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## Fair Oaks Chamber Welcomes Fersh and Tasty Treats

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# AMERICAN RIVER MESSENGER

Volume 8 • Issue 18

Serving Fair Oaks, Orangevale, Rancho Cordova & Sacramento County

Second Edition for September 2013

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# Shiny, Fast and Loud



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

**SACRAMENTO REGION, CA (MPG) -** The California Capital Airshow (CCA), presented by Sacramento County, recently announced the addition of Chip Yates, founder and CEO of Flight of the Century, Inc. ([www.flightofthecentury.com](http://www.flightofthecentury.com)), and his ongoing mission to ‘make science cool’ as he attempts to break his current world speed record of 202 miles per hour in an electric airplane in front of the crowd at Mather Airport on Saturday, October 5, 2013.

“I want to be an example to teens, to inspire them. I’m someone that is using my STEM education to go out and change the world while doing something really cool; they can too,” said Chip Yates. “The realm of science, technology, engineering and math are gateways for kids to not only learn but to truly explore all of the opportunities available to them. If you can dream it, you can build it and I’m living proof of that.”



The Berlin Airlift Tribute will honor the 65th Anniversary of the greatest humanitarian aviation event in the history of the world. Photo courtesy of CCA

At only 13 years old, Yates was destined to utilize his education to push the current limits of technology. He saved \$50.00 and convinced his parents to

invest an additional \$50.00 in order to buy and rebuild his first motorcycle. Since then, Yates has become a highly dynamic and proven leader who

is recognized worldwide as an electric vehicle pioneer and green technology innovator.

Yates quickly set his sights  
*Continued on Page 3*

## American River Parkway Clean Up Coming

**SACRAMENTO REGION, CA (MPG) -** The American River Parkway’s largest volunteer event will take place this Saturday, September 21, 2013. From 9:00am-12:00pm, the Great American River Clean Up (GARCU) will take place along the entire Parkway. Volunteers are urged to help ensure the Parkway is clean from the summer season.

The annual Great American River Clean Up provides an outlet for volunteers to demonstrate their commitment to caring for our shared environment. The tenor of this year’s event is “Pitching-In”. The community realizes the value of the Parkway and to ensure its viable in the future, the community has



American River Parkway Foundation Celebrates California Coastal Protection with Annual Great American River Clean Up.

become more magnified in keeping one of the region’s greatest natural attributes maintained. In addition to the 21 clean up

sites along the American River Parkway, there will also be a presence in the American River. Approximately 50 volunteer

divers and kayakers will be combing the river and river banks for debris in the water.

*Continued on Page 12*

## County Budget in the Black

**Special Sacramento  
County Report**

**SACRAMENTO COUNTY, CA (MPG) -** Following years of reductions, Sacramento County’s fiscal outlook is looking up for the second year in a row. After reconciling accounts and making adjustments to June’s \$3.6 billion dollar proposed budget, the County is in the black. Savings from controlling expenditures have contributed to a surplus of \$32.5 million that is available to augment critical services and pay past debt.

“I’m happy to report that we have discretionary funds to invest in our community and to address the Board’s service priorities,” said County Executive Bradley J. Hudson. “Because the departments held the line on expenses we’re beginning to recover from the impact of the ‘Great Recession.’”

Of the \$3.6 billion, less than a half billion is actually discretionary, and we can decide how to spend it, Hudson added. “I am recommending the resources be allocated across a variety of programs to optimize the use of the funds, while paying back loans and building up our contingency funds. Many of these programs were cut to the bone during the recession and had to be restored.”

Of the \$32.5 million that is available, some of the recommended changes include:

- Contingency Funds: \$2.2 M
- Loan Repayment: \$11.7M
- Sheriff: \$4.9 M

• Investment in services, including parks, code enforcement, supervision of drug offenders, District Attorney, Public Health to address communicable diseases and Animal Care: \$4.5 M

• Health and Human Services to backfill state budget cuts: \$6.5 M

“We’re not out of the woods yet,” Hudson added. “The next few years will continue to be rocky as the economy continues its slow recovery.” Ongoing fiscal challenges include increased pension costs, negotiated salary and benefit obligations, repaying \$59 million in past internal borrowing, and replacing funding taken by the State for the Affordable Care Act, said Hudson. “We also need to backfill about \$21 million in one-time resources used to balance previous budgets.”

“It’s important to take the long view, and we’re going to need four to five percent annual growth in discretionary revenue over the next five years to stay fiscally healthy; last year’s growth was less than one percent,” Hudson added. “We’ll continue to focus on streamlining services, increasing efficiency through the use of technology and holding down costs.”

The budget hearing will be on Tuesday, September 10, beginning at 2 p.m., and will feature presentations from the County Executive, Sheriff and other departments. The hearings are held in the Board of Supervisor Chambers at 700 H Street and are open to the public. They may also be watched live on Metro Cable Channel 14.

The Board of Supervisors approved the budget on September 10, 2013. ★



# Assembly Select Committee Pursues Revitalizing Established Communities



Senator Ken Cooley

**SACRAMENTO, CA (MPG)** - Wednesday, August 28, Assemblyman Ken Cooley chaired the first hearing of the Assembly Select Committee on Community and Neighborhood Development. The ten member, bi-partisan committee heard from policy and administrative experts who spoke about the impacts of suburban sprawl on our metropolitan areas, and funding needs to help revitalize our aging communities.

“As metropolitan areas grow, it’s important that we do not forget about the needs of our older communities, and help keep them desirable places to live that can attract jobs and private sector investment,” said Cooley. “We moved to our neighborhood because we liked what was there.

Now, some of our older areas are faced with quality of life challenges that stand as barriers to community revitalization.”

During the hearing, Bill Fulton, Planning Director for the City of San Diego and past Mayor of Ventura, noted that infrastructure and amenities in communities that most people would consider newer are nearing 20 years old.

“State infrastructure bonds and redevelopment funds have helped aging communities improve themselves, but are becoming more difficult to get,” Fulton said. “Community facilities, like parks and libraries, need to meet certain expectations in order to make older communities desirable. Without funding to maintain and revitalize them, they often fall below that level of what the community wants.”

Juan Matute, Director of the UCLA Local Climate Change Initiative, highlighted the challenges older cities and first tier suburbs face with a greater need for community development funding and fewer tools to stay competitive with new neighborhood developments.

Matute presented a recent paper highlighting that financial tools in the local government toolkit have evolved across the

last 40 years and concluding the tools currently in the toolkit have not kept up with today’s desire for more compact, less auto-dependent communities.

The loss of redevelopment agencies in California in 2012 removed a vital tool from local governments’ toolkit. Although some tools still remain—including general obligation bonds, infrastructure financing districts and assessment districts—local governments in California lack a dependable financing mechanism that can be consistently used for infill, infrastructure, and redevelopment.

“People want to see their neighborhoods improved, and aging communities are depending on us to figure out a solution to shape the next half-century of revitalization for established communities,” said Cooley. “I think we realize that not every tool is good for every community. We have to set politics aside and give California’s cities and counties the financing tools they need to attract private investors and spur the redevelopment that’s good for them.”

Assemblyman Ken Cooley represents the 8th Assembly District. ★

Source: The Office of Ken Cooley

# NFIB/California Continues to Oppose Minimum Wage Hike

**SACRAMENTO, CA, (MPG)** - The National Federation of Independent Business/California issued a statement reiterating opposition to Assembly Bill 10, which would increase California’s minimum wage by \$2.00 per hour. The bill was passed by both houses of the Legislature and is headed to the Governor’s office for signature.

“It seems that our legislature has been ignoring the voices of small business owners around the state that now is not the time to increase costs on our job creators,” said John Kabateck, NFIB/CA Executive Director. “The irony is that this bill was passed by the same legislative leaders who rejected markedly higher wage increases

proposed by public employee unions in recent state negotiations. They settled on a 4.5% increase, saying that’s the most our already-strapped state could handle at this time. But a 25% increase on small business owners doesn’t seem to be a problem for them.”

“Apparently, our elected officials continue to see small business owners as an ATM for the state, first with the passage of Proposition 30 and now with increased costs in the form of a minimum wage hike. Our only question is – when will it end? Or if it doesn’t, how many more businesses on Main Street will close?”

“It is time to stop the foolishness in the Capitol – we can only

hope that Governor Brown will see the harm in this legislation and veto it when it reaches his desk.”

Many small businesses do not have control of what they can charge for the items they sell, making it difficult to adjust to a small business tax like a minimum wage increase. NFIB/CA Member and owner of Seabreeze Nautical Books in San Diego is one example. Watch as she explains how an increase in the minimum wage would affect her business- [www.youtube.com/watch?v=EJ63jUv1lfI](http://www.youtube.com/watch?v=EJ63jUv1lfI)

A recent study showed 68,000 jobs lost in California if the minimum wage is increased.

To learn more visit [www.NFIB.com/california](http://www.NFIB.com/california). ★

# Bev’s Angel Project Classic Car Show Spectacular

**CARMICHAEL, CA (MPG)** - Bev's Angel Project's Annual Nifty 50's Classic Car Show is Saturday, September 21st in the Carmichael Oaks Shopping Center at the corner of Marconi and Fair Oaks Blvd., 9 a.m. to 3 p.m. Entry fee is a new unwrapped toy(s). There will be raffle prizes, baskets raffle, free coffee and donuts, a hot dog lunch for participants, people's choice award, and live rock and roll music provided by Todd Morgan and the Emblems from 10:30 a.m. to Noon. This is their kick-off to their gift collecting for the holiday season.

Mrs. Claus and her helpers visit school classrooms, hospitals, crisis nurseries, Mustard Seed School for the homeless, Children's Protective Services, and Alta Regional Center. Schools served by Bev's Angel Project include Garfield Special Ed. preschool, Cameron Ranch, Carmichael, Dyer Kelly, Ethel Philips, Hillsdale, and F. C. Joyce Elementary Schools, Starr King/Ralph Richardson Center, Churchill Middle School, and Mira Loma High School. They also assist St. John's Shelter for Women & Children, St. Mathews Presbyterian Church, and Sacramento Sheriff's Department.



Bev's Angel Project Inc. is a nonprofit organization that provides items for needy families during the Christmas season. Photo courtesy Bev's Angel

If you would like to support this project and donate toys or other items needed, please call 402-7202 or email to [topredrvr1@comcast.net](mailto:topredrvr1@comcast.net).

Bev's Angel Project Inc. is a nonprofit organization that provides items for needy families during the Christmas season. Each year Bev's Angel Project serves over 3,000 children and families providing them with homemade blankets and quilts,

stuffed animals, wrapped toys, gloves, hats, stuffed stockings, games and puzzles.

The continued success of the Angel Project would not be possible without the generosity of those that donate their time, as well as receiving monetary donations. Thank you and "Angel Hugs" to all of you who continue to support this project. ★



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# The Fastest and Most Powerful Electric Airplane to Break Official World Speed Record

*Continued from Page 1*

on aviation and adapted his water-cooled 258 horsepower electric motor and controller system to an aircraft designed by Burt Rutan (famed aerospace engineer, best known for the design of SpaceShipOne, the Virgin Atlantic GlobalFlyer, and Voyager); but Yates had one problem – he was not a pilot.

powered aircraft of 202 mph.

“We’re thrilled and honored to have Chip Yates at this year’s Airshow,” said Darcy Brewer, executive director of the California Capital Airshow. “Chip truly embodies what it means to follow your dreams. Kids of all ages will not only get to see Chip fly and attempt to break a world record, but they’ll also get the chance to meet him,

amazing opportunity.”

The CCA will be all things “shiny, fast and loud” for all ages and so much more! Tickets are now available online and can be easily purchased at the Airshow web site, <http://www.californiacapitalairshow.com>

The Airshow web site will be updated regularly with news, attraction information and more. Fans can follow the Airshow




**Chip Yates, the first human in history to exceed 200 MPH in an electric airplane, will try to beat his original record at Mather Airport this October.** Photo courtesy of CCA

He earned his pilot’s license in two months and had only 58 hours when he flew on July 18, 2012 where he established a world speed record for electric

talk to him and ask him questions. He’ll be at the show both days and will be part of a featured exhibit. It’s going to be an

on Facebook and Twitter (#calcapairshow).

Established in 2004, the California Capital Airshow has become one of the largest and highly- respected shows in the nation. As part of its community relations, the non-profit organization has awarded over 80 scholarships to deserving students from our region with an interest in aviation, aerospace, aeronautics and related fields. For more information about the California Capital Airshow, presented by Sacramento County, please visit [www.californiacapitalairshow.com](http://www.californiacapitalairshow.com).



**The Royal Canadian Air Force Jet Demonstration Team, known as the Snowbirds, is a Canadian icon bringing thrilling performances to the North American public.** Photo courtesy of CCA

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By Pastor Ray Dare

The walk of faith is a walk that includes struggle and difficulty. I wish I could tell you that it doesn't. But it includes adversities that we all have to face. What I want you to see today is that God will use what you go through to bring you out stronger and greater, with a greater commitment toward Him. He's using that to build your character. I'm not saying God sends the storm, but God will take what life sends and He'll turn it around and He'll get some good out of it.

See, the storms of life are impartial. Rain falls on everyone. So it's not time to blame God and whine and cry and say, "Why God me?" and get bitter. It's not time for that. It's time to get stronger spiritually. It's time to stay in church. It's time to be more devoted to God; to turn your attention toward God.

Many times the struggle is what gives us strength. Many

## How To Use Adversity

times that's the way God has ordained it. I don't think that He sends the storm, but He'll use it. In your struggle, in your difficulty, don't run away from God. Use your adversity as a stepping stone to get you closer into God. It's such an important point.

In Psalms 4:1, David said, "Hear me when I call, O God of my righteousness, you have enlarged me when I was in distress." I want to call your attention to that phrase: "you have enlarged me when I was in distress." In your difficult times, in the storms of life, when things aren't going good you need to understand how God can enlarge you, how He can enlarge your dream, how He can enlarge your vision, how He can enlarge your confidence, your strength, your commitment to Him.

God enlarges you when you enlarge Him. David said in Psalm 34:3 (KJV), "O magnify the Lord with me, and let us exalt his name together." Do you know what magnify means? Magnify means "to make bigger or to enlarge in perspective." When you magnify something, you don't change your reality; you change your perception of its reality in your life. So if you magnify your problems, you're not changing how big they are, you're changing your perception of how big they are. When

you magnify God, you're not changing how big He is, you're changing how you perceive Him. How much bigger He is in your own life. It's so important in the storms of life to magnify God and not magnify your problems.

Today, you may be in a terrible situation. You're facing terrible problems. I want you to know if you keep your faith in God, keep your eyes on Him, you could be right around the corner from growth or the greatest victory that you've ever seen. Right around the corner. You have to use the adversities that you face in life as a stepping stone to get you closer to God.

Just because we go through struggles in life doesn't mean God is not still right there with us. He will see us through every situation. So I just want to encourage you today to put your trust in God. Don't look at the situation. Don't look at the circumstances. In your hour of distress, don't give up. Don't turn away from God. Run to God; He's going to strengthen you through the problem.

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Commentary By Gold River Resident, David Koenig

**GOLD RIVER, CA (MPG)** - With the election of Barack Obama as our first African-American president back in 2008, we were told by talking heads everywhere that America had “turned the corner on its racist past” and the healing could now begin. Racial harmony was upon us, we were told, and his campaign theme of “Hope and Change” would lead us there. Unfortunately for the rest of us, the President and his administration never got the memo.

Attorney General Eric Holder and his Justice Department have had a number of racially charged offenses they have dealt with in questionable fashion. When 2 members of the New Black Panther Party stood outside a

# The Healing of the Races

Philadelphia polling place on Election Day in 2008 and intimidated white voters with racial slurs and threats, the Bush Justice Department filed a civil-rights lawsuit against the 2 only to have the Holder Justice Department drop the charges against both. I wonder if this would have happened if the accused had been White Supremacists threatening black people? The Trayvon Martin case drew out all the usual race-baiters screaming and protesting for “justice” and when a jury found George Zimmerman not guilty, the Holder Justice Department vowed to investigate federal criminal civil-rights discrimination charges against him even though the FBI had already investigated it and found no evidence of racial bias on Zimmerman’s part. I don’t remember the Clinton Justice Department investigating O.J. after his acquittal. Shortly after the incident, the president felt he needed to tell all of us that “if I had a son, he would look

like Trayvon”. A Caucasian, Australian college student was murdered this week by 3 African-American teens who were “bored” so they drove by him and shot him in the back. Not a word was spoken about this by anyone in the Obama administration. Ayo Kimathi is a small business specialist for the Department of Homeland Security who in his spare time runs a website (War on the Horizon) preparing black people for the “unavoidable, inevitable clash with the white race”. He also states that “Warfare is eminent, and in order for Black people to survive the 21st century, we are going to have to kill a lot of whites – more than our Christian hearts can possibly count.”

Yes, let the healing begin... ★

*David Koenig has been a Gold River resident since 1997. To read more, go to his blog site at <http://kongsklassroom.wordpress.com>, or you can email him at [david.koenig@hds.com](mailto:david.koenig@hds.com).*

## CDPH Warns Consumers Not to Eat Santos Rewadi Sugar Candy Imported From India

**SACRAMENTO REGION, CA (MPG)** - Dr. Ron Chapman, director of the California Department of Public Health (CDPH) and state health officer, today warned consumers not to eat Santos Rewadi Sugar candy, batch number 12/030, imported from India after tests conducted by CDPH found the product contained levels of lead that exceeded the state’s standards. Consumers in possession of the candy should discard it immediately.

Recent analysis of this candy by CDPH determined that Santos Rewadi Sugar candy, batch number 12/030, contained as much as 0.22 parts per million (ppm)

of lead. California considers candies with lead levels in excess of 0.10 ppm to be contaminated.

Santos Rewadi Sugar candy, imported and distributed by Santos Inc., San Leandro, California, has initiated a voluntary recall. CDPH is currently working with the distributor to ensure that the contaminated candies are removed from the marketplace. Santos Rewadi Sugar candy product is sold in a seven-ounce (200g) package that is clear with a green and yellow border on each side with a red and white top banner that displays the brand name “Santos” written in yellow, and includes a

picture of an elephant. The bottom of the package displays the name, weight and “product of India” in a yellow rectangle and red banner.

Pregnant women and parents of children who may have eaten this candy should consult their physician or health care provider to determine if medical testing is needed. Consumers who find this candy for sale should call the CDPH Complaint Hotline at 1-800-495-3232. For more information about lead poisoning, contact your county childhood lead poisoning prevention program or public health department. ★

## Congressman Bera Calls for Investment in Sacramento County Infrastructure

**SACRAMENTO COUNTY, CA (MPG)** - Congressman Ami Bera, M.D. (CA-7) called for investment in Sacramento County infrastructure recently, after touring several local transportation projects with representatives from the Sacramento County Department of Transportation (SACDOT), the Sacramento Area Council of Governments (SACOG), Operating Engineers Local 3, and Laborers Local 185. The tour featured recently completed, active, and planned transportation projects near or along Highway 50 in the Rancho Cordova area.

“Our infrastructure in Sacramento County is in dire need of improvement,” said Bera. “In our region, nearly 3.4 million trips are made over structurally deficient bridges every single day and the deteriorating state of the levees is also extremely serious. These improvements need to be made, but not only will they keep our families safe, they will also put Californians back to work and reinvigorate our economy.”

Bera highlighted the Partnership to Build America Act of 2013 (HR 2084), as a smart way to make these kinds of needed infrastructure upgrades. A bipartisan bill Bera has co-sponsored, the Partnership to Build America Act, would help pay for our fast-deteriorating infrastructure like



Congressman Ami Bera

roads, bridges, and levees, without increasing the nation’s debt or raising taxes. Instead, it gives companies that bring foreign earnings back to America a tax savings if they invest in a new, U.S. infrastructure fund. If passed, it would create significant American jobs in the short-term and help U.S. competitiveness in the long-term.

The sites Bera visited included:

- Hazel Avenue at State Route 50 Interchange
- Estimated completion 2018 – 50 percent unidentified funds
- Hazel Avenue Phase 1 – American River Bridge
- Completed 2010 – 39 percent federal funds
- Hazel Avenue Phase 2 (Madison Avenue to US Highway 50)

- Estimated completion 2015 – 68 percent federal funds
- SACOG programmed \$10m in regionally-controlled federal funds towards this project.
- Hazel Avenue Phase 3 (Madison Avenue to US Highway 50)
- Estimated completion 2017 – 65 percent unidentified funds
- Fair Oaks Blvd Safety Improvements Project
- Completed 2010 – 90 percent federal funds
- Watt Ave @ US 50 Interchange
- Estimated completion 2014 – 12 percent federal funds
- SACOG programmed a total of \$18.4m in funds towards this project a combination of regionally-controlled federal funds and State Bond funds.
- The project was also an example of a strong partnership between SACOG, SacDOT, and the Sacramento Transportation Authority to prepare a final funding package.
- Watt Ave Light Rail Transit Grade Separation
- Completed 2009 – 61 percent federal funds. ★

*Congressman Ami Bera, M.D. represents Sacramento County. For more updates on Rep. Bera visit <http://www.bera.house.gov>.*

Source: Office of Ami Bera

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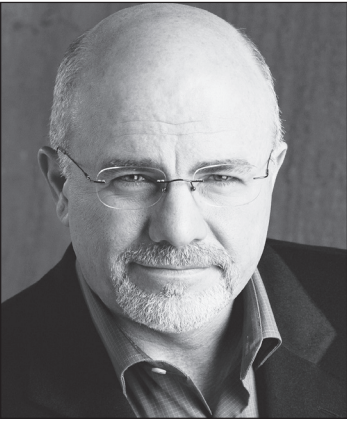
CLUES

- ACROSS

  - 1. "What a harvester does
  - 6. On #2 button
  - 9. Lyme disease carrier
  - 13. The N of U.S.N.A.
  - 14. Romanian money
  - 15. Languidly
  - 16. Got up
  - 17. "The Lord of the Rings" character
  - 18. Distinguish oneself
  - 19. "Fall TV time
  - 21. "Colorful autumn attraction
  - 23. Eggs
  - 24. Not mint
  - 25. Rare find
  - 28. Means justifiers
  - 30. Comment
  - 35. Lyric poems
  - 37. Bit
  - 39. Musical show
  - 40. Tangerine grapefruit hybrid
  - 41. "Autumnal feeling in air
- DOWN

  - 1. Nucleic acid
  - 2. Lobe holders
  - 3. Assert
  - 4. Leisurely walk
  - 5. "Fall's usually the time for a long one
  - 6. Hoppy beers
  - 7. "Fresh Prince of \_\_\_\_-Air"
  - 8. Some have links
  - 9. Curbside call
  - 10. Famous Peruvian group
  - 11. Horsefly
  - 12. Actor \_\_\_\_ MacLachlan
  - 15. Metal-worker
  - 20. Bank run, e.g.
  - 22. "\_\_\_\_ the land of the free..."
  - 24. Sir Peter \_\_\_\_\_, English actor
  - 25. "Natural decoration
  - 26. Degas or Poe
  - 27. Peach \_\_\_\_\_ dessert
- 43. \_\_\_\_ Verde National Park
  - 44. Capital of Morocco
  - 46. It's capped
  - 47. At a previous time, archaic
  - 48. Motion picture type
  - 50. "Nut droppers
  - 52. Distress signal
  - 53. Chicken \_\_\_\_
  - 55. "Halloween time
  - 57. "Apple orchard activity
  - 61. Re-use old ideas
  - 64. Bloodless
  - 65. Fed. procurement group
  - 67. External
  - 69. Armrest?
  - 70. Singular of #50 Across
  - 71. "The Barber of Seville," e.g.
  - 72. Religious offshoot
  - 73. Clinton \_\_\_\_ Rodham
  - 74. Tina Fey's Liz
- 29. "\_\_\_\_ Diaries" book series
  - 31. Same, in French
  - 32. Certifies
  - 33. Actress Rene
  - 34. "To Autumn" poet
  - 36. Thailand, formerly
  - 38. Seaward
  - 42. Superior grade of black tea
  - 45. "There for the \_\_\_\_"
  - 49. Wrath, e.g.
  - 51. "It starts all over
  - 54. Incite
  - 56. Greyish brown
  - 57. Forward move in football
  - 58. \_\_\_\_ of Man
  - 59. All the rage
  - 60. Cigarette brand
  - 61. "Used for gathering
  - 62. Flower supporter
  - 63. Deli offering
  - 66. Sigma Alpha Epsilon
  - 68. Campaigned

For Solution See Page 7



Dave Ramsey is America's trusted voice on money and business. He's authored four New York Times best-selling books: **Financial Peace**, **More Than Enough**, **The Total Money Makeover** and **EntreLeadership**. The **Dave Ramsey Show** is heard by more than 6 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

Wealthy, But Not Spoiled

Dear Dave,  
How do you make sure you don't spoil your child when you're wealthy?  
— Ryan

Dear Ryan,  
I know this will sound mean to some people, but you simply explain to them that *they* are not wealthy.

I remember a time years ago, after we'd gone broke, that we managed to scrimp and save and finally had a little bit of wealth. We bought a nice car and my son piped up from the back seat, all smug and satisfied, "We're doing pretty good, huh?" I'll admit it was kind of funny, but it was also a teachable moment. I looked at him and said, "I'm doing pretty good, but you're broke!" That was a pretty consistent message around the Ramsey household as the kids were growing up. If you're not working and making your own way, you've got nothing.

The second thing is we taught them, from a very young age, was to work. That can start with simple things like kids cleaning up their rooms or doing the dishes after dinner. It should carry over to *the teenage years* as well. Every able-bodied child should be working and earning money, whether it's their own entrepreneurial idea, at a store in the mall or babysitting.

Dave Says

The third thing we did was based in our faith. As evangelical Christians, we taught our kids that we don't really own anything. It all belongs to God, and one of our jobs is to wisely manage the things He entrusts to us. The first rule is to take care of your own household—the important stuff. After that, it's okay to have some nice things, but it's not all about pleasure. It's also about giving and extraordinary levels of generosity.

Teach them to work. Teach them to *be givers*. And gently remind them once in a while that they've got nothing until they go out and earn it.  
- Dave

A Rough Lesson

Dear Dave,  
My dad opened a credit card account in his name a few years ago to help with my college bills, and he made me an authorized user. Now he's delinquent on the card and I'm receiving collection calls and notices. Do I owe the credit card company money?  
- Steve

Dear Steve,  
No, an authorized user is not liable. The account is in your dad's name, and you didn't sign anything. He's the one legally responsible for the money owed.

I want you to be careful, though. Lots of credit card companies will badger people and use all kinds of pressure and guilt trips to try to collect money from people who don't owe them anything. They just want their money, and they really don't care who writes the check.

Get them to remove you as an authorized user today. Send them a letter demanding this via certified mail, return receipt requested, so you'll have proof. Also, *make sure they understand* that you'll sue them for about \$10 million if they don't comply immediately. You shouldn't be reported to the credit bureaus for any of this, but companies can report just about anything—even inaccurate information—to the bureaus.

You have rights as a consumer, and you are not legally liable for credit card debt when you're just an authorized user. But make sure you check your credit report regularly in the future. Some of these companies make a habit of repeatedly downloading misinformation to the bureaus in an effort to bother and bully people into paying debts they don't owe!  
- Dave

*\*For more financial help, please visit daveramsey.com.*

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8							

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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.

**Come back every week for Sudoku!**



For Solution See Page 7.

Business & Service Directory

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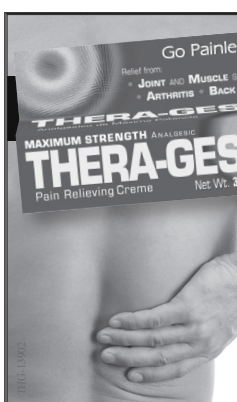
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## Sudoku Puzzle on Page 6

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

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By Ronnie McBrayer

When I first met Father Thad I was a Baptist minister and he was the priest at the neighborhood Catholic parish. A complete stranger to me, he popped into my office and stated that he must use our church baptistery. A brief reminder about baptism: Baptists practice baptism by immersion. They dunk converts completely under the water.

Typically, Catholics practice sprinkling or pouring. And that is just the beginning of the differences between these two faith traditions on the issue. The theological meaning reinforcing the practice of baptism puts the camps even farther apart.

So when a Catholic priest showed up wanting to dunk a convert in the Baptist church, I knew I was dealing with someone shattering my typecast. Refreshingly, this watery encounter led to a series of interdenominational gatherings (potluck dinners, actually) between his parish and my congregation. In the process, we learned a lot about each other, and I learned a great deal about Thad.

In addition to the priesthood Thad had been a military chaplain; and shockingly, Thad was married and had adult children. Thad had been an Anglican priest, but through an extraordinary dispensation from the Vatican,

## Take It with You

converted to Catholicism. This man was a depository of mind-warping experiences, not the least of which was a personal story I loved to hear.

A parish he once led desperately needed to expand its ministry. But one man in the parish absolutely resisted, always squelching prospective change by saying something like, “My grandfather gave the land for this church; my daddy cleared the trees for the building; and we’re not going to change a thing” (Catholics don’t have a monopoly on this sentiment).

Thad finally had enough. In his remarkable way, he secured a diocese blessing and obtained a piece of land on the other side of town. He called the local house builders, and had the church relocated! I have this charming picture in my mind of the church, steeple atop, rolling down the road on stilts led by a vestment-clad Father Thad, reading the gospel and splashing holy water along the way.

When I first heard that story I told Thad, “If you were a Protestant, you could have just started another church (And with a wink, I’d add, “A church with a real baptistery”). His response was priceless: “Why start another church, when you can take it with you?”

Truth told, that is pretty good ecclesiology. Ecclesiology is what seminarians call the “doctrine of the church.” It answers the question: “What is the nature of the church?” And after several hundred years of modernity and religious institutionalism, more and more people are recognizing that the church is not a building. Sure, we say, “I go to church at

such-and-such place,” but the real church is a people, not a place. It is a body, not a building. It is a living movement, not a fixed mailing address.

When the last homilies, sermons, songs, testimonies, and prayers are offered at your congregation or parish on Sunday morning, you don’t leave the church. You will leave a specific gathering of the church, certainly, but you take the church with you – because the church is you. You take it on the road, across town, into your workplace or university, into your living room, classroom, and board room: You embody the presence of Christ in the world.

Yes, I learned a lot from Father Thad. I learned that holding to fixed stereotypes prevents us from embracing the extraordinary individuals we meet along the way. I learned that communication between faith groups is the best possible means of reducing misunderstanding and conflict. I learned that overcoming problems sometimes requires boldness and creativity.

And I was reminded that whether we are sprinkled, dipped, poured, dunked, barely damp or soaking wet, we will not be defined so much by “where we go to church,” but by whether or not we will be the church once we leave the building. As Father Thad put it so accurately: “Why start another church, when you can take it with you?” ★

*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](http://www.ronniemcbrayer.me).*

## Fifty Shades of Grey Suits

By Rev. James L. Snyder

I guess I am one of those old-fashioned guys still wearing a suit. Only one thing I do not like about my suits. I feel most comfortable in the suit and so I have several suits that I wear on a rotating basis.

The only negative side of wearing suits is occasionally you have to replace them.

All sorts of reasons why a suit needs to be replaced and one is that you grow out of it or it grows out of you. Either way the suit has to be replaced.

Another reason is that something happened to the suit and there is some tear necessitating the whole suit being replaced. The key here is not to let my wife know that there is a small tear in my suit. The moment she discovers the slightest tear in one of my suits she begins her plan of having that suit replaced.

A slightly worn spot on my suit coat begins my wife thinking of replacing it. Trust me; I try to hide it as much as possible to keep it from the ever-piercing eyes of my wife who sees through everything, even things that are not there.

Despite my attempts to

conceal the issue, my wife spotted a small tear on my suit coat. It happened to be my favorite suit coat. I can recall exactly when and how the split occurred. I kept that information away from my wife as long as I possibly could; now I had to pay the piper.

Early Monday morning we were off to the men’s store to purchase another suit. As soon as we walked in, we were greeted by a young man to which my wife said, “We’re here to buy a suit.”

I figured I better step in before the conversation got out of control. “We’re looking for a grey suit.”

“I understand,” said the young man as he thoughtfully pulled at his chin looking down the long row of suits. “And what color grey are you looking for?”

“Say what,” I said.

“What color grey are you looking for?”

As far as I was concerned, grey was grey and that was the color I was looking for.

“We have a variety of grey suits. There is a charcoal grey. Light grey. Dark grey.” He went on and on about the variety of grey colors in his shop.

According to him, there were at least 50 shades of grey.

Believe me, there was nothing romantic about that!

All I wanted was a grey suit. To me, grey is grey. I do not want my suit to be a fashion statement. I want my suit to say nothing at all.

We walked out of the men’s store with a new suit and my wife had a wonderful smile on her face. I on the other hand, had a sick feeling in the pit of my stomach realizing just how much this grey suit cost me.

I have a new appreciation for what the apostle Paul said. “That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man” (Ephesians 3:16 KJV).

It is not the outside that really matters, but the inside of a man ★

*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](mailto:jamessnyder2@att.net). His website is [www.jamessnyderministries.com](http://www.jamessnyderministries.com).*

## Do What You Can’t Do!



By Karen Anderson

*“You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do.”*

~Eleanor Roosevelt

Quotes are good and they can really inspire us, but I need God’s inspiration. Many times I once again face fear. It constantly raises its ugly head and says, “Your thoughts and dreams are a waste of time, so why bother.” In my head I know it isn’t true, but I get bombarded constantly by that ever present enemy. Do you?

I believe this verse can be used as a weapon to defeat the enemy... FEAR. God’s Word says, “Light, space, zest – that’s God! So, with Him on my side I’m fearless, afraid of no one and nothing.”

There is a situation in my life that is a perfect example of fear

robbing me of what I am being called to do by God. He has shown me that I am to take a book of mine and create it into a series for children using an unusual teacher to share with them life-lessons. This teacher has a wet nose and a wiggly tail...God’s Golden Girl, Nikki. God has used her over and over again in my life to remind me of what He wants for me. In this project, He has given me many fun ideas for children and teens. He has even shown me that my role will be the storyteller of Nikki’s lessons. I have been avoiding the real meat of the project which is to write the books. Fear is nailing me with many doubts about whether I will even be able to write this. One thought that keeps running through my head is, “Can I really make the books interesting enough that kids are going to want to read them?” I know it is ridiculous, but the fear is real. Now the decision for me has to be when fear and doubt show up, I STOP, PRAY, and MOVE FORWARD with confidence. I have to remember that this is His project, not mine. I am His instrument and I need to let Him speak through these pages. God will create the interest and excitement. God will use this series as

His instrument to reach kids at their weakest moments. God will bless with strength and understanding all who come in contact with Nikki lessons. Remember! Nikki was God’s instrument, and now my role is to be obedient to His will. I am finally willing to say on this project, “I am yours God, use Nikki and my fingers to teach YOUR lessons.”

Are you willing to give Him your fears? Did you realize that when Satan is using fear against you he is actually saying to you, “you can’t, you can’t, you can’t.” Instead, God wants you to listen to Him because He is saying, “You can, YOU CAN, YOU CAN!” It is time to stop listening to the fear, and in faith do what you think you cannot do because God is saying YOU CAN. ★

PASSAGE: Psalm 27:1 (The Message)

*Karen Anderson is an accomplished speaker, author, and chaplain. Her books Nikki’s Tail-Waggin’ Lessons and The Little Book of BIG Thoughts Series can be found on Amazon.com. Leave a message for Karen at [www.doablesteps.com/contact](http://www.doablesteps.com/contact) or connect with her on Facebook at [www.facebook.com/DoAbleSteps](http://www.facebook.com/DoAbleSteps).*



By Marlys Johnsen Norris, Christian Author

Right living often is determined by right believing. There seems to be some misunderstanding and question about what determines a person’s trip to hell.

It is not the act or acts of sin! In itself, sin does not determine that anyone will go there.

The issue that determines this is what they are doing with Jesus! Are they rejecting His blood death as payment for their sin(s)? Jesus came to earth to become the pure sacrificial Lamb of God and to die as payment to

## Payment In Full

purchase souls from hell. He alone is the only payment to reconcile mankind back into the grace of the Heavenly Father. God had to come to earth and die himself to purchase our souls. Under the instructions of His Father Jesus came to fulfill His wishes and design the plan of salvation for us. Jesus came and said, “I am the Way, the Truth and the Life. No one comes to the Father except through me”. (John 14:6)

God sends no one to hell but His Holy Word (The Bible) shows us the way to Eternal life with Him. Christ died for all, that those who live should live no longer for themselves, but for Him who died for them and rose again. Therefore, IF anyone is in Christ, he is a new creation, old things have passed away; behold all things become new. Now all things are of God, who has reconciled us to Himself through Jesus Christ and has given us the ministry of reconciliation, that is, that God was in Christ

reconciling the world to Himself, not imputing their trespasses to them, and has committed to us the word of reconciliation. (II Cor. 15-18) It is when a person completely rejects God’s plan of redemption through the death and resurrection of His beloved Son, that person chooses his own eternal home in hell..

He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things. If God is for us who can be against us? (Romans 8:31-32) Choose Jesus to pay your bill and purchase redemption for you. Kneel and pray and accept Him today and receive a brand new life and one day the gift of eternal life ★

*In His Magnificent Love Always, Marlys Johnsen Norris Christian Author of 7 Books including Award Winning “Recipes for a Happier Marriage” [Marlysjn@gmail.com](mailto:Marlysjn@gmail.com)*

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## Honoring Heald College

By Julie Parker

**RANCHO CORDOVA, CA (MPG)** - In 1893, Edward Payson Heald opened the first Heald College in San Francisco - the first business college to open in the western United States. Today, its business courses include technology, healthcare and legal degrees.

Honoring Heald College’s 150th anniversary, the Rancho Cordova City Council presented a proclamation at its August 20th meeting to Ada Gerard, M.S., President of Heald Rancho Cordova (established in 1986).

Since Gerard’s arrival at Heald Rancho Cordova in 2007, its level of accreditation has risen

to WASC Senior College and University Commission and student enrollment has grown from 435 students to over 1,100. Medical insurance billing and coding have become increasingly popular as strong career prospects at the Rancho Cordova campus. ★



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## \$14,000 For Job Training and Financial Literacy Programs

**SACRAMENTO REGION, CA (MPG)** - Women's Empowerment recently received a \$10,000 grant from Bank of America for its job readiness programs and a \$4,000 grant from Umpqua Bank to fund its financial literacy programs for women who are homeless.

"If a woman is going to permanently break the cycle of homelessness for herself and her children, she needs a job and she needs to understand how to use her money wisely," said Lisa Culp, executive director, Women's Empowerment. "We are thankful to Bank of America and Umpqua for recognizing that women who are homeless face substantial barriers to employment and money management, but can be profoundly successful when they receive the right training."

Women's Empowerment's initial eight-week program for women who are homeless addresses their basic needs such as health and housing while preparing them to become work-ready. The job readiness component is mostly taught by volunteers from the community

and includes computer literacy training, resume writing, communication skills, mock interviews, dressing for success and more. They also meet with an onsite employment specialist to search for jobs. Once women graduate from Women's Empowerment, they can join the advanced job readiness program that includes internships, paid job training programs, certifications and more.

Women in the program also receive basic financial literacy training and individual counseling on saving, debt management, bank services and financial negotiations. Once they graduate from Women's Empowerment, they are eligible to join the advanced financial literacy program that includes a money management curriculum, more in-depth individual counseling and a grocery store field trip to practice budgeting.

"So many women enter this program with gaps in their understanding of money management, as well as strong emotional ties to money since many have been victims of financial abuse," Culp

said. "This program not only educates them, but helps them work through some of their emotional barriers to good money management so they can be successful long term."

Women's Empowerment offers the only comprehensive job readiness program in the Sacramento area designed specifically for women who are homeless and their children. The 2009 Nonprofit of the Year has graduated 1,064 homeless women and their more than 2,000 children. Last year, 89 percent of graduates found homes and 78 percent found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women's Empowerment is funded solely through private donations from the community.

For more information and to donate online, visit [www.womens-empowerment.org](http://www.womens-empowerment.org). ★

*Source: Thébaud Communications*



### THE ACTOR'S JOURNEY

Do you remember the Douglas family that we grew up with? It's been a while, but the classic TV show "My Three Sons" debuted way back in 1960 and ran through 1972. The series is TV's second longest running situation-comedy, and has been broadcast continuously for 53 years. It's run on Nickelodeon and TV Land, and now you can see it on MeTV. It has become a smash hit with a whole new generation from Japan to Australia and many European countries in between. Just ask Stanley Livingston who played Chip Douglas for the full 12 year run. How popular is this iconic TV series? The city of Los Angeles declared "My three Sons Day" in May of 2012. But Chip, I mean Stanley didn't let the grass grow under his feet with the "oh gee whiz, I'm not a kid star anymore." He has gone on to be not only an actor, but Director and Producer, and is still going strong today. I've had Stanley on my POPPOFF Radio Show

## POPPOFF!

with Mary Jane Popp

several times, and I love hearing all his stories from those days gone by. But I think of all the projects Stanley has done since "My Three sons," one of his proudest achievements is "The Actor's Journey Project."

Tens of thousands of talented, trained, and eager actors have their resume, headshots, and a reel of their work ready. And they figure they are good to go to conquer the entertainment industry. But Stanley begs to differ. Statistics show that more than 99% of all new talent will fail in their quest to break into the industry and establish a viable career. Why? They have a lack of knowledge about the specific "industry related" non-performance skills needed to open the door to the industry. New actors know a lot about acting, but their business skills are lacking. Stanley founded The Actor's Journey Project to bring a solution to this gap. It is a revolutionary DVD set covering the x-files of breaking into show business. One set is for adults 18 and over, and one is for parents of child and teen actors thru 17. Both programs teach highly specialized skills needed by new talent. And it comes from distinguished industry pros who have more than 25 years of experience under their working belts

from actors to directors and producers etc. Do these names sound familiar...Henry Winkler, Michael York, Melissa Gilbert, Paul Peterson, Dick Van Patten, Margaret O'Brien...some 100 on screen consultants for the project. They are all stars honored with many accolades. They have all traveled the journey for you.

As Stanley put it to me, you now have the choice...spend 5 to 10 years in the industry trenches learning the business skills needed, or choose "The Actor's Journey Project"...a ten hour comprehensive program you can watch and learn from those who have been there, done that, so you don't have to get hit with the hard knocks. If you are aiming for that spotlight, then you need all the pro info you can muster. The competition is keen, but if you have the added skills, you're chances of success can steer you to the head of the pack! Want more information? Go to [www.theactorsjourney.com](http://www.theactorsjourney.com).

I loved it when Stanley said "the name on my tombstone is probably going to be Chip Douglas. That's neither good nor bad. It's just a fact of life." I disagree. I think it will be "Stanley made "The Actor's Journey" an amazing leap forward to success." ★

## Criminal Tax Evasion Bill Headed to Governor's Desk

*Legislation Could Help Recoup Part of the Approximately \$9 Billion in Tax Evasion Annually*

**SACRAMENTO, CA (MPG)** - A bill that will codify a partnership made up of the California State Board of Equalization (BOE), Franchise Tax Board (FTB), Employment Development Department (EDD), and Department of Justice (DOJ) is headed to the Governor's desk. Legislation unanimously supported by the BOE (Assembly Bill 576, V. Manuel Pérez) would strategically target sales, income, and employment tax evasion using existing resources from the partners' respective departments.

"The underground economy costs California billions of dollars every year and makes it even more difficult for legitimate businesses to operate in our state," said Board of Equalization Member George Runner. "This strategic bi-partisan effort will better coordinate state efforts to combat criminals who by avoiding their tax obligations

effectively impose a tax increase on the rest of California."

Criminal tax evasion in California's underground economy deprives the state of approximately \$9 billion annually through a spectrum of illegal activities such as selling counterfeit goods like "knock off" designer items, exploiting victims of human trafficking, and smuggling tobacco products and other goods into California without paying the required taxes. A report issued by the UCLA Labor Center this year pegs this loss at 11 percent of the total tax revenues owed to the state.

AB 576 creates the Revenue Recovery and Collaborative Enforcement (RRACE) Team to formalize data sharing and communication among the BOE, FTB, EDD, and DOJ. The legislation enables these agencies to strategically collaborate and criminally prosecute those who evade state sales, use, excise,

income, and employment taxes, with no added cost to state taxpayers. The team's efforts will benefit Californians through its likely recovery of tax dollars which are vital to providing state services, such as public schools, highways, public safety, and health care programs.

The five-member California State Board of Equalization (BOE) is a publicly elected tax board. The BOE collects more than \$53.7 billion annually in taxes and fees supporting state and local government services. It hears business tax appeals, acts as the appellate body for franchise and personal income tax appeals, and serves a significant role in the assessment and administration of property taxes. For more information on other taxes and fees in California, visit [www.taxes.ca.gov](http://www.taxes.ca.gov).

*Source: BOE Newsroom*

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**Natural Pest Control**

Pest control is always on any gardener's mind. In today's environmentally conscious world, organic pest control is of major interest. Organic Pest control includes prevention, biological control and organic pesticides.

**Prevention:**

Prevention includes choosing what you grow to reduce potential problems. It includes things like growing mildew resistant rose varieties, nematode resistant tomatoes, planting so there is a lot of air movement around your plantings to reduce fungus disease and insect populations (this allows predator insects to get at the pest.).

Sanitation is also an important part of prevention. By reducing the chance of infestation you reduce the incidence of disease. Don't use diseased or insect ridden garden materials in compost piles. Clean up all dropped fruit and flowers and get rid of old rose foliage after the winter prune.

**Pest Predator:**

The most important of these are: Ladybugs, Praying Mantis,

Lacewings, Beneficial Nematodes, Encarsia Wasp and Predator Mites. Lady bugs can work in Aphid control, Praying Mantis eat larger flying insects, Lacewings control Aphid and similar insects. Beneficial Nematodes kill grubs in the soil, Predator Mites control two Spot Mite and Encarsia Wasp control Aphid and Ash White Fly.

Lady bugs and Praying Mantis are available during the spring. The rest may be ordered on line. My personal favorite for Aphid control are Encarsia Wasp. These are minute wasps about the size of fine ground pepper and they lay an egg in an Aphid and eat them from the inside. Best of all is they permanently establish themselves.

**Organic Pesticides:**

Organic Pesticides include natural materials such as Horticultural Oils to control sucking insects such as Scale, White Flies and Aphid. Oils also control many insect eggs when applied in winter.

Natural materials also include Copper, Sulfur and Lime Sulfur used as fungicides. These are best used as preventatives rather than eradicates. There is also a new

organic fungicide called Serenade (this is an extract from a special bacillus) that helps control a broad range of funguses.

The Slug & Snail control called Sluggo also comes under the category of natural materials and is generally accepted as an organic pesticide.

Other Organic Pesticides include what are called Botanicals. These are plant extracts. Nicotine has been one of the most effective; not used now because of its extreme human toxicity. Rotenone, Pyrethrum, BT, and Neem are botanical pesticides that are available for many sucking and chewing insects.

All these pest controls are allowed under most organic gardening regimes. In any case they are easy on the environment. ★

Happy gardening,  
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Comments or questions sent to  
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A circular photo of Majid and Forouzan, the owners of TAK Food Market.

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A photograph of a plate of Persian lamb chops, saffron rice, and grilled tomatoes.

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**www.AmericanRiverMessenger.com**



# Coronado, California – So Close, Yet a World Away

By Judy M. Zimmerman

**SACRAMENTO REGION, CA (MPG)** - Although Coronado Island is just two miles from downtown San Diego, it is a world away. When you cross the graceful two-mile bridge to Coronado, you'll discover a town that has preserved its unique historical culture and a beach that is rated one of the "Top 10 Family Beaches in North America."

Orange Avenue, Coronado's one-mile long main street resembles the center of a quaint all-American village, complete with mom-and-pop shops, sidewalk cafes, parades and picnics in the park.

As you explore the quiet neighborhoods of tree-lined streets that fan out from Orange Avenue, you'll find a mix of architectural styles – from preserved Victorians and craftsman-style bungalows to Spanish villas and cozy beach cottages.

Located on 28 oceanfront acres, the Hotel del Coronado has been one of the country's most



The Hotel del Coronado. Photo by Judy M. Zimmerman

prominent beachfront resorts since it opened in 1888. Affectionately called the "Del", the grand Victorian-style hotel with its iconic red-shingled roof, has a fairytale magic and lots of stories to tell.

Just for fun, take a historic hotel tour. You'll be amazed at the celebrities, presidents and princes who have walked the Grand Dame's halls. Across the street from the Del,

and one block from the ocean, sits another Coronado landmark. The (more affordable) Glorietta Bay Inn is a boutique hotel that combines old world charm with contemporary comfort.

Built in 1908 as the mansion home of the "Sugar Baron" John D. Spreckels, the inn's charming sun-warmed lobby, sitting porch, and music room complete with a baby grand piano, offers spectacular views of the bay. A fascinating 90-minute walking tour of Coronado departs three days a week from the lobby of the Glorietta Bay Inn.

Bikes can also be rented to explore the residential neighborhood streets and there is a network of 15 miles of flat paths perfect for biking, jogging, strolling, or rollerblading. The bay front bike path is connected to the Coronado Ferry Landing's wide selection of specialty shops and restaurants.

Coronado, with its longtime Navy presence and housing communities, has 21 parks throughout the city—from tiny

public parks to the traditional central square at the heart of the island.

Coronado's municipal golf course, with views of the San Diego-Coronado Bay Bridge, is considered one of the finest public golf courses in Southern California. ★

*Judy Zimmerman has been a travel editor and award-winning freelance travel writer for over 27 years. She's traveled to well over 100 countries and sailed on more than 65 cruises. Her articles have appeared in over 500 newspapers, magazines, and websites. She is a member of the Society of American Travel Writers, International Food, Wine & Travel Writers, and the Outdoor Writers of California. Her specialties include learning vacations, cruises, worldwide destinations, senior and solo travel, destination health spas, soft adventure, service articles and the Western U.S. Sacramento, California is Judy's home base.*

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619-435-3101

**HOTEL DEL CORONADO**  
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## American River Parkway Foundation Annual Great American River Clean Up

Continued from Page 1

"We love the public's support on events like GARCUCU" said Dianna Poggetto, executive director of the non-profit American River Parkway Foundation, which augments the County's upkeep of the 23-mile section along the American River that begins at the confluence of the Sacramento River and extends east to the Nimbus Fish Hatchery. This year two new initiatives have been created: Prizes will be given out for the most unusual item removed from the river and for all children 5-12, bring your phones and take video of your efforts—your video might be included in

an HBO special.

GARCUCU is one of many programs staged by the ARPF, which last year had over 5,193 volunteers put in more than 17,000 hours on the parkway doing everything from clearing debris and painting information kiosks to maintaining oak trees and removing invasive plants. The benefits of GARCUCU are more than cosmetic, as the clearing of debris prevents pollutants from entering the watershed, harming wildlife or creating hazards for recreational users.

GARCUCU will run from 9 a.m. to noon. Those wanting to volunteer can register online at www.arpf.org, call (916) 486-2773 or

simply show up Saturday at any of the 21 clean up sites listed on the website. Students are eligible to use their time for service hours, though anyone 18 and under must have a waiver to participate. The event is held in conjunction with Coastal Clean Up Day, which is sponsored by the California Coastal Commission. This annual cleanup is coordinated throughout the United States along bays, creeks, lakes, rivers, highways and the coast.

Volunteers are advised to wear long pants/shirts, closed-toe shoes, sunscreen, and a hat. Bags and protective gloves are provided. ★

## Local Food Safety Stars

**SACRAMENTO COUNTY, CA (MPG)** -

There's more to running a restaurant or food facility than cooking delicious meals. "Safetyfirst" must be a daily practice for all food-related businesses. On September 10, in recognition of National Food Safety Education Month, the Sacramento County Board of Supervisors honored several area businesses for their outstanding food safety records.

One of the winners, Wenelli's Pizza, serves old-fashioned pizza in the Arden-Arcade area. Co-owners Shelly Tyler and Wendy Williams, best friends for 30 years, founded the restaurant more than 20 years ago.

"We do all of our safety training in-house," said Shelly Tyler, "so we're very proud to receive this award for our restaurant and our employees."

Each September, the County's Environmental Management Department (EMD) issues Awards of Excellence certificates to food facilities that had no major violations noted during its last three consecutive health inspections.

EMD selected a food establishment from each supervisorial district to receive their certificate at Tuesday's Board of Supervisors meeting (view winners):



District 3 Winner: Wenelli's Pizza with Supervisor Susan Peters.

**District 1 - Supervisor Serna**  
**Loaves & Fishes**  
1321 N C Street, Sacramento, CA 95811

**District 2 - Supervisor Yee**  
**99 Ranch Market Bakery**  
4220 Florin Road, Sacramento, CA 95823

**District 3 - Supervisor Peters**  
**Wenelli's Pizza**  
4215 Arden Way, Sacramento, CA 95864

**District 4 - Supervisor MacGlashan**  
**Crosswood Oaks**  
6650 Crosswood Dr. Citrus Heights, CA 95621

**District 5 - Supervisor Nottoli**  
**Central Station Grill**  
3084 Sunrise Blvd, #822, Rancho Cordova, CA 95742

In 2013, nearly 600 facilities earned a Food Safety Awards of Excellence certificate countywide. EMD's Environmental Health Division inspects approximately 5,500 restaurants, retail markets, bakeries, bars, and schools for food safety compliance annually. Inspections are unannounced and completed up to three times a year. Here is the complete list of Awards of Excellence. ★

Find restaurant and food facility inspection reports at [www.food-inspect.saccounty.net](http://www.food-inspect.saccounty.net).



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



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



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



**Carmichael Park Farmers Market**  
5750 Grant Avenue, Carmichael (Corner of Grant & Fair Oaks Boulevard under the trees in the Park)  
Every Sunday from 9 am to 2 pm - all year round  
Over 65 certified and organic farmers and specialty food vendors



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



**Historic Folsom Farmers Market**  
915 Sutter Street, Historic Folsom Public Plaza, Folsom  
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