



40th Annual Football
Guns & Hoses Game
to be Held at CSUS

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Senator Nielsen
Inducted Into
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Hall of Fame

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AMERICAN RIVER
MESSENGER

Volume 9 • Issue 2

Serving Fair Oaks, Orangevale & Sacramento County

Second Edition for January 2014

Live Your
Boldest Dream



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DA Scully Endorses
Doug Ose, Congress



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Turn Down the
"Stinking Thinking"



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Sacramento Sports Hall
of Fame to Induct Jeff Float



Jeff Float will be inducted into the Sacramento Sports Hall of Fame on January 25 during a celebration at Thunder Valley Casino & Resort.

By Jan Ellis Float

SACRAMENTO REGION, CA (MPG) - On Saturday, January 25, the Sacramento Sports Hall of Fame will induct Olympic Gold Medalist Jeff Float and four fellow hometown athletes during a celebration at Thunder Valley Casino & Resort. From an illustrious roster of 52 nominees,

Jeff was voted by the public to receive this esteemed accolade ... along with renowned swimmer Debbie Meyer, football superstar Tedy Bruschi and baseball heavy-hitters Leron Lee and Steve Sax. What an honor," Jeff remarked, "to even be nominated amongst these local greats." Last year's inductees will also be attending this exciting event.

They are none other than famed swimmer Summer Sanders, basketball slam-dunkers Kevin Johnson and Bill Cartwright, baseball powerhouse Dusty Baker and renowned boxer Tony "The Tiger" Lopez. All 10 of these champions will be on hand to meet, greet and sign personalized autographs. Log on to www.sacsportshof.com to read their

bios and view 2013's presentations and photos. Jeff Float's success story is well-known to many Sacramento sports fans. At only 13 months old, Jeff suffered life-threatening meningitis that caused a significant hearing deficiency. By the time he'd turned seven, Jeff's parents were all too aware

Test Your Physical
and Mental Limits
in the Exciting Sport
of Indoor Rowing
2014 Golden State
Indoor Rowing
Championships Coming

SACRAMENTO REGION, CA (MPG) - The Sacramento State Aquatic Center will be hosting the 2014 Golden State Indoor Rowing Championships (GSIRC) on Saturday, February 1st. Held at one of the finest rowing venues in North America, the GSIRC attracts hundreds of competitors from across California to contend for qualification to the World Indoor Rowing Championships (C.R.A.S.H. -B SPRINTS). While there will be many high caliber teams competing, the general public is invited to enter the competition as well. Competitor ages range from 14 to well into the 80's, so there is definitely something for everyone. Not the competitive type? Not to worry, there is plenty of room for spectators and the competitors greatly appreciate as much cheering as they can get. Indoor rowing is perhaps one of the toughest, if not the toughest, test of one's physical and mental limits; which accounts for its newfound popularity in the demanding world of multi-sport training. To enter the competition, please visit the Aquatic Center's website: www.sacstateaquatic-center.com An entry packet must be reviewed, signed and submitted/postmarked no later than Jan. 24. All entries must be returned

Continued on Page 2

Area Residents Can Receive Free Tax Help At Local Centers

New website through United Way also helps local residents keep their tax refunds.

SACRAMENTO REGION, CA (MPG) - Local households making less than \$58,000 a year can receive help filing their taxes for free as part of the region's Volunteer Income Tax Assistance program led by United Way California Capital Region. Those interested can visit SAFE Credit Union's Rancho Cordova branch, 12519 Folsom Boulevard, or the Folsom Cordova Community Partnership, 10665 Coloma Road.

As part of the VITA program, United Way has created www.KeepYourTaxRefund.com, an online tool helping local residents save money this tax season. "We want people to keep more money in their pockets and make our community stronger by taking advantage of tax credits," said Stephanie McLemore Bray, United Way president and CEO. "This website is an easy and effective way to file your taxes and save your money for what matters most to you." KeepYourTaxRefund.com's filing tool is free to individuals or households making less than \$58,000 a year. For those making more, the cost is less than \$50. The website,



which is powered by H&R Block software, saves users an average of \$200 in tax preparation fees. Users will need a valid email address and income forms, such as a W2, 1099, 1098, etc. Those who need in-person help can schedule an appointment through

the website to meet with a VITA volunteer who will help file their taxes for free, if they qualify, or they can visit the Rancho Cordova VITA locations. United Way also is seeking volunteers to distribute information about VITA. No prior

tax law experience is necessary. Schedules and locations are flexible. For more information, contact United Way Volunteer Services at volunteer@uwccr.org or (916) 856-3983. United Way California Capital Region is spearheading the effort, along with partners including the IRS, Franchise Tax Board, 2-1-1, Asian Resources, Bank of America, CHOC Housing, City of Sacramento, Community Link, Goodwill Industries, Sacramento Coalition for Working Families, Sacramento News & Review, Sacramento Regional Transit, SAFE Credit Union and the Yolo Family Resource Center. For 90 years, United Way California Capital Region has actively worked to address the community's most pressing issues, now focusing on innovative solutions related to high school graduation rates, household financial stability and obesity. For more information or to make a donation, visit www.yourlocalunitedway.org. ★

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SACRAMENTO REGION, CA (MPG) - Join local Fire and Law Enforcement as they continue the Sacramento tradition of the Pig Bowl, while at the same time making a difference in the community. Participating agencies include: Metro Fire, Sacramento Fire, Cosumnes Fire, CAL FIRE, South Placer Fire, Sacramento Sheriff, Sacramento PD, California Highway Patrol and California Department of Corrections.

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This competition not only helps local charities, schools, and non-profit organizations, but also unites the civil service employees to come together for the greater good of Sacramento. Proceeds are shared with many area charitable groups including: VIVA - Volunteers in Victims Assistance, WIND Youth Services, Sacramento Sheriff's Toy Project, FEAT- Families in Early Autism Treatment, Firefighters Burn Institute, Sacramento Law Enforcement Chaplaincy, Sacramento Area Fire Fighters Chaplaincy, Sacramento County Sheriff Explorer Program, Sacramento City Fire Reserve Program, and more.

Join the family fun with an exciting football game, kids’ safety fair, and great food! You’ll be showing support for Sacramento Fire and Law Enforcement area agencies, and helping raise funds for local charities.

For more information, go to <http://www.pigbowl.com>.

WHEN: Saturday, January 25th, 2014. Gates open at 11am, Pre-game 12pm, Kick-off 1pm

WHERE: CSUS Stadium. 6000 J Street, Sacramento, CA ★



SACRAMENTO REGION, CA (MPG)

- For some, the ability to drive is a true sign of independence. Driving plays an important role in maintaining an active, fulfilling lifestyle. As part of the California Highway Patrol’s (CHP) mission of providing the highest level of Safety, Service, and Security to people throughout the state, the CHP remains steadfast in maintaining and improving traffic safety and mobility for California’s older drivers.

According to the CHP’s Statewide Integrated Traffic Records System (SWITRS), in 2011 there were more than 23,000 drivers over 65 years of age involved in a collision. Among those senior drivers involved in a collision, nearly 400 were killed and more than 22,000 suffered injuries.

Further analysis of the SWITRS data indicates more than 50 percent of those senior drivers were found to be at fault in the collision.

To help California’s seniors maintain their driving independence for as long as they can safely drive, the CHP offers the two-hour, “Age Well, Drive Smart,” course. The program is supported by the Keeping Everyone Safe grant from the California Office of Traffic Safety. Through this program, seniors can tune up their driving skills, refresh their rules of the road knowledge, and learn about normal age-related physical and mental changes and how to adjust to these changes.

To find out when the next Age Well, Drive Smart course is being offered, call the East Sacramento Area CHP office at (916) 464-1450.

- **WHEN:** Thursday, January 30, 2014 at 10:30 a.m.
Thursday, February 20, 2014 at 10:30 a.m.
- **WHERE:** CHP East Sacramento, 11336 Trade Center Drive, Rancho Cordova, CA 95742

Funding for CHP’s Start Smart program is provided by a grant from the California Office of Traffic Safety through the National Highway Traffic Administration.

If you have any questions or need additional information, please contact Public Information Officer, Jasper Begay, at (916) 464-1450. ★

California’s Infant Mortality Rate Continues to Decline, But Disparities Persist

CDPH Special Report

SACRAMENTO, CA (MPG) - California’s infant mortality rate (IMR) has reached a record low, announced Dr. Ron Chapman, state health officer and director of the California Department of Public Health (CDPH). In 2012, California’s IMR was 4.5 infant deaths per 1,000 live births, lower than the rate of 4.8 in 2011.

Infant mortality is defined as the number of deaths in infants less than one year of age. In 2012, there were 503,788 births in California and 2,247 infants died that year. The leading cause of infant death in 2012 was congenital malformations, followed by short gestation and low birth weight.

"Optimal infant health outcomes are influenced by a woman’s health even before she becomes pregnant, including avoidance of tobacco, alcohol and drugs, maintaining a healthy weight, and taking folic acid supplements," said Chapman. "Early entry into prenatal care, genetic testing to identify health risks at birth, breastfeeding, childhood immunizations, and continuing proper nutrition through a baby’s developing years all contribute to improving infant health outcomes."

While the African American Infant Mortality Rate decreased from 10.5 infant deaths per 1,000 live births in 2011 to 9.8 in 2012, racial/ethnic disparities in infant mortality persist. African American infant deaths occurred 2.6 times more frequently than Caucasian infant deaths in 2012. The Caucasian Infant Mortality Rate decreased from 4.1 infant deaths per 1,000 live births in 2011 to 3.8 in 2012. The Hispanic Infant Mortality Rate also decreased from 4.9 infant deaths per 1,000 live births in 2011 to 4.7 in 2012.

According to the most recent national statistics, California accounts for approximately one in every eight births nationally. In 2010, California had the seventh lowest Infant Mortality Rate among all 50 states and the lowest Infant Mortality Rate among the ten states with the largest number of births. The most recent (2011) national Infant Mortality Rate is 6.05 infant deaths per 1,000 live births.

Many CDPH programs and initiatives target reduction of infant mortality. For more information on these programs, as well as resources for pregnant women or women who are considering pregnancy, please visit www.cdph.ca.gov and search these topics:

- Maternal, Child and Adolescent Health Program
- Maternal health before, during and after pregnancy
- Genetic Disease Screening Program
- Nutrition needs for pregnant women, nursing women and infants
- Immunization needs of pregnant women and infants ★

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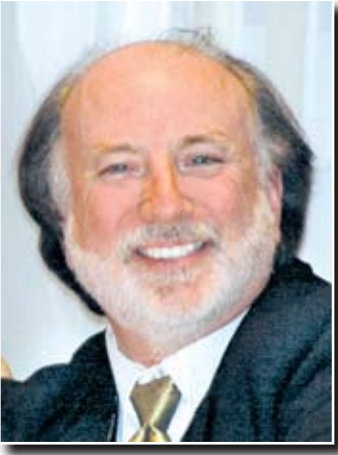
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Sacramento Sports Hall of Fame to Induct Jeff Float

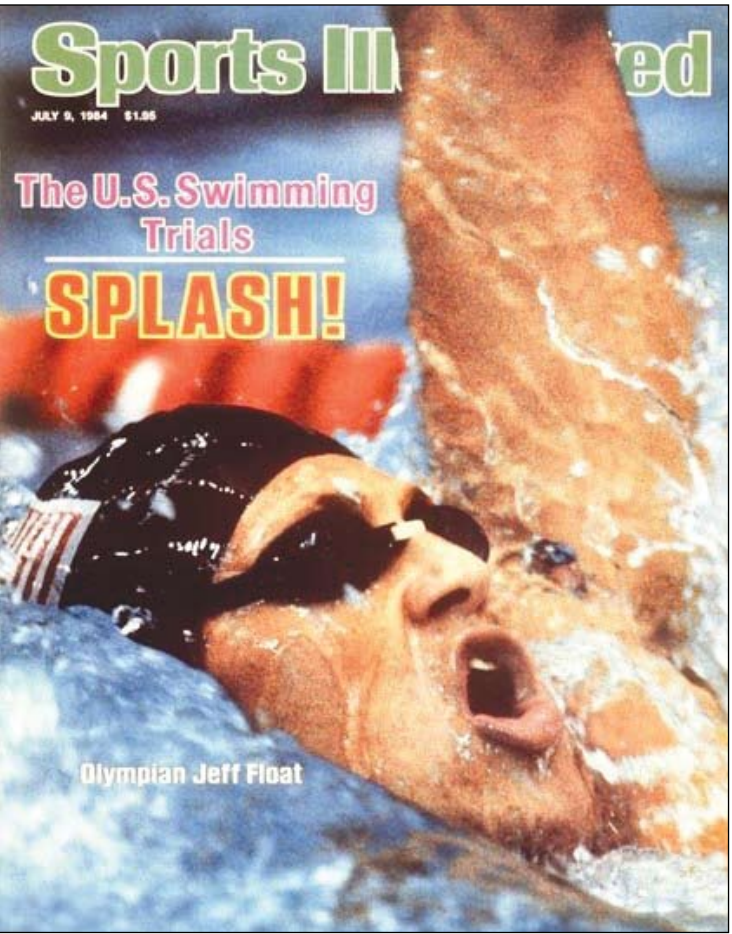
Continued from Page 1

their son was filled to the proverbial gills with explosive energy. Visiting the neighborhood Arden Hills Swim Club, Jeff and his mother met the legendary Olympic Coach Sherm Chavoor, who then declared, “Okay, kid. Dive in, and show me what you’ve got!” This little guy watched in awe as “my teammates” Debbie Meyer, Mark Spitz, Mike Burton and many others swam into Olympic history. Jeff was serious: “I’m going to do that, too.”

First he needed to complete grade school, Jesuit and USC. During these years in hot pursuit of The Olympic Dream, Jeff traveled the globe accruing national and world records. As a proud member of the .80 Olympic Team headed to Moscow, his



goal was within sight. Talented in the IM, worldwide expectations were at an all-time high for Jeff’s triumphant performances. Politics intruded, the US boycotted the Games and our athletes were shattered. In recognition of their sacrifice, in 2008 all .80 team members were awarded Congressional Gold Medals of Honor. Take a peek at the jaw-



dropping list of recipients: http://en.wikipedia.org/wiki/List_of_Congressional_Gold_Medal_recipients.

Fast forward four more years. As peer-elected Team Captain in LA’s .84 Olympics, in his first competition Jeff was touched out for the bronze in the 200m free by 1/10th of a second. The next day -- in his home pool and retirement race -- Jeff and his 4x200m free relay teammates faced off against the unconquerable West Germans. The unreal finish? 4/100ths of a second. If breathless spectators blinked, they’d have missed our anchor’s slam into the wall. Not only did Jeff’s relay capture cherished

Olympic Gold, but they obliterated the World Record by five whole seconds. Jeff’s Fairy-Tale ending ...

... Except that the Fairy Tale had really only just begun. Employed by Spare Time Inc. for nearly two decades, “Coach” Jeff retrospectively acknowledges that his past accomplishments laid the foundation to an immensely fulfilling future. “I’m so blessed, especially at this grassroots level, to share my passion for the sport that has been so good to me. Who knows?” Jeff asks. “A swimmer in this next generation of local athletes may one day stand on the Olympic podium.”

Now in his seventh year as Aquatics Director at Gold River Racquet Club, Jeff is particularly proud of last year’s spring/summer recreational Stingrays, who brought home their fifth consecutive Championships trophy – an unprecedented feat. For those interested in more information about this impending season, you’re welcome to stop by the pool or log on to www.goldriverstingrays.com. “All of our coaching staff,” says Jeff, “emphasize BELIEF in one’s self, health and fitness, sportsmanlike conduct and plain old fun!” Known for his “I Believe” pre-meet cheer, you’ll find Jeff enthusiastically amping up the Stingrays on YouTube: <http://www.youtube.com/watch?v=gBYk0MYQv30>. He also finds himself in demand for personal training and is gratified by the inevitable improvements.

Jeff and his wife Jan, strong believers in giving back, are actively involved in numerous national, statewide and regional charities. For the time being, however, they both wish to express their appreciation for the voters who participated in selecting Jeff as an inductee and thank everyone attending the celebration. “All of the Sac Sports Hall of Fame athletes have achieved miraculous success,” Jeff intones. “Our area has produced a plethora of sports talent. I’m grateful to be acknowledged on this roster.” Those who wish to avail themselves of the opportunity to join in on the festivities, come on out. Tickets can still be purchased through www.sacsportshof.com. It’s sure to be an inspiring, memorable and entertaining evening. ★

Test Your Physical And Mental Limits In The Exciting Sport Of Indoor Rowing

Continued from Page 1

to the Sac State Aquatic Center, 1901 Hazel Avenue, Gold River, CA 95670. For questions, please contact the Aquatic Center front desk at (916) 278-2842 or aquaticcenter@csus.edu.

The Sacramento State Aquatic

Center is a cooperative operation of the Associated Students Inc. of California State University, Sacramento, the University Union of Sac State, California Department of Boating and Waterways, and the California Department of Parks and

Recreation. The center was established in 1981 and has provided instruction to thousands of students. The center offers university kinesiology classes, leisure classes for the general public, competitive teams, and a series of progressive summer camps and youth

programs. The Aquatic Center is a regional boating instruction safety center as part of a program funded by the California Department of Boating and Waterways. ★

Source: Sacramento State Aquatic Center

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By Pastor Ray Dare

Every great accomplishment that’s ever happened in history began as a picture in somebody’s imagination. The greatest human factor that influences your life is the way you **see things**, the way that you see yourself, the way you see your potential and your future. The ability to see with the eyes of faith makes all the difference in whether you achieve your dreams and reach your potential or will succumb to the status quo of mediocrity. What is it that you believe God wants to do in and through your life? You must see it with the eyes of faith. If you can see it, you can achieve it.

What does it mean to see with eyes of faith? *“I pray that your hearts will be flooded with light so that you can SEE something of the future he has called you to share” Ephesians.1:18a (LB)* Paul is saying, “I want you to learn to see with spiritual eyes.” When you were born physically you were given a set of physical senses -- hearing, taste, touch,

See Yourself as God Sees You

smell, sight. Everything you experience in life comes from those five senses. When you are born again spiritually, you get spiritual senses. You get spiritual eyes to see what God wants to do, you get spiritual ears to hear God’s voice.

The Bible is full of examples of people seeing with spiritual eyes. Genesis 21 is the story of Hagar taken out to the desert with her son Ishmael to die. She said, “God, don’t let me look upon the death of my son.” The Bible says, *“God opened her eyes.” (Genesis 21:19)* and she saw a well of water in the middle of the desert and it met her needs. In Luke 24 there’s the example of the two disciples on the road to Emmaus after Jesus had been resurrected. Jesus is walking with them but they didn’t recognize Him until He *opened their eyes* and they saw that God had been with them all along. (Luke 24:13-35) In Genesis 13, God takes Abraham up on a hill and says, look as far as you can see. Anything you can see, you can have. This will be the Promised Land. (Genesis 13:14-15) *If you can see it, you can have it.* He saw with spiritual eyes.

In Numbers 13, we have an example of an entire nation failing to realize their potential because they could not see with eyes of faith. Because of the way

they SAW themselves, the way they SAW their obstacles. They underestimated what God could do through them. *“And there we saw the giants...and we were in our own sight as grasshoppers.” Numbers 13:33 (KJV)*

So let me ask you, as you look into your future, what do you see? What do you see God accomplishing through you? What do you see yourself doing for God? God wants you to see as He sees because He wants to use you in the world today in a significant way. You know you are created for far more than you’ve experienced to date. Many people never achieve their full potential because they can’t see themselves as God sees them. They miss God’s plan for their life because of self-imposed limitations.

My challenge to you this week is to get a new view of you. Ask God to open your spiritual eyes so you can see yourself as He sees you. God says, “You can be more than you are right now, you can be something you never thought you could be before.” ★

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An Obama Donor Should Never Be Allowed to Investigate IRS Scandal

Commentary by Jay Sekulow is Chief Counsel of the American Center for Law and Justice

A presidential administration is accused of large-scale, wide-spread misconduct that not only targeted political enemies but also arguably helped that administration win re-election.

The administration – about to face the shame of a public inspector general report – admits wrongdoing, expresses outrage, and pledges to get to the bottom of the scandal, even promising a criminal investigation.

Amongst the dozens of qualified attorneys within the Department of Justice, who should conduct that investigation? A person with no known political leanings, or an open partisan -- a large donor to the president?

The most basic common sense tells us that a partisan should not accept the job, that public confidence can only be restored through neutral investigators. Yet in this administration, common sense fails.

This week, it emerged that the lead Department of Justice attorney in charge of the IRS Tea Party targeting scandal is a large donor to both of President Obama’s presidential campaigns, with her first donation dating back to the primary season in 2008.

All told, this Obama partisan gave \$6,750 to President Obama’s campaign, the Democratic National Committee, and the Obama Victory Fund.

To put that amount in perspective, according to the Center for Responsive Politics less than one-half of one percent of Americans give more than \$200 to a federal candidate. This attorney gave more in two cycles than the vast majority of Americans will give in their entire lifetimes.

The Obama administration is stonewalling congressional

investigators, turning over only a small percentage of relevant documents. It’s also attempting to escape any accountability to the actual groups the IRS harmed.

At the ACLJ we filed suit against the IRS and key IRS officials on behalf of 41 conservative groups in 22 states – groups that faced prolonged IRS harassment, including harassment that suppressed their vital issue advocacy in the 2012 election season.

This harassment was so severe and pervasive that it very well may have influenced the outcome of the election itself, by blunting the Tea Party’s “ground game” that brought millions of voters to the polls in 2010.

The administration has responded to our lawsuit with a comprehensive motion to dismiss, seeking to evade any legal responsibility for its admitted wrongdoing.

Even worse, the conduct of the criminal investigation has hardly been comforting.

After more than seven months since the targeting scheme was revealed, the DOJ has done very little to move this investigation forward. It has even stonewalled Congress, recently rescinding an offer to provide Congress an in-person briefing about the investigation’s progress.

That is not conduct that builds confidence. It’s the kind of thing that happens when the Obama administration investigates itself with one of its biggest fans in charge of the investigation.

After first apologizing, the IRS is circling the wagons.

After first expressing outrage, the Obama administration now calls years of targeting political opponents a “phony scandal,” and the president himself made light of it on MSNBC.

Yet the only thing phony about the Tea Party scandal is the Administration’s response.

Fortunately, when it comes to

the criminal investigation, there is a simple resolution: Obama donors should step down from investigating wrongdoing that could have materially helped the president’s re-election.

To be clear, I’m not suggesting that the DOJ should screen its job applicants for political affiliation. I’m suggesting that admitted partisans should voluntarily decline the “opportunity” to investigate their political favorites and should step down if they’ve made the mistake of accepting the task in the first place.

Public trust is a delicate thing, especially when a scandal goes to the heart of our government’s integrity and our confidence in the political process. The stakes are too high, and the need for neutrality too great, to leave investigations to the partisans.

As I said, this is common sense. But it’s more than common sense. For partisans, stepping away from this investigation is fair, it’s right, and it’s the only responsible choice.

The ACLJ is an organization dedicated to the defense of constitutional liberties secured by law. ★

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By Reverend Kevin Kitrell Ross

As long as I can remember, I’ve always had dreams. Johnnie Coleman, my spiritual mentor, says that a dream is “God tapping at the door of your soul,” saying “let me express more of Myself in you, through you, and as you.” In my interactions with people the world over, I have discovered that few people understand the power and potential within their dreams, and even fewer give themselves permission to explore and express the bold desires of their hearts.

Your boldest dreams are God’s invitation to the greatest adventure of your life, and they come to you because they are for you. While our dreams may at times seem lofty and impossible, rather than fear them, we can see them as a crown that challenges us, to use the words of Howard Thurman, “to grow tall enough to wear.” They are not only there for the accumulation of personal successes, material possessions, and societal accolades. Your dreams are placed in your soul as a pathway to releasing your potential and awakening your purpose for being.

Shortly after graduating from Morehouse College, one of my boldest dreams introduced itself

Live Your Boldest Dream

to me. The 1999 Parliament of the World’s Religions was holding its convention in Cape Town, South Africa. Nelson Mandela and His Holiness the Dalai Lama were the keynote speakers. When I saw the brochure, my heart pounded, my mouth watered, and my soul said, “I’m there!”

I leaped up and immediately circled the dates on my calendar. With no evidence, finances, or connections to underwrite my confidence, I remained absolutely certain that I was going to be at that convention and I was going to shake the hand of President Mandela.

That summer, I volunteered with Dr. Coleman, who needed me to organize (of all things) a Prayer Breakfast for a delegation of local ministers who were attending the Parliament in South Africa. I eagerly organized the breakfast and added myself to the program to give the closing prayer. In the audience was the President of the Parliament, Dirk Ficca, who was so impressed with the prayer and my young age that he extended to me an all-expense-paid trip to attend as a youth delegate to the Parliament!

The day arrived and as I was entering the venue, I bumped into an angel in the form of Michael Beckwith. Before I knew it, President Mandela, South Africa’s favorite son, walked in, glowing with that unforgettable smile. He lit up the room. We all instantly assembled as he walked to each one of us, shook our hands, and exchanged pleasantries. When it was my turn, I grasped his hand and received a

surge. I looked into his eyes. His eyes had not dimmed, despite the atrocities he’d faced in the struggle to rid South Africa of the oppressive apartheid system. Time stood still, and I realized that I was standing there holding hands with history, while living my boldest dream. It was absolutely thrilling. My colleague from the youth delegation recalls, “We were walking into the arena together and then you disappeared. The next thing I knew, you were on stage with the other delegates presenting The World Season for Nonviolence Award to President Nelson Mandela!”

My intention for sharing this is to encourage you to respond to the prompting to fulfill the boldest dream in your heart. It’s bold for a reason, because it requires bold faith, bold trust, and bold persistence. However, remember in your pursuit, you are not alone because you have the bold partnership of your Source.

So whether your dream is to build your own home, run for President, find a cure for cancer, or complete a triathlon, go for it with reckless abandon. “It is your Father’s good pleasure to give you the kingdom.” As Catherine Ponder says, “Let it be your good pleasure to receive it.” ★

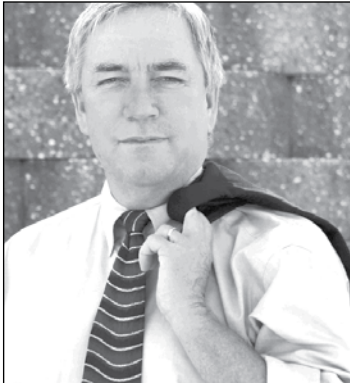
Kevin Kitrell Ross is an author, inspirational speaker, life coach, senior minister of Unity of Sacramento, and host of Design Your Life on Unity Online Radio. His hit DVD, Liberate Your Spirit, and other inspirational products are available online at kevinrossspeaks.com.

District Attorney Jan Scully Endorses Doug Ose for Congress

SACRAMENTO REGION, CA (MPG) - Following the endorsement of the Sacramento County Deputy Sheriffs Association and the California Police Chiefs Association, Sacramento County District Attorney Jan Scully announced her endorsement of Doug Ose for Congress.

“Local law enforcement could always count on Doug Ose to support tough-on-crime legislation,” said Sacramento County District Attorney Jan Scully. “Doug Ose earned my support because he is a problem solver who gets the job done.”

As former member of the House Subcommittee on Criminal Justice, Drug Policy and Human Resources, Doug Ose supported



Doug Ose

legislation to stop the spread of illegal drugs and put drug kingpins out of business. Ose also worked to ensure timely access to Homeland Security funds, lifetime sentences for child predators and co-sponsored legislation

penalizing states for allowing unnecessarily early prison release of murderers and rapists.

“I am pleased to have earned the support of Sacramento County’s leading prosecutor,” said Doug Ose. “Keeping our neighborhoods and schools safe is a top priority.”

Doug Ose is a local business leader who served in Congress from 1999-2005, before honoring a self-imposed term limit pledge, a promise few Members of Congress honored. To learn more about Doug Ose’s record, visit www.DougOse.com and follow the campaign on Twitter @DougOse #CA7 and Facebook. ★

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6. *Montana used it to throw 11 Super Bowl TDs
9. Manufactured
13. With ample space
14. Waikiki garland
15. Policeman's shocker
16. Spritlike
17. Egg cells
18. Shamu and such
19. *The coldest Super Bowl venue to-date
21. *2014 Super Bowl stadium name holder
23. Australian runner
24. Fries, e.g.
25. Actor's domain
28. Trans-Siberian Railroad city
30. *Last year's power

35. Younger sister to Katniss
37. Larger-than-life
39. Tolerate
40. Milano moolah
41. India bigwig
43. Network of nerves
44. Like a lemon
46. Cough syrup balsam
47. Inevitable occurrence
48. Tip of lion's tail
50. Shipping hazard
52. Bell and Barker
53. Swerves
55. Orinoco or Grande
57. *Type of Super Bowl venue
61. Kool & the Gang's 1983 hit
64. Boston hockey player
65. 34th pres.
67. Haley to Manny on "Modern Family"
69. Moved like Argo
70. *It's raised for field goals
71. Mauritanian village, Boer ____
72. The Benevolent and Protective Order of ____
73. Fossil fuel
74. Sound like Wilbur

- #### DOWN
1. "____ we there yet?"
 2. *Manning in 2006
 3. Soybean curd
 4. Novelist ____ Zola
 5. Go-getter
 6. Medicinal succulent
 7. R in rpm
 8. *Frequent Super Bowl host, but not this year
 9. Lime-rich soil
 10. American Society for Clinical Investigation
 11. Like Beethoven
 12. Gaelic
 15. Come up with a sum
 20. Divine presence
 22. Tokyo, once

24. Bicycles on skis
25. Water balloon sound
26. "All My Children" vixen
27. Firestone ware, pl.
29. Quarrel
31. *It's artificial at this year's Super Bowl
32. Elite military unit
33. ____percha tree
34. The Three Musketeers' swords
36. *Halftime entertainer
38. His was a merry old soul
42. Donkey in Latin America
45. "Above and ____"
49. ____ Tzu of "Tao Te Ching" fame
51. *They play at host venue
54. Between wash and dry
56. Tear jerker
57. Double reed woodwind
58. Europe/Asia mountain divide
59. Ottoman man
60. "Tomorrow Never ____"
61. *They also play at host venue
62. Infamous Roman
63. Maple, to a botanist
66. New Zealander parrot
68. *Super Bowl begins at 6:25 pm in this zone

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	6		5		2		3	
	1							
7				8				9

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Sudoku Puzzle on Page 6

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

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Crossword Puzzle on Page 6

A	C	T	E	D	A	R	M		M	A	D	E</
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By Ronnie McBrayer

It is a word of affirmation, comfort, agreement, and relief. It is a word that completes vows, promises, blessings, and all of our prayers. It is a word of release – signaling the end of far too lengthy worship services – and it is the “Get ready...Get set...Go!” when we have gathered around the dinner table to eat. The word, of course, is “Amen.”

At its most basic definition “Amen” means, “Let it be.” Thus, when we say “Amen” at the conclusion of our prayers, we are not saying, “the end” (though I’ve heard many children finish that way); we aren’t finishing our prayers at all. We are actually beginning, for we are confirming and confessing our trust in the God to whom we have just prayed.

“Amen,” then, is a sort of faith signature that we sign to our prayers. “Let it be,” we are declaring, “as God wills it.” So, every time we invoke this familiar word, we are saying “Yes” to God’s perspective about the world and about us, and we are saying “No” to all other perspectives.

Every “Amen” becomes an argument to convince ourselves, over and over again, that God knows us best and knows what is best for us. And speaking of “God knows,” God knows we

Turn Down the “Stinking Thinking”

tend to argue with ourselves, don’t we? Late in the day, quietly in the dark; early in the morning before we’ve had our coffee or medication; driving alone with only the hum of the tires on the pavement: We have these conversations with ourselves that those in recovery have learned to call, “Stinking Thinking.”

We create these stories inside our heads about who we are; how we have failed; how ashamed we should be of ourselves; how unworthy we are; how utterly useless our lifework has been; how we are a lousy father, mother, parent, business owner or whatever. I’m convinced that many people can’t be quiet, and they can’t still their minds because they can’t bear what they say to themselves in the quiet moments.

So, they have to keep the volume of life turned up to ear-bleeding levels and they keep the pace of life at breakneck speed. These people aren’t busy, they are suffering, and I can’t blame them for wanting to smother the voices in their heads, because a majority of the time that self-guided narrative they are feeding themselves is erroneous, untrue, and downright destructive.

Obviously there are those who do not have the voices of shame and inadequacy screaming in their brains. There are those who have, shall we say, more narcissistic tendencies. Their thinking is about how great they are; how overlooked and persecuted they have been; how they are so much better than that other guy and why can’t everybody see that. It’s a line of thought on the other

end of the emotional spectrum, but it is “Stinking Thinking” all the same.

This, then, is one of the great benefits of prayer – and I don’t think it matters if that prayer is guided by means of a rosary, prayer beads, meditation, a daily repetition of a favorite Scripture, or some other spiritual practice. People who pray aren’t simply memorizing a repeated litany of words or practicing religious rituals. They are, in a real sense, reprogramming their software. They are overwriting the faulty components of their thinking.

They are experiencing the transformation of their hearts and minds, for in learning to listen to God’s voice in prayer (and listening is a learned art form) they can turn down the cacophony of voices around them. And yes, these other voices include the “Stinking Thinking” inside their own heads.

Those who learn to truly pray are empowered to say, “Amen, let it be!” to God’s voice, and to shout in protest, “No, absolutely not!” to all other pretensions – especially those pretensions that are manufactured from within. Such praying may not get one everything he or she asks for, but such praying may lead one to getting what he or she needs; and to that, I must say, “Amen.” ★

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.

Cold is as Cold Feels and I Don’t Like Feeling Cold

Dr. James L. Snyder

I was sitting on the back porch sipping an ice-cold tea with a splash of lemon when I received a text from a relative up north. I was enjoying a pleasant afternoon basking in the winter sun of Florida.

I am not sure what God was thinking of when He created the north with all that bad weather and snow and such, but I know what He was thinking of when He created the South especially Florida. He was thinking in particular of me and my insatiable love of the sun. Basking in the Florida sun is the great reward of being smart and moving to Florida.—

I have some friends who were born in Florida and think they are a little bit better than me. I remind them that they had no choice of being born in Florida but I, on the other hand, moved to Florida on my own volition. I think I have the upper hand on that one.

I may be old but I certainly do delight in the modern technology. It used to be that when you got a call from a relative you had to answer the telephone and talk to the person on the other end for as long as they hung on. Today, thanks to modern gadgetry; when a relative wants to contact me, they usually do it by text. I love it.

Getting a text is a strange thing, or it can be. If I do not respond right away, I can always claim that there is “something wrong with my cell phone and my texting isn’t working right today.” Then I can get back to that relative whenever it suits me. Or, as the case with some relatives, and you know who I mean, I can ignore it.

If you are a relative of mine and have not heard from me or had any of your text answered the simple answer is, I am not really ignoring you (ha ha ha) my cell phone is not working correctly.

This relative that text me was complaining about how cold it was up north and even had the courtesy to send me a picture of their backyard just chock-full of some white substance known as snow.

The text read, “I bet you wish you were here to enjoy this?”

I think that relative would have lost that bet for sure. I love those snow scenes on postcards or in text messages like this one, but as to be personally involved with all of the frigid snow, do not bet on me!

Years ago, Cold and I experienced a deep disagreement and we have been separated ever since. As far as I am concerned, the separation is final! I really do not want anything more to do with Cold. We are not even on speaking terms.

Cold, after all, is a relative thing especially when the relatives are up north in the winter.

Up north, they complain when the temperature falls below 30. Here in Florida I complain when the temperature falls below 70.

Whenever the temperature dips below that magical 70, I have to break out one of my sweaters. What an inconvenience for me to have to put on a sweater because it is just a little bit cool on the outside.

Then my relative sent me a picture of her standing in the snow looking like the abominable snowman. She had more clothes on than I actually own and have in my closet. I wonder how she walks around wearing all those clothes? How in the world does she ever sit down wearing all those clothes?

And what about that thing wrapped around her head? We have hats here in Florida but not quite like the one she was wearing. It looked like she was wearing some igloo.

At this point in my life, I could not afford, for a variety of reasons, to move back north.

I do not think my relatives up north could put up with me at this point. They offer me a friendly invitation to come and spend some time with them during the winter season. I really could not handle it. As soon as the temperature dropped below 70, I would be complaining, grouching and working on everybody’s nerves.

I would be such a nuisance that they would have to get together and buy me a plane ticket back to sunny Florida. My relatives should thank me for not moving up north to “enjoy the snow” with them. See how much I am saving my relatives? Do they appreciate it?

No relationship is quite like that relationship that spans several hundred miles. You know the old saying, “Absence makes the heart grow fonder.” So, if you add distance to that absence you have the epitome of a wonderfully fond heart.

Many things separate us from one another. Sometimes that separation is voluntary and sometimes it isn’t.

The apostle Paul understood that nothing could separate him from God. “For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord” (Romans 8:38-39).

It does not matter how cold it is outside as long as inside there is a warm relationship with God bordering on fiery expectation. ★

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 jamesnyder2@att.net. His website is www.jamesnyderministries.com.

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Sunday the 2nd at 1:30 PM – Critter Close-Up - Get eye to eye with one of our furry, scaly, or feathered residents.

Saturday the 8th at 10:30 AM – Save the Frogs! - Amphibian populations around the world are declining at an alarming rate and nearly one-third of the world’s amphibian species are on the verge of extinction. SAVE THE FROGS! Michael Starkey will share photos of amphibians from around the world, explain what is causing the Amphibian Extinction Crisis, and how we can help out amphibians around the globe!

Sunday the 9th at 1:30 PM – Squirrel! - Feeling a little nutty? Come join us for a relaxing stroll in the Nature Preserve to learn about our little bushy-tailed neighbors.

Saturday the 15th at 10:30 AM – Birding for Families - Bring the family out for a birding walk led by a Naturalist and our special guest guides from the Sacramento Audubon Society. Birdwatchers of all levels welcomed! Make sure to bring your binoculars!

Sunday the 16th at 1:30 PM – Sensational Senses - How do humans and animals explore and get information from their environment? Come learn some fun facts about the function of your senses and compare them with the sensory ability of local wildlife. Meet a live animal!

Saturday the 22nd at 10:30 AM – Duck, Duck, Goose – Winter is a great time to see waterfowl along the American River. Join a naturalist on a guided walk to look for herons, ducks, geese and other birds along the river. Bring your binoculars or borrow some of ours! All ages welcome.

Sunday the 23rd at 1:30 PM – Leapin’ Lizards - Come meet a skink, blue belly and other resident lizards and find out what make these cold-blooded critters so amazing.

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By Marlys Johnsen Norris,
Christian Author

One’s heart must be trusting as a little child to enter the Kingdom of God. Then, the precious seed planted in their heart by the Holy Spirit of God will grow but Not until that glorious day one accepts Jesus Christ as personal Savior will one actually come alive and experience the abundant life His Holy Word promises to those who believe. Miraculously and instantly as one places their trust and faith in Christ they receive a new life. A brand new beginning! Christ invited into a life, the heart becomes His home and He never leaves.. Their walk and journey is guided and directed by His Holy Spirit. They no longer feel dead and alone inside, but truly

DEAD OR ALIVE – Which is it My Friend?

alive as their life takes a totally different direction.

The desires of their heart seem to drastically change. They begin to attend church on a regular basis. As they do, they begin to learn what the Bible teaches and understand God’s infinite and divine love for them. I was profoundly touched when I hard Franklin Graham recently make this statement. “*There is no human love comparable to divine love -- that only comes from God!*” They begin to understand the meaning of their salvation and the price that was paid for it by Jesus Christ. Every teaching relating to God’s guidelines for living become beacons of light and adventure, when they made the decision to obey His guidelines recorded in the Bible. While life was once unexciting, it now is a daily adventure of peace and joy that makes them feel “alive”.

They realize they are now a part of a huge family all over the world. An even deeper sense of belonging than they have never known gives them a sense of

being a part of something magnanimously important “God’s Sovereign plan of Redemption for all of His Creation” A grateful and loving spirit is born in them. A new world is open before them as they venture into it with a burning flame that others may also know Jesus. One understands more and more about the loving, merciful and powerful hand of God that is now guiding their life.

Everyone is in a different place spiritually in their relationship with God and they now understand much more as they come to personally “know” Him. Desiring to please and love Him they express their appreciation for all He has done by returning love by their obedience, service, prayer, faith, trust and worship... To God Be The Glory! !! ★

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Sacramento Sports Hall of Fame to Induct Local Special Olympics Athlete

From Anna Oleson-Wheeler

SACRAMENTO REGION, CA (MPG) -A local Special Olympics athlete will join the ranks of Dusty Baker, Kevin Johnson and Summer Sanders as a member of the Sacramento Sports Hall of Fame. Donald Schendel – who has been a Special Olympics athlete for more than 40 years – is set to be inducted in the Class of 2014. Donald will be joining Teddy Brushchi, Jeff Float, Leron Lee, Debbie Meyer and Steve Sax at annual celebration and induction ceremony on Jan. 25. Donald was selected out of a pool of five finalists to be the first-ever Special Olympics inductee into the Sacramento Sports Hall of Fame.

Donald joined Special Olympics when he was just 10-years-old, and has won more than 215 medals in his 40 plus years of competing. A Placer County athlete with Special Olympics Northern California, Donald has played nearly every sport Special Olympics has to offer including basketball, bocce, bowling, cross country skiing, golf, softball, snowshoe racing, swimming, track & field and weight lifting. At the pinnacle of his swimming career, Donald won every race in which he competed for 10 straight years. A lifetime Special Olympics athlete, Donald is the epitome of good sportsmanship and serves as a leader to the younger athletes.

“His tenure with Special Olympics and everything that he’s accomplished made him a perfect selection,” Sacramento Sports Hall of Fame founder TC Martin said. “He fits with what we’re all about – the Hall of Fame honors longevity and successful careers. The other key factor is that he’s a mentor for the younger athletes. In all of our inductees, we look for people who are good role models and have great attitudes.” Tickets for the celebration event, which will be held at Thunder Valley Casino Resort, are available for purchase now at www.sacsportshof.com. or at Thunder Valley. Part of the proceeds will benefit Special Olympics Northern California.

“It’s a natural tie for the Sacramento Sports Hall of Fame to partner with Special Olympics,” Martin said. “We looked at a lot of different charities, but Special Olympics was at the top of our list. The Hall of Fame celebrates athletes, and that’s just what Special Olympics is doing. It’s always been close to my heart since I lived in Sacramento and was involved with Special Olympics. I’m still friends with many of the athletes I met when I volunteered in the past.” About Special Olympics Northern California Special Olympics Northern California is a free year-round sports training and competition program for children and

adults with intellectual disabilities. There are 16,000 athletes who compete in 152 competitions throughout the region in 11 sports. This requires the extraordinary support and time of 15,100 volunteers and volunteer coaches. Financial support comes almost exclusively from individuals, organizations, corporations, and foundations. For more information on Special Olympics Northern California, please visit www.SONC.org or socialize with us at Facebook. [com/SONorCal](https://www.facebook.com/SONorCal) and [Twitter.com/SONorCal](https://twitter.com/SONorCal). The Sacramento Sports Hall of Fame was created to publicly honor and acknowledge the athletic achievements of Sacramento’s greatest athletes.

This is a tribute to the athletes who were either born or raised in the greater Sacramento area and attended an area high school who went on to achieve greatness in their respective sports at the amateur, collegiate, Olympic and/or professional level. It is also the mission to create awareness of the talented athletes that have come out of our area who have succeeded at the highest playing level for an extended period of time. The great sports fans in the Sacramento area are invited to participate in the selection process. The honorees are publically inducted at the annual celebration event, which further solidifies and celebrates their accomplishments. ★


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Dr. Kung is an expert at moving teeth, helping jaws develop properly and working with the patient to help make sure the teeth stay in their new corrected positions. Madison Orthodontics, is committed to staying abreast of the latest advancements in technology and with an office atmosphere that encourages you and your child to feel relaxed and comfortable. In fact, many of the dentists in the area have chosen this office for orthodontic care for their own family members.

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Adkins Eye Specialists recently moved to a new location at 5404 Laurel Hills Dr. Patients can now conveniently park and walk right in to the new office. Everyone is welcome to browse the large frame selection while waiting or just sit back and have a cup of coffee while taking advantage of the free Wi-Fi. They are always happy to clean or adjust your glasses for free.

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AlphaOne Ambulance Medical Services Inc’s Basic Life Support Team provides medical monitoring by a certified Emergency Medical Technician and may include monitoring of vital signs, airway management, orthopedic and wound care. The BLS Ambulance is staffed with (2) two EMT’s and their primary role is transportation of non-ambulatory patients to and from acute and sub-acute hospitals twenty four (24) hours-a-day.

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In our community, we are fortunate to have Russ Monroe’s Cremation and Burial Services. They realize that talking about death can be unpleasant, but they have been helping our community in time of need for over 60 years. Over the years, they have dedicated themselves in helping to make funeral arrangement planning pain-free.

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Fresno State Inducts Senator Jim Nielsen into Athletic Hall of Fame

SACRAMENTO REGION, CA (MPG) - At a jubilant ceremony recently held in Fresno, Senator Jim Nielsen and his Track and Field teammates from Fresno State were inducted into the Fresno Athletic Hall of Fame. Nielsen, along with his teammates, brought much pride to the then rural community by winning the National Collegiate Athletic Association Championships for Track & Field.

It has been such an honor to be a part of this amazing team," said Senator Nielsen (R-Gerber). "We practiced and pushed our athletic abilities to their limits to be able to bring victory to our university; it is a principle that has since become a part of our daily routines."

Established to recognize "stellar athletes and coaches who have left their mark on Fresno," the Fresno Athletic Hall of Fame kicked-off the celebration with a parade of past inductees, followed by a formal dinner to



It has been such an honor to be a part of this amazing team," said Senator Jim Nielsen (third from right, R-Gerber).

honor this year's recipients.

The touching tribute attracted approximately 700 guests. As part of its mission to support youths, the Hall of Fame will make a financial contribution to the local Boys & Girls Clubs.

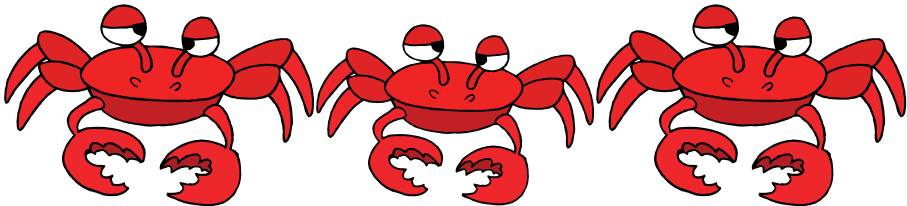
"Being active and involved in sports is so important particularly among young people," Nielsen added.

"Athletics is not only healthy for the body and mind; it teaches

them that perseverance and team work often leads to productivity and success."

Senator Jim Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Del Norte, Glenn, Nevada, Placer, Sacramento, Shasta, Siskiyou, Sutter, Tehama, Trinity and Yuba. To contact Senator Nielsen, please call him at 916-651-4004, or via email at senator.nielsen@senate.ca.gov.

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