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AMERICAN RIVER MESSENGER

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Serving Fair Oaks, Orangevale & Sacramento County

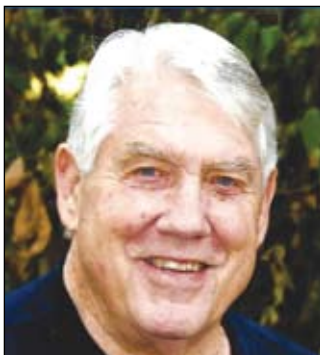
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Fair Oaks Teens Collect School Supplies for Underprivileged Kids



At least 32 underprivileged K-6 students at Northridge Elementary School in Fair Oaks received a great surprise at the start of this school year: a backpack filled with all the school supplies they'll need for the year. The Fair Oaks Library Teen Advisory Board made up signs and a large display for the library entrance, and put out a large bin for donations for the nearby elementary school. The Friends of the Fair Oaks Library and the local Rotary Club chapter urged their members to donate. Soon, the bin was filling up with backpacks, pencils, paper and other school supplies. Photo courtesy of Sacramento Public Library

FAIR OAKS, CA (MPG) - At least 32 underprivileged K-6 students at Northridge Elementary School in Fair Oaks received a great surprise at the start of this school year: a backpack filled with all the school supplies they'll need for the year. It's all thanks the Fair Oaks Library Teen Advisory Board (TAB). They came up with the community service

project at their June meeting.

They made up signs and a large display for the library entrance, and put out a large bin for donations for the nearby elementary school. The Friends of the Fair Oaks Library and the local Rotary Club chapter urged their members to donate. Soon, the bin was filling up with backpacks, pencils, paper and other

school supplies.

"We were just shocked at how many they collected," said Northridge secretary school Ellie Ennis. "We are so appreciative. This is such a wonderful blessing for our kids.

Community service comes naturally to

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Honor a Hero, Hire a Vet Job and Resource Fair

SACRAMENTO REGION, CA - The State of California Employment Development Department, in partnership with the Sacramento Municipal Utility District (SMUD), Sacramento Employment and Training Agency, Sacramento Area Human Resources Association, DeVry University, and Starbucks, are proud to be hosting the Honor a Hero, Hire a Vet Job and Resource Fair on October 16th at the McClellan Lions Gate Convention Center, 3410 Westover St, Sacramento, from 10:00 a.m.-3:00 p.m..

The job fair is free to all jobseekers, veterans and non-veterans. Job seekers will be able to meet with more than 100 employers and 25 supportive services providers.

Workshops will offer skills development in behavior-based interviewing, resume preparation, and applying for state jobs. Attendees will have opportunities for one-on-one resume review and career coaching. ★

Source: Sacramento Municipal Utility District

**WE SUPPORT
OUR MILITARY**

Teenage Garage Band Rising Quickly in Sacramento's Music Scene

FOLSOM, CA (MPG) - With just over a year of writing music, practicing in their garage, and playing in local venues, Folsom rock band Heat of Damage has gone from what some might say is "typical teenagers with a pipe dream" to becoming a popular band within the Sactown music scene and receiving the most likes (twice as many as other bands!) with their EP's title song "Lifestyle" two weeks in a row on 98 rock's Local Licks. The Sacramento music scene is calling Heat of Damage "a band to watch!"

After releasing their self-produced EP *Orenda* last February (made with a 20-year-old mixer in the drummer's garage), their first show was then booked at the Boardwalk in Orangevale.

Several more dates at this well-known venue followed, as the band brought in crowds of teens and adults alike while playing with local band favorite A Mile Til Dawn and opening for National bands such as Assuming We Survive and Dose of Adolescence.

Since then, Heat of Damage has performed over 20 shows in the Folsom, Sacramento, and El Dorado County region. The band continues to play regularly at The Back9 Bar and Grill and The Assembly Music Hall in downtown Sacramento, and will be playing at a local area favorite, Old Ironsides, in December. The band also displays their versatility, talent, and civic-mindedness by playing acoustic sets at coffee shops and

Continued on Page 2



Nick Lassalette (vocals/lead Guitar), David Haug (front man/vocals/rhythm guitar), Julian Bohland (vocals/drums), Jared Easter (vocals/bass). Visit HEAT OF DAMAGE on Reverbnation, Facebook, and Instagram Photo courtesy of Angela C. Barber



"I'll be a voice for parents, restore fiscal sense, and hold teachers, administrators and students accountable."

Michael Miller | San Juan Unified
SCHOOL BOARD
Parent | Local Business Owner | Former Teacher

Fair Oaks EcoHousing Receives Planning Approval for New Neighborhood

Teenage Garage Band Rising Quickly in Sacramento's Music Scene

By Marty Maskall

FAIR OAKS, CA (MPG) - Fair Oaks EcoHousing received unanimous approval from the Fair Oaks Community Planning Council (CPAC) is September by a vote of six to zero. Following Design Review by Sacramento County in September, the project will be reviewed by the Sacramento County Planning Commission. Move-in dates are projected for summer 2016.

Local residents submitted their planning application to Sacramento County on July 21st to request approval of their design for a new environmentally friendly neighborhood on New York Avenue in Fair Oaks. A group of nine families have been working with architect and international cohousing expert, Charles Durrett, on the design of their community.

The 30 new homes will range in size from two-bedroom flats to four-bedroom townhomes, along with extensive community facilities and garden areas. The new community is unique in that it is being initiated by

a group of local families that seek to live in a more socially and environmentally sustainable neighborhood than what traditional developers have been building in the Sacramento Suburbs.

Fair Oaks EcoHousing was inspired by other cohousing neighborhoods that have built around the country over the last two decades, including Southside Park in downtown Sacramento, Nevada City Cohousing, and Wolf Creek Lodge, a recently completed community designed for active adults in Grass Valley.

What are cohousing neighborhoods?

Cohousing neighborhoods are composed of privately-owned homes clustered around shared open space and extensive common facilities. The Club House typically includes a dining room, kitchen, workshop space, children's playroom, guest rooms, and lounge. It is the heart of the neighborhood for a variety of other activities. Cars are parked on the periphery of the site, making the neighborhood more

pedestrian-friendly and kid-safe. Future residents are involved in the design and development so that it reflects their needs and priorities, creating a truly custom neighborhood.

Environmental sustainability is a core value in these neighborhoods with smaller homes, green building attributes, and renewable energy systems made possible by combined efforts and shared resources. On-site activities and companionship enable residents to socialize close to home and reduce their need to drive as much for day-to-day activities. The Fair Oaks property offers close proximity to the American River Parkway and its miles of bike paths, as well as Fair Oaks Village, Banister Park, the Sacramento Waldorf School, and the Rudolph Steiner College. Cohousing provides social, environmental, and economic benefits for a more sustainable lifestyle.

Local Residents initiate their own Neighborhood

Fair Oaks resident Marty Maskall has been looking to create such a community since

she first saw Southside Park in downtown Sacramento. Marty says, "I have lived in this area for 23 years and I want to stay here, but I'm tired of the isolation and maintenance of my single-family home. I love the multigenerational nature of these communities." Carmichael resident Ivan Greene has been looking for a friendly neighborhood with substantial gardening space. Ivan says, "As a single person, I want to connect with my neighbors. I'm excited about the large garden and orchard area." Sacramento residents Linda and Frank Tanforan are looking to downsize and move into a safe and convenient neighborhood. Linda says, "I want to spend my retirement years in a friendly community with people of all ages."

The current members are looking forward to meeting people interested in cohousing and in sustainable living. Interested parties are invited to attend one of the regular site tours of the property. For more information, visit www.fairoaksecohousing.org.

Continued from Page 1

local restaurants as well as charity events.

Their second EP *The Lifestyle EP*, studio recorded at Fat Cat Studios, is a three-song compilation that consists of 2 hard-hitting, heavy rock tunes and one moving and insightful acoustic ballad. No two songs sound alike, and all three are energizing, uplifting, and entertaining works that are guaranteed to get your heart pumping and feet moving. The EP was officially released on September 26th at their EP Release Show at Concerts in the Plaza in the Downtown Plaza Mall, hosted by Andy Hawk of 98 Rock. This event featured bands and artists such as Mark Morrison, members of A Mile Til Dawn, Once An Empire and RiotMaker. *"The Lifestyle EP"* can be purchased at Dimple Records.

The band's popularity and fan base is growing rapidly, as

is its support from area bands. Currently, the band is collaborating with popular local band RiotMaker on upcoming shows and a recording session. "Heat of Damage has a good buzz around the Sacramento music scene. These guys have mad talent," says Jeffry Valerio of RiotMaker. "The fact that they can play like this at their age, and that each of them sing during their shows and in their songs, is huge."

Through their rapid successes, the boys stay grounded, continuing their extracurricular activities and keeping their grades up. They have a great time while performing and writing, and it shows in every show.

These young, talented artists have shown what can happen when you pursue your dream with perseverance and stay true to yourself, no matter what your age is.

The future looks bright for Heat of Damage!
Source: Angela C. Barber

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By Mark J. Cimino, CEO CiminoCare

“Until there’s a cure...hope and healing every day.”

For those of you who are family caregivers, I would like you to know that there are many wonderful resources out there. For caregivers with loved ones specifically coping with Parkinson’s, a great organization is The Parkinson Association of Northern California (PANC), an all-volunteer organization dedicated to contributing to the lives of people with Parkinson’s, their families, and caregivers.

As we have shared many times now, one important way of coping with various health challenges is to get active in fighting back through wonderful community organizations. By doing so, you will not be just be a caregiver, but you can fight for others in the future, to make a better life for them.

Annual Conference

To that end, PANC is hosting its Annual Educational Conference in Sacramento on October 25, 2014 at the Crowne Plaza Hotel, 5321 Date Ave., Sacramento, CA 95841. Join us for this important presentation featuring a number of medical

Parkinson’s Caregivers: I Have 3 Sets Of 2 Tickets To Give Away For An Event!

The tickets I have will be given away to the first 3 people that email me at mark@ciminocare.com.

and professional experts who will provide updates on many areas of interest for Parkinson’s disease patients, their families, and caregivers. There will also be a host of local resource providers and vendors to speak with. And for the fee of \$15, not only is this worth the information, but LUNCH IS INCLUDED as well. Therefore, to celebrate this great organization and their great event, we are giving away two free tickets each to the first 3 people who contact me.

Ongoing Support & Services

In addition, PANC provides the following activities and services to our community though their many dedicated and hardworking volunteers and financial supporters:

- Supports the search for prevention and cure
- Actively promotes community awareness
- Hosts over 30 support groups for people with Parkinson’s and their caregivers
- Presents a workshop for support group facilitators
- Presents an annual educational seminar—2013 had over 400 people attending!
- Publishes a quarterly newsletter, The Parkinson Path (formerly The Park Bench)
- Hosts Journal Club meetings
- Provides respite opportunities through Del Oro Caregiver Resource Center and Mountain Caregiver Resource Center
- Provide housing modification opportunities through Rebuilding Together Sacramento.

All of these activities are funded through the financial support of the community and through membership in PANC. Membership is available to anyone with an interest in Parkinson’s Disease and related conditions. Individual memberships of \$50 and corporate/business memberships of \$150 are based on a calendar year (Jan.-Dec.) and entitles members to one free admission to the annual seminar.

If you or someone you know is struggling with Parkinson’s, please join us and the effort for a better future.

Please contact me at mark@ciminocare.com for 2 free tickets!! You can also buy them from The Parkinson’s Association website at www.parkinsonsacramento.org, by calling them at (916) 534-7279, or emailing panc@parkinsonsacramento.org. PANC is a non-profit 501(c)3 organization and thus donations may be tax deductible.

Mark J. Cimino, is the Chief Executive Caregiver of CiminoCare, a Sacramento-based assisted living provider. Mark started in his caregiving profession at age six when he and his siblings would tag along as their mother visited her in home care clients. In addition to his job, Mark is actively involved in Rotary International. His interests include hiking and doing fun things with his three boys. Mark can be reached at mark@ciminocare.com

State Farm and Casa Roble Partner to Save Lives !



From October 15 - 23, pledges can be made in support of Casa Roble on the website:www.celebratemydrive.com. Anyone older than 14 can pledge (family, friends, neighbors) – it only takes a few minutes.

By Ann Hively

ORANGEVALE, CA (MPG) - More teens die from car crashes than any other cause! And the 1st year of driving is the most dangerous. Distracted by texting, cell phone calls, friends – or driving under the influence -- has become a major problem for not only teens, but many adults. As a result State Farm Insurance has created a safe driving program for high schools called “Celebrate My Drive.”

The Casa Roble Interact Club has agreed to be in charge of the campaign at the school and hopes to rally support throughout the Orangevale community.

2 N 2! 2 N 2! Two eyes on the road! Two hands on the wheel! “Celebrate” Flyers will soon be hung all over campus and a clever PSA ad will be aired on the school CRCN

network. Interact officers will be making presentations to the faculty and the PTSA explaining how students and adults can register/pledge on the “Celebrate” website from October 15 – 23 in support of driving without distractions (2 N 2). A very exciting lunch time registration rally on Senior Square is being planned for October 16, hosted by State Farm and MADD. Tents with computer stations will be available to encourage signups.

Over 800 high schools throughout the United States and Canada have registered so far for this year’s Celebrate My Drive campaign. Besides saving lives, the schools with the most online pledges by students and adults during the 10 day period stand to WIN a major grant. The top 2 schools will win \$100,000 and a concert by the Band Perry. Eight other outstanding schools

will win a \$100,000 grant and 90 schools will win \$25,000! Casa Roble already has the money spent ! Sun shade “sails” for Senior Square, replace all computers in the library, a new stage for graduation -- are some of the many needs being considered.

From October 15 - 23, pledges can be made in support of Casa Roble on the website:www.celebratemydrive.com Anyone older than 14 can pledge (family, friends, neighbors) – it only takes a few minutes. And if you pledge once a day for 10 days – that equals 10 pledges per person X 100, 500, 1000 people! We are SURE to win the grant if you and your many friends are willing to join in the celebration. 2 N 2! Two eyes on the road! Two eyes on the wheel! What an important message for all of us! ★

Source: Orangevale 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 Coffee October 15
Please join me this month at my Community Coffee Meeting in Fair Oaks on Wednesday, October 15, at 7:30 am featuring Troy Givans, Sacramento County’s Director of Economic Development, as our guest speaker. He will provide an update on the investment

occurring in the County including two large contracts awarded to Siemens Rail System that will boost our region’s manufacturing output, the revitalization of Town and Country Village, the purchase of Country Club Plaza, and more.
We will gather in the Fair Oaks Water District’s conference room, 10326 Fair Oaks Blvd. near Winding Way – and coffee, of course, will be provided.

Local Branch Library Sales
Friends of the Fair Oaks Library will be holding a sale on Saturday, October 4, and Tuesday, October 7, during regular library hours. The library is at 11601 Fair Oaks Boulevard.
Friends of the Arden-Dimick Library also will host a sale on Friday, October 31, too. The sale is 1-6 pm that day and continues on Saturday, November 1, 10 am to 5 pm. The library is at 891 Watt Avenue (near Northrop Avenue).

Free Fall Concert in Old Foothill Farms
The Fall Concert series in Fair

Oaks is over but there will be an encore “Concert in the Park” on Saturday, October 11, at Pioneer Park, 5100 Verner Avenue near Pioneer School, in nearby Old Foothill Farms. The fun begins at 1 p.m. with the concert featuring the John Skinner Band from 2 to 4 p.m.
The concert is being co-sponsored again by Sacramento County and the Sunrise Recreation and Park District with corporate support being provided by McClellan Park, Dignity Health’s Mercy San Juan Medical Center, Recycling Industries, Walmart, and California American Water.
In addition to a great selection of family friendly contemporary and easy-listening music, there will be children’s activities, and information booths. And remember the best way to enjoy the concert is to bring a picnic, blanket and lawn chairs. ★
Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susanpeters@saccounty.net.

Sutter Imaging Offers Free Mammograms to Uninsured Women in Region

SACRAMENTO REGION, CA (MPG) - In honor of National Breast Cancer Awareness Month, 10 Sutter Imaging locations in the greater Sacramento region are offering free mammograms to uninsured women during October.
Each of the 10 Sutter Imaging sites that are participating have set aside one Saturday this month to perform the free digital screening mammograms for uninsured women who otherwise may not have access to these potentially life-saving screenings.
“Early detection can lead to a longer, healthier life,” said Barbara White, M.D., Sutter Imaging radiologist who specializes in women’s imaging. “Unfortunately, some women view mammograms as ‘optional,’

especially those without insurance. We want to help create better access for them and put them on a path toward wellness.”
When the free mammogram program discovers abnormal results, it connects the women with community agencies that provide follow-up care.
Here are the dates and locations of the free mammogram sessions. An appointment is required, and space is limited. To sign up, contact the Sutter Imaging location you want to attend directly at the number provided.
Oct. 11: Sutter Auburn Faith Hospital, 11815 Education St., Auburn, (530) 886-6562.
Oct. 11: Sutter Imaging Roseville II, 2 Medical Plaza,

Suite 105, Roseville, (916) 865-1432.
Oct. 18: Sutter Imaging Carmichael, 6620 Coyle Ave., Suite 110, Carmichael, (916) 536-2809.
Oct. 18: Sutter Imaging Folsom II, 1661 Creekside Drive, Folsom, (916) 984-2442.
Oct. 25: Sutter Imaging Capitol Pavilion, 2725 Capitol Ave., Suite 104, Sacramento, (916) 262-9534.
Oct. 25: Sutter Imaging Davis, 2020 Sutter Place, Suite 102, Davis, (530) 747-5030.
For more information about Sutter Imaging centers, call 1-877-515-0053 or visit www.checksutterfirst.org/imaging. ★
Source: Sutter Health

Fair Oaks Chicken Festival

Photos by Jennifer Trovato



Lauren Deupree, Cadence the dog, and Laurie Dahl relax with drinks at Dahl’s Global Good Fair Trade booth.



★ Fair Oaks Chicken Festival guests of honor.

CARMICHAEL, CA (MPG) - Everyone had fun at Fair Oaks Annual Chicken Festival on Saturday, September 20th. The festival featured many vendor booths; live entertainment; an old fashioned pancake breakfast; “Rocky’s Roost,” a kid’s park with kid-friendly entertainment and booths; a micro-brew beer garden; a cluck-n-crow contest; and the great chicken contest. Chickens wandered the grounds, ate food scattered by attendees, and gathered in the shade while people enjoyed the fair.
Source: fairoakspark.org



Wendy Jenkins (left), the artist who designed the chicken shirts for this year’s festival, and Candace Cantrell who dressed in a chicken hat for the occasion.



Representing Modern Woodmen are (left to right) Marshall Knight, Rita Seale, and Rose Seale.

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By Pastor Ray Dare

You were made for more than just getting up and going to work and coming home and getting up and doing it all over again and again for 50 or 60 years. You must understand that you are a person of destiny. You are here in God’s divine plan. He has strategically placed you here at this particular time in history because He has great confidence in you to be the person He’s made you to be for Him. God didn’t choose Moses, or David, or Paul to live in this hour. He chose you to live in this hour to make a difference with your life.

The Bible tells us in 1 Timothy 1, to “Stir up the gift of God... that is within us. God is counting on you to make a difference and He has given you incredible gifts and talents that must be developed. The enemy will tell you you’re “just” a housewife. You’re “just” a businessperson. You’re “just” a plumber. You’re “just” an accountant... whatever. No. Listen friend, God has given you something very important to do for Him. You’ve got to be obedient; you’ve got to be open to following the God-given dreams and desires He’s put on

You Are a Person of Destiny

the inside of you.

So many people are waiting for a big voice to boom out of Heaven to instruct them what to do. But most of the time, it’s not like that. It’s going to be a simple desire. The Bible talks about “A still, small voice”. You may be sitting around waiting for the right time to do what God’s been telling you to do. You think as soon as my kids get out of school, I’ll do it. I’ll be obedient to God. I’ll get involved. As soon as this big project at work gets over, then I’m going to get involved. Whenever the right time comes, then I’m going to do what God’s calling me to do. But friend, you all know as well as I do, there will never be a right time. The time to do what God’s telling you to do is right now. We’ve got to quit making excuses. Everyday you put it off, you’re missing out on God’s best for your life.

Jesus told a parable of the talents in Matthew chapter 25. I encourage you to read it today.

God has given every one of us talents. Let me ask you a very important question today, what are you doing with the talents God has given you? Are you making the most of what God has entrusted you with? Or are there weights that are holding you back? Are you too busy to come to church on a regular basis? Are you letting the enemy deceive you into thinking you

don’t have what it takes to do what God’s telling you to do?

Let me challenge you: Don’t hide your talents anymore. You’ve got to stir yourself up and step out in faith and do what God’s been telling you to do. You will never be truly fulfilled if you compromise what God has put on the inside of you. Get in the race. Get involved. Act on the dreams and desires He’s put in your heart. You have seeds of greatness on the inside of you. You have more to offer this world than you can imagine.

I believe we’re living in a very historic and critical time in God’s timetable. He’s counting on us to rise up and to make a difference in this generation. Soon, you and I will be giving an account to our Master as to what we’ve done. Let’s make the most of the time. Be serious about your relationship to God. Stay focused on the things of God. Stay in church. Be faithful in your tithe. Don’t hide your talents anymore. Be quick to obey God. If you will dare step out in faith and begin developing the potential He has placed within you, God will be pleased.

Pastor Ray
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Governor Signs Runner-Sponsored Bill to Help Disabled Veterans

SACRAMENTO, CA (MPG) - Legislation sponsored by George Runner to protect California’s disabled veterans has become law. Senate Bill 1113, authored by Senator Steve Knight (R-Antelope Valley), passed the Legislature with unanimous, bipartisan support, and has been signed by Governor Brown.

“This new law will help those who bravely served our country,” said Runner. “Bureaucratic delays will never again rob veterans of the tax benefits that are rightfully theirs.”

Under California law, veterans who receive a 100% disability rating from the U.S. Department of Veterans Affairs (VA) may be eligible for a property tax exemption on the value of their home up to \$124,932 or \$187,399 in 2014 and equivalent amounts adjusted for inflation in future years. The exemption

starts on the date of disability and disabled veterans may claim a refund for up to four years of back taxes paid.

Unfortunately, due to VA backlogs, some veterans have had to wait more than four years to receive their disability rating certifications. As a result, they’ve missed out on thousands of dollars in property tax refunds to which they were entitled and anticipated receiving.

SB 1113 increases the availability of refunds on taxes previously paid from four years to eight years, allowing veterans to receive the full benefit of their exemption, even if the rating process takes more than four years to complete.

“Veterans who are disabled as a direct result of serving our country shouldn’t be harmed by delays over which they have no control,” said Knight. “Now

disabled veterans who encounter bureaucratic delays can still claim this key property tax exemption to which they are entitled.”

The full Board of Equalization voted to support SB 1113 at its March 25 meeting, and the measure has also received support from the California Assessors’ Association, California Taxpayers Association, Howard Jarvis Taxpayers Association and a broad coalition of veterans’ organizations.

Elected in November 2010, George Runner represents more than nine million Californians as a member of the State Board of Equalization. For more information, visit www.boe.ca.gov/Runner.

Source: State Board of Equalization

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19. "One, two, _____ coming for you..."
21. "The People Under the _____" 1991
23. Seek damages
24. It's more commonly called a pika
25. Onomatopoeia for collision
28. Young salmon
30. Maneuver for attaining particular goal
35. Show horse type
37. Fireplace smudge
39. Famous march composer
40. Yugoslavian leader during World War II
41. Chef's headgear
43. It will
44. To impede
46. Lowest brass
47. Not made up
48. "_____ Margery Daw"
50. *Like a lot of horror movie scenes
52. First responders
53. Metal enemy
55. Face twitch, e.g.
57. *1976 prom night thriller
60. *Movie about a cursed videotape
64. Antique shop item
65. Federal procurement org.
67. Was dishonest with
68. DVD player button
69. *Don't take one if you star in a Krueger flick
70. Fourth letter in Greek alphabet
71. Fancy-schmancy
72. Be in the red
73. Winter driving hazard
DOWN
1. In the _____, like a skinny-dipper
2. "What _____ Happened to Baby Jane?"
3. Stringed instrument with pear-shaped body
4. Oafs
5. Desperate or badly-off
6. Another name for an Oldsmobile
7. Nourished
8. String bean's opposite
9. IV+IV
10. Imitator
11. 1983 ZZ Top hit
12. "... _____ he drove out of sight"
15. Mexican beaches
20. Brewer's staple
22. Big bang maker
24. Lawn pastime
25. *Norman _____
26. Get off the chair
27. Opposite of glossy
29. Place of origin
31. Coconut fiber
32. One who is tutored
33. Muhammad's religion
34. "When a Stranger _____"
36. Fans reactions
38. London subway
42. "Hellraiser III: Hell on _____"
45. "Scary Movie 2" bird
49. Writing under influence, in text
51. Bears or cedes
54. Dal _____, in music
56. Angler's basket
57. *Rabid St. Bernard
58. Aphrodite's lover
59. "Lifestyles of the _____ and Famous"
60. Measuring roll
61. Doing nothing
62. Post-it _____
63. Buzzing pest
64. Large edible mushroom
66. *Movie with same name as certain tool
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Sudoku Puzzle on Page 6

	3	4	5	6	1	7	8	2	9
7	6	8	4	2	9	3	5	1	
2	1	9	5	8	3	6	4	7	
6	3	1	8	9	5	4	7	2	
4	9	7	3	6	2	5	1	8	
8	5	2	1	7	4	9	6	3	
5	7	6	9	3	1	2	8	4	
9	2	4	7	5	8	1	3	6	
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By Ronnie McBrayer

John Steinbeck was one of America’s most prolific and insightful novelists. Renowned for his prize-winning works that most of us either enjoyed or endured at some point in our education (depending upon our perspective), one of Steinbeck’s lesser known novellas is my personal favorite. It is a penetrating little book called *The Pearl*.

Steinbeck’s story begins with a poor Mexican pearl diver named Kino. He happily ekes out a living for his wife and son with a little canoe and a thatch hut on the beach. When Kino’s child is bitten by a scorpion, the wealthy doctor will not see the child, for Kino has no money.

Nor will the priest come to pray for the child, because Kino and his wife aren’t properly married – again, because Kino can’t afford to pay the church for a proper wedding ceremony. But through grace or ill-fated fortune, Kino discovers a pearl as big as his fist: The “Pearl of the World,” the locals call it, the most incredible treasure the village has ever seen.

Now Kino will be rich. He and his wife will be properly married. His son will be healed. The family will get new clothes and a larger house. His life will be transformed. But, things don’t

The Pearl of Great Price

work out as well as Kino had hoped.

Greed takes over in entire village. Thieves attempt to rob him. The pearl traders refuse to barter with him. His friends grow psychotically jealous. Kino begins to spend all his energies hiding and protecting his treasure. His wife, who sees how the new wealth is destroying their family, tries to get rid of the pearl, only to have Kino viciously attack her.

More robbers burn their house down. They are forced to run for their lives while would-be assassins mercilessly stalk the family like prey. Yet, Kino cannot let this pearl go. He cries out in desperation: “What can I do? This pearl has become my soul!”

In the end Kino loses everything: His home, his young child, his little canoe by which he made a living, his respectability in the village, and his ability to escape to a better life. He and his wife stand on the Pacific shoreline and heave the evil pearl back into the ocean.

The treasure he thought he wanted, in the end, breaks him. Thus, Steinbeck’s little story is about far more than a poor Mexican diver. It a tale of human nature; it is about getting what one wants, only to discover that the fulfillment of that desire is one’s undoing.

We all enter this world with empty hands, open hearts, and restless spirits searching for some kind of treasure - something to fill the emptiness. The search is intrinsic, natural, and

good. Jesus spoke of this search in a way that Steinbeck later duplicated: We are searching for the “Pearl of Great Price,” Jesus said, that invaluable treasure of the soul that is worth more than all the world. It is an acquisition of the soul - and only the soul - that satisfies our search.

The glitch in all of our pursuits is that many of the things we seek do not actually fulfill us. They are actually detrimental to us and to the world. My guess is that the majority of individual and cosmic suffering is the direct result of our improper and misguided searches.

The itchiness in our hands and in our hearts sends us looking for an emotional and spiritual scratching post, but we entrust ourselves to people and objects that simply cannot deliver the goods. To quote an old country song, we go “looking for love in all the wrong places.” And when we go looking in all the wrong places, we end up with all the wrong outcomes.

But it’s never too late to find the satisfaction we can’t seem to corner. We just have to turn our attention to the true treasure of the soul, the Pearl of Great Price. We just have to search in the right place, and almost magically, we end up with the right results. ★

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.

People, After All, are Just People

Dr. James L. Snyder

I believe many people put too high importance on certain people as if they were special. Everybody wants to be considered special, but then if everybody is special then nobody is special.

Whatever anybody else thinks, I am growing weary of celebrities. We have a terrible, incurable disease in our country called celebrititis. In my research, I have not found any cure for this. And believe me, I have searched.

Celebrities come in all sizes and shapes; sports, music, movies, TV, news reporters and even religious leaders have gotten into this game. In our culture today, nothing really happens unless some celebrity does it or says it.

Frankly, I am tired of all of that nonsense. I do not know one celebrity I would take anything from that resembled the truth. A celebrity cannot think on his or her own, but must always rely upon a script. We all know what happens when they go off script.

There is this phenomenon out in Hollywood called the red carpet. I am not sure exactly what the red carpet is except that it is a carpet in the color red, thus The Red Carpet. And yet, if one of these celebrities walks on this so-called red carpet, everybody wants to take a picture of them.

I cannot think of a celebrity anywhere, living or dead, that I would like a photo. Have you ever seen one of these celebrities without their makeup? You would not recognize him or her.

If I want a photograph these days, I want it to be of my family. In my book, my family is all the celebrity I need. If I want to sit down and go through some pictures, I want it to be of my family, people that I know and love. I do not want it to be some made-up picture that has been photoshopped by some expert. Anybody who has a photograph taken of them

and then has somebody touch it up and make it look better is a hypocrite. That is not the way they really look.

Is there a celebrity anywhere that wants anybody to see them as they really look?

Celebrities are just people and we need to start treating them like the people they are.

A person is not important because they make a certain amount of money. A person is not important because everybody recognizes them.

Newscasters today have become celebrities in their own right or left depending on their political position. Somehow, they have tricked us into thinking because they are celebrities and they look like \$1 million, that what they have to say is something I want to hear.

When I was young, I watched the Three Stooges. They could make stupid things funny. Now when they were making these stupid movies they were doing so on purpose. I laughed at them because what they did had an agenda to make me laugh. Nobody ever took what they did seriously.

Now we have the Three-Stooges-syndrome in our newsrooms today. I often wonder if they know how ridiculous they look and sound when they are touting their opinion about something going on in the world? Actually, when you think of it, they would make the Three Stooges envious.

I think if our country is ever going to be saved, we are going to have to somehow get rid of all of the celebrities. I know it is going to be hard, I know we will have severe withdrawals, but it will serve us well in the end.

I am tired of celebrities and I want to see something real for a change.

Of course, we have on television now what is called reality shows. In reality, these reality shows have not an ounce of reality to them. The thing that is so significant to me is,

many people think it is reality.

The only reality about these reality shows is the money these people are making pretending to be real. The money is real, but the money-makers are about as false as my grandmother’s teeth.

I have come to the place where I do not believe anything I see on television. If it is on television, it has been tweaked so that somebody can make MONEY. After all, the only purpose of television is to make some people rich, filthy rich. And the richer they are the filthier they are.

My premise is still the same; people are just people. When will everybody come to that conclusion? I think the sooner we come to that the more we will realize that nobody is better than anybody else. I do not have to take a second seat to some person starring in the movies. How can you say somebody is important when they have to memorize a script somebody else wrote and then they have to shoot it 17 times to get it right? That is a celebrity?

Where are the good honest hard-working people that made this country what it used to be?

The Gracious Mistress of the Parsonage reminded me of something Jesus said. “And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me” (Matthew 25:40).

It is comforting to know that people, after all, are just people and I count myself to be one of those “just 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 jamesnsnyder2@att.net. His website is www.jamesnsnyderministries.com.



By Marlys Johnsen Norris, Christian Author

Another words who do you worship? Who is it that determines decisions you are making? Who you consider so important in your life will determine who you will become. Some people worship celebrities, ministers or famous people only to see them die one day. Some people even place an unrealistic importance on themselves! Death often discloses the true value of a persons true worth.

We were created for God and

Who is Your Idol?

mankind is incomplete without Him in their lives. God is the only One worthy to be worshipped and honored because He Is Creator God of all things. The Biblical revelation of Jesus Christ, His death and resurrection proves the destiny designed by God for each one of us, His desire is to one day have us live in heaven with Him. Our Most High God desires to be loved by each one of us and for us to understand His beautiful plan of redemption through His beloved Son, Jesus. Obedience to His Word and worship reveals one’s gratitude to God.

When we claim to believe in God the question we need to ask ourselves is: “Does our heart break the same things that break the heart of God?” Once one comes to the end of themselves, they will seek God and begin to understand His love for them.

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Folsom Lake College Celebrates 10th Anniversary

Looking Back at the Last Decade



Since January 1, 2004, 68,547 unique students have attended Folsom Lake College; there have been 4,580 graduates, 5,893 degrees awarded, 1,857 certificates awarded, and over 2,500 reported transfers to UC and CSU. Photo courtesy of Folsom Lake College

FOLSOM, CA (MPG) - Since receiving its initial accreditation in 2004, Folsom Lake College has educated more than 68,000 students in the region. To celebrate its 10th Anniversary, Folsom Lake College will hold an open house festival on Saturday, Oct. 11, 2014 from 11 a.m. to 3 p.m. at the Folsom campus (10 College Parkway, off E. Bidwell St.).

“Folsom Lake College is eager to showcase the tremendous growth and contributions of the college to our service areas of Folsom, Rancho Cordova, and El Dorado County,” said Folsom Lake College President Rachel Rosenthal. “We welcome the community to come out and explore the people, programs, and facilities that are making Folsom Lake College an educational destination, not only in the region, but across the state.

Events planned include: tours

of the beautiful 151-acre campus; a children's activity area; stage performances, including two free performances by the United States Air Force Band of the Golden West at the Harris Center for the Arts (go to www.harriscenter.net to reserve tickets); instructional program demonstrations; history and art displays; student club booths; exhibition games played on the new athletic fields featuring the baseball and men's and women's soccer teams; a live falcon exhibit in honor of the college's mascot; and delicious cuisine from local food trucks.

Since January 1, 2004, 68,547 unique students have attended Folsom Lake College; there have been 4,580 graduates, 5,893 degrees awarded, 1,857 certificates awarded, and over 2,500 reported transfers to UC and CSU. The school employs 101 full-time faculty, 169 part-time

faculty, 109 classified staff, and 13 administrators.

Since 2004, Folsom Lake College has provided exceptional educational opportunities to the communities of eastern Sacramento and western El Dorado counties. The college serves approximately 8,200 students at the main Folsom campus, El Dorado Center, and Rancho Cordova Center. FLC is committed to enriching and empowering students by providing rigorous academic programs and comprehensive support services, opportunities for leadership and growth, and a collaborative and innovative learning environment. For more information on Folsom Lake College, go to www.flc.losrios.edu.

The 10th Anniversary celebration will be held rain or shine. Event admission and parking are free. ★

Source: Folsom Lake College

Fair Oaks Teens Collect School Supplies for Underprivileged Kids

Continued from Page 1

the members of the group, who attend schools in the San Juan and Sacramento Unified School Districts. Both of these districts have strong community service programs.

TAB member and Casa Robles

High School student Kelly Klomp has already logged thirty hours of community service for the school year that just started, much of it volunteering at the Fair Oaks Library.

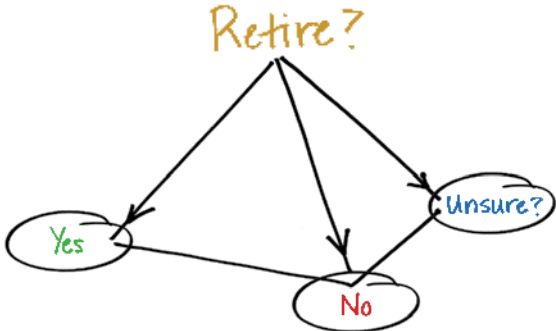
Another TAB member, Adrienne Aho, 14, volunteers to lead critical care patients

around the sprawling Sacramento VA Medical Center at Mather Field.

“I really wanted to interact with the patients to get the most out of that experience,” she said. ★

Source: Sacramento Public Library PIC

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Reservations Required, please RSVP
to the location of your choice, or to
Lisa West at LisaW@EastLawn.com

Seating is limited to 30 attendees per seminar

Capitol Growth Cools Off in Q4

Bob Walters for San Juan Water District Board of Directors

SACRAMENTO REGION, CA (MPG) - Customer service, sales, manufacturing, and drivers are in high demand among Sacramento's top employers in October, November, and December. Making, storing, distributing, and selling products is driving hiring in the next Quarter. Truck drivers able to pass background, DMV, and drug tests can find work with bottling plants, regional distribution centers, materials suppliers, local delivery, and manufacturers.

Pacific Staffing has discovered that a robust hiring market in the last Quarter has maintained its pace into the last three months of 2014 among the region's top companies. One difference noted is the change in motivation for hiring as learned from direct phone contacts with regional companies between August 21 and September 12, 2014.

While seventy percent (70%) of top employers surveyed say they will hire in Q4, growth hiring among those firms has fallen from Q3 levels. The Pacific Staffing Survey shows more Sacramento employers will seek applicants for attrition to replace openings in the existing workforce in October, November, and December than for continuing expansion.

Sacramento regional employers say forty-eight percent (48%) of Q4 hiring is motivated by the need for attrition. Hiring for replacements dropped slightly, from fifty percent (50%) in Q3, while employers motivated to hire for growing the workforce has fallen further as forty-three (43%) will hire for growth in the last three months of 2014. While growth hiring has dropped by seven percent (7%) from last quarter it remains at a higher level than recent years for this Quarter.

Skills Demand?

Seasonal hiring was noted by eight percent (8%) of firms, and every retailer surveyed is hiring for the next three months indicating a likely increase in holiday help in stores. Drivers remain in short supply, as companies also sought sales, customer service, manufacturing, warehouse and general office help. Finding qualified applicants and retention of workers trailed only concerns about increasing benefit costs for employees for open enrollments in this Quarter.

The demand among all companies for degreed professionals in information technology, software development, mobile networking and other proprietary technical skills like construction estimators is ongoing. Another shortage noted was for construction trades backgrounds with a high priority on skilled carpentry. Despite seasonal change, continuing dry, warm weather will allow Construction/Property Development firms to work thru Q4 and most surveyed are hiring.

How does this Quarter compare to last Quarter, or last year? Find out for yourself. For more information, employment blogs & market surveys go to www.pacificstaffing.com.

Sacramento Regional Top Companies Polled By Industry:

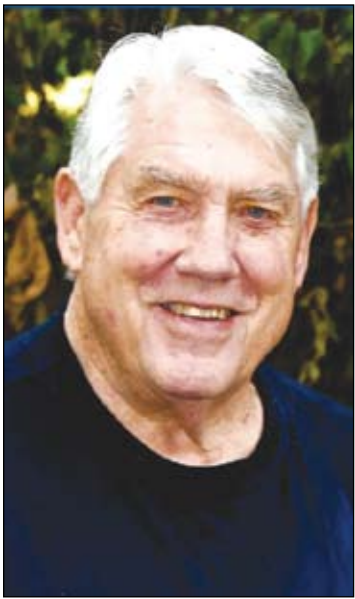
- 42% are Service, 31% are Manufacturers, 19% are Construction and 8% are Retail. ★

Source: Rick Reed PRS

Eight years ago, a good friend asked me if I would be interested in serving on a local water board; I told him I would give it some consideration. I was just settling into a well-deserved retirement having recently sold my interest in a successful professional advocacy firm, and that, combined with the proceeds accumulated over many years as a shareholder in a well-known Sacramento law firm, would allow me to “rest on my laurels” so to speak.

However, after all the years of decision-making, listening to various points of view, different philosophies and downright haggling, I knew I could and should be an active participant on the local level—the level where I feel we truly can make a difference in people's lives. Over the years I have run for public office and served in various appointive public offices including a stint in top level staff positions for Governor Ronald Reagan as well as a member of his transition team. I have worked with and in public policy and politics most of my professional and public life, but, at this point in time, I believe local government is where my talents and work ethic can best be used. Thus, I told my friend that I was very interested in serving on the board of a local water district—that district is the San Juan Water District (SJWD), and I have served on its Board of Directors for eight years.

The SJWD is a rarity because it's both a wholesale district



to create a productive environment in which to do business. It must maintain a viable infrastructure, provide a state of the art water treatment process and ensure a diversified, creative workforce that approaches its responsibilities professionally while preserving its fiscal integrity.

In recent years, the SJWB has had to add an ever increasing number of State and Federal relationships. We must engage in an ever increasing need for external “lobbying” to preserve our ability to serve our rate payers and meet our number one priority—the reliable delivery of water. There will always be challenges in the world of water, especially those precipitated by droughts, some made by nature and others made by human mismanagement or inadequate planning and facilities. Is it challenging and exciting to serve on the SJWB? Yes! It has allowed me to adapt and put into practice knowledge gained in other areas of government, the law and volunteer service. It has challenged me to learn in depth and stay current on issues of Water Law, and to make the difficult decisions that affect all of us today.

I want to continue this journey and hope you will support me in the upcoming November 4th election. Many local water district and community leaders support me. Look for Robert (Bob) G. Walters, Incumbent, San Juan Water District Board of Directors. I won't let you down! Thank you. ★

Karate School Medals at National Championships and US Team Trials

ORANGEVALE, CA (MPG) - Saska USA, Orangevale competed in the 2014 USA National Karate Championships and US Team Trials in July and held in Reno, Nevada. Led by owner Sensei Adriaan Van Vuuren along with Sensei Randy, Sensei Paul and 26 competitors, a total of 9 medals were won! Our youngest competitor, Madelyn Salisbury won 2nd place in “5 & Under Female Beg/Nov Kata”. Our other winners were Daniel Item, gold for kumite and silver for kata, Ravy Salisbury, bronze for kata, both Emir Mlivic and Samantha Romskey won bronze for kata and silver for kumite, and Mami Endo won silver for kumite. All of our athletes were excellent in displaying their skills. Our three Sensei's were referees at the Nationals.

In preparation, Saska, USA participated in the 5th Annual Sacramento Spring Karate Classic with 17 competitors and 24 medals won!

Studies have shown that children that participate in karate have an increased sense of responsibility, a decrease in willingness to take foolish risks, have higher confidence and self-esteem.

Sensei Adriaan is a 6th dan black belt and has been practicing his passion since 1982 and started a karate club in 1997 in South Africa under the affiliation of SASKA. His students have shown success on national and international levels. Sensei Adriaan acted as referee for this competition amongst past national and international competitions.

Sensei Adriaan immigrated to the USA in 2002 and started a dojo in Orangevale in February of 2003. Now he has two dojos, both located in Orangevale, at the Orangevale Recreation Center, 6826 Hazel Avenue and the Orangevale Grange, 5805 Walnut Avenue. Please call 916-521-7436 for more information, or view us at www.saskausa.com. Come join us! ★

Source: Kim Ingargiola-Burn



Saska USA, Orangevale competed in the 2014 USA National Karate Championships and US Team Trials in July and held in Reno, Nevada. Photo courtesy of Saska USA, Orangevale

(it contracts with the Federal Bureau of Reclamation to purchase water from Folsom Lake, treat it to meet safe drinking water standards and transfer it to two local water districts and one local nonprofit water company), and it also sells treated water to a small local district which was created as a part of the SJWD. These local agencies, which make up the SJWD, then sell the water to their rate payers who live, work and conduct business within their jurisdictions. In addition, the SJWD also services part of the City of Folsom.

The bottom line is that the SJWD has one major, overriding objective—to provide reliable, safe water to over 300,000 residents of Sacramento County and a portion of Placer County. The San Juan Water Board (SJWB) must maintain the trust and confidence of its rate payers in order

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SATURDAY	Sac Unity Farmers Market 9249 Folsom Blvd, Sacramento (at Unity of Sacramento Church) on Saturdays 8 am - 1 pm, year round.
SUNDAY	Carmichael Park Farmers Market 5750 Grant Avenue, Carmichael (Corner of Grant & Fair Oaks Boulevard under the trees in the Park). Every Sunday from 9 am to 2 pm - all year round.
SATURDAY	Sacramento Midtown Farmers Market 2020 J Street (Between the STANF Native American Health and Bioware buildings). Every Saturday from 8 am to 1 pm - all year round, rain or shine.
SATURDAY	Sunrise Mall Farmers Market 6190 Sunrise Boulevard, Citrus Heights (behind Sears located in SE Parking Lot). Open every Saturday from 8 am to 1 pm - all year round.
SATURDAY	Historic Folsom Farmers Market 915 Sutter Street, Historic Folsom Public Plaza, Folsom. Every Saturday from 8 am to 1 pm - all year round
THURSDAY	UC Davis Health System Farmers Market 45th and Y Street (UC Davis Campus). Seasonal - Opens 4/24. 3 pm - 7:30 pm
WEDNESDAY	Fair Oaks Farmers Market NEW LOCATION, LOTS OF PARKING! 8101 Sunset Ave. (New Life Church). Seasonal - Opens 4/16. 3 pm - 7:00 pm
WEDNESDAY	VA Mather Farmers Market 10535 Hospital Way (VA Hospital). Seasonal - Open Now. 9 am - 1 pm

For more information: www.bemoneysmartusa.org

San Juan Water Board

SAVE OUR WATER!
Every Drop Counts!

Re-Elect Bob Walters
A Proven Leader
Experienced Problem Solver

Vote November 4th, 2014