



Come Get Your Brew On!

Page 2

PLUS:
Honorary Mayoral Candidate and Natural Pet Balance Gives Away One Year of Free Pet Food

Page 11



AMERICAN RIVER MESSENGER

Volume 8 • Issue 19

Serving Fair Oaks, Orangevale, Rancho Cordova & Sacramento County

First Edition for October 2013

Dutch Bros. Offers Patrons Way to Give



Page 9

CDFW Offers Winter Swan Tours



Page 4

Fair Oaks Community Update



Page 2



Scan our QR Code for a direct link to our online edition!

PRESORTED STD.
US POSTAGE
PAID
PERMIT 350
Carmichael, CA
Change Service Requested

History in the Making

SACRAMENTO REGION, CA (MPG) - The California Capital Airshow (CCA), presented by Sacramento County, today announced it will honor the 65th anniversary of the Berlin Airlift, the largest humanitarian aid effort in history. The Airlift will be commemorated during both days of the Show, October 5-6, 2013 at Mather Airport.

The Berlin Airlift Tribute will honor the quiet heroes who played an integral role in this monumental event, bringing together the pilots, aircraft, and German aid recipients from an important period in history. "The CCA team is excited to share this historical event with Sacramento, and celebrate the contributions of these unsung heroes," said Darcy Brewer, executive director of the California Capital Airshow. "The courageous men and women you will meet at the 2013 Show are remarkable examples of those who could put the war behind them and selflessly saved a city from starvation." During 1948 and 1949, the world watched as the war-torn city of Berlin, Germany, was cut off from outside supplies of food and fuel by a Soviet Union blockade, designed to dominate the city. In a gallant and strategic manner, a flight took off every six minutes, 24 hours a day for over a year; often in fog, clouds, rain and ice to ensure the survival of over 2 million people in the city of Berlin. In a span of 15 months, with over 277,000 flights, the United States delivered 2.3 million tons of food, clothing, water, medicine and fuel. Although the life-saving supplies were welcomed by more than 2 million residents, what younger survivors remember most is that the "sky rained Hershey bars."

US Air Force pilots pioneered



Warbirds Galore in the sky and on the ground The Airshow will be roaring across the skies of our region October 5-6, 2013! The event will offer spine-tingling performances including an international jet team, the Snowbirds, military demonstrations, world-class aerobatics, wingsuit flyers, barnstorming, wing walking, and endless entertainment and displays along the ramp. Photo courtesy of CCA

the idea of dropping candy bars and chewing gum with hand-made handkerchief parachutes while 'wiggling' their wings, which alerted the children they were about to receive treats. When news reached the United States that pilots were dropping candy to the young people of Germany, children all over America sent in their own candy to help with the mission. Soon major manufacturers joined in, and by the end, over three tons of candy was dropped on Berlin

Continued on Page 11



The Bremont Hosreman took off over a decade ago as the worlds only P-51 Mustang formation aerobatic team. They have flown a variety of platforms in formation, working tirelessly to escape gravity. Here they are seen flying the F-86 Sabre Jet. Photo courtesy of CCA

Abandoned Babies Laid to Rest at Sacramento's Garden of Innocence



Citrus Heights resident Liam Neeley reflects on the many boxes holding the cremated remains of abandoned babies being laid to rest at the new Garden of Innocence in Sacramento. Members of the community donated the boxes, tiny urns of all shapes and designs, blankets, stuffed animals and flowers filling them.

Words and Photography by Elise Spleiss

SACRAMENTO REGION (MPG) - "Bringing communities together to make sure no child leaves this earth without someone who cared. That is what Garden of Innocence National is all about," reads their mission statement.

A community did come together on September 21, 2013 at the East Lawn Sierra Hills Memorial Park in Sacramento to pay respect and lay to rest twenty abandoned babies and to dedicate the new Garden of Innocence (GOI) at this site.

More than 130 participants and cemetery staff from surrounding cities and as far away as Fresno, CA made the journey to the new GOI memorial just outside of Citrus Heights, to be part of a morning created to bring people together to accomplish an urgent goal - to give abandoned children the dignity they deserve in their death despite the very short and

loveless life they may have had in life.

This goal was accomplished during a poignant ceremony following months of preparation by the Garden of Innocence National organization including acquiring each baby's individual final resting place, and giving each a personality of their own with a name, a special poem written for them and a unique urn built and donated by Sacramento Area Woodworkers to hold their cremated remains.

To fulfill the need for involve community in this experience, stories in the media and even on Craig's List called for volunteers and invited those interested to gather and participate in giving these previously abandoned and forgotten children a proper celebration of their short lives.

The service, the same format repeated at GOI memorials around the United States began with a welcome from Victor Hipolito Jr., East Lawn

Director. More than 50 men, women, and children created a solemn "Chain of Love", each participant pausing for a moment as they held each of the 20 urns before passing it on to their neighbor.

As this was taking place, the Knights of Columbus, a Catholic men's fraternal service organization with a heart for children's needs provided the ceremony with an additional sense of dignity as they slowly and silently processed around the circle and 'stood guard' over the entire proceedings.

The ceremony continued with the reading of poems written for each child by volunteers previously recruited from Sun City, and writers and poetry clubs throughout California. One poem written for 'Hannah' came from Uganda.

Adults, children and even families, read the poems. Following each recitation, the reader opened a small white box and released a

Monarch butterfly, most of which immediately took flight while others lingered.

One poet, George McGehee, a minister and writer was so moved when heard of the project from Inspire, his Christian writer's club, that he wrote his tribute to 'Michael' and traveled the 40 miles from Acampo, near Stockton to read it.

The reading of the poems was intermingled with several musical interludes by local musicians and a message of spiritual affirmation by Rev. Ramona Goodge, Center for Spiritual Awareness. Alan Fisher, president of East Lawn Sierra Hills Memorial Park then dedicated the Garden to the children it will serve.

Finally it was time to place each baby in his or her final resting place. Inside each urn, a small 12" by 12" blanket tightly enfolds the cremated remains. Urns were placed in their own white plastic protective 16" x10" x10" 'vault', and

Continued on Page 9

Come Get Your Brew On!

“Whole Lotta Brews Going On” Raises Money to Empower Local Children and Families

RANCHO CORDOVA, CA (MPG) - Whole Foods Market Folsom presents their inaugural event “Whole Lotta Brews Going On” benefiting the Folsom Cordova Community Partnership (The Partnership). This event is scheduled to take place on Saturday, October 19, 2013 from 6:00 to 9:00 p.m. will be held at Whole Foods Market in Folsom located at 270 Palladio Dr. “As part of our mission, we recognize our responsibility to be active participants in our local community. This is just our way of giving back” says Whole Foods Market Marketing Coordinator Ciara Glass.

“Whole Lotta Brews Going On” is a key fundraiser for the valuable work of The Partnership. The Partnership provides an array of programs targeted at reducing the risk of child abuse and neglect as well as impacting generational cycles of poverty. “Each year



The Partnership provides parent education and support, safe youth activities, employment services and safety-net services to over 5,000 children, youth and adults in our local community,” says Executive Director, Robert Sanger. “We offer this wide range of services in one



place to best serve our families through our Family Resource Center environment.”

“Whole Lotta Brews Going On” will be an evening of beer and wine samplings from around the region along with gourmet food tastings from Whole Foods Market in-store vendors as well as local restaurants and caterers. The event features live music featuring the sounds of Mr. December and Foxtrot Mary featuring Marshal Wilkerson. Also, a spectacular silent auction showcasing a variety of desired items ranging from fine art, golf packages, exotic getaways, unique home décor and more. This event will also feature Chef Tyler Stone, a young Chef who represents the next generation in food preparation, and a former contestant of Bravos Top Chef. Tyler enjoys incorporating “molecular gastronomy” into his dishes such as liquid nitrogen wine ice cream as well as other dishes.

You can partner with Whole Foods Market in supporting The Partnership and empowering children and families in our local community by purchasing tickets for “Whole Lotta Brews Going On” and enjoy an evening of delightful, beer, food, wine, and entertainment. Tickets are \$25 per person in advance or \$30 at the door. Event sponsorships are also available.

For more information please contact Christopher Clark, Resource Development Manager (916) 859-0045 ext 281 or CClark@theFCCP.org



FAIR OAKS COMMUNITY UPDATE



By County Supervisor Susan Peters

Through the generosity of The American River Messenger this column serves to provide an update about matters affecting the unincorporated community of Fair Oaks.

Free Fall Concert in the Park

The Fair Oaks summer concerts in the park are over but you can catch an encore performance Saturday, October 5, at Pioneer Park located at 5100 Verner Avenue near Pioneer School in Old Foothill Farms.

Activities begin at 1 p.m. with the concert featuring the John Skinner Band from 2 to 4

p.m. In addition to great music, there will be children’s games, face-painting, and information booths.

The concert is being co-sponsored by Sacramento County and the Sunrise Recreation and Park District with corporate support being provided by McClellan Park, Dignity Health’s Mercy San Juan Medical Center, Recycling Industries, and Walmart.

Capital Airshow

If you want high flying excitement during the weekend of October 5-6, plan to attend the California Capital Air Show at Mather Airport which will feature the Royal Canadian Air Force Jet Demonstration Team known as the Snowbirds. In addition, there will be an array of gravity-defying aerobatic performers and the rumble of historic aircraft.

Formerly an Air Force Base, Mather Airport was converted to civilian use and is part of Sacramento County’s Airport System. For more information, visit californiacapitalairshow.com.

Crime Lab Sacramento

My next Fair Oaks Community Coffee Meeting will be on

Wednesday, October 16, with guest speakers Supervising Deputy District Attorney Anne Marie Schubert and Crime Lab Director Jill Spriggs. They will talk about the District Attorney’s Crime Lab and how that research is used for prosecutions, which should be of interest to all you fans of the popular CSI television show.

The meeting will be at 7:30 am at the Fair Oaks Water District, 10326 Fair Oaks Blvd. near Winding Way.

Each month the Crime Lab processes evidence for more than 1,000 cases. The lab and its criminalists are an important member of Sacramento County’s Public Safety team processing evidence as large as a full-sized SUV or as small as a microscopic fiber. Equally diverse are the cases, ranging from driving under the influence of alcohol to homicides for all law enforcement agencies in Sacramento County, plus the California Highway Patrol and Folsom State Prison. ★

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

Railroad Museum Presents “Trains & Tripods”

SACRAMENTO COUNTY, CA (MPG) - Lights, Camera, Action! Back by popular demand, the California State Railroad Museum is proud to host a unique “Trains & Tripods Photo Opportunity & Lighting Seminar.” The two-part program includes an optional seminar on existing light photography and a photographers-only photo session inside the visually-enticing museum before it opens to the public for the day.

Amateur photographers of all skill levels can choose to attend one or both of the activities. Conducted by former Sacramento Bee photographer and Canon USA consultant Dave Henry, the fast-paced and information-packed lighting seminar

is scheduled for Friday evening with the “bring your own tripod” photography opportunity scheduled for Saturday morning. Space is limited to 50 participants and advance registration for “Trains & Tripods” is required. All photographers are required to sign a release of liability and a “not for commercial use” clause. For more information or to register, interested photographers are encouraged to call 916-445-7387 or visit www.csrmmf.org.

The Trains & Tripods Photo Opportunity & Lighting Seminar is scheduled for Friday, September 20 and Saturday, September 21, 2013, Friday - 5:30 p.m. to 8:30 p.m. (Photography Seminar), Saturday

- 7 a.m. to 9:30 a.m. (Shooting Workshop). Cost is \$35 per person Friday night seminar, \$35 per person shooting workshop or \$60 per person for both.

Operated by California State Parks with financial assistance from the non-profit California State Railroad Museum Foundation, the California State Railroad Museum is open daily from 10 a.m. to 5 p.m. except Thanksgiving, Christmas, and New Year’s Day. For 24-hour information, visit www.csrmmf.org or call (916) 445-6645. ★

Source: T-Rock Communications

18th Season

Sacramento CHORAL SOCIETY & Orchestra

Donald Kendrick Music Director

STAINED GLASS CONCERT

Inspiring Masterworks

Organ Concerto in B-flat | G.F. Handel
Ave Maris Stella (Area Premiere) | Cecilia McDowall
Missa Cellensis (Mariazellermesse) | Franz Joseph Haydn

Yoo Ri Clark, Soprano Amy Stevens, Mezzo
Matt Hidalgo, Tenor John Martin, Bass

Dr. Ryan Enright, Organist
SCSO Chamber Orchestra

Saturday, October 26, 2013 at 8:00 PM

Fremont Presbyterian Church
5770 Carlson Drive, Sacramento

Reserved Seating: \$35 | General Seating: \$25 | Students \$12.50

Tickets: 916 536-9065 | SacramentoChoral.com

October Happy Hours

Monday - Friday 2-5PM

15% OFF
All Spa Services

This offer is not good with any other offer.
Oct 1-31, 2013. Carmichael location only.

Hoshall's

SALON & SPA
hair face body

www.hoshallscarmichael.com • 7330 Fair Oaks Boulevard Suite #1 • 916-485-4941

WWW.AMERICANRIVERMESSENGER.COM



Publisher, Paul V. Scholl

American River Messenger is a member of Messenger Publishing Group



AMERICAN RIVER MESSENGER

“Written by the people, for the people”

Publisher’s Statement: It is the intent of the *American River Messenger* to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

American River Messenger is not responsible for unsolicited manuscripts or materials. The entire contents of the *American River Messenger* are copyrighted. Ownership of all advertising created and/

or composed by the *American River Messenger* is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

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.

Advertising Sales

Graphics & Layout

Contributing Writers

Distribution Assistant

Accounting

Web Master

News Services

Photography

Paul V. Scholl
Bill Martin • Linda Harper
Banerjee Designs • Stump Removal Graphics
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 Gaudlich • Ronnie McBrayer

Gabriel Scholl
Nicholson & Olsen CPA
RJ at thesitebarn.com • JWS Promotions • Mikahn Design
Whiskey & Gunpowder • StatePoint Media • NewsUSA • PRWEB NewsWire
North American Precip Syndicate • Blue Ridge Press • ARA Content
Family Features • WorldNetDaily
Amanda Morello • Susan Skinner

Member of Carmichael, Citrus Heights, Fair Oaks, and Orangevale Chambers of Commerce

We are proud members of these newspaper associations.



Nature Fest to Star Wild Survivors



Nisenan basket makers will demonstrate their skills at the Nature Fest event. Photo by Susan Maxwell Skinner

**Words and Photographs
by Susan Maxwell Skinner**

CARMICHAEL, CA (MPG) - Archimedes the owl, Spirit the bald eagle, an elk named Tule and a lynx with the moniker of Mukluk will journey to Carmichael's Effie Yeaw Nature Center on Sunday, October 6.

Their sagas – along with those of bats, snakes, a raccoon called Radar and various raptors – are aimed to educate visitors during the Nature Center's annual Nature Fest event. Celebrity presenter is Gabe Kerschner, a regular guest of NBC's Tonight Show. Kerschner (59) runs Wild Things Inc. at a 35-acre animal sanctuary in Placer County. He and 60 species of rescued animals annually present hundreds of school programs geared to educate and entertain.

Kerschner's critters are an international cast. He has shown alligators, lemurs, a kangaroo named Steve (after Australian naturalist Steve Irwin) and Pook -- a white-headed Thai Gibbon -- on national television. Nature Fest supporters will view a more regional ménage: "For this event, we'll show North American animals," says their protector. "An elk, a rattlesnake, a raccoon and a lynx. My bald eagle is Alaskan, so she's bigger than local ones. Spirit would

have a wingspan of over 6.5 feet – if she had both her wings."

The magnificent bird demonstrates a common wilderness travesty. Explains Kerschner: "Since they've been protected, bald eagle numbers have rebounded. Some fishermen don't want competition. She was only a year old when she was shot. With one wing, Spirit could not have survived. She's gentle and awe-inspiring. When I show her, people get emotional. Children are amazed at her size. They love hearing how eagles dive and use talons to prey.

"Adults often cry. She's our national emblem; they're appalled to see what an American maliciously did to her."

The 2013 Nature Fest represents homecoming weekend for another wild ambassador. Kerschner's great horned owl was rescued six years ago at nearby American River College. "He broke a wing falling from a nest in the oaks on campus," says the naturalist. "We figured he must be an extra wise owl; he went to college. So we called him (after the mathematical 'wise one') Archimedes." Kerschner's talks promote serious issues but punch lines – often of bald-eagle/bald-naturalist genre – fly thick and

fast. "I try to be entertaining," he says. "A laugh keeps interest going. You want people to experience a full range of emotions; it makes learning memorable."

Kerschner's critters are not the only educators at the 2013 Nature Fest. Resident Effie Yeaw raptors and reptiles will interact with visitors. The "Twilight" generation will be open-fanged by bat encounters. Spreading wings under the aegis of Sacramento "bat lady" Corky Quirk, exhibited megachiropterans are rescued specimens that improve understanding of gothic fiction's most maligned mammal.

The Effie Yeaw facility is a resource for Native American studies. Fine basketry and abalone pendant-making will be demonstrated in the replica Nisenan village at the center on October 6. Children's Activities, crafts and guided walks through the 80-acre wildlife preserve will be also available.

The fundraiser runs from 10 a.m. to 3 p.m. Admission is \$3 for visitors aged 13 and up; free for children. Parking is included. For more information, visit www.sacnaturefest.com or call (916) 489-4918. ★

Learn about Gabe Kerschner's Wild Things Inc. at www.wildthingsinc.org

3rd annual Socktober Drive

"Pair up" with us as we gear up to support "toes" in need in our community!
Join us from October 6th to October 27th, 2013
All sizes for all ages



How you can help:

- Gather as many NEW socks, T-shirts and underwear as possible for all ages.
- Let your school & other groups know they can join in the fun!
- Let kids pick them out!
- "Like" our Facebook page to find more information.

Drop off location

Sunrise Community Church
8321 Greenback Lane
Fair Oaks, CA 95628

For questions or more information, contact Luz Johnson @ 916-241-3046 or email to Luz.johnson@lpl.com

Facebook page

"Socks from the Heart to the Homeless"



Dutch Bros. Coffee

FRIDAY, OCT. 4TH

GRAND OPENING

\$1 MEDIUM DRINKS ALL DAY!

ALL PROCEEDS TO BENEFIT BELLA VISTA HIGH SCHOOL GRAD NITE

8552 MADISON AVE., FAIR OAKS

FACEBOOK.COM/DUTCBROSCITRUSHEIGHTS
FACEBOOK.COM/DUTCBROSNESSACRAMENTO
INSTAGRAM: DUTCBROSACRAMENTO
TWITTER: @DUTCBROSSAC

Snowbirds

Royal Canadian Air Force Jet Demonstration Team

SACRAMENTO COUNTY presents EIGHTH ANNUAL CALIFORNIA CAPITAL AIRSHOW

*** MATHER AIRPORT ***

October 5-6, 2013

"An Unforgettable Experience"

Buy Tickets Now!

Discount Tickets Available Now! www.CaliforniaCapitalAirshow.com

CDFW Offers Winter Swan Tours

SACRAMENTO REGION, CA (MPG) - Each year thousands of tundra swans migrate from northern Alaska to their ancestral wintering grounds near Marysville. These wintering grounds are one of the premier locations for viewing swans in California.

The California Department of Fish and Wildlife (CDFW), in partnership with local rice farmers, will offer free tundra swan tours from Nov. 16 through January 2014. Participants can learn about the natural history of tundra swans as well as ducks, geese, shorebirds, herons, egrets and raptors, which are commonly seen in the area covering 23,000 acres of rice fields and restored wetland habitat.

Tours will be held on Saturdays from 9:30 a.m. to 11:30 a.m. and 1 p.m. to 3 p.m. Pre-registration is required at www.dfg.ca.gov/regions/2/swantours/.



The California Department of Fish and Wildlife (CDFW), in partnership with local rice farmers, will offer free tundra swan tours from Nov. 16 through January 2014. Photo courtesy CDFW

The swan tours are part of CDFW's wildlife viewing services program, which includes similar outdoors opportunities at Gray Lodge Wildlife Area, Yolo Bypass Wildlife Area, Isenberg Crane Reserve and North Table Mountain Ecological Reserve. For more information on the

tours, please call (916) 358-2869 or e-mail interpretiveservices@wildlife.ca.gov. CDFW will also co-sponsor the 2013 California Swan Festival, to be held in Marysville on Nov. 9-10. For more information on the festival, please visit <http://yubasutterchamber.com> ★



By Pastor Ray Dare

A lot of things can overwhelm us in life. Grief, guilt, grudges, worry, responsibilities, circumstances. What do you do when you're feeling overwhelmed?

God says in Psalm 46, "Cease striving and know that I am God." Psalm 46:10a (NASB) God says cease striving. Why does God say that? One of the greatest sources of stress in your life is your need to control. You think, "If it's going to be, it's up to me!" "I've got to get it done!" You try to control everything. Typically the more out of control we feel, the more overwhelmed we feel, and the more we redouble our efforts. We try to control it more. We go into hyper control mode. We micro-manage. We use force. We use willpower to try to make it work.

So God says, "Be still and know that I am God!" You need

Be Still, Learn to Trust

to remind yourself that you are not the general manager of the universe. You are not everybody's savior. You cannot do all and control all; you are only a cog on a giant wheel. You are a pawn on God's chessboard. This thing is much bigger than you and me. It's about God and not us. Your world is not going to fall apart when you start trusting God. I want to suggest this because you've probably tried a lot of other things to reduce the pressure in your life: Why don't you try TRUSTING God?

Another stress reducer is found in Proverbs 20, "Since the Lord is directing our steps, why try to understand everything that happens along the way." Proverbs 20:24 You have to stop demanding explanations for everything. God doesn't owe us explanations. If He tried to explain it all to you, you couldn't understand it anyway. So why don't you just trust Him? He loves you and wants the best for you life. If you want to de-stress your life, give up control and stop demanding explanations!

Maybe you've been feeling overwhelmed lately. You're frustrated and nothing seems to be going your way. Maybe you're worried. Maybe you feel really

tired and feel lousy and you don't even like getting up in the morning. What you need is a spiritual refocus. You need a new perspective, a spiritual renewal or maybe even a new birth spiritually. When you place Jesus Christ in the center of your life and you put Him in control, it's like the center of a gyroscope. He brings everything into balance, when He is at the center. It's like the hub of a wheel. Everything else comes out in proportional balance. Jesus Christ says, "I want to be the center of your life."

Put God at the center. Resign as general manager of the universe. When you put Christ at the center of your life, you restore a sense of balance and harmony you've been missing. You will tap into a source of strength that will never run dry. There's enormous energy there. Cease from striving and realize He is God. Realize that you matter to Him, that He's in control and He has a good plan for your life. ★

Pastor Ray
New Beginnings Church
YOU'RE INVITED, Sunday service at 10am
"We Do Church Differently"
www.NBC4U.org

Trends-n-Treats

PET SUPPLY - SPA - BOUTIQUE

(916) 536-0000

8929 Madison Ave Ste 200.
Fair Oaks, CA 95628
(by Safeway)
www.trendsn-treats.com

DICK VAN PATTEN'S
Natural Balance Pet Foods®

Buy a case of Natural Balance 13oz cans
get one Natural Balance can FREE!
only at Trends-n-Treats, for a limited time only!

Natural Balance is Truly The Food for a Lifetime.™

\$5 off
Full Groom
New Client Only, Exp 10/31/13.
Non combinable with other offers.
Redeemable only at Trends-n-Treats.

\$3 off
Dog or Cat Bath
New Client Only, Exp 10/31/13.
Non combinable with other offers.
Redeemable only at Trends-n-Treats.

10% off
Any Toy
Limit 1 per customer. Exp 10/31/13.
Non combinable with other offers.
Redeemable only at Trends-n-Treats.

POTOCKI FAMILY CHIROPRACTIC

5 YEAR ANNIVERSARY IN FAIR OAKS

THE NATURAL WAY TO GOOD HEALTH

To celebrate through the end of July we will be offering a no cost consultation and examination.

If we need x-rays they will be taken at a cost of \$79. This will cover the first 2 visits in our office including the first treatment.

Excludes work comp and personal injury cases.

Potocki Family Chiropractic
5150 Sunrise Blvd.
Suite F1
Fair Oaks, CA 95628
(Corner of Wildridge & Sunrise)
916-536-0400
www.drpotocki.com

To Advertise call 773-1111
www.AmericanRiverMessenger.com

You're Invited!

New Beginnings CHURCH

New Beginnings Church
5510 Diablo Drive
Sacramento, CA

Sunday Mornings at 10am

"We Do Church Differently"

We Meet At:
Foothills Community Center

For More Information
(916) 992-1997

We are creating...

- Quality Children's Programs
- Meaningful Friendships in Small Groups
- Ministry for Healthy Families and Marriages
- Contemporary Worship in which God is experienced

"A Community Church Your Entire Family Will Enjoy"

www.NewChurchComingSoon.org

www.AmericanRiverMessenger.com

The Progressive Crusade Against Tax Cuts

Commentary By
Dr. Paul G. Kengor

SACRAMENTO REGION, CA (MPG) - There’s an ongoing effort by President Obama and fellow “progressives” not only to continue to blame George W. Bush for every economic woe facing America — even as every economic indicator is far worse under Obama — but to permanently discredit the value of tax cuts. Tax cuts are an unmitigated evil that progressive crusaders must forever exorcise.

For President Obama and his allies, this is a project they’re taking back to the Reagan years, starting with an assault on President Reagan’s enormously successful 1981 tax cuts. Their campaign, however, can’t end with Reagan. They need to venture way back to Andrew Mellon in the 1920s.

Mellon was Treasury secretary throughout the Republican administrations that followed Woodrow Wilson’s exit from the White House in 1921. He was a superb Treasury secretary, with few peers before or since.

Unemployment under Wilson’s “progressive” presidency had hit almost 12 percent. In 1921, the newly inaugurated president was Republican Warren Harding. As Harding’s Treasury secretary, Mellon argued against spending increases as “stimulus” for economic growth and, instead, pushed for tax rate cuts. It was a Reagan-like move, with Reagan-like results. By 1923, unemployment dropped to under 3 percent, where it (roughly) remained throughout the 1920s under Harding and his Republican successor, Calvin Coolidge.

The economy did not begin its crash and sustained slide until the presidencies of Herbert

Hoover, a Republican, and FDR, a Democrat. Both Hoover and FDR jacked tax rates through the roof. The federal tax rate on income reached a breathtaking 94 percent under FDR. As historian Burt Folsom shows, FDR actually considered raising the upper rate to 99.5 percent on income above \$100,000. (Yes, you read that right.)

FDR, for the record, despised Andrew Mellon. He subjected Mellon to an intense, intrusive investigation of his income-tax returns, pursuing him to his deathbed. FDR had a vendetta against Mellon’s entire philosophy on taxation. It became personal as well as political.

Here’s a Mellon insight that FDR no doubt detested: “It seems difficult for some to understand that high rates of taxation do not necessarily mean large revenue to the government, and that more revenue may often be obtained by lower rates.”

FDR certainly didn’t understand, though his Treasury secretary, Henry Morgenthau, eventually came to that conclusion. “We have tried spending money,” said Morgenthau. “We are spending more than we have ever spent before and it does not work. ... I say after eight years of this administration we have just as much unemployment as when we started. ... And an enormous debt to boot!”

Morgenthau figured out what Andrew Mellon already knew. Said Mellon: “The problem of government is to fix rates which will bring in a maximum amount of revenue to the Treasury and at the same time bear not too heavily on the taxpayer or on business enterprises.”

And so, during the Harding and Coolidge administrations, Mellon succeeded in promoting tax-rate cuts rates across the board, with

upper-income rates reduced from 73 to 24 percent. The cuts were very similar to Reagan’s in the 1980s. And like under Reagan — and contrary to liberal mythology — total tax revenue to the Treasury actually increased.

Under Reagan, federal revenue rose from \$599 billion to almost \$1 trillion. Under Mellon’s stewardship in the 1920s, revenue went from \$700 million to above \$1 billion. And unlike under Reagan, Mellon’s policies eliminated the budget deficit. (Coolidge was able and willing to cut spending where Reagan did not.)

For President Obama and his fellow liberals, these are inconvenient, unwelcome facts. They believe they need higher taxes to feed and sustain their government class. Democrats are banking on that government class — which they want to expand and unionize — to keep them in power not another four years but another 40 years.

Tax cuts are anathema to our president and progressives. And so is the wisdom of Andrew Mellon.

Dr. Paul G. Kengor is professor of political science at Grove City College, executive director of The Center for Vision & Values, and New York Times best-selling author of the book, “The Communist: Frank Marshall Davis, The Untold Story of Barack Obama’s Mentor.” ★

Reprinted by permission. © 2013 by The Center for Vision & Values at Grove City College. The views & opinions expressed herein may, but do not necessarily, reflect the views of Grove City College.

*See www.VisionandValues.org
Editor’s note: This column first appeared in the Pittsburgh Tribune-Review.*

The Kenyan Massacres Roots in America’s Somalia Policy

Commentary by
Sheldon Richman

Last weekend’s hostage-taking — and the murder of at least 62 people — at the Westgate Shopping Mall in Nairobi, Kenya, has its roots in the U.S. government’s intervention in Somalia, which began in the 1990s. Although there is no justification for killing innocents, it is fair to point out that al-Shabaab, the Islamist group that committed the attack on the mall and that controls parts of Somalia, would probably not be in power if not for the United States.

As Scott Horton, host of a nationwide radio program focusing on foreign policy, points out in the September issue of *Future of Freedom* (which I edit), the U.S. government has intervened directly in Somalia and backed repeated invasions by neighboring African states, including Kenya. In the process, a relatively moderate government was overthrown, resistance to invaders was radicalized, and the al-Qaeda-linked al-Shabaab gained partial control, which would have been unlikely without that intervention.

Horton, drawing on firsthand reporting by journalist Jeremy Scahill, notes that after the attacks of Sept. 11, 2001, the Bush administration compiled a list of countries “ripe for regime change,” including Somalia, “none of which had any involvement whatsoever in the attacks or any real ties to those who did. ... Luckily for the Pentagon and CIA, it was not very difficult to find cutthroat warlords willing to accept their cash to carry out targeted assassinations and kidnappings against those they accused of being Islamists

— or anyone else they felt like targeting.”

A backlash followed. Somalia’s Islamic Courts Union, a coalition of a dozen groups, put down the warlords and the U.S.-sponsored Transitional Federal Government. “The ICU then declared the reign of Islamic law,” Horton writes. “That, of course, was none of America’s business, and even if it had been, the Somali regime lacked the power to create an authoritarian religious state like, say, U.S. ally Saudi Arabia.... And Somalia’s traditional Muslim beliefs were much more laid-back and tolerant than those in Arabia.”

This was unacceptable to the Bush administration, so in late 2006 it had Ethiopia, its Christian client state and an old Somalia antagonist, invade and overthrow the ICU, “with CIA and special-operations officers leading the attack.” In 2008, however, Somalis kicked the Ethiopians out. Helping in the effort was, in Horton’s words, “the youngest and least influential group in the ICU, al-Shabaab (‘the youth’).” On its way out of power the Bush administration, seeking to save face, got the “old men of the ICU” to agree to “accept the form of the Transitional Federal Government.” This only inflamed al-Shabaab, which accused them of being American agents.

“It was only then — years after the whole mess began — that it declared loyalty to Osama bin Laden’s al-Qaeda. It started acting like al-Qaeda too, implementing Arabian-style laws and punishments in the areas they dominated, such as cutting off the hands of those accused of stealing,” Horton writes.

Unfortunately, the Obama team has continued along the

same disastrous path: After the Ethiopians withdrew, [the administration] sent in the armies of Uganda and Burundi under the auspices of the African Union to hunt down and destroy al-Shabaab. Then came the Kenyans, who apparently panicked after luxury resorts near their border had come under attack. In 2011 the Ethiopians reinvaded. Kenyan forces took the port city of Kismayo from al-Shabaab in 2012 and loudly declared victory when the rebels melted away. But the stubborn insurgency continues the fight.

The Americans, for their part, continue to back the invading forces, as well as what passes for the “government” in Mogadishu, with hundreds of tons of weapons and tens of millions of dollars.

The CIA and the U.S. military still take a direct hand, not only by helping the nominal government, but also by attacking Somalis with helicopters, cruise missiles, and drones — and, Horton writes, “by overseeing at least two different torture dungeons.”

The horrendous attack in Nairobi has the news media abuzz over possible terrorist threats to “soft targets” such as shopping malls, not only in Africa but also in the United States itself. As we think about this, we should realize that this is a threat made in Washington, DC.

How many times do we have to experience what the CIA calls “blowback” before the American people cry, “Enough!” ★

Sheldon Richman is vice president and editor at The Future of Freedom Foundation in Fairfax, Va. (www.fff.org).

OFFICE SPACE FOR LEASE

Great Locations Available

Call to Schedule a Tour

7144 FAIR OAKS VACANCIES

1. Suite A-1 is 182 SF.
2. Suite A-2 is 109.25 SF.
3. Suite A-3 is 109.25 SF.
4. Suite A-4 is 109.25 SF.
5. Suite #1 is 696 SF.
6. Suite #3 is 696 SF.

3400 COTTAGE WAY VACANCIES

(Just off Watt Avenue) Sacramento

1. Suite K is 1717 SF.
2. Penthouse is 779 SF.
3. Suite F is 2342 SF.
(Coming Available)

Contact Ben Tiner
6833 Fair Oaks Blvd. • Carmichael, CA 95608
916-974-6011

If you suffer from both chronic

GOUT & HEART DISEASE



local doctors need your help with a research study testing an investigational medication.

This research study needs men at least 50, and women at least 55, who suffer chronic gout and have experienced a heart attack, hospitalized unstable angina, stroke or complications due to diabetes.

If you have chronic gout and a history of cardiovascular disease call or log on to our website to learn more about this study. The information we learn from this study could help millions.

GOUTSTUDYNOW.COM
(916) 877-7885

Thinking of Changing Banks?

✓ Check the El Dorado Advantage

✓ FREE VISA Debit Card

✓ FREE Senior Checking with Interest

✓ FREE Direct Payroll Deposit Checking

✓ FREE Internet Banking with Check Images

✓ FREE Online Bill Payment

✓ FREE Mobile Banking

✓ FREE Telephone Banking

✓ VALUE Checking

✓ Interest Checking

✓ Investors Money Market Checking

✓ Business Checking

✓ Gold Money Market Savings


✓ Purchase & Refinance Loans

✓ Fixed & Adjustable Home Equity Line of Credit Loans

✓ Friendly, Personal Service at No Extra Charge

✓ 35 ATMs at El Dorado Branches

✓ Consistently Awarded the Highest 5 Star Rating by Bauer Financial Reports as One of the SAFEST and STRONGEST Banks in the U.S. Since 1993



EL DORADO SAVINGS BANK

Serving our local communities for over 55 years

www.eldoradosavingsbank.com

CITRUS HEIGHTS • 7895 Lichen Drive • 729-1100

Se Habla Espanol • 800-874-9779

Member FDIC

Equal Housing Lender

BAUER

car wash

Monday - Saturday 8:30-5 • Sun 9-4

We Accept All Competitors' Coupons

Locally Owned & Operated

Professional Auto Detailing

No Extra Charge For Trucks, Vans or SUVs That Accomodate Our Automatic Car Wash



5927 San Juan Ave
Between Madison & Greenback
Citrus Heights • 916-967-3083

\$3.00 OFF Any Car Wash

BAUER San Juan Car Wash
Citrus Heights • 916-967-3083
Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 10/31/13

\$5.00 OFF Any Car Wash Package

BAUER San Juan Car Wash
Citrus Heights • 916-967-3083
Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 10/31/13

CALL A PROFESSIONAL!

Business & Service Directory

PAINTING SERVICE

J & M PAINT SERVICE

A Professional Painting Service of Fair Oaks
Since 1992 • State Lic. 937799 • Bonded • Insured

Interior ♦ Exterior ♦ From Residential to Small Commercial

We Provide: ✓ Highest Quality Workmanship ✓ Written Warranty on all Workmanship
✓ Great Testimonials ✓ Quality Materials

916-967-0763 Mayolo • Field Manager
Jake • Office Administration

We cover all areas including Orangevale, Fair Oaks, Carmichael, Citrus Heights, Rancho Cordova, Roseville and all of Sacramento

CONCRETE

S & D CONCRETE, INC.

Specializing in Homeowner Concrete Projects

STEVE DeVRIEND
President

Lic #646947 - Since 1978

Foundations, Patios, Walkways
Remove & Replace, Stamped, Color
Free Estimates

916-988-9659
916-425-6984

s.devriend@comcast.net

DRUG AND ALCOHOL REHABILITATION

CLEAN & SOBER
LIVING
CSTL, Inc.

HELPING PEOPLE AND THE COMMUNITY WITH
THE ALCOHOL AND DRUG PROBLEM!
18 YEARS IN BUSINESS!

DETOX (916) 965-3386 SOBER LIVING (916) 961-2691

DENTAL CARE

Dr. John C. Riach
Dr. Michael B. Holm
Dr. Guy E. Acheson

AMERICAN RIVER DENTAL

Appointments 7 a.m. to 7 p.m. • New patients welcome
IV Sedation-Nitrous Oxide • Orthodontics

10350 Coloma Rd. 362-9247

HMF Family DENTISTRY

Located at 11230 Gold Express Dr. #306
Gold River, CA • 916-852-7660

• Restorative and Cosmetic Dentistry • Oral Sedation
• Invisalign • Extractions (including wisdom teeth)
• 1 hour Teeth Whitening (as seen in extreme makeover)
• White Fillings • Digital X-Rays (uses less radiation) • Financing Available

COMPUTER SERVICES

Zinsky's

PC Configurations

"Don't replace it - REPAIR IT!"

Alan Zinsky
Phone: 916-622-2269
Zconfig@sbcglobal.net
Bus. Lic. # 305312
B. E. A. R. Reg. # 84416

Custom Desktop Computer Configurations
• PC Repair
• Home Wireless Networking
• Installations
• Viri & Spyware Eradication
www.zinskyspcrepair.com

LEGAL SERVICES

BONES LAW FIRM

Gordon G. Bones
Attorney at Law

The Law Firm provides the following legal services:
• Bankruptcy • Business and Corporate Matters
• Trust and Trust Administration
• Estate Planning • Probate and Conservatorship
• Family Law

P: 916.965.6647
F: 916.965.4218
gbones@boneslawfirm.com

ELECTRICAL SERVICE & CONTRACTING

XELECTRIX

Electrical Service & Contracting

Lic # 837851

• Fans • Lighting • Panel Upgrades • Custom Controls • Remodels
• Pools • Spas • Code Corrections • Machinery Connections
• Expert Troubleshooting • Appliance Connections • Safety Inspections

916-967-1922 • www.xelectrix.com

FINGERPRINTING

LIVESCAN FINGERPRINTING

★ Walk-in Service
★ Digital Inkless Process
★ Electronic Submission to DOJ & FBI

916.725.1345

7405 GREENBACK LN. • CITRUS HEIGHTS, CA 95610

PLUS:
★ Copies & Faxing
★ Notary Services
★ UPS Next Day Air®
★ Shredding Services
★ Ship Heavy Freight

The UPS Store

VACUUM SERVICE AND REPAIR

VACUUM SERVICE CENTER

Repair • Parts • Belts • Bags

Your One-Stop Vacuum Repair Shop

BEL AIR SHOPPING CENTER
4005 MANZANITA AVENUE #26
MONDAY-SATURDAY, 10AM – 6PM ♦ 916-978-0206
(Inside Heirloom Flooring Gallery)

CEMETERY SERVICES

Respectful,
Affordable Burial

Endowment Care Facility
Beautiful Park like setting
Monuments allowed • Cremation Niches
Commingle Scattering Garden
Quality & Affordable Service

Fair Oaks Cemetery District

7780 Olive St., Fair Oaks, 95628
916-966-1613

PET SITTING SERVICE

Professional, Loving
PET CARE

Established Reputation
Kennel Free Environment
Lots of TLC

Call Madeline
(916) 723-1608

FUNERAL SERVICES

RUSS MONROE'S

FUNERALS & CREMATIONS

FD 1404

7960 WINDING WAY
FAIR OAKS, CA 95628

Tel (916) 9611265
Fax (916) 9612430

HOME OWNERSHIP

1st Time Home Buyer??

Me out

Charles Vines
Broker Associate
(916) 216-9349
DRE# 01789423

LYON REAL ESTATE
www.Golyon.com

Scan QR Code to see YouTube Video

PAINTING SERVICES

Anni The Painter

One Room at a Time Okay!

• Perfectionist
• Fun Ideas • Kid's Rooms
• Cabinets • Bathrooms
• Kitchens • Etc.

New Molding Installs • Small Jobs OK!
Lic # 733938 • Free Bids
916-532-6194

FUNERAL SERVICES

Lind Brothers

FD 1141

A Family Owned Funeral Home and Crematory Since 1964

4221 Manzanita Ave.
Carmichael
916-482-8080

GLASS NEW & REPAIR

DICK'S RANCHO

Fogged or Leaky Windows?

Glass

New & Repaired

Patio Door Rollers,
Custom Mirrors, Shower Doors
& Window Screens

Since 1956
363-6554

SENIOR CARE

In-Home Care
By Angels

You Select Your Caregiver

• Up to 24 hour care
• Meal preparation
• Errands/shopping
• Hygiene assistance
• Light housekeeping
• Respite care
• Bonded and insured

Visiting Angels

SENIOR HOMECARE BY ANGELS®
916-424-4400

LANDSCAPE SERVICES

SLS

Superior Landscape Services
Landscaping and Maintenance

• Sprinkler Repair/Install • Pruning
• Mowing/Trimming • Fertilizing

Insured
Lic#794551

(916) 728-5812 • Cell (916) 761-0999
Dave Cochran Owner • dave_SLS@surewest.net

PAINTING

Garrett Rogers,
Owner

the color of home.
the color of life.
the color of
certainty in
Rancho Murieta/Wilton

CertaPro Painters
Residential, Commercial, Interior, Exterior.

Call today to schedule
your free estimate
916-361-1023
CA Lic. # 730053

PRINTER AND COPIER SERVICE

Specialties Plus

• Machine Repairs (all makes & models)
• Toner Cartridge Refills (Using Cartridge World? Take 10% off their price & try mine)
• Free Cleaning (with our cartridge)
• We are Local
• Service Contracts (monthly or yearly)
• Lease or Rent
• High Volume Copying (save wear & tear on your machine)

Specializing in Digital
Printers, Copiers,
Fax & Multifunction
Machines

E-mail:
specplus@comcast.net
(916) 723-8430

PET HOSPITAL

GOLD RIVER PET HOSPITAL

11297 Coloma Road, Suite A
Gold River, CA 95670
Near Sunrise & Coloma

Ph. 916.638.5838

www.goldriverpethospital.com

STATEPOINT CROSSWORD • SCIENCE 101

CLUES

- ACROSS
1. Venice bank
6. A late time of life
9. *Electronic brain
13. Mountaineer's tool
14. Hula dancer's necklace
15. Shade of violet
16. Wimpy Kid's journal
17. No ____
18. *Often donated
19. Boring
21. *Diamond, e.g.
23. Telephone
24. ____ office
25. The ___, NYC museum
28. Biblical captain
30. Continually annoy
35. Gulf V.I.P.
37. *Sun, e.g.
39. Millionaire maker
40. Apple variety
41. Boot brand
43. Boyfriend
44. Middle
46. Lion's do
47. Leo or Virgo, e.g.
48. First letter of Hebrew alphabet, pl.
50. *Chemistry Nobelist ____ Hahn
52. Homer Simpson's neighbor
53. Apiece
55. Federal procurement org.
57. *Stone that floats
60. *Reddish-brown
63. Hardship
64. Pirate's "yes"
66. R in R.E.M.
68. Hollers
69. Seasonal blues
70. *Threat to food
71. *Like desert
72. One of Bo Peep's flock
73. Affirmatives

DOWN

1. Auction action
2. *Opposite of base
3. Approximate
4. One of 4 Cs
5. *All around us
6. Full of elms
7. Grazing spot
8. Bee Gees' most successful genre
9. *Low-____ diet
10. "Les Misérables" author
11. Popular Russian name
12. Used for signing
15. *Mere ____
20. Paint choice
22. Often used to make baseball bats
24. Khufu or Khafr, e.g.
25. *Molten rock
26. Often received with a sound
27. Spanish accent
29. *Elementary particle
31. Schneider and Lowe, e.g.
32. Dined at home
33. *Microscope's platform
34. *It travels about 768 mph
36. Coarse file
38. Monthly due
42. Fire
45. Belonging to him and her
49. *Anatomical pouch
51. Fish hawk
54. Halt
56. With rapid movements
57. Embarkation location
58. Tangelo
59. *Type of fungus
60. Formally surrender
61. Heroic poem
62. Agitate
63. Shag rug
65. Swerve
67. Insult

For Solution See Page 7

Come back every week for Crossword and Sudoku!

CROSSWORD														
1	2	3	4	5		6	7	8			9	10	11	12
13						14				15				
16						17				18				
	19					20			21	22				
				23				24						
25	26	27		28		29			30		31	32	33	34
35			36		37			38		39				
40					41				42		43			
44				45		46					47			
48					49		50			51		52		
				53		54			55		56			
	57	58	59					60				61	62	
63						64	65			66				67
68						69				70				
71						72				73				

dish

Make the Switch
to Dish Today
and Save Up To 50%

Call Now and Ask How!

1-800-318-5121

Call 7 days a week 8am - 11pm EST Promo Code: MB0113

Promotional
Packages
starting at only ...
\$19.99
mo.
for 12 months

FREE

PREMIUM MOVIE CHANNELS®

For 3 months.

HBO
CINEMAX
STARZ

on Allstate company

SUDOKU

you could save 28%*
Call 1-866-929-9071 to see how much
you could save on car insurance.

*National coverage annual savings based on data from customers who reported savings by switching to Allstate between 12/1/11 and 4/30/12.
© 2013 Allstate Insurance Company, Northbrook, IL 60062-3000. Allstate is a registered trademark of Allstate Insurance Company.

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

© StatePoint Media
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 Solution See Page 7

ALTERATIONS Seamstresses Available

ALTERATIONS. Skilled Seamstress available for alterations and Tailoring. 7433 Greenback Ln #J. Citrus Heights, CA. (916) 521-9856 (MPG 10-31-13)

Adoption

PREGNANT? CONSIDERING ADOPTION? Talk with caring adoption expert. Choose from families Nationwide. LIVING EXPENSES PAID. Call 24/7 Abby's One True Gift Adoptions 866-413-6296 Void In Illinois/New Mexico/Indiana (NANI)

Announcements

DID YOU KNOW that Ten Million adults tweeted in the past month, while 164 million read a newspaper in print or online in the past week? ADVERTISE in 240 California newspapers for one low cost. Your 25 word classified ad will reach over 6 million+ Californians. For brochure call Elizabeth (916)288-6019. (Cal-SCAN)

Antiques/Collectibles Wanted

Old Railroad Items Wanted: lanterns, locks, china, paper, etc. Call (916) 663-2463 (MPG 12-31-13)

Old Porcelain Signs Wanted: oil & gas, highway, RR, etc. Call (916) 663-2463 (MPG 12-31-13)

Automobiles

As Low As \$28/Month Auto Insurance Instant Quote - ANY Credit Type Accepted We Find You the BEST Rates in Your Area. Call 1-800-844-8162 now! (NANI)

Auto Donations

DONATE A CAR - HELP CHILDREN FIGHTING DIABETES. Fast, Free Towing. Call 7 days/week. Non-runners OK. Tax Deductible. Call Juvenile Diabetes Research Foundation 1-800-578-0408 (NANI)

Donate Your Car to Veterans Today! Help those in need! Your vehicle donation will help US Troops and support our Veterans! 100% tax deductible Fast Free pickup! 1-800-263-4713 (NANI)

DONATE YOUR CAR - Fast Free Towing 24 hr. Response - Tax Deduction. UNITED BREAST CANCER FOUNDATION. Providing Free Mammograms & Breast Cancer Info 888-792-1675 (Cal-SCAN)

DONATE YOUR CAR, truck or boat to Heritage for the Blind. Free 3 Day Vacation, Tax Deductible, Free Towing. All Paperwork Taken Care Of. 1-800-645-0708 (Cal-SCAN)

Autos Wanted

CARS/TRUCKS WANTED! Top \$\$\$\$ PAID! Running or Not. All Years. Makes, Models. Free Towing! We're Local! 7 Days/Week. Call Toll Free: 1-888-416-2330 (NANI)

GET CASH TODAY for any car/truck. I will buy your car today. Any Condition. Call 1-800-864-5796 or www.carbuyguy.com (NANI)

WE BUY CARS! Running or Not. Any Make, Model or Year. Call today for an INSTANT OFFER. Free Towing/Pickup. Top Dollar. We're Local! 1-800-844-3595 (SWAN)

CASH for CARS Vintage Mercedes convertibles, Porsche, Jaguar, Alfa, Lancia, Ferrari, Corvettes, Mustangs. Early Japanese Cars, Other collector cars of significant value desired. 714-267-3436 michaelcanfield204@gmail.com (Cal-SCAN)

Business Services

Many a small thing has been made large by the right kind of advertising - Mark Twain. ADVERTISE your BUSINESS CARD sized ad in 140 California newspapers for one low cost. Reach over 3 million+ Californians. Free brochure elizabeth@cnpa.com (916)288-6019. (Cal-SCAN)

The business that considers itself immune to advertising, finds itself immune to business. REACH CALIFORNIANS WITH A CLASSIFIED IN ALMOST EVERY COUNTY! Over 270 newspapers! Combo-California Daily and Weekly Networks. Free Brochures. elizabeth@cnpa.com or (916)288-6019. (Cal-SCAN)

SAVE on Cable TV-Internet-Digital Phone - Satellite. You've Got A Choice! Options from ALL major service providers. Call us to learn more! CALL Today. 888-706-4301. (Cal-SCAN)

Cable/Internet Services

SAVE on Cable TV-Internet-Digital Phone - Satellite. You've Got A Choice! Options from ALL major service providers. Call us to learn more! CALL Today. 888-706-4301. (Cal-SCAN)

AT&T U-Verse for just \$29/mo! BUNDLE & SAVE with AT&T Internet+Phone+TV and get a FREE pre-paid Visa Card! (Select plans). HURRY, CALL NOW! 800-319-3280 (Cal-SCAN)

Cable/Satellite TV

DirectTV - Over 140 channels only \$29.99 a month. Call Now! Triple savings! \$636.00 in Savings, Free upgrade to Genie & 2013 NFL Sunday ticket free!! Start saving today! 1-800-291-0350 (Cal-SCAN)

REDUCE YOUR CABLE BILL! Get an All-Digital Satellite system installed for FREE and programming starting at \$24.99/mo. FREE HD/DVR upgrade for new callers. SO CALL NOW! (877)366-4509 (Cal-SCAN)

DISH TV Retailer - Starting at \$19.99/month (for 12 mos.) & High Speed Internet starting at \$14.95/month (where available) SAVE! Ask About SAME DAY Installation! CALL NOW! 1-800-375-0156 (MB 12-31-13)

DISH TV Retailer. Starting at \$19.99/month (for 12 mos.) & High Speed Internet starting at \$14.95/month (where available) SAVE! Ask About SAME DAY Installation! CALL NOW! 1-800-375-0156 (MB 12-31-13)

Bundle & Save on your CABLE, INTERNET PHONE, AND MORE. High Speed Internet starting at less than \$20/mo. CALL NOW! 800-291-4159 (NANI)

***"REDUCE YOUR CABLE BILL!"** 4-Room All-Digital Satellite system installed FREE!!! Programming starting at \$19.99/mo. FREE HD/DVR Upgrade new callers, 1-866-939-8199 (NANI)

Career Training/ Education

AIRLINE CAREERS begin here - Become an Aviation Maintenance Tech. FAA approved training. Financial aid if qualified - Housing available. Job placement assistance. CALL AIM 877-804-5293 (Cal-SCAN)

AIRLINE CAREERS begin here - Get FAA approved Aviation Maintenance Technician training. Job placement and Financial assistance for qualified students. CALL Aviation Institute of Maintenance 888-242-3382 (Cal-SCAN)

BE AN IMMIGRATION OR BANKRUPTCY PARALEGAL \$395 includes Certificate, Resume and 94% placement in all 58 CA counties. For more information www.mdsassociates.com or Call 626-552-2885 and 626-918-3599 (Cal-SCAN)

Cleaning Services

Lin's Cleaning Service. Best Quality - Lowest Rates. Call Today for FREE estimate. Senior Discount. 916-489-3322 (MPG 08-30-13)

Computer Services

MY COMPUTER WORKS. Computer problems? Viruses, spyware, email, printer issues, bad internet connections - FIX IT NOW! Professional, U.S.-based technicians. \$25 off service. Call for immediate help. 1-888-865-0271 (Cal-SCAN)

Credit/Debt Services

GET FREE OF CREDIT CARD DEBT NOW! Cut payments by up to half. Stop creditors from calling. 855-341-6281 (MB 12-31-13)

GET FREE OF CREDIT CARD DEBT NOW! Cut payments by up to half. Stop creditors from calling. 888-416-2691. (Cal-SCAN)

Divorce

Before you list your home, order Free Special Report that reveals what happens to your matrimonial home before, during, and after a divorce. Free recorded message 1-800-213-4205 ID# 1009 DRE # 00809220 R Dumont (MPG 08-30-12)

Electrical Services

RETIRED MASTER ELECTRICIAN, problem solver! 30 yrs experience, senior discounts, Save big - don't replace panel - rebuild it. Lic.# 513168, 916-595-3052 (MPG 09-30-13)

Financial Aid

Cut your STUDENT LOAN payments in HALF or more even if Late or in Default. Get Relief FAST Much LOWER payments. Call Student Hotline 855-341-7551 (MB 12-31-13)

Cut your STUDENT LOAN payments in HALF or more even if Late or in Default. Get Relief FAST Much LOWER payments. Call Student Hotline 855-589-8607 (Cal-SCAN)

Financial Services

Guaranteed Income For Your Retirement. Avoid market risk & get guaranteed income in retirement! CALL for FREE copy of our SAFE MONEY GUIDE Plus Annuity Quotes from A-Rated companies! 800-375-8607 (Cal-SCAN)

Foster Parenting Aspiranet is seeking loving homes for foster children in need. Contact 1-877-380-HERO for info and register for training. aspiranetheroes.org (MPG 04-30-13)

Handyman QUALITY LABOR & MAINTENANCE Yard Work, Hauling, Gutter Clean, Odd Jobs You Name It! (916) 613-8359

Health & Medical

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75 percent on all your medication needs. Call today 1-800-281-3958 for \$10.00 off your first prescription and free shipping. (MB 12-31-13)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 90 percent on all your medication needs. Call today 1-800-273-0209, for \$10.00 off your first prescription and free shipping. (Cal-SCAN)

Canada Drug Center es tu mejor opcion para ordenar medicamentos seguros y economicos. Nuestros servicios de farmacia con licencia Canadiense e Internacional te proveeran con ahorros de hasta el 90 en todas las medicinas que necesitas. Llama ahora al 1-800-385-2192 y obtén \$10 de descuento con tu primer orden ademas de envio gratuito. (Cal-SCAN)

Heating & Air AC Repair Low Prices 487-4609 (MPG)

Help Animals

SPCA Thrift Shop Helpless animals need your donations. The Real Non-Profit. Will pick up. Call 916-442-8118. 1517E Street for donations-10-4pm (MPG)

Financial Services

Do You Want to Know What Your Home is Worth?

Home Values Have Increased Over 30% in our Area in the Last Year! Call Now for a FREE Market Analysis of Your Home (916) 992-9922 Dare & Associates Real Estate License #01228753 (MPG 06-30-13)

Guaranteed Income For Your Retirement. Avoid market risk & get guaranteed income in retirement! CALL for FREE copy of our SAFE MONEY GUIDE Plus Annuity Quotes from A-Rated companies! 800-375-8607 (Cal-SCAN)

Foster Parenting

Aspiranet is seeking loving homes for foster children in need. Contact 1-877-380-HERO for info and register for training. aspiranetheroes.org (MPG 04-30-13)

Handyman QUALITY LABOR & MAINTENANCE Yard Work, Hauling, Gutter Clean, Odd Jobs You Name It! (916) 613-8359

Health & Medical

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75 percent on all your medication needs. Call today 1-800-281-3958 for \$10.00 off your first prescription and free shipping. (MB 12-31-13)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75 percent on all your medication needs. Call today 1-800-356-4170 for \$10.00 off your first prescription and free shipping. (SWAN)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75 percent on all your medication needs. Call today 1-800-356-4170 for \$10.00 off your first prescription and free shipping. (SWAN)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 90 percent on all your medication needs. Call today 1-800-273-0209, for \$10.00 off your first prescription and free shipping. (Cal-SCAN)

House for Rent

750 Diamond Glen Circle, Folsom, CA. 3 Bedroom, 2 Bath, Fireplace, Large Kitchen and Master Bedroom, Large Living Room-Dining Room Combination. \$1800, a month, 1 yr. lease (Rent includes HOA dues and utilities. Renter pays gas and electric) No smoking inside house, pets ok with deposit Phone: 916-363-9557 (MPG 09-30-13)

Inhome Childcare Nenes Smart Start Small in-home Childcare M-F 7AM-6PM. Infant thru 5 Preschool certified Licensed & Insured, (916) 723-3342 collier@surewest.net

Help Animals SPCA Thrift Shop Helpless animals need your donations. The Real Non-Profit. Will pick up. Call 916-442-8118. 1517E Street for donations-10-4pm (MPG)

Help Wanted

AIRLINE CAREERS Get FAA approved Aviation Technician training. Housing and Financial aid for qualified students. Job placement assistance. Apply now with AIM Dallas 877-205-0503 or Houston 888-216-1687 (SWAN)

\$1000 WEEKLY PAID IN ADVANCE!!!** MAILING BROCHURES or TYPING ADS from home. FREE Supplies! Genuine Opportunity, PT/FT. No Experience Needed! www.MailingBrochuresFromHome.com (NANI)

Opportunity of a lifetime: unique USDA-certified grass-fed NOP organic livestock farm, see detail at www.lewisfamily-farm.com/recruitment (NANI)

HELP WANTED!!!!-\$575/WEEKLY Potential MAILING BROCHURES/ASSEMBLING Products At Home - Online DATA ENTRY Positions Available. MYSTERY SHOPPERS Needed \$150/Day. www.HiringLocalWorkers.com (NANI)

HELP WANTED Earn Extra income Assembling CD cases From Home. Call our Live Operators Now! No experience Necessary 1-800-405-7619 Ext 2605 www.easywork-greatpay.com (NANI)

Caring Compassionate Seniors WANTED!! SENIORS HELPING SENIORS®, a leader in the Senior in-home service industry, has immediate PT openings for Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules...we'll work around your schedule! Valid driver's license and use of auto is required. Call us today for more information. (916) 372 9640 (MPG)

DRIVER: New trucks arriving! Experience pays - up to 50 cpm. Full benefits + quality hometime. CDL-A req. Call 877-258-8782. www.ad-drivers.com (Cal-SCAN)

Class A OTR drivers. Excellent miles. 2011 & 2013 Kenworths. E-logs. Scheduled hometime. Paid vacation. Rider policy. No east coast. Call Chuck or Tim 800-645-3748. (Cal-SCAN)

HOUSE FOR RENT 750 Diamond Glen Circle, Folsom, CA. 3 Bedroom, 2 Bath, Fireplace, Large Kitchen and Master Bedroom, Large Living Room-Dining Room Combination. \$1800, a month, 1 yr. lease (Rent includes HOA dues and utilities. Renter pays gas and electric) No smoking inside house, pets ok with deposit Phone: 916-363-9557 (MPG 09-30-13)

HOUSE FOR RENT 750 Diamond Glen Circle, Folsom, CA. 3 Bedroom, 2 Bath, Fireplace, Large Kitchen and Master Bedroom, Large Living Room-Dining Room Combination. \$1800, a month, 1 yr. lease (Rent includes HOA dues and utilities. Renter pays gas and electric) No smoking inside house, pets ok with deposit Phone: 916-363-9557 (MPG 09-30-13)

HOUSE FOR RENT 750 Diamond Glen Circle, Folsom, CA. 3 Bedroom, 2 Bath, Fireplace, Large Kitchen and Master Bedroom, Large Living Room-Dining Room Combination. \$1800, a month, 1 yr. lease (Rent includes HOA dues and utilities. Renter pays gas and electric) No smoking inside house, pets ok with deposit Phone: 916-363-9557 (MPG 09-30-13)

HOUSE FOR RENT 750 Diamond Glen Circle, Folsom, CA. 3 Bedroom, 2 Bath, Fireplace, Large Kitchen and Master Bedroom, Large Living Room-Dining Room Combination. \$1800, a month, 1 yr. lease (Rent includes HOA dues and utilities. Renter pays gas and electric) No smoking inside house, pets ok with deposit Phone: 916-363-9557 (MPG 09-30-13)

HOUSE FOR RENT 750 Diamond Glen Circle, Folsom, CA. 3 Bedroom, 2 Bath, Fireplace, Large Kitchen and Master Bedroom, Large Living Room-Dining Room Combination. \$1800, a month, 1 yr. lease (Rent includes HOA dues and utilities. Renter pays gas and electric) No smoking inside house, pets ok with deposit Phone: 916-363-9557 (MPG 09-30-13)

HOUSE FOR RENT 750 Diamond Glen Circle, Folsom, CA. 3 Bedroom, 2 Bath, Fireplace, Large Kitchen and Master Bedroom, Large Living Room-Dining Room Combination. \$1800, a month, 1 yr. lease (Rent includes HOA dues and utilities. Renter pays gas and electric) No smoking inside house, pets ok with deposit Phone: 916-363-9557 (MPG 09-30-13)

HOUSE FOR RENT 750 Diamond Glen Circle, Folsom, CA. 3 Bedroom, 2 Bath, Fireplace, Large Kitchen and Master Bedroom, Large Living Room-Dining Room Combination. \$1800, a month, 1 yr. lease (Rent includes HOA dues and utilities. Renter pays gas and electric) No smoking inside house, pets ok with deposit Phone: 916-363-9557 (MPG 09-30-13)

HOUSE FOR RENT 750 Diamond Glen Circle, Folsom, CA. 3 Bedroom, 2 Bath, Fireplace, Large Kitchen and Master Bedroom, Large Living Room-Dining Room Combination. \$1800, a month, 1 yr. lease (Rent includes HOA dues and utilities. Renter pays gas and electric) No smoking inside house, pets ok with deposit Phone: 916-363-9557 (MPG 09-30-13)

Help Wanted

AIRLINE CAREERS Get FAA approved Aviation Technician training. Housing and Financial aid for qualified students. Job placement assistance. Apply now with AIM Dallas 877-205-0503 or Houston 888-216-1687 (SWAN)

\$1000 WEEKLY PAID IN ADVANCE!!!** MAILING BROCHURES or TYPING ADS from home. FREE Supplies! Genuine Opportunity, PT/FT. No Experience Needed! www.MailingBrochuresFromHome.com (NANI)

Opportunity of a lifetime: unique USDA-certified grass-fed NOP organic livestock farm, see detail at www.lewisfamily-farm.com/recruitment (NANI)

HELP WANTED!!!!-\$575/WEEKLY Potential MAILING BROCHURES/ASSEMBLING Products At Home - Online DATA ENTRY Positions Available. MYSTERY SHOPPERS Needed \$150/Day. www.HiringLocalWorkers.com (NANI)

HELP WANTED Earn Extra income Assembling CD cases From Home. Call our Live Operators Now! No experience Necessary 1-800-405-7619 Ext 2605 www.easywork-greatpay.com (NANI)

Caring Compassionate Seniors WANTED!! SENIORS HELPING SENIORS®, a leader in the Senior in-home service industry, has immediate PT openings for Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules...we'll work around your schedule! Valid driver's license and use of auto is required. Call us today for more information. (916) 372 9640 (MPG)

DRIVER: New trucks arriving! Experience pays - up to 50 cpm. Full benefits + quality hometime. CDL-A req. Call 877-258-8782. www.ad-drivers.com (Cal-SCAN)

Class A OTR drivers. Excellent miles. 2011 & 2013 Kenworths. E-logs. Scheduled hometime. Paid vacation. Rider policy. No east coast. Call Chuck or Tim 800-645-3748. (Cal-SCAN)

Help Wanted Drivers

Drivers - CDL-A Train and Work for Us! Professional, focused CDL training available. Choose Company Driver, Owner Operator, Lease Operator or Lease Trainer. (877) 369-7126 www.CentralTruckDrivingJobs.com (Cal-SCAN)

DRIVER: New trucks arriving! Experience pays - up to 50 cpm. Full benefits + quality hometime. CDL-A req. Call 877-258-8782. www.ad-drivers.com (Cal-SCAN)

Class A OTR drivers. Excellent miles. 2011 & 2013 Kenworths. E-logs. Scheduled hometime. Paid vacation. Rider policy. No east coast. Call Chuck or Tim 800-645-3748. (Cal-SCAN)

Help Wanted Sales

EARN \$500 A DAY: Insurance Agents needed; leads, no cold calls, commissions paid daily. Lifetime renewals; Complete training; Health/Dental Insurance; Life License required. Call 1-888-713-6020 (Cal-SCAN)

House for Rent

750 Diamond Glen Circle, Folsom, CA. 3 Bedroom, 2 Bath, Fireplace, Large Kitchen and Master Bedroom, Large Living Room-Dining Room Combination. \$1800, a month, 1 yr. lease (Rent includes HOA dues and utilities. Renter pays gas and electric) No smoking inside house, pets ok with deposit Phone: 916-363-9557 (MPG 09-30-13)

Inhome Childcare Nenes Smart Start Small in-home Childcare M-F 7AM-6PM. Infant thru 5 Preschool certified Licensed & Insured, (916) 723-3342 collier@surewest.net

HOUSE FOR RENT 750 Diamond Glen Circle, Folsom, CA. 3 Bedroom, 2 Bath, Fireplace, Large Kitchen and Master Bedroom, Large Living Room-Dining Room Combination. \$1800, a month, 1 yr. lease (Rent includes HOA dues and utilities. Renter pays gas and electric) No smoking inside house, pets ok with deposit Phone: 916-363-9557 (MPG 09-30-13)

Inhome Childcare

Nenes Smart Start Small in-home Childcare M-F 7AM-6PM. Infant thru 5 Preschool certified Licensed & Insured, (916) 723-3342 collier@surewest.net

Messenger Publishing Group

Messenger Publishing Group has openings for people who know how to work.

Web Work We are seeking someone to post articles to our many news sites. This would be a few hours per night. 2-3 nights per week. Flexible schedule. Flat rate per article posted. Must be proficient in Dreamweaver and Photoshop CS3.

Graphic Artist - Layout Support person needed to assist with graphics and layout. Must be proficient in various programs including Adobe CS3-5 Photoshop, InDesign, etc. Newspaper or magazine publishing experience preferred.

To apply for any of these positions, contact: Paul V. Scholl, Publisher Email: Publisher@MPG8.com • Mail: 7405 Greenback Lane #129, Citrus Heights, CA 95610 916-773-1111

Classified Advertising

773-1111

Sudoku Puzzle on Page 6

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

NOTICE TO READERS

California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www.cslb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.

DISCLAIMER

Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

Insurance

SAVE \$\$\$ on AUTO INSURANCE from the major names you know and trust. No forms. No hassle. No obligation. Call READY FOR MY QUOTE now! CALL 1-888-706-8325. (Cal-SCAN)

Looking For

MICHAEL KURZAWA SEAN KURZAWA Please call your Aunt Jeri in Michigan at 98



By Ronnie McBrayer

Years ago my sister traveled to the Ukraine on a mission trip. She worked among the indigenous Christians on a number of worthy projects, and when her time ran up, she returned home with a heart full of joy, a head full of memories, and bags full of strange and wonderful souvenirs.

Since I'm the only twin brother my sister has, she brought me a unique gift: A set of Matryoshka Dolls; traditional Russian nesting dolls. When you open the first doll it has a smaller doll on the inside, so on and so forth, until you reach a tiny Weeble Wobble deep within.

My sister traveled well after Russian Perestroika, Polish Solidarity, and the other movements that unhinged communism in Eastern Europe. The outer doll of my Matryoshka set was, entertainingly, Boris Yeltsin. His likeness had a dopey little smile and rumpled hair as if he had been drinking too much vodka, accurately portrayed I fear.

When Yeltsin was opened, there was Gorbachev with the familiar birthmark on his forehead. Inside Gorbachev was Khrushchev, then Josef Stalin, and finally Vladimir Lenin

Layer Upon Layer

himself. I now keep all these little Communists boxed in the attic. They are much too dangerous to be let loose in the world again.

The deeper you went within the dolls, the closer you got to the essence of Soviet power, its source and beginning. As layer after layer fell away, and finally you held a tiny characterization of Lenin in your hand, you could truthfully say, "Ah, now I've gotten to the bottom of it all. This is the seed, the kernel from which all the others grew."

I, and many others, have tried this same thing with Jesus. We have struggled to unravel him, to break open his shell, and then the next, and the next, and the next. Then, we think we can get to the bottom of who he is and his story. We reconstruct his historical setting. We dissect his words. We set out to determine who he "really was" and is. But there is a problem. When dealing with this Jesus, we do not find ourselves moving to something smaller and more manageable.

No, the deeper we go, and as the layers fall away, we move to something greater. He gets larger, more uncontrollable, more inconceivable, and more wonderful than our minds can imagine. We are the ones left to weeble and wobble.

Yet, there is a seed, a core to the historical Jesus as well as the exalted Christ of our faith. It is the element of sacrifice. There at the end of it all, when the onion is peeled, is a cross. Jesus, for two millennia, has been marked by this instrument of death. More

accurately, he has been marked by the cross since before the threads of time were ever spun. He was "slain before the foundations of the world," John the Revelator said.

There is a cross hanging above my desk where these words are being typed. I sometimes wear a crucifix around my neck. I even have a Celtic version of the symbol inked into my skin. And while I behold the cross every day, I cannot take hold of all its implications.

C. S. Lewis challenged us to look at the cross, not as a display of godly anger toward Jesus or the world, but as a Lover absorbing the shame and humiliation of betrayal and unfaithfulness. Lewis said, "Jesus shows on the cross that God's love is not about violence and retaliation. The cross is the only true language of forgiveness."

That stick of wood is a display of agonizing love shown to a world lost in self-centeredness and self-delusion, a world that has done nothing but be disloyal to and reject its Maker. That cross shows us how far Love will go: God, humiliated and bleeding in a suffering mess, bearing up underneath the betrayal of His own creation. If you can get to the bottom of that, please let me know. You're a smarter person than most. ★

Ronnie McBrayer 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.

How Fast the Shades of Summer Have Faded

By Rev. James L. Snyder

Am I getting old or his time passing faster than it used to? It seems I just settle down to do something and before I know it, it is over.

Back in "the day," a minute had 60 seconds. An hour had 60 minutes. A day had 24 hours. Oh, for those good old days.

I am not exactly sure how many seconds a minute has or how many minutes an hour has because he goes by so fast I cannot keep track. Technology has taken over and I for one object.

For example, I like looking at my wristwatch and seeing the second hand slowly tick around the dial. Now, we have cell phones with a digital clock. Unlike these digital clocks, all they tell me is what time it is right now. I like to look at a wristwatch and get a whole view of time: past, present and future.

I know that a week does not have seven days anymore.

I set out on Monday with high hopes of getting something accomplished during the week and by the time I clear my throat, it is Friday afternoon. Where did all that time go?

Years ago, the Beatles had a song called "Eight Days a Week." Nowadays it is more like three days a week: yesterday, today and tomorrow!

Today is tomorrow's yesterday and I am not exactly sure how to keep up anymore. By the time I get to tomorrow, I forgot what I was supposed to do today. Then, when I get to today, I cannot remember what I did yesterday.

I used to plan a whole week of activity, now that luxury is yesterday's news, or is it tomorrow's headlines?

I like summer, which may explain why it goes so fast. Maybe I should take a chapter from Murphy's Law and say I do not like summer, then it would drag by a without end in sight.

Interestingly, the thing I like to do the most goes by so quickly, that which I hate doing drags on for centuries. Which has me thinking maybe I should not voice what I like or do not like?

One thing I like about summer, when I can catch my breath and enjoy it, is the fact that it is made up of those lazy, hazy days I enjoy so much. Not having a schedule, not having a deadline, not having anybody telling me what I should or should not do. Ah, those crazy, lazy days of summer.

The fact that I did not get much done during the summer is no big deal. If anybody asked me if I got anything accomplished, I just said, "Hey, it's summer. Relax. I will get to it eventually."

Well, eventually has caught up with me and it is called winter.

The difference between summer and winter is that during the summer, you can get away with doing nothing but in the winter, there is nothing you can get away with.

During the summer my wife will ask me if I have done such and such and I respond by saying, "It's summer, I'll get to it. I got plenty of time."

During the winter, my wife will remind me of all the things I was supposed to do during the summer and that now I have to do because winter is a coming.

Summer is hazy and lazy, while winter is "Hurry up and get it done."

More is expected from a person during the winter months that during the summer. I object very strenuously to this kind of attitude. Of course, this attitude comes from the Gracious Mistress of the Parsonage. She has the idea that winter, or at least the beginning of winter, is the time to clean up everything. By everything, she is including the garage.

Now that summer is over and the lawn does not need to be

mowed anymore, I can, according to her logic, transpose that energy into cleaning up things. Then she will confront me with a favorite saying of hers, "Cleanliness is next to godliness."

One of these days, when I get up the courage, I am going to ask her to show me where that verse is in the Bible. I kind of think a person can be too clean, like squeaky clean. You know how squeaky gets on people's nerves, especially mine.

My favorite saying is, "Laziness is next to everything." Perhaps that is why I like summer so much. There are shades of laziness that can only be exploited in the good old summertime.

Some people, like the one who shares a residence with me, things that laziness is a very negative thing. This person honestly believes that if she is not doing something all the time she is lazy. Something good can be said about being lazy. You get to savor a moment of non-activity.

The thing I like so much about summer is the activity you do do is only the activity that you want to do like sitting on the back porch, drinking a glass of lemonade, which is what summer is all about.

Solomon, the wisest man who ever lived, understood this concept very well. He says, "To everything there is a season, and a time to every purpose under the heaven," (Ecclesiastes 3:1 KJV).

Time goes by so quickly that a person hardly has enough time to really appreciate the time that they have. ★

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

Most everyone on the face of the earth has heard the song "Jesus Loves Me". Our lives can rest on this truth and it gives us our theology in just a few simple words. The music was written by composer William Bradbury who read the words to cadet John Linden's little song he had sang to a boy who was dying. He took him in his arms and comforted him rocking him and making up the song. "Jesus Loves Me". Born as a children's hymn, it is one of the first songs mothers

Jesus Loves You

who know Jesus sing to their children to comfort them.

*Jesus loves Me, This I know.
For the Bible tells me so.
Little ones to Him belong.
They are weak but He is strong.
Yes, Jesus love me, Yes Jesus loves me.
Yes Jesus loves me.
The Bible tells me so.*

For we know this: "Whosoever shall confess that Jesus is the Son of God, God dwells in him and he is in God". (I John 4:14) Jesus prays – ("that we who have accepted Jesus would be ONE, just as the Father, art in me, and I in He, that they also maybe one in us: that the world may believe that thou hast sent me. And the glory which thou gave me, I have given them; that they may be one even as we are one; I in them and thou in me that they may be made perfect in one; and that the world may know that thou has sent me and has loved them

as thou has loved me. Father, I will that they also, whom thou has given me, be with me where I am; that they may behold my glory which thou hast given me: for thou loved me before the foundation of the world." (John 17:21-24)

Verses "And every spirit that confesses not that Jesus Christ is come in the flesh is not of God: and this is that spirit of antichrist, whereof you have heard that it should come; and even now already is it in the world". I John 4:3)

I write this to show that it is the authority of God's word that is important to understand how much God loves you and how He provides truth for you to live by, not my words. ★

In His Magnificent Love Always, Marlys Johnsen Norris – Christian Author of 7 Books including Award Winning "Recipes for a Happier Marriage" Marlysjn@gmail.com



By Karen Anderson

There are times when I know that one more thing added to my daily burden will cause my lighted fuse to EXPLODE! It doesn't have to be anything major. It could be just asking me to make another phone call, when I already know what I need and want to accomplish during that day. Even relationships with others can go terribly wrong and create major stress in your life. Then BOOM! You explode and devastation wrecks havoc all around you and even down to your very soul.

God's Word says, "Don't be quick to fly off the handle. Anger boomerangs. You can spot a fool by the lumps on his head." Can you count the number of times that you have let your anger get the better of you and it comes back and hits you square in the face? Here is one

Don't Pour Gas on the Fire!

of my examples: I have many times tried to have a calm discussion with my adult son. He gets so defensive because he doesn't want to face the truth and he instantly gets angry. The volume in the room escalates until we are both shouting and not accomplishing anything. I'll tell you I have had enough lumps with this kid, I don't want anymore. The explosion inside of me has exhausted any chance of my getting back on track to do anything I want to do. God in His grace has shown me that instead of giving into Satan's deceiving ways, I STOP, THINK (probably pray), then SPEAK quietly and calmly to my son. It is an amazing tool and we get along much better when we are both calm. In other words, we have extinguished the lighted wick leading to the explosion.

I want you to think about ways to extinguish your lighted wick before it reaches the explosion point. Sometimes it is hard, because there are times when I want to make my point no matter what. I think it is so important, but in reality it isn't. A friend of mine told me something that has helped me many times. She

said, "Will this issue matter in 5 years?" Nine times out of ten the answer is no. The next question is then, so why push my way, which again leads to my EXPLOSION! It isn't worth it!

My father, in the heat of the moment, would say, "STS" which meant Stop, Think, Say. He used to always say, "If what you are going to say will help or encourage someone, then go ahead and say or do it. If it will hurt or tear them down; stay silent." This along with God's Word is your tool to not have an explosion waiting for you around the corner. My goal is to enjoy my life instead of waiting for the next explosion. Will you join me in that commitment?

PASSAGE: Ecclesiastes 7:9 (The Message) ★

Karen Anderson is an accomplished speaker, author, and chaplain. Her 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.doablesteps.com/contact or connect with her on Facebook at www.facebook.com/DoAbleSteps.

RUHKALA MONUMENT CO.

- Serving All Cemeteries Since 1889
- Reasonable Prices • Custom Designs

4501 Yankee Hill Ct., Rocklin

916-624-1176

Grace Baptist Church

6724 Palm Avenue Fair Oaks, CA 95628

Pastor Charles Carter (916) 967-3915

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung.

Grace Baptist still stands on the Principles, Doctrines and Separation, Found and taught in The Bible

Service Schedules

Sunday Schools (All Ages) 9:45 am

Sunday Worship 11:00 am

Sunday Evening 6:00 pm

Wednesday Evening 7:00 pm

*Come and Experience God's Amazing Grace
(Located south of Madison; just east of Dewey)*

Call for More Information

Foster Care

The need is great for loving, safe homes for foster children ages 0-18 & pregnant/parenting teens.

We offer free training, fingerprinting, CPR/ 1st aid, 24 hr support, monthly reimb.

Call Lenka (916) 338-7156

Dutch Bros Coffee Offers Patrons a Way to Give to Bella Vista High Grad Night



Steve and Nikol Grubbs with kids Jana, 13 and Blaze, 10. Photo courtesy of Dutch Bros.

FAIR OAKS, CA (MPG)-On Friday, Oct. 4, Dutch Bros. Coffee is opening its first Fair Oaks location at 8552 Madison Ave., and all 16-oz. drinks will cost just \$1 with 100% of proceeds benefiting Bella Vista High School Grad Nite.

“A huge shout out and thank you to the greater Sacramento community for giving us the opportunity to open a third Dutch Bros!” said local owner-operators Steve and Nikol Grubbs. “We are blessed beyond measure with outstanding customers, amazing staff and a product that is

unmatched. We hope to partner with local schools and organizations to make this new Dutch Bros. a positive asset to the community.”

Since Steve and Nikol opened their first store in Citrus Heights in 2012, they have given back over \$25K to local causes, including River Oak Center for Children, Sacramento Food Bank & Family Services, Foothill Canine Association of Citrus Heights, the Muscular Dystrophy Association and local schools, churches, youth groups and sports teams.

It is that giving spirit, positivity and quality coffee hand-roasted in Oregon that have made DutchBros. Coffee such a success.

The Fair Oaks location will be open 5 a.m. to 11 p.m., seven days a week. To locate other Sacramento-area Dutch Bros., visit www.dutchbros.com/locations or get the Dutch Bros. Coffee iPhone app.

For the latest news on other fundraisers and community events, follow Dutch Bros. Fair Oaks at www.facebook.com/DutchBrosCitrusHeights.

When and Where: Friday, Oct. 4., 5 a.m. to 10 p.m., 8552 Madison Avenue, Fair Oaks.

Locally owned and operated by Steve and Nikol Grubbs, Dutch Bros. Sacramento consists of three locations: one in Northeast Sacramento, one in Citrus Heights and one in Fair Oaks.

Steve and Nikol come from Corvallis, Ore., where they flipped houses for a living. Steve was friends with the Corvallis Dutch Bros. franchisee and saw not only the business’s growth, but how much fun everyone had at work. He was intrigued, and he started working there for free so he could learn more. “Steve fell in love,” says Nikol. “He started working more and more shifts and got hooked on the atmosphere, product and culture.”

“We are blown away by the chance to do this and feel so blessed that Dutch Bros. gave us the opportunity,” said Steve and Nikol. Dutch Bros. Sacramento employs 45 fun-loving, upbeat baristas. ★

Source: Dutch Bros. Coffee

Abandoned Babies Laid to Rest

Continued from Page 1

individually filled with stuffed animals and sprinkled with red rose petals. Permanent personalized grave markers will be placed on the gravesites.

It was an inspiring sight as one white dove, then three, then 20 doves were released into the sky. The first dove signified ‘spirit’, the next three, the ‘holy father’ followed by the final twenty.

This service comes in the wake of media coverage given to the story of the burial in of “Baby Rosie” in Auburn, CA on Sept. 18, 2013. Two park workers found Rosie’s perfectly formed body on July 8 in a Roseville park. Since then, the issue of abandoned deceased babies and children has re-gained media and public attention.

The 20 children buried this day came from the coroner’s office, after being still born in surrounding hospitals. Parents leave their babies at the hospital as they cannot handle the grief of the loss or cannot afford the burial. Formerly, indigent or abandoned adults and children were buried in an unmarked section of the cemetery; now babies and younger children will rest at the GOI. Sierra Hills will handle abandoned children’s burials for eleven counties surrounding Sacramento

Each burial would cost at least \$3,000 today. Over a dozen volunteers are required to plan and run a GOI memorial service, even to bury just one baby. Volunteers are always welcome.

The initial Garden of Innocence was created in 1998 with the first memorial park in San Diego, CA. In 2005 founder Elissa Davey, and Dr. Netreia Carrol initiated the National Garden of Innocence program after hundreds of inquiries US & Canada to come to their community and help start a garden there. Their goal is have a memorial park in every state.

At present there are GOI sites in 25 California counties five other states. More are being designed, built and dedicated as they strive to fill the many requests from throughout the United States and Canada to help create a Garden of Innocence in their community.

Sierra Hills East Lawn is one of four local East Lawn sites. Founded in 1904 at 43rd & Folsom in downtown Sacramento, the

other two are on Fruitridge Road in Sacramento and Elk Grove. ★

For more information on attending a service or

volunteering for this program visit www.gardenofinnocence.org or call 888-878-7812.



Tickets Start at \$17!

OCT. 9 – 13

SLEEP TRAIN ARENA

OCT. 9 ★ 7:00 PM	Thu. OCT. 10	Fri. OCT. 11	Sat. OCT. 12	Sun. OCT. 13
OPENING NIGHT TICKETS JUST \$11!*	7:00 PM	7:00 PM	11:30 AM 3:30 PM 7:30 PM	12 NOON 4:00 PM

*Excludes Front Row and VIP seats. No double discounts. Additional fees may apply.

Buy tickets at disneyonice.com, [ticketmaster](http://ticketmaster.com)® Retail Locations, Sleep Train Arena Box Office or call 1-800-745-3000

Regular Ticket Prices: \$17 • \$23 • \$40 VIP • \$65 Front Row
Additional fees may apply.



Colfax Railroad Days

FREE!

Oct. 5 & 6 9 AM - 4 PM

- Union Pacific equipment displays
- Historic SP6051 Locomotive
- Modular railroad layout displays
- Train rides - Sacramento Valley Live Steamers
- Railroad memorabilia and hobby merchants
- Railroad Film Fest - Railroad Art Show
- Antique Gas Engine and Tractor Show
- Vintage Car and Truck Show
- Kids Zone
- Raffle - *Bring this ad for free raffle ticket*

PLACER-SIERRA RAILROAD HERITAGE SOCIETY
www.psrhs.org

Presented by Placer-Sierra Railroad Heritage Society
www.colfaxrailroaddays.org
Preserving Railroad History on the Donner Pass Route
See our history displays at the restored Colfax Depot

GETTING RID OF PESTS FOR 35 YEARS!

BELL PEST CONTROL

“WE’VE GOT ‘EM IN OUR CROSSHAIRS”

\$35 START UP
A \$140 SAVINGS!

\$30 OFF
ANY ONE TIME SERVICE
With coupon. Expires 9/30/2013

916-512-3722
“GIVE US A RING”
GET RID OF www.bellpest.com

✓ ANTS ✓ BLACK WIDOWS ✓ ROACHES ✓ MICE ✓ EEARWIGS ✓ RATS ✓ FLEAS ✓ AND MORE

Union Gospel Mission Sacramento

For more than 50 years, Union Gospel Mission has been serving Sacramento’s homeless with shelter, meals, clothing, a rehabilitation program and a life-changing Gospel message. Founded in 1962 by concerned Christians for men in need, the Mission now serves women and children, too, and is an amazing testament to the good that comes with committed volunteers, inspired leadership and the community’s support.

We accept donations, clothing and goods, 7 days a week ...and prayer always!

Matthew 25:40
“Caring for the Least”

50+ Years of Service

(916) 447-3268
400 Bannon Street • Sacramento, CA 95811
Exec. Director, Pastor Tim Lane
P.O. Box 1108, Sacramento, CA 95812

Tune in our Radio Program:
KFIA 710 AM, Sun & Mon 3 PM
listen online & visit us at:
www.ugmsac.com
[Facebook.com/UGMSAC](https://www.facebook.com/UGMSAC)

Complete Collision Repair

Free Estimates
24 Hour Towing
We Work with All Insurance Companies

“We Meet By Accident”

up to **\$500⁰⁰**
Instant Rebate
towards your DEDUCTIBLE

Some restrictions apply - call for details. Limit 1 coupon per customer. Not valid with any other offer. Expires Oct. 31, 2013.

Before

After

FREE LOANER CAR WITH ANY REPAIR
Present this coupon and receive a free loaner car for the duration of your repairs after authorization.
Some restrictions apply - call for details. Coupon must be presented upon authorization. Limit 1 coupon per customer. Not valid with any other offer. Expires Oct. 31, 2013.

6801 Fair Oaks Blvd • Carmichael, CA 95608
Phone 916-339-1776 • Fax 916-339-1700
Email: info@aebodyshop.com • www.aebodyshop.com

Monday - Friday: 8:00 a.m. - 5:00 p.m.
Saturday: By appointment • Sunday: Closed

DELIVERY ROUTES AVAILABLE

CALL 773-1111

Pint-Sized Entrepreneur “Pitched” Against Region’s Six Best Start-Ups/CEOs –



At first, 17 well-respected agriculture innovation technology companies were selected as qualified to enter the Sacramento Regional Technology Alliance’s (SARTA) “AgStart Innovation” venture competition. Photo courtesy Riverview Media Photography/Tia Gemmell

By Drisha Leggett

SACRAMENTO REGION, CA (MPG) - Nine-year-old Entrepreneur Nicolas Come, inventor of the, “Nicolas’ Garden” Mobile App and digital platform, represented his company himself – without adult accompaniment – at SARTA’s upcoming, “AgStart PitchFest Finals;” and was selected by the judges to be one of the final three companies to “pitch” in front of key agriculture and technology stakeholders/investors at SARTA’s “AgStart Innovation Showcase,” on October 16, 2013; as well as receive a scholarship to attend the U.C. Davis Childs Family Institute for Innovation and Entrepreneurship’s Food, Ag, and Health Entrepreneurship Academy, on October 22 – 24, 2013.

Nicolas Come, the Sacramento-area third-grader, who just four months ago launched a company to encourage healthier eating among his generation (and took his “Farm-to-Fork” advocacy, all the way to the President of the United States), plans to again “pitch” by himself – without adult accompaniment --against his final other two adult CEO competitors, at the October 16, 2013“Showcase” before an audience of hundreds. The Wednesday, October 16, 2013, SARTA “AgStart Innovation Showcase” competition will take place at: McClellan Business Park Conference Center , 5411 Luce Ave, McClellan, CA, 95652.

“Most people don’t know that my ‘Nicolas’ Garden’ App was always supposed to be ‘Farm-to-Fork’,” Nicolas reports. “With the team I recruited from Hacker Lab, we created the ‘Fork’ part. But now we need more funding and content partners for the ‘Farm’ part. If we win the ‘AgStart Showcase,’

competition, we can build the ‘Farm’ part of my company, and teach more kids where their food comes from, and why healthy food is better for them! I want my company and App to teach kids about growing their own gardens and farming, no matter where they live. I think a lot of kids are like I was: picky eaters. But once I started growing my own healthy food, I tried more of it, and liked it. I think ‘Nicolas’ Garden’ can do that for other kids, too!”

A self-proclaimed, "Picky Eater," Nicolas Come decided to develop an entirely new, digital business model to support healthier living and fight childhood obesity late last year. Knowing how much he enjoyed learning to grow his own food, and cooking the resulting, healthy ingredients with his family, he outlined and diagramed an idea for a mobile application and supporting technology that would be, "by kids; for kids" -- allowing them to share healthy recipes, cooking tips, and other healthy options, in an easy, fun, digital format.

Convinced and emboldened that his idea was important, Nicolas bravely pitched his idea (by himself, while standing on a chair) to over 100 technical experts during a Sacramento Hacker Lab “Hackathon” (a weekend coding competition). At the Hackathon, Nicolas recruited a team of designers, computer programmers, and content specialists; and ultimately developed the concept for Nicolas’ digital platform and business, known as, “Nicolas’ Garden.”

Now “live,” the Nicolas’ Garden website and mobile App allows children and families to share healthy, family- and kid-friendly recipes, create meal plans and shopping lists, learn

easy and fun cooking tips, play health-related games, and link to other healthy programs and services. In the next generation of the App, kids will earn points and badges for interactivity, growing gardens, making healthy choices, and participation. A map of local healthy eating events, farms, and venues will be available to support farmers markets, restaurants, and other locations and activities promoting family-friendly, farm-to-fork programs.

In the continued effort to promote the use of his Mobile App, as well as his website (www.NicolasGarden.com), Facebook page and Twitter account, Nicolas has become quite the accomplished chef! He has appeared on numerous media programs conducting cooking demonstrations of his favorite recipes. He has also been interviewed by dozens of print publications; in fact, in the merely four months that the App has been, “live”, Nicolas has generated over nine million, positive media impressions worldwide, including media in Japan, India, Malaysia, Latin America, the United Kingdom, and many more. Nicolas has even shared his message (and his tiny business card), with the President of the United States! The White House selected Nicolas’ photo with the President as the, “White House Photo of the Day!”

Convinced that that Nicolas’ Garden Mobile App should be a vital tool to support the “Farm-to-Fork” initiative, Nicolas recently presented a cooking demonstration before over 100 teachers at an “Ag in the Classroom” Conference, inspiring instructors to incorporate his App in their classroom curriculum. He was also twice a featured chef at the California State Fair. Additionally, he is partnering with Chef Adam Pechal to present the “Farm-to-Fork Family Food Feud” event, as the Opening Act on the Main Stage of the “Farm-to-Fork Festival,” on September 28, 2013.

“I know the ‘AgStart Innovation Showcase,’ is going to be a hard competition,” concludes Nicolas. “And maybe some people won’t understand right away why ‘Nicolas’ Garden’ should be considered Ag innovation. But think about it; if no one wants to eat their fruits and vegetables in the future, who’s going to buy from our farmers? I am trying to help kids like fruits and vegetables now, so that they will grow up, and feed the healthy food to their families, and buy more from our farmers. And we are using a Mobile App and digital technology to do it! What’s more innovative than that? These judges are business people and entrepreneurs like me. I’m sure if I explain it to them myself, they’ll understand that ‘Nicolas’ Garden’ should be the winner of the AgStart Showcase!” ★

For further information regarding the Nicolas’ Garden, please check:www.NicolasGarden.com. For further information about SARTA, www.sarta.org.

Family Farm Makes for Family Fun



By Kelly Davenport

One family tradition I truly look forward to as summer wanes to fall is a trip to Amber Oaks farm in Auburn. A few years ago I discovered this beautiful farm, open by appointment to the public, for self harvesting thornless blackberries. These tasty but treacherous treats grow everywhere in my backyard though I fear to pick them as they tend to fight back with very sharp thorns. Although I always manage to gather a few handfuls of my own wild berries it’s too risky for the kids to fully enjoy and there is something magical about the peaceful ambience, fresh air and dare I say meditative, environment of the self harvesting experience.

As parents we strive to give our kids the best summer ever full of priceless memories. Berry picking is the ideal bookend and a “must do” event prior to relinquishing summer’s nonchalant ease. The entire experience is a multi sensory expedition that starts with a reasonable drive only a few miles from Interstate 80 at the 49 Highway exit. Once exiting the main highway the rolling hills and tree lined roads melt away the feel of city life instantly. We love to drive slowly

with the windows rolled down, taking in the country charm.

At the farm’s entrance a long gravel driveway leads us to a picking shed where we are greeted by the friendly proprietors to check in. For blackberry picking we choose to wear old fashion wooden trays that tie around our waist which hold two to three standard berry baskets. My kids love to wear these trays. They are quite functional and give the whole experience an authentic old-time feel.

Once geared up we are directed to the cane rows of blackberries designated for self-picking. You can ask to pick the Giant Sweet blackberries, great for eating fresh, or the variety better suited for baking like the Rhonda. For myself, I pick for the pure pleasure of becoming one with nature, hardly concerned about the variety.

My favorite part of the experience is to walk down the long cane rows. Blackberry vines cross overhead like cathedral archways giving the illusion of infinity. My parental guard drops as I know my children are safe here. I lose myself in the experience, searching behind the leaves for berry clusters, filling my basket with plump fruit, tasting here and there for sweetness; I am thrust into the moment

with no thoughts of yesterday or tomorrow.

The children love it too! Good news parents, no thorns. They find pleasure in filling up their baskets. It feels like a big accomplishment. They also learn where their food comes from and how much work it is to gather it. My kids are seasoned professionals and know just which berries are ripe, dull black and easily plucked. You may even chance upon an oversized giant, black and yellow Orb Weaver Spider. They are magnificent and give you a sense of nature in action.

So gather up your family, bring a light pick-nick lunch and wear clothes you don’t mind boasting a few berry stains. I promise you all a glorious adventure that saturates the senses and fills the soul. Amber Oaks farm offers U-Pick May through February of various produce and be sure to call for an appointment. www.amberoaks.wordpress.com. ★

Kelly Davenport lives in Sacramento with her husband and two children. She is a part time instructor at Sacramento State University and is the author of a children’s book “Do Hotdogs Grow on Trees.” Available at Amazon.com or http://tinyurl.com/nmjnmsm

FUNDRAISER FOR AMERICAN LEGION

Post 637



Have fun while you help raise funds for the Citrus Heights American Legion

Post 637

“The most delicious way to support your veterans.”

Where:

Red Robin Restaurant, 7990 Greenback Lane, Citrus Heights.

When:

Tuesday October 8, 2013 from 3 p.m. to 9 p.m. 15% of your total meal ticket will be donated to the post to aid veterans.

This is not a coupon! To obtain a coupon call Jim at 726-9390 Good for dine-in and take out.



Your Veterans Thank You!



LAW OFFICE OF RICK MORIN

DROWNING IN DEBT? GET HELP!

Get a FRESH START!

- Get out of debt and save money!
- Stop harassing phone calls.
- Stop lawsuits and wage garnishments.
- Free consultation and payment plans.

Don’t Delay. Call Today!

331 J Street #200, Sacramento, CA 95814

(916) 258-5435 • www.sacramentobankruptcyoffice.com

Law Office of Rick Morin • Helping Consumers with Bankruptcy and a Debt Relief Agency

Fair Oaks Honorary Mayoral Candidate and Natural Pet Balance Foods Gives Away One Year of Free Pet Food



From left to right: Nick Bisagno, sales representative; Natural Balance Pet Foods; Millie Finch, Owner of Trends-N-Treats; Patti Mandaro Representative from Lend A Heart and Misty the dog! Photo by Bill Martin

By Bill Martin

FAIR OAKS, CA (MPG) - Millie Finch, owner of Trends-N-Treats pet supply store, spa and boutique located in Fair Oaks has ‘gone to the dogs’, cats, rabbits and other domestic pets too. Many local residents know Millie Finch, who is a fixture around the tiny hamlet of Old Fair Oaks Village. You’ve probably seen, or maybe met Millie if you attended the Thursday night Fair Oaks Concert series. Millie was there raising funds for the Honorary Fair Oaks Mayoral campaign, sharing a table with her favorite non-profit organization; *Lend A Heart*, an animal assistance and therapy organization.

The Honorary Mayoral position of Fair Oaks is not based on votes counted, any hanging chads, Electoral College, or Supreme Court decision. The Fair Oaks Mayoral race is based purely on ‘buying the election’ and yes, it’s legal. The candidates are encouraged to raise as much money as they can during their campaigning period, which runs from May through September each year. The candidate who raised the most money by the end of the campaign period receives the title of **Honorary Mayor of Fair Oaks**. The Honorary Mayor of Fair Oaks does not actually preside over town business, but rather serves as the lead

chairperson for all Fair Oaks Chamber of Commerce events held during the year. These Fair Oaks events include, but are not limited to; *Springfest, a Taste of Fair Oaks and Christmas in the Village*.

Half of the proceeds collected by each Mayoral candidate are donated to the Fair Oaks Chamber of Commerce, with the other half going to the candidate’s favorite non-profit organization or their charity of choice.

Although Ms. Finch did not win the seat of Honorary Mayor for this year, she still won the hearts, admiration and support, of a large group of local people and many businesses within Fair Oaks and surrounding areas. Millie noted that she was “Humbled by their kindness and support.” Millie made the announcement at a recent Fair Oaks gathering that she was giving a check to the *Lend A Heart* organization with the biggest donation they have received since their founding 1987. Ms. Finch was able to provide the organization with a check for \$7,512.00.

The *Lend A Heart* organization is a 501 C3 non-profit group run by a large group of volunteers. The volunteers train and certify dogs, cats and other animals to visit nursing homes, hospitals, schools and libraries. The interaction between humans

and the pets is nothing short of amazing to watch. These furry four-legged pets offer unconditional and non-judgmental love to young and old alike.

Millie Finch said that she had additional and amazing help fundraising throughout her Mayoral campaign with the aid of Nick Bisagno, Sales Representative for Natural Balance Pet Foods. Through the generosity of the good folks at Natural Balance, Nick coordinated with Millie to execute a contest for someone to win an entire years’ supply of Natural Balance pet food. Winner Christina Smith from Carmichael was the lucky winner drawn by Millie and Nick during a special even marking the occasion. Ms. Smith was thrilled that her two Wire Coat Dashounds; *Delta Street* and *Perry Mason*, are going to be eating very well for the next year and expressed her gratitude to Ms. Finch, Mr. Bisagno and Natural Balance Pet Foods.

Stop by *Trends-n-Treats* at 8929 Madison Avenue in Fair Oaks and say “Hi” to Millie and her daughters; Brianna and Rachelle, or you can visit their business online at trendsntreats.com. ★

For more information on the *Lend A Heart* organization or to volunteer, please visit their website at *LendAHeart.org*.

History in the Making



The Berlin Airlift Tribute will honor the greatest humanitarian aviation event in the history of the world. Photo courtesy California Capital Airshow

Continued from Page 1

and ‘Operation Little Vittles’ became a major success.

The C-54E Skymaster, an actual aircraft used during the Airlift will be on display and fly the Tribute performance each day, narrated by Lt. Col. Jon Huggins, USAF. As the grand finale, parachutists from the Red Bull Air Force will jump from the C-54E with candy “goodies”

for the crowd. Numerous participants from the Airlift will take part in the Tribute along with individuals who were children in Berlin at the time. The CCA will be all things “shiny, fast and loud” for all ages and so much more! Tickets are now available online and can be easily purchased at the Airshow web site, www.californiacapitalairshow.com/buytickets.php.

The Airshow web site will be updated regularly with news, attraction information and more. Fans can follow the Airshow on Facebook and Twitter (#calcapairshow), and now on Instagram (@capitalairshow). High-resolution images are available on the website photo gallery.

About California Capital Airshow

Established in 2004, the California Capital Airshow has become one of the largest and highly- respected shows in the nation. As part of its community relations, the non-profit organization has awarded over 80 scholarships to deserving students from our region with an interest in aviation, aerospace, aeronautics and related fields.

For more information about the California Capital Airshow, presented by Sacramento County, please visit www.californiacapitalairshow.com. ★



Michael Goulian is a true aerobatic champion, demonstrating to spectators across the globe his crisp, athletic flying style. Michael will mesmerize you with his extreme maneuvers and bigger than life personality! Photo courtesy CCA

WE SUPPORT OUR MILITARY

Jenner Inn & Event Center

800-732-2377

**Storybook Weddings
Corporate, Personal
& Wellness Retreats**

**10400 Coast Rt. 1,
Jenner, CA 95450**

innkeeper@jennerinn.com

www.jennerinn.com

TAKFoodMarket.com

916-944-3188

**9045 Fair Oaks Blvd.
Carmichael**



**PERSIAN
LAMB CHOPS**

Kabob Shishlik

\$14.99



Our New Zealand lamb chops are grass fed and only of the finest quality. They are raised without added growth hormones, high in Vitamins B & D, Iron, Zinc, and Omega-3s for your good health.

Forouzan marinates these top quality lamb chops, and Majid cooks them with love over an open flame. They are served on a bed of aromatic long grain Basmati Saffron rice, with grilled Tomatoes.

Restaurateur & Philanthropist Eppie Johnson Passes Away

By Drisha Leggett

Colorful and gregarious Northern California business leader and philanthropist Eppaminondas “Eppie” Johnson, passed away in his sleep in his Sacramento home over this last weekend. He was 85 years old.

The proud son of a Greek family, Eppie worked for his father’s Sacramento fine dining house, after graduating from University of Nevada, Reno, before eventually striking out on his own and opening his first, “Eppie’s Restaurant” on 30th & N Streets, Sacramento. The popular family restaurant grew into a chain of “Eppie’s” restaurants located throughout Northern California.

The restaurant’s colorful owner was as (or more) popular than his “Eppie’s” Restaurants – continually introducing new, zany tricks, stunts, and campaigns to promote his restaurants.

“I used to drive down the freeway all the time,” Eppie commented to a local Rotary Club during a recent presentation. “I would look over to the car next to me, and I would see my face smiling back! All of the Eppie’s kids meals were printed onto masks, and kids would wear my face all over the place!”

Another famous restaurant campaign that earned him many fans was the “Professor Eppie” campaign. If students brought their report cards featuring straight, “A’s” into an Eppie’s Restaurant, Professor Eppie would give them a free chocolate sundae!

However, it was one specific, unusual, brilliant, “stunt” to promote his restaurants that ultimately became Eppie’s legacy to the Sacramento community

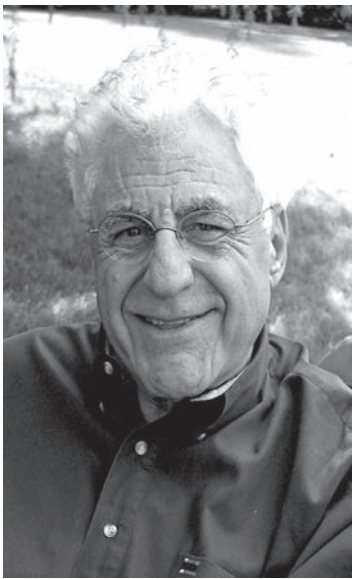
– and raised over \$1 million to support programs benefiting the disabled.

In June 1974, while paddling in his kayak on the American River with Instructor Mike Ewing, Eppie Johnson was challenged to sponsor and launch a race that featured three different athletic events. No one had ever heard of a “Triathlon” at that time.

Now, 40 years later, “Eppie’s Great Race” – “The World’s Oldest Triathlon” – has become a signature event for Northern California, attracting over 5,000 participants, volunteers and spectators annually, to run, bike, and paddle on American River Parkway. Over the years, Eppie’s Great Race has also raised over \$1,000,000 for programs benefitting Sacramento County’s mentally- and physically-challenged. But in 1974, the concept of “Eppie’s Great Race” was simply entertained as a potential, fun, publicity stunt to promote Eppie’s restaurant chain!

At that time, Eppie was an avid skier and all-around athlete, was intrigued by the idea of hosting a relay race featuring three different athletic legs. It was not unusual for him to perform curious, funny or athletic stunts within his own television commercials to promote his regional restaurants. His “Eppie’s” restaurant commercials often featured him personally carrying a tray of his food while on snow skis, water skis or running.

So, Mike and Eppie hatched a plan and selected the “perfect” potential race course in Sacramento to host a “Great Race” and promote Eppie’s restaurants: starting at Olson Drive where Eppie was building a new restaurant named



“Eppaminondas” (Eppie’s actual first name) and ending at the “Eppie’s” Restaurant on Watt Avenue.

With that, Eppie decided the launch “Eppie’s Great Race.”

Simply implementing a three-phased race in Sacramento wasn’t as easy as it first sounded. Four days before the event, Eppie was called by a Sacramento Assistant District Attorney and the Highway Patrol Area Commander for an emergency meeting. Who knew he needed a permit? No one had ever done this before! Eppie quickly obtained a permit.

The challenges didn’t stop there. He was also told that if any bicyclist did not stop during the race for a stop sign or a red light on busy Watt Avenue, the cyclist would immediately be arrested! Eppie emphatically cautioned the bicyclists...and to his knowledge, none were arrested.

The entry fee for Eppie’s first, “Eppie’s Great Race,” was ten dollars, and there were only 138 participants.

On December 16, 1975, Eppie received the State of California Service Mark for the use of the

name, “Eppie’s Great Race.” On May 12, 1981, he received from the United States Patent Office the Service Mark “Eppie’s Great Race.” Thus, the very first (and now oldest) annual triathlon in the world was inaugurated. Many exciting, famous and heart-warming stories have been generated during “Eppie’s Great Race” ever since.

For 40 years, Eppie’s Great Race has attracted hundreds of the world’s most famous athletes and celebrities to Sacramento. Among them included nationally known blind athlete Harry Cordelios. In 1976, Cordelios competed as an Eppie’s Great Race Ironman, and was the first blind athlete to finish the entire course. Chuck Lyda, an Olympic Medalist Kayaker, and his team won Eppie’s Great Race in 1986. In 1993, well-known paraplegic athlete Mark Wellman, who had previously climbed El Capitan and Half Dome in Yosemite, competed as an Ironman and dramatically crawled across the Eppie’s Great Race Finish Line.

Each year until the last ten of his life, Eppie led a “Great Team” featuring renowned sportspersons, luminaries, and regional business leaders. The “Eppie’s Great Team” sets the pace or the “time to beat” for Eppie’s Great Race competitors the following week. And anyone or team that beats the “Great Team’s” finish time is treated to a free breakfast at local restaurants.

Past “Great Team” members have included five-time Gold Medal Olympic Champion Eric Heiden; former Sacramento Mayor R. Burnett Miller; KCRA Anchor Deirdre Fitzpatrick; KOVR Anchor Jennifer Whitney; KTXL Weathercaster Pat Hambright; retired Law

Judge Bob Hannah; Director of Kaiser Sports Medicine Dr. Meredith Bean and Physician-in-Chief Richard Isaacs; McClatchy Company President and Chief Executive Officer Gary Pruitt; and founder and principal in the Boutin Dentino Gibson DeGiusto Hodel, Inc. Law Firm Stephen Boutin, among many others.

“Eppie’s Great Team” is often as entertaining as they are athletically gifted. For example, Olympic champion “miler” Peter Snell competed as the runner of “Eppie’s Great Team,” and upon completion, downed two 16-ounce glasses of beer at the finish line before a cheering crowd!

Eight years ago, Eppie launched a new element of his “Great Race.” To engage more children in healthy, physical activity, Eppie and U.S. Bank added the “Eppie’s Great Race Kids Duathlon.” Children ages 17 years and younger are challenged (as “Iron Kids” or in teams of two) to run 2.5 miles and then bike six miles, also along the American River Parkway. Last year, over 200 children participated in the Duathlon.

Also in the last ten years and much to Eppie’s surprise, his “Eppie’s Great Race” is no longer just a Northern California tradition; in fact, it isn’t even just an American tradition! A few years ago, Eppie’s Great Race went international! In 2003, three citizens of the Czech Republic (who now live in California and have participated in the race for over 25 years), decided to implement a very similar event in the Czech republic. For the last few years of his life, Eppie has been the official starter and has awarded medals to the winners of the

annual Czech event known as “Epi Vodacky Triathlon.” Its proceeds are also donated to various charities within the Republic.

Eppie worked promoting and implementing his beloved “Eppie’s Great Race” until the day he died. This year’s, 40th annual Eppie’s Great Race attracted thousands of competitors, volunteers and fans. Eppie was able to donate more money to fund Sacramento County’s Therapeutic Recreation Services. The 41st Eppie’s Great Race is scheduled for Saturday, July 19, 2014. The “Eppie’s Great Race” Committee insist that the event will continue as planned.

“My Dad loved this community, and loved ‘Eppie’s Great Race’,” stated George E. Johnson, II, Eppie’s son and President of the Eppie’s Great Race Board. “He always said to me that he used to think the restaurants would be his legacy. But now we know, his legacy is the ‘Great Race,’ and hundreds of disabled people helped by the funds raised. My Dad loved life; and he lived a full and fun life! I’m proud of him and his legacy. More importantly, I’m proud to continue his legacy and his ‘Great Race’ for many years to come.”

The Family asks that in lieu of flowers, please send donations in Eppie’s honor to the Eppie’s Great Race Foundation: www.EppiesGreatRace.org.

Eppie is survived by his daughter Lisa Johnson Mangels, his son George E. Johnson II, his son-in-law Ben Mangels, daughter-in-law Molly Lee Johnson and his four grandkids: Alex Mangels, Claire Mangels, Athena Johnson and Eppaminondas Johnson II. ★



Farmers Markets!

EAT HEALTHY, BUY LOCAL

SUPPORTING LOCAL FARMERS, YOUTH AND COMMUNITIES



UC Davis Health System Sacramento Farmers Market
45th & Y Streets (Behind Shriners Hospital)
Every Thursday from 3 to 7:30 pm (through November 14th)



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



Fair Oaks Plaza Park Farmers Market
7003 Park Drive, Fair Oaks (Old Fair Oaks Village)
Every Wednesday from 3 to 7 pm (through November 13th)



Mather VA Hospital Farmers Market
10535 Hospital Way, Mather
Every Wednesday from 9 am to 1 pm (through November 20)



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
Over 65 certified and organic farmers and specialty food vendors



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



Historic Folsom Farmers Market
915 Sutter Street, Historic Folsom Public Plaza, Folsom
Every Saturday from 8 am to 1 pm - all year round
Over 50 vendors!



BMSUSA Certified Farmers Markets offer fresh grown organic produce and specialty food products weekly rain or shine, all year round and seasonal! All Markets include Live Music, Quarterly Crafting Events and Health Fairs along with special events and activities.

BeMoneySmartUSA.org

BusinessCoach.com announces the new Small Business Coach Mastery Training System. Learn how to establish a highly profitable business as a business coach!

BusinessCoach.com, a global provider of business coaching training solutions has just announced the latest addition to their company’s training programs known as the Small Business Coach Mastery Training System. This innovative home study product provides powerful tools, proven methodologies, and a roadmap for business professionals looking to enter the business coaching field either on a part-time or full-time basis.

“I understand the struggles that most people have in making a decision to leave the security of their regular jobs in order to enter into the coaching business, and I believe this product will enable them to ease into the coaching field with confidence,” said Gary Henson, expert business coach, master trainer and founder of BusinessCoach.com. With almost 25 years of training both new and experienced coaches, as well as coaching business leaders and organizations, Gary is considered a worldwide industry expert and a thought leader in the business coaching field. This product has been designed as a result of numerous requests of corporate professionals wanting to enter the field of coaching. “We listened and are excited about this product and the opportunities it provides in today’s economy,” said Gary.

The Small Business Coach Mastery Training System provides a current and relevant library of tools to enable a business coach to assist their clients in most every area of their organization. These include marketing, sales, human resources, customer service, leadership and financial management tools to create transformation in an organization. While highly effective as a standalone training program, this valuable information is also included in all of BusinessCoach.com’s live training programs.

BusinessCoach.com was founded in 1989 and headquartered in

Roseville California, provides a wide portfolio of business coach training solutions for both business coaches and organizations.

Gary Henson, Expert Business Coach and Master Trainer

Recognizing the transformational impact effective business coaching can have on an organization, Gary Henson is committed to helping business leaders and aspiring coaches achieve extraordinary business results. As President and Founder of internationally known BusinessCoach.com, his goal is to empower organizations and individuals to function at optimal levels. BusinessCoach.com was founded in 1989 and since then Gary has personally coached over 7,000 business leaders with impressive results. He has assisted business leaders to look at their businesses in fresh and different ways, resulting in 70% of his clients experiencing over 200% increases in sales or profits.



In addition to an outstanding track record of coaching success, Gary is also a Master Trainer for new and existing business coaches all over the world. His training methodology provides an effective formula for an individual to realize high levels of success as a business coach. BusinessCoach.com trains people on how to get started as business coaches and equips them with the right tools to become very skilled in the field of business coaching. When certified by BusinessCoach.com, you will be confident in your abilities and well prepared to attract and coach business leaders.



As a thought leader in the coaching industry, Gary is considered an expert in developing professional criteria for business coaching certification, having served on numerous expert panels for global coaching organizations. His professional background encompasses diverse and real world experience in corporate business settings along with experience as a business owner and leader.

As co-founder of *The Make a Difference Project*, a non-profit organization committed to ending domestic violence, Gary has dedicated his life to assisting others. With a life goal to donate 90% of his earnings to charity, he also volunteers his time to many charitable and spiritual organizations.

Gary is happily married to his wife Jenene and is a proud father of five daughters. He considers his family his most successful achievement in life.

Gary can be contacted through BusinessCoach.com or email him at gary@businesscoach.com

