



For Every Lock There Is a Key

Read Bryan Golden
"Dare to Live Without Limits"

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PLUS: Fire Chief Honored

Kurt P. Henke has earned the Fire Chief
of the Year Award. The award is from
the California Fire Chiefs Association.

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AMERICAN RIVER MESSENGER

Volume 8 • Issue 20

Serving Fair Oaks, Orangevale & Sacramento County

Second Edition for October 2013

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The Great Cancer Debate



Breast Cancer Awareness Month: Beyond the Controversy of Screening. Pioneering psychotherapist Dr. Niki Barr shares 3 exercises for maintaining emotionally while coping with a diagnosis

Breast Cancer Awareness Month has been one of the most successful campaigns to raise public awareness in recent history. Unfortunately, in terms of successfully reducing breast-cancer mortality, the results have been mixed, which has caused fierce debate among doctors, researchers, non-profit groups and patients.

"Embedded in the message driving the campaign every October includes instruction to women to strongly consider getting screened for breast cancer, which is often asymptomatic during the early stages, in the hopes of finding cancer before it metastasizes," says cancer

psychotherapist Dr. Niki Barr, author of "Emotional Wellness, The Other Half of Treating Cancer," (canceremotionalwell-being.com).

Debate over the efficacy of screenings has arisen as new studies reveal possible shortfalls: self-examinations haven't been proven effective; younger women experience false positives due to denser breast tissue, as well as missed positives, despite clinical examinations; and recently published studies such as The New England Journal of Medicine's findings on three decades of screening have been mixed, Dr. Barr says.

The latter found that

screenings did reduce late-stage cancer rates, to a small extent, but mammograms also drastically increased over-diagnosis and unnecessary treatment, including surgeries, toxic drugs and an incalculable amount of stress and suffering, she says.

"I think each woman needs to consider screenings on an individual basis. Family history, age and other risk factors should be considered in their decision," Dr. Barr says. "It's equally important to remember that, should you or a loved one be diagnosed with breast cancer, you should care for your emotional well-being as much as you take measures to restore physical well-being."

While doctors, nurses and medical staff tend to your body, you can tend to your mental health with some of these exercises she recommends to her patients:

• **Catch anxious feelings before they become anxiety.** Prevent anxious thoughts from becoming full-blown anxiety by "catching" those feelings before they intensify. If you find anxious thoughts repeating themselves in your mind, take out some index cards and a pen and write them down, one by one, one per card. When you've written them all down, try to identify which one thought started the chain

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Gaines Announces Bid for California Insurance Commissioner

SACRAMENTO, CA (MPG) - Senator Ted Gaines (R-Rocklin) announced October 3rd his candidacy for California Insurance Commissioner.

"The Insurance Commissioner should work to protect consumers, keep rates low, and make it easier for companies to hire and retain workers," Gaines said.

Senator Gaines noted that under its current leadership, the California Department of Insurance has become a hostile bureaucracy that is driving companies out of the state.

"When the Insurance Commissioner pushes insurers out of California just to score political points, the result is less competition and ultimately fewer choices and higher rates for all our citizens," Gaines said. "More competition means more choices and better rates for consumers."

For nearly 30 years, Senator Gaines has run a family insurance business, representing individuals and small business clients as an independent insurance agent.

Gaines also currently serves in the California State Senate, representing the 1st Senate District. Prior to his election to the Senate, he served in the State Assembly from 2006-2011.

"As a family insurance agent, I've had to fight insurance companies on behalf of my clients," Gaines said. "And as a state legislator, I work hard to fight big government bureaucracy on behalf of my constituents."

In addition to encouraging competition and economic growth, Gaines also plans to focus on reducing fraud and abuse and removing politics from the Department of Insurance.

"When insurance fraud happens, everyone pays the price," Gaines said. "I will work to increase criminal penalties for fraud and will aggressively prosecute those who prey on seniors and our most vulnerable citizens."

"But there are other forms of abuse," Gaines continued. "California is one of the most litigious states in the nation, and frivolous lawsuits are a significant cost driver in the state. We need to clamp down on lawsuit abuse, and we can start with the Department of Insurance where our current Insurance Commissioner is far too cozy with trial lawyers."

Gaines said he will actively oppose an initiative sponsored by trial lawyers and supported by the current Insurance Commissioner that would put health insurance companies under the regulatory control of the Department of Insurance.

"This regulatory initiative is all about playing politics at the expense of California consumers," Gaines said. "The Insurance Commissioner has a duty to protect consumers and foster a business climate that will improve our state's economy. This important elected position shouldn't just be a stepping stone to higher office."

Senator Gaines has released an announcement video can be seen at www.TedGaines.com ★

Source: The Office of Ted Gaines

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

FAIR OAKS, CA (MPG)- On Friday, Oct. 4, Dutch Bros. Coffee opened its first Fair Oaks location at 8552 Madison Avenue. All 16-oz. drinks cost just \$1 with 100 percent of the proceeds – totaling \$3,310 -- benefiting Bella Vista High School Grad Nite.

"We are so thankful to the Sacramento community for coming out and supporting Bella Vista Grad Nite," said local owner-operators Steve and Nikol Grubbs. "It was an amazing day full of coffee, smiles and good spirits."

"And a huge shout out and thank you to the greater Sacramento community for giving us the opportunity to open a third Dutch Bros!" said Mr. 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 opening their first store in Citrus Heights in 2012, the Grubbs have given back over \$25,000 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.

The Grubbs come from Corvallis, Ore., where they flipped houses for a living. Mr. Grubbs 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 Mrs. Grubbs. "He started working more and more shifts and got hooked on the atmosphere, product and culture."

"We are blown away by the chance to make a contribution and feel so blessed that Dutch Bros. gave us the opportunity," Mr. Grubbs said. Dutch Bros. Sacramento employs 45 fun-loving, upbeat baristas.

"It is that giving spirit, positivity and quality coffee hand-roasted in Oregon that has made Dutch Bros. Coffee such a success," said Mr. Grubb.

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



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

events, follow Dutch Bros. Fair Oaks.

Source: Dutch Bros. Coffee

Fire Chief Honored

Special Metro Fire Report

SACRAMENTO COUNTY, CA (MPG) - It is with great pride that we announce Fire Chief Kurt P. Henke has earned the Fire Chief of the Year Award. Earning this prestigious award from the California Fire Chiefs Association is truly remarkable considering the accomplishments achieved during the unprecedented economic downturn we faced over the last four years. Since joining Metro Fire in 2009, Chief Henke has tirelessly worked to improve our District's efficiency, reduce unfunded liability, and explore ways to reform pension and medical costs. Having a balanced fiscal approach and reducing unfunded liability has been especially crucial. Under Chief Henke's



Fire Chief Kurt P. Henke
Photo courtesy Sac Metro Fire District

lead, Metro Fire has taken the region's most aggressive stance on cost-sharing for unfunded liabilities. With collaborative Labor/Management relations, he was able to negotiate a comprehensive reform including the prefunding of retiree healthcare. Leading by example in

the reduction of Management compensation assisted with negotiating employee compensation concessions. Prior to Governor Brown's pension reform, Metro Firefighters were contributing 12% of their salary towards pension costs and pension accounts were funded above recommended levels. Earning the Fire Chief of the Year Award is a testament to Chief Henke's forward thinking and focus on improving efficiency. His leadership has allowed us at Metro Fire to avoid further service reductions and improve our service to the public. This award was last received by a Sacramento Metropolitan Fire Chief in 2003 by then Fire Chief Rick Martinez. ★
Source: PIO Jon Rudnicki

NewsRadio KFBK Launches The Pat Walsh Show

Sean Hannity Moves to Talk 650 KSTE

SACRAMENTO, CA (MPG) - NewsRadio KFBK, Sacramento's News, Weather and Traffic Station, announced the launch of The Pat Walsh Show, a local three-hour talk show featuring longtime sports anchor Pat Walsh, beginning in mid-October. The Pat Walsh Show will broadcast weekdays from 7-10:00 p.m. PST.



Pat Walsh

Walsh will continue as the KFBK Afternoon News Sports Anchor weekdays from 4-7:00 p.m. PST. Former ESPN analyst, Bill Herenda, will join the station to take over as the KFBK Morning News Sports Anchor weekdays from 5-9:00 a.m. PST. Sean Hannity will now air live

on KFBK's sister station Talk 650 KSTE from 12-3:00 p.m. PST. "KFBK is Sacramento's local news station and adding Pat Walsh to the evening lineup helps further establish KFBK as the leader in local news and information," said Ken Charles, Vice President of Programming, Clear Channel Media and Entertainment Sacramento. "Adding Hannity's show live to KSTE makes the station home to the biggest regional and national personalities with Armstrong and Getty, Dennis Miller and now Sean Hannity." Walsh began his broadcasting career in 1990 as a Sports and News Anchor at KPAY in Chico, California. In 1994 he joined the Clear Channel team as a News Anchor and Morning Show Producer for KSTE in Sacramento. Two years later he started his 17-year stint as the Sports Anchor for the KFBK Morning News and KFBK Afternoon News. "I am excited and extremely proud to begin my new adventure as Sacramento's newest local talk host," said Walsh. "It's been a life-long dream to host my own



Bill Herenda

radio show." Herenda joins KFBK as the Morning Sports Reporter following a career where he has appeared on the ESPN family of networks as a Basketball Analyst, Time Warner Cable, and as a contributor to sports talk shows throughout the U.S. Herenda currently serves as the Executive Director of Sacramento's branch of the Positive Coaching Alliance. Fans can listen to NewsRadio KFBK, via the station's website, www.kfbk.com, as well as on iHeartRadio, Clear Channel's all-in-one digital radio service. ★
Source: Clear Channel

Buying a Long Gun Will Now Require Knowledge of Safe Handling Procedures; Governor Signs SB 683

SACRAMENTO REGION, CA (MPG) - Buyers of shotguns, rifles and other long guns will need to pass a written safety test similar to that required of handgun buyers under a measure the governor approved October 11th. SB 683, a gun education safety bill, authored by Senator Marty Block (SD-39), would ensure that individuals who buy a long gun are knowledgeable about the safe handling of the firearm and aware of gun ownership laws. "It makes sense to require familiarity with long gun safety and storage, just as we do for hand gun purchasers; it's about safety education," Block said. "Why would we require safety certificates only for buyers of

handguns but not for those buying rifles or shotguns," Block asked. "Competency testing to make sure that buyers know how to handle and store weapons safely and securely is essential to preventing unintended injuries, deaths and weapon thefts." According to 2009 records from the California Department of Justice, of the more than 22,000 firearms used in a crime, 31 percent were long guns, many stolen from unsecured storage. Under Block's measure, the current handgun safety test would be expanded to include long guns. Buyers would have to pass a test demonstrating knowledge of California laws applicable to firearms and firearm safety.

The new certificate would be renamed the Firearm Safety Certificate and would be valid for five years. Current Handgun Safety Certificate exemptions would remain in place and apply to those who purchase long guns. SB 683 is sponsored by the Courage Campaign and also supported by the California Medical Association, the American Academy of Pediatrics, the California Brady Campaign and the Law Center to Prevent Gun Violence, among others. ★
Senator Marty Block represents the cities and communities of San Diego, Del Mar, Solana Beach, and Coronado

Fundraising Dinner to Support Sacramento Life Center

SACRAMENTO, CA (MPG) - More than 600 local residents are expected to attend the annual fundraising dinner on Nov. 9 to celebrate and raise funds for the Sacramento Life Center's program that provides free medical care, counseling and education for pregnant women and teens. The "Salute to Life Dinner and Auction" will begin at 5 p.m. at the Hyatt Regency Ballroom in Sacramento and will include

a gourmet dinner, auction, raffle and stories of people who have received help from the Sacramento Life Center. "This is an inspirational event where guests can witness the life-changing journeys our clients have taken while also enjoying the excitement of a live auction and gourmet dinner," said Marie Leatherby, executive director. "This year, funding

will help us roll out our second Mobile Medical Clinic so we can help even more women and teens receive the services they need." Last year's event raised more than \$400,000 through ticket sales, auction bids and sponsorships. For more information about sponsorships or to purchase tickets: www.saclife.org. ★
Source: Kristin Thebaud Communications

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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.

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FAIR OAKS COMMUNITY UPDATE



By County Supervisor Susan Peters

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

Budget Adds Sheriff POP Deputies & Park Rangers

When the Board of Supervisors adopted this year’s final budget, we made a deliberate decision to invest more in public safety.

As a result, the Board added \$23 million to the Sheriff’s Department which will include four more Problem Oriented Policing (POP) Deputies. Regional Parks will be adding four more rangers to its force, too, to assure public safety and maintain our regional parks including the American River Parkway.

Resources also were added to Code Enforcement, District Attorney’s Office, Probation, Animal Care and Public Health.

At the same time, the Board exercised prudence by paying down County debt by \$11.7 million and increasing our reserves by \$2.2 million.

While this year’s investments are due to savings from last year’s careful money management, the next few years will continue to be challenging because of the expected continuing slow economic growth our region is experiencing.

Patriots Park Ceremony

Patriots Park serves as a lasting monument honoring a special group of individuals who served our community and nation – and their names are listed on the park’s Wall of Honor. Please join me on Saturday, November 2, at 10 a.m. when the Carmichael Recreation and Park District sponsors a special ceremony honoring the 12 persons who gave selflessly to serve us while wearing different uniforms – the U.S. Armed Services, law enforcement, and fire protection.

Located at 6827 Palm Avenue, the park and its Wall of Honor is a special place. Each honoree had a connection to our area and the memorial provides a source of pride and remembrance for their families, loved ones and friends. A complete listing of honorees is available online at carmichael-park.com.

State of the County’s Suburbs

Please join me at the annual State of the County Luncheon sponsored by the Sacramento Metro Chamber Friday, November 15, 11:30 am to 1:30

pm, at the Sheraton Grand Hotel in Downtown Sacramento.

“Suburbs: Popular and Politically Incorrect -- the Importance of having Prosperous and Livable Suburban Communities” is this year’s theme that will focus on the importance of our suburban neighborhoods in unincorporated Sacramento County. Did you know that if the population of the unincorporated area was counted as a city, then unincorporated Sacramento County would be considered the fifth largest city in California? It’s true; according to the California Department of Finance our unincorporated population of 564,657 is larger than the City of Fresno’s 508,453 and just behind San Francisco’s 825,111 (the City of Sacramento is after Fresno at 473,509).

The guest speaker will be Joel Kotkin, professor of urban development at Chapman University, who is known for his columns in the Wall Street Journal, Forbes, etc., defending suburbia, which he notes has been a favorite whipping boy of urbane intellectuals for many years.

It should be a thought provoking discussion. For more information, contact the Metro Chamber at 319-4261 or visit metrochamber.org.

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



By Pastor Ray Dare

Many people feel like their lives are out of control. You may feel this way: “I am a victim of my circumstances! What can I do? I feel powerless to change my situation... Just about the time I make ends meet, somebody moves the ends!” You walk up to somebody and ask, “How you doing?” What do they say? “I’m doing ok, under the circumstances...” When I here that I want to say, “What are you doing under them?” Somebody said, “Circumstances are like a mattress. If you’ll get on top you’ll rest easy. If you get under them you’ll suffocate.” A lot of people are under their circumstances. The fact is we can’t control our circumstances, but we can control how we respond to them. It depends on where you are.

Everybody’s got difficult circumstances. You’ve got them. I’ve got them. It’s a part of life. If you don’t have any problems, check your pulse. People who

You’re An Overcomer

don’t have problems are over at Mount Vernon. God wants us to live each day with confidence in spite of our circumstances. Webster defines confidence as “the state of being certain, the assurance that one will act in a right way, a relation of trust...” That’s the way God wants us to think about Him. Learn to trust Him in spite of your circumstances.

A guy goes out mountain climbing and falls off a cliff. Half way down he grabs on to a ledge and looks down — it’s 1000 feet down! He looks back up; its 2000 feet back up! He thinks, “How am I going to get out of this?” He starts praying, “God, please help me!” A voice from heaven comes down, “Trust me! Let go and I will catch you...” He looks up and says, “Is there anybody else up there?”

You may feel like you’re hanging from a ledge today and you see no way out of your present difficult circumstances. God says, “Let go... Trust Me.” See, our real problem is what we do with our circumstances. We get under our circumstances when we try to solve them on our own power and our own strength. How do you know when you’re trying to solve your problems in your own strength? You start to worry. Worry is a form of control. You get stressed out and

you get sick and tired. Then you get sick and tired of being sick and tired! You begin to suffocate under the circumstances.

Many feel that when they have problems, God is upset with them. “God must be mad at me!” But that’s not true. “Friends, when life gets really difficult, don’t jump to the conclusion that God isn’t on the job...” 1 Peter 4:12-13 (Msg) The truth is God doesn’t cause your problems (we do a good enough job of that ourselves). He wants to help you conquer your circumstances as you trust in His love.

“Who shall separate us from the love of Christ? Shall trouble or hardship...? No, in all these things we are more than conquerors through him who loved us.” Romans 8:35-36(NIV) This verse says “We are more than conquerors.” Are you conquering your circumstances? As you put your life in God’s hands and rely upon His love and power, as you let go and trust Him to care for you, nothing can devastate your life. No matter how dark the situation is, God can turn it around. ★

Pastor Ray
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The Great Cancer Debate

Continued from page 1

reaction. Then find the thought that came next. Continue until you have each thought in order. Now, go back to the first thought and write down a new thought that does not make you feel anxious. When the first thought comes to mind, substitute it with the second thought. Continue through the list until you have positive, empowering thoughts for each negative, anxious one.

• **Release painful feelings and then let them go:** Writing down painful thoughts and feelings through journaling is an excellent way of exorcising them. Some people find rereading what they’ve written can be helpful, but others hesitate to use this tool for fear someone will find it and read their private thoughts. For those people, Barr suggests an

extra measure of release: Shred the pages while focusing on “letting go” of those feelings.

• Give your mind respite by escaping through music and meditation: Music is a tonic for many things: It can help us relax, lift our spirits, provide an escape from anxious thoughts and the here and now. Always have favorite CDs easily accessible so you can escape with music whenever you need to. Meditation CDs are available to help you learn how to meditate and to provide guided imagery for meditation, which is scientifically proven to trigger soothing chemical changes in the brain. Try “Meditation for Beginners” by Jack Kornfield or “Guided Mindfulness Meditation” by Jon Kabat-Zin. Finally, sleep is an absolute must for both physical and emotional health. If you’re having trouble sleeping, there are

CDs and downloads to help! Try “Sleep Through Insomnia” by KRS Edstrom.

“Having an actual box, with three-dimensional items, gives patients something tangible to use during a confusing time,” Dr. Barr says. ★

Niki Barr, Ph.D. founded a pioneering psychotherapy practice dedicated to working with cancer patients in all stages of the disease, along with their family members, caregivers and friends. In her book, she describes an “emotional wellness toolbox” patients can put together with effective and simple strategies, ready to use at any time, for helping them move forward through cancer. Dr. Barr is a dynamic and popular speaker, sharing her insights with cancer patients and clinicians across the nation.

Source: www.newsandexperts.com



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Obamacare's Unnecessary Navigators

OpEd by Sally C. Pipes

The Department of Health and Human Services (HHS) recently gifted Obamacare's "navigator" program an additional \$13 million in funding. Navigators are supposed to help Americans purchase health coverage through the new, state-level insurance exchanges.

This \$13 million is on top of \$54 million already allocated to the program. But both eight-figure expenditures represent colossal wastes of taxpayer money. The publicly funded navigator program is entirely unnecessary -- and ripe for fraud and abuse.

The Congressional Budget Office estimates that about seven million people will shop for coverage in Obamacare's insurance exchanges in 2014.

But they may not know it yet. According to a recent poll from the Kaiser Family Foundation, fully 55 percent of uninsured Americans have never heard of the exchanges.

The law envisions that navigators will help fill that information gap -- and guide consumers through the process of purchasing health insurance. Qualified individuals, non-profits, and community groups have claimed millions in HHS grants to spread the word -- and eventually help people pick the plan that best suits their needs.

California is planning to use a whopping \$673 million in federal money to deploy 21,000 navigators to sign people up for

its exchange, Covered California. The navigators get a bounty of \$58 for every person they sign up -- and \$25 for every annual renewal.

Health insurance is complicated, and many Americans shopping in the exchanges would surely benefit from some expert advice. But there's a group that already does exactly what Obamacare has in mind for navigators. And that's the private insurance agent and broker community.

It makes little sense to spend millions of taxpayer dollars to furnish a service that the private sector already provides.

And those millions in new expenses could put scores of agents and brokers out of work, as navigators amount to government-funded competition for insurance agents. Federal law bars agents and brokers from serving as navigators.

Not exactly the sort of job-creating strategy America's anemic economy needs.

Then there's the risk of fraud the navigator program portends.

Navigators will be tasked with entering patients' private data, such as their Social Security number, into insurance applications. The government claims that personal data handed over to navigators will be properly protected. But regulators haven't spelled out data privacy rules. Navigators are likely to operate with little to no government oversight.

Technically, navigators who use consumers' personal

information for nefarious purposes could face fines, but there's no clear statute holding them personally liable.

HHS insists that navigators will be well-trained and certified. But the official navigator training course is a mere 20 hours. That's 10 hours fewer than Obamacare's framers initially said would be necessary -- and substantially less time than the standard certification process for an insurance broker.

Applicants for navigator positions are not required to undergo even basic background and fingerprint checks. And the agency's rules are silent on whether prior criminal acts disqualify someone from becoming a navigator. Even census workers face more stringent privacy requirements than do navigators.

It's no wonder, then, that attorneys general in 13 states concluded in a letter to HHS Secretary Kathleen Sebelius last month that her "agency's current guidance regarding [navigators] suffers numerous deficiencies."

Obamacare's navigator program is costly and unnecessary. It could destroy the jobs of private insurance agents and brokers -- and put millions of Americans at risk of fraud and identity theft. Congress should scrap it. ★

Sally C. Pipes is President, CEO, and Taube Fellow in Health Care Studies at the Pacific Research Institute. Her latest book is The Cure for Obamacare (Encounter 2013).

Charity Bingo Supports Forgotten Warrior

SACRAMENTO REGION, CA (MPG) - Forgotten Warrior is hosting charity bingo to raise the money to adequately finance its programs that serve local veterans. Thursday and Friday games start at 6:30 p.m.; Sunday games start at 6:00 p.m. at the Sacramento Bingo Center, 3399 Arden Way in Sacramento.

Forgotten Warrior's mission is to address the vital needs of

Veterans who struggle to re-enter civilian life, in addition to those who have struggled for decades to maintain a stable lifestyle. Forgotten Warrior strives to inspire, guide, and equip Veterans through meaningful experiences and basic support that facilitate a productive future.

Veteran statistics are alarming: Nationally, 32 Veterans a

day commit suicide and 200 veterans a month (four per month per state/48 per year per state/nationally, 2,400 per year) are imprisoned due to poor decisions made while suffering from untreated Post Traumatic Stress Disorder. 28% of Sacramento's homeless are Veterans. ★

Source: Wind Walker for Forgotten Warrior

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Halloween and Harvest-Related Events Happening in October

SACRAMENTO, CA (MPG) - The Sacramento area -- in addition to its fascinating Gold Rush past -- is rich with state-of-the-art museums and historic sites that offer opportunities to explore California's fine art, history, science, and wildlife treasures. In October, many of the 30 members of Sacramento Association of Museums (SAM) are offering fun Halloween or harvest-related activities filled with festive spirit, including:

Ghost Tours at the Sacramento History Museum -- October 25 & 26

Visitors to Old Sacramento can journey back in time to hear ghostly tales and spooky stories as they walk through the history-rich streets and re-live 19th century lore. Entertaining yet knowledgeable tour guides will take daring and inquisitive guests through Old Sacramento's infamous locales to experience a bit of the dark side of California's history. For more, go to www.historicoldsac.org.

Spookomotive Train Rides at the Railroad Museum -- October 19, 20, 26 & 27

All aboard for some Halloween fun Old Sacramento style! The California State Railroad Museum is proud to offer diesel-powered "Spookomotive" train rides aboard a whimsically decorated train crawling with spiders, cobwebs and cornstalks while staffed with an entertaining "skeleton crew." Also, don't miss a special "Moonlight" train ride one-night-only on October 19. For more, visit www.csrmf.org

The Hobbit at Fairytale Town -- October 25, 26 & 27

To get everyone in a magical mood, Fairytale Town will be transformed into Middle Earth for this year's Safe and Super Halloween event at the story-book park! The imaginative world of J.R.R. Tolkien's The Hobbit will come to life for three nights of family fun. For more, visit www.fairytaletown.org

Halloween Fun with Worm, Compost & Pumpkin Guts at the Roseville Utility Exploration Center -- October 26

During a special -- and very hands on -- Children's Workshop, participants will have fun and take home their own ghoulish creation. They're sure to have a spooky good time inspecting slimy, creepy crawlers who help make garbage disappear! For more, visit <http://www.roseville.ca.us/explore/>

Pumpkin Smash Bash at the Heidrick Ag History Center -- October 26

The Heidrick Ag History Center invites one and all to Woodland for a smashing good time! Guests will have the chance to hurl a pumpkin 20 feet in the air for prizes, sample seasonal craft beers and local wines, and haunt the museum in favorite costumes. Plus, the best costume will be decided at the end of the night by the crowd for "spooktastic" prizes. For more, visit www.aghistory.org

"Creepy Crawly Critters" at the Discovery Museum Science & Space Center -- October 26

Spiders, cockroaches, and walking sticks--oh my! Are you ready for some creepy crawly fun? Get into the Halloween spirit at the Discovery Museum with our smallest live animals. Plus, kids ages 12 and under make a spider craft to decorate the house with for Halloween. For more, visit www.thediscovery.org

Hallozeum 2: The Sequel (Bigger & Battier!) at the Discovery Museum Science & Space Center -- October 26

Looking for a safe, fun place to haunt this Halloween with your little goblins? During this one evening in October, the Discovery Museum will be inhabited by a bunch of spooky characters after dark -- all with a real sense of fun! Families are invited to bring their youngsters in costume to visit trick-or-treat stations, participated in fun games or activities, and make a Halloween craft to take home. For more, visit www.the-discovery.org

Mansion After Dark at the Governor's Mansion State Historic Park -- October 25 & 26

The Governor's Mansion SHP is proud to present unique self-guided tours featuring tales of ghosts, bat s, great pumpkins, coffin corners and Halloween adventures in the decorated darkened rooms of the Mansion. Storytellers will captivate visitors and fortune tellers will predict interesting futures. Additionally, children will have the opportunity to have their faces painted with Halloween-themed decorations. For more, go to www.parks.ca.gov/governorsmansion.

The Haunted Fort at Sutter's Fort State Historic Park -- October 25 & 26

Looking for something ghoulishly unique to do this

Halloween? Check out the fourth annual "The Haunted Fort" at Sutter's Fort State Historic Park (SHP). Once again, the historic site will offer a special Halloween program based in fact but with a decidedly creepy twist. Daring visitors will go on guided lantern-lit tours through the darkened rooms and hear unusual and intriguing tales of how some of California's early pioneers perished throughout history. Some even believe many of the rooms at the Fort are still haunted by the spirits of past inhabitants. For more, visit www.suttersfort.org

Trick-or-Treating in Old Sacramento -- October 26

Trick-or-treating will be held through the streets of Old Sacramento once again this season. Last year, more than 40 nearby merchants participated! The Old Sacramento Schoolhouse Museum is a great place to start as maps and bags are available for interested participants. For more, go to www.scoe.net/oldsacschoolhouse.

Wee Halloween at the Crocker Art Museum -- October 30

Celebrate the "wee" in Halloween with this fright-free alternative to trick-or-treating! Families will start by decorating treat bags before being guided in small groups through the galleries. Along the way, they will encounter gentle surprises in the form of music, poetry, and dance, and receive a non-candy treat at the end of each performance. The stroll will end with a delicious celebration. For more, go to www.crockerartmuseum.org.

Boo at the Zoo at the Sacramento Zoo -- October 30 & 31

Two nights of ghoulish family fun, rain or shine! Kids can safely trick-or-treat around the lake at 25 different candy stations. Other activities include magic shows, costume dance party, ghoulish games, and lots of family fun. You can also ride the Spooky Train or Creepy Carousel for an additional fee. Please note: Only the front half of the Zoo will be open during this event. The spookiness is appropriate for children under 10 years of age. For more, visit www.saczoo.org. ★

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9. Current unit, pl.
13. *Short fly ball
14. Matterhorn, e.g.
15. "The Barber of Seville," e.g.
16. Squirrelled-away item
17. High ____
18. *This Bob won 2 games pitching in '48 World Series
19. *Winner of most championships
21. *2004 champs and once named Americans
23. Deadeye's forte
24. Sure or uh-huh
25. Pipe material
28. Conclusion
30. *Nicknames for World Series champs Hornsby and Maris
35. Coral ridge
37. Rigid necklace
39. Conical tent
40. Shamu, e.g.
41. Become eventually
43. Convict's weapon
44. The lesser of two ____
46. Preacher's elevation
47. Antler part
48. Carnegie ____ University
50. Hurry up!
52. Cub's home
53. Desirable state
55. Sin and ____
57. *Last year's Series loser
60. *"Black Sox" hometown
64. *Lawrence ____ Berra, owns 13 World Series rings
65. Like arctic air
67. Waterwheel
68. Chinese weight unit, pl.
69. *Pitcher's stat
70. Aldous Huxley's experiences
71. Lacking on Venus de Milo
72. *At least one is needed to win
73. Brewer's need

DOWN

1. Neuter
2. ____ Cola
3. Second word of fairytale?
4. Muslim woman's cover
5. Relating to apnea
6. Wide area telephone service
7. Draft choice
8. Flat replacement
9. "Singes" in "La Planète des singes"
10. Staff note
11. In the next month
12. ____ Gabriel, CA
15. Overfamiliar through overuse
20. Bring character to life
22. Otitis organ
24. Titanic builder, e.g.
25. Intro
26. Liveliness
27. *Key Fielder on '96 champion Yanks team
29. Lady of Lisbon
31. Joker's act
32. Plant louse
33. "Die Lorelei" poet
34. *Best-of-what?
36. * ____ Classic
38. "Drought victims
42. Hunt illegally
45. Becomes not intoxicated
49. "Neither a borrower ____ a lender be"
51. Sharp
54. Basket material
56. *Listed by inning
57. Product of laceration
58. Any thing
59. Hair styling products
60. Blue hue
61. "Tosca" tune
62. Scams, var.
63. Brewer's equipment
64. "Harper Valley ____"
66. French vineyard

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

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

For Solutions See Page 7

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Volunteers Needed

Bristol Hospice is looking for volunteers to provide companionship with our hospice patients and families. We provide the training and match you with a family in your area. Please call volunteer services for more information at (916) 782-5511. (MPG 12-31-13)

Sutter Auburn Faith Hospice Thrift Store invites volunteers to work as cashiers, sales floor assistants, donation processors or pricers. Training is provided; a four hour weekly commitment is requested. Location: 13342 Lincoln Way, Auburn. Call store coordinator, Kim Chase, 530-887-0561. (MPG 12-31-13)

Volunteers Needed: A Community For Peace, formerly The Domestic Violence Intervention Center, offers ongoing opportunity for volunteers. Call 728-5613 or visit our office at 6000 Sunrise Vista Dr, Suite 2340, Citrus Heights, CA 95610. (MPG 12-31-13)

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Crossword Puzzle on Page 6

Northstar Rancho Cordova Senior Community Names Director of Sales and Marketing

RANCHO CORDOVA, CA (MPG) - Jennifer Willard has been named Sales and Marketing Director for Northstar Rancho Cordova, an assisted living and memory care community under construction at 2341 Vehicle Drive near Sunrise Blvd. and Zinfandel Drive.

Ms. Willard joins Northstar with over 25 years in sales and marketing leadership roles. For the past four years, she has worked with local senior communities, dedicating herself to educating families and helping them with residential care decisions. "One of the greatest pleasures in my life," she said, "is seeing a family after a placement decision enjoy life and find peace knowing their loved ones are thriving."

Additionally Ms. Willard successfully owned and operated an executive recruiting firm in Sacramento for nearly 15 years, providing sales environment consulting and career guidance.

A native Sacramentan, Ms. Willard attended American River College and Folsom Lake College. She currently makes her home in Folsom.

Northstar Rancho Cordova is the city's first large-scale senior community and will offer assisted living as well as specialized memory care. It is slated for a January 2014 opening. The three-story, 78,000-square-foot



building will be comprised of 106 apartments providing homes for up to 125 residents. There will be studio, one- and two-bedroom apartments available.

Prospective residents and their families interested in learning more about senior living options and Northstar Rancho Cordova are encouraged to contact Ms. Willard, at (916) -717-2423, to set up an in-home appointment or to visit the temporary sales

center to learn more about the services, amenities and lifestyle planned for the new community, as well as the special, limited-time offers for early depositors and "First Families".

Northstar Rancho Cordova is located along the Highway 50 corridor and is Rancho Cordova's first large-scale senior community. ★

Source: OddJobs Ink



Dare to Live Without Limits

For Every Lock
There Is a key



by Bryan Golden

Have you seen the marketing technique where you are invited to visit the sponsoring business to choose one key from a box filled with keys? You then get to try the key in a locked treasure chest. If your key opens the lock you win a prize.

In many areas of life, you have a lock for which you are in search of a key. Although it may take a while to find it, there is a key for every lock. Your challenge is to keep looking until you locate it.

As much as you might like to, there is no way to avoid problems. Some problems have obvious solutions. Other problems are more difficult to solve, but have solutions nevertheless. Regardless of the magnitude, for every problem there is a solution.

Finding that special person for an interpersonal relationship can be elusive. Locating someone who you feel is compatible with you may seem like an impossible task. The virtually unlimited number of dating sites on the internet is evidence of how many people are in the same boat.

There is undoubtedly someone for everyone. Look around when you are out in public. You will observe many couples that make

you scratch your head in amazement. How, you wonder, did they find each other?

If other people can discover their match, so can you. The unknowns are when and where you will finally connect. For every person there is someone compatible.

What do you want to do when you grow up? Some people know exactly what their mission is from a very young age. Others discover their calling only later on in life. Then there are those who are continually seeking their dream, changing direction frequently.

Where do you stand? Have you found your ideal occupation or are you still searching? Are you stuck in a dead-end career you hate? Whatever it is you would rather be doing, others are making a living at it.

It doesn't matter how old you are or what you have been doing up until now. The only significant issue is what you want to do. With a little introspection, you will uncover the line of work which really fits you.

When you are engaged in an activity you love, it never feels like work. When you find the ideal fit, you will be amazed you

are actually getting paid to do what you love. For every person there is a perfect vocation.

The people who are not successful in getting the keys for their locks are those who don't believe any keys exist or stop looking. If you are convinced there is no key, one could be staring you in the face and you won't see it. Also, when you stop looking you are guaranteed not to find anything.

Those people who find keys are certain of their existence. Giving up is not an option for them. They keep looking, in a variety of places, until they acquire what they are looking for. There is no reason you can't find all of the keys you need. With each key you discover, you will become more excited and motivated to find even more. Indeed, for every one of your locks there is a key. ★

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2008 Bryan Golden



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FAMILY FEATURES

This Halloween, throw a wickedly wonderful fete for family and friends. With help from the Wilton entertaining experts, you'll have all the tricks to treat your guests to a spooky celebration that will leave them howling with delight. Halloween's not just for the kids anymore, so before you put on your costume, grab your baking and decorating supplies and get ready to let the creepy crawlers loose.

"Halloween is the one time of the year that you can take your decorating skills to the dark side," said Nancy Siler, vice president of consumer affairs at Wilton. "From finishing pumpkin cookies with ghastly grins to creating creepy cakes decorated like graveyard skulls, it's the perfect holiday to have some fun in the kitchen."

Try these tips from the Wilton test kitchen for tasty and terrifying treats:

- **Creepy Cupcakes:** Transform traditional cupcakes into other worldly creations by decorating with eyeballs, spider webs or candy corn. Set up a decorating table during your Halloween party and let kids make their own creepy creations.
- **Trick the Treat:** Swap out the standard packaged treats for homemade sweets. Wrap cookies, pumpkin cake pops and lollipops in decorative party bags for a fearfully fun take-home treat.
- **Mummy Wrap:** Dress up your Halloween treats with themed baking cups. Pumpkins, mummies and ghosts are an instant way to give your party extra personality.
- **Stack the Skulls:** Turn the crouque-en-bouche, a popular French dessert, on its head by replacing cream puffs with mini-skeleton skulls. To increase the scare factor, mix in bone-shaped cookies and antique the treats with Candy Melts candy and Color Mist food color spray.

Try these recipes for Pumpkin Cake Pops and Graveyard Crouque-en-Bouche for a spook-tacular Halloween party. For more unique decorating ideas and recipes visit www.wilton.com.

Tower of Horror Treats

Skull Cakes:

Makes 8 skulls

4 cups all-purpose flour

2 2/3 cups granulated sugar

1 tablespoon ground cinnamon

2 teaspoons baking powder

1 teaspoon baking soda

1/2 teaspoon salt

1/2 teaspoon ground cloves

Pinch ground nutmeg

1-1/3 cups vegetable oil

4 eggs

2 cups applesauce

Buttercream icing

Preheat oven to 325°F. Prepare Dimensions Mini Skull Pan with vegetable pan spray.

In large bowl, combine flour, sugar, cinnamon, baking powder, baking soda, salt, cloves and nutmeg. In small bowl, whisk together oil, eggs and applesauce. Add to dry ingredients, stirring until well combined. Fill each cavity about 2/3 full with 1/3 cup batter. Reserve remaining batter.

Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool in pan 15 minutes. Remove to cooling grid and cool completely. Bake remaining batter as above.

To assemble, cut the domes off of fronts and backs of skulls and sandwich with buttercream icing.

Cookie Bones:

Makes about 3 dozen cookies

1 cup (2 sticks) butter, softened

1-1/2 cups granulated sugar

1 egg

1-1/2 teaspoons vanilla extract

1/2 teaspoon almond extract (optional)

3 cups all-purpose flour

1 teaspoon salt

Preheat oven to 350°F. Lightly spray Bones Cookie Pan cavities with vegetable pan spray.

In large bowl, beat butter and sugar with electric mixer at medium speed until well blended. Beat in egg and extracts; mix well. Combine flour and salt; add to butter mixture. Beat until well blended. Press dough into prepared pan cavities, filling 2/3 full.

Bake 9 to 10 minutes or until light brown around edges. Cool in pan 10 minutes. Turn pan over; lightly tap pan to remove cookies. Cool completely on cooling grid.

To decorate and assemble:

Yellow candy color from Primary Candy Color Set, optional

3 (12-ounce) bags White Candy Melts Candy, melted

1 (12-ounce) bag Black Candy Melts Candy, melted

Large Candy Eyeballs

Brown Color Dust, optional

Place assembled cakes and cookies on cooling grid positioned over cookie sheet. If desired, add yellow candy color to melted white candy; pour over cakes and cookies until well coated. Chill 10 to 15 minutes or until set. Repeat if needed.

Using disposable decorating bag, pipe melted black candy face details on skull cakes; chill 5 to 10 minutes or until set. Attach candy eyeballs to skulls with dots of melted candy. If desired, brush Color Dust highlights on candy-covered bones and skulls.

Using melted white candy, secure four decorated skull cakes to cake base or serving platter, hold until set; insert decorated bone cookies between cakes. Add second row of skulls, positioning between the skulls below and securing with melted candy; hold until set. Add bone cookies between skulls. Secure final skull to top of tower with melted candy; hold until set. Arrange remaining bone cookies around base of cake tower.

Jolly Jack-o-Lantern Cookies

Makes about 2 dozen cookies

1 cup (2 sticks) butter, softened

1-1/2 cups granulated sugar

1 egg

1-1/2 teaspoons vanilla extract

1/2 teaspoon almond extract (optional)

2-3/4 cups all-purpose flour

1 teaspoon salt

Light Green, Black, Red and Orange Sparkle Gel

Preheat oven to 350°F. Lightly spray Easy Decorate Pumpkin Cookie Pan with vegetable pan spray.

In large bowl, beat butter and sugar with electric mixer at medium speed until well blended. Beat in egg and extracts; mix well. Combine flour and salt; add to butter mixture. Beat until well blended. Press dough into cavities, filling 2/3 full.

Bake 10 to 12 minutes or until light brown around edges. Cool in pan 10 minutes. Turn pan over; lightly tap pan to remove cookies. Cool completely on cooling grid.

Decorate cooled cookies with Sparkle Gel, using light green for stem; black for eyes, mouths and mustaches; red for tongue; and orange for remaining pumpkin areas. Let set, about 1/2 hour.

Happily Haunted Lollipops

Each lollipop serves 1

White, Light and Dark Cocoa, Yellow, Black and Limited Edition Pumpkin Spice or Orange Candy Melts Candy

11.75 inch lollipop sticks

Melt Candy Melts candy as needed following package instructions. Pipe or brush details of Candy Corn/Pumpkin Lollipop Mold with melted candy; chill in refrigerator 5 to 10 minutes or until set.

Fill candy mold cavities with contrasting melted candy. Place lollipop stick into mold, rotating the stick so it is completely covered with melted candy. Chill in refrigerator 10 to 15 minutes or until set. Remove from candy mold.

NOTE: For simpler preparation, lollipops can be molded using a single candy variety.

Spirited Pumpkin Cake Pops

Each pop serves 1

1 package (15.5 to 18.25 ounces) yellow cake mix

Water, eggs and oil to prepare mix

Orange, Black and White Candy Melts Candy

Black/White Colored Lollipop Sticks

Candy Eyeballs

Preheat oven to 350°F. Prepare 12-cavity Silicone Petite Pumpkin Mold with vegetable pan spray.

Prepare cake mix following package instructions; fill silicone mold cavities 2/3 full with cake batter. Bake 8 to 12 minutes or until toothpick inserted in center comes out clean. Remove from mold and cool completely.

Melt orange Candy Melts candy following package instructions. Dip lollipop sticks in melted candy; insert into bottom of cakes. Using spatula or butter knife, spread melted candy onto backs of cakes; chill in refrigerator 5 to 10 minutes or until set. Place cooled cakes on cooling grid positioned over cookie sheet, candy side down; spoon or pipe melted candy over cakes until well coated. Chill in refrigerator 10 to 15 minutes or until set. Repeat if desired.

Melt black Candy Melts candy in disposable decorating bag; cut small hole in tip of bag and pipe mouth, nose and eyebrows on pumpkins. If desired, pipe melted white candy teeth. Attach candy eyeballs with dots of melted candy.

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Health technology no substitute for compassion

Commentary by Eric Nelson/High-Tech Health

The folks at Google are both smart and wise: Smart enough to invent Google Maps and wise enough to warn everyone who relies on this technology for driving directions that their maps are to be used “for planning purposes only.” There is simply no telling what kind of traffic, detours, weather, or other unforeseen setbacks you might run into on your way to Grandma’s.

Ideally those who rely on technology for diagnosing and treating disease are cautioned to exercise a similar wisdom. As good as we think we are at maintaining the body by way of scans, apps, and sophisticated computer programs, there remains a significant wild-card within the mind of the individual involved.

“There are many facets of the patient that tend not to shine through if the electronic medical record is all we have to go on,” writes Richard Gunderman, M.D. in a recent column in The Atlantic. “A robot can collect and process data, but good medicine requires more than information management. It takes effective communication, deep insight, and genuine compassion.”

Taking the time to learn where a patient is coming from, what they’re thinking, even saying a word or two to calm their fears,

is not just good bedside manner. As Gunderman notes, it’s good medicine.

Some years ago a man who severely cut his hand while using a table saw ran screaming into the emergency room of a local hospital. The attending doctor asked that he be given a dose of morphine to calm him down. When he continued screaming, he was given a second dose. And then another. And then another. Realizing that the drug was having absolutely no effect, the doctor put his hands on the man’s shoulders, looked him straight in the eye and said, “You’re going to be just fine.” Very quickly the man relaxed and fell asleep.

“We have been seduced by our technologies,” said Dr. Neal Slatkin, chief medical officer for Hospice of the Valley, in a recent article in the San Jose Mercury News, implying that the hi-tech approach is not always the best approach.

This is not to suggest that anyone who sees technology as important is devoid of compassion. There is danger, however, that the state of one’s thought gets marginalized as we become more and more dependent on something that takes only one aspect of the patient – some might even say the lesser aspect – into consideration.

“The tender word and Christian encouragement of an invalid,”

writes Mary Baker Eddy in her seminal work on health and healing, “pitiful patience with his fears and the removal of them, are better than hecatombs of gushing theories, stereotyped borrowed speeches, and the doling of arguments, which are but so many parodies on legitimate Christian Science, aflame with divine Love.”

Although written almost a century before the term “high tech” came into vogue, an analogy can be drawn between Eddy’s “gushing theories” and Dr. Slatkin’s “seductive technologies”. In either case, a ready remedy can be found in the simple willingness to be compassionate, to love, and by doing so, to remove the fear that lies at the root of so much suffering.

“The secret of the care of the patient,” said famed physician, Francis Peabody, at the close of a lecture he gave at Harvard Medical School in 1925, “is in caring for the patient.”

Eric Nelson’s columns on the link between consciousness and health appear weekly in a number of local and national online publications. He also serves as the media and legislative spokesperson for Christian Science in Northern California (norcalcs.org). This article originally appeared on Communities @ WashingtonTimes.com and is used with permission. ★

Governor Signs Bill to Assure Equity in Infertility Insurance Coverage

SACRAMENTO, CA - Gov. Jerry Brown has signed AB 460 by Assemblymember Tom Ammiano, a bill that guarantees non-discrimination in the provision of infertility coverage under medical insurance. (October 8th, 2013)

“Reproductive medicine is for everybody’s benefit,” Ammiano said. “To restrict fertility coverage solely to heterosexual married couples violates California’s non-discrimination laws. I wrote this bill to correct that.”

Infertility – the state of being



Governor Jerry Brown

unable to produce offspring – is defined in state law. Under

current law, insurers are required to offer coverage for infertility and, when purchased, that coverage is subject to non-discrimination in insurance laws.

Nevertheless, some people – individuals and couples – have been denied coverage because they are not heterosexual married couples. AB 460 clarifies existing mandates for non-discrimination to ensure that unmarried individuals and same-sex couples can receive the same benefits as married heterosexual couples.

Source: Office of Jerry Brown

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

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

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

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

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

SATURDAY **Historic Folsom Farmers Market**
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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.



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





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.

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