

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

Volume 8 • Issue 20

Serving Fair Oaks, Orangevale & Sacramento County

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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 breastcancer 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," (canceremotionalwellbeing.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 latestage 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

Continued on Page 4

Gaines Announces Bid for California Insurance **Commisioner**

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) - on KFBK's sister station Talk 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 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 ioined 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 allin-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

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 a gourmet dinner, auction, raf- will help us roll out our second 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

fle 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 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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Publisher, Paul V. Scholl

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Governor Brown Signs Bill to Create Snoopy License Plate

SACRAMENTO, CA (MPG) -Governor Edmund G. Brown Jr. this month signed Assembly Bill 482 "California Cultural and Historical Endowment" by Assemblymember Toni G. Atkins (D-San Diego). The bill moves the California Cultural and Historical Endowment (CCHE) from the State Library to the Natural Resources Agency and lays the foundation to launch a Snoopy special interest license plate to support California museums.

A campaign to put the beloved, comic beagle on license plates in California, and help the state's museums at the same time, has been underway for several years. Over 10,000 Californians have already expressed interest in purchasing a Snoopy special interest license plate by completing an online form at www.snoopyplate.com. A statewide marketing campaign will be launched soon to pre-sell Snoopy license plates and the Department of Motor Vehicles (DMV) will begin issuing the plates upon receipt of for PEANUTS, are generously 7,500 paid applications.

California is home to a great variety of museums - from world renowned destinations to small museums that preserve the unique histories and culture of our state. The Snoopy license plate will generate new funding to help support California museums without relying on the State's limited resources.

Each special license plate will feature a reproduction of an original Snoopy drawing by Charles Schulz, doing a happy dance (probably in anticipation of suppertime). The proceeds from sales of the Snoopy license plates will establish a competitive grant program to support our state's great museums.

Why Snoopy? Jean Schulz, the widow of Peanuts cartoonist Charles Schulz and founder of the Charles M. Schulz Museum and Research Center in Santa Rosa, the Charles M. Schulz Creative Associates, and Peanuts Worldwide, the licensing agent

giving royalty-free rights to the California Association of Museums (CAM) to establish the license plate featuring Snoopy.

How To Get A Snoopy Plate? California drivers may register interest in the Snoopy plate at www.snoopyplate.com. The state will soon begin collecting the appropriate fee from drivers who want their own Snoopy plate (starting at \$50). Once 7,500 individuals pre- purchase a plate, the DMV will begin production.

How Do The Plates Raise Money for Museums? Plate revenues will support a competitive grant program that benefits California museums. The California Cultural and Historical Endowment (CCHE), a state entity, will administer the California Museum Grant Program with funds raised from the Snoopy license plates. A smaller portion of the revenues will support professional development programs and services.

Governor Brown Signs Legislation

SAN DIEGO, CA (MPG) - Taking

"After veterans serve our country, it's our duty to serve them," said Governor Brown. "This new reformed housing program will make life better for

The legislation (AB 639), authored by Assembly Speaker John A. Pérez (D-Los Angeles), will ask voters to repurpose \$600 million of existing veterans' housing bond funds to use for multifamily, transitional and supportive housing. The bond will go before the voters on to tackle veterans' homelessness in our state," said Speaker Pérez. "Veterans have devoted their lives to the protection of our country and it is absolutely unacceptable when they cannot afford a place for them and their families to sleep. As citizens, it is our basic obligation to stand up for these men and women who have served our nation, and I look forward to seeing California voters

DMV Prepares to Implement **AB60 Testing, Licensing and Insurance Requirements for Undocumented Drivers**

SACRAMENTO, CA (MPG) - DMV announced October 3rd that it will begin the process of implementing AB 60 (Alejo)—the new law requiring DMV to issue driver licenses to undocumented persons—by drafting new regulations and preparing field offices to process new applications. The new law becomes operative by January 1, 2015.

"This law will improve public safety for all Californians by helping ensure that undocumented persons pass a written and driving test and obtain proof of insurance and a license before driving their vehicles in California," said DMV Chief Deputy Director Jean Shiomoto. "Thanks to AB 60, we believe more drivers will be safer on California roads."

To implement the new law, DMV will adopt regulations that will detail how applicants can prove identity and California residency. In drafting the regulations, DMV will follow rules set forth by the Office of Administrative Law (OAL). In general, this process will involve public notice of draft regulations, a public comment period, and a final decision by OAL. DMV will immediately begin this regulatory process by consulting with stakeholders and drafting proposed regulations.

DMV will also propose a design for the license; however the design must be reviewed Homeland Security for compliance with federal law. DMV's proposal will look similar to current licenses while complying with the new law by, for example, having the abbreviation "DP" for driving privilege, rather than "DL" for driver license. The new law explicitly prohibits discrimination based on this license. The new law also explicitly prohibits using the license for criminal investigation, arrest or detention based on immigration status.

In addition to drafting new regulations and designing the license, DMV will also begin preparing to process the additional applications. DMV currently processes approximately 27 million transactions per year in its offices, including about 10 million driver license related transactions. DMV also processes more than 12 million online transactions a year, such as renewing vehicle registrations and driver licenses, change of address, and notice of release of liability. DMV estimates that roughly 1.4 million undocumented persons could apply for driver licenses over the next three years once the program is implemented.

DMV encourages future applicants for a driver's license, to prepare for the written exam by studying the California Driver Handbook available on the DMV

The website also features sample tests that could be useful for the applicants. The California Driver Handbook is available in 10 languages at all DMV field offices: English, Armenian, Chinese, Farsi, Korean, Punjabi, Russian, Spanish, Tagalog, and Vietnamese.

With the DMV Now app - applicants can also start preparing to take the written driver's license exam by taking sample tests, watching DMV driving videos, finding local DMV field offices and getting important DMV alerts. DMV also has a YouTube channel where drivers can find useful and informative videos to help hone driving skills and learn the rules of the road.

Don't Stand In Line, Go Online! Doing business with the DMV has never been easier. The DMV offers an array of services to customers 24 hours a day, 7 days a week through itsWebsite including online appointments for written and drive tests; vehicle registration and driver license renewals, selection of personalized license plates, changes of address and payment of fees via secure debit transactions. Customers can also effect transactions by calling DMV customer service at (800) 777-0133. DMV is a department under the California Transportation Agency.

Source: DMV

to Support California Veterans

action to help California veterans find decent housing, Governor Edmund G. Brown Jr. joined local veterans, lawmakers and community leaders in San Diego this month to sign legislation to expand housing opportunities for

the June 2014 primary ballot. The Governor signed the bill at Veterans Village of San Diego. "I am proud of the actions that the Governor and the veterans for years to come." Legislature have taken this year

approve this measure." Source: CalVet Home Loans





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THANK A VETERAN TODAY

Families Invited to Enjoy a Safe Halloween in Fair Oaks

FAIR OAKS, CA (MPG) - Families are invited to bring their children to Fair Oaks Village (near the corner of Fair Oaks Boulevard and California Avenue) to celebrate a safe Halloween on Thursday, October 31 from 11 a.m. to 5

musical activities; plus free candy and children's books from local merchants. Additionally, Sacramento County's Sheriff Department will be on hand to take children's fingerprint and provide cards to parents.

The event is sponsored by There will be games, story time the Rotary Club of Fair Oaks with sign language interpreters, and the Fair Oaks Theater Festival. Additional contributions came from Oaks Chamber of Commerce, the Merchant's Association, Sartoma, Women's Thursday Club, Innerwheel, Interact and Fair Oaks Foundation for Leisure and the

Source: Ann Browning



"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"

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 carmichaelpark.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 vears.

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 susanpeters@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

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

don't have problems are over at 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 New Beginnings Church YOU'RE INVITED, Sunday service at 10 am "We Do Church Differently" www.NBC4U.org

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

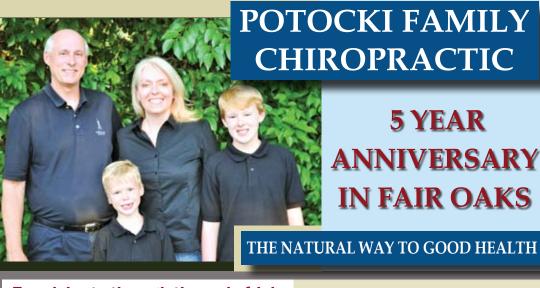
extra measure of release: Shred CDs and downloads to help! Try the pages while focusing on "letting go" of those feelings.

• 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 "Sleep Through Insomnia" by KRS Edstrom.

"Having an actual box, with threedimensional 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 for ward 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

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

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).

Halloween and Harvest-Related **Events Happening in October**

SACRAMENTO, CA (MPG) - The Pumpkin Smash Bash at the Halloween? Check out 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 dieselpowered "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 storybook 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/

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.thediscovery.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 selfguided 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 Halloweenthemed decorations. For more, go to www.parks.ca.gov/ governorsmansion.

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

Looking for something ghoulishly unique to do this

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.

T - R o c kSource:

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OUR WORLD, YOUR VOICE

Charity Bingo Supports Forgotten Warrior SACRAMENTO REGION, CA (MPG) Veterans who struggle to reday commit suicide and 200 vet-

- 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

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 produc-

Veteran statistics are alarmis to address the vital needs of ing: Nationally, 32 Veterans a

erans 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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6. "And She_ Talking Heads 9. Current unit, pl. 13. *Short fly ball 14. Matterhorn, e.g.

15. "The Barber of Seville," e.g. 16. Squirreled-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

24. Sure or uh-huh 25. Pipe material 28. Conclusion 30. *Nicknames for World

23. Deadeye's forte

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

46. Preacher's elevation 47. Antler part 48. Carnegie

44. The lesser of two

University 50. Hurry up! 52. Cub's home 53. Desirable state

55. Sin and

57. *Last year's Series 60. *"Black Sox"

70. Aldous Huxley's experiences

71. Lacking on Venus de Milo

72. *At least one is needed to win 73. Brewer's need

singes" 10. Staff note

20. Bring character to life

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70 69

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24. Titanic builder, e.g.

27. *Key Fielder on '96 champion

25. Intro

26. Liveliness

Yanks team

29. Lady of Lisbon

33. "Die Lorelei" poet

__ Classic

45. Becomes not intoxicated

31. Joker's act

32. Plant louse

51. Sharp

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49. "Neither a borrower ___ a lend 9 5 8 6

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65. Like arctic air 67. Waterwheel 68. Chinese weight unit, pl. 69. *Pitcher's stat

DOWN

2. ____ Cola 3. Second word of fairytale? 4. Muslim woman's cover 5. Relating to apnea

8. Flat replacement 9. "Singes" in "La Planète des

15. Overfamiliar through overuse 22. Otitis organ

34. *Best-of-what? 36. * 38. *Drought victims 42. Hunt illegally 1. Neuter

6. Wide area telephone service 7. Draft choice

11. In the next month 61. "Tosca" tune __ Gabriel, CA 62. Scams, var. 63. Brewer's equipment

54. Basket material 56. *Listed by inning 57. Product of lacrimation 58. Any thing 59. Hair styling products 60. Blue hue

64. "Harper Valley _ 66. French vineyard

hometown 64. *Lawrence __ Berra, owns 13 World Series rings

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Suduko Puzzle on Page 6 |1|4|9|8|6|7|5|2|3

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By Ronnie McBrayer

Last year Paramount Pictures brought to the big screen the remarkable movie Flight, starring Denzel Washington. Denzel played the role of Captain Whip Whitaker, a pilot with the fictional South Jet Airlines.

When we first meet Captain Whitaker he is in an Orlando hotel room with a flight attendant, suffering from a terrible hangover, a hangover he remedies by snorting a line of cocaine, just before climbing aboard to guide Flight 227 to Atlanta. The flight never arrives. It crashed, not because Whitaker is drunk or jacked up on coke - though he is. The aircraft crashed because of mechanical failure, and the Captain's efforts are regarded as nothing less than heroic, as there are but a few casualties in the crash. The incident, however, pulls back the veil on Whitaker's addiction, forming the plotline for the movie.

While it could be said that the producers of the film took creative license with the flight and crash scenes of the movie (check it out for yourself), what the producers perfectly nailed is the nature of addiction. It devours. It gobbles up a person's physical, spiritual, and emotional well-being.

Addiction consumes a person's

Replacement, not Revolution

or her better angels, and sense of responsibility. That is the nature of addiction, if not its very definition: Addiction uses up a person's identity. And, of course, the condition is not limited to alcohol and cocaine. Sex, food, video games, smoking, religion, gambling, shopping, pain killers, the Internet, relationships, your iPhone, or work: The list is exhaustive. Anything that initially empowers us, in the end, can enslave us.

So what do we do? In those moments of clarity, when we realize that life is a mess and we can't keep doing unhealthy things or living in these destructive cycles, we decide that we want something better. We want transformation; to turn over a new leaf; to get on the straight and narrow; we want change. But our attempts to revolutionize our lives almost always fail. Yes, we improve for a while, but we can't seem to stay that

A person gets sober and we all cheer. Then, he falls off the wagon, and when he falls, his condition is worse than ever. A friend finally came to her senses and ditches that loser she's been living with, recognizing that he is a controlling son of a gun who was robbing her of herself. Life is grand until tragically and inexplicably, she gets into a new relationship with a chump who is even worse than the first one!

On and on the endless examples could be catalogued. So many legitimate attempts at life-changing revolution wind up being exchanges of one tyranny for

capacities and rationality, all his another; a swapping of one set of chains for another; trading one evil task master for another one. The recognition that life must change is simply not enough. Transformation is not accomplished by giving up what is bad for you. No, the bad has to be replaced with what is good and healthy.

> I think this is what Blaise Pascal meant when he said, "There is a God-shaped vacuum in the heart of every man and woman which cannot be filled by any created thing, but only by God." I think this is the highest expression of the Apostle Paul's mysticism when he wrote, "I have been crucified with Christ and I no longer live, but it is Christ who now lives in me."

> And I think that this is exactly what Bill Wilson, co-founder of Alcoholics Anonymous, was talking about when he articulated those necessary steps toward sobriety, where one must acknowledge his or her powerlessness and turn life over to a Higher Power who is the only source of health and sanity.

> This isn't mere self-help. This is Spirituality 101. This is the essence of the Christian life: Our desires, impulses, and very lives have to be crucified, as it were, so that the life God has for us can be born and lived in its place. It is replacement, not simply revolu-

> 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.

The Parsonage Kitchen Shutdown Threat

By Rev. James L. Snyder

A certain situation has been building in the Parsonage for the last several months. At first, I did not think it too serious but alas, we have reached a terrible

It started a few months ago when I came home, walked into the house and was hit in the face so hard I almost passed out. At the time, I was hoping I would pass out, but no such luck.

I think everybody knows what it is like to be hit unexpectedly by something you do not actually expect. I guess that is why it is called unexpectedly. It happened to me and I am not sure I am over it yet.

Even though I have been married 42 years, of which most of it has been happily, I did not see this one coming. Just when you think you have your spouse figured out, they do something off the radar. Every husband knows exactly what I am talking about.

This makes it hard to buy Christmas and birthday presents. What they liked last year is not what they like this year. I remember buying my wife a watch one year for Christmas of which she was so delighted that for the next four years after I bought her a watch for Christmas. How was I supposed to know she only wanted one watch!

I think we hit one of those impasses.

Walking into the house, I was hit with the horrific smell of broccoli cooking on the stove. I do not know if you ever smelt such a smell as that but if you are not prepared for it and even if you are prepared for it, it can smack you in the face like you have never been smacked in the face before.

When I came to myself and gathered what little composure I could find, I queried the Gracious Mistress of the Parsonage who

"What is that awful smell?"

"I don't know, have you taken a shower yet?"

After being married for 42 years, I know when to respond to a question and when not to. I knew if I responded to this question the way I wanted to respond to this question, the smell of broccoli would be the least of my worries at the time.

"No," I said gathering a little bit of manliness about me, "Something in this house smells dreadful. I smelled it as soon as I walked in the door."

Then she chuckled. I hate it when she chuckles.

"Oh, that must be the wonderful aroma of broccoli cooking on the stove. Isn't it marvelous?"

Adhering to my rules about questions, I tossed that one aside and opted for another one.

"You're not cooking broccoli for supper tonight, are you?"

I was hoping she would catch my attitude of disdain and disgust in this question. Obviously, for whatever reason, she did not catch the drift.

"Yes," she said as chipper as I have ever heard her chip, "I thought I would surprise you with a wonderful dish of broccoli for supper tonight, to go along with our pork chops."

Can you live with a person for so long and not know what they like or do not like? Nobody has to be around me for five minutes before they will understand that broccoli and I have had a feud that has been going on since before the Hatfield's and McCoy's.

"But I thought you knew I do not like broccoli?"

"Oh, that," she said with another chuckle, "I just thought you were joking.

Nobody jokes about broccoli, especially me.

Then a brilliant idea reverberated between my ears. I thought I could take advantage of this situation and sneak in something forbidden in our kitchen and house for that matter, a rare delicacy.

"I will then run to the store and

get some fresh Apple Fritters for our dessert."

I figured if she wants to put in front of me broccoli the least she can do is allow me an Apple

Fritter or two. In a moment, all the chipper drained from her person and she looked at me and said, "Apple Fritters are not allowed in this

house.' "Let's negotiate," I said as calmly as I have ever been in my life. "I will allow you to eat broccoli tonight if you allow me an Apple Fritter for my dessert."

I wonder if there is a husband living today, that has ever successfully negotiated with his wife.

"This is how we will negotiate, we will have broccoli tonight without any Apple Fritter. I am only thinking of your health."

The way she glared at me I

knew negotiations were off the table at this time and in its place was some steaming broccoli. What I am going to do is sneak

behind her back and eat two, not one but two, Apple Fritters and I will savor every bite.

If only we could act like grownups, come together, voice our differences and strike a compromise. After all, our government works that way.

I thought about this and came to a certain conclusion. The Christian life is not really negotiating your preference but rather honoring Christ. Jesus said, "For where two or three are gathered together in my name, there am I in the midst of them" (Matthew 18:20 KJV).

When self is at the center of my negotiations, Christ is never honored.

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 jamessnyder2@att.net. His website is www.jamessnyderministries.com.

First Love



By Marlys Johnsen Norris, Christian Author

It is natural to think about the first love we had as a teenager but that is not what we are talking about today. God who created us desires to be our "first love" When we made a decision to walk with God, and accepted His Beloved Son as our Savior and Lord He gave us new life. A new kind of supernatural love filled our being. This is called being "born again," not of the flesh but of the spirit. It is much like beginning a brand new life and going in a new direction. We are soon to learn and really "know God and experience His love, grace and mercy" that blesses our lives.

A genuine born-again Christian turns his entire life

over to Christ! He serves only Christ as his Lord and Master. Christ longs to be a part of your thoughts, actions, relationships, finances, health, and everything. A new Christian wants to do God's will, not only His permissive will where we mostly live. One is not ashamed to be a Christian and gives witness to others. One grows spiritually by reading the Bible daily and applying it to his/her life as they serve God. A believer is active in worshipping God regularly and praying for others. Jesus said, "Seek ye FIRST the kingdom of God and His righteousness and all these things shall be added

to you". (Matthew 6:33) Sometimes through trials and afflictions, some grow weary or question why they don't have the "perfect" life. They get angry at God and fall away. God is always about teaching new lessons and growing ones character to be like Jesus Christ. It involves suffering. Often a Christian may be shunned, treated unfairly and suffer because they are not like the world and don't fit in. God calls every believer to continue in the journey by doing good works.

Christians are called to love their enemies and do good to them. God is love and Christians are to exemplify His agape/uncondi-

Jesus understands! After all did He not suffer and was He not rejected and treated badly as well. He was beaten -- put on a Cross -- pierced with a soldier's knife. Every ounce of blood poured from His body. He died, but He came alive again -- proving once and for all, He is the True Messiah/ God Almighty. His death purchased the gift of eternal life for all who believe and that you and I might live forever with Him in heaven. He offers restoration and reconciliation to all to return to Him as our "FIRST LOVE". He is waiting!!

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

was in the kitchen. tional love to ALL. There are some people during these times, unfortunately, who do fall away and backslide. Possibly you are one of these people today. My friend,

"You Can't Do That" is an

disappointment, and anger.

Remember God's Word says: "So, my very dear friends, don't get thrown off course. Every desirable and beneficial gift comes out of heaven. The gifts

Don't Tell Me I Can't!



By Karen Anderson

awful phrase to hear your whole life. It can devastate your selfesteem and can mark you as a loser, forever. That was my life! I know that my parents didn't mean for it come out that way. It almost ruined me, because I truly began to believe it. I found myself believing the lie, that I was so weak because of the anemia. I talked in my previous article, "Garbage Out-New Life In" about my anemia, and how weak I was. It was believed that I wouldn't be able to handle the strain or that others would not understand what was happening to me. I know my parents were only trying to protect me but it did cause me to look at everything through clouded glasses. I could see the opportunities and experiences I was missing. I was sad at first, but as the years rolled by, I was filled with regret,

are rivers of light cascading down from the Father of Light. There is nothing deceitful in God, nothing two-faced, nothing Post this at all the intersections, dear friends: Lead with your ears, follow up with your tongue, and let anger straggle along in the rear. God's righteousness doesn't grow from human anger. So throw all spoiled virtue and cancerous evil in the garbage. In simple humility, let our gardener, God, landscape you with the Word, making a salvationgarden of your life.'

Understand that this anemia was serious enough that for my first year of life, I was isolated from others and had to receive iron shots every week. They didn't even think I would survive my first year. What I realized in my later years was the fear my parents dealt with, but it didn't help with my regrets. As I grew up, it seemed that something was changing but we couldn't trust that I really was getting better. I kept being told I was border-line, but what did that really mean? I don't think anyone really knew so my parents concern and fear continued.

I missed out on being a foreign exchange student, which I thought would have been a great experience. They were afraid that others would not understand what was happening to me, if the weakness raised its ugly head once again in some kind

of flare up. Also, I had a chance to attend the Julliard School of Music with a scholarship, but again they were afraid that fickle. He brought us to life using it would be too much for me. the true Word, showing us off as These constant NO's created the crown of all his creatures. great fear in me. I found myself afraid of everything. This was no way to live! But I did survive my parents over-protectiveness.

I knew God was with me. During all those years, in that weakened body, God was slowly working a miracle. He was healing the weakness. He was helping me to bloom and grow from a wimpy lifeless rose to a beautiful rose bush. Praise God, this problem no longer exists. God has completely healed me from anemia. No matter what the weakness may be in your life, God can heal you too. The miracle for me was that I didn't even have to ask. But God knew, and He had a plan for me and still does. I will always be His loving and grateful daughter. He saved me from a life of wretchedness. You need to praise God for your weaknesses, and then watch Him work.

PASSAGE: James 1:16-21 (The Message)

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

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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



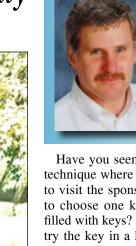
building will be comprised of 106 apartments providing homes for up to 125 residents. There will be studio, one- and two-bedroom apartments available.

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, limitedtime 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



Have you seen the marketing you scratch your head in amazetechnique 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 ment. 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

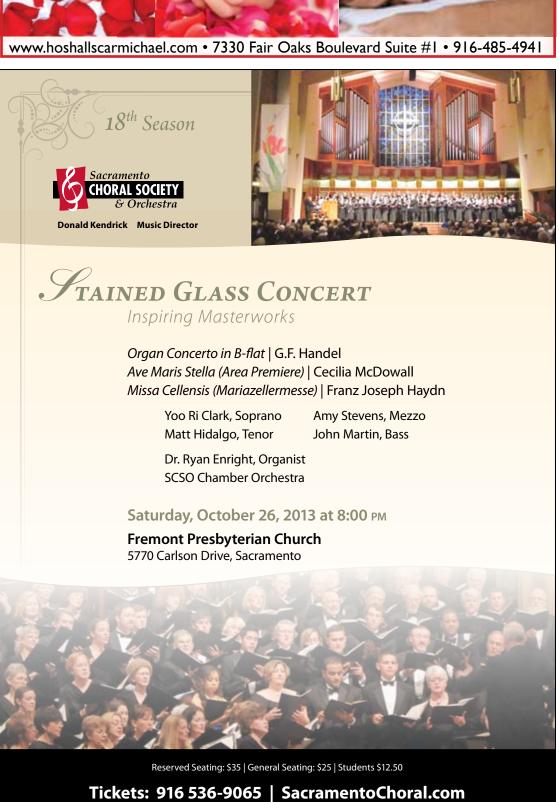
are actually getting paid to do what you love. For every person there is a perfect vocation.

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.

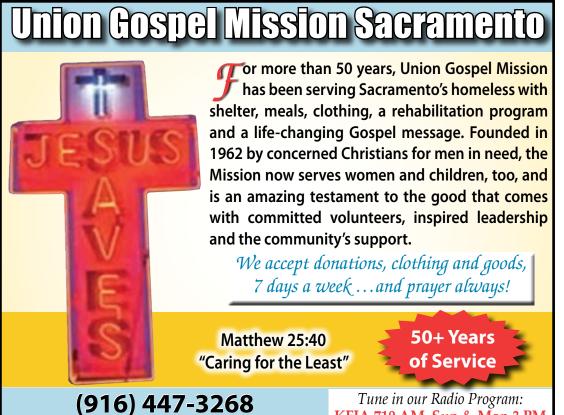
Those people who find keys are certain of their existence. Giving up is not an option for them. They keep looking, in a variety of places, until they acquire what they are looking for. There is no reason you can't find all of the keys you need. With each key you discover, you will become more excited 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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Deliciously Scary Treats GOBLINS AND GHOULS OF ALI

FAMILY FEATURES

his 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 crouqueen-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.

Skull Cakes: Makes 8 skulls

4 cups all-purpose flour

2 2/3 cups granulated sugar

tablespoon ground cinnamon teaspoons baking powder

teaspoon baking soda 1/2 teaspoon salt

1/2 teaspoon ground cloves

Pinch ground nutmeg 1-1/3 cups vegetable oil

eggs

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.

Tower of Horror Treats –

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

(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

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

1-1/2 teaspoons vanilla extract

1/2 teaspoon almond extract (optional)

2-3/4 cups all-purpose flour 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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★ Holiday ★ ★ Craft Faire ★





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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

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

Business Coach.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

"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

BusinessCoach.com, a global Roseville California, provides a ovider of business coaching wide portfolio of business coach aining solutions has just training solutions for both business mounced the latest addition to 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





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