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AMERICAN RIVER MESSENGER

Volume 9 • Issue 22

Serving Fair Oaks, Orangevale & Sacramento County

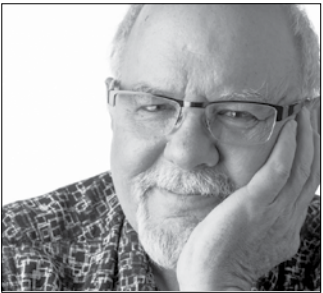
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In Fine Fiddle

Old Time Fiddlers Association Has a Love for Americana Music



The California State Old Time Fiddlers Association boasts many junior members. Pictured: District 5's Fiddle Kids warm up with their hero, Fair Oaks virtuoso Dave Bergan. Back left, instructor Eric Andersen elevates one of the group's youngest musicians, his son, Owen.

**Story and photos
by Susan Maxwell Skinner**

SACRAMENTO REGION, CA (MPG) - Fiddlers old and young, or people who just love violin music, are invited to meetings of the California State Old Time Fiddlers Association. Held at the Orangevale Grange Hall, the monthly fiddlers' jam brings violinists out of the fret work.

The second-Sunday musical meet is patronized by up to 200 amateur, professional, and die-hard musicians of all ages. Some have beards whiter than the strings of their bows. Others are in grade school. The youngest struggle to get scaled-down fiddles under dimpled chins.

All are members of the Old Time Fiddlers Association (District 5); they love that quintessential sound of Americana that coaxes turkeys from the straw. Musicians and supporters come from Oroville, Stockton, Sacramento, and the surrounding counties. A dollar donation buys an afternoon

as American as a barn-raising. The meetings begin with The Pledge of Allegiance and "God Bless America." Another high point is the massive afternoon potluck for famished fiddlers and fans.

The core purpose of the association is to keep old time American music going. District 5's members, including many children, strive to ensure that goal.

"Beginners are welcome," says association member Susie Brown. "We also have players in their 70s who've just picked up fiddles. It's good for them to be around others who are willing to help." Meetings include instruction sessions and the opportunity to perform before sympathetic audiences. As the afternoon progresses, violin cases are stacked in every hall corner. Owners spill from the antique venue to jam in the parking lot or under oaks in the surrounding park.

"They never get enough of fiddle



Solo act. Madelyn Smith takes center stage for a Sunday performance.

music," says Brown. "It's simple, yet complex. The sound is like birds singing. If you were blind, you'd still know it. Fiddle music comes from the soul."

The next Old Time Fiddlers Association meeting is on December 14th. Anyone may attend the 1 p.m. meeting held at Orangevale Grange Hall, 5807 Walnut Ave, Orangevale. For information, visit www.csotfa5.com. ★

Sacramento Moustache Run Raises Awareness of Men's Health Issues

**Story and photos
by Anne Stokes**

SACRAMENTO REGION, CA (MPG) - The Sacramento Moustache Run brought hundreds of runners and volunteers out to West Sacramento's River Walk Park last Saturday to raise awareness and money for a good, albeit sensitive, cause.

"We're promoting awareness of testicular and prostate cancer," said event organizer Allison Robideaux. "We're playing off the 'No Shave November' or 'Movember' [movement] to raise cancer awareness."

The national "Movember" movement challenges men to cultivate a moustache during the month of November, facilitating awareness and raising funds for men's health issues. The proceeds of Sacramento's own Moustache Run benefited the American Cancer Society and the Active 20-30 Club of Sacramento. The 5K fun run's moustache-shaped course wound around the River Walk Park trail, past the

Tower Bridge, Raley Field, and through downtown West Sacramento. The race culminated in a "Mo for your Bro" after party with live music, local vendor booths, games, food trucks, and beer.

Cancer survivor Dave Wesley spoke about his own experiences, emphasizing the importance of regular screenings and early detection. "I was fortunate to get [my] diagnosis," he admitted. "I lost my dad in 1980 to prostate cancer at the young age of 57. You see, they found his prostate cancer after it had already spread. My prostate cancer was found because I

Continued on Page 4



Anitra Dumlao-Thompson of Orangevale, left, and Norma Barnhart of Sacramento (dressed as Nintendo characters Mario and Luigi) run the moustache-shaped 5K course at the Sacramento Moustache Run in West Sacramento. The event raised money for the American Cancer Society and the Active 20-30 Club of Sacramento.



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Headstone Mystery Finally Solved

By Shaunna Boyd

SACRAMENTO COUNTY, CA (MPG) - Almost 20 years ago, a headstone was left outside the gate at Fair Oaks Cemetery. There were no birth or death dates engraved on the headstone, only the name Christina. No one knew where the headstone had come from or where it belonged. The staff at the cemetery set up Christina’s headstone near the front office, and many visitors asked about her over the years. It was hoped that someone would recognize the headstone so it could be returned to its proper place.

Almost five years ago, the staff from the Fair Oaks Cemetery had a booth set up at the annual Carmichael Community Founder’s Day Festival. District Manager Ray Young began telling the story of Christina’s headstone to a visitor at their booth, Bob Wascou of the Sacramento Cemetery Commission. He was very familiar with the history of various Sacramento area cemeteries, and he decided to investigate where the headstone belonged.

There weren’t many clues to go on. Only the spelling of the name on the headstone was distinctive. There were 1000s of burial records for the name Christine but very few for Christina. The uncommon spelling helped narrow the search.

In late October of this year, the mystery was finally solved. Christina is believed to have been only three months old at the time of her death and was originally interred at Sacramento’s first cemetery, the New Helvetia Cemetery.

New Helvetia Cemetery has a long history dating back to the early Sacramento-area pioneers. The site became Sacramento’s first official graveyard under the name New Helvetia Cemetery in 1849. Some burials may have occurred at the site as early as 1841 at the time of John Sutter’s establishment of his nearby settlement.

City officials adopted an ordinance prohibiting further burials at the cemetery, and the last recorded



Almost 20 years ago, a headstone was left outside the gate at Fair Oaks Cemetery. There were no birth or death dates engraved on the headstone, only the name Christina.

burial at the site occurred in 1914. Most of the standing headstones were removed at that time and replaced with flat grave markers to transform the site into a public park.

An ordinance for abandonment of the cemetery was passed in 1945. Then, in 1953, the area was offered to the Sacramento School District as the site for Sutter Middle School.

In 1955, city leaders ordered the removal of all the bodies buried in New Helvetia Cemetery. It was believed to be the resting place of 600 bodies, but during the mass exhumation, a large number of bodies were found in an area of the cemetery believed to be sparsely populated.

The bodies in that area of the cemetery were buried in wooden boxes, sometimes with two boxes, one above the other, in each grave. Most of these boxes had completely deteriorated and only bones remained. However, one body was found with a dime and another was found with a pair of spectacles. The lack of detailed records for the burials may be the result of a cholera epidemic, which required hasty burials and minimum attention to record keeping.

The exhumation ultimately resulted in the removal of more

than 5,000 bodies. Some bodies had accurate burial records and were transferred to various cemeteries throughout the area. However, the identities of most of those bodies were unknown and lost forever. These unknown remains were transferred to a common grave at East Lawn Memorial Park.

The size of the exhumation, more than 5,000 disinterred, was unusually large. During the exhumation, workers stacked grave markers in the street, and many were left behind after the exhumation was completed. More than 100 markers were later found around Sutter Middle School and at local East Sacramento homes. In 2008, the recovered grave markers were taken to East Lawn Memorial Park to surround the perimeter of the New Helvetia common plot.

This common plot is believed to be the final resting place of the mysterious Christina. Ray Young of Fair Oaks Cemetery is coordinating with the superintendent of East Lawn Memorial Park to ensure the headstone is finally returned to its proper place with Christina’s remains.

Sources: Ray Young, Fair Oaks Cemetery; Bob LaPerriere, Sacramento County Cemetery Advisory Commission ★

California International Marathon

SACRAMENTO COUNTY, CA (MPG) - Thousands of runners are expected to be racing through our neighborhoods in the Third District on Sunday, December 7th during the annual California International Marathon. The 26-mile grueling trek begins at 7 a.m. in Folsom and concludes at the State Capitol. This event attracts world-class competition. Several thousand

out of town visitors travel to the area to participate in or watch the marathon. This influx contributes to our local economy via renting lodging, dining in restaurants, retail sales, etc. Residents can come out and cheer the runners. Fair Oaks Boulevard is part of the route, so Fair Oaks, Carmichael, and Arden Arcade residents south of that roadway may find

themselves “land-locked” due to street closures while the race is in progress. These closures may cause some inconvenience so please be cognizant of that when planning your morning activities. Residents can view specific street closures on the marathon’s webpage at www.runcim.org. Source: The Office of Supervisor Susan Peters ★

Sheriff’s Toy Project

SACRAMENTO COUNTY, CA (MPG) - The Sheriff’s Toy Project has been serving our community since 1984 by providing gifts as well as food boxes to less fortunate families. The project provides a character-building environment for Work Project participants who spend their court-ordered jail sentence making toys, building furniture, and refurbishing computers and donated bicycles.

Through partnerships with Heald College and the Salvation Army, these items are distributed to those in need, including donations to schools for special needs and homeless children. Referrals for recipient families come through the Sheriff’s service centers, deputies, detectives, probation officers, social service agencies, schools, and other local non-profit organizations.

Work Project participants develop a great sense of accomplishment during and upon completion of their sentences, and many request to volunteer at the workshop after their release. Donations are welcomed. For more information, please visit the Sheriff’s Toy Project website at www.toyproject.org. Source: The Office of Supervisor Susan Peters ★

Governor’s Mansion Presents “Christmas Memories”

SACRAMENTO, CA (MPG) - On two special Saturdays in December, the community is invited to tour the majestic Governor’s Mansion State Historic Park (SHP) to delight in elaborate holiday decorations, festive live holiday music (local choirs, harps, and more), children’s activities, and captivating storytellers and docents in period attire sharing holiday-related stories of past governors and their families. To add to the festive activities, Santa and Mrs. Claus will make special visits to the Mansion to meet excited little ones and will be available for holiday photographs.

The Governor’s Mansion SHP is located at 1526 H Street in Sacramento. “Christmas Memories” at the Governor’s

Mansion will be held on December 6th and 13th from 10 a.m. to 5 p.m. The cost to attend is \$6 for adults, \$4 for youth (ages 6-17), and children five and under are free. Mansion visitors will be transported back in time to the very place where 13 of California’s early governors and their families lived, spent Christmas seasons, and shared holiday traditions. In fact, then-Governor Edmund G. “Pat” Brown and his family were the last first-family to celebrate Christmas in the stately Mansion. Due to renovations currently underway, the Mansion’s traditional furnishings will not be in place for the “Christmas Memories” program this year, but guests will have an opportunity to see the newly repainted

downstairs (which is part of a bigger renovation project that, once complete, will complement the restoration of the third-floor ballroom to its 1877 grandeur). Additionally, the on-site Museum Store will be open Wednesdays through Sundays throughout the holiday season (except Thanksgiving, Christmas Day, and New Year’s Day) and is stocked with special items and memorabilia that make for great keepsakes or gift ideas. Plus, all proceeds from the Museum store support the important renovation efforts at the Governor’s Mansion SHP. For more information, please call (916) 323-3047 or visit www.parks.ca.gov/governorsmansion. Source: T-Rock Communications ★

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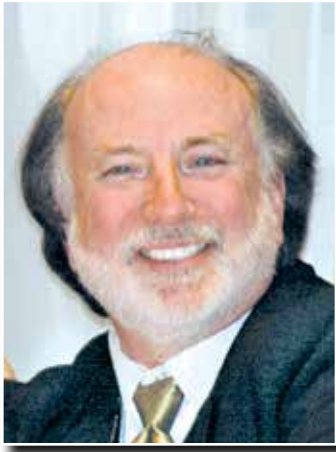
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Holiday Stockings Needed for Formerly Homeless Women and Children



Local residents can bring smiles to formerly homeless women and children this holiday season by giving to Women’s Empowerment’s annual Holiday Stocking Drive. The group is seeking 250 stockings and specific fillers for local infants, toddlers, children, teens, and adult women.

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North A Street, Sacramento. For more information, contact Kate Towson at kate@womens-empowerment.org or (916) 669-2307. “It’s such a beautiful and moving experience to surprise women and children once homeless with holiday cheer and necessary items needed to stay warm as they celebrate their first holiday season in their new homes,” said Lisa Culp, executive director. “We hope the local community will be part of this magical experience by filling a stocking for these amazing women and children.” Women’s Empowerment offers the most comprehensive job-readiness program in the Sacramento area, designed

specifically for women who are homeless and their children. The 2014 Organization of the Year has graduated 1,177 homeless women and their 2,552 children. Last year, 81% of graduates found homes and 90% found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes, and support services to help homeless women across diverse ages, races, and cultures. Women’s Empowerment is funded solely through private donations from the community. To donate online, please visit www.womens-empowerment.org. *Source: Kristin Th baud Communications* ★

Holiday Craft Bazaar for the Shriners Transportation Fund

SACRAMENTO, CA (MPG) - Need holiday gifts on a really tight budget? Homemade is the way to go, and if your crafting skills make you blush, then come to the Holiday Craft Bazaar for the Shriners Transportation Fund. It is all for charity and inexpensive as well. The Ben Ali Shrine Ladies Holiday Bazaar will be held at the Scottish Rite Masonic Center, located at 6151 H Street in Sacramento from 8:30 a.m. until 12:30 p.m. on December 6th, 2013. Parking and entry is free. There will be over 100 tables of crafts, holiday decorations, home-baked goodies, and fresh-crop fruits and nuts. The event will also offer a Christmas tree silent auction and photos with Santa. Many children who need care also need to be transported from



The Holiday Craft Bazaar features over 100 tables of crafts, holiday decorations, home-baked goodies, and fresh-crop fruits and nuts. The event also offers a Christmas tree silent auction and photos with Santa. their homes to the Sacramento Shriners Hospital, so the Ben Ali

Transportation Fund was created in 1969. It has helped children from California, many surrounding states, and even Mexico come to the Hospital for life-saving treatment for over 40 years. This craft fair is unique since there are no vendors. All goods are made or solicited by volunteers. All goods are donated, and all proceeds go to the Ben Ali Shrine Transportation Fund for children and their families. Shrine Center clubs and units from all over Northern California participate in the event each year. The Holiday Bazaar is a great place to start your holiday shopping on a budget, and it’s all for a great cause. For more information, contact Lynn Peters at (916) 682-7089 or Linda.K.Peters@comcast.net. *Source: Lynn Peters* ★

Small Train Holiday at the Railroad Museum

SACRAMENTO, CA (MPG) - To help you get into the spirit of the season (and as an alternative to the post-Thanksgiving shopping rush), California State Parks and the California State Railroad Museum are proud to present a two-day “Small Train Holiday!” Visitors of all ages will be dazzled by a magical assortment of trains, hundreds of feet of track and an array of buildings and accessories. They will marvel at the variety of locomotives that pull pretend

passengers and scaled-down shipments through all kinds of scenery, whether modeled on real places or created in the imaginations of devoted collectors. In addition, guests will enjoy rides aboard the Museum’s iconic Interpretive Handcar, story time with Mrs. Claus, a discovery-filled scavenger hunt and more. Mark your calendar to visit the California State Railroad Museum on November 28 and 29 for the special “Small Train Holiday” for two days only.

Small Train Holiday is Friday, November 28th and Saturday, November 29th, 1 a.m.-5 p.m. at the California State Railroad Museum, 125 I Street, Sacramento. Tickets are \$10 for adults, \$5 for youths ages 6-17, and free for children five and under. For more information, call (916) 323-9280 or visit www.csrnmf.org. *Source: T-Rock Communications* ★

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The Sacramento Moustache Run Raises Awareness of Men’s Health Issues

Continued From Page 1

knew that men with a family history of prostate cancer are twice as likely to get prostate cancer.



Bruce Schauburger of Galt, left, and Mariah Rooke of Stockton, who also brought their dogs Crusher and Titan, have been in training for a year and have participated in several other local fun runs. “We’re here today to learn more about the cause and to have fun,” said Schauburger.

So early screening is important. ... today, I am so proud to be able to stand before you, a 20-year prostate cancer survivor.”

West Sacramento Mayor Christopher Cabaldon, who addressed the post-race crowd, said, “This moustache run is a really creative and fantastic way to raise money to fight testicular cancers. And your support making this a reality, and to come out to have fun, is fantastic,” Cabaldon also thanked event organizers and volunteers for supporting the cause. “You’re making such a big difference in



Rachael Bradley of Sacramento, left, and Danica Gantney of Merced take a selfie before the start of the Sacramento Moustache Run in River Walk Park in West Sacramento. The run raised funds and awareness for the American Cancer Society and the Active 20-30 Club of Sacramento

people’s lives, both in terms of health and also in terms of creating new, wonderful events that create life and vitality here on the river and in the Sacramento region.” ★



Best real moustache contest winner Juan Carlos Cuevas of Sacramento, left, and event organizer Desiree Bertolani celebrate at the end of the Sacramento Moustache Run at West Sacramento’s River Run Park. The race run raised awareness of men’s health issues and raised money for the American Cancer Society and the Active 20-30 Club of Sacramento.



Terry U’Ren of Sacramento, left, and Jae Scott of Sacramento, winner of the fake moustache contest, enjoy the “Mo for your Bro” after party at the Sacramento Moustache Run held at the River Walk Park in West Sacramento. The race run raised awareness of men’s health issues and raised money for the American Cancer Society and the Active 20-30 Club of Sacramento.

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.

Emergency Alert

The Sacramento County Office of Emergency Services, in partnership with Yolo and Placer emergency agencies, is establishing a state-of-the-art emergency alert system known as Sacramento Alert. The system provides information to residents about emergency events quickly and through a variety of communication methods.

The alert system currently includes all listed and unlisted landline telephone numbers in Yolo, Placer, and Sacramento counties that are serviced by

AT&T and Verizon. If neither is your service provider, then you need to register to be included in the alert system. You can sign up online at www.Sacramento-Alert.org.

Residents will only receive alerts that are critical and time sensitive, including: flooding, levee failures, severe weather, disaster events, unexpected road closures, missing persons, and evacuations of buildings or neighborhoods in specific geographic locations.

Check Before You Burn

Effective now through February 28th, 2015, wood burning is restricted in the unincorporated area as well as in the cities of Citrus Heights, Elk Grove, Folsom, Galt, Isleton, Rancho Cordova, and Sacramento in accordance with air quality regulations. The restrictions are applicable to fireplaces, wood stoves, fire pits, or chimneys.

Implementation of these restrictions has helped reduce pollution and allowed our area to stay in compliance with federal air quality standards. Before you burn, please check the daily status by calling 1-877-No Burn-5 or visit www.airquality.org.

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our neighborhoods in the Third District on Sunday, December 7th during the annual California International Marathon. The 26-mile grueling trek begins 7 a.m. in Folsom and concludes at the State Capitol.

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

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By Pastor Ray Dare

Did you know that you can choose to have peace? You don't have to let things upset you.

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When you have things that are upsetting you, take a step of faith and begin to tell God what you need. Pray about everything because He cares even about the little things in your life. Then thank Him for working behind the scenes on your behalf.

God not only wants to give you peace, He wants to give you

How to Have More Peace

great peace! *"Great Peace have they who love your law, and nothing can make them stumble"* *Psalms 119:165 (NIV)*. When you love the Word of God, nothing can make you stumble and you will have great peace. Great peace gives you joy when it doesn't make sense for you to be happy. It passes understanding. Great peace keeps you stable and strong no matter what may come against you.

Make the decision to focus your attention on God's Word today and everyday. As you discipline yourself in the scriptures, you will hunger more for God's Word, and that love for His words will naturally develop.

Psalms 119:105 says that His Word is a lamp to our feet and light to our path. That means God's Word will direct you. God's Word will protect you. You can find peace and security in His Word, knowing that He is faithful and your future is sure! If you're not reading God's Word every day right now, start reading a chapter each of Proverbs, Psalms and John. Ask God to speak to your heart as you read.

Does your soul need rest today? Then come to the Father. *"Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. I will ease and relieve and refresh your soul."* *Matthew 11:28 (AMP)*. Are you overburdened by the cares of this world? Are you facing challenges in your relationships? Finances? Career? The Father wants to refresh you. He wants to give you rest.

Think about that for a moment. What would cause you to rest? If you knew everything was going to work out for your good, would you stop worrying? Yes! You would rest! Even if things don't work out the way you planned or on your timetable, you can trust that God will turn things around in your favor.

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Senator Gaines Blasts UC Tuition Increase Plan Calls on Regents to Reject 25-Percent Hike

SACRAMENTO, CA (MPG) - Senator Ted Gaines (R-Roseville) slammed the proposed University of California tuition increase plan, which could raise student fees 5% per year for the next five years.

"The UC system must serve the academic elite, not just the financial elite," said Senator Gaines. "Students have been pummeled with tuition increases for years, and the second that they and their families catch their breath this mega-increase is being pushed on them. I am calling on the Regents to stand with the students and reject the tuition spike."

The proposed tuition increase would vary depending on the level of state funding, but could stretch to 5% each year for the next five years. Currently, in-state UC students pay \$12,192 in mandatory tuition and fees. According to the UC, the first-year increase could push those mandatory expenses up by \$612.

A 5% increase over the duration of the plan would elevate those mandatory fees to nearly \$15,600. These fees are independent of room and board, books, transportation, and any other expenses students face while earning a degree.

"Governor Brown agreed to increase UC funding in exchange for a tuition freeze and I support that completely. The University of California system is an irreplaceable part of our infrastructure that contributes fantastically to the state's prosperity. We need a general fund commitment that recognizes that fact. If anything, we should be looking to lower tuition, not push it into the stratosphere," said the Senator. "UC administrators are compensated like tech company CEOs. It's unconscionable that students are being asked to dig deeper while the expansion of the UC ruling class continues without pause."

Gaines is particularly worried

about the state's working families and how they will cope with the planned increase. "It's political sport in California to see how much we can punish and antagonize the middle class, and this proposal is a gold-medal winner," voiced the Senator. "I'm sick of it. I know that wealthy families won't be affected by this. The poorest families will be damaged, as the dream of college is dimmed by the thought of unattainable expenses, but they will qualify for more UC financial aid. But the hammer will truly fall on the families in the middle, who will get to fork over this money straight out of their checking accounts or by taking on loads of new debt that could take decades to pay off. Who is looking out for them?"

The UC Regents will debate and vote on the tuition increase plan during their November 19th-20th meeting.

Source: The Office of Senator Gaines ★

IN MEMORIAM

Joseph Trice Scherffius

04/08/1938 – 11/07/2014

Born April 8, 1938 on Mount Moriah, Tennessee; passed away November 7, 2014 in Citrus Heights, CA at the age of 76. Beloved husband of 55 years to Reva Jean Scherffius. Greatly missed by children J. Wayne Scherffius of Carmichael, CA and Michael E. Scherffius of Stockton, CA. Forever remembered by grand children Heather Scherffius, Gold Beach, Oregon, Michael Scherffius and wife Katie Scherffius, Carmichael, CA and James Wayne Scherffius, Redding, CA as well as two great grandchildren, Richard Nollette and Christina Nollette, Grants Pass, Oregon.

Also survived by two sisters, Carolyn Byars, Union City, Tennessee and Doris Johnson, Memphis, Tennessee and two brothers Freddie Scherffius, Troy, Tennessee and Henry Scherffius, Covington, Tennessee. Preceded in death by mother and father, Nellie Lock-Scherffius and Joseph Lenora Scherffius and three sisters, Elsie Earl

Caughron, Barbara White and Ruth Scherffius.

Joe was a very skilled electroplater working both in private industry and civil service for 28 years. Throughout his adult life Joe was a very skilled guitar player, singer and song writer. In his retirement years, Joe was also an accomplished author, publishing three separate books of his tender and witty poetry. He will be forever missed by his family and friends who deeply loved and respected him.

A memorial service will be held on Sunday, November 23 at 4:00 pm at the Church of God Seventh Day, 5331 Dewey Drive, Fair Oaks, CA 95628, (916) 965-3063.



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CLUES

ACROSS

1. Proclamation
6. FEMA provisions, e.g.
9. “_____” by Van Halen
13. *Like the Fonz
14. Go a-courting
15. Saints' lights
16. Holy water holder
17. To carry, as in heavy suitcase
18. Lowest point
19. *Sabrina, Kelly and Jill
21. *Tom Selleck's private investigator character
23. **“Wide World of Sports” opened with a failed ____ jump
24. *Otis' room on “The Andy Griffith Show”
25. Chance occurrence
28. Shells, e.g.
30. *Talking palomino's title
35. *West of “Batman”
37. Lad, in Ireland
39. Do penance
40. **“Project Runway” judge
41. Root of iris, ingredient in many gins
43. Old Norse texts
44. “_____ in sight”
46. Pottery oven
47. Log splitter
48. Like Princess Aurora
50. Pair
52. **_____, “Dear” starring Anthony Clark and Mike O'Malley
53. **“My _____ is Earl”
55. Cook in a pan
57. *Arnaz-Ball production company
60. *Kevin James was its king?
63. Ado
64. Winter bug
66. *Like Thurston Howell III of “Gilligan's Island”
68. Declare invalid
69. High _____
70. Hiding place
71. *Voice of the Mayor in “Family Guy”
72. It would
73. Used for searching

DOWN

1. Emergency responder
2. *Lieutenant Commander _____ in “Star Trek: the Next Generation”
3. Clickable image
4. *What Thomas the Train does
5. Kansas capital
6. Hole-making tools
7. Debtor's note
8. Proclaimed true without proof
9. Ponce de León's first name
10. Language of Pakistan
11. Disable
12. P in m.p.g.
15. England, in Latin
20. Horizontal bar dance
22. This was true for Annie Oakley
24. A drive for fun
25. *Barbera's animated partner
26. *Dora the Explorer's farewell
27. Instrument _____
29. *He greeted others with “Na-Nu Na-Nu”
31. Kind of cell
32. *NBC's “The _____ Show”
33. Provide with ability
34. Old Brazilian coins
36. Lion's do
38. Like acne-prone skin
42. Mix-up
45. Coping mechanism
49. Chum
51. In fancy clothing
54. Civilian clothes
56. Female gossip
57. Ready to serve
58. A long, long time
59. Bolted
60. Thigh
61. *_____ Wyle of TV's “ER” 2014 movie
62. Comme ci, comme ça
63. **“Hee _____” variety show
65. Allow
67. However, poetically

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6		3	4					
			3	8				4
		8	2			1		
3							2	
	1	2					5	8

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

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By Ronnie McBrayer

An old Quaker came to the end of his days as a farmer; no longer did he have the strength to work the soil. So, he placed a sign on his land that read, “This farm will be given to anyone who is truly satisfied.”

A wealthy merchant came riding along and saw the sign framed by the beautiful rolling hills, the rich dark soil, the barns and silos. He thought to himself, “If my friend the Quaker is so eager to part with his land, I might as well claim it. I have all I need - so I qualify.”

He guided his pony to the farmhouse, hopped out of the saddle, and walked to the front porch. The farmer slowly came to the door and offered his leathery hand. The merchant shook his hand and got down to business, explaining why he was there - to claim the land being offered - of course.

“Art thou truly satisfied?” the Quaker asked the merchant. The merchant responded, “I am, indeed. I have everything I need.” The old farmer answered, “My friend, if thou art satisfied with everything ye have, why doth thou need my land?” And with that he closed the door.

It is human nature to want; to

Truly Satisfied

search, covet, yearn for and lust even after we have everything we need - more than we need. There is this insatiable desire within us that we can’t seem to satisfy, a hunger we cannot fill. According to Richard Alpert, also known as Ram Dass, he says that desire is precisely the problem. It is the fly in the existential ointment, the one thing that always trips us up (Which in the Christian tradition sounds a lot like “original sin”).

Unmet desire is, as Alpert describes, like eating ice cream. One has to keep eating it, faster and faster, because it is constantly melting; it is always getting away, and never fulfills true hunger. I would only add to this apt description that even if one is able to “eat the whole thing” before it melts, then he or she will only feel sick, nauseous, and guilty when it is over.

So, how does one unhitch from the runaway desire, the sheer hunger of the heart that so often drags us to our undoing? The great G.K. Chesterton once said that there were only two ways to be satisfied. One “is to continue to accumulate more and more. The other is to desire less.” But how does one desire less?

There’s no easy answer. Whole religions and extensive spiritual practices have been built around answering that question; and everything from self-flagellation and asceticism to quiet meditation and psychotropic drugs have been tried to free humanity from itself. Yet, the heinous

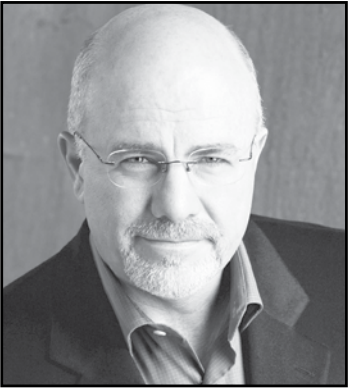
rate of consumption, the constant grabbing and clutching for more, continues with happiness levels as flat as ever.

But maybe the presence of desire isn’t the real problem. It’s not that “we want,” but that we want the wrong things. We are all going to desire. After all, desire is simply the search for happiness. What is the object of those desires; what is it that we are after that we think will make us happy? Those might be the better questions.

See, we have been duped. We think that acquisition will satisfy us. We have been fooled into thinking that a shinier car, a bigger house, a younger wife, a better neighborhood, or the newest piece of technology will make us happy. But it’s an evaporating illusion. When you are chasing after what will never ultimately please you, getting more of it won’t get it done.

I think that’s what Jesus was getting at when he said, “Seek first the Kingdom of God, and all these other things will be added to you.” He was saying, “You’re going to desire, you’re going to want; just point those cravings in the right direction. Go for what counts!” Then you discover that living a satisfying life requires very little. You will discover that the hungry life can be replaced by the happy life.

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.me. ★



Not so Fast!

Dear Dave,

We’ve got our starter emergency fund in place, and we’ve paid off the last of our debt. Currently, we rent an apartment but my wife really wants us to buy a house now. She also wants us to use a 30-year, 100 percent financing plan, and says this wouldn’t cost any more than we’re paying in rent. I disagree with her idea, and she’s upset with me. How can I make her see this is a bad plan?

- Alan

Dear Alan,

I think she probably knows deep down this isn’t a good plan. She’s found something she really likes, and she’s mad because you’re not going along with the idea. It’s called “house fever.”

When you buy a home with nothing down and little to no money in the bank, you’re inviting Murphy and his cousins — Broke, Desperate and Stupid — to move in with you. In other words, you’ll find yourselves in a mess because you didn’t have the maturity and wisdom to wait until you had your fully funded emergency fund of three to six months of expenses in place, plus a 20 percent down

Dave Says

payment saved up for a house.

The idea that you save money because your house payment is the same, or even a little less than your rent, is a myth. It costs more to own a home, period. As a homeowner, you’re exposed to all kinds of things you never have to worry about as a renter.

We all have times when we get excited by something we want and do things we shouldn’t. I’ve done it, and I’ll bet you have, too. But in situations like this, you’ve got to sit down and talk things out. I’m not sure how to get your wife to realize this or act more mature, but I do know that people who charge into things of this magnitude without thinking are the very ones who end up in my office for financial counseling or filing bankruptcy!

- Dave

Let a Little Life Happen First

Dear Dave,

I’m 19, and I have a job making \$30,000 a year. I’ve also got about \$40,000 in stocks and \$10,000 in savings. I want to buy a house in the near future. Should I pay cash and buy it outright, or is a 15-year mortgage okay?

- Sam

Dear Sam,

I love the idea of paying cash for a house, but I’m even more impressed that you’ve got so much you could put toward a house and a job making \$30,000 a year at age 19. Man, you’re really kicking it!

But the thing that keeps sticking in my mind is that you’re still just 19-years-old. Now, there’s nothing wrong with being 19, but there’s also nothing wrong with waiting a few years and getting a little more life experience under your belt before you take on a mortgage.

At times like this, I think about what I’d tell my own son at your age. And honestly, I think I’d advise him to wait and let life happen for a while. You’ve done some amazing things, but I think the best thing would be to keep piling up cash. Then, take a look and see how you feel and what your life is like in four or five years.

You’ve got lots of time and a huge head start already. When the time is right, either pay cash or do a 15-year, fixed-rate mortgage. And if you take out a mortgage, make sure the monthly payments are no more than 25 percent of your take-home pay.

- 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. ★*

The Longest Day of My Life

Dr. James L. Snyder

I have known for a very long time that every day has 24 hours, every hour has 60 minutes and every minute has 60 seconds. I want to thank my first grade teacher for drilling this information into a rather thick skull. This information, along with a lot of other information, has helped me get through life up to this point.

I also know every week has seven days except for the Beatles, who think there are “Eight Days a Week.” I am not sure how they got up to that point, but I have sometimes felt that way myself.

Sometimes a day feels longer than the 24 hours allotted to it. Moreover, I think some hours that are much longer than the 60 minutes they are supposed to be limited to.

This past week, however, brought me to a new level of understanding. Although every day has 24 hours, I did experience a day that had at least one thousand hours to it; each hour an excruciating moment in time.

It all began quite innocently enough. The Gracious Mistress of the Parsonage asked me a very simple question. I have been married long enough to know that there is no such thing as your wife asking a simple question. I guess in my old age I am beginning to forget a few things.

My wife simply asked, “Is there any gas in your truck?”

On the surface, it looked rather simple and in the moment and being caught off guard, as I usually am, I answered very listlessly, “Yes, the tank is full of gas.”

Thinking this was the end of the conversation I began walking away. As I walked away, I heard the echo of my wife’s voice following me.

“Would you mind,” she said, “if our granddaughter and I borrow your truck for today? We

need to do some shopping across town.”

This, as you may well guess, is wrong on several levels.

First, why did they need my truck to go shopping? On the surface all I could see was \$’s. How much shopping are you going to do if you need a truck?

Second, the most important angle, is borrowing my truck! A man’s truck is a man’s truck. Need I say more? A real man does not borrow his truck out to anyone. There is something personal about a man’s truck. It is the only place where he can surround himself with silence and where he is “King of the road.”

“I didn’t think you would mind,” she said as she reached for the keys to the truck. After some struggle, I finally surrendered the keys.

“We will not be back for lunch,” she said as she raced towards the door, “so you are on your own for lunch.”

Then, to add insult to injury she shouted, “And, you can use my car if you need to go somewhere.”

That will be the day! I was tempted, just tempted for a moment, to drive her car around and use up all her gas. I toyed with the idea and jingled the keys in my hand and then I realized I would be the one to put the gas in her car.

It certainly was a long day. Occasionally I glanced out the window to where my truck used to be parked. No truck. Sadness has its levels, if you know what I mean.

Several hours after my granddaughter and wife left, I got a text. Now I know why men die before their wives. When I read the text my heart was about to attack me.

It seems, how, I will never know, but there was a hole in my tire probably put there by some nail. And she needed to have the tire fixed and was just informing

me that she was going to do that.

My tire! A hole in my tire!

The last time I drove my precious truck there was no hole in the tire. Everything was in good shape when I drove it last. But now that my wife is driving it, a hole suspiciously appears in my tire.

If you have ever owned a truck, you know exactly what was taking place. That hole in the tire was my truck reaching out for me to come help it. I think my truck thought that if the tire was not working it would end this whole charade. Unbeknownst to my truck, my wife, undaunted by the situation, had my truck tire fixed.

The hours struggled on and it seemed like an eternity. I ate my lunch in silence, staring out the window where my truck used to be parked; now an empty space.

After one thousand hours of excruciating pain, I heard my truck pull into the driveway. As I gazed out the window, I saw the back of the truck piled high with “stuff. But there it was, safely in the driveway.

Sometimes attachments can cause you a lot of anxiety. Only one attachment in my life worth all the anxiety in the world. That is my relationship with Jesus Christ. Sometimes I do have an anxious moment but then I turn to the Scripture.

I have this marvelous promise. “Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee” (Isaiah 26:3).

When my mind is on the Lord, I don’t mind anything else in the world.

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. His website is www.jamessnyderministries.com. ★



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Sacramento Zoo Says Good Bye to Castro the Sumatran Tiger

SACRAMENTO, CA (MPG) - Sacramento Zoo's male Sumatran Tiger, Castro, was euthanized October 29, 2014 at the age of 16 ½ years. He had been fighting lymphoma, a form of cancer, since February 2013. The decision was made to euthanize Castro when he was no longer able to fight his cancer. Castro exceeded the life expectancy, becoming the longest living large cat diagnosed with lymphoma. He was the oldest breeding male Sumatran tiger in the United States.


"Castro has been an incredible tiger and we have been privileged to care for him. We are extremely thankful to all of the specialists from the UC Davis School of Veterinary Medicine and the Sacramento Medical community which have rallied to assist us in providing Castro with a long comfortable life," commented Dr. Ray Wack, Senior Veterinarian at the Sacramento Zoo.

Since his lymphoma diagnosis in February 2013, Castro has been receiving oral chemotherapy every day while being closely monitored by veterinarians and zookeepers. While on treatment, Castro regained the weight he had lost and became more active again. His chemotherapy controlled his cancer and maintained a good quality of life. In October 2013, with a great outpouring of help from the medical community, Castro underwent a minimally-invasive surgery providing relief from partial obstruction near his kidney caused by urinary tract stones. In February 2014 Castro received a complete physical and extensive diagnostic testing to evaluate the status of his cancer and renal disease. During the exam, a miniature camera was placed in his stomach to look for signs of GI ulceration (a potential complication from the chemotherapy). Test results and Castro's behavior at that time indicated that his cancer was adequately controlled and his chronic kidney disease was stable. Recently, Castro's appetite began to decline. Staff has worked diligently to maintain his appetite and weight, enticing him to eat with a multitude of extra-special foods and adding additional medications to stimulate his appetite and minimize his nausea. Sadly, Castro's condition has deteriorated and the Zoo's veterinary and animal care teams made the difficult decision to euthanize him.

"Castro has always been one of our favorite cats. He's been challenging and stubborn at times, but these are also traits that we've loved about him. It often made us laugh when he had to readjust his toys or furniture to just the way he liked it," said carnivore Zookeeper Amanda Watters. "I am so glad I had the privilege of taking care of him and getting to know him. He was an incredible animal and ambassador for his species who was a favorite of both staff and visitors."

Castro came to the Sacramento Zoo from the Audubon Zoo with his mother in 1999. He and his female companion Bahagia have five living offspring who went to other Association of Zoos and Aquariums (AZA) zoos to participate in Sumatran Tiger Species Survival Plans® (SSP). Those five offspring have produced five cubs to date. Castro and Bahagia's last cub, Castro Jr., more commonly known as CJ, recently went to the Los Angeles Zoo as part of the SSP recommended plan. Sumatran Tigers are critically endangered and found only on the Indonesian island of Sumatra. Fewer than 500 Sumatran Tigers are believed to exist in the wild and approximately 200 live in zoos around the world. The Zoo participates in the Sumatran Tiger SSPs, cooperative breeding and conservation programs designed to maintain genetically viable populations of animals in captivity, and to organize zoo- and aquarium-based efforts to preserve the species in nature.

Source: Sacramento Zoo ★




Castro, the Sacramento Zoo's 16 ½ year old male Sumatran Tiger who was diagnosed with cancer in February 2013, was euthanized October 29, 2014. Photo by Mike Owyang

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Grant Allows Artist to Continue 35-Year Project

SACRAMENTO REGION, CA (MPG)
- Local visual artist Kurt Edward Fishback was awarded \$6,000 from the Sacramento Region Community Foundation through the Leff-Davis Fund for Visual Artists, allowing him to continue the black and white portrait series he has been adding to for over 35 years.

“Truthfully, there weren’t the discretionary funds to create this art,” said Fishback. “But with the Leff-Davis grant, I now have the capability to follow my passion and continue the series.”

Kurt Edward Fishback began his artistic career studying ceramic sculpture at Sacramento City College, the San Francisco Art Institute, and the University of California, Davis in the 1960s. He first began experimenting with photography in 1962 as a way to document his experiences with other sculptors. In 1973, he shifted from ceramics to photography as his primary means of expression; then, in 1979 he began doing black and white portraits of artists. Because of the emergence of prominent women artists since his early work, Fishback plans to expand his work and shift the focus to women in an effort to create more balance in his archive.

“The driving force behind the whole project was that all too often, people know artists only for their work. They don’t know what artists look like or what kind of space they work in. With that in mind, I decided to make these portraits and accompany them with a



Local visual artist Kurt Edward Fishback (above right) was awarded \$6,000 from the Sacramento Region Community Foundation through the Leff-Davis Fund for Visual Artists, allowing him to continue the black and white portrait series he has been adding to for over 35 years. Fishback first began experimenting with photography in 1962 as a way to document his experiences with other sculptors. Some of Fishback’s photos clockwise from top: painter Wayne Thiebaud; Fishback; Mary Ellen Mark ; photographer Ruth Bernard and painter Stan Padilla.

story of working with the artist,” said Fishback.

Fishback will use his \$6,000 award to help with necessary production expenses such as travel to photo shoots, printer ink cartridges, archival printing paper, matting, framing, upkeep of cameras, and other equipment.

“The Foundation is pleased to be able to offer this fund to the visual arts community for the second year. We were thoroughly impressed by both the quality and quantity of submissions,” said Chief Giving Officer Priscilla Enriquez. “This year’s awardees were just two of 68 applications received this year, compared to 43 in 2013, reflecting the growing prestige of the Leff-Davis award and the depth of our local visual arts community.”

Now in its second year, the Leff-Davis Fund for Visual Artists was created to support serious aspiring professional artists in the advancement of their careers through a monetary award for the creation of original art. Retired pathologist

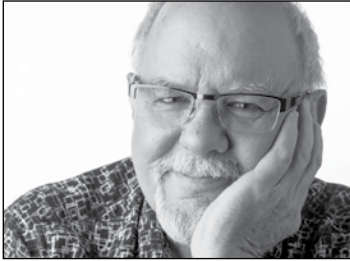
and avid art collector Dr. Emily Leff established the fund at the Foundation in 2013 to support, on an individual level, local visual



artists who have demonstrated professional commitment to their work.

“I was pleased to see that

applications almost doubled in the second year. A variety of media were represented, and it is very clear that there are many creative and talented artists in this region,” said Dr. Leff. “For many years, I wanted to create something lasting that would recognize artists for their essential contribution to our culture and also help them financially to create art. I chose the Foundation to help me realize this longtime ambition because of their superior experience and outreach in the Sacramento Region.”



For more information, contact Luis D. Sosa at luis@sacregef.org or at (916) 921-7723.

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Because of the emergence of prominent women artists since his early work, Fishback plans to expand his work and shift the focus to women in an effort to create more balance in his archive. At left is painter Mary Ellen Mark, New York, taken in 1982.

Because of this grant, Fishback now has a portrait show slated at Blue Line Gallery in Roseville in 2016 as part of Placer Arts. There will be 30 framed prints in the exhibition, all portraits of women artists consistent with the current project. These will be a mix of older and newer images to show the breadth of his overall project, and each print will be accompanied by a short story.

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Source: Sacramento Region Community Foundation ★

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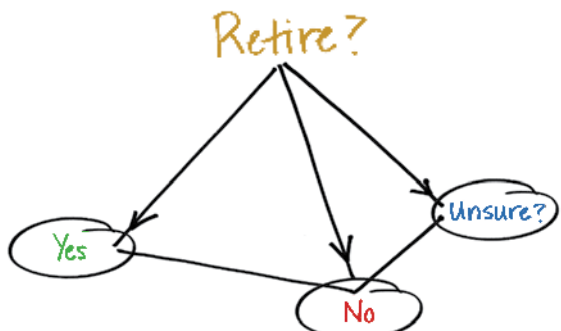
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