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Local Craft Beer**

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PLUS:

*If You Like Your Apple
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Your Apple Fritter*

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M E S S E N G E R

Volume 8 • Issue 22

Serving Fair Oaks, Orangevale & Sacramento County

Second Edition for November 2013

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Life Without Liberty



Liberty is lost voluntarily when people willingly give up freedom in exchange for government dependence. When an individual is totally reliant on the government, they become an unwitting hostage.

**Commentary by
Bryan Golden**

Liberty is lost when it's seized by government or freely relinquished in response to false pretenses and misleading promises.

Liberty isn't lost all at once; it's lost bit by bit. One freedom after another is targeted and taken. Different groups of people are intentionally pitted against each other in order to weaken society, making it easier to diminish liberty. This segmenting is done based on age, gender, economics, religion, and race. Tyrants target one group after another until they seize total control. History is filled with examples of this evil progression.

Liberty is lost by force and coercion. Onerous laws and regulations strip individual freedoms through the bogus justifications that government knows what's best for you or is looking to ensure fairness.

Liberty is lost voluntarily when people willingly give up freedom in exchange for government dependence. When an individual is totally reliant on the government, they become an unwitting hostage. The government then

controls virtually every aspect of their life by forcing compliance through the threat of eliminating their benefits.

A tyrannical regime intentionally puts citizens in a position where they are compelled to rely on government for their existence.

Liberty is under assault when government seeks to regulate all facets of your life. The enemies of Liberty target virtually every aspect of your existence. Things as basic as the light bulbs in your home, the food you are allowed to eat, the car you drive, the products you buy, your healthcare, and your ability to protect yourself are all targeted.

No one cares more about your wellbeing than you do. No one else is in a better position to determine what is best for you than you. Anyone claiming otherwise is lying.

The surest way to lose Liberty is by allowing other people to take it. Nefarious individuals and governments deceive you by promising happiness in exchange for giving up control of your life. History has repeatedly proven that when Liberty is lost, it is replaced by widespread suffering and misery.

Those who have escaped tyranny recognize the warning signs of losing Liberty. They are astounded that so many Americans not only don't treasure their freedom but are apathetic or even complicit in its decline. Anyone who is complacent while others lose liberty will ultimately lose theirs as well.

Have you ever thought about what your life would be like without Liberty? Most people have not because they take Liberty for granted. A free society is all they have known. Yet those who have lived under totalitarian regimes know all too well the irreplaceable value of liberty and the utter despair that exists without it.

Confiscating from those willing to work and giving to those who are not, weakens the very foundation of Liberty. This strategy destroys productivity. As the number of productive people diminishes, free society collapses. There is a point at which there are not enough people working to support everyone else. The result is a shortage of everything except misery.

Liberty is a ship floating in a sea of tyranny. It remains afloat only as long as there are no leaks or cracks in the hull. Once the integrity of

the ship is breached, the entire vessel sinks. It doesn't matter where in the hull a leak occurs.

Just one leak will destroy Liberty. Any leak, regardless of how small, dooms the entire ship and all those on it. There is no place for apathy. The fate of each person is tied to the fate of all.

We are all in the same boat. If Liberty sinks, everyone goes down. Once sunk, it's virtually impossible to salvage.

Constant care, vigilance, and maintenance are required to keep liberty seaworthy. Tyranny, greed, and the quest for power are constantly searching for any weakness, no matter how small, in order to sink liberty.

Liberty requires good, decent, and benevolent people to care for it. If you want to keep your Liberty, the time to act is now. Pay attention to the many warning signs occurring today. Tyranny is hard at work destroying your Liberty. You can and do make a difference. Speak up and be heard now before it is too late. ★

Bryan is the author of "Dare to Live Without Limits." Contact Bryan at Bryan@columnist.com or visit www.DareToLiveWithoutLimits.com copyright 2013 Bryan Golden

Santas Needed to Fill Holiday Stockings



SACRAMENTO REGION, CA (MPG) - Local residents can bring smiles to formerly homeless women and children this holiday season by contributing to Women's Empowerment's annual Holiday Stocking Drive. The group is seeking 250 stockings and specific fillers for local infants and toddlers, children, teens and adult women. For the list of items needed, visit www.womens-empowerment.org.

Those interested also can donate \$30 to have a volunteer elf fill a stocking. Items are needed by Dec. 6 and can be dropped off at 1590 North A Street in Sacramento. For more information, contact Kate Towson at kate@womens-empowerment.org or (916) 669-2307.

"These remarkable women and children have worked tirelessly to break the cycle of homelessness, and these stockings bring immeasurable holiday cheer to their hearts and their new homes," said Lisa Culp, executive director. Women's Empowerment offers the most comprehensive job-readiness program in the Sacramento area for women who are homeless and their children. The 2009 Nonprofit of the Year award winner has graduated 1,086 homeless women and their more than 2,000 children. Last year, 90 percent of graduates found homes and nearly 80 percent found jobs or enrolled in school or training.

The program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women's Empowerment is funded solely through private donations from the community. For more information or to donate online, visit: www.womens-empowerment.org ★

Source: *Thébaud Communications*

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Veterans Possess Skills to Start Their Own Small Business

**Commentary By
John Kabateck
NFIB/CA Executive Director**

Our veterans, recently home from Iraq and Afghanistan, have worked exceptionally hard, taken big risks and persevered emotionally and physically in a hostile and challenging arena. Tours of duty present split second decision making, courage, and risk of life and limb. But these qualities are the fabric that makes up our warriors. These characteristics are well matched

to those an entrepreneur needs to start their own business.

It's only logical that returning veterans, especially officers would be a natural as successful small business owners. The most recent census shows that there are 2.5 million veteran-owned businesses that employ nearly 6 million people in the U.S. today.

There are many ways the federal government and the State of California are currently helping vets realize this dream of owning their own business. There are low interest loans from the Small

Business Administration and free advice from business experts. Veterans can learn about working business plans, financial and tax issues, and get answers to the many questions that face a new business owner.

The SBA "Boots to Business" program helps our veteran's transition from soldier to business owner. There is a special program for disabled vets with extra support that includes training, covered expenses and free business consultation for a year. There are also programs for

members of the National Guard and reservists.

At the National Federation of Independent Business we have many members who are successful veteran small-business owners. We hope newly returning vets will seriously consider starting a small business as one option when they make the transition back to civilian life. Welcome home and thank you for your service!

For more than 70 years, the National Federation of Independent Business has been

the Voice of Small Business, taking the message from Main Street to the halls of Congress and all 50 state legislatures. NFIB annually surveys its members on state and federal issues vital to their survival as America's economic engine and biggest creator of jobs. NFIB's educational mission is to remind policymakers that small businesses are not smaller versions of bigger businesses; they have very different challenges and priorities. To learn more visit www.NFIB.com/california. ★

In Memorium: Kathy Jones, Volunteer Extraordinaire



She loved living in Fair Oaks and the people drawn to live there. Kathy joined the Chamber and 'give back' she did. Some of her accomplishments included member of the Board of Directors, Citizen of the Year (1999), President of the Chamber (2000 and 2008), Business of the Year (2002), Business Person of the Year (2005) and Honorary Mayor of Fair Oaks (2012).

Kathy was also the chair of the Concerts in the Park Committee, Chair of both the annual Fiesta Days and Christmas in the Village parades, volunteer for the Annual Fair Oaks Dog Walk, Coordinator of the Fair Oaks Community Gardens and member of the Doggie Divas (walking group that makes daily use of the Phoenix Park Dog Park).

Kathryn Elizabeth Jones was born in Portland, Oregon June 7, 1945 and passed away in Fair Oaks, California on October 17, 2013. Kathy lived the life of a civil servant, working and retiring from the IRS. While there

she continued her education and was awarded a Doctor of Jurisprudence. After retirement, she was a working attorney in Fair Oaks for several years. Ornamental gardening, however, was her passion and after earning a certificate in horticulture went on to open Kathryn Jones Custom Gardens. Many in Fair Oaks can attribute their beautiful yards and gardens to Kathy.



In honor of Kathy and her accomplishments, a celebration of her life will be held at the Fair Oaks Community Club House on Saturday, November 23 beginning at Noon. When Kathy was running for

Honorary Mayor of Fair Oaks in 2012, her project was to extend the Phoenix Park Walk Path.

If you wish to donate to this project and complete her wish, please make your check out to Fair Oaks Recreation Foundation then mail to 4150 Temescal Street, Fair Oaks, CA 95628 – please put Kathy Jones Walk Path Project in the memo section. ★

By Trude Vasquez

FAIR OAKS, CA - (MPG) In November of 1996, Kathy Jones walked into the Fair Oaks Chamber of Commerce for the purpose of buying a 'Brick' (community fundraiser). As was the norm, Marsha Karley, the former Exec of the Chamber, ask Kathy if she would like to become a member. Kathy responded Yes – if it would enable her to "give back to her community".

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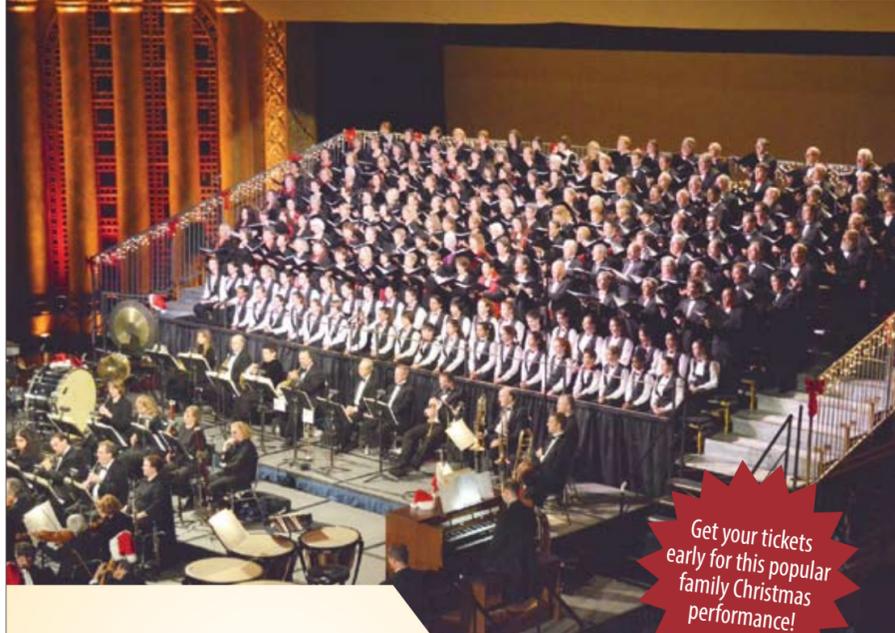
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Subscriptions should be mailed to *American River Messenger*, 7405 Greenback Lane, #129, Citrus Heights, CA 95610. Subscription rate is \$25 per year; \$30 per year in Sacramento and Sacramento county; \$40 per year outside Sacramento county. *American River Messenger* is published twice monthly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@AmericanRiverMessenger.com. Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 916-773-1111.

American River Messenger is a member of Messenger Publishing Group



- Advertising Sales: Paul V. Scholl, Bill Martin, Linda Harper
- Graphics & Layout: Banerjee Designs, Stump Removal Graphics
- Contributing Writers: Susan Skinner, Mary Jane Popp, Marlys Johnsen Norris, Tim Reilly, David Dickstein, Dave Ramsey, Dr. E. Kirsten Peters, Kay Burton, Dr. Bob Graykowski, Julie Parker, David Graulich, Ronnie McBrayer

- Distribution Assistant: Gabriel Scholl
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- News Services: Whiskey & Gunpowder, StatePoint Media, NewsUSA, PRWEB NewsWire, North American Precis Syndicate, Blue Ridge Press, ARA Content Family Features, WorldNetDaily
- Photography: Amanda Morello, Susan Skinner

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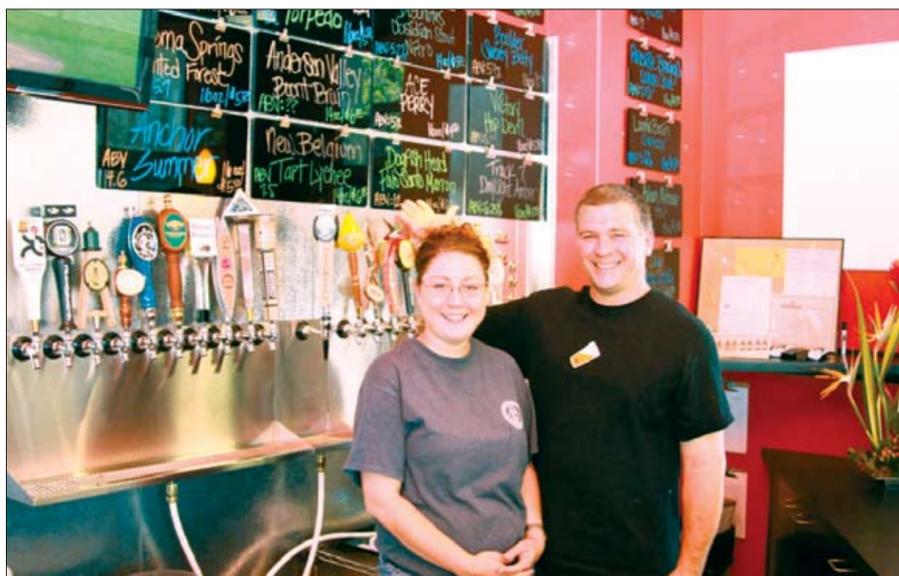
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Final Gravity Tap Room and Bottle Shop Celebrates the Best in Local Craft Beer



By Linda Harper, New Business Development

SACRAMENTO REGION, CA (MPG) - The term "final gravity" is used to describe the moment at which beer reaches a point of perfection in the brewing process. Final Gravity is also the name of one of Placer County's finest tap rooms and bottle shops.

Nestled in the foothills between Roseville and Granite Bay, this establishment celebrates the best in local craft beer and specializes in West Coast, Northwest and Belgian beers. Featured are twenty-six rotating taps and a multitude of bottles that can be enjoyed at the bar or taken out.

Local breweries gaining recognition through Final Gravity Tap Room & Bottle Shop are Truck -7 out of Sacramento, Loomis Basin Brewery, Auburn Ale House, Heretic from Fairfield, Out of Bounds brewing in Rocklin, Sonoma Springs, Roseville Brewery and River City Brewery, to name a few. The list of local breweries is growing consistently.

Kyle and Amy Ruthnick



opened Final Gravity in July 2012. They consider themselves forward thinkers and knew the area would grow, making their tap room a popular neighborhood gathering place as well as a destination spot.

In addition to great craft beer, patrons of Final Gravity can enjoy special promotions and events. Every Wednesday night is Trivia Night, on Thursdays a different brewery is featured and Happy Hour runs all day Sunday with \$1.00 off all beer and wine. Monthly events can be enjoyed also. "Midnight Sun Tasting" happens on Friday, November 8th while "Stouterday 2013," is

scheduled for December 14th. A great list of Stouts will be available. When the weather is nice, the patio is open and friendly dogs accompanied by their humans are welcome.

Final Gravity is an intimate gathering place for friends, a holiday party or just a great retreat after work to enjoy a beer and good conversation. The shop is located at 9205 Sierra College Blvd. in Roseville. They're open seven days a week and the phone number is (916) 782-1166. For more information about Final Gravity, go to www.finalgravity.com or visit them on Facebook and Twitter. ★

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THANK A VETERAN TODAY

United Way California Capital Region Announces New President and CEO

SACRAMENTO COUNTY, CA (MPG) - Stephanie McLemore Bray, executive director of the San Francisco General Hospital Foundation, has been chosen to lead United Way California Capital Region as the new president and CEO beginning in January.

"Our goal was to recruit the best possible talent for this position, and we are thrilled to have secured Stephanie as our new president and CEO," said Carolyn Mullins, United Way board chair. "With 25 years of experience in fund development and volunteer management for local, regional and national organizations, Stephanie will be an outstanding leader as we find new ways to improve education, income and health in our region."

Prior to her work at San Francisco General Hospital Foundation, Bray served as assistant dean for health sciences advancement at UC Davis Health System, overseeing fundraising for the School of Medicine, The Medical Center, the Betty Irene Moore School of Nursing and several other centers of medical excellence on the UC Davis Sacramento campus. She has served in fundraising leadership positions with the American Cancer Society, UNCF/The College Fund, Learning Ally, and the University of Medicine and Dentistry of New Jersey. Bray is a graduate of Douglass College, Rutgers University, in New Jersey and was a participant in Harvard Business School's Strategic Perspectives in Nonprofit Management in July 2012.



Stephanie McLemore Bray, executive director of the San Francisco General Hospital Foundation, has been chosen to lead United Way California Capital Region as the new president and CEO beginning in January.

"United Way has proven itself to be an innovative and impactful organization in our region," Bray said. "I am looking forward to being part of the change taking place in our community. My experience both locally and across the nation has given me some ideas for how we can become even more effective at our vision to build stronger, healthier, more compassionate communities."

Bray replaces Steve Heath, who departed as president and CEO at the end of June. Victoria Kosha, senior vice president for finance and administration, will continue to serve as interim president and CEO until January.

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. United Way's team of nonprofits, businesses, donors and volunteers are working together to provide positive, measurable results on these issues through United Way projects: STAR Readers, Sen\$e-Ability and Fit Kids. Community members can give, volunteer and advocate in support of the causes they care most about, benefiting United Way and hundreds of nonprofits in Amador, El Dorado, Placer, Sacramento and Yolo counties. United Way is an independent, local affiliate of United Way Worldwide. For more information, visit www.yourlocalunitedway.org. ★

Source: Thebaud Communications

Scared to Death of Job Interviews! Now What?

By Julie W. Hubbs

Job interviews can be nerve racking. We are told: "Try to think of the interviewers as ordinary people who are just like us." The difference is the interviewers have jobs, and we want a job. Then we are told, "Don't come across as desperate." How does a person not come across as desperate? The truth is many people are desperate when trying to get a job or find a better job.

Most people go to an interview at some time in their lives. Employers want a chance to get to know their applicants. Of course they want to know if the applicant has the necessary job skills for the position, but more importantly they want to be assured the person they are hiring will be a good fit with their organization.

For example, employers will be asking themselves: Is the applicant easy to talk to? Did the applicant arrive on time for the interview? Did the applicant come across as cocky? Is the applicant confident? Can the applicant look me in the eye? Did the applicant actually listen to what was being asked and then answer the question? Did the applicant come prepared? Is the applicant dressed properly?

In addition to determining if the job seeker has the much needed job skills, many employers are looking for people who are polite, well mannered, hard-working, and easy to be around.

They want people who will represent their organization in a positive way.

I have been on many interview panels and have listened to hundreds of applicants. I cannot emphasize enough the importance of being authentic. In other words be yourself!

Besides being yourself, be sure to stress your strengths and positive attributes. Many people fail to do this because they feel they are bragging. This is not bragging. You are providing important information the employer needs to make an informed decision on whom to hire.

For example, if you are a hard worker who arrives at work 15 minutes early, then say so. If you are attending night school to acquire extra skills and knowledge, then be sure to let the interviewer know this. If you have particular skills that you feel are applicable to the job you are applying for, do not fail to say so.

Remember, your aim during the interview is to help the employer see who you are as a candidate and future employee in the organization. Think about your strengths before the interview, prepare and practice what you want to say, and then share the information with the employer. The employer wants to know you will be an asset. Interviews are the perfect platform to tell your story.

As the employers are

interviewing you, it is important for you to interview them. Creating a good match is important on both sides of the table. What is the point of being fake then taking a position that does not suit you in an organization where you don't really want to work? There is no point. Start out being your authentic self from day one, and you never have to worry about being fake.

Here are some interview tips:

- Dress appropriately for your interview which means one level up from the job you are applying for.
- Use good manners and always be polite.
- Maintain good eye contact and have a good handshake.
- Show confidence not arrogance.
- Cover up tattoos.
- Turn your cell phone off. This does not mean put it on vibrate.
- Be positive.
- Listen to and answer the questions being asked.
- Research the organization and the position you are applying for.
- Rehearse what you want to say.
- ALWAYS be yourself.
- Believe there is a job out there for you. ★



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IRS Warns of Pervasive Telephone Scams

WASHINGTON, D.C. (MPG) - The Internal Revenue Service warned consumers about a sophisticated phone scam targeting taxpayers, throughout the country. Victims are told they owe money to the IRS and it must be paid promptly through a pre-loaded debit card or wire transfer. If the victim refuses to cooperate, they are then threatened with arrest, deportation or suspension of a business or driver's license. In many cases, the caller becomes hostile and insulting.

"This scam has hit taxpayers in nearly every state in the country. We want to educate taxpayers so they can help protect themselves. Rest assured, we do not and will not ask for credit card numbers over the phone, nor request a pre-paid debit card or wire transfer," says IRS Acting Commissioner Danny Werfel. "If someone unexpectedly calls claiming to be from the IRS and threatens police arrest, deportation or license revocation if you don't pay immediately, that is a sign that it really isn't the IRS calling," Werfel noted that the

first IRS contact with taxpayers on a tax issue is likely to occur via mail.

Other characteristics of this scam include:

- Scammers use fake names and IRS badge numbers. They generally use common names and surnames to identify themselves.
- Scammers may be able to recite the last four digits of a victim's Social Security Number.
- Scammers spoof the IRS toll-free number on caller ID to make it appear that it's the IRS calling.
- Scammers sometimes send bogus IRS emails to some victims to support their bogus calls.
- Victims hear background noise of other calls being conducted to mimic a call site.
- After threatening victims with jail time or driver's license revocation, scammers hang up and others soon call back pretending to be from the local police or DMV, and the caller ID supports their claim.

Taxpayers should be aware that there are other unrelated scams (such as a lottery sweepstakes) and solicitations (such as debt relief) that fraudulently claim to be from the IRS.

The IRS encourages taxpayers to be vigilant against phone and email scams that use the IRS as a lure. The IRS does not initiate contact with taxpayers by email to request personal or financial information. This includes any type of electronic communication, such as text messages and social media channels. The IRS also does not ask for PINs, passwords or similar confidential access information for credit card, bank or other financial accounts. Recipients should not open any attachments or click on any links contained in the message. Instead, forward the e-mail to tophishing@irs.gov.

More information on how to report phishing scams involving the IRS is available on the genuine IRS website, irs.gov. You can reblog the IRS tax scam alert via Tumblr. ★

Source: Internal Revenue Service

Resource Center Provides Support for Family Caregivers

SACRAMENTO REGION, CA (MPG) - Family members caring for patients diagnosed with Alzheimer's or dementia know how all-consuming their task is. In California alone, there are more than 4 million family caregivers, each spending 20 to 40 hours per week caring for their loved ones.

Family caregiving is typically what sustains adults with disabilities, yet caregivers often make major sacrifices to help loved ones remain in their homes. The stress of caring for family members with dementia has been shown to impact a caregiver's health and immune system for up to three years after their period of caregiving ends.

"Many family caregivers for brain impaired adults and frail elderly don't know they have local resources to support them," said Michelle Nevins,

executive director of Del Oro Caregiver Resource Center. "Del Oro Caregiver Resource Center provides opportunities for education, respite care and support groups that understand the day-to-day tasks and struggles of a family caregiver."

Del Oro Caregiver Resource Center is part of a statewide system of resource centers serving family caregivers. Del Oro serves California's gold country counties: Alpine, Amador, Calaveras, Colusa, El Dorado, Nevada, Placer, Sacramento, San Joaquin, Sierra, Sutter, Yolo and Yuba. It provides support groups, educational events and respite care for local families, free of charge.

According to Del Oro Caregiver Resource Center, nearly one out of every four households care for brain impaired adults and the frail

elderly. Through Del Oro's online resource, family caregivers can find information on chronic and disabling conditions and diseases, aging, caregiving issues and community resources. Del Oro also supports local families through consultation, case management services, respite care and short-term counseling.

The reality of caregiving is best understood not with statistics but through the stories of spouses, children, siblings, and friends who have stepped forward when a loved one needed them. Their experiences illustrate the need for support, encouragement and resources to empower them in their caregiving journey.

For more information visit www.deloro.org. ★

Source: Perry Communications

CAL FIRE: Check Your Smoke Alarms

SACRAMENTO COUNTY, CA (MPG) - To help reduce the number of home fire fatalities, California Department of Forestry and Fire Protection (CAL FIRE) is reminding all Californians to make sure they have working smoke alarms in their homes. Nearly two-thirds of home fire deaths result from fires in homes with no working smoke alarms. A little attention to these important life saving devices can go a long way in increasing one's chance of surviving a devastating fire.

"Smoke alarms give you and your family an early warning when there is a fire so you can quickly escape to safety," stated California State Fire Marshal Tonya Hoover. "Making sure you have a working smoke alarms in your home will help keep you, your family and guests safe."

Smoke alarm safety tips:

- Place properly installed and maintained smoke alarms both inside and outside of sleeping areas and on every level of your home.
- Interconnected smoke alarms are best, because if one sounds, they all sound.
- Get smoke alarms that can sound fast to all types of fires. CAL FIRE recommends that every residence and place where people sleep be equipped with ionization and photoelectric smoke alarms or dual sensor smoke alarms, which contain both ionization and photoelectric smoke sensors.
- Inspect, test and clean smoke alarms and change alkaline batteries at least once every year, or when the alarm signals ("chirps") the end of the battery

life. You can use a date you already know, like your birthday or when you change your clocks as a reminder.

- Follow manufacturer's instructions if you have a 10-year smoke alarm which uses a long-life lithium battery.
- Never paint over a smoke alarm.
- Replace your smoke alarm at least every ten years.
- Practice exit drills so everyone understands what to do when they hear a smoke alarm.

Keep your smoke alarm working: never remove batteries from your alarm. ★

For more information on smoke alarms, please visit the CAL FIRE's website at www.fire.ca.gov.

Workshops for Widows/Widowers on Coping with the Holidays

SACRAMENTO, CA (MPG) - The Widowed Persons Association, Sacramento Chapter 1, is hosting two "Coping With the Holidays" Workshops. The first will be Thursday, November 14th from 1:00-3:00 p.m. The second will be Tuesday, December 3rd from 7:00-9:00 p.m.

Both workshops will be held at 2628 El Camino Avenue, Suite D-18 just east of Fulton Avenue on El Camino Avenue (please enter from the back parking lot).

The workshops are conducted by volunteer facilitators who have experienced the sadness and feelings of loss that

can accompany the holiday season. All widowed persons are welcome to attend, even non-members. Please call 972-9722 for more information. ★

Source: Widowed Persons Association, Sacramento Chapter

EMPLOYMENT OPPORTUNITIES

EXECUTIVE DIRECTOR Fair Oaks Chamber of Commerce • Fair Oaks, CA

The Fair Oaks Chamber of Commerce promotes the business and community environment in Fair Oaks. It works with all other Fair Oaks organizations on community events, festivals, fundraisers and solutions to concerns. Together with the community and citizens it helps to make Fair Oaks a special place to live and do business.

Do you have a passion for Fair Oaks? Do you want to make a difference in your community? Are you great at working with others to achieve mutual goals? If so, the Fair Oaks Chamber of Commerce is looking for you!

The Executive Director's primary responsibility is to help carry out the Mission Statement of the Chamber. He or She is responsible for the overall operation of the Chamber based on bylaws, policies/procedures and the decisions of the board of directors. He or She acts as the head volunteer coordinator for all Chamber involved committees and promotes volunteerism throughout the community. He or She maintains the Chamber office attending to daily activities and responsibilities of running an office including budgeting and bill payment.

The qualified candidate must have excellent oral and written communication skills. He or She must be proficient at the Microsoft Office suite of programs and able to learn new programs unique to the Chamber. He or She must possess excellent time and people management skills with at least 5 years managerial and leadership experience. He or She must be able to work on a team as leader and/or member of the team when not leading. He or She must be able to multi-task and work well under pressure.

Salary consists of base plus bonus.

To apply please send your resume along with your cover letter: Attn: Executive Director position, Fair Oaks Chamber of Commerce, P.O. Box 352, Fair Oaks, CA 95628. No Calls Please. Please see posting at <http://www.fairoakschamber.com/>

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CLUES

- ACROSS
- "The buck _____ here"
 - Augment
 - Like a jury unable to agree
 - Orca, e.g.
 - *Photographs in text messages
 - Wiser
 - Buddhist who has attained nirvana
 - Australian runner
 - Sign of life
 - *Movie host
 - *Like popular TV genre
 - Hot springs resort
 - Ski lift
 - Sensitive subject to some
 - Delhi wrap
 - Boredom
 - "____ Free" (1966)
 - *What a judge does on "Top Chef"
 - Straight muscles
 - Continental currency
 - Iron Age priest
 - Churn
 - Make more attractive
 - Major European river
 - "Fool me _____, shame on you"
 - Rodent and name of outdoor gear maker
 - Fungal spore sacs
 - Articulate
 53. Coffin along with stand
 - Mozart's "L____ del Cairo"
 - *One Direction, e.g.
 - *Modern book
 - Architectural projection
 - Jelly-like stuff
 - **Say Yes to the Dress" target
 - Calyx part
 - Emergency responder
 71. Saint _____ of Rome
 - *American Idol's Ryan Seacrest
 - Unidentified John
 74. City in Belgium

DOWN

- Go to and fro
- Through, to a poet
- Pearl Harbor location
- Surveyor's maps
- Arrangements
- D'Artagnan's weapon of choice
- *Kourtney and Khloé's sister
- Beyond suburbs
- Drag
- Tangerine and grapefruit hybrid
- Egg holder
- *Multi-shaded Christian
- Merciful one
- Talked like a sheep
- **"The Biggest Loser" isn't supposed to do it a lot
- Like a noble dignitary
24. Like a noble dignitary
- At right angles to ship or plane
26. Known for its common red casing
- Computer message
29. Like pink steak
- Audition tape
- *They're on an iPhone screen
33. Carthage's ancient neighbor
- *From Disney to pop star
- "Cheers" regular
- *The Jonas bros
42. Interior designer's focus
45. Cricket penalty
49. Sn, on periodic table
51. First-aid item
- Bordered
- Frustration, in print
- *One of Miami Heat's "Big Three"
- Filling treat
59. Pitiful puppy cries
60. **Teen _____ mag (1967-2007)
- Besides
62. Have supper
63. Original garden?
- R in RIP
67. Rock music style

CROSSWORD												
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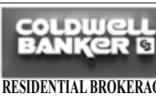
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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

For Solutions See Page 7

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By Ronnie McBryer

One of my sons has a motto by which he attempts to live his life. It is: "Never submit." I can attest that he practices this maxim rigorously, and it serves him well in many situations, giving him grit and determination. But at the point that he cannot impose his demands upon people and situations, bending these to his liking (and he reaches this point routinely), then "Never Submit" leads to a dark and dangerous place.

Nevertheless, my boy is at least speaking the truth, as only youngsters can. And the truth reaches well beyond himself. This is precisely how many of us live. We are stubborn, obstinate, and pigheaded. We refuse to submit – not to authority, the rules, or a way of life that would make our days lighter, easier, and healthier – and not even to God. This shows up, most noticeably, when we pray.

Prayer, if you haven't detected it for yourself, can be very self-centered. We approach God, not with a view of letting go of ourselves, to receive and live the life he has for us. We approach God with the mantra, "Never Submit." Our prayers are scripturally-laced ransom letters,

Never Submit

demanding the Almighty to do things our way; to meet us where we are; to comply with our plans.

Sure, prayer is a way of bringing our needs and requests to God, but sometimes, being human as we are, we can't tell the difference between what we want and what we need. We mistake our preferences, as wholesome as these appear, for what we require. We cling to our personal agendas, and conveying these to God, require him to make us as comfortable as possible, comfort achieved as he yields to our wishes.

Such an attitude is not unlike the act of checking into a luxurious penthouse. We want something to eat, so room service is called and the kitchen goes into full operational mode to bring us whatever we want when we want it. Our favorite shirt is dirty. No problem, send for the maid. She will quickly take it to the laundry and return it before dinner.

Do you need a cab? Ring the bell; the concierge lives to serve you. Not enough clean towels? Want your bed made twice a day? Need an extra chocolate on your pillow at bedtime? It's easy-peasy: Pick up the phone and the management will be happy to attend to your every whim and impulse.

Does prayer really work this way? I don't think so. Prayer is not a method for getting everything we want. Rather, it is the means by which we surrender to what God wants. It is an act of submission; the letting go of our

will, to be shaped by God's will.

Really, what good is prayer if it isn't changing the one who prays? Because if prayer only feeds our narcissism and the human tendency to self-aggrandize our egos, I seriously doubt that God is doing very much listening. Why would he? If all we want is a change of circumstances, be it in regards to our health, finances, job, church, spouse or a hundred other things, we miss the point that God seems more interested in changing us, rather than changing our surroundings.

I love the image painted by the great Methodist missionary E. Stanley Jones. He said, "Suppose you go fishing early one morning, and launch your little boat into the water. After a while, you are finished, and you wish to return home. What do you do?" He answers, "You throw a line to shore and begin to pull. Are you pulling the entire landmass to yourself, or are you being pulled to the shore?" The answer to his question is as enlightening as it is obvious.

Prayer is not pulling God to ourselves, to our will, or to our way of seeing and doing things. It is compliance to the will of God, as he pulls our lives in his direction. It is orienting our entire existence to his direction. It is submission, always. ★

Ronnie McBryer is a syndicated columnist, pastor, and author of multiple books. You can read more and receive regular e-columns in your inbox at www.ronniemcbrayer.me.

If You Like Your Apple Fritter, You Can Eat Your Apple Fritter

By Rev. James L. Snyder

Not mentioning any names, but some person living in my house can be a little tricky when it comes to the usage of language. I may be the "wordsmith" in our house but she definitely is the "word butcher."

A while back, we were having a little discussion centering on one of my favorite topics, Apple Fritters. My motto: An Apple fritter a day makes it all worth living and two turns it into heaven.

In our discussion, I was reminding the Gracious Mistress of the Parsonage that she made a promise that if I liked an Apple Fritter I could eat an Apple Fritter. I laid out my argument very clear, at least I thought so, and encouraged her to follow suit.

She then disrupted the whole discussion by insisting on evidence.

"When," she said with a very suspicious look on her face, "did I ever say if you liked your Apple Fritter you could eat your Apple Fritter?"

"Don't you remember," I said as confidently as I could possibly muster at the time, "we were at a restaurant and our discussion centered on dessert."

"I don't remember such an occasion."

I started to wiggle a little bit but I knew if I could win this argument at this point it would be a great win.

It is at times like this I wish I was a little more like a politician who can say something and it mean different things to different people at different times. Regardless of what they say at any particular time it can always be reinterpreted the way a politician wants it any particular time he needs it.

Let me point out very quickly that this is in no way lying. In fact, I am not sure what the definition of lying is anymore. Nobody lies, they are just being misinterpreted. They can get anybody to believe anything if they rearrange the truth in such a way it is no longer the truth but it is not necessarily a lie.

"Don't you remember we were talking about dessert," I said as calculatedly as possible, "and you said a person should be able to like what they eat and eat what they like?"

She thought for a moment and then responded, "I seem to recall a conversation along that line but I do not recollect that we were talking about Apple Fritters. The words "Apple Fritters" never

came up in the conversation as I remember it."

"When I said that," she said, looking at me straight in the eye, "I did not have Apple fritters on my mind. In fact, if the truth were known, I had broccoli on my mind at that moment."

Many times what I hear is not really what is being said and at times, what is being said is not exactly what I hear, especially if my wife is doing the speaking.

Only God says what He means and means what He says. I like the encouragement he gives to Joshua. "There shall not any man be able to stand before thee all the days of thy life: as I was with Moses, so I will be with thee: I will not fail thee, nor forsake thee" (Joshua 1:5 KJV).

Whatever God says He means and it never changes its meaning from one generation to the next. That is something I can really rely upon. ★

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



By Marlys Johnsen Norris, Christian Author

Child Evangelism is active throughout the world and the teachings they use may be simple but profound to help every one of us to understand God's plan of loving grace and redemption that has changed thousands of lives for the better. They use colors and what they represent as they tell the story to children, possibly today they might bring a deeper understanding of the glorious plan of God to touch your life too.

In the beginning God created all that was along with structures that apply to assist in their growth, such as oxygen, sunlight and gravity. Rules/laws: for existence. One cannot question this fact. Then He created

The Glorious Plan of God

Adam and Eve and He instructed them, "to never to eat from the tree of good and evil". But they disobeyed and ate thereby "sin" entered their life and every generation thereafter. Since this inherited SIN will keep all of us out of our heavenly home and its color is BLACK.

Loving ALL God has created, He desires that we will live with Him in heaven one day. However heaven is a holy and perfect place and God will not allow any form of sin in anyone to reside there. Heaven is perfect and a beautiful GREEN and CRYSTAL CLEAR. Its beauty is breathtaking!

So God provided a redemption plan for us and sent His Perfect and Only Beloved Son from heaven to earth. He birthed as a tiny baby in a virgin named Mary. Thus, Jesus was both God and man. He was an exceptional child learning the Word of God. He went about the country doing miracles and teaching in the church. At the perfect time as recorded in prophecies, one of his disciples named Judas betrayed him and took 30 piece of silver. The soldiers took him and, as an innocent man, he was

nailed to a cruel cross. A soldier pieced his side and every ounce of blood and water spilled from His body and Jesus died. Every ounce of His RED Blood was shed providing salvation for all that will believe in Him as the Savior of their souls.

Then, as Jesus prophesied three times before he died, He rose again and was alive with hundreds of people seeing and talking with him. He had received a new body and walked through a wall where He met in the Upper Room with His disciples. Thus, Jesus Christ shed blood washed away every sin making those who believe pure WHITE and clean. He also provided the "gift" of eternal life in heaven for those who will believe and follow in obedience forever to His Word. Jesus righteousness purchased the abundant life for he once who accepts His birth, His life, His death and His resurrection that provided the Way, the Truth and New Life for us. ★

Marlys Johnsen Norris – Christian Author of 7 Books including Award Winning "Recipes for a Happier Marriage" Marlysjn@gmail.com

Forever In His Arms



By Karen Anderson

A while back grief came up, hit me square in the face and left me with the most excruciating heart pain I have ever known. The following are excerpts from my book, Nikki's Tail-Waggin' Lessons and my recent book with grief. Nikki was my special Golden Girl that I believe God sent to me for a time. I had never connected at the soul-level like I did with this special friend with the wet nose and the wiggly tail-end. On with part of this story...

As we continue to enjoy this wonderful life together, Nikki, God was preparing you for your most important assignment. This was a lesson I did not want you to teach me. At the beginning of October, 2011, you were diagnosed with lymphoma that was not curable... When I heard that you would not live more than a few months, I was shocked and stunned. The realization that you would be gone by the end of November was unacceptable;

there had to be something we could do. My thoughts were, "How can this be? You are only five years old." The doctor indicated that you really didn't know you were sick and that you were feeling no pain. My heart started to die with you and we lost you the end of March 2012.

During this whole time I was asking God why you had to be taken from me at such a young age. My heart cried out to God, "Where are you Lord!" I knew in my mind that He was watching over me, but I didn't feel His presence. Let's continue with the story...

What gave some peace to my heart was that you were pretty much yourself through the whole ordeal. We had been praying that the Lord would take you home peacefully without us making the decision to put you down. We spent time together, while you rested in your favorite spot under a big tree in the backyard. I had to leave you for a short while and you wouldn't come with me. When I came back out a short time later, you had completed your assignment and had slipped peacefully into the loving arms of God. I can see God looking down at you and saying, "Well done, thou good and faithful servant; now come home," as He tenderly scooped you up. I guess you didn't want me to see you graduate. You knew it

would have broken my heart to watch you leave, so you snuck out when I wasn't looking. You always looked out for me, even at the end.

God's Word says, "The Lord Himself watches over you! The Lord stands beside you as your protective shade. The sun will not harm you by day, nor the moon at night. The Lord keeps you from all harm and watches over your life. The Lord keeps watch over you as you come and go, both now and forever." God knew what was best, even though my heart was broken at the time. You were a great teacher and you will be forever on my heart.

To the reader, when your heart is broken remember His Word. God is your ultimate comforter and He will hold you in His arms until you are ready to move forward once again. Look for the continuation of this story.

PASSAGE: Psalm 121:5-8 (NLT) ★

Karen Anderson is an accomplished speaker, author, and chaplain. Her latest books, Nikki's Tail-Waggin' Lessons and The Little Book of BIG Thoughts series can be found on Amazon.com. Leave a message for Karen at www.soaringtohope.com/contact or connect with her on Facebook at www.facebook.com/SoaringToHope.

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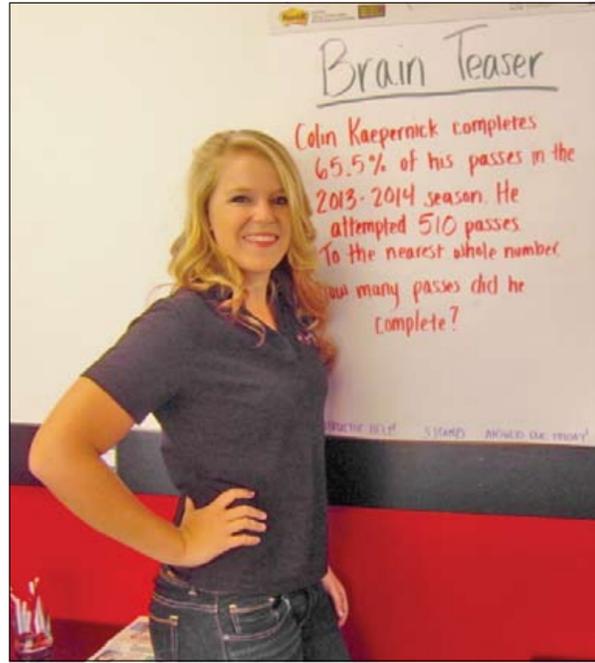
By Bill Martin

FAIR OAKS, CA (MPG) - Do you have a student at home, perhaps in the upper grade levels, who are just trying to survive in class and pass their math courses? They're focused on homework, tomorrow's exam, or next week's mid-term. They are anxious, fearful, and miserable. They know, and you know, that they've prepared and still won't do well, or haven't prepared at all, instead just resigning themselves to always having bad math grades. So, what's the answer?

Mathnasium! With the newest location just opened in Fair Oaks, Mathnasium offers a unique approach designed to instill confidence and drive success in mastering mathematics and abstract thinking.

We all recognize the value of good math skills. They're used in everyday living from change at the store, to calculating drive times, to doing your taxes. Math is actually the key to all the great professions and trades. No, one does not need to master Calculus to care for puppies and kittens, but you can't become a Veterinarian without a strong math background. Even if math is not used much, or at all in your desired career aspirations or your current profession, it acts as a gatekeeper. This is based upon the theory that - if you can do math, you can do, and understand anything.

Students in the United States are often held up to comparison and ridicule when considering the academic scores of Japanese students, and especially so in the subject of Math. It's true that the average math scores in many other countries are higher than the United States, but that's not important to their students. Scores for the sake of just scores is not important. What is important is that your student understands what they are doing. What this means for most students, is that taking Algebra in the 7th or 8th grade is actually just too soon. Students who



Stephanie Brausch, Assistant Director of the Learning Center in Fair Oaks.

spend middle school time preparing for high school Algebra and letting their brains mature in the meantime, are actually much better off, because older students naturally understand abstract concepts more easily than their younger counterparts.

Math is also used to enrich one's life. Students who are interested in things like sports, playing a musical instrument, dancing or any hobby for that matter, already knows "Practice makes perfect". Want to be a good basketball player? Spend time on the court. Want to be an excellent engineer, stellar doctor, leading scientist, noted banker, a world economist, or many other career desires? Then you start by spending time at the Mathnasium Learning Center in Fair Oaks.

One should not just accept the "survive and pass" mentality. One might be stuck in that mindset right now, but can be free of it for the last time. The best thing one can do for their future now is spend time actually learning and mastering math. While everyone else is slipping backwards, your student will actually be

moving forward. As the harder math courses keep coming, your student will be totally ready for whatever's coming. Whether it's Algebra, Geometry, Trigonometry, Calculus, or just mastering specific mental roadblocks like fractions, decimals and percentages, no more "survive and pass" mode. Imagine your student with sky-high confidence, being the smartest person in the classroom and looking forward to all of the great opportunities before them! You can make it happen! ★

For more details and information about Mathnasium and their Learning Centers, please visit Mathnasium.com/fairoaks. For a tour of the new Mathnasium learning center in Fair Oaks, please call (916) 967-6222. Be sure to ask them about their Special Thanksgiving Offer, but hurry, this special offer ends soon and is only valid at the Fair Oaks Learning Center. The newest Learning Center of Mathnasium is located at 7840 Madison Avenue, #148 in Fair Oaks, California, 95628.

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Fair Oaks Plaza Park Farmers Market

7003 Park Drive, Fair Oaks (Old Fair Oaks Village)
Every Wednesday from 3 to 7 pm (Seasonal, through October 31st)

SUNDAY

Carmichael Park Farmers Market

5750 Grant Avenue, Carmichael (Corner of Grant & Fair Oaks Boulevard under the trees in the Park)
Every Sunday from 9 am to 2 pm - all year round

THURSDAY

UC Davis Health System Sacramento Farmers Market

45th & Y Streets (Behind Shriners Hospital)
Every Thursday from 3 to 7:30 pm (Seasonal, through November 14th)

SATURDAY

Sacramento Midtown Farmers Market

2020 J Street (Between the STANF Native American Health and Bioware buildings)
Every Saturday from 8 am to 1 pm - all year round, rain or shine

WEDNESDAY

Mather VA Hospital Farmers Market

10535 Hospital Way, Mather
Every Wednesday from 9 am to 1 pm (Seasonal, through December 18th)

SATURDAY

Sunrise Mall Farmers Market

6190 Sunrise Boulevard, Citrus Heights (behind Sears located in SE Parking Lot)
Open every Saturday from 8 am to 1 pm - all year round

SATURDAY

Historic Folsom Farmers Market

915 Sutter Street, Historic Folsom Public Plaza, Folsom
Every Saturday from 8 am to 1 pm - all year round



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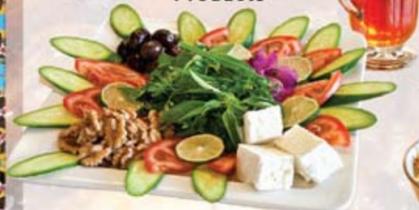


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The New Normal: Surviving Stepfamily Challenges



SACRAMENTO REGION, CA (MPG) - Although they're often referred to as "blended families," adjusting to life as part of a stepfamily isn't always so harmonious. Whether it's as a parent, stepparent, stepchild, an ex-spouse, or a grandparent, the challenges can be intense. One out of every two people will be in a stepfamily relationship in their lifetime - isn't it time we learn how to navigate the waters? Renowned expert, psychologist, and Harvard Medical School instructor Dr. Patricia Papernow believe so and provides a clear map through the difficult territory of becoming a stepfamily in her new book *Surviving and Thriving in Stepfamily Relationships: What Works and What Doesn't*.

In her accessible and engaging book, Dr. Papernow weaves her decades of clinical expertise and her firm command of the empirical evidence with the stories of stepfamily members. She clearly lays out the five unique challenges created by "stepfamily architecture" and describes tools and principles for meeting each one on three different levels: psycho-education, relationship skills, and, sometimes, deeper individual work. Dr. Papernow's wisdom, compassion, and good humor shine throughout.

Surviving and Thriving in Stepfamily Relationships delineates pathways to success, as well as easy "wrong turns" that

all too often lead stepfamily members, and those who want to help, astray. The book is richly illustrated with moving vignettes of parents, stepparents, stepcouples, children, and ex-spouses stepping up to their challenges.

Dr. Papernow's newest guide is comprehensive, covering stepfamilies of different ethnicities, sexual orientations, ages, and developmental stages. Stepfamily members and therapists, as well as the clergy, school counselors, and legal and medical professionals who are so often pressed for advice about these issues, will appreciate the wealth of concrete, immediately applicable information.

"Though stepfamilies are everywhere, there is very little accurate information out there about what works and what doesn't," Dr. Papernow says. "We now know a lot about how to steer stepfamilies toward success. I want to make that knowledge accessible to the people who need it - those who live in stepfamilies, those who love them, and those who want to help."

Practical and immensely helpful, *Surviving and Thriving in Stepfamily Relationships* addresses:

- The dreams and hopes of beginning a new "blended family" contrasted with the often unexpected challenges along the way

- What works to build thriving stepfamilies, and why this is often not intuitive
- The unique characteristics of "stepfamily architecture" that create five major challenges to intimacy and connection
- A map for meeting the intense, and often confusing, challenges of becoming a stepfamily
- How family members, as well as clergy, guidance counselors, pediatricians, family lawyers, and others can navigate the obstacles and build thriving relationships

Dr. Patricia L. Papernow is a psychologist in private practice, as well as a Clinical Instructor in Psychology in the Department of Psychiatry at Harvard Medical School. Widely known as a foremost expert in the field, Dr. Papernow is entering her fourth decade teaching, writing, consulting, and working with people in stepfamilies. Dr. Papernow became interested in this particular area when she became part of a stepfamily, herself, and has since remained passionate in her drive to grasp the challenges created by what people wishfully refer to as "blended families." She is a graduate of Harvard University and Boston University. Her first book, *Becoming a Stepfamily*, is considered a classic in the field. ★

Source: Jennifer Tucker, Smith Publicity

Krazy Konzert for the Whole Family at Fair Oaks Musical Theater

FAIR OAKS, CA (MPG) - Decompress and take timeout from the holiday "kraziness" by joining Joe Hart and Deane Calvin and the cast of Fair Oaks Musical Theater for Krazy Konzert Season of Miracles.

On Sunday, December 15th at the Fair Oaks Theater is the Benefactor's Champagne Brunch and the Season of Miracles Krazy Konzert. Seating is limited - so those interested are encouraged to get tickets early.

Date: December 15, 2013
Time: 12:30 pm; Benefactor's Champagne Brunch and Concert 2:30 pm; Season of Miracles Concert Only

Location: Fair Oaks Musical Theater, 7991 California Ave, Fair Oaks - (916) 966-3683

Tickets: \$60 (Benefactor Champagne Brunch & Concert, or \$30 Concert only)

To Purchase Tickets visit: www.Tickets.com, call Nancy at ACFP, (916) 728-5613, x70 or email: Admin@ACCommunityForPeace.org to use personal credit card.

This year Fair Oaks Musical Theater has partnered with A Community for Peace (ACFP), a local non-profit, and a portion of the proceeds



benefits its children's programs. A Community for Peace's mission is to end all forms of violence to women and girls, men and boys, and to promote peace in our homes, schools and communities. It also provides proactive strategies that intervenes on the cycle of abuse and violence. ACFP is a First Responder that provides culturally relevant services to victims of family violence, abuse and trauma, and to their families. The group works to reduce the impact of domestic violence on children and the next generations. For additional information, visit

www.ACommunityForPeace.org

The Fair Oaks Theatre Festival (FOTF) was founded in 1982 by a group of local business leaders and people active in community theatre. The little-used Plaza Park Amphitheatre was the focal point of the group and work began to put the Amphitheatre to use presenting community theatre productions. The Fair Oaks Theatre Festival is a non-profit and fills the need for cultural activities in the north-east regional area. Visit www.FairOaksTheatreFestival.com. ★

Source: Donna Van Dolah

Sacramento Fine Arts Center to Showcase Local Talent

CARMICHAEL, CA (MPG) - On Saturday, November 30th, starting at 8:30 p.m., the Sacramento Fine Arts Center (SFAC) will present "Open Studio, Open Mic, Open Movement," an opportunity to view the creations of local poets, authors, figure artists, models, musicians, and dancers. Among those participating will be Brenda Bolles, David Peterson, Marie Dixon, Michelle Silvers, and A. K. Buckroth.

Three galleries will be open. Live models will sit for artists to draw and paint.

The event and parking is free. For additional information, visit www.safinearts.org or call David Peterson at 916-716-5951.

The Center was established in 1986 jointly by a number of independent art clubs as nonprofit corporation. It is dedicated to the creation and presentation of the visual arts. It is entirely self-supporting, operated by volunteers, and made possible by memberships, contributions, sales and rentals of art work, and numerous community fund-raisers.

Members enter numerous,

high quality and local and national juried art shows that are held in our two spacious exhibition galleries. Fine art classes in most mediums and a full schedule of workshops are put on by top regional artists are offered regularly to members and non-members.

The Center is open Tuesdays 11:00 a.m. to 7:00 p.m. and Wednesdays through Saturdays 11:00 a.m. to 3:00 p.m. ★

Source: A.K. Buckroth

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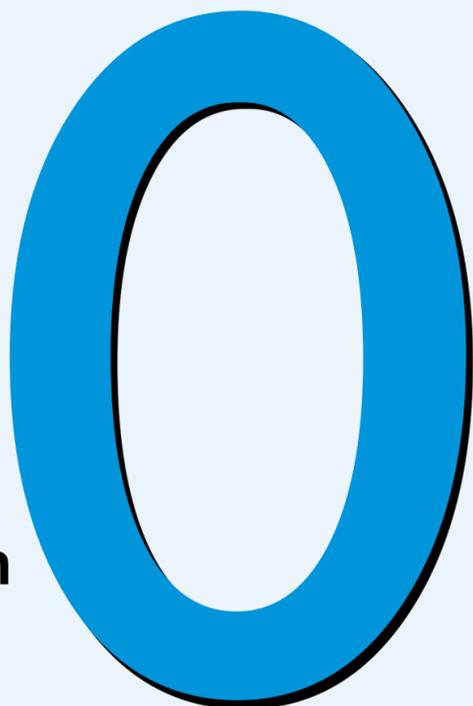
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