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AMERICAN RIVER MESSSENGER

Volume 9 • Issue 3

Serving Fair Oaks, Orangevale & Sacramento County

First Edition for February 2014

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River City Bank Names New Vice President



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Dignity Health Gives Grants to Help Thousands in Need



Brian Ivie, president of Mercy San Juan Medical Center, left, presented community grants checks to local nonprofit organizations working together to improve health access for underserved Hmong, Mien, Vietnamese and Latino populations. Pictured left to right: Brian Ivie, Rachel Rios, executive director, La Familia Counseling Center; Miguel Suarez, development and clinic director for Health and Life Organization, Inc.; Kendra Thao, executive director for the Hmong women's heritage association; Jim Ellsworth, executive director for Capitol Health Network; and May Ying Ly, executive director for Southeast Asian Assistance Center.

SACRAMENTO REGION, CA (MPG) - Dignity Health, which operates the Mercy, Methodist, Woodland and Sierra Nevada affiliate hospitals in the greater Sacramento region, has awarded \$846,014 in grant funding to 28 nonprofit organizations in Sacramento, El Dorado, Placer, Yolo and Nevada counties.

The grants, from \$5,000 to \$50,000 will build capacity in the community to offer much

needed services ranging from primary care to mental illness to managing terminal illness, dental care and various social support programs to underserved and vulnerable populations. This year's recipient organizations reach

out to local ethnic communities and provide services to multiple generations from infants to the elderly.

"The Dignity Health

Community Grants Program is committed to establishing meaningful collaborative programs among nonprofit organizations dedicated to improving the health of people living in our community," said Sister Bridget McCarthy, vice president, mission integration, Greater Sacramento - San Joaquin service area. "These grants are an opportunity for our hospitals and community nonprofit

organizations to work together to strengthen safety net capacity, leverage resources and build a greater continuum of care for those we serve."

The Dignity Health Community Grants Program is open to all nonprofit community service

organizations that share Dignity Health's mission and

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Legal Drama Sparks Arena Debates

McGinness to Moderate Third Debate As Arena Issue Intensifies

SACRAMENTO REGION, CA (MPG) - The consequences of a June vote on Sacramento's arena funding will be the topic for Arena Debate 3, the third town hall discussion between John Hyde and R.E. Graswich. The debate takes place on Tuesday, February 11, at Belle Coole Library, 5600 South Land Park Boulevard, 7 - 8 p.m. Doors open at 6:30 p.m.

"The events unfolding around the arena petition are unprecedented," said Hyde, "and despite media attention, there's still a lot of misinformation circulating. It's critical that the community understands what's really at stake in this election."

Hyde is a former spokesperson for STOP (Sacramento Taxpayers Opposed to Pork), the group seeking to place the sports subsidy question before voters.

Graswich, former Special Assistant to Mayor Kevin Johnson and author of the new book on the Sacramento Kings, "Vagrant Kings," takes the opposite side, arguing against a public vote and citing the City Clerk's rejection of STOP's petition due to "major" legal flaws.

"The vote is a sham designed to kill the arena and run the Kings out of town," Graswich said. "Even if you don't like the Kings, you'd better know the consequences of sending the team and their \$1 billion investment down the river to San Jose or a more welcoming city."

Former Sacramento County Sheriff John McGinness will moderate Arena Debate 3, which is sponsored by Inside Publications. Former City Council members Lauren Hammond and Rob Fong moderated the first two debates.

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Final State Water Action Plan Released: Outlines California's Near- and Long-Term Water Priorities

SACRAMENTO, CA (MPG) - As California experiences one of the driest winters on record, the California Natural Resources Agency, the California Environmental Protection Agency, and the California Department of Food and Agriculture released the final California Water Action Plan, laying out goals and vision for the next five years. The plan will guide state efforts to enhance water supply reliability, restore damaged and destroyed ecosystems, and improve the resilience of our infrastructure.

At the direction of Gov.

Edmund G. Brown Jr., a collaborative effort of state agencies, and nearly 100 substantive public and stakeholder comments formed a plan to set direction for a host of near- and long-term actions on water issues for the state.

"It is a tall order. But it is what we must do to get through this drought and prepare for the next," said Gov. Brown in his 2014 State of the State address.

The Governor's proposed 2014-15 budget lays a solid fiscal foundation for implementing near-term actions for the plan, recommending \$618.7 million

in funding for water efficiency projects, wetland and watershed restoration, groundwater programs, conservation, flood control, and integrated water management.

"As we work on emergency actions to manage through one of the driest winters on record, we are also taking proactive, long-term steps to prepare California for future droughts and flood," said Secretary for Natural Resources John Laird. "Each decade brings improvements, but also significantly highlights what we can do better. The California

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Kaepernick struggles. Luck shines in Colts' 27-7 rout of Niners

THE SACRAMENTO BEE

Monday, November 25, 2013

Senator Gaines Responds to Governor’s State Of The State Address



SACRAMENTO, CA (MPG) - Senator Ted Gaines (R-Roseville) today reacted to Governor Jerry Brown’s 2014 State of the State address, which he delivered to a joint session of the Legislature and the people of California on Wednesday morning.

“Everyone is worried about the drought, but I’m more worried about the jobs drought. We’ll see rain again, but when will we see the end of this man-made jobs wasteland? California has to put job creation at the front of the agenda.

“We need to deliver a budget

that makes it clear that politicians have learned the lean-year lessons about reckless spending promises. Now is the time to pass a responsible budget that shows the people that government will not stand in the way of a further recovery.

“A tidal wave of Obamacare cancellations will wash over the state this year as millions of people on small group plans lose their coverage. This will be a catastrophe for families everywhere and I hope the Governor is planning to take steps to help them. Covered California is busy making infomercials with Richard Simmons, so it will apparently fall to the Governor and the Legislature to manage the fallout of this ever-worsening policy disaster.

“We should have a separate State of the State just to talk about water. Our reservoirs are puddles and the Sierra snowcaps in my district are nowhere to be seen. This is a crisis. We need a massive investment in new water

storage and we need it now, not delayed by decades of environmental lawsuits or Delta Smelt deliberations. This is a growing state and our infrastructure needs to grow along with our people.

“California has punched its way off the ropes and is on firmer footing than it has been in years. Unemployment is still far too high. Regulations are still too complex. Taxes are too far out of line with our competitor states. But I am optimistic that if we live up to the Governor’s call for prudence, show common sense and practical restraint on government growth, our state will start to recapture some of the magic that has long set us apart.” ★

Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties.

Source: Office of Ted Gaines

Bera and Republican Colleague Offer “No Labels” Response to State of the Union Address

WASHINGTON, DC, (MPG) - Congressman Ami Bera, M.D. (CA-7) joined his fellow No Labels Problem Solver Republican Congressman Chris Gibson (NY-19) to deliver the No Labels State of the Union response, featured on Real Clear Politics.

Bera and Gibson wore orange lapel pins to the State of the Union to identify themselves as No Labels’ Problem Solvers, a group of more than 70 Members from both parties working across the aisle to build trust and find common ground. They have signed on to the No Labels campaign to create a national strategic agenda—a shared vision for this country that’s based on goals that both sides of the political divide develop together before the hard work of policymaking begins.

Watch Bera and Gibson deliver the No Labels State of the Union response.

“Tonight, President Obama called for a year of action,” said Bera. “We agree. This should be a year of action. But in our democracy, no one branch of government can act alone, nor



Congressman Ami Bera

should they. The president needs to work together with both parties in Congress, and we’re ready to work with him... If we want our country to work again, we don’t just need a year of action. We need a government of collaboration.”


No Labels is a grassroots movement of Democrats, Republicans and independents dedicated to a new politics of problem solving. The organization has already attracted

more than half a million citizens across the country, as well as 88 members of Congress -- Republicans, Democrats, and independents -- who are members of the No Labels Problem Solvers coalition. The congressional coalition, which meets regularly, is the only forum for bipartisan problem solving on Capitol Hill. No Labels has proposed numerous common-sense reforms and legislative initiatives including No Budget, No Pay, a version of which was passed by Congress and signed into law last year.

Congressman Ami Bera, M.D. represents Sacramento County. Born and raised in California, Bera is a physician and the only Indian American currently serving in Congress. He’s fighting to rebuild an economy that works for middle class families and to reduce our country’s debt in a responsible way. For more updates on Rep. Bera follow @RepBera on Twitter, like Congressman Bera on Facebook, or visit <http://www.bera.house.gov>.

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From the office of Ami Bera


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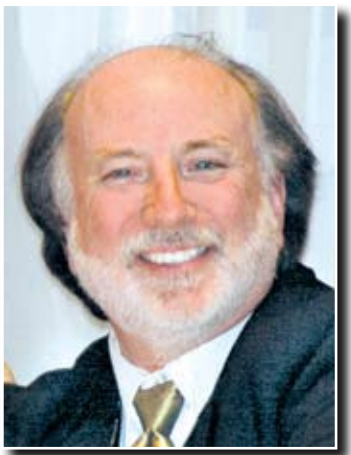
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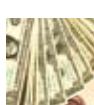
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Senator Gaines Calls for Audit of Covered California

SACRAMENTO, CA (MPG)- Senator Ted Gaines (R-Roseville) recently sent a letter to the Joint Legislative Audit Committee requesting an audit of Covered California's finances in light of some recent, troubling information.

"Covered California is reportedly facing a deficit of \$78 million in fiscal year 2015/16. It is stunning to me that an entity this new and this small could be facing a deficit this big," said Senator Gaines. "Given this significant shortfall, the Bureau of State Audits' own warning regarding the financial sustainability of Covered California, and other negligent spending decisions, a thorough examination of their finances is in order."

★
Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties.



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Deer, duck, and upland hunting seasons are over and the spring turkey hunting season is still a number of weeks away. You can't even go mushroom hunting yet, but you can go shed hunting.
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Bob Foulkrod is a member of the RedHead Pro Hunting Team
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Sacramento County DA Reports

Recent cases of interest

CASE: Daniel Cory Clapp & Jolea Marie Clapp (01/31/14)
PROSECUTOR: Assistant Chief Deputy District Attorney Marv Stern, 916.874.6612

District Attorney Jan Scully announced today the arrest of 11-year veteran California Highway Patrol (CHP) Officer Daniel Cory Clapp, stationed in Lassen County, and his wife, CHP dispatcher Jolea Marie Clapp, on five felony counts of workers' compensation insurance fraud.

Daniel Clapp filed his workers' compensation claim based upon injuries he allegedly received during a scuffle while making an arrest on December 27, 2011. Daniel and Jolea Clapp stated to the workers' compensation doctor that Daniel was unable to drive, lift heavy items, and that pain prevented him from performing his duties as a CHP officer.

The CHP's Internal Affairs Section, Workers' Compensation Fraud Investigation Unit, conducted surveillance on numerous occasions and observed Daniel Clapp camp, boat, swim and dive. In addition, he was observed driving for long periods of time and cutting and carrying firewood rounds 18" thick and 24" in diameter. Jolea Clapp often accompanied Daniel Clapp on these pleasure outings and would drive for him while in the local CHP jurisdiction and then change driver positions outside of the jurisdiction.

During medical visits in which Daniel Clapp complained of pain, Jolea Clapp forcefully corroborated her husband's accounts of disabling pain and his inability to perform physical activities that she was observed seeing him perform.

Both defendants are accused of conspiracy to make false statements in support of a workers' compensation insurance claim and making false statements about the true extent of Daniel Clapp's physical activities and abilities in order to obtain benefits. Daniel Clapp is additionally accused of perjury for false statements in a deposition.

The amount of the fraud is in excess of \$50,000 and the charges carry a potential state prison sentence of up to 5 years and a \$150,000 fine upon conviction. The defendants will appear in Sacramento Superior Court in early February 2014.

This case is being prosecuted by the District Attorney's Insurance Fraud Unit.

CASE: Joseph Gannon (01/31/14)
PROSECUTOR: Deputy District Attorney Caryn Dubke, Elder Abuse Prosecution Unit

District Attorney Jan Scully announced today that the Honorable Delbert Oros sentenced 22-year-old Joseph Gannon to 15 years in state prison. On December 5, 2013, Gannon pled to multiple felony charges, including first-degree residential burglary, assault on an elder adult causing great bodily injury, second-degree burglary and two counts of identity theft. Gannon also admitted a prior first-degree residential burglary conviction from 2009, a strike under the Three Strikes Law.

The morning of April 7, 2013, Gannon entered the home of a 68-year-old woman he knew while she slept. During the burglary, the victim woke up, saw Gannon, and ultimately recognized him to be the son of her former friend. Gannon then beat her with his fists and her cane while she laid in bed, causing head trauma, multiple lacerations, and fractures to her cheekbone and jaw. The victim required jaw surgery and suffered other permanent injuries.

Gannon fled the victim's home with two rifles, her purse, cash, jewelry, and other items. A short time later, he was captured on surveillance video in two Placer County businesses using the victim's credit card to make purchases.

Deputy District Attorney Caryn Dubke stated, "The defendant targeted someone he knew and thought would sleep through the burglary. This senseless beating robbed the victim of her independence and left her depressed, disfigured, and terrified. Today's sentence is appropriate for this cowardly and despicable crime against an elderly member of our community."

CASE: Charanjit Sandhu (01/30/14)
PROSECUTOR: Deputy District Attorney Nancy Cochrane, Special Assault & Child Abuse Unit

District Attorney Jan Scully announced today that the Honorable Eugene Balonon sentenced Charanjit Sandhu to 83 years to life in prison. On December 18, 2013, a jury convicted Sandhu on multiple charges of committing lewd and lascivious acts against minor female children.

After years of abuse, the victims bravely stood up against Sandhu and testified at trial even though they were fearful of him.

Deputy District Attorney Nancy Cochrane states, "I commend Sacramento County Sheriff's Detective Tony Saika and District Attorney Victim Advocate Rafaela Perez for their hard work in this case."

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By Pastor Ray Dare

Have you realized yet that most of the major things in your life are out of your control? If you haven't figured that out yet, you soon will. Most of the major things in your life are out of your control. Because so much of your life is beyond your control, beyond your ability to manage, you feel stress!

Stress is caused primarily by trying to control the uncontrollable; trying to manage the unmanageable. When you get stressed-out, you start to worry and worry is a form of control. I think if I worry about my finances, then my finances are going to get better. If I worry about my job, then maybe I won't get laid-off. If I worry about my future, maybe it'll turn out OK. The problem is, worry doesn't work! It doesn't change a thing. Worry doesn't change the past. Worry doesn't change the future. All worry does is mess up today. It doesn't work because so much of life is out of

How to Give Up Control

your control.

On the other hand, nothing is of God's control. God is in complete control. There's nothing that God cannot do. He's the One who made it all in the first place. He's all-powerful; He can do anything He wants to. But how does the fact that God is all-powerful affect me? The Bible says, "God's great power is available to us who believe Him. It is the same mighty power that raised Christ." Ephesians 1:20 (LB). God makes His power available to you. You see, God didn't make you to live life by yourself – on your own power. That's why you get so tired all the time, so stressed-out. You are trying to go it alone, trusting in your own abilities to work things out, to control things. The Bible says that God's power is available to you, but there's a condition: You must trust Him. How do you know when you're really trusting God? How do you know when you're really trusting Him to help you? Simple, you stop worrying about it.

Worry is like a warning light. It's like a big, red, flashing light that says, "I'm taking over control here!" You assume a responsibility that God never intended for you to have. That's why worry causes such a negative effect on us physically and emotionally. Your body wasn't designed to handle the stresses of worry. God designed you to

depend on Him, to trust in Him. So when you worry, it takes a toll on your body. You get stomachaches, headaches, neck aches, insomnia and all kinds of other problems. Why? Because God didn't create you to worry about things, He created you to live in relationship with Him, trusting Him for those things that are out of your control.

God says, "Don't worry, because I am with you. Don't be afraid. I will make you strong and will help you. I will support you." Isaiah 41:10 (NCV) Let's get personal. What have you been worried about lately? What is it that's out of control in your life? What is it that you need to trust God for? Your finances...a relationship ... your job...your kids? Would you agree that God has resources that you don't have? God says, "Don't be afraid, because I'm with you...I'm going to help you...I'm going to strengthen you...and I'll give you all the power you need" So whatever seems to worry you the most, whatever seems to be out of your control in your life, give it to God, because it's not out of His control.

Pastor Ray

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Watt Avenue US-50 Interchange Project

SACRAMENTO REGION, CA (MPG)

- The Sacramento County Department of Transportation (SACDOT) is alerting motorists that there will be increased traffic at the Watt Avenue @ US-50 interchange beginning on Monday, January 27. It is anticipated that the volume of traffic using the interchange will increase as the new school year begins for California State University Sacramento. Motorists are advised to expect an increase in driving time through the interchange. In addition – because the interchange area is an active construction zone – motorists are advised to reduce speed and drive carefully through the construction area.

Since construction began in November 2012, much progress has been made on all phases of the interchange project. The following provides an update on major project elements:

- New Off-Ramps and Traffic

Signals: New freeway off-ramps have been constructed and new traffic signals at those off-ramps have been activated.

- Improved Traffic Flow: In mid-December the changeover to the new off-ramps initially caused an increase in congestion. Since then some project elements have been advanced to improve the flow of traffic through the interchange. These elements include: 1) Two new traffic lanes on northbound Watt Avenue; 2) One new lane on southbound Watt Avenue; 3) One new lane on the westbound off-ramp; 4) Retiming of the two new traffic signals; 4) The coordination of the two traffic signals; 5) Communications improvements to permit monitoring of traffic conditions and enable "real time" changes to signal operation to ease traffic congestion.

- New Center Bridge Structure: A new center bridge structure is now complete, and provides additional pavement area for

traffic lanes and a Bus-Rapid-Transit (BRT) lane.

- Bicycle/Pedestrian Pathway: Construction of a separated pathway for bicycles and pedestrians is underway. Two concrete undercrossings have been constructed, along with portions of the pathway.

Completed Project: The completed project will provide: a reduction in overall delay through the interchange; much easier and safer access on and off the freeway for all motorists; dedicated transit facilities; and, improved access and safety for bicyclists and pedestrians.

Anticipated Project Completion: It is anticipated that the project will be completed by midsummer, 2014.

Patience is Appreciated: The patience and cooperation of the traveling public is appreciated as work to construct the interchange project continues.

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Dignity Health Gives \$846,014 in Grants to Help Thousands in Need

Continued from Page 1

values and are dedicated to building healthier

communities by improving health and living disparities. The program supports organizations that increase access to care for the poor and address the underlying causes of illness – such as physical and substance abuse, neglect, poverty and homelessness – as well as specific health issues. Grants are funded by contributions from Dignity Health’s member hospitals. In the Greater Sacramento region, Dignity Health hospitals that contribute to the grants program are Mercy General Hospital, Methodist Hospital, Mercy San Juan Medical Center, Mercy Hospital of Folsom, Woodland Healthcare and Sierra Nevada Memorial Hospital.

Grant funding is awarded according to specific criteria and restricted to the specific programs proposed.

To foster collaboration this year, Dignity Health’s hospitals in the Sacramento region asked nonprofit

organizations to submit partnership proposals that provide a continuum of care for specific target populations.

Grant awards went to the following organizations:1

1. El Hogar Community Services, Inc., Elica Health Centers and Asian Community

Center will focus on providing needed services and care to underinsured and uninsured individuals with behavioral health challenges in hospital emergency departments by providing mental health, substance abuse, transportation, navigation and support services, and primary health care.

2. Pacific Trauma Specialist of Folsom and Partners in Care of El Dorado County will provide a broad spectrum of additional support for those patients discharged from the hospital but still having to manage the complexities of their terminal illness at home.

3. Health and Life Organization, Inc., Hmong Women’s Heritage Association, Capitol Health Network, Southeast Asian Assistance Center and La Familia Counseling Center will work together to improve culturally specific health access for underserved Hmong, Mien, Vietnamese and Latino populations.

4. Health for All, Volunteers in Victim Assistance, Health and Life Organization, Inc., United Lu-Mien Community, Inc. and Crime Victim Assistance Foundation (iCAN) will in partnership provide victims of violence and their families with medical, dental, mental and social services that can help them cope with the

devastating after effects of trauma, with a focus on prevention and education.

5. Sierra Foothills AIDS Foundation and Cares Community Health aims to increase access to dental care for people living with HIV/AIDS in Sacramento, El Dorado and Placer counties.

6. Loaves & Fishes/Genesis Mental Health, Downtown Sacramento Foundation, Community Link and Transitional Living and Community Support, Inc. will link Sacramento’s disabled and long-term homeless to medical and behavioral health services, creating a homeless health care access portal for the chronic homeless.

Grant awards were also made to the following organizations and partnerships in Yolo County:

1. Suicide Prevention and Crisis Services in Yolo County and Yolo Community Care Continuum will work together to identify individuals calling a 24-hour crisis phone line who are in need of immediate stabilization, residential care and other support services.

2. Citizens Who Care for the Elderly and Rural Innovations in Social Economics (RISE) will provide no cost support services to older adults and

families coping with the challenges of various stages of dementia, ranging from early memory loss to advanced dementia.

Grant Awards were made to the following organizations and partnerships in Nevada County:

1. Domestic Violence and Sexual Assault Coalition and the Friendship Club will work collaboratively on a program that focuses on the integration of behavioral health and primary care to vulnerable populations.

2. Western Sierra Medical Clinic (WSMC), FREED Center for Independent Living and Community Recovery Resources will work together on initiatives that provide access to primary care and preventative services for vulnerable populations.

Since the program’s inception in 1990, Dignity Health hospitals have made grant awards for nearly 3,000 projects, totaling almost \$47 million. Grant recipients are required to complete a detailed grant proposal outlining the purpose and scope of the project to be funded, as well as the population to be served, the project’s outcomes, plans for its long-term operation and measurement of success. Projects must be in the area of health care and related social services. ★

Legal Drama Sparks Arena Debates

Continued from Page 1

Those debates, held in December and January in North Natomas and Pocket, were popular, energized events that addressed multiple issues surrounding public subsidies for sports facilities. Hyde and Graswich are the only community figures conducting public debates on the Sacramento arena topic.

The debates are free to the public, with news media and audience members encouraged to videotape and post the discussions. A portion of the hour will be devoted to questions from the audience.

EVENT DETAILS

Date: Tuesday, February 11

Time: 7 – 8 p.m., doors open at 6:30 p.m.

Location: Belle Cooleedge Library
Address: 5600 South Land Park Drive, Sacramento

About Sacramento Arena Debate

In November 2013, Sacramento citizens R.E. Graswich and John Hyde announced a series of town hall debates and discussions on the proposed arena for downtown Sacramento. The



town hall meetings feature public discussions by Graswich, author, journalist and former Special Assistant to Mayor Kevin Johnson, and Hyde, who has served as spokesperson for STOP, which is seeking to place an initiative on the June 2014 ballot to require voter approval the arena funding. The events are free for the public and offer Sacramento residents an opportunity to hear both sides of this important issue – and ask the questions they care about. ★

Source: Bullet Marketing

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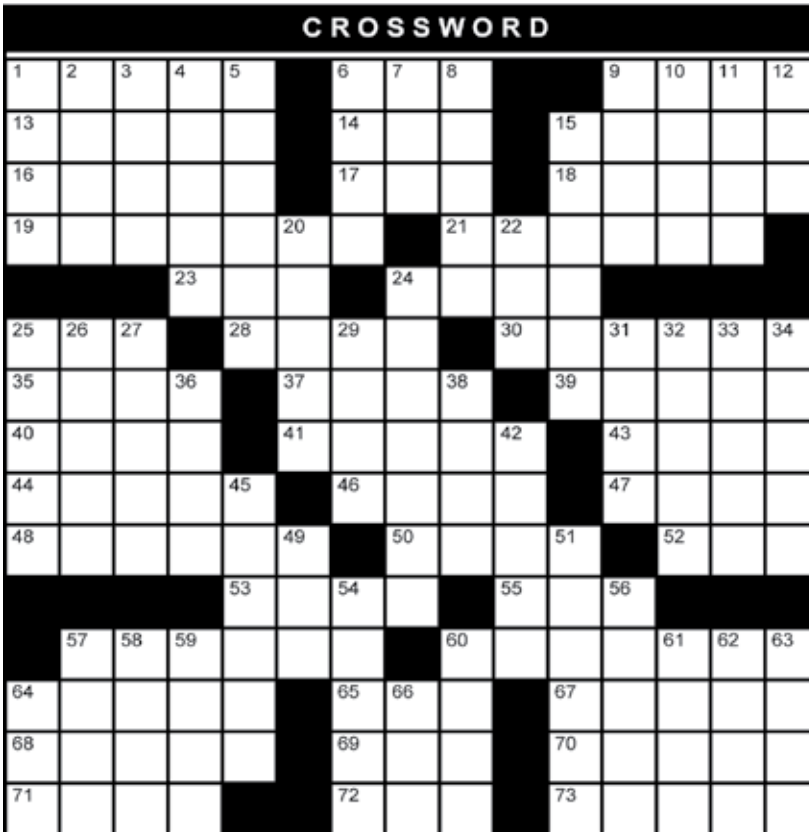
1. "Love Me Tender" performer
6. "And She ____" by Talking Heads
9. "For Whom the ____ Tolls"
13. Wall coat
15. B&B, e.g.
15. "He fell in love with a face "that launched a thousand ships"
16. February "People," e.g.
17. Parental involvement org.
18. Trojan War story
19. "He fell in love with Little Red-Haired Girl"
21. ____'s fee
23. Old age, archaic
24. Display displeasure
25. "Bride and groom say their "I ____"
28. Choir voice
30. Part of Yugoslavia
35. Iris holder
37. Paleozoic and Mesozoic
39. The fourth prime number
40. Rigid necklace
41. Of the kidneys
43. Baseball points
44. Was attached
46. Jittery
47. It should be opened when starting a fire
48. Winslow ____ and ____ Simpson
50. Back talk
52. "C" ____ la vie!"
53. EU currency
55. "Just an ____-fashioned love song"
57. "Cyrano de Bergerac's love interest
60. *Popular Valentine's

delivery

64. Disturbances
65. Get it wrong
67. Spur on
68. Strong adhesive
69. By means of
70. Fragrant resin
71. "I, Claudius" role
72. Bird-to-be
73. "What Snow White did before Prince Charming's kiss

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8. Mix-up
9. Like white-headed eagle
10. Albany-Buffalo canal
11. His pants are on fire?
12. Hallucinogen
15. Slang for communist sympathizers
20. Lazybones
22. Breed
24. What's-his-name
25. *Even-Steven kind of date
26. Convex molding
27. Red Cross supply
29. Arborist's concern
31. Lord's worker
32. Egg cell
33. *Aphrodite's Roman counterpart
34. Early stage of sickness, e.g.
36. High school breakout
38. "The Twilight ____," romantic film series
42. Popular disinfectant
45. Like Danny Zuko's hair
49. "Your Love is Like the Morning ____"
51. Skiers' turfs
54. "His character fell in love with Lois Lane
56. Be situated within
57. Tug-of-War equipment
58. Emanation
59. "Kisses and hugs
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9	6	7	2	8	4	3	5	1
8	9	4	3	6	5	7	1	2
2	3	1	8	4	7	5	9	6
5	7	6	1	9	2	4	3	8
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By Ronnie McBrayer

This year Bob Seger will celebrate his tenth anniversary as an inductee into the Rock and Roll Hall of Fame. The honor is his because of his hardscabble, up-by-the-bootstraps life story; the way he can forge lyrics that are a combination of personal autobiography and everyman’s experience; and of course, there is the legendary intensity with which he delivers his melodies.

Of equal legend are his songs: “Turn the Page,” “Night Moves,” “We’ve Got Tonight,” and “Still the Same” – tunes that launched Seger to worldwide fame, carried him to the top of the charts, and gave many of us a soundtrack for our coming of age years.

My personal Seger favorite is “Like a Rock.” Most people today associate this iconic song with Chevrolet pickup trucks. I associate the apropos lyrics with the evening of my high school graduation: “I stood there boldly, sweatin’ in the sun, felt like a million, felt like number one; the height of summer, I’d never felt that strong, like a rock.”

And then the refrain that Seger screams into the microphone, a refrain about himself as a younger man: “Like a rock, I was strong as I could be; like a

Like a Rock

rock, nothin’ ever got to me; like a rock, I was something to see; like a rock.”

Seger captures the years of youth, perfectly. It is a time of unbridled optimism, strength, and arrogance. A young man or woman can do anything, be anything, try anything, and overcome anything. No challenge is too big, too tough, or too much – body and soul are as solid rock.

Honestly, a young person needs this kind of bravado. He or she needs a kind of audacious swagger when life is just getting started. But he or she will also learn – life teaches everyone this lesson – that the do-everything, dare-anybody, defy-anything ability of youth, doesn’t last.

We live a little while and experience a few disappointments. We bury loved ones, lose a job, a marriage, a house, a career, or a fortune. We are betrayed by a friend, a business partner, or a lover. We suffer, hurt, age, have our hearts broken, or muddle through a couple decades of muted frustration.

Then we learn, and this learning is as absolutely necessary as youthful strength, that we really aren’t “like a rock” at all – at least not anymore. The challenges of life are indeed too big, too tough, and too much. We learn that life, like erosion, has a way of reducing the hardest stone into sand.

Admittedly, this realization might cause you to hit the booze or pills and collapse into a hopeless stupor – many past the prime of youth do exactly that.

But the recognition of weakness and personal limitation – that we won’t always be “standin’ arrow straight, chargin’ from the gate, and carryin’ the weight” – is not cause for despair. It is liberation.

It is deliverance from the “try-harder-and-do-more” life. It is a release from the gladiator’s ethic of “I have to kill myself (or others) to overcome.” It is freedom from the totalitarianism of “If it’s going to be, it is up to me.” In short, it is surrender, and surrender is true faith and true life.

“If you try to hang on to your life,” Jesus said, “then you will lose it.” This “hanging on” includes personal arrogance, strength, ambitions, and our self-reliant approach to life. We learn to let these go, not because we have hopelessly given up, but because we have given over. We have exchanged our failing abilities and life for the power of God and his life.

In the end, we won’t always “stand boldly in the sun.” We retreat into the darkness. We aren’t always as “strong as we can be,” because we face things in life that are stronger than we are. Our steady hands will grow shaky and our clear, bright eyes will grow dim. But it’s all okay if we have learned to live differently, if we have learned to live a life entrusted to the Rock that is Christ. ★

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.



By Reverend Kevin Kitrell Ross

Q: How do I find my purpose in life and start living it?

A: I’m so glad that you have raised this question because it’s a question many people struggle with finding the answer. There are some very important clues that will support you as you come into the realization of your purpose.

Being in the space of inquiry is the first step. So it’s very important you remain in the question. To remain in the question simply means to allow yourself to be in a space of exploration and experimentation. To explore your purpose is to look carefully at those activities in which you feel naturally drawn to and you are energized by.

Empowering Insights for Spiritual Seekers

When you are functioning in your purpose, you will find you are connected to a cause for which you are willing to devote your passion, your resources, and your time towards accomplishing. When you are passionate about a cause, it means you are willing to “pass on” the energy of your entire being for the fulfillment of that cause. Your purpose is not always presented to you in a neatly gift wrapped package. Sometimes your purpose shows up in ways that are disappointing. Or your purpose may be presented to you in ways that are very disturbing. For example, you may be very disturbed and uneasy about the presence of racism in our nation and you may be compelled to take a stand to put an end to this form of injustice within our country.

The aspect of yourself that is irrepressible and cannot be stopped in the pursuit of taking some progressive action toward this cause squarely places you in the operation of your purpose. Don’t think it too great a task or too daunting. Embrace it! Accept It! Enjoy it!

Your purpose is always there and when you embrace it and not resist it, you will become clearer

and more confident as you take steps to fulfill it. You will also discover its simplicity, however difficult it may be to achieve.

Idle contemplation and “futuraizing” about your purpose are not the best ways to discover it. However, moving with the impulse and the restlessness of the soul guides you to take the journey up the path of purpose.

Every person is meant and sent to this earth. And the two greatest days in a person’s life are “the day you are born and the day you find out why.”

Dive in deep within yourself and contact the presence of God within you and you will undoubtedly uncover in some significant way you are here to express God as peace, love, harmony, joy, healing, and abundance.

Here’s to the journey of a lifetime! ★

Kevin Kitrell Ross is an author, inspirational speaker, life coach, senior minister of Unity of Sacramento, and host of Design Your Life on Unity Online Radio. His hit DVD, Liberate Your Spirit, and other inspirational products are available online at kevinrossspeaks.com.

unityofsacramento.com

At Least it’s not Snowing

Dr. James L. Snyder

If somebody gave out an award for grouchiness and downright cantankerousness, I am sure I would take top honors. Of course, according to the Gracious Mistress of the Parsonage, there is no honor in being grouchy or cantankerous nor is there room for it in our humble abode.

Most faults can be remedied if you know what to do about it. Then, there are those mistakes that no matter what you do, it still ends up being a mistake. My mistake was I exhibited my downright grouchiness and cantankerous spirit in front of my wife.

I know the marriage manual says there should be no secrets between husband and wife. Down through the years I have tried to maintain that part of the marital relationship, and I have done a good job thus far. What the manual does not say is, there are special times when a husband should not speak his mind in front of his wife. My wife constantly reminds me that God gave men, two ears and one mouth for a particular purpose, open our ears and shut our mouth.

It was so cold the little gray cells were shivering so much they were not functioning 100%. According to some people’s opinion, it is a rare occasion when they do function 100%.

As I remember it, I was looking out our back patio window, watching it drizzle and shivering in the cold. If I need any defense on my side, I did not realize that in the same room was the Gracious Mistress of the Parsonage.

Enveloped in this aroma of sheer ignorance, I said out loud something to the effect, “I hate this cold weather!” Following that pointed observation, as I now reflect, I also growled most viciously.

It was then I heard a noise explode behind me.

“Well, at least it is not snowing! You should be grateful for that.”

I swung around as quickly as possible, and there standing in all her glory with both hands firmly planted on her hips was my wife staring in my direction. The tone of her voice and her demeanor revealed I was in for one of her infamous lectures.

“Don’t you know how lucky you are to live in a place where it doesn’t snow and the temperature doesn’t get below zero? Instead of complaining, you should be grateful for what you really have. Think of members of our family up north suffering in that freezing weather! Would you like to change places with them right now?”

Then she made a statement I am still mulling over. “Be thankful for what you don’t have.”

I must say she had a great

point there. Sometimes it is quite hard to be thankful for what you do not have when you are so caught up in the problems right in front of you.

In many ways, it is easy to be thankful for what you have in your hand at the time. The apostle Paul pointed this out in one of his letters. “And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful” (Colossians 3:15).

For most of us, being thankful does not come natural. It is something we have to work at on a daily basis. It has to go a step further.

Be thankful for what you do not have and you will be all that more thankful for what you do have.

Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 1-866-552-2543 or e-mail jamesnsnyder2@att.net. His web site is www.jamesnsnyderministries.com. ★

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By Marlys Johnsen Norris, Christian Author

Genuine love is Divine and God has placed a hunger in every heart to experience His love. Only His love will truly satisfy the longing in every heart and there is no substitute for the love He alone will give. He has made a magnificent provision for everyone to receive it through His Beloved Son Jesus Christ. Jesus alone is the Way, the Truth and gives the Life God promises that fill the longing in every heart to be loved. God’s love satisfies!

The words of the Bible are true and because of Adams

Genuine Love Only Comes From God

disobedience, we were all separated from God. His Son’s death and shed blood provided the Way whereby we can be reconciled to the Father. Faith and a relationship with Jesus are satisfying. We are re-born spiritually and experience healing, forgiveness, peace, faith we never experienced before as our life is transformed by His love and power.

Miraculous and powerful things happen in our lives because we know we are so deeply loved by God. Experiencing Genuine Divine love is also being in God’s Perfect Will.

(Most people only live in God’s permissive will!) He empowers us to forgive those who wrong us and demonstrate kindness for those who misunderstand or misjudge us. In spite of our hurt feelings we reach out to joyfully serve and share His love with others.

The new life God gives is all about accepting His amazing, unconditional love for us and accepting His Son, Jesus as our personal Savior and Lord of our life. We submit and commit our lives into His care. He gives us an awesome sense of love for others we don’t even know. Our hearts are so full of His love; we want others to enjoy the magnificent life God provides to those who come to Him with the heart of an innocent child. Walking with God daily, His love within grows and matures, satisfying one’s emotional hunger and it overflows into other’s lives as one express it freely while they serve, honor and glorify Him. ★

Marlys Johnsen Norris Speaker, Moderator, Teacher Author of 7 Christian Books Coming Soon: “Intimacy Begins Going With God.” Contact: Marlysjn@gmail.com

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Final State Water Action Plan Released: Outlines California’s Near- and Long-Term Water Priorities

Continued from Page 1

Water Action Plan gives us clear focus and vision for the next five years.”

Final revisions to the draft plan, released in October, include an expanded section on drought response and a new effort focused on better management of Sierra Nevada headwaters that helps water storage and quality, and ecosystems. Public comment on the draft plan made it clear that California must better understand the economic and ecological harm of sustained dry weather. The Governor’s proposed budget would provide \$472.5 million in Proposition 84 funds to the Department of Water Resources (DWR) for integrated regional water management. The bond funds would leverage local and federal investment in projects that reduce demand, build supply, and offer additional benefits such as wildlife habitat and flood management. The budget also placed immediate emphasis on water and energy use efficiency and wetlands and coastal watershed restoration to further support the resiliency of water supply and ecosystems during this dry weather period.

The governor’s budget also would allow DWR to better monitor the groundwater resources that provide more than one-third of

California’s supplies in dry years, and supports the development of a state backstop for sustainable groundwater management practices by the State Water Resources Control Board, should local efforts to do so not materialize.

“Together, the Governor’s proposed budget and this finalized plan provide the State with practical solutions to the state’s most critical problems; the proposals on groundwater are a good example,” said Cal/EPA Secretary Matt Rodriquez. “Data collection and monitoring are crucial to sustainable management of our unseen but incredibly important aquifers.”

All of the near-and long-term actions in the plan center on sustaining supplies of water for people, the environment, industry and agriculture. This year’s severe dry conditions highlight the stakes. Drought threatens to force the fallowing of hundreds of thousands of acres of farmland, throw thousands of people out of work, and potentially raise supermarket food prices.

“Our severe dry conditions are alarming for California’s agricultural industry,” said California Department of Food and Agriculture Secretary Karen Ross. “In the near term, we must do all we can to keep our fields

productive. In the long term, we have a once-in-a-generation opportunity to make the investments that will allow us to stay productive in the face of a changing climate.”

Key actions identified in the Plan include:

- *Make conservation a California way of life.*
- *Increase regional self-reliance and integrated water management across all levels of government.*
- *Achieve the co-equal goals for the Delta.*
- *Protect and restore important ecosystems.*
- *Manage and prepare for dry periods.*
- *Expand water storage capacity and improve groundwater management.*
- *Provide safe water for all communities.*
- *Increase flood protection.*
- *Increase operational and regulatory efficiency.*
- *Identify sustainable and integrated financing opportunities.*

Source: Dwr Natural Resources Agency News



A Case in Point

Wronged at Work! I Work Overtime - Why Don’t They Pay Me Overtime?

By David Graulich, Esq.

At first glance, California’s overtime (OT) laws seem clear-cut. Eight hours of labor are one day’s work. If a nonexempt employee works beyond eight hours in any work day, or more than six days in any work week, the employer is required to pay overtime. A work week doesn’t have to correspond to a calendar week.

OT rates are set by law. They are: One and one-half times the regular rate of pay for all hours worked in excess of eight hours, up to and including 12 hours in any work day, and for the first eight hours worked on the seventh consecutive day of work in a work week.

Double the employee’s regular rate of pay for all hours worked in excess of 12 hours in any work day. Double rate also applies for all hours worked in excess of eight on the seventh consecutive day of work in a work week.

What appears clear-cut on paper is complex in reality. Overtime disputes, known as “Wage and Hour cases,” are a constant source of lawsuits in California between employers and employees.

So you are working OT but not getting paid OT. What’s going on?

One common problem is when employees are expected to work “off the clock.”

Their labor beyond eight hours a day doesn’t get recorded or compensated. Timecards and timesheets are altered in furtherance of the scheme. Permitting or directing such activity violates the law, and exposes employers to substantial fines and penalties.

For example, imagine that a restaurant requires waiters and waitresses to clock out in the kitchen at the end of an eight-hour shift. Then, when the workers leave through the dining area, they

are required to re-fill the salt and pepper shakers “off the clock.”

This practice would be a violation of the Labor Code.

Another area of controversy: whether an employee is “exempt” or “non-exempt.”

Exempt work is managerial, professional, and administrative, and involves independent judgment and discretion. Exempt employees have authority for hiring and firing other employees. Engineers, doctors, teachers, journalists and architects are examples of exempt professionals. (A lawyer who works all day and late into the night does not get paid overtime, as I know from painful personal experience).

In contrast, nonexempt employees are protected by OT laws. The presumption in California is that all workers are nonexempt unless shown otherwise.

Nonexempt employees are often referred to as “hourly” workers, but that is misleading. It is incorrect to say, “I’m on salary, so I must be exempt.” A worker can be paid an annual salary and still be nonexempt. In this situation, the base hourly rate for OT is calculated by dividing the annual salary by 52 weeks, and dividing again by 40 hours per week.

What if your job title says “Manager”? Does that alone make you exempt? The answer is no. California law is designed to protect people who are managers in name only—that is, given a fancy title to deny them overtime pay, but expected to “primarily” perform the work of nonexempt employees.

“Primarily” means more than 50% of the employee’s time. A frequent violation occurs in the retail industry, where a “store manager” has exempt responsibilities, such as re-ordering inventory and hiring

associates. However, this “manager” spends more than 50% of his or her time in nonexempt tasks: cashiering, stocking, unloading pallets, hauling inventory into the storage room, mopping floors. These “managers” routinely work ten and twelve hour days, but are not paid overtime.

Then there’s the question of classification: are you an employee or an independent contractor (IC)? If you are an IC, you don’t get paid overtime, nor do you get meal and rest breaks.

Courts apply a wide range of factors to determine the correct classification: who provides the tools? Who sets the schedule? Is the work performed on-site or off-site?

Does the worker perform the same labor for other entities? How much control does the person paying the money have over the person providing the labor? The more control that can be demonstrated, the more likely it is that the worker is an employee rather than independent contractor.

There’s much more to this controversy than I can cover here. If you want to learn more about California’s overtime law, a good place to start is the Web site of the Department of Industrial Relations (<http://www.dir.ca.gov>). ★

David Graulich, Esq. is an employment lawyer who represents people who have been wronged at work. He helps clients with problems such as discrimination, harassment, and retaliation. David welcomes questions and comments about Wronged at Work! Contact him at David@wrongedatwork.com or (916)966-9600. Disclaimer: This column is not intended, and should not be construed, as an offer of legal advice. Consult a qualified licensed attorney for counsel on a specific legal problem.




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Hold the Congratulations for Congress



By Lee H. Hamilton

Now that Congress has its immense, \$1.1 trillion bipartisan funding bill in hand, Capitol Hill is breathing easier. They ended the specter of a government shut-down for the moment, and funded the federal budget for most of the year. The media has been commending Congress for finally doing its job.

This praise works only in the context of recent history, however. The bill that congressional leaders produced is hardly a triumph. Instead, it's another example of Congress's stubborn determination to deal itself out of the budgeting process. Let me explain.

In recent years, Congress has funded the federal government in one of two ways. Either it's passed a "continuing resolution," which is a stopgap measure to keep the government functioning with the same funding it had previously, or it's passed huge omnibus bills like the one it just enacted. This most recent bill runs more than 1,500 pages.

Before this current budgeting era, however, Congress used procedures that put the ideals of representative democracy into practice. It divided its responsibilities into policy development, which was in the hands of its various "authorizing" committees; and establishing funding levels, which was done by the

appropriations committees in the House and Senate. Once the President submitted his proposed budget, the appropriations committees and their subcommittees would meet, hammer out the issues, and fund the government according to the policies set by the authorizing committees. They would hold hearings, debate furiously, accept and reject scores — if not hundreds — of amendments, and ultimately produce a series of appropriations bills generally divided along federal department lines. These would go to the floor of each chamber, where they'd be debated again, and finally to a conference committee, where each side of Capitol Hill would have a final chance to weigh in.

The process didn't work perfectly. It produced hiccups and grandstanding, and required a lot of negotiation and compromise. But it also spread the work of Congress among expert members, employed the capabilities of dedicated and knowledgeable legislators who knew the various departments and agencies of the federal government intimately, and provided for deliberation, open debate, accountability, and a reasonably democratic outcome. Rank-and-file members understood, grappled with, and took responsibility for what they produced and voted on.

No more. Continuing resolutions and omnibus bills lift responsibility from most members' hands. They produce decisions, but not in an open, democratic process. They're basically developed in secret by a handful of leaders and their allies and staff; allow very few, if any, amendments; sharply limit debate time; severely restrict members' ability to study thousands of provisions; and require an up or down vote.

Most troubling, they're larded with policy decisions that in the old days would have been debated by the authorizing committees.

This most recent measure boosts funding for Head Start, prevents the President from transferring control of military drones from the CIA to the Defense Department, and bars postal officials from ending Saturday delivery — all policy decisions that should have had a robust debate, but won't.

Of course, plenty of people in Washington like this. Congressional leaders have more power than if they had to defer to the judgment of the authorizing and appropriations committees. The White House likes it because it involves fewer people, making life simpler. Even some rank and file members like it, because it allows them to avoid making hard choices about individual programs.

Which is a problem. With omnibus bills, the truly difficult but crucial work that Congress needs to be doing doesn't get done. It isn't scrutinizing the budget of each department in sufficient detail to look for programs and line-items that have outlived their usefulness or that need more investment. It can't examine and analyze difficult policy questions carefully. It won't question whether entire agencies and even departments still serve the purposes they were designed for. It isn't even bothering to look beyond discretionary spending to consider reforms to Social Security, Medicare and Medicaid, which is where most federal spending goes.

Congress no longer seems to know how to run a budget process. Most of its members have never experienced the traditional method. They just know how to hold their noses and vote up or down. ★

Lee Hamilton is Director of the Center on Congress at Indiana University. He was a member of the U.S. House of Representatives for 34 years.

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River City Bank Names Brian Hoblit Vice President And Relationship Manager

Seasoned Banking Professional Reinforces Commitment To Superlative Service For Businesses

SACRAMENTO Region, CA (MPG) - Continuing its mission to provide the ultimate banking experience to Sacramento businesses, River City Bank is proud to announce that Brian Hoblit has joined its commercial banking team as vice president and relationship manager, effective immediately. His extensive banking experience, outstanding client relations skills, diverse industry experience and impressive educational credentials make



Brian Hoblit

him an ideal fit for the region’s largest, locally-owned business bank. Prior to joining River City Bank, Hoblit spent nearly five years at the Sacramento Commercial Banking unit of Wells Fargo. Developing his skills as an award-winning financial analyst, Hoblit concluded his tenure at Wells Fargo as relationship manager and assistant vice president. Prior to that role, he worked in numerous business-

development and finance capacities at various high-tech firms, providing a unique “client perspective” that he brings to his banking role today. His impressive resume includes Bachelors, Masters and Master of Business Administration degrees, the latter from University of California, Davis, where he was elected commencement speaker by his classmates. “We are delighted to have Brian join our team,” notes

River City Bank President and CEO Steve Fleming. “He personifies the professional, high-touch experience we strive to deliver every day to our clients. His strong credit and financial analysis skills, combined with his entrepreneurial spirit, make him a great fit for us, and a tremendous asset for our valued clients.” “I look forward to helping deliver River City Bank’s impressive portfolio of business offerings,” states Hoblit.

“It’s personally gratifying to help local businesses succeed.” Celebrating its 40th anniversary, River City Bank is the largest, independent, locally-owned bank in the Sacramento region, maintaining 12 branches in El Dorado, Placer, Sacramento and Yolo counties. For additional information, please visit www.rivercitybank.com or call (916) 567-2600. Member FDIC. Equal Housing Lender. ★

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