Arcade in the 3000 block of Becerra Way, near Watt and Marconi Avenues. So far, Sacramento County Sheriff’s detectives have not found the person responsible for the dog’s death.

Sacramento Metropolitan Fire District has teamed with the Humane Society of the United States and other donors to offer the reward for information leading to the arrest and conviction of the person responsible.

If you have any information that may help, please call Metro Fire’s Arson Tip Line at (916) 859-3775. To donate to increase the reward pledge amount, please email the SPCA at [tpopma@sspc.org](mailto:tpopma@sspc.org).

Motel Demo Produces Donations

Motel 6 located near Ethan Way and Arden Way has been flattened by the wrecking ball and a new retailer will soon emerge as part of a major remodeling effort involving the Howe ‘Bout Arden shopping center.

The old motel was a problem property that required many calls for service by the Sheriff’s Department. It also was the site of the tragic murder last year of Sheriff Deputy Danny Oliver, who was a member of the Problem Oriented Policing Team of the Sheriff’s North Division.

Before the building was demolished, SyWest Development arranged the donation of approximately 12 tons of items such as furniture, fixtures, etc. from the motel to various charities in the region. In addition, the County Animal Shelter was supplied with sheets and blankets for the lost, abandoned, and abused animals that come into the shelter.

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at [susan-peters@sacounty.net](mailto:susan-peters@sacounty.net).

Trapped Woman Rescued by Sac Metro Fire Along River Bluffs

Story by John-Michael Kibrick

FAIR OAKS, CA (MPG) - Sacramento Metropolitan Fire rushed to the Fair Oaks Bridge along the American River during the afternoon hours of Friday, January 30th after receiving reports that a woman was stuck on the bluffs next to the bridge about 30 feet above the water.

Rescue crews from

Sacramento Metro arrived on the scene shortly after 3 p.m. to find the woman clinging to tree roots protruding from the bank with little room to sturdily place her feet.

Firemen rappelled down the bank from above and assisted the woman in descending to the water’s edge, where a rescue boat picked her up and transported her to the opposite bank’s boat ramp.

According to Sacramento Metro, the unidentified female had become stuck on the bluffs after attempting to climb up the steep bank. The bluffs are approximately 50 feet high in total and the woman was trapped somewhere in the middle.

Firemen estimated that she had been stuck for approximately 15 minutes before rescuers were successful in bringing her to safety.

Attend a Spaghetti Dinner and Silent Auction Fundraiser

Funds Benefit the Rachel Anne Gray Memorial Scholarship

FAIR OAKS, CA (MPG) - On February 27th, the Fair Oaks Recreation and Park District, along with the Fair Oaks Youth Advisory Board, will be hosting their second annual Spaghetti Dinner Fundraiser for the Rachel Anne Gray Memorial Scholarship. The event will be a dinner and silent auction at the St. Mel Parish Center from 6:00 p.m. to 9:00 p.m. Tickets are \$25 per person or \$225 for a 10-person table. Tickets are available at the Fair Oaks Recreation and Park District Office, 4150 Temescal St., Fair Oaks, CA 95628.

All funds raised will go toward the Rachel Anne Gray Memorial Scholarship. The Scholarship was established in honor of Rachel Anne Gray who passed away on September 2nd, 2012, at the age of 21. Rachel

was a resident of Fair Oaks and a member of the Fair Oaks Youth Advisory Board from 2006 through 2008. Rachel graduated from Bella Vista High School (Fair Oaks) in 2008 and received her degree in International Business from California State University, Sacramento. Rachel was a valued member of the Fair Oaks community who made a huge impact on young leaders, the community, and the Fair Oaks Recreation and Park District staff.

Please consider supporting this event by donating gift certificates, merchandise, or services (minimum value of \$25). In exchange, you will receive some excellent community exposure and advertising. Your company name, address, phone number, and donation will be listed in the Auction Brochure as well as on

marketing materials at the event. Your donation is tax deductible and the Fair Oaks Recreation and Park District Tax ID number can be provided upon request.

The Fair Oaks Recreation and Park District will gladly pick up your donation or it can be mailed to the Fair Oaks Recreation and Park District at 4150 Temescal St., Fair Oaks, CA 95628. In order for your item to be included in the Auction Brochure, it must be received by Monday, February 23rd, 2015. Donation forms should be returned to Katy at [kcoss@fairoakspark.org](mailto:kcoss@fairoakspark.org) or dropped off with your donation at the front desk. If you have any questions, please contact the Fair Oaks Recreation and Park District at (916) 966-1036.

Source: The Fair Oaks Recreation and Park District

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Garth Brooks World Tour  
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Wayne Wiebe (left) offers his expertise to a local customer.

Story and photos  
by Linda Harper

**FAIR OAKS, CA (MPG)** - Although most of us have a special interest in one thing or another, not many are fortunate enough to enjoy a lifelong career following their passion. Wayne Wiebe, owner of Fair Oaks Coin and Bullion, is one of the lucky ones. Since 1992, he has been buying and selling coins of all kinds, gold and silver bullion, jewelry, and more.

When Wayne was a small child in Lodi in 1950, his hometown was a busy place. Like most US towns, it was experiencing the start of fast changes that would define the next two decades. The great depression was a faint memory and Lodi's population had grown from 9,700 to approximately 13,000. The year was warmer than usual during the daytime, but temperatures were still mild at night, encouraging high yields for grapes and various other crops. A&W Root Beer, which was developed in

Lodi in 1919 by two local friends, Allen & Wright, was franchised and sold to a large company for worldwide distribution.

1950 was also the year that Wayne Wiebe found his passion for coins. He collected pennies from wherever he could find them, including the neighborhood bank, where he would take his week's chore money into the bank and exchange it for a bag of pennies. Then he'd sit on the curb and examine every coin to see if it was one needed to complete his beloved coin album. The unwanted pennies made their way to the corner candy store.

Over the years, Wayne became an avid collector and worked to learn all he could about coins, bullion, and jewelry. In 1992, he took a leap of faith and opened a Coin and Bullion store in Lodi. A year or so ago, he relocated his shop to Fair Oaks. He opened Fair Oaks Coin and Bullion at 4140 Sunrise Blvd, Suite B, on the corner of Sunrise and Fair Oaks. The shop has a friendly feel to it, and Wayne makes a

point to personally greet everyone who enters. His warm smile and laid back personality puts the consumer at ease, whether they are present to sell jewelry, to purchase bullion, or a rare coin for their collection. He's always excited to share his vast knowledge with the curious person who brings in a new metallic acquisition, or trade tales with veteran coin and bullion collectors. Fair Oaks Coin and Bullion boasts the largest number of coin-collection supplies, and they and are considered one of the biggest buyers of gold and silver in the Sacramento area.

Fair Oaks Coin and Bullion sells what they buy, which is gold and silver bullion, scrap gold, jewelry, sterling silver, diamonds, coin collections, hoards, accumulations, US and foreign currency, foreign coins and anything numismatic (the collection of currency).

For more information, call the shop at (916) 965-1789 or visit [www.fairoakscoinandjewelry.com](http://www.fairoakscoinandjewelry.com). ★

**SACRAMENTO REGION, CA (MPG)** - Garth Brooks World Tour with Trisha Yearwood is coming to Sacramento. In the electrifying return of one of America's most powerful concert forces, Garth Brooks makes his first California appearance on the World Tour and his first show in Sacramento in over 17 years! Shows will be held at Sleep Train Arena, One Sports Parkway, Sacramento, CA 95834. Shows dates and times are Friday, March 27th at 7 p.m. and Saturday, March 28th at 7 p.m.

Tickets go on sale on Friday, February 13th at 10:00 a.m. sharp; there is an eight-ticket limit per person. Ticket prices are \$62.98 plus \$3.15 tax plus \$2.50 facility fee plus \$6.25 service charge: total ticket price is \$74.88.

You can buy tickets only from the following vendor options: [www.ticketmaster.com](http://www.ticketmaster.com) or [www.ticketmaster.com/garthbrooks](http://www.ticketmaster.com/garthbrooks), or (800) 745-3000 or Ticketmaster Express at (866) 448-7849. No ticket sales are available at the venue box office or Ticketmaster outlets. Special Note: Select seats protected with paperless



In the electrifying return of one of America's most powerful concert forces, Garth Brooks makes his first California appearance on the World Tour and his first show in Sacramento in over 17 years! Photo courtesy of Varnell Enterprises

delivery ([www.ticketmaster.com/creditcardentry](http://www.ticketmaster.com/creditcardentry)).

If you do not currently have a Ticketmaster account, go to [www.Ticketmaster.com/GarthBrooks](http://www.Ticketmaster.com/GarthBrooks) to

register for a quicker purchasing experience.

The Garth Brooks World Tour is sponsored by GhostTunes.

Source: Varnell Enterprises ★

### Harke Income Tax Service Designated a Top 10 Business

**ORANGEVALE, CA (MPG)** - Harke Income Tax Service has been awarded status as a Top 10 business by The Prime Buyer's Report and is officially designated "Prime Buyer's Report Top 10."

The inclusion of Harke Income Tax Service as a Top 10 business was made based on a 10-point research process completed by The Prime Buyer's Report, which conducts independent research about local service businesses in a wide range of industries based on thousands of phone calls and public record searches. The process involved an interview with Harke Income Tax Service owner Susan F. Harke, CPA, and phone calls to previous customers of Harke Income Tax Service to determine their satisfaction. It also included a pledge by Harke Income Tax Service to

maintain the highest ethical standards regarding pricing, customer communications, and more.

Managing Editor of The Prime Buyer's Report Scott Rhodes said, "We've been able to certify Harke Income Tax Service as a Top 10 income tax preparation company after independent verification of their background, credentials, business practices pledge, and being told personally by customers of Harke Income Tax Service that they were happy with the results of the service performed by the company."

"We're proud to be recognized this way for the high quality of service and ethical business practices that have been the hallmark of our company since it was founded in 2006," said Susan F. Harke, CPA and owner of Harke Income Tax

Service.

Harke Income Tax Service is an income tax service for the preparation of individual income tax return preparation in Sacramento and selected surrounding counties. The company will prepare tax returns if the client sends documents by mail, fax, UPS, FedEx, or email.

For full details on all research steps passed by Harke Income Tax Service and the 10-point "Best Business Practices Promise" it has pledged to maintain, visit [www.primebuyersreport.org](http://www.primebuyersreport.org).

Harke Income Tax Service's website can be found at [www.sueharke.com](http://www.sueharke.com). Those interested in talking about their income tax needs can call (916) 988-0823.

Source: Harke Income Tax Service ★

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FD#136



# Local Crime Beat

**Monday, February 2nd**  
Theft: 7200 Block, Fair Oaks Blvd.

**Sunday, February 1st**  
Assault: 5800 Block, Sutter Ave.

**Saturday, January 31st**  
Breaking & Entering: 12100 Block, Tributary Point Dr.

**Friday, January 30th**  
Assault: 4200 Block, Hackberry Ln.  
Breaking & Entering: 4500 Block, Chicago Ave.

**Tuesday, January 27th**  
Assault: 6000 Block, Helva Ln.  
Assault with Deadly Weapon: 10500 Block, Fair Oaks Blvd.

Theft from Vehicle: 7300 Block, Fair Oaks Blvd.

**Monday, January 26th**  
Theft: 4800 Block, San Juan Ave.

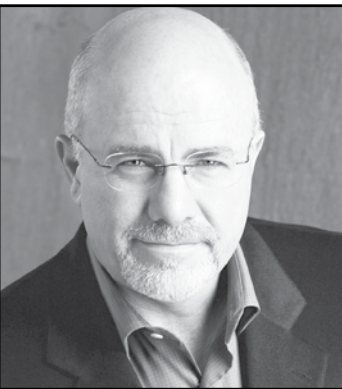
**Sunday, January 25th**  
Breaking & Entering: 5900 Block, Denver Dr.  
Breaking & Entering: 4200 Block, Stollwood Dr.  
Theft from Vehicle: Dredger Way & Main Ave.

Saturday, January 24th  
Breaking & Entering: 8900 Block, Ramstad Ave.

Theft: 3900 Block, Wildbriar Ln.

**Friday, January 23rd**  
Assault: 8000 Block, Sacramento St.  
Theft from Vehicle: 6800 Block, Anchor Cir.  
Theft: 6100 Block, Longmont Way  
Theft from Vehicle: 6100 Block, Rampart Dr.

*Source: www.crimereports.com* ★



**Keep Flood Insurance?**

Dear Dave,

I'm debt-free except for my home, and I'll have that paid off in about 12 months. I currently make \$60,000 a year and live in an area of Florida that is designated a flood plain, because a river that empties into Tampa Bay runs behind my home. Currently, I'm paying \$1,070 a month for flood insurance. My house is worth \$325,000, and water has only come up into the yard twice in over 20 years. Since I'm doing pretty well financially, do you think I need to keep my flood insurance policy?

- Trudy

Dear Trudy,

From what you've told me about the history of your property, it sounds like your biggest concern might be if a hurricane caused a backwash in your area. Insurance is already pretty

## Dave Says

tough in Florida when it comes to those kinds of things, but you don't want to run the risk of your house getting mowed down and losing everything.

If I were in your shoes, I think I'd like the protection of flood insurance. What you're paying for the policy is such a small percentage of your world, compared to the value of your home and your income. Keep the coverage, Trudy!

- Dave

**Do the Right Thing, but Don't Let Them Bully You**

Dear Dave,

I have a student loan in default that is now being handled by a collections agency. They want me to pay the entire \$20,000 now, or consolidate it with \$16,000 in collection fees added. Are these my only options?

- Rebecca

Dear Rebecca,

There's no way I'd consolidate and pay \$16,000 in collection fees. Right now, they're trying to bully you. They may eventually garnish your paychecks, but I think you can still work out

something with these guys.

You'll have to repay the loan, and probably the interest and some of the late charges, but \$16,000 is a bunch of crap. Don't run out and get another loan to pay it, but don't let yourself be blackmailed, either. You've made a mess by ignoring this for so long, so now you'll have to save every penny you can and start sending them substantial amounts of money each month.

Trust me, they'll take your payments and cash the checks. Hopefully, you can settle on a reasonable repayment structure and have this thing killed off in a couple of years.

- Dave

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

# Broadway in the 'Burbs with the River City Chorale

**FAIR OAKS, CA (MPG)** - You don't have to travel downtown or pay high parking fees to hear hits from some of your favorite Broadway shows. On March 7th and 8th, the River City Chorale will present its Cabaret, *Steppin' Out on Broadway*, with songs from *My Fair Lady*, *Wicked*, *Les Miserables*, and others. It will be presented in the Serbian Church Hall, a beautiful new venue in Fair Oaks.

You will be greeted at the door by sounds of a traditional jazz band and then seated, cabaret style, at decorated round tables. After being seated, you will be served hors d'oeuvres by the singers themselves, with a no-host bar for liquid refreshments. You will also have the opportunity to participate in a raffle for prizes.

The show will be accompanied by a live music, and the Chorale will offer individual acts as well as full ensemble pieces. Parking is ample and free.

The Cabaret has long been the most popular presentation of the River City Chorale. Audiences have always left



The show will be accompanied by a live music, and the Chorale will offer individual acts as well as full ensemble pieces. Photo courtesy River City Chorale

happy and we're sure you will, too. But, hurry; tickets go fast. Seating is reserved and the earlier you order, the better your table location.

*Steppin' Out on Broadway* will be presented Saturday, March 7th and Sunday, March 8th, with two shows each day at 2:00

p.m. and 4:30 p.m. The Serbian Hall is located at 7777 Sunset Avenue, Fair Oaks, 95628, between Sunrise Blvd. and San Juan Ave. Tickets are \$25. Order tickets at [www.rivercitychorale.org](http://www.rivercitychorale.org) or call (916) 331-5810.

*Source: River City Chorale* ★

# Governor Brown Announces Appointments

**SACRAMENTO REGION, CA (MPG)** - Governor Edmund G. Brown Jr. announced several key appointments on January 16th, including residents from both Gold River and Carmichael.

Bill Slaton (67) of Carmichael has been reappointed to the California Public Employees Retirement System Board of Administration where he has served since 2012. Slaton was bank director at Placer Sierra Bancshares from 2002 to 2007 and at Sacramento Commercial Bank from 1997 to 2002. He was regional vice president at ePlus Inc. from 1992 to 2002, at

PacifiCorp Capital from 1987 to 1992, and at Municipal Leasing from 1980 to 1987. Slaton was a marketing representative at Federal Leasing Inc. from 1977 to 1980 and at IBM from 1969 to 1977. He is a member of the Sacramento Municipal Utility District Board of Directors. This position does not require Senate confirmation and the compensation is \$100 per diem. Slaton is a Democrat.

Sheri Farinha (55) of Gold River has been appointed to the California Domestic Violence Advisory Council. Farinha has been chief executive officer at NorCal Services for Deaf and

Hard of Hearing since 1993. She was interim chief executive officer at the Greater Los Angeles Agency on Deafness from 1999 to 2003 where she was chief administrative officer from 1984 to 1993. Farinha is chair of the California Coalition of Agencies Serving the Deaf and Hard of Hearing Board of Directors. She earned a Master of Arts degree in special education from California State University, Northridge. This position does not require Senate confirmation and there is no compensation. Farinha is a Democrat.

*Source: Governor's Press Office* ★

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CLUES
ACROSS
1. Cookie amount
6. "You betcha!"
9. Bartenders typically split these
13. Ancient Greeks' assembly area
14. Snake-like reef dweller
15. Gent or guy
16. Salad dressing vessel
17. African grazer
18. \*Truman's "State of the \_\_\_" was first one on TV
19. \*\*"Return to Normalcy" President
21. \*Uniform \_\_\_ Holiday Act
23. A Beatle bride
24. Cowboy's prod
25. Egg cells
28. Wisecrack
30. Old fashioned expression of disapproval
35. Bruce Wayne in "The Dark Night"
37. Chinese dynasty from 960 to 1279
39. High-strung
40. Jessica \_\_\_ of "Dark Angel"
41. Kind of test
43. Stake driver
44. \*The nation did this in Nov. '63 with Jackie
46. Sainly glow
47. Stack
48. Bracelet for the arm
50. "Scene one, \_\_\_ one"
52. Feather glue?
53. Cleanse
55. Bird-to-be
57. \*\*"He Kept Us Out of War" was his slogan
60. \*He hailed from Hope
64. BBQ spot
65. Building addition
67. Dry white Italian wine from Verona
68. Tim or Woody
69. \*George H. W. Bush led it in the '70s
70. "The Lego Movie" hero
71. Join together by heating
72. Barbie's beau
73. Nostradamus and Tiresias, e.g.
26. Courage in the face of danger
27. Vinyl collectible
29. \*\*"No Child Left Behind" President
31. Impermanent employee
32. Characteristic
33. Throat dangle
34. \*\*"Tippecanoe and \_\_\_ Too"
36. Anglo-Saxon nobility title
38. Apple variety
42. Bumpkin
45. \*President Ford's VP
49. Chinese "way"
51. Knights' breastplates
54. T-shirt style
56. Fairytale garden dweller
57. Whip lash mark
58. It shall, for short
59. Behaved like Pinocchio
60. Family or kin
61. Like a broken horse
62. Last word in radio transmission
63. They now play in Brooklyn
64. "Hand" with claws
66. \*George Washington couldn't tell one?

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For Solutions See Page 7

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| Sudoku Puzzle on Page 6 |   |   |   |   |   |   |   |   |  |  |  |  |
|-------------------------|---|---|---|---|---|---|---|---|--|--|--|--|
| 4                       | 3 | 5 | 1 | 2 | 8 | 6 | 9 | 7 |  |  |  |  |
| 6                       | 2 | 8 | 7 | 4 | 9 | 1 | 3 | 5 |  |  |  |  |
| 9                       | 1 | 7 | 6 | 3 | 5 | 2 | 8 | 4 |  |  |  |  |
| 5                       | 8 | 3 | 2 | 7 | 4 | 9 | 6 | 1 |  |  |  |  |
| 1                       | 9 | 2 | 8 | 5 | 6 | 4 | 7 | 3 |  |  |  |  |
| 7                       | 6 | 4 | 9 | 1 | 3 | 8 | 5 | 2 |  |  |  |  |
| 8                       | 5 | 1 | 3 | 6 | 2 | 7 | 4 | 9 |  |  |  |  |
| 3                       | 7 | 9 | 4 | 8 | 1 | 5 | 2 | 6 |  |  |  |  |
| 2                       | 4 | 6 | 5 | 9 | 7 | 3 | 1 | 8 |  |  |  |  |

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By Ronnie McBrayer

In the coming week the nation will gather at Gobbler’s Knob, Pennsylvania for a uniquely American observance. The event is Groundhog Day, of course, as with bated breath we watch Punxsutawney Phil materialize from his cozy burrow. If he sees his shadow, as the legend goes, there will be six more weeks of winter weather. If he emerges shadowless, then it is the harbinger of an early spring.

Given how winters goes, I imagine there will be many more days of cold weather regardless of what Phil experiences on Monday morning. Besides, since 1886 old Phil and his successors have only been correct half the time. That’s about as good as human meteorologists, though, so they all get to keep their jobs I guess, shadows or not.

For me Groundhog Day makes me think, not of plump rodents and top-hat-wearing old men, but of Bill Murray. It was more than twenty years ago that he starred in the now classic comedy film, “Groundhog Day.” He plays weatherman Phil Connors, given the assignment of covering the Gobbler’s Knob festivities. He hates it, and he is hateful; an arrogant, pompous, and spiteful man.

Somehow he gets caught in a time warp and must relive Groundhog Day over and over again. At first, he indulges in



### Will Practice Make Perfect?

all types of fun and debauchery, but eventually he just wants all the repetition to end. He grows so desperate that he attempts to off himself, even kidnapping Punxsutawney Phil in the process, thinking this will stop the agonizing time loop.

Internet nerds, who apparently have more time on their hands than the average person, have watched this movie thousands of times, and painfully parsing all the events and dialogue have calculated that weatherman Phil Connors stays trapped on Groundhog Day for almost forty years. Why? What is the point?

The point seems to be personal transformation. The comic gods decide that Connors must remain where he is until he is a changed man. There is no going forward until that work is done. He has to learn a few lessons, about himself and about life, and only then can he get off the merry-go-round that is the last four decades of his life.

Forty years seems to be the magic number, for that is exactly the amount of time spent by the Children of Israel in the wilderness. You may know the story: Moses is commissioned by God to save his people from Pharaoh’s slavery. Plagues commence. Miracles ensue. Deliverance arrives (this would make a great movie, by the way).

But the former slaves don’t know how to live as a free people. They complain, revolt, start worshipping inanimate objects, commit mutiny against Moses, and

foolishly long for the false security of their chains over the constant vigilance of their freedom. They are as trapped as when they were building pyramids in Egypt. And they remain as such, trapped for forty years.

It was a massive, repetitive Groundhog Day, unbroken until the “stiff-necked,” stubborn, and contrary generation had been replaced by those who were ready to be free. The Scriptures say, “These things happened as a warning and example to us.” It’s not a simple retelling of history; it’s an opportunity for us to learn. And the quicker we learn our lessons, the quicker we can be liberated.

If we review the trajectory of our lives we are likely to find a few common denominators in all we have experienced. That’s because there’s probably one or two major lessons that God is trying to teach us, a couple of persistent chains he is attempting to break. God allows life to repeat itself, over and over, until we do the hard, inner work of the soul.

Wandering the desert is a necessity and repeating difficult lessons is required, as there are some things that can only be learned in the hard places. But how long we replay and relive the same day is more or less up to us. There comes a time to get it, and to get on with it.

Ronnie McBrayer is a syndicated columnist, blogger, pastor, and author of multiple books. Visit his website at [www.ronniemcbrayer.me](http://www.ronniemcbrayer.me). ★

## A Penny for Your Thoughts

Dr. James L. Snyder

The Gracious Mistress of the Parsonage and I were going into a store to do some shopping. Her idea, not mine. Halfway to the door, I noticed a penny on the ground so, being who I am, I bent over to pick up the penny. It is a habit I picked up the day I was born.

“What are you doing?” My wife gasped, thinking something was wrong.

“I found a penny and I picked it up. Finder’s keepers, loser’s weepers.” And I threw a smile in her direction.

She looked at me and said, “What in the world did you do that for?”

“You know what they say, a penny saved is a penny earned.”

“It’s just a penny. What in the world can you do with a penny?”

As I stuffed the penny in my pocket, I looked at her and said, “I can stuff this penny in my pocket.” Then I gave her a sarcastic smile as wide as the Grand Canyon, but not quite as deep.

She sadly shook her head as we went into the store together. I, one penny richer and smiling all the way. Pennies usually have that effect on me.

I know a penny is not worth that much. I just cannot resist picking up a penny I find on the ground. I guess it is that Pennsylvania Dutch attitude I was born with. I never saw a penny I did not want to pick up.

I can remember many a time at a checkout counter I was one or two pennies short and had to break a \$20 bill. You know what it is like to break a \$20 bill? So, I try to have a little backlog of pennies for just such emergencies, hoping I will never need them.

Do not let this get around, but on my dresser in my bedroom is a jar full of pennies. I found them here and there. One time I

remember finding 17 pennies on the ground in one spot. What a great day that was.

My wife is always kidding me about this and when I am in some kind of meditative mood, or so I want her to think I am, she will direct this to me, “A penny for your thoughts!” I only look at her and smile, the temptation is there because I can always use another penny and how many thoughts are really worth a penny? Especially mine.

Then a strange thing happened. We were home watching the news when the story of the day was somebody auctioned off a penny for 2 ½ million dollars. If you do not think that got my attention! Just one penny brought all that money.

I know right here I would sell all of my pennies for half that amount. Anybody looking for a bargain? After all, I am not really greedy.

I looked at my wife, smiled broadly, and said, “A penny for your thoughts!”

“Who,” she finally said in a disgusting sort of tone, “would pay 2 ½ million dollars for one penny?”

“I don’t know,” I retorted, “but I know who would sell one for 2 ½ million dollars.”

She glanced towards the bedroom where my pennies were at I said, “Don’t even think it.”

Then we both had a good laugh together.

As much as I appreciate pennies, I am not going to go crazy about their value. I know a 2 ½ million dollar penny is old and has quite a bit of history behind it, but it will be a long afternoon in the shower when I’m going to believe it’s worth that much money. Who in the world put such a value on a thing like that?

I remember my father taking me to auctions and it always amazed me how much people

would pay for some things. They get so excited in the bidding and trying to outbid somebody else that oftentimes they would pay twice as much as the object was really worth.

I remember my father would always say after some outlandish bid, “I sure would’ve loved to have sold that to that guy.” Then he would stare out into space a little bit thinking about that whole idea. He always wanted to be the seller and not the buyer.

Then my wife hit me with a difficult question. “Is there something you would never sell for 2 ½ million dollars?”

What a loaded question. I am not even sure what 2 ½ million dollars is worth! I have never seen that much money in my whole life and probably never will. But some people have put value on certain things and are willing to part with something if someone comes up with the right price.

People put value on things that really are not that important. An old penny worth 2 ½ million dollars cannot be used for anything practical. What can you buy with that penny? What is that man going to use that 2 ½ million dollar penny for? Just look at it?

I think Solomon had the right idea when he wrote, “For wisdom is better than rubies; and all the things that may be desired are not to be compared to it” (Proverbs 8:11).

Some things in life you cannot put a price on, it is a joy to discover those things and sometimes those things are people.

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 [jamessnyder2@att.net](mailto:jamessnyder2@att.net). His website is [www.jamessnyderministries.com](http://www.jamessnyderministries.com). ★



By Marlys Johnsen Norris, Christian Author

One begins their journey of worship when they begin to attend church service. They know they will be taught about who God IS and what it means to be a believer and follower of Christ. In the process they will observe people putting monies into a collection plate. They may or may not choose to do it (they are new in their faith and understanding) and that is o.k. God knows their heart! If the heart is not ready to give, God understands. We need a heart of true worship! Giving with resentment will not please the Lord.

One can not purchase God’s love or salvation! Salvation is a “free gift” to those who accept Jesus life, death on the cross and resurrection. God alone gives

### Does One Really Understand True Worship?

every life meaning and purpose! No amount of giving can buy salvation! Jesus paid the price and bought life eternal for those who accept His sacrifice on the cross. Jesus act of sacrifice purchased a gift of eternal life one day for those who accept Him as Savior and Lord. His resurrection proved his deity as our Messiah according to Scriptures. (This has never happened to any other!)

God will test your heart! God teaches guides and directs the process of learning and prayer about His instructions and worship. Every one who truly has the spirit of love also has an inward desire to give. The spirit of giving acts on that spirit, and it affects every area of their life. In time one does learn giving is a part of worship. Then, they begin to act out “giving” with a gratitude for God’s love, mercy and forgiveness.

Giving becomes an “act of worship” as one returns love to God for what He has done in their life. Testimonies and praise increase because one cannot out-give God. Praise inhabits God’s people. Our

Heavenly Father automatically blesses when one is generous with their finances to support the church and/or other ministries and love to see souls won to the Kingdom of God. Obedience honors God as one demonstrates their love and belief - expressing and proving with gratitude what He has done for them.

Don’t we pay our rent or mortgage payments so we can have a place to live? Why does anyone believe that a church or a pastor can live with something less? God had his followers build a Temple for learning, unity and fellowship and it needs everyone’s effort and support a church to be effective. Our sacrifice demonstrates a spirit of love and praise, honoring and glorifying the God of the Bible we claim to follow and believe. Worship is far more than Sunday church attendance! Pray about this and listen!

Marlys Johnsen Norris Christian Author of 7 books *God Moves Mountains, It was a Miracle!* [Marlysjn@gmail.com](mailto:Marlysjn@gmail.com) ★

### Got Church News? Call 773-1111

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## Buckeye Union School District

### Valley View Elementary Program - Interest Survey



#### Did You Know that ...

Buckeye Union School District is considering opening a **Montessori Elementary School Program** beginning at the Transitional Kindergarten level at its Valley View School site in El Dorado Hills for the 2015-2016 School Year?

If you are interested in such an alternative education program for your children we would like to hear from you to assist the District in determining the interest level for such a program. Please indicate your interest by emailing [jmchaney@buckeyeusd.org](mailto:jmchaney@buckeyeusd.org), and include your name, contact information, and the grade(s) of interest for the 2015-2016 school year.

(This is only a show of interest, it is not a commitment)

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# IRS Offers Free E-Filing for Tax Returns

**SACRAMENTO REGION, CA (MPG)** - The Internal Revenue Service (IRS) and the Free File Alliance announced the launch of Free File, which makes brand-name tax software products and electronic filing available to most taxpayers in California for free.

Free File software can help taxpayers with tax preparation, including the health care law that will affect almost everyone. California taxpayers can use Free File software immediately.

Free File is available only at [www.irs.gov/FreeFile](http://www.irs.gov/FreeFile), thanks to a partnership between the IRS and the Free File Alliance, a consortium of 14 leading tax software companies.

“About 70% of all federal tax returns come in below the \$60,000 income level,” said IRS Spokesman David Tucker II. “Millions can use it to file a federal income tax return for free.”

Nationally, more than 3.2 million people used Free File last year with nearly 270,000 coming from California. Since 2003, more than 43 million people have used Free File, saving \$1.3 billion based on a conservative \$30 fee estimate.

“You don’t have to be an expert on taxes or the new health

care law. Free File software can help walk you through the rules and help you get it right,” said John A. Koskinen, IRS Commissioner. “For 12 years, this partnership between the IRS and the Free File Alliance had helped taxpayers save both money and time. The real winner in this partnership has been the nation’s taxpayers.”

Taxpayers who earned \$60,000 or less last year are eligible to choose from among 14 software products. For those who earned more, they are still eligible for Free File Fillable Forms, the electronic version of IRS paper forms. This more basic Free File option is best for people comfortable preparing their own tax return.

Free File offers easy-to-use products that ask questions and supply answers. The software will find the right forms, find the right tax credits and deductions and even do the math.

Free File also can help taxpayers with the new health care requirements. Almost everyone will need to do something new when filing a tax return this year. For each month in 2014, you and everyone on your return must either report health care

coverage, claim an exemption from coverage, or make a shared responsibility payment with your tax return. Most people will simply have to check a box to report health care coverage for the entire year.

Free File will be available through October 2015. Taxpayers who cannot meet the April 15 tax deadline can also use Free File to file a six-month extension.

Here are some common tax-related documents you will need to complete your tax return: a copy of last year’s tax return; valid Social Security numbers for yourself, your spouse and children; all income statements, i.e. W-2 forms from all employers; interest/dividend statements, i.e. 1099 Forms; Form 1099-G showing any state refunds; unemployment compensation amount, if any; Form 1095-A if you purchased coverage from a Health Insurance Marketplace; and proof of health care insurance coverage for you and everyone on your return. Remember, you must also have documentation of any credit or deduction you are claiming.

*Source: Internal Revenue Service* ★

# Art and Artists of Folsom Exhibit

**FOLSOM, CA (MPG)** - Folsom History Museum, in collaboration with the Folsom Arts Association, announced Arts and Artists of Folsom, an exhibit showcasing artwork by some of Folsom’s many artists.

The show began Saturday, February 7th and will run until Sunday, May 10th. A variety of mediums are represented, including oil, acrylic, watercolor, pastel, graphite, colored

pencil, mixed media, photography, 3-D sculpture, jewelry, textile, ceramics, wood, and more. This is an exhibit that is not to be missed!

The museum is located in the heart of historic old town Folsom at 823 Sutter Street. The Folsom Heritage Gallery collection tells the story of early Folsom inhabitants and the California Gold Rush. Nearby Pioneer Village is an outdoor living history

venue with blacksmith demonstrations and panning for kids. The museums are open from 11 a.m. to 4 p.m., Tuesdays through Sundays. Free parking is available on the street and at the nearby city garage. Please call (916) 985-2707 or visit [www.folsomhistorymuseum.org](http://www.folsomhistorymuseum.org) for more information.

*Source: Folsom History Museum* ★

## For the Love of Books

Book Review by Amy Shane  
[amy-shane@att.net](mailto:amy-shane@att.net)





## THE ORIGINALS: THE RISE by Julie Plec

- ◆ Publisher: HQN Books
- ◆ Release date: January 27, 2015 ◆ hardcover, 352 pages
- ◆ Intended audience: Adult/ New Adult ◆ Rating: ♥♥♥♥♥

**On the Book Jacket:** Family is power. The Original vampire family swore it to each other a thousand years ago. They pledged to remain together always and forever. But even when you’re immortal, promises are hard to keep.

Arriving in New Orleans in 1722, Original vampire siblings Klaus, Elijah and Rebekah Mikaelson believe they’ve escaped their dangerous past. But the city is lawless, a haven for witches and werewolves unwilling to share territory. The siblings are at their mercy...especially after Klaus meets the beautiful and mysterious Vivianne. Her impending marriage is key to ending the war between the supernatural factions—and Klaus’s attraction to her could destroy the uneasy alliance. As Elijah works toward securing a piece of the city for his family, and Rebekah fights her unexpected feelings for a French captain, will Klaus’s volatile desires bring their world crashing down—and tear them apart for good?

**Amy’s Review:** In the year 1722, three of the Original vampires remain among the streets of New Orleans, however, they aren’t the only supernatural beings to roam the land.

In a world filled with werewolves and witches, it is up to the “Originals,” to make things right. Cast out of every land they’d step foot upon and hunted by their father,3 who wants to kill them, Elijah, Rebekah and Klaus - the Originals, finally decide it’s time to take root in New Orleans. With witches and werewolves freely running the city, nine years is long enough to lay in wait, hoping for the chance to own their own rite to the city. Elijah sets out to make a change, after all, they are vampires, the Original vampires.

Through his quest for power, Elijah ultimately throws the sanctity of alliances and the delicate balance between supernatural entities out of whack, starting a storm of chaos between three supernatural sects. However, Elijah doesn’t know, that while he is on his own personal quest for acceptance and power among the elite, Rebekah and Klaus are on their own path.

Filled with ulterior motives, Rebekah sets out to gain control of a French Captain and therefore his army. Yet, Klaus has his own agenda, when he falls for the witch-werewolf hybrid, Vivianne, rocking the

Originals already fragile existence, with those who would prefer to see them extinct.

Now, with the power of three, each with their own agenda, they must decide if they will band together to rise against the werewolves, or will they go their own separate ways, dividing the Original family of vampires?

A Prequel, to the hit television show *The Originals*, *The Rise*, propels readers to the very beginning, casting light upon The Originals rise to power.

Told in three, intertwining stories, *The Rise*, simultaneously follows the personal quests of Elijah, Rebekah and Klaus, on their paths to love and power.

Julie Plec, is able to take the story by storm, building strong characters that only intensify their characters on TV. Shining depth and understanding to each of them, Julie creates a powerful storyline that grabs readers, pulling them under her spell.

Each story starts and stops with such force that you are unable to relinquish its hold on you, making you want to fight for the Originals, hoping the vampires will rise and take power for themselves, once and for all. This series is not only for the fans of *The Originals*, but fans of vampires and paranormal romance as well.

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this question and answer column in your community. First, a little about myself to introduce this new resource for homebuyers and sellers reading this paper. My second job ever was in real estate, and to this day, I truly enjoy working with buyers and sellers. With over 30+ years in this business I have worked in almost all facets of the industry. From working with first time homebuyers, to move ups whether residential, commercial or investment real estate, I’ve done that and developed home properties directly as well.

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# Sacramento Tree Foundation Strives to Keep Sacramento the “City of Trees”

*Continued from Page 1*

average of \$8,870.

Sacramento Tree Foundation maintains several programs in an effort to involve the public. Through their partnership with Sacramento Municipal Utilities District (SMUD), Sacramento Shade Tree program will deliver up to ten free shade trees to be planted in the yards of participating SMUD customers. The customer is able to choose from over 30 deciduous trees to be planted in an effort to reduce energy usage year-round. Over 10,000 trees are given away each year through this program.

The Native Trees in Urban and Rural Environments program (NATURE) offers native tree mitigation services such as off-site mitigation options, along with community involvement projects and educational programs.

Guided tree tours are offered free of charge to those who wish to learn more about different species of trees from expert arborists during the spring and fall seasons, rain or shine. Several free pruning clinics also take place throughout the winter months, such as the San Juan Water District Pruning Clinic offered February 21st from 9 a.m. to 10:30 a.m., where Sacramento Tree Foundation experts teach the public when and how to make pruning cuts to young shade trees for longer life and healthy structure.

Specializing in newly planted trees, those involved in Sacramento Tree Foundation stress the importance of proper pruning, maintenance, and selection of trees when purchasing from a nursery. A video tutorial can be accessed on their website, [www.sactree.com](http://www.sactree.com). “We really want to teach as many people as we can the proper way to prune a tree,” said Bender.

According to Bender, trees are most needed in under-resourced neighborhoods and new developments. Between 1,000 and 2,000 volunteers help to further planting goals.

“We have a relatively small staff to put in as many trees as we do each year. We always have volunteer opportunities,” Bender said.

Sacramento Tree Foundation’s volunteer opportunities include year-round planting and stewardship activities, where volunteers of all ages come out to help plant trees in neighborhoods, parks, schools,



**Volunteers planting fruit trees at Mt. Cavalry Church community garden in Sacramento.**  
Photo courtesy Sacramento Tree Foundation

and open spaces throughout Sacramento. Generally the busier planting times are in the rainy months of October through April, and usually take place on Saturdays with training and tools provided once volunteers complete a volunteer release form, which can be found on their website. Individuals are also welcome to form their own volunteer groups to participate in such events. For further information on volunteering opportunities, the public is invited to contact (916) 924-8733 ext. 122.

According to the foundation, fall is the best time to plant trees, winter is the best time to prune, spring is the best time to “spruce up” trees and summer is the best time to provide them with consistent watering. Those who would like to learn more handy tips on tree care are encouraged to sign up to receive Sacramento Tree Foundation’s quarterly seasonal tree tips via email at [www.sactree.com](http://www.sactree.com). ★



**By Pastor Ray Dare**

When you really get to know God and understand what He’s promised to do it brings peace into your life. Almost every emotional problem known to man comes from a misunderstanding of who God is, what God knows and what He’s promised to do in your life. Stress is created when you forget what God knows about you and how He’s promised to help you.

Some of the most common things we get uptight about are our finances, our needs, our financial fears. Matthew 6:31-32 “So do not worry saying, ‘What shall we eat?’ or ‘What shall we wear?’ For the pagans run after all these things, and your Heavenly Father **KNOWS** that you need them.” God knows what you need. He knows about everything you need. He knows about your financial fears.

Do you ever act as if God is unaware of your bills? “Don’t

## God is Aware of Your Needs

you see, God? I’m going under here! I’m not going to make it! Don’t you care?” Worry is the result of forgetting the omniscience of God. When I think that God doesn’t know what’s going on in my life, that He’s unaware of it, then I think I must take matters into my own hands. I’ll try to be God. I start worrying. Worry is playing God. Worrying is taking responsibility for things God never intended you to have.

Matthew 6:8 “*Your Father knows what you need before you ask Him.*” The fact He’s aware of every single need you have... financial needs, spiritual needs, sexual needs, social needs, emotional needs — every kind of need you have. God is aware of every need in your life. The Bible says that when we come and pray, God knows what you need even before you ask. Prayer is not about giving God information. You don’t pray to tell God your needs. You pray to get the answer to your needs. He says you have not because you ask not (James 4:3). Since God knows my needs and He’s promised to help me when I ask Him and trust Him, my response is I don’t worry! I trust God.

What or who have you been trusting to meet your financial needs? Some people trust the economy or their careers, their

education, good looks, health, own abilities, their bosses, the companies they work for; some people trust other people. God says, “I know all about you, I know your needs, I know how to meet those needs. I want you to ask Me and trust Me.”

All those things that the world is trusting in, there’s only one problem with them. Every one of those things can be taken away from you. You can lose your job, your health, a loved one. All those things can be taken away. Then what? To have true peace and stability you must place your trust in something that you can never lose, your relationship with God through Jesus Christ. You put your trust in the Lord.

Notice what happens when you do this: “*Blessed in the man who trusts in the Lord and has made the Lord his hope and confidence. He is like a tree planted along a river bank with roots reaching deep into the water, not bothered by the heat, nor worried by long months of drought it stays green and goes on producing fruit.*” Jeremiah 17:7-8. You have peace when you’re trusting God to provide.

*Pastor Ray  
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# Anthem Insurance is Latest Corporation to be Hacked

Better Business Bureau Offers Advice on What to Do After a Data Breach

**SACRAMENTO REGION, CA (MPG)** - Tens of millions of Americans could be victims of the latest corporate data breach, this one at Anthem Insurance. Unknown hackers apparently stole personal identifying information from current and former Anthem customers, including names, addresses, Social Security numbers, dates of birth, and other information that can be used for identity theft.

Anthem has set up a separate website with information on the breach, but Better Business Bureau (BBB) recommends that consumers always go to a company's main website first and follow links from there. Scammers often take advantage of data breaches and subsequent confusion to set up spoof websites and send phishing emails.

BBB offers several suggestions for consumers concerned that their personal identifying information has been stolen.

Do not take a "wait and see" approach as you may have done with breaches involving credit card data. You must act quickly. Breaches involving Social Security numbers have the potential to be far more detrimental to victims, and the damage can be difficult to repair.

Consider taking a preemptive strike by freezing your credit reports. This will not impact existing credit cards and financial accounts, but will create a roadblock for thieves seeking to create fraudulent accounts using your personal information.

At a minimum, if you know your Social Security number has been compromised, place a fraud alert on your credit reports. While less effective than a freeze, this will provide an extra layer of protection. Click here to learn more about security freezes and fraud alerts.

Take advantage of the free credit monitoring services Anthem will be offering to breach victims. While this is not a preventative measure, this will alert you to new accounts or inquiries using your Social Security number so that you can act quickly to repair the damage.

Vigilance is key. Regularly check your credit reports at [www.annualcreditreport.com](http://www.annualcreditreport.com) for unauthorized charges or other signs of fraud. This is the ONLY free credit report option authorized by the Federal Trade Commission. For more information and complete step-by-step guidance on repairing the damage caused by identity

theft, visit the Federal Trade Commission's identity theft resources.

Expect that scammers will take advantage of this data breach to send out phishing emails and other messages that appear to be from Anthem, a credit bureau, or other legitimate companies. Do not click on links from any email, text, or social media messages about this or any other data breach.

All businesses that collect customer information need to make sure that they are protecting customers' data. If a data breach can happen to a major corporation with significant data security measures in place, it can happen to any business. For more information, visit BBB online at [www.bbb.org/breach](http://www.bbb.org/breach).

Note: Anthem Inc. also operates as Wellpoint, Inc., Anthem Blue Cross & Blue Shield, and Administar Federal, Inc. However, not all Blue Cross & Blue Shield companies are part of the Anthem network. If you aren't sure if your insurer is affected by this data breach, call the number on the back of your card or go directly to your insurer's website.

Source: Better Business Bureau ★



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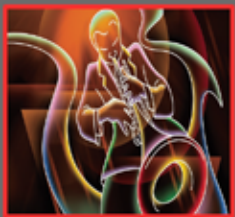
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**CLINCHED!** As capture A.L. West title for second year (page 11)

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# Delta Water Plan Refined to Reduce Local Impacts

**SACRAMENTO REGION, CA (MPG)** - The Brown administration and its federal partners has announced several significant changes to the water conveyance portion of the proposed Bay Delta Conservation Plan, including elimination of the need to build three pumping plants along the Sacramento River near Hood.

The changes represent an effort to respond to the concerns of Delta landowners and others. Subject to further refinement, they will be incorporated into the draft plan and Environmental Impact Report/Environmental Impact Statement and will be recirculated for additional public comment in 2015. The proposed changes would eliminate three pumping plants on the east bank of the Sacramento River between Hood and Walnut Grove; minimize activity on Staten Island, an important sandhill crane habitat, by removing tunnel launch facilities, large reusable tunnel material storage areas, a barge landing site, and high-voltage power lines; increase use of property owned by the California Department of Water Resources (DWR); eliminate the need for additional permanent power lines to the intake locations in the north Delta, including near Stone Lakes National Wildlife Refuge; eliminate impacts on Italian Slough (near Clifton Court Forebay) by removing an underground siphon; reduce power requirements; allow water to flow from the Sacramento River entirely by gravity at certain river stages; and reduce tunnel operation and maintenance costs.

The modified plan would eliminate the need to build three separate two-story pumping plants along a five-mile stretch between Clarksburg and Courtland. Plans to build three intakes screened for fish

protection along that stretch of river would not change, but DWR has determined that it is not necessary to also build pumping plants adjacent to each intake in order to move the water from the river into tunnels. Instead, water could be moved from the river into tunnels by a single new pumping plant constructed 40 miles away at the end of the tunnels on DWR property near Clifton Court Forebay.

The roughly 87-acre footprint of each intake would not change, but three 46,000-square-foot buildings would not be needed to house pumping plants. No permanent transmission lines, substations, or surge shafts would be needed either. Facilities at the intakes would include fish screens in the river, sedimentation basins, drying lagoons, access roads, and control gate structures.

Elimination of the three pumping plants would help preserve the view on State Route 160 between Hood and Walnut Grove, a state scenic highway. It would also reduce construction traffic along the river.

Throughout the eight-year development of the Bay Delta Conservation Plan, DWR has sought to minimize potential disruption and dislocation of Delta residents. In 2013, DWR made significant changes to the proposed water conveyance facilities that reduced by 50 percent the total permanent footprint of the project.

The most recent changes to the proposed conveyance system, along with many other changes to other aspects of the plan, will be available for formal public review and comment in 2015.

The Bay Delta Conservation Plan aims to both stabilize water deliveries from the Sacramento-San Joaquin Delta and contribute to the recovery of 56 species of plants, fish, and wildlife over the

50-year life of the plan. Water from the Delta reaches approximately 25 million Californians and three million acres of irrigated farmland.

The plan aims to both reverse the ecological decline of the region and modernize a water system that now depends on hundreds of miles of earthen levees vulnerable to earthquake, flood, and rising sea levels. One of the conservation measures in the plan involves building new points of diversion in the north Delta in order to minimize the use of the existing south Delta diversion. The existing diversion, constructed 45 years ago, sits on a dead-end channel that cannot be effectively screened for fish. New diversions could be screened with modern technology and would allow for more natural east-west flow through the Delta to San Francisco Bay.

The Bay Delta Conservation Plan has been developed through eight years of analysis and hundreds of public meetings. It is a habitat conservation plan under the U.S. Endangered Species Act and a natural community conservation plan under California law. It describes conservation measures that would be undertaken by the California Department of Water Resources, operator of the State Water Project, and the U.S. Bureau of Reclamation, operator of the Central Valley Project. The plan would provide a stable regulatory environment for operation of the water projects, which in recent years have been forced to curtail Delta pumping under rules to protect certain threatened and endangered fish species.

To read the public review draft Bay Delta Conservation Plan and associated environmental documents, visit [www.baydelta-conservationplan.com](http://www.baydelta-conservationplan.com).

Source: Department of Water Resources ★

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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)

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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.

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