

AMERICAN RIVER MESSENGER

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Serving Fair Oaks, Gold River, Rancho Cordova & Sacramento County

First Edition for December 2012

County Supervisor
Susan Peters:
Reflections of 2012



Page 2

Meet the
Poodle Twins



Page 9

Karen Andersen:
Soar With Eagles



Page 10



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Storm Repairs and Costly Headaches

SACRAMENTO, CA – (MPG) The Contractors State License Board (CSLB) is urging California home owners to be vigilant when it comes to contracting for clean-up or repairs from this weekend's heavy rain and high winds. Sometimes what appears to be the cheapest solution to repair flood damage, remove a fallen tree, fix a downed fence, or patch a leaky roof may not be the best choice.

"Anyone who needs to repair post-storm damage should be looking for a legitimate, qualified tradesperson—especially in an urgent situation," said CSLB Registrar Steve Sands. "A licensed contractor who is skilled in the specific trade you're seeking is insured and bonded, and is not likely to leave you in the lurch when it comes to properly completing the job at a fair price.

"Consumers can use CSLB's online resources, available at www.cslb.ca.gov or CheckTheLicenseFirst.com, to review the license status of a contractor they plan to hire, and to get tips on the best approach to home repair projects. Any construction job valued at \$500 or more in labor and materials must be done by a state-licensed contractor. California Business and Professions (B&P) Code requires licensees to carry workers' compensation insurance coverage for their employees, and to be bonded.

For tree trimming and removal jobs where the tree is 15 feet or higher and the job is more than \$500, the contractor must be state-licensed. The B&P Code allows



The cheapest solution to remove a fallen tree, fix a downed fence, or patch a leaky roof may not be the best choice.

a gardener who does not have a state license to work on incidental tree pruning if the tree is less than 15 feet and the job costs less than \$500. State law requires all Roofing (C-39) contractors to carry workers' compensation insurance, even if they do not have employees, to ensure that consumers are protected in the event of an accident or injury on the homeowner's property.

CSLB urges consumers to follow these tips when soliciting bids from any home improvement contractor:

- Hire only licensed contractors, and ask to see the license and photo identification.
- Don't rush into repairs, no matter how badly they're needed.
- Be careful when using online bulletin boards like craigslist.org. Unlicensed operators may try to mislead you into thinking they are licensed.
- Don't pay more than 10 percent or \$1,000, whichever is less, as a down payment.
- Don't pay in cash, and don't let the payments get ahead of the work.

- Get at least three bids, check references, and get a written contract.
- Contact CSLB if you have a complaint against a contractor.

The Contractors State License Board licenses and regulates California's 300,000 contractors, operating under the umbrella of the California Department of Consumer Affairs.

Source: Contractors State License Board

Holiday Fun in Fair Oaks Village!

FAIR OAKS, CA – (MPG) Fair Oaks' 29th Annual "Christmas in the Village" Festival and Parade was postponed one week due to the storm. It will be held on Saturday, December 8th. All other details of the event remain the same.

The tradition continues! Since 1983, Fair Oaks' Christmas in the Village has been bringing all the fun of yesteryear Christmas Celebrations to the village's quaint downtown. Strolling carolers, craft vendors, roasted chestnuts, Santa in the Park, a Children's Play, an old fashioned Parade, and community tree lighting are some of the highlights of this long standing community event.

Families and early shoppers can enjoy the great merchant's specials from 10am-7pm. There will be refreshments, arts and crafts vendor booths, and Santa in the Park from 1-3pm. The event will feature live holiday music and old fashioned carolers strolling the Village. "Winnie the Pooh" will be in the amphitheater at 2pm. The Holiday Lights Parade is scheduled for 4:30pm, with the Christmas tree lighting at dusk. Refreshments and caroling will continue in the Park.

Fair Oaks Village is conveniently located on Fair Oaks Blvd. 1 block east of Sunrise Blvd. between Sunrise and Winding Way.

For more information call (916) 967-2903 or visit the Fair Oaks Chamber of Commerce website: www.fairoakschamber.com.

RT Offers Free Rides on the Holiday Bus

SACRAMENTO COUNTY, CA – (MPG) The Sacramento Regional Transit District (RT) will usher in the holiday season with free rides on the RT Holiday Bus. As a thank you to riders, the bright and festive Holiday Bus will travel on a different route each day from Saturday, December 1, 2012 through Sunday, January 6, 2013.

In the spirit of giving, passengers will have the opportunity to place a monetary donation in the farebox or contribute a non-perishable food item. All donations will benefit River City Food Bank, a non-profit organization that provides emergency food and housing assistance to

over 40,000 clients annually in Sacramento County.

Continuing a 20-year tradition, RT employees and their families painted the exterior of the Holiday Bus with colorful poinsettias, ornaments, snowmen and candy canes. Rick Sloan, retired RT graphic designer and long-time Holiday Bus artist, outlined the design on the bus, which allowed participants to each paint individual sections in bright colors.

For Holiday Bus route and schedule information, call 916-321-BUSS (2877) or visit www.sacrt.com.

Source: Regional Transit



Santa Claus is coming for Breakfast at the Orangevale Grange!



You are cordially invited to come have Breakfast with Santa Claus! Bring your family and friends the Orangevale Grange for their regular Breakfast featuring Ham and Sausage!

Why stand in a long line at the mall or department store waiting to talk to Santa when you can relax at a table with your family, enjoying a hot breakfast, do a little shopping and more?

- The Grange Ladies (GWA) will have their annual Christmas Boutique selling "experienced" Christmas decorations, handmade items and baked goods. [Proceeds to benefit local causes]
- The young'uns will have their own eatin' & craft table as well

as selling the fruits & vegetables of their labor, fresh or preserved from our Certified Grange Garden. [Proceeds to benefit The Grange Garden Project]

- Bring a non-perishable food item to put in the Orangevale Food Bank barrel and you will receive a free drawing ticket for our Christmas basket
- AND BEST OF ALL... have your picture taken with Santa!

This is an annual event for many families – come join the fun!

The Grange Breakfast takes place every second Sunday of the month. Grange members volunteer to set up, cook, serve and

clean up afterwards. The regular items served every month are Scrambled Eggs, Biscuits and Gravy, plain Pancakes (all you can eat) and Grange French Toast. Ham, bacon, link sausage, blueberry pancakes are added for variety. All the food is prepared in the Hall kitchen and is served to the diners by 4-H kids from the local Clover group. Sometimes they make more in tips than the Grange does from Breakfast! They do a great job.

The Orangevale Grange was organized in 1910 and was the first such organization in town. The Grange Hall is located at 5807 Walnut Ave, Orangevale, 95662 [between Greenback and Madison].

“An American Christmas” Concert Comes to Rancho Cordova

RANCHO CORDOVA, CA – (MPG) It’s beginning to sound a lot like Christmas, thanks to the Rancho Cordova River City Concert Band, which will bring to life nearly two dozen holiday carols and songs, accompanying a host of guest vocalists, at their first-ever Rancho Cordova Christmas Concert.

More than 70 musicians strong and sporting the Rancho Cordova name, the concert band will perform in a formal concert setting at 7 p.m. on Monday, December 10 at the First Covenant Church, 10933 Progress Court. The music begins at 7 p.m., but plan on coming early to enjoy sparkling cider and treats before the concert. Under the direction of Tom Seaton, the band has been making Rancho Cordova

appearances all year, including Memorial Day, the Rancho Cordova Fourth of July, and a Pops in the Park concert in August, as well as the recent lighting of the Cordova Community Christmas Tree.

The December 10 concert carries the theme “An American Christmas” and will feature holiday standards like “Sleigh Ride,” “Home for the Holidays,” “The Christmas Song,” “Carol of the Bells,” and many more. Audience sing-alongs will include popular favorites, and guest vocalists Bianca Patterson, Carole Brewer, Susan Skinner, Bill Dunbar, Parker Mitchell, and Larry Womac will make the concert a total musical experience. In all, the concert will include 21 holiday music selections. Appropriate and fun for family

members of all ages, admission to the “An American Christmas” concert is free of charge, although donations are accepted.

The Rancho Cordova River City Concert Band will be playing several additional concerts during the holiday season, including appearances at the Carmichael Tree Lighting on December 6, Christ Community Church in Carmichael on December 17, and Carmichael Elks Lodge on December 22.

The Rancho Cordova River City Concert Band is an all-volunteer organization of accomplished musicians, supported by the Cordova Community Council. For more information, visit them at www.rccbband.webs.com.

Source: City of Rancho Cordova

Rancho Cordova City Council Election Results Released

RANCHO CORDOVA, CA – (MPG) Incumbents David Sander and Robert J. McGarvey and candidate Donald Terry were elected to the Rancho Cordova City Council.

The Sacramento County Elections Office announced the final November 6, 2012 Presidential General Election

results on Friday, November 30th.

Terry secured the third City Council position with three votes ahead of candidate Brian M. Danzl. All three elected officials were sworn in at the City Council Meeting December 3rd at Rancho Cordova City Hall.

The ceremonial seating of the new Mayor and Vice Mayor will

take place at the next City Council Meeting on December 17, 2012. City Council Meeting agendas are posted at www.cityofranhocordova.org. Final election results are posted online at www.elections.saccounty.net.

Source: City of Rancho Cordova

County Superintendent Gordon Earns National Award

SACRAMENTO COUNTY, CA – (MPG) The Sacramento County Office of Education (SCOE) is proud to announce that County Superintendent of Schools David W. Gordon is the recipient of a prestigious national award.

On Friday, November 30, Mr. Gordon received the Justus A. Prentice Award from the Association of Educational Service Agencies (AESAs) at the organization’s annual conference in Tampa, Florida. The national honor acknowledges contributions through executive leadership in advancing educational service agency programs at the regional, state, and national levels.

“Dave Gordon embodies all that is right about executive leadership in public education. The Sacramento County Board of Education congratulates and commends him for receiving the Justus A. Prentice Award,” said Sacramento County Board of Education President Greg Geeting. “The AESA could not have found a more deserving



County Superintendent of Schools David W. Gordon

candidate for the award anywhere in the nation.”

The AESA award is the second esteemed honor for Mr. Gordon this year. In April, he received the 2012 Executive Leadership Award from the California County Superintendents Educational Services Association (CCSESA). This award is made annually to the person who has made outstanding and significant contributions to support public education.

Mr. Gordon has served as Sacramento County Superintendent of Schools since

2004. Prior to joining SCOE, he served as Superintendent of the Elk Grove Unified School District from 1995 to 2004. He also has served as Deputy State Superintendent for the California Department of Education. Mr. Gordon began his career as an elementary school teacher in the South Bronx, New York.

During his career, Mr. Gordon has been appointed by the U.S. Secretary of Education to the National Assessment Governing Board (NAGB), which oversees the National Assessment of Educational Progress (the “Nation’s Report Card”). He also has served as Chair of NAGB’s Reporting and Dissemination Committee. From 2001-2003 Mr. Gordon served on the President’s Commission on Excellence in Special Education. He is currently a member of the Board of Trustees of the Sierra Health Foundation.

For more information see www.scoe.net.

Source: Sacramento County Office of Education

Happy Holidays from Unity of Sacramento

Please mark your calendar and plan to join us for these exciting holiday events

Friday December 14th at 7:00 pm

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Annual Christmas Candle Light Service

Sunday December 30th at 6:30 pm

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Northminster Presbyterian Church invites you to join us and

Celebrate Christmas

Sunday, Dec. 9 — Bel Tempo Handbell Choir Benefit 4 p.m.

Bel Tempo is a world-class handbell choir performing a mix of religious and secular music sure to put you into the spirit of the season! The concert benefits Francis House Center. A donation of canned food items is requested.

Friday, Dec. 14 — Jesus’ Birthday Party 7 p.m.

Celebrate the birth of Jesus with cake, ice cream, games and a short skit, “A Prime Time Christmas”, presented by our Youth Group and Youth Praise Band. Join this free family event and, if able, bring an unwrapped toy.

Sunday, Dec. 16 — Festival of Carols 4 p.m.

Everyone is welcome, especially the children, to join us for an old-fashioned sing along of Christmas carols! Sing all your favorites and learn the origins of many of these timeless classics as we make a joyful noise to the Lord.

Monday, Dec. 24 — Christmas Eve Services 5 p.m. 10 p.m.

Family Service & Living Nativity featuring the Youth Praise Band. Candlelight Service with carols, handbell choir, scripture readings, and more.

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Reflections of 2012



By County Supervisor Susan Peters

During the year Sacramento County completed a number of public improvements aimed to make our roadways safer as well as friendlier for bicyclists and pedestrians. Plus several of these public works projects had the added benefit of making those areas more attractive with enhanced landscaping. Already we are seeing those efforts being complemented by private investment – hopefully a positive sign that our local economy is on a path to recovery for 2013.

HWY 50 and Watt Interchange

In November work started to improve the Highway 50 and Watt Avenue interchange which will make it similar to what now exists on Highway 50 at Bradshaw Road, Sunrise Boulevard and Hazel Avenue. The improvements will eliminate the current “need to weave” that makes getting on or off a challenging experience for many motorists. And not only will the project improve traffic flow along the 50 corridor but provide a much need economic boost with construction jobs

– estimated 800 workers over two years.

Arden Way

Last April Arden Way was improved from Eastern Avenue to Fair Oaks Boulevard by updating pedestrian and bicycle facilities as well as installing street lights and a traffic signal at Mission Avenue. Plus a welcome sign to Carmichael was added at that intersection. Now residents have improved connectivity to shopping centers at both ends of Arden Way.

Fair Oaks Village

Progress is being made to improve Old Fair Oaks Village as part of a long-term vision developed by the Fair Oaks Village Enhancement Committee aimed to attract more local and regional visitors to the area. Work started in autumn that included new sidewalks, more parking spaces, a new mid-block crosswalk, installation of landscaping in new planter areas, and improved bicycle access. Decorative street lights are also scheduled to be installed soon. Most importantly -- the construction effort did not interfere with the annual December holiday parade.

Carmichael's Main Street

The first phase to improve Fair Oaks Boulevard in Carmichael and turn it into a “main street” was completed last year – and the second phase is now in design.

The intersection where Marconi Avenue meets Fair Oaks Boulevard was re-configured to improve pedestrian safety with the addition of enhanced landscaping consisting of palm trees to complement

those flanking Palm Drive that once served as the entrance to the Deterding Ranch during the rural days of Carmichael. That effort was hoped to be a catalyst, which seems to be working since private investment led to the development of the new Auto Zone and the relocation of Naroe’s Bakery into its new facility nearby.

The second phase for the boulevard will focus on the segment from Landis Avenue to Engle Avenue, which will be funded by a \$4 million grant. Construction for that phase is estimated to begin in 2014.

Another Term & Taking the Gavel

Tradition dictates that I will assume the gavel on January 8 and take the position of chair for the Board of Supervisors having served as vice-chair during 2012.

Coinciding with accepting those additional duties will be my taking the oath of office for the third time as supervisor for District 3 as a result of my reelection in June. I appreciate very much that earlier vote of confidence that permits me to serve another term on the Board of Supervisors.

It has been an honor to be your representative on the Board since 2005 and I look forward to continuing to work on the challenges facing Sacramento County when my new term begins.

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

Orangevale Library Enters its Second Century

The Orangevale Library, which celebrates its 100th birthday this year, begins its second century of service to the Orangevale community, urging you to support the fourth annual Bookfair, sponsored by Friends of the Orangevale Library in partnership with Barnes & Noble (Sunrise). This fundraiser will be held from December 10-16 during Barnes & Noble’s regular business hours, just in time for the holiday shopping season. So plan to shop all week for the very best choices of books, Nooks, calendars, quality toys, puzzles, games and boutique novelties.

All you have to do is MENTION the Orangevale Library OR show your voucher (available at the library) and you will trigger a donation to the library. The donation, a percentage of the patron’s purchase, includes all purchases in the Citrus Heights store — not just books — and costs the patron nothing. The Nook and its accessories are included.

Everyone will want to get to the store on Wednesday, December 12, when Orangevale Friends will offer complimentary gift wrapping from 3 pm - 9 pm. Do your shopping under one roof, enjoy a favorite Starbucks snack and rest your feet while the elves do the gift wrapping.

There’s more: On Saturday, December 15, the Friends and elves will provide personal shoppers to assist patrons in their



choices. They will also offer lists of recommended reading for every age group.

Highlighting the Saturday program will be the appearance on Saturday of two local authors, Chris Enss and Jack Parker. Chris Enss will be signing her new book: *Object Matrimony: The Risky Business of Mail-Order Matchmaking on the Western Frontier* (price \$14.95) as well as copies of earlier releases: *Hearts West*, *Tales Behind the Tombstones*, and *Love Untamed*. Jack Parker will be signing copies of the latest book in his series: *Belizean Adventure* (price \$13.99) as well as copies of earlier releases: *Bhutanese Adventure*, *Patagonian Adventure*, and

Tibetan Adventure.

And if you prefer to do your purchases online, the time period for purchases extends from December 10 to December 21. From the payment page, scroll to the very bottom and choose “Check this box if it is a Bookfair Order”. If signed in to your BN.COM account, you may need to click “Change” on the Payment section on the checkout page, then scroll to the bottom. Lastly, enter the Bookfair ID (10713147) as indicated.

So bring the family, along with your voucher, and do your holiday shopping at Barnes & Noble December 10-16. Or go online and enter the bookfair’s order number from your own home.

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Disaster Averted after Fire at Parisi Insurance

From Rosie Gillam

CARMICHAEL, CA – (MPG) A natural disaster can be a crippling blow to a business. A fire, earthquake or flood can leave a business without access to vital information and communication with customers. One of CMIT’s long standing clients, Parisi Insurance, is a perfect example of how a disaster does not have to debilitate business.

In the early morning hours of September 24th experienced a disaster. Fire that had broken out two doors down spread and destroyed their office, computers, furniture, paintings, phones and paper files. Without their infrastructure Parisi’s business was facing potential standstill.

Luckily they had the CMIT Guardian protection to get them back up and running. CMIT rushed to aid in recovery. Systems Engineer Randy James helped lead the recovery just a few hours after the fire was reported to Parisi. Vice President of Parisi Insurance Joe Hart explained that “CMIT had us store our data ‘in the cloud’ so we were able to get up and running very quickly using



our remote server for a little over 2 weeks”.

With the support of the CMIT team and advances in cloud technology Parisi’s staff members were able to conduct business from the day of the fire and until their move to a new location.

Instead of a complete business debilitation, CMIT was able to get Parisi’s infrastructure hosted remotely allowing them return to business at 2pm the day of fire and have full access to their server by the next morning.

“They (CMIT) ordered and set up the new computers in the new office- as well as the phones- and

were instrumental in getting us back to normal” Hart said. “Everyone was wonderful particularly Mark (Trim) and Sal (Hekmatzada) who had to deal with the most whining” quipped Hart.

As for other businesses Hart had a few words of advice “back up your digital data off site, keep as little as you can on paper, and keep your paper data in metal drawers. Also, have your phones default to employee cell phone numbers if there is a break in service.” Parisi Insurance has now moved into their new location in Gold River, California and we wish them the best of luck.

More Residential Fires Over the Holidays

From Sacramento Metropolitan Fire District

CARMICHAEL, CA (MPG) - At 6:40 on the morning of December 2, Metro Fire crews were called to a house on West 2nd Street in Rio Linda for a report of a garage fire with a possible victim. Metro units, arriving three minutes after dispatch, found a garage heavily involved in fire, with extension into the house. Crews began an aggressive fire attack while simultaneously searching for victims and ventilating the structure. No victims were found in the garage or the interior. The fire was contained just seven minutes later. Arson Investigators were on scene and the cause of the fire is undetermined at this point. No firefighters or civilians were injured in the fire.

Just after noon yesterday, Metro Fire responded to the Rancho Cordova Apartments for a report of fire in an apartment. Units arriving to 10685 Coloma Road found heavy smoke and light fire in a garden style apartment complex. The fire, which started in the kitchen of a downstairs unit, had already extended into the common wall of an adjacent apartment and both units had fire activity. Crews worked to contain the fire, focusing on searching for victims while stopping the fire spread to neighboring units.

Six engines, three trucks, one medic and two battalion chiefs were able to quickly contain the main body of fire, but it continued to burn inside the common wall and hidden spaces. Crews performed extensive overhaul to locate and extinguish all concealed

fire, protecting residents from any further fire activity.

The fire appears to be accidental in nature, due to unattended cooking. Firefighting efforts saved approximately \$150,000 in personal property. No firefighters or civilians were injured in the fire.

Metro Fire crews have responded to a total of six residential fires since Thursday. In Carmichael alone, a two-alarm fire destroyed 8 apartments on Hackberry, and an exterior fire damaged a house on Sutter. In South Sacramento, a vacant house on Gardner was destroyed early Friday morning while a duplex on Sky Parkway was badly damaged in a fatal fire on Thursday.

For more information, check out www.metrofire.ca.gov and sign up for our E-newsletter.

A Celtic Christmas Celebration

CARMICHAEL, CA – (MPG) On Friday, Dec. 7 at 8pm at St. Michael’s Episcopal Church, 2140 Mission Ave, Carmichael, Molly’s Revenge and guest vocalist Christa Burch join with Irish dancers for an evening of music, song and dance of the festive season. Known for its unique and infectious on-stage enthusiasm with bagpipes, fiddle, whistle, guitar, bodhran, and mandola, the band has toured extensively in the USA, Australia, China and Scotland.

“There is an engaging freshness and yet an impressive maturity in their playing. There is also a lovely balance of repertoire...” — Mick Moloney, National Heritage Award recipient.

“Christa is a full-voiced, confident woman at the height of her powers.” — The Irish American News.

Tickets are \$18 advance online at mollysrevenge.com, \$20/door.



Molly’s Revenge will perform Christmas songs both old and new, all given a Celtic twist. Photo provided by Mark Wiederanders.

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Annual Holiday Arts & Craft Show

December 7, 8, 9, 2012
11am-5 pm
2nd Sat. Dec. 9th
5-8:30 PM



American Watercolor Society Traveling Show

January 2-26, 2013!

Dick Cole Watercolor Workshop
January 19th & 20th from 9:00 am to 4:00 pm. Cost of the workshop: Members \$130 Non-member \$160
\$50 Deposit holds your space. Deposit is non refundable after January 1.



Sacramento Fine Arts Center is Open for a 2nd Saturday Reception Every Month of the Year – 5:30-8:30pm.

San Juan Unified School District K-12 Arts Show
December 11-22, 2012

5330 – B Gibbons Dr., Carmichael, CA • Ph. 916-971-3713
Hours: Tuesday 11 am-7 pm, Wednesday through Saturday 11 am-3 pm.
www.sacfinearts.org

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A Film Review by Tim Riley

RED DAWN (Rated PG-13)

During the height of the Cold War, at a time when President Ronald Reagan identified the Soviet Union as the “evil empire,” director John Milius tapped into the 1980s zeitgeist with the original “Red Dawn.”

The 1984 film became a cult-classic that showcased young actors Charlie Sheen, Lea Thompson, C. Thomas Howell, and Jennifer Grey, along with a slightly older Patrick Swayze.

The original premise of “Red Dawn” involved the Soviets invading the United States, followed by the resistance movement that arises when a group of heroic teenagers band together to repel the occupying force.

Fast forward to 2012, and the principal foe is now North Korea, launching a full-scale attack on the Pacific Northwest. You’d think that China would be the more likely invaders, but they are probably waiting to see if we’ll repay our national debt first.

The face of the enemy has changed, but the tactics employed by the guerrilla insurgency are pretty much the same. Once again, it’s up to a bunch of kids to be the frontline of freedom fighters.

A few minutes pass after the obligatory introduction of the primary teen characters, and “Red Dawn” kicks into high gear with a most unexpected aerial attack of North Korean paratroopers descending on Spokane, Washington.

A murderous, cruel Captain Cho (Will Yun Lee) moves his troops so quickly through town that barely a handful of teens make a getaway to the woods outside town, while most others are rounded up like concentration camp victims.

Jed (Chris Hemsworth), an Iraq War veteran, and Matt (Josh Peck), the high school quarterback, are brothers whose father, Tom Eckert

Riley Reviews

GUTSY KIDS-AS-HEROES GET THE JOB DONE IN “RED DAWN”

(Brett Cullen), is a ranking police officer.

The Eckert family has the natural instinct to fight back. As such, Jed, as the result of his military training, becomes the de facto leader of a budding rebel group that includes mostly Matt’s high school pals.

As the quarterback of the high school football team, Matt enlists classmates and friends, including Robert (Josh Hutcherson), the tech geek, and Daryl (Connor Cruise), the mayor’s son.

Other members of the core group include Danny (Edwin Hodge), the star receiver and Matt’s best friend, and Toni (Adrianne Palicki), a pretty girl with a major crush on Jed. Meanwhile, Matt’s cheerleader girlfriend Erica (Isabel Lucas) is incarcerated in an internment camp.

As a battle-tested Marine on leave, Jed knows what it takes to live off the land while improvising effective insurgent attacks upon the unsuspecting North Koreans who may be growing complacent after the ease with which they conquered the Pacific Northwest.

Early on, the North Korean invaders prove themselves to be murderous villains, randomly killing civilians for the slightest infractions and generally terrorizing the population into subservience.

Bonding as a team, the rebel youth take on the moniker of “Wolverines,” in honor of the football squad. That Jed’s younger brother is a hothead results in some complications, considering that he’s fixated on liberating his girlfriend from a heavily guarded prison camp.

Nevertheless, the Wolverines gradually become more efficient in carrying out random acts of violence against the symbols of foreign occupation, going so far as to wipe out command posts, patrol unitss and fortified areas.

“Red Dawn” becomes the fantasy revenge picture it was intended to be. The idea of North Korea successfully invading America is far-fetched, to say the

least, but the audience nonetheless delights in well-orchestrated action sequences that involve plenty of explosions and gunfights.

During the course of the insurgency, the young fighters are joined by a trio of grizzled retired Marines led by the spirited Tanner (Jeffrey Dean Morgan), just in time for a major vital assault on the occupier’s main communications center.

“Red Dawn” is solid for its action, which mainly requires the insurgents to take their fight to the streets in a gripping attempt to outwit and overcome the intruders, causing major disruptions with nicely timed explosions and gunfire ambushes.

Notwithstanding the wickedness of the communist enemy, “Red Dawn” seems so implausible that if the lunatic Kim Jong-Il were still alive, even he would probably have a difficult time accepting the premise. But the little creep would be thrilled with the notion.

The bulk of “Red Dawn” is all about the action, thereby becoming the type of contemporary action thriller that is, simply put, satisfying popcorn fare.

DVD RELEASE UPDATE

A gangster film that plays more like a Western, “Lawless” captured the brutality of a Prohibition-era battle between moonshiners and corrupt lawmen. Now it’s available on DVD and Blu-ray.

Inspired by the biographical novel “The Wettest County in the World,” the film version of the adventures of the Bondurant Brothers follows a quest for a piece of the American Dream, albeit an illegal one.

The three brothers (Shia LaBeouf, Tom Hardy and Jason Clarke) fight to maintain their hold on the bootlegging business that is under attack from urban gangsters.

The youngest brother aspires to become Public Enemy No. 1, reaping the benefits that go along with the trappings of a dangerous criminal.

A mysterious woman named Maggie (Jessica Chastain) enters the picture, working in the family business and becoming the girlfriend to the oldest brother.

Living up (or is it down?) to its name, “Lawless” has plenty of brutal violence, with guns blazing aplenty. Special features include “The True Story of the Wettest County in the World.”



TAX HELP from a Tax Pro Dean Alexander Sr.

How to Get Tax Relief for Inherited Property

There are two issues that one has to deal with when we receive inheritance. The first is an estate tax issue and the second an income tax issue and they are not one. You may be exempt form one but subject to another.

The two usually work against each other. Maybe the mechanics of the events will illustrate the point. Rich Uncle dies and leaves you a piece of land worth three hundred thousand dollars. The first question that people usually ask, or hopefully they will ask is: Am I going to pay estate tax on this money?

Clients that I come in contact with usually ask me how much income tax am I going to pay because I inherited the property. They think that inheriting this property is a taxable event, and a taxable event in their mind means income tax. They don’t differentiate between income tax and estate taxes. In 2011 property inherited up to one million dollars would be exempt from income taxes.

Notice that I said that you inherited property worth three hundred thousand dollars. How did you determine this amount? And what is the big deal about this amount anyway? You may determine this amount by looking up the county tax roll for that year or if the amount is large it could be determined by an appraisal.

This amount can cause you a tax problem if you don’t pay attention. This amount will be your basis if you sell the property two years form the time you inherited it. Basis is something like your purchase price. You will be regarded as if you purchased the property for three hundred thousand dollars. So if you sell it for three hundred and fifty dollars, your gain is fifty thousand dollars.

When do you value the property? You can value the property the day you inherit it or any other date within six months from the date of death. Why the choice? Like I said the value of the property at the time of inheritance will determine your basis (think of cost).

So the higher the basis the better off you are. In the example above, if your basis at the time of death was three hundred fifty thousand instead of just three hundred your gain on the sale of the property would have been zero. So the higher the basis the better tax relief or tax help you get from the valuation.

Remember when I said above that the estate taxes and the income taxes work in the opposite direction? Now it is time to explain. As I said above to avoid income taxes upon sale property that you inherited you would want to push the value up. The higher you push, the higher the amount it cost you to

purchase the property (I am using the analogy of purchase). And the higher the cost, the less income taxes.

But can we push the price up forever? Not quite. As I said above, you had a limit of exempt estate taxes. If you push the value above the one million to avoid income tax, you will fall into the net of estate taxes. Any amount above the million will be taxed at 55%. So the best tax resolution is one that has to weigh both considerations.

If you find yourself owing back taxes as a result to your inheritance, you may be able to negotiate an IRS settlement such as offer in compromise or an installment agreement. But you must ask your CPA or IRS tax attorney to take some sort of initiative to avoid collection actions such as levy or garnishment against you because of the tax debt.

Summary: The best tax resolution for inheritance is to balance the estate and income tax consideration. You can even negotiate an offer in compromise for the new tax debt.

Dean has 30 years experience as a CPA and tax consultant and he is currently on two radio shows. He is the managing director of National Financial Advisors (NFA Tax Help), a national firm headquartered in Houston. He is also a Chartered Financial Consultant and Chartered Life Underwriter. He consults exclusively on tax matters particularly tax audits and tax collections at both the federal and the state levels.

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By Ronnie McBrayer

According to the Pew Research Center's recently released report, a full one-fifth of Americans are now unattached to religion, and the Protestant majority is no longer that; Protestant Christians now make up less than 50% of the population. News agencies reported this news as statistical facts with maybe a raised eyebrow of curiosity while some agnostics celebrated the dawn of a new secularism. Meanwhile, fretful pulpiteers wrung their sweaty hands as they thundered to their shrinking congregations about the end of Christianity, threats against morality, and this trend that confirms that the apocalypse is upon us. The illustrious Garrison Keillor had the cleverest response of all. If the statistics are true, he mused, then it means the death of the some of the world's finest cuisine: The end of church potluck dinners. While some mourned over the condition of souls, he crooned with tongue deeply in cheek, his concern was the future of Lutheran casseroles. Well, it seems the statistics are correct, and those of us who spend time in the church know it, and know it is no laughing matter. We don't need an exhaustive study to confirm that the church is dwindling. A growing population is indeed unengaged with organized religion. They aren't necessarily atheistic, nor are they antagonistic toward faith.

Where Love Begins

They are simply uninvolved. Why? Some of it is demographic, related to the age of our transitioning generations. Some of it is the natural evolvement of a Western society, and the result of an increasingly diverse nation. But frankly, and this cannot be ignored, the church has earned this decline all by its institutional self. The Pew Report confirms that the religiously unaffiliated think that religious organizations are "too concerned with money and power, too focused on rules, and too involved in politics." As one deeply committed to the Christian faith, I could not more heartily agree; I say, "Amen." Combine this study with the respected statistics of the Barna Research Group (which is an evangelical think tank), and the situation becomes clearer still. According to Barna, those unaffiliated with religion use several primary words to describe Christianity, words that include: "Anti-gay, judgmental, hypocritical, and insensitive." I know not every Christian behaves harshly toward others. The most gracious, caring, and welcoming people I have ever met are Christians, fixed firmly within the institution. But I admit that the most obnoxious, hateful, and critical individuals I have ever met are also religious people. This has to change. "Change," you ask? "Are you saying we should change our beliefs just to salvage our fleeting market share?" No. Market share has nothing to do with it, but how we treat others has everything to do with it. How can we who follow the loving, open-hearted, redemptive Christ be anything but loving, open-hearted, and redemptive people?

The longer I do this kind of work, and the longer I see these kinds of recent statistics, the more strongly I feel that the last thing most communities need is just another religious institution: An institution that pounds the pulpit and its parishioners with unyielding dogma; that points fingers, condemns, and excludes others from the love of God; that can never confess its shortcomings, admit when it has been wrong, or meet people where they are rather than demanding that people come to it. No, communities don't need more hardened, inflexible places like these; but every community needs simple, uncomplicated, receptive places. Every community needs launch pads of empowerment and liberation. Every community needs a communion of friendship, freedom, and faith that will build bridges of grace to the world, not boundaries of separation and marginalization. Simply, every community needs a place of radical hospitality and attraction that welcomes all to know a loving God. I call these places "church." Yes, I know, some churches are far better at being judgmental religious institutions than being living bodies of service and compassion, but my hope endures. My hope endures because where hardened institutionalism ends, love can begin, and the love of God is the most attractive force in the universe.

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

Okay, That Wasn't Funny

By Rev. James L. Snyder

Let me make it very clear right up front that I am in favor of as many "ha ha moments" as possible. I could not get through a week without my daily dose. I firmly believe that laughter is the appropriate medicine for the soul. Some people, according to their demeanor, need a little more laughter than they are presently getting. That said, let me quickly point out that some things are not funny. Of course, most things in my life and about my person are marvelous targets of humor. I do not take myself very seriously. I am not sure any wise person would take me seriously either. In fact, I would highly suspect a person who took me seriously. I can take a joke as well as the next person and I can give it back as well as the next person. I have had some weeks that if it was not for a little bit of humor I do not know how I would have gotten through. So, if you can't do anything you can at least laugh. I firmly believe that the best laugh is when you can laugh at yourself. You might as well laugh at yourself, everybody else is. Then, there are those serious moments in life that beg for no laughing. I would recommend that warning signs are put around these areas reading, "Positively No Laughing Zone." With this sign should come a severe penalty for those who violate it. That said; let me explain an area in my life where the sign should be permanently erected. The Gracious Mistress of the Parsonage and I were having supper with another couple. We try to do this at least once a month and keep up with each other's progress or lack thereof. We were having a great meal and as we came to the end, I stopped the waitress and said, "I would like some ice cream for dessert." As far as I am

concerned, that is a rather reasonable request and quite in keeping with the environment I was in. "What kind of ice cream," she queried, "would you like?" When it comes to ice cream, ice cream is simply ice cream to me. If there is a flavor of ice cream I do not like, it has yet to be invented. I love ice cream. My favorite song is, "I scream, you scream, we all scream for ice cream." In my date book, there is no better ending to a wonderful meal than ice cream. I remember my grandfather's favorite ice cream was vanilla. He would not eat any other ice cream; he thought they were polluting it with colors. To him an ice cream sundae was as close to blaspheme as he ever would get. "Why ruin," he objected, "the ice cream with all that slop?" He wanted nothing coming between him and the purest experience of ice cream he could get. Me, I love ice cream regardless of the flavor or color or "slop." I looked at the waitress and simply said, "I don't care what flavor you bring me. Surprise me. As long as it isn't broccoli." That was supposed to be a joke. Ha ha ha. As the waitress left our table, we resumed our conversation and shortly she returned with the ice cream. Upon her arrival, I looked at her and then the ice cream she was bringing and almost screamed aloud. Of all the blasphemous things to do to a customer, this has to take the cake. First, she had an ice cream bowl with three scoops of ice cream, vanilla, strawberry and chocolate. No problem. However, on the side of the dish in plain view for everybody to see, especially me, was a piece of broccoli. Broccoli! The forbidden fruit or whatever it is. My dining companions thought this was the funniest thing they

had ever seen. Particularly, the dining companion that was going to come home with me that night. Not only did they laugh. The waitress laughed. The table next to us began to laugh. The table next to them began to laugh. It was not long before everybody within 173 miles was laughing at my ice cream/broccoli dessert. Actually, not everybody was laughing. I was not laughing. Broccoli, no matter the presentation, is no laughing matter in my book. If matters could not be worse, my wife, through her hilarity spasms, reached over, picked up the broccoli and began eating it in my presence. Talk about adding insult to injury, my injury was vastly insulted. I may have been smiling on the outside, but I assure you I was more than frowning on the inside. Some things are funny; broccoli is not one of those things. Driving home amid the muffled chuckles on the other side of the front seat, I thought of what the apostle Paul said in 1 Thessalonians 5:16-18 (KJV), "Rejoice evermore. Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you." I know that when Paul said, "In every thing," it included things like broccoli. I must say that there are some things in life, like broccoli, where the thanksgiving is a matter of faith. *I will never learn to love broccoli, but I can muster up enough faith to thank God for all things, including broccoli.*

The Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at (352) 687-4240 or e-mail jamesnyder2@att.net. The church web site is www.whatafellowship.com.



By Pastor Ray Dare

I want to talk a little bit about one of the enemy's favorite tricks: Condemnation. He loves to remind people of their past failures and mistakes. Has he ever done that to you? Sure he does. It's one of his favorite tricks. He knows that if he can keep people feeling guilt, unworthiness and shame that we will never be all God wants us to be. He also knows that if he can keep us feeling the negative emotions, we will never fully understand and exercise our authority over him. Some folks think that when they make a mistake God's ready to kick them out of the kingdom of God. That is so far from the truth. When you are born again, when you ask Jesus to come into your life, when you make a decision to have a personal relationship with Jesus, the Bible says you are born again. There's a birth that has taken place. You have been born into the family of God. Now you're a child of God. It doesn't mean you're a child of God on Monday and Tuesday

God Wants You to Be Secure

and, when you make a mistake on Wednesday and Thursday you're a child of the devil. It doesn't work that way. You're a child of God. You've been born into the family. It's not one week on and two weeks off. You may think, "Pastor Ray, you're giving people too much security." Friends, listen to this carefully: God wants you to be secure. You've got to understand that. God wants you to be so secure that when you make a mistake and you fail Him, you run to Him quickly for forgiveness, not turn around and run away from Him. You say, "Pastor Ray, this sound too good to be true. I served God one time. I served Him for a year. But then I made a terrible mistake. Do you mean to tell me that God didn't kick me out of the kingdom right then? Do you mean to tell me God didn't excommunicate me? Do you mean to tell me that God would receive me back into Himself?" That's exactly what I mean to tell you. God wants to receive you. This is the message of the Gospel. See, I'm not saying that when you get born again you're not going to have some fruits of good work. Don't get me wrong. I'm just saying those good works don't get you saved and they don't keep you saved. It's the

gift of God. *Ephesians 2:8* says, "*It is by grace you are saved through faith; not of yourselves. It is the gift of God, lest any man should boast.*" We must understand that salvation is a completely and totally free gift. See, if you don't get that, then you're trying to pay back your salvation with your good works. God doesn't want it to be that way because one day you're not going to be able to do as many good works you think you should. Then all of a sudden you're going to feel condemned. Here's what I want you to see today: God is not the one that condemns you. If you've made mistakes in the past, get up and go on and don't let that stop you from being your best for God. Don't get on the sidelines. Don't quit coming to church. Don't quit being involved. Go on like never before. The Apostle Paul said, "*... forget the things of the past and press toward the mark of the prize of the high calling of God in Christ Jesus.*" *Philippians 3:13-15*

Pastor Ray
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By Marlys Norris, Christian Author

It is interesting that people believe everything they read in the any paper or magazines or hear from their friends, but when it comes to the Holy Word of God (Bible) they disbelieve and question its authentic truth inspired by the God/Creator of the universe. My answer to them is this: If someone is a Bible scholar with years of study, they are deeply grounded in the history and knowledge of any one particular event recorded in the Scriptures and one can count on what-ever they write to be accurate. Truth can always be tested in many ways to find its genuine qualities. Example: A shamrock has three leaves and God is the Father, Son and Holy Spirit. People forget that when people write anything, they write from their own worldly personal knowledge about something and/or what opinions they have heard

Truth

and believe. Many opinions are not necessarily actual truth. If they favor one side or the other, then what-ever they write will reflect that opinion, not giving a reader a choice to make their own decision about the facts presented. Unfortunately people just "assume" what they are reading is actual fact. Truth is, it may be a total lie to cause a person to be swayed to make a decision that would actually not enhance or enrich their life or anyone else. I learned this at an early age when lies were told about my family written by a reporter in the newspaper from information he got from the rich lady who took (kidnapped) my brother from our family. In our most recent election Billy Graham wrote letters and asked the American public to vote Biblical Values on our election day. It was a hard decision when both candidates are not professing Christians following the total precepts of the Bible. Mormons follow the Bible principles to some degree but give higher regard for the opinion teachings of Joseph Smith. The other candidate attended a questionable church that has many false teachings as well. Yet both claim to believe in a god of some form. We had to look to the character of the men in

question and all of us had to make some kind of decision, and we did. Some felt victory over having their choice elected while others were disappointed at the loss. Now, we must believe with all our hearts that the President in charge of our nation will really perform and follow the plan he presented to the American people with his acceptance speech: Joining together with the opposition to find resolve bringing our country back to honor and respect of our founders. Honoring and preserving the land of Israel.. Love of God and country! We must trust that God is in control regardless of what we might think. And people we must sincerely pray for our president and his co-workers in our government, that they will make wise decisions that will bring our country back to reality and truth that is from the Holy Word of God, the Bible, which guided our countries founders in its beginning. In the end, may we all say to God be all honor and glory! May God be with you!

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Bookkeepers, Retail and Management, Cashiers, for Internet cafe. Should live within 15 miles of Cottage Way and Fulton Ave. Must have 2 years of work references, will be confirmed. Must have some computer experience. Send resume to : don@imagesoutdoor.com (MPG 12-31-12)

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Mature Guy seeking friendship of a mature lady in the 60's and 70's. Call Jim 530-823-7765. (MPG 10-19-11)



H	I	J	A	B	T	A	B	K	I	S	S	
I	M	A	G	O	O	N	O	D	I	S	C	O
M	A	V	I	N	R	A	W	R	E	L	A	Y
M	A	N	G	E	R	E	L	E	V	E	N	
G	O	D	F	L	E	A						
S	O	T	S	E	R	A	I	M	P	I	S	H
A	W	O	L	M	O	C	K	S	A	N	T	A
B	L	U	E	A	S	T	I	R	I	D	Y	L
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T	O	P	S		A	G	A	T	R	O	M	P

Crossword Puzzle on Page 8

shipping too! Use claim code 6239. WAS \$499 NOW \$279 Call 1-888-306-5657 (MB 12-31-12)

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Bristol Hospice is looking for volunteers to provide companionship with our hospice patients and families. We provide the training and match you with a family in your area. Please call volunteer services for more information at (916) 782-5511. (MPG 11-30-12)

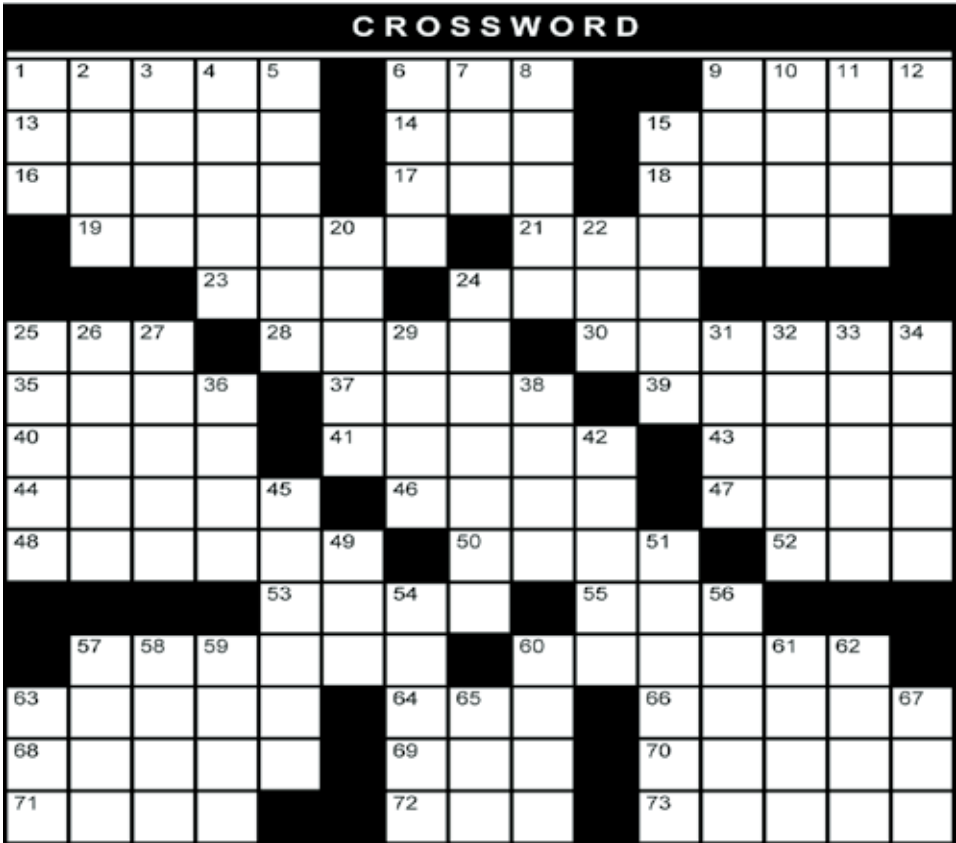
Sutter Auburn Faith Hospice Thrift Store invites volunteers to work as cashiers, sales floor assistants, donation processors or pricers. Training is provided; a four hour weekly commitment is requested. Location: 13342 Lincoln Way, Auburn. Call store coordinator, Kim Chase, 530-887-0561. (MPG 12-31-12)

Volunteers Needed: The Domestic Violence Intervention Center needs caring people to assist victims of domestic violence. For more information call 728-5613 or visit our office at 7250 Auburn Blvd., Citrus Heights, CA (MPG 12-31-12)

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CLUES

ACROSS

1. Muslim woman's headscarf
6. Found on a keyboard
9. "What mommy gave Santa
13. Idealized image
14. Beatle bride
15. "Saturday Night Fever"
music
16. Yo-Yo Ma with a cello, e.g.
17. Like sashimi
18. Team event in track
19. "Away in a _____"
21. Number of football players
on field per team
23. Zeus, e.g.
24. Dog pest
25. Boozer
28. Red Cross supplies
30. Like Tinkerbell
35. Absent soldier
37. Like Civil War reenactment
battle
39. "____ Baby"
40. Down in the dumps
41. Up and about

DOWN

43. Tranquil scene
44. Officially allowed
46. Hokkaido people
47. Calm by deception
48. Like Thai cuisine, e.g.
50. Eye amorously
52. Bro's sibling
53. Used for drying
55. Inflated feeling
57. Cream cheese on a bagel,
e.g.
60. "Pipe smoker
63. Fictional cemetery dweller
64. Be in the red
66. In an unfriendly manner
68. "Seen with Santa
69. "Given name of famous
crooner
70. Rane's wrap
71. Blouses
72. Ottoman officer title
73. Heavy walk

DOWN

1. That guy
2. Mosque V.I.P.
3. Cup of Joe
4. Maturing
5. Double-drums
6. Millimeter of mercury
7. R.N.'s org.
8. B in IBS
9. Chicken ____
10. ____ of Man
11. PET or CAT
12. ____ sauce
15. "I'll be home for
Christmas, if only in my
____"
20. Swelling
22. "Mele Kalikimaka" wreath
24. Dissenting clique
25. "Santa Baby, slip a
____ under the tree, for me"
26. Young hooter
27. Often describes luck
29. Parks on a bus
31. Jack and Jill's water jug

DOWN

32. River in India
33. Credit card reader writing
tool, pl.
34. "They are decked
36. With little fat
38. "Wenceslas' title
42. Olden days disciplinary
tool
45. Probable
49. Jason Bourne's enemy
51. Altruist's opposite
54. Parkinson's drug
56. Grouchy Muppet
57. Used to frighten some-
thing away
58. Partner of circumstance
59. Goes with eggnog, pl.
60. Greek salad cheese
61. Novice
62. Original matter
63. Greenwich time
65. Tail move
67. Uh-huh

For Solution
See Page 7

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scientific skin study, the powerful antioxidant, Hawaiian Astaxanthin, taken daily, reversed aging in middle-aged women in only 6 weeks. Dr. Jones takes 12 mg daily. Please refer to her website for detailed information. You can also get a 25% discount on your order if you use the code Vibrant. You can call 800-453-1187. Incidentally, Dr. Jones told me she is not affiliated monetarily with any of the companies she tells us about. They are just products she uses herself.

4) Keep Your Body Hydrated. Make sure you drink plenty of purified water every day--at least 6-8 large glasses, in-between meals. Water moisturizes your skin from the inside out and helps eliminate toxins through the skin. Lack of moisture in your skin creates wrinkles just like plums create prunes and grapes create raisins.

5) Exercise Your Way To Radiance. Exercise is also a natural and effective way to increase the health of the skin by increasing circulation, eliminating toxins through the skin and giving skin that healthy glow. After aerobic exercise, such as brisk walking, jogging, cycling, hiking, swimming, or aerobic classes, the skin takes on a beautiful natural glow that no makeup artist could duplicate.

6) De-Stress In An Infrared Sauna. An infrared sauna is the best kind for your body and skin. After only one use, your skin will glow. For more info on Dr. Jones favorite one, check her website, click on Favorite Products, and scroll down to Thermal Life Infrared Sauna or you They are just products she herself uses.

7) Exfoliate With Dry Skin Brushing. Dry brushing the body with a natural bristle brush or loofah mitt each day before bathing is very beneficial to your skin. Not only does dry brushing improve the appearance of your skin giving you a healthy glow, but it also helps your body eliminate toxins.

8) Nourish With Flaxseeds. Dry skin is a sign (among others) that one is deficient in omega-3 fatty acids. Flaxseed, an excellent source of omega-3 fatty acids, may be one of nature's greatest little health packages, especially when it comes to the skin.

9) Catch More Zzzzs. Sleep is when the body's "repair work" and maintenance are completed. In fact, Dr Jones thinks that there's nothing more restorative for our bodies and creating healthy skin than getting ample sleep, night

after night after night.

10) Say Goodbye To Constipation. Chronic constipation will preclude you from having beautiful, healthy skin. It's impossible to have beautiful skin all over your body if you are chronically constipated. Her favorite solution is the Squatty Potty. You heard me right! Dr. Jones says it is a natural and effective remedy for constipation and maintaining optimal colon health. Check out her website or www.SquattyPotty.com. At their website, you can listen to Dr. Jones broadcast on "Colon Health and Detoxification" Getting in the Flow.To order the Squatty Potty, call 800-670-1130.

11) Relax Through Meditation. Scientists are finding that meditation helps keep us wrinkle-free and healthy. One study showed that people who had been meditating for more than five years were biologically 12-15 years younger than nonmeditators. To learn how to begin a meditation program or how to upgrade and existing program, please refer to he audio books "Wired to Meditate" and "Choose to Live Peacefully," both available at her website. You can get the set at a discount too.

12) Lead A Joyful Life. You've heard it over and over again... "stop and smell the roses." But Dr. Jones says research demonstrates time and again that simple pleasures can decrease our stress considerably and bring a youthful vitality such as listening to your favorite music, petting your dog or cat, taking a relaxing bath, and laughing often. Laughter is part of a joyful life. Research shows that laughter improves mood after high levels of daily stress and even boosts immunity. According to Dr. Jones, when you put on a "happy face," your skin takes on a youthful glow.

So there you have it. The twelve key ingredients to having healthy skin from Dr. Susan Jones. You are probably thinking...how can I get all of this done? Not to worry, just go to www.SusanSmithJones.com It's all there in detail with lots of other important information about your life and lifestyle well-being! Just think, by the holidays, you can be well on your way to looking GOOOOOD!!! And don't forget the most important ingredient to a great life! BE HAPPY!!!

Join Mary Jane for the **KAHI Noon News Monday-Friday and then again for POPPOFF 10 PM - Midnight.**

Meet The Poodle Twins

Lily and Bella are poodle sisters; they weigh 44 and 45 pounds. Both three years of age. Lily lives in Gold River with her owner JoAnn Raney. Bella lives in El Dorado hills with her owner, Jayne Frazel. They play together about twice a month and they love being around each other.

The standard poodle originated in Germany during the Middle Ages and was used as a water retriever. Even then the coat was clipped (as it is today) to reduce water resistance and enhance buoyancy. In 19th-century France the standard poodle was used often as a water retriever and circus dog. Miniature and toy poodles were in England in the 18th century and served as truffle hunters, performers, and companions. Poodles of all sizes are sometimes erroneously referred to as French poodles.

The Standard Poodle is not simply a fashion accessory – it is a responsive, easy to train, guard, and retriever. They do not shed,



making it an ideal for people allergies.

It is especially important to obtain a poodle from a reputable breeder. Lily & Bella are both from a Breeder out of Fresno

called Bakers Kennel. One of Lily's nice qualities is her loving manner to her owner and her family. She likes to put her head on her owner's lap so she will pet her. Also, when they go to bed she loves sleeping next to her. Lily is a sweet and adorable pet.

Bella loves every dog and person she meets. She is three but still sucks on a bean bag pillow she has had for years and has never put a hole in it. She loves to play catch. She is our "Baby Bella."

Kay Burton is a longtime columnist and supporter of the SSPCA and other rescue groups. To share your family pet story with our readers, email: Kayburton1@comcast.net

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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.

Outdoor World

NO SUBSTITUTE

There is no substitute for practice when it comes to good duck calling. Don't wait to work on it when you're in the blind. Do it whenever and wherever you can. Listen to tapes, live ducks and practice, practice, practice.

Do a lot of calling when trying to get their attention to your decoys, but once they have committed, lay off and don't do anything except maybe a little feed chuckling if it looks like they're coming in. If they drift or start to pass, hit the calls again.

Be aggressive and call excitedly on windy days. Call easy and kind of lazy on still days.

Allen Treadwell is a member of the Redhead® Pro Hunting Team

For more tips, go to hasspro.com and click on the OutdoorSite® Library

Citrus Heights Holiday Pageant

\$1000.00 Scholarship to Miss and \$500.00 Scholarship to the Teen

❖ Miss entrants must be at least 16 to the age of 27.

❖ Teen entrants must be at least 13 to the age of 16.

❖ Entrants must be single; never been married nor a parent.

❖ Entrants must be of good physical health and good moral character.

❖ Mrs. / Ms. Entrants must be at least 18 years of age.

Also includes: Ambassador Pageant

This pageant entry fee is 25 non perishable food items and or school supplies for needing families incur communities. **Children 2 - 12 years • Girls / women 13 - up**

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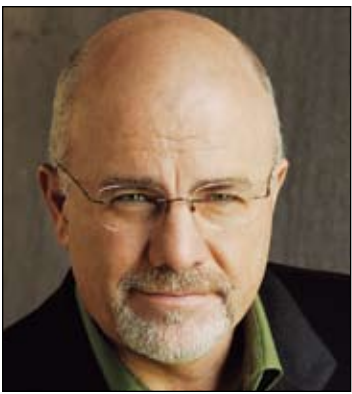
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Dave Ramsey is America's most trusted voice on money and business. He's authored four New York Times best-selling books: *Financial Peace*, *More Than Enough*, *The Total Money Makeover* and *EntreLeadership*. The Dave Ramsey Show is heard by more than 5,000,000 listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

Why You Shouldn't Cash Out

Dear Dave,

Is it a good idea for a married couple in their early thirties, who have a lot of student loan debt, to cash out one of their 401(k)s to pay it off?

- Marcy

Dear Marcy,

No way! You never cash out a 401(k) or IRA to pay off debt, unless it's to avoid a foreclosure or bankruptcy. Let's say you take \$50,000 out of your 401(k). Do you know what happens next? They're going to charge you a

Dave Says

10 percent penalty, plus your tax rate. If you make \$75,000 a year, that puts you in a 25 percent tax rate, plus the penalty. That's a 35 percent hit, and that's how much of your money is going straight down the toilet.

Look at it this way. You wouldn't ask me if it's okay to borrow money at a 35 percent interest rate to pay off your school loans, right? That would be ridiculous, and this is just as dumb.

There are no shortcuts when it comes to getting out of debt, Marcy. Roll up your sleeves and get on a beans and rice budget where every dollar has a name. This will enable you to save money and pay off that debt!

- Dave

Paying for the Classes?

Dear Dave,

My wife and I have our fully funded emergency fund in place, and we're debt-free, except for the house. She wants to return to school to get a master's degree and change careers. She'll be reimbursed up to \$7,000 a year. Can we use some of our emergency fund to get things started?

- Kevin

Dear Kevin,

I've got a better idea. Save up the money!

You guys are in great shape already. And to me, this opportunity seems like a small investment with a fabulous return. I really like the idea. But you have to be careful when it comes to things like this. You don't want to get into the habit of calling things emergencies when they're not emergencies. It's a great thing, but it's nowhere near an emergency.

I know she's excited about the possibilities, but I'd just roll up my sleeves, save a little extra for a while and cash flow the classes. She'll probably get reimbursed for the first classes right after she gets her grades, then you can use the reimbursement check to pay for the next classes, and the next check the next classes. Make sense?

I love the school idea, and I'm glad your wife has such a great opportunity. But I don't want you to take a chance on messing up the progress you've made in taking control of your finances. Just take your time and save for those first classes. You'll be glad you did!

- Dave

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



By Karen Anderson

The experience of being judged can be so damaging to your self-image. As I talked about judging in the article, "Unreasonable Expectations," it can create long-lasting emotional, spiritual, and even physical pain. My personal experience has been forced on me through people that are supposed to love and care for me; right. Not in my case. How ironic that someone you open your heart to can create such pain in your life. It has for me; if not for God, I would have ended my life, or at least be so ill that I would be useless to everyone. Don't get me wrong; we do have our good times and those are fun, but then boom, the harsh words start again. I don't believe they realize what they are doing to me. I go through my day so many times with a heavy heart, almost to the point of pain. This has been going on for many years. For the longest

Soar With Eagles

time I really thought that I was the problem...I must deserve this. God has shown me that this is not true. I know now that it is not with me, but with them. Their words and actions are a choice they make. It has nothing to do with me.

Many times, I have had to rely on this verse as a reminder of how God feels about me. He says, *"Who stood up for me against the wicked? Who took my side against evil workers? If GOD hadn't been there for me, I never would have made it. The minute I said, 'I'm slipping, I'm falling,' your love, GOD, took hold and held me fast. When I was upset and beside myself, you calmed me down and cheered me up."* It is important to know, without a doubt, that you are special to God. He says so!

For me, personally, I'm okay because I now wear the "Armor of God" to protect me. Remember, I have said before that I do not deserve this treatment, and you do not either. God has helped me to be strong enough to fight back, not physically, but through my words and actions. Walking away is always a good start. What happens, though, when you come back and it picks up where it left off? This is where God has given me the strength and the words to defend

myself. I wear a cross everyday to remind me of how much God loves me. I am in His Word daily to strengthen my spirit. Spending time with God is like preening my feathers as the eagles do to be prepared for the day. I speak to Him every day, and wait for His direction...when to walk away and when to say something. I know the strength and power of the eagles and I use that vision anytime I need it. The verse that gives me power is, *"...but those who hope in the Lord will renew their strength. They will soar on the wings like eagles; they will run and not grow weary, they will walk and not be faint."*

Be an eagle-Christian, and continually look to the Heavens for God is there waiting for your call. He is like the daddy eagle who swoops down to catch the eaglet when it fails to fly on its own. Take wings my friends, and know He is there with you...just cry out!

PASSAGE:
Psalm 94:16-19 (The Message)
Isaiah 40:31 (NIV)

Karen Anderson is an accomplished speaker, author, and chaplain and has a local TV show, Move Your Mountains. Contact Karen at www.doab-lesteps.com, or (916) 961-4765.

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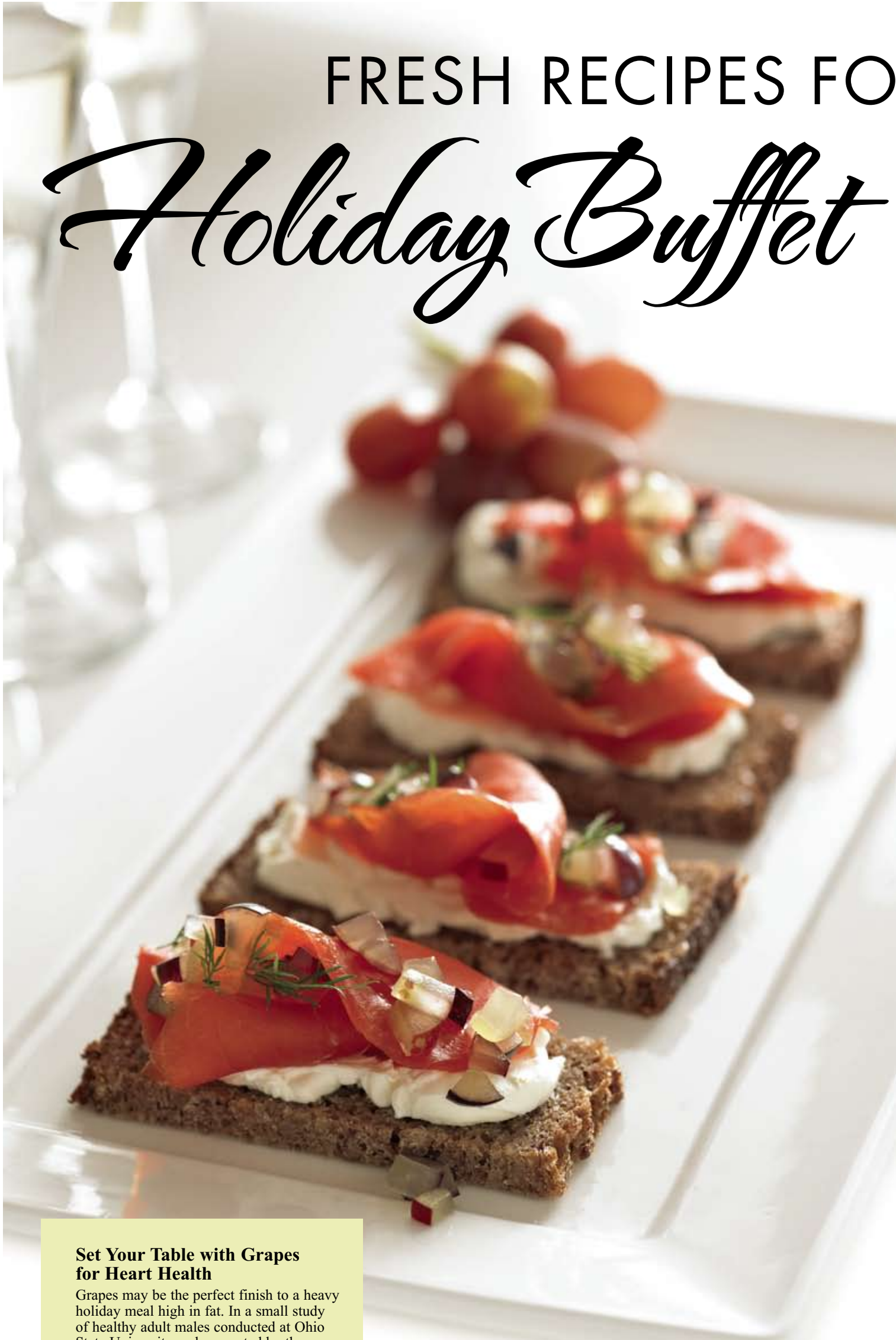
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Set Your Table with Grapes for Heart Health

Grapes may be the perfect finish to a heavy holiday meal high in fat. In a small study of healthy adult males conducted at Ohio State University and supported by the California Table Grape Commission, grapes consumed along with a high-fat meal helped prevent the reduced blood flow typically observed with a high fat meal. Grape consumption also helped improve the function of blood vessels and increased the presence of antioxidants in the body.

Smoked Salmon Appetizers with Grapes

- Makes 16 appetizers
- 1 cup finely diced red and green seedless California grapes
 - 1 tablespoon chopped fresh dill
 - 2 teaspoons rice vinegar
 - 1 teaspoon sugar
 - Pinch salt
 - 4 tablespoons low fat cream cheese
 - 4 slices (roughly 3 x 5 inches) Danish-style rye bread, each cut crosswise into 4 pieces
 - 2 ounces thinly sliced smoked salmon

In small bowl, combine grapes, dill, vinegar, sugar and salt. Spread cream cheese on bread slices and top with pieces of salmon. Drizzle with the grape relish and serve.

Nutritional analysis per appetizer: Calories 37; Protein 1.6 g; Carbohydrate 6 g; Fat 1 g; 23% Calories from Fat; Cholesterol 3 mg; Sodium 105 mg; Fiber 0.5 g

Grape Rosemary Martini

- Makes 1 cocktail
- 2 ounces vodka
 - 1 small sprig rosemary, plus additional for garnish
 - 1 ounce freshly made green California grape juice*
 - Ice
 - Green California grapes for garnish

Combine vodka, rosemary, fresh grape juice and ice in a cocktail shaker and shake hard. Strain into a martini glass. Thread 1 grape on a rosemary sprig and place in glass. Serve.

*To make fresh grape juice, puree 1 cup seedless green California grapes in a food processor or blender and strain through a fine sieve. It will make about 1/3 cup.

Nutritional analysis per serving: Calories 160; Protein 0.3 g; Carbohydrate 8 g; Fat 0.2 g; 1% Calories from Fat; Cholesterol 0 mg; Sodium 3 mg; Fiber 0.5 g

Pickled Grapes

- Makes 3 pints
- 1 pound green, red or black seedless California grapes, cut into medium size clusters on stem, rinsed
 - 1 cup unseasoned rice vinegar
 - 1 cup sugar
 - 1/2 teaspoon kosher salt
 - 1 teaspoon whole black peppercorns
 - 1/2 teaspoon whole cloves
 - Large pinch red pepper flakes
- Accompaniments**
- Wedge of Manchego or sharp cheddar cheese
 - Multigrain crackers or toasted baguette slices

For pickled grape clusters: Place grapes in several large clusters into large bowl. Combine the vinegar, sugar, salt, peppercorns, cloves and pepper flakes in a small saucepan and bring to a boil. Stir just until the sugar has dissolved and pour over the grapes. Cover and refrigerate at least 1 hour. Place into serving dish of choice, and serve with the cheese and crackers or bread.

For more intense flavor: Remove grapes from stems. With a sharp paring knife, cut an X in the stem end of each grape. Divide between 3 pint-size canning jars. Make pickling sauce according to directions, then pour over the grapes in each jar. Cover and refrigerate at least one hour.

Nutritional analysis per 1/3 cup serving: Calories 40; Protein 0.2 g; Carbohydrate 10.2 g; Fat 0.06 g; 1.2% Calories from Fat; Cholesterol 0 mg; Sodium 28 mg; Fiber 0.3 g

Smoked Salmon Appetizers with Grapes

Grape Salad with Feta and Olives

- Makes 6 servings
- 2 tablespoons red wine vinegar
 - 1 teaspoon Dijon mustard
 - 1/4 cup extra virgin olive oil
 - 1 tablespoon dried mint*
 - Coarse salt and freshly ground black pepper
 - 2 cups halved green seedless California grapes
 - 2 cups halved red seedless California grapes
 - 6 cups arugula (about 5 ounces)
 - 1 cup crumbled feta cheese
 - 1 cup pitted Kalamata olives

In small bowl, combine red wine vinegar, Dijon, olive oil, mint and salt and pepper to taste. Blend well.

In large bowl combine remaining ingredients. Pour dressing over mixture; season with salt and pepper, toss and serve.

*If you can't find peppermint in the herb section of your grocery store, just buy bulk peppermint tea.

Nutritional analysis per serving: Calories 269; Protein 5.2 g; Carbohydrate 22 g; Fat 19 g; 61% Calories from Fat; Cholesterol 22 mg; Sodium 650 mg; Fiber 1.5 g



Pickled Grapes

FAMILY FEATURES

Buffets are a great way to provide party fare for a festive holiday gathering. These beautiful and enticing self-serve recipes get fresh flavor and color with grapes from California.

Green, red and black grapes from California are still in-season during the holidays, so fresh grapes can be your “go-to” ingredient as an everyday treat, or in party foods like these.

Smoked Salmon Appetizers with Grapes — These elegant, open-faced sandwiches show how grapes complement the flavors of smoked fish and cream cheese with their refreshing tang — a balance of sweetness and acidity that is key to the grape’s versatility. The chopped grape garnish provides another color accent to these beautiful bites.

Pickled Grapes — Currently all the rage on “little plates” in fine and casual restaurants, they can provide that “wow” moment at your table, too. These easy-to-make accompaniments are perfect with bread, crackers, cheeses and sliced meats.

Grape Rosemary Martini — To create made-to-order craft cocktails like this, you may need to employ a barkeep of some sort. Whether that’s one of the hosts, a volunteer among the guests or someone you hire, you’ll be pleased with the green-hued, aromatic and spirited results. The drink works equally well without vodka, too.

Grape Salad with Feta and Olives — A green salad is always welcome at a holiday feast. The inclusion of grapes in this Greek-inspired salad balances the peppery arugula and salty olives, while also enhancing the flavor of the mint.

For more grape snack and recipe ideas, visit www.grapesfromcalifornia.com, or www.facebook.com/GrapesFromCalifornia.



Grape Rosemary Martini



Grape Salad with Feta and Olives

For the First Time in My Life God had 100% of My Attention

A true Story: Written by Mike Williams, while homeless at the Salvation Army Shelter.

After taking care of my in-laws with Alzheimer’s for six years in my home, losing my home and land to foreclosure, my kids finding my wife with another man, and then losing millions in a money scam, how was I to recover late in life? No matter what I did I couldn’t stop it!

In less than two years my world just crumbled to nothing. I’m still in shock and keep asking God, “Why? I’m a good man, what did I do to anger You so much?”

I’m a proud father of three beautiful kids and grandfather to a five year old girl and loved my wife and life to the end. I’m a giver and freely gave to needy families, our church, friends and family. I prayed everyday thanking God for my blessings. I served my country and have never been arrested for anything.

As a seasoned educated business man, and a world famous medical / dental technology inventor, I would have never imagined that this kind of loss and destruction could ever happen to me and my family. Looking back on everything now I know that I had no control over the events that put me in the streets. It could happen to anyone!

My name is Mike Williams, the second oldest of four kids. I was born in San Diego in 1952 and we moved to Pollock Pines in 1959 after my father was killed in a construction accident. We all lived in a small 32ft. pink trailer and were raised very poor and didn’t know it. I loved hunting and fishing and sports of all kinds. I graduated the 8th grade at Pine Wood School and high school in 1971 at El Dorado High in Placerville. It was the best time to be a teenager. All my friends and I loved to go on road trips to the lake or drive-in in my 1955 Chevy listening to Wolf man Jack on the radio.

I was very famous at one time. I’m the guy who invented all the tiny video cameras for dentistry and for viewing inside the heart and body. At one time I was worth millions! As a famous inventor and business man I traveled and lectured all over the world teaching doctors how to use my products. During my travels I saw allot of poverty and started helping the poor and feeding the homeless whenever I could. It was nothing for me to give \$1000’s of dollars away to

people and families suffering in the streets.

But the tides have turned. Never in a million years did I think that someday I would be the homeless guy asking for help just like they did. It still seems like a bad dream I can’t get out of. When I went homeless I was tired, broke, depressed, and heart-broken from losing my wife, my beautiful ranch and life’s work in the blink of an eye.

I learned how to live in my car and survive on food stamps and doing odd jobs for cash that no one else wanted. I learned how to be homeless and asked a lot of questions from other homeless people I met along the way. Living in the streets and camping by the river in a survival mode, I suffered many hardships and got involved in some strange situations because of my innocence as a new homeless person.

To stay occupied when I wasn’t looking for work I kept notes on my laptop so someday I could tell everyone my story. I learned that homelessness is an awful life and never understood how dangerous and lonely it could be until it happened to me. I cried allot and gave up many times and even thought about ending it all but I couldn’t do that to my kids.

After a while I gave up my car because I was 5 months behind on my payments and didn’t need any further troubles. This is when reality really set in! I’m alone with just a few things, scared dirty and weatherworn. I was constantly being moved by the park rangers and police day and night. I never could relax and was always on guard and never imagined how hard this kind of life could be. I was beaten-up and stomped upon at night in the streets many times but somehow made it through day by day.

My last beating wasn’t so kind. Late at night in the State Capital Park I was resting under the rose garden fountain where I liked to sleep and smell the roses. On this night I was woken up at about 1 am by two guys kicking me as they tried to take my computer and back pack. I fought as best I could but they stomped me and kicked me in the stomach so many times I passed out. I remember waking up in gut wrenching pain only to find that I had lost everything, even my laptop with all of my notes and pictures of over a year’s of work and stories.

I laid there and just broke down for at least an hour. I didn’t care anymore and just wanted to die. I kept thinking about my



The staff that made the difference in Mike’s life. Dr. Chen (on right), the appreciative Mike Williams, (yellow tie), and Dr. Chen’s staff, Eva Schenck (sitting), Charles Roland and Jenny Vo. Staff Photo

kids and asking God, “Why are you doing this to me?” In a great deal of pain, and with no help or place to go, I decided to get up and started walking in the dark to check into Sutter Hospital emergency room.

After I got there I went to the window and told the nurse that I was beat up and robbed in the streets and had no medical insurance and was in a lot of pain. She asked me a few questions and gave me some forms to fill and told me to have a seat. After returning the forms I sat down and waited, and waited, and waited to see the doctor.

The nurse was getting upset with me because I kept asking for help, was in severe pain and needed to be seen. I think they we’re waiting for me to give-up and just leave! After nineteen hours of waiting I soon realized that I was someone they didn’t want to see. But refusing to leave the nurse and doctor finally checked me out and ordered some tests. They discovered that I was really hurt and needed a hernia surgery as soon as possible and after further blood work and tests also discovered that I had walking pneumonia. They had no choice but to admit me. After a full day of waiting and tests I was finally admitted for three days and then released back onto the streets.

I was still very sick and in a lot of pain and had no place to go and just walked and rested in the park in midtown. I remember not sleeping for over a week, suffering and I couldn’t take it

any more. I decided to go to the ER at the Mather VA hospital for more help. I was a veteran I had never used any of my VA benefits. During my exam at the ER the Doctor told me that I that I was very sick and needed surgery right away and to go over to the out-patient clinic and ask to see a surgeon, which I did.

As I waited in line holding myself from the pain, the man at the desk finally checked me in and then told me to come back in ninety days. Ninety days? I couldn’t believe it! I think I went nuts and started to cry. I had no place to go and not knowing what to do next I decided to sit down to rest and make a new plan. I remember sitting in the corner crying in pain and asking God to forgive me for all of my sins and forgive me for all of my shortcomings. FOR THE FIRST TIME IN MY LIFE GOD HAD 100% OF MY ATTENTION.

As I was sitting and waiting to calm down, an old veteran sitting next to me asked me if I was there to get into a shelter? I said no and asked him why? He told me that he was homeless for over three years and finally got off the streets with help from a VA case worker named Kristine Flowers and she was going to be in all afternoon, but I needed an appointment.

I thanked him and told him that I will wait all day to see her if need be because I had to get off the streets and get my surgeries or I was going to die. I kept praying to God to help me as I waited to see Mrs. Flowers. I noticed that she had many other people waiting to see her, so I just waited and waited until the end of the day.

I was the last one waiting, so as she was leaving and walking by me I stopped and told her my story and right in the middle of everything she grabbed my hand, sat down and told me not to worry any longer because I she had one more bed at the Salvation Army Shelter available. I started to cry and so did she! Don’t tell me that God isn’t real... Angels do exist you never know when God uses one to answer your prayers.

I never did get the name of the Veteran who told me about Mrs. Flowers but whoever you are I want to thank you for saving my life. I know now that God asked Mrs. Flowers to step in as part of His miracle to showing me His power. I’m not alone anymore. God is my Father and my best friend who really loves me.

Now let’s see why I was saved?

I’m out of the streets now for one hundred days living at the Salvation Army Center of Hope. I finally got my hernia surgery at Mercy Medical center four weeks ago and was starting to feel better only to find out that I had a swollen prostate and needed another surgery.

I wish to thank Dr. Jong Chen for doing my prostate surgery and all of the staff at his office and Sutter Medical Center for fixing me and loving me when I needed it the most. The laser surgery on my prostate was painless

and successful, I’ve never felt better.

More to the story: A few weeks ago Dr. Chen called me at the shelter and asked me out to breakfast. I was surprised and had no idea what was on his mind, and of course I said yes. On the call he told me to bring some of my past work and patents because he wanted to talk to me about something. I told him I would bring everything I had and also wanted him to see my new invention and business plan about a system to house and shelter the homeless.

During the meeting I showed Dr. Chen my most famous patents and we talked about all of the famous doctors I used to work with that he also knew. I think he was surprised and impressed as to my knowledge about engineering everything from lasers to medical scopes and couldn’t understand why I was homeless.

As I told him my disaster story I noticed a special look of concern of wanting to help me in his eyes, so with nothing to lose I thought I would show him my plan and ideas. As I started to fill him in, as he was reading my plan I noticed a calm peace filled the room like God was sitting at the table with both of us. I said nothing, and let Dr. Chen read and think! Then he looked up and asked me if he could be involved and partner with me?

I was shocked and lost my breath as I took a slow drink of my coffee. After about a minute of silence I looked at him shook his hand and said YES!

Little did I know that all those days ago when I was being beat up and robbed and left for dead, that it took those events requiring surgery in order for me to meet Dr. Jong Chen. Within a week Dr. Jong Chen and I became partners in a new company called Steps Housing Systems Inc.

On the 10th of October he took me out of the shelter and got me a new place to live down town. By the grace God, and His angels, I’m now the CEO and founder of a new company to build my new homeless sheltering housing survival POD.

Thank you for reading my story. My hope is that I can keep all of you updated as to our mission to shelter and care for the homeless grows. May God bless everyone during this holiday season!

Publisher’s note: I have met with Mike Williams and Dr. Chen. We will be following their story and the goal to build the PODS, and to help reduce the homeless situation in Sacramento.

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