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AMERICAN RIVER MESSENGER

Volume 7 • Issue 21

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

First Edition for November 2012

Wall Restored for Patriot's Memorial



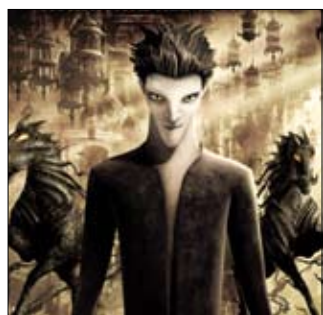
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Local WWII POW Author to Speak at Carmichael Library



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Davis Dickstein: Films and DVDs for the Whole Family



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Gas Tax Revenues Set Record



Most consumers are wondering and worrying about when gas prices will begin to sky-rocket again.

SACRAMENTO – George Runner, BOE, recently announced that California motorists paid a record \$8.3 billion in state and local fuel taxes during the 2011-12 fiscal year. “Our latest numbers show that high gas prices resulted in a record windfall for government at the expense of California consumers,” said Runner. “It’s bad enough that California’s gas tax is among the highest in the nation. It’s even worse that gas tax goes up whenever gas prices rise.”

From July 1, 2011 through June 30, 2012, the California State Board of Equalization collected \$6.9 billion in motor

vehicle fuel taxes, up from \$6.7 billion the prior year. Excise tax revenues accounted for \$5.2 billion, while sales tax revenues accounted for \$1.7 billion. Over the same time period, the state collected \$1.4 billion in diesel fuel taxes, up from \$1.2 billion the prior year. Excise tax revenues accounted for \$343 million, while sales tax revenues accounted for \$1.1 billion.

“What’s particularly concerning about these numbers is that they would have been even higher had the Governor been successful in extending the higher sales tax,” noted Runner. Had the 1% temporary sales tax not expired on July 1, 2011,

Californians would have paid an additional \$96 million in diesel tax last fiscal year. Furthermore, California’s 2010 fuel tax swap law would have required a larger motor vehicle fuel excise tax rate increase, costing Californians more than half a billion dollars extra in the 2012-13 fiscal year.

According to the American Petroleum Institute, California’s gasoline taxes and fees, averaging 68.9 cents per gallon, and California’s diesel taxes and fees, averaging 77.1 cents per gallon, both rank second highest in the nation. Among these taxes and fees are a federal excise tax of 18.4 cents per gallon, a state excise tax of 36.0 cents

per gallon (up from 35.7 cents effective July 1) and a sales tax averaging 3.12% when local taxes are included.

Notably, the sales tax is calculated on the total price of the fuel sale including excise taxes, resulting in double taxation—California consumers pay a tax on a tax. For diesel, the federal excise tax is 24.4 cents per gallon, the state excise tax is 10 cents per gallon (down from 13 cents effective July 1) and the sales tax is 9.42% (up from 9.12%) plus applicable local taxes.

For more information, visit www.boe.ca.gov/Runner.

SCOE's "U.S.A. Learns" Wins Prestigious Golden Bell Award Website is a Free English Language Skills Program

SACRAMENTO COUNTY – The Sacramento County Office of Education (SCOE) is proud to announce that U.S.A. Learns, an online interactive English language learning site created by SCOE, will be honored at the 33rd Annual Golden Bell Awards program of the California School Boards Association (CSBA).

The highly respected Golden Bell Award will be presented at a special ceremony during CSBA’s Awards Luncheon at the Westin Saint Francis Hotel in San Francisco, on Saturday, December 1, 2012. The event is held in conjunction with the California School Boards Association’s Annual Education Conference.

U.S.A. Learns is a free English as a second language (ESL) instructional program developed primarily for immigrant adults with limited English language

skills who cannot attend traditional classroom programs because of difficulty with schedules, transportation, or other barriers.

“U.S.A. Learns is helping people all over the world to improve their English language skills,” said Sacramento County Superintendent of Schools David W. Gordon. “This remarkable website is having a positive impact on adult literacy for English learners.”

Learners can use U.S.A. Learns in an independent mode, registered or unregistered, or it can be used under the auspices of a tutor or teacher. The potential learner might work from home, a public library, or a workplace setting. All instructional materials are viewed online.

“We launched U.S.A. Learns in November 2008 and since then the program has been used by

nearly 3.8 million learners, two-thirds of them from the United States,” said John Fleischman, SCOE Assistant Superintendent of Technology Services. “Its popularity and the loyalty of learners are powerful testimony for both the need and the appeal of using the Web to provide English language instruction.”

The CSBA Golden Bell Awards program promotes excellence in education by recognizing outstanding programs in school districts and county offices of education throughout California. The goal of this awards program is to contribute to the development and evaluation of curriculum, instruction and support services.

This is the sixth Golden Bell Award for the Sacramento County Office of Education. In 2011, Project MOVE, a program which improves functional

mobility skills for children and adults with severe physical disabilities, received the honor. In 2010, LINKS, a SCOE career technical education program tailored to individual students based on their specific needs, received a Golden Bell. In 2008, SCOE’s ROP Manufacturing Technology-Welding program, at the now closed Carson Creek Jr./Sr. High School within the former Sacramento County Boys Ranch, received the prestigious honor. In 1999, the Outreach Construction Technology Program also was recognized by the California School Boards Association with a Golden Bell. In 1992, SCOE’s Juvenile Court School’s system was honored for the Linkage to Education Program.

Source: SCOE, www.scoe.net.

Aerospace Museum of California Honors Veterans

SACRAMENTO REGION – A special tribute will be held on Sunday, November 11, in honor of Veterans Day from 10 a.m. to 5 p.m. with a brief ceremony honoring all veterans at 11 a.m. The Air Force Sergeant’s Association of Sacramento is hosting the Museum’s Veterans Day event and the program will be held at the AMC’s Memorial Plaza with a tribute to the flag, followed by the National Anthem, a wreath laying, and will conclude with remarks.

The Museum will also have all of the recently purchased bricks and pavers installed and available for viewing. Active duty military service members receive free admission to the Museum.

To receive free admittance visitors must present a military ID. Standard admission will apply to all other visitors.

The AMC is a non-profit foundation dedicated to inspirational and educational programs, honoring the rich military and aviation history of the greater Sacramento region, and highlighting the impact and innovation of the Museum’s many community partners.

For more information visit www.aerospaceca.org or join us on Facebook www.facebook.com/AerospaceMuseumCA. The Museum is located at 3200 Freedom Park Drive, McClellan, CA 95652. Source: Strong Communications

AARP Tax-Aide Seeks Volunteers

SACRAMENTO REGION - This year, AARP Tax-Aide, the nation’s largest free, volunteer-run tax assistance and preparation service is seeking volunteers for tax assistance/preparation and leadership coordinators. Volunteers of all ages and backgrounds are welcome. Each year from February 1st through April 15th., AARP Tax-Aide volunteers prepare federal, state, and local tax returns for low and middle income taxpayers, with special attention to those age 60 and older. Volunteers are especially needed to assist with electronic filing of tax returns. You do not need to be an AARP member or retiree to volunteer.

Volunteers receive comprehensive training in cooperation with the Internal Revenue Service. They then help customers one-on-one at Tax-Aide centers. This is a great way to learn new skills and to be involved in your community.

Leadership positions coordinate program delivery by volunteers at sites at the local, state or regional level; or manage specific program activities such as technology, training, administration, or communication.

For more information on how you can join the AARP Tax-Aide team in Northern California, contact Ron Byrd at NoCalTaxAide@Outlook.com or visit our national website www.aarp.org/taxaide for details and online application.

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Wall Restored for Patriots' Memorial



Relatives and friends of the 12 men commemorated by the Patriots Park Wall of Honor were photographed last weekend. Del Campo High School Junior ROTC provided the color guard. Photo courtesy Susan Maxwell Skinner

By Susan Maxwell Skinner

CARMICHAEL/FAIR OAKS - A lone piper accompanied a ceremony of flag-raising and speeches; families recalled loved ones lost in service to the nation and the Carmichael/Fair Oaks communities. Central to the event, a neat stone wall belied the travesty of winter 2011, when bronze plaques honoring the park's 12 heroes were stolen. After weeks of community uproar, a recycler reported one of the plates surrendered for for scrap metal sale. The thief was arrested. Plaques in his possession were damaged beyond reuse. The wall's large dedication sign was never found.

Restoration was enabled by Joe Bergh, owner of Ainor Signs

in Lincoln. Bergh graduated from Del campo High, alma mater to several of the wall's honorees. The businessman replaced all the missing signs at his expense. Speaking at the recent ceremony, County Supervisor Susan Peters commended the gesture: "Mr Bergh (ensured that) our honorees remain in our memory – and in our hearts – forever," she said.

To some families, the Wall of Honor is a symbolic grave stone. During Operation Desert Shield, US Navy pilot Lt. David Warne was lost in the Mediterranean Sea. Though he is honored at Arlington Cemetery, his body was never recovered. His family is still living in the home where he grew up. David's father, Vietnam Silver Star recipient Col

Evans Warne said: "The Wall provides comfort that our son's sacrifice is recognized by people who come to this park. We were crestfallen when the plaques were stolen. It's wonderful to see them restored."

Carmichael Park District allows for more names to be added to the Wall of Honor. Conditions apply. For nomination guidelines, call (916) 485-5322.

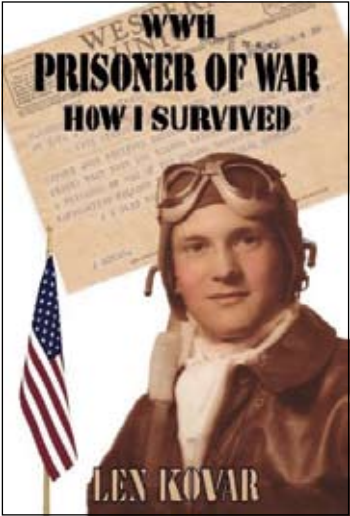
Footnote: Several of the Wall's honorees are also named on Carmichael's Vietnam War Memorial. Situated in the Earl Koobs Nature Area (5325 Engle Rd), the memorial will host Veterans' Day observances this Sunday, November 11, at 11 a.m. Any one may attend.

Local WWII POW Author to Speak at Carmichael Library

This candid, first person account of terror behind enemy lines, capture and imprisonment in Nazi Stalag prisoner of war camps begins on a sunny day at 20,000 feet. It takes readers into the muddy encampments and freezing death marches prisoners of war faced as Russian forces advanced across Eastern Europe. Second Lt. Len Kovar shares the strategies that kept him and others alive as they struggled to survive each day.

Having just celebrated his 90th birthday, this WWII hero and POW survivor can still wear his WWII uniform. He will speak about his personal struggles, the importance of strong beliefs and faith in overcoming his terrible captivity. Meet local author Len Kovar on Saturday, October 27, 2012 in the Community Meeting Room at the Carmichael Library from 12pm – 2 pm.

"WWII Prisoner of War: How I Survived" is the story



of young American airman, Second Lt. Len Kovar, a B-24 Bombardier from Carmichael, CA shot down over Eastern Europe on a beautiful day in 1943. Len Kovar provides a candid story of survival, his personal struggle to endure and a unique insight into the minds of prisoners and

German soldiers following orders of their Nazi leaders. Kovar's tale features photographs taken with a smuggled camera inside the Stalag razor wire and barracks of Nazi P.O.W. camps before VE Day.

As this 'Greatest Generation' passes into history, this may be one of the final documented stories of a WWII POW's courageous survival. "WWII Prisoner of War: How I Survived" helps recall how victory is won in the singular stories of the men and women who served. Get to know this WWII hero at <http://powhowisurvived.com>

Author: Second Lt. Len Kovar
156 pages, ISBN 978-0-9845424-8-2 Available at Amazon.com, Barnes & Noble or visit http://kohopono.com/?page_id=955. com to order. \$16.95. Media contact: Rick Reed 916-704-0080

Upcoming Book Signing Events:
Fair Oaks Library on Dec. 22, 2012.

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Wednesday, Sept 12, 2012 - 11:30 a.m to 12:30 p.m.

Friday, Oct 19, 2012 - 11:30 a.m to 12:30 p.m.

LOCATION: East Lawn Elk Grove Memorial Park

9189 E. Stockton Blvd., Elk Grove, CA 95624 (I-99 @ Laguna)

RSVP to MEL OSBORNE @ (916) 732-2031



CarmichaelTimes.com

PRESENTER: Mel Osborne

Tuesday, September 25, 2012 - 11:30 a.m to 12:30 p.m.

Wednesday, October 31, 2012 - 11:30 a.m to 12:30 p.m.

Thursday, November 29, 2012 - 11:30 a.m to 12:30 p.m.

LOCATION: St. Francis Community Hall

6700 Verner Ave., Sacramento, CA 95841 (I-80 @ Greenback)

RSVP to LISA WEST @ (916) 732-2020



PRESENTER: Josh Tuttle

Please note – this is not a sales seminar. "The Privilege of Planning" is a 30-minute presentation followed by a question and answer period. It will focus on the importance of getting your family involved in the entire process of advance funeral planning and all of the options available. Done properly – at the right time and in the right way – pre-planning can become a privilege instead of a chore. Get valuable information on Veteran's benefits, cremation and burial options and receive a FREE Emergency Planning Guide. Come and learn the steps you can take now to make sure those you care about are always cared for.



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AMERICAN RIVER MESSENGER

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Subscriptions should be mailed to *American River Messenger*, 7405 Greenback Lane, #129, Citrus Heights, CA 95610. Subscription rate is \$25 per year; \$30 per year in Sacramento and Sacramento county; \$40 per year outside Sacramento county. *American River Messenger* is published twice monthly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@AmericanRiverMessenger.com. Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 916-773-1111.

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Fair Oaks Community Update



By County Supervisor Susan Peters

Through the generosity of *The American River Messenger* this column serves to provide an update periodically about matters affecting the Third District, which includes the unincorporated community of Fair Oaks.

Airport Parking Change

Sacramento International Airport has opened the Daily Surface Lot near the parking garage on a 24-hour basis and dropped the maximum rate for parking in that lot from \$15 a day to \$12. It is located before the entrance to the garage on Airport Boulevard and shuttle buses will take passengers to Terminal A or Terminal B. Previously, the Daily Surface Lot, had been used for overflow when the garage was at capacity.

This change accommodates for the loss of parking spaces in the Economy Lot when the

northernmost sections were closed. Those sections were put in place when the parking garage and, later, Terminal B were under construction and were never intended for permanent use. In addition that closed area had deteriorated and was prone to flooding and determined to be at the end of its useful life,

To minimize the impact to customers, the Airport added capacity by opening the Daily Surface Lot 24 hours a day and at the lower price. The Economy Lot is \$10/day, flat rate. While the Daily Surface Lot rate is at \$12, it is much closer to the terminals and involves a shorter shuttle ride.

All airport parking is available on a first-come, first-served basis. Because of these changes, the Economy Lot is more likely to fill to capacity, particularly during peak travel times. When the Economy Lot is closed, customers may choose to park at other airport lots; however, the specific posted rates for those lots will apply.

Business Networking Opportunities

The Sacramento Asian Pacific Chamber of Commerce and McClellan Park both will be holding free networking opportunities for businesses on Thursday, November 8.

The McClellan Park Business Expo will be open from 12 to 4 p.m. featuring its tenants, vendors

and suppliers plus more. Please go online to McClellanPark.com/EPXO for more information.

The Asian Pacific Chamber's Networking Nexus will be at the Convention Center in downtown Sacramento and starts at 3:30 pm with Dale Carnegie Training followed by an expo and networking opportunities being described as the region's largest 90-second business networking mixer with the goal to earn the Guinness World Record,. Registration information can be obtained by visiting sacasiancc.org.

Community Coffee Meetings Adjourned

My last community coffee meeting for this year was held on October 17 at Dianda's Italian Bakery and Café, located in Fair Oaks Village. No meetings will be held for the remainder of the year due to Thanksgiving and the upcoming holidays.

Meetings will resume in 2013, however, the schedule is still being worked out to accommodate the additional duties I will have to assume when I become Chair of the Board of Supervisors in January next year. The complete schedule for 2013 will be available in December on my webpage through saccounty.net.

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

Heart of the Matter



SSgt Charles A. Bell, Jr and MWD Nico, Founders of Heart of the Matter Daniel and Mary Martinez, SSgt Angel Aroche and MWD Buk at the end of a marvelous evening thrown in their honor. Photo courtesy of Heart of the Matter.

SACRAMENTO, CA – On October 11, 2012, East Lawn Pet Loss Center presented Heart of the Matter's Night of Music and Magic fundraising dinner on board the historic Delta King Riverboat in Old Sacramento.

The evening truly proved to be a special, magical event as the

Master of Ceremonies, Big Jim Hall of 92.1 KHITS Sacramento, navigated crew, passengers and guests through the evening. Everyone was treated to a delicious dinner, delectable desserts, the magical talents of Brad Bonar, beautiful ambiance created by The Flower Shop and

Marc and Sharon Reichert, guest speakers sharing the importance of our Military Working Dogs/ K9s; keeping families together, which include our four-legged military family members when our troops deploy; and just how important our four-legged ones are to us all in every walk of life.

Speakers also included the founders of Heart of the Matter, Daniel and Mary Martinez, who had the true honor of introducing the Guests of Honor: SSgt. Charles Bell, Jr., MWD Nico, SSgt. Angel Aroche and MWD Buk. The guests of honor truly stole the show and everyone's hearts.

All on board that evening were privileged to meet in person the folks (two and four-legged) who are really on the front line to serve and protect our great Country. Mendy of Carmichael's Western Feed and Pet Supply presented our two heroes, Nico and Buk with gift baskets almost as large as they.

Unclaimed Checks Listed on SMUD.org

SACRAMENTO COUNTY, CA – The Sacramento Municipal Utility District has posted the names of customers and vendors with checks dated October 1, 2009 or earlier who have not yet cashed them.

The list of names will remain online until December 26,

2012. Each year SMUD posts this information in an effort to locate the money's rightful owner. Claims against these uncashed checks should be filed on or before December 27, 2012 with SMUD Unclaimed Monies, 6201 S Street, Mail Stop B302, Sacramento, CA 95817-1899

or by calling (916) 732-7440.

Replacement checks will be issued only to the payee whose name is on the list. Checks not claimed by December 27, 2012 become SMUD property under California Code Section 50050-50056.

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River City Chorale to Perform

River City Chorale Presents "The Very Best Time of Year", with the River City Orchestra and Bel Tempo Handbells November 30, 2012 Christ Community Church 5025 Manzanita Avenue, Carmichael, 7:30 pm, Tickets \$15.00 at Rivercitychorale.org, or call 916-311-5810.



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Lynn Stevens, Director

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Donald Kendrick
Music Director

PREMIERE of new work commissioned for the Sacramento Children's Chorus (SCC) and the SCSO by Randol Alan Bass celebrating the SCC's 20th anniversary

Share the Spirit



From left to right: Claire Williams, Alana Sungar and Courtney Bloom. FOYAB members sorting blankets donated by Project LINUS. Photo courtesy of Fair Oaks Recreation & Park District.

From Fair Oaks Recreation & Park District

FAIR OAKS - The Fair Oaks Youth Advisory Board, FOYAB, is collecting toys and nonperishable food for disadvantaged children and their families. Each year families are selected from the

Fair Oaks community to attend the “Share the Spirit” Holiday Party. This party includes present, pictures with Santa Clause, a holiday craft, dinner, and a box of food to take home. Members of the District’s Youth Advisory Board enjoy making a difference in the community and look

forward to “Sharing the Spirit” again this year. All donation are tax deductible. If you would like to donate please do so by dropping off items at the Fair Oaks Recreation and Park District office by November 30th. More information, please contact Sabrina Bernardo at (916) 966-1036.

Rancho Cordova Plans Free Rental Housing Workshop

RANCHO CORDOVA – “Rental Housing – The Legal Aspects” will be the focus of a free public workshop on Thursday, November 29th, in the Rancho Cordova City Hall, 2729 Prospect Park Drive, from 10 a.m. to 2 p.m. Topics will include Landlord and Tenant Responsibilities, Fair Housing Law, and Cordova Rental Network and Partnership. Plus there will be a discussion on Community Needs.

The workshop will be facilitated by Ryan Taylor and Phil Nichols, Rancho Cordova Code Enforcement Officers and workshop coordinators. Associates from Northern California’s Rental Housing Authority have also been invited to participate. “The workshop is designed to provide landlords and tenants with a better understanding of how to create and maintain quality housing and strong neighborhoods,” said Taylor. “This

is about our 12th workshop and past attendees have given us positive feedback about attending and participating.” A complimentary lunch will be served to all who pre-registered. For more information or to register, please contact Jessica Crone at the Rancho Cordova Neighborhood Services Center, at (916) 851-8770 or at jcrone@cityofranchocordova.org.

Source: City of Rancho Cordova

Free Community Event

Veteran’s Day Concert

Featuring the Season of Hope Choir performing both patriotic and spiritual music and a special tribute to Veterans

Thursday, November 8, 2012
6:30 to 8:00 p.m.
East Lawn Sierra Hills Memorial Park Chapel
5757 Greenback Lane, Sacramento, CA 95841

A Season of Hope

Refreshments will be served following the concert. For more information, please call (916)732-2020

THANK A VETERAN TODAY

Election Results

Statewide Propositions

	Yes	No
30 - Temporary Taxes to Fund Education	53.9%	46.1%
31 - Establishes a Two-Year State Budget	39.2%	60.8%
32- Political Contributions by Payroll Deduction	43.9%	56.1%
33 - Auto Insurance Based on Driver's History	45.4%	54.6%
34 - Repeals Death Penatly for Life in Prison	47.2%	52.8%
35 - Increases Prison Sentences for Human Trafficking	81.1%	18.9%
36 - Three Strikes Law - Revised to Life in Prison Only	68.6%	31.4%
37 - Genetically Engineered Foods Labeling	46.9%	53.1%
38 - Tax to Fund Education/Early Childhood Programs	27.7%	72.3%
39 - Tax on Multistate Business to Fund Green Energy	60.1%	39.9%
40 - Redistricting State Senate Districts	71.4%	28.6%

Senate

Dianne Feinstein - Dem	61.4%
Elizabeth Emken - Rep	38.6%

Senate District 1

Doug LaMalfa - Rep	57.8%
James Reed - Dem	42.2%

Senate District 4

Tom McClintock - Rep	61.1%
Jack Uppal - Dem	38.9%

District 7

Dan Lungren - Rep	49.9%
Ami Bera - Dem	50.1%

State Assembly Districts

District 6

Beth Gaines	69.1%
Andy Pugno	30.9%

District 8

Ken Cooley - Dem	52.2%
Peter Tateishi - Rep	47.8%

District 9

Richard Pan - Dem	57.3%
Antonio Amador - Rep	42.7%

SACRAMENTO COUNTY ELECTION RESULTS

SUMMARY REPORT	Sacramento County	SEMI-OFFICIAL
RUN TIME:12:49 AM	Tuesday, November 6, 2012	
		VOTES PERCENT
Governing Board Member SAN JUAN UNIFIED SCHOOL DISTRICT		
Vote For 3		
(WITH 274 OF 274 PRECINCTS COUNTED)		
PAM COSTA	41,550	27.03
SAUL HERNANDEZ.	26,726	17.39
LUCINDA E. LUTTGEN	24,556	15.98
MARK LENNON.	23,040	14.99
MIKE MCKIBBIN	23,034	14.98
JOHN EDWARD HAWES.	14,582	9.49
WRITE-IN.	227	.15
Over Votes	66	
Under Votes	125,924	
Member, City Council CITY OF RANCHO CORDOVA		
Vote For 3		
(WITH 49 OF 49 PRECINCTS COUNTED)		
DAVID SANDER	8,241	32.88
ROBERT J. MCGARVEY	6,815	27.19
BRIAN M DANZL	4,981	19.87
DONALD TERRY	4,945	19.73
WRITE-IN.	80	.32
Over Votes	6	
Under Votes	16,647	
Director, Division 4 FAIR OAKS WATER DISTRICT		
Vote For 1		
(WITH 40 OF 40 PRECINCTS COUNTED)		
RANDY MARX	5,561	57.01
BRETT ROBINSON.	4,165	42.70
WRITE-IN.	28	.29
Over Votes	3	
Under Votes	3,475	
Director CORDOVA RECREATION AND PARK DISTRICT		
Vote For 2		
(WITH 88 OF 88 PRECINCTS COUNTED)		
RICK SLOAN	13,683	42.98
MARK E. BAXTER.	10,030	31.51
MICHAEL YEARWOOD	8,050	25.29
WRITE-IN.	70	.22
Over Votes	10	
Under Votes	22,141	
Director ORANGEVALE RECREATION AND PARK DISTRICT		
Vote For 3		
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Sacramento County DA Reports

Recent cases of interest

CASE: Jose Gomez (11/2/12)

PROSECUTOR: Deputy District Attorney Sonia Martinez

District Attorney Jan Scully announced today that Jose Gomez was convicted by jury on 12 counts of child molestation and child sex assault charges. The jury also found true a multivictim allegation. Gomez sexually abused a female relative from the age of 4 to the age of 10. The assaults included forcing the victim to perform sex acts on him and eventually to Gomez having intercourse with her. Another female relative disclosed that Gomez sexually assaulted her when she was 8 years old. Gomez had also abused a third female relative when she was between the ages of 3 and 5 years old. The three young victims each testified against Gomez, resulting in guilty verdicts on all counts. Gomez faces a possible maximum sentence of 113 years to life in prison. Sentencing is set for December 7, 2012 at 9:00 a.m. in front of the Honorable Judge Helena Gweon.

CASE: Joe Orosco (11/2/12)

PROSECUTOR: Deputy District Attorney Tim Carr

District Attorney Jan Scully announced today that the Honorable Judge Russell Hom sentenced 69-year-old Joe Orosco to 30 years to life in prison. On August 22, Orosco was convicted by jury of two counts of lewd and lascivious acts with a minor with a prior conviction allegation. Orosco molested a 7-year-old female family member in 2011. He had previously been convicted of lewd and lascivious acts with a minor in Yolo County in 1986.

Chubb Law Firm Offers Free Health Care Directives for Heroes

FAIR OAKS – To honor local heroes for their service and sacrifice this Veteran’s Day, the attorneys at Chubb Law Firm will offer free health care directives the week of November 12.

Active or retired military personnel, veterans, police, fire and other first responders are invited to visit the firm between the hours of 9 to 2 (Monday through Thursday) to legally document their medical and/or end-of-life wishes, and appoint someone they trust to manage their affairs and communicate with doctors on their behalf in the event of an emergency or incapacity.

Local heroes will also receive a Personal Affairs Organizer designed to help loved ones find key insurance, medical and legal information quickly in a crisis, as well as 5 years of free online vault storage of their documents courtesy of Docubank, the nation’s leading electronic storage provider.

“It’s an honor to be able to give back to our local heroes by helping them get the right legal documents in place,” says Heather Chubb, founding attorney of Chubb Law Firm. “While we can never repay them for their service, we can certainly offer ours to make life easier for them and their loved ones in the event of a medical crisis,” she adds.

To receive free healthcare directives this Veteran’s Day, Chubb says local heroes simply need to stop by the firm located at 8920 Sunset Avenue, Suite E, Fair Oaks, CA 95628 during the week of November 12. There are no appointments necessary between the hours of 9 to 2 (Monday through Thursday).

For further questions about Chubb Law Firm’s Health Care Directives For Heroes event, please call (916) 241-9661 or visit www.chubblawfirm.com.


CDPH Warns Not to Eat Certain Bolthouse Farms Carrot Chips

SACRAMENTO – California Department of Public Health (CDPH) Director Dr. Ron Chapman today warned people not to eat Bolthouse Farms Carrot Chips in 16 ounce bags, with “Best If Used By” dates of Nov. 12, 2012 and Nov. 13, 2012, because the carrots may be contaminated with Salmonella. To date, no illnesses have been associated with these products.

Bolthouse Farms of Bakersfield, California, initiated the voluntary recall of the Carrot Chips after learning that Salmonella was isolated from one of the packages collected during routine surveillance sampling conducted by the North Carolina Department of Agriculture and Consumer Services.

The recalled Carrot Chips contain the following coding information on the front right corner of the bags: 04T XXXX BF212J11 or 04T XXXX BF212J12, where the four X’s are any series of numbers that indicate the time of packaging. The carrots were available for purchase throughout the United States and Canada at retail markets and grocery stores. The Carrot Chips were sold in 16 ounce clear plastic bags. Click on Bolthouse Farms product photographs to see the product. Consumers in possession of this recalled product should discard it or return it to the store of purchase for a refund.

Symptoms of Salmonella infection include fever, abdominal cramps, and diarrhea which may be bloody. Most infected people recover within a week. Some may develop complications that require hospitalization. Infants, the elderly, and people with weakened immune systems are at highest risk for more severe illness. CDPH recommends consumers experiencing any ill effects after consuming these products should consult their health care provider. Consumers that observe the product being offered for sale are encouraged to report the activity to the CDPH toll free complaint line at (800) 495-3232.



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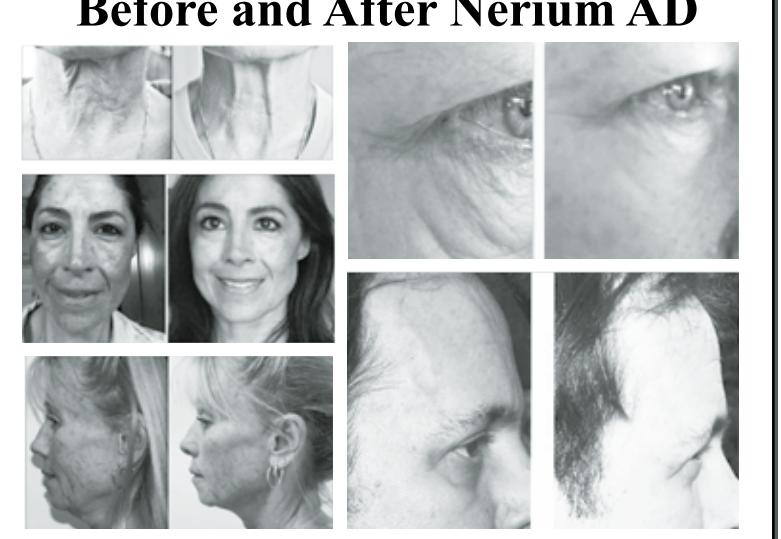
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By Ronnie McBrayer

Scientists have a name for it: Ergomania. It is a word composed of two Latin roots. “Ergo,” meaning work, and “mania,” which means passion. Ergomania, thusly, is a “passion for work.” In contemporary society we use a different term for an individual suffering from this condition: The “workaholic.” The condition is not limited to corporate offices or the manufacturing plant. It thrives in houses of worship.

It’s been my experience that we religious people work very hard, often killing ourselves for God, spiritually, emotionally, and physically. Why? I believe it is because we do not believe that God is love or that he really loves us. Most of us are working like slaves to earn an ambivalent God’s love, unaware, it seems, that his love is already ours in abundance. That God would take us just as we are, that he loves us just as we are, is too much for us to accept.

And why should we believe it? Our parents never accepted us without conditions. This merciless culture is constantly judging us and our level of success. Our spouse left us for someone younger, better looking, or richer. Our coach tells us we’ll never be good enough to make the team, and yes the church gets

For Overachievers Everywhere

in on it too.

When we were young, it was all about perfect attendance pins, achievements, and all those little check marks on our weekly reporting at Sunday School. We learned quickly that we could measure a person’s spirituality, thus their worth as an individual, by how many gold stars they had beside their name.

When we got older, the exercise continued, now measured by different gold stars. Volunteer, serve, give, teach Bible study class, lead the choir, chaperone the youth group, chair the Stewardship Committee; and the leadership and congregation will sing your praises. But the second you relent, the moment you acknowledge your exhaustion, that you just can’t keep up, then that familiar conditional approval will rear its ugly head.

Conditioned like this, when Jesus shows up and says, “If you’re tired I can help with a little grace,” we just can’t believe it. Yet, that’s exactly what Jesus said when he showed up! With words that make most type-A congregational leaders cringe, Jesus said, “Come to me, all you who are weary and burdened, and I will give you rest.”

Eugene Peterson’s translation of those words is more pointed: “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. Walk with me...watch how I do it. Learn the unforced rhythms of grace.”

The unforced rhythms of

grace: That is what we religious laborers need, because the people that Jesus most wants to set free are those of us who are eyeballs deep in religious work, we who are religious ergomaniacs. He wants us to see that our religious work really doesn’t work; it works against us.

His invitation is for us to get off of the spiritual hamster wheel and to crawl out from beneath the choking yoke of religious workoholicism, and dance freely to the easy tempo of grace. Grace will teach us to serve God, not to make him like us, but because he already adores us. It will teach us to give up our overachieving and slaving ways, and find peaceful rest for our souls.

Now, if you are happy with doing all your religious work, then please, just keep doing it. If work is your passion, and time spent on the treadmill suits you just fine, then disregard all I have said as useless drivel and carry on.

But if you have had it; if you are sick and tired of being sick and tired; if you’re looking for a way out; if you are desperate for your life to change; if you are finally at the end of yourself and need a rest, have I got good news for you: That is exactly what Jesus offers. Go with him, and he will give you the rest you need.

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.

Get me to the Airport on Time

By Rev. James L. Snyder

I was off to the airport on another trip. I started out early, arrived at the airport on time but when I arrived the plane had canceled and I had to apply for another plane. The next plane headed for my destination was about two hours away. This would in fact, make me miss my connecting flight.

I suppose I ought to be grateful that I was able to catch a later flight. It gave me some time to sit in the airport with nothing to do but think. Talk about a boring afternoon!

One of the things I thought about was never flying again. But, necessity is the mother of inconvenience, or something like that.

While I was thinking in the airport, I thought of a wise old man who, waxing philosophical, once said, “Time waits for no man.” I know he was wise because he did not include women in his observation. Although time will wait for no man, it has a different approach to women.

Usually speaking, a man welcomes the passing of time. Proudly he displays those wrinkles and calluses as marks of manhood. Until recently, gray hair was a crown of authority. Even Solomon, the wisest man said, “The hoary [gray] head is a crown of glory, if it be found in the way of righteousness” (Proverbs 16:31 KJV).

The grayer the head, the wiser the man. Although, I must confess I have seen my share of dumb gray-headed men.

A woman, however, has an altogether different philosophy when it comes to time. As a man with gray hair, I do not fully understand their philosophy.

I suppose there are some men who would like to be 25 again. Most men, however, are happy to be as old as they are. Women

are different. They live upon the concept of ageless beauty. Who am I, as a man, to counter that philosophy?

I discovered this many years ago. A woman casually asked me how old I thought she was. I have long since discovered that this is no casual question and she is not looking for exact information. I, at the time, took it as a challenge and tried to guess her age.

Wrong!

I have since learned that the correct response to this question is, “Why, you don’t look a day over 25.” I do not know exactly what that means, but I have often gotten smiles from this response. No matter how old the woman is, in her mind she is still 25.

The man has a different idea. “I’m 60,” he will boast to whoever will listen, “and I can still do a whole day’s work.” Then he will go out and throw his back out just to prove it.

Time has a different effect upon a man as it does upon a woman.

There is nothing wrong with trying to look younger. I suppose it is an easier task to do if you are a woman than if you are a man.

Every morning before I leave the house I try to make myself as non-scary to the public as I possibly can. I will scrape my face, pat down my hair, and douse myself with aftershave and in 10 minutes I am done and ready for the world.

I have noticed that the Gracious Mistress of the Parsonage takes a lot longer than 10 minutes to get ready to face the world. I must admit she does a very good job of it, but I also must admit it takes a long time and it seems each year it gets longer.

I do not want to call attention to myself. I just want to get through the day and back home again. I know I am not as young as I used to be but I take consolation in the fact that I am older than I used to

be. And hand in hand with good old Father Time, I have walked down the wonderful timeline.

For me personally, I like to celebrate each birthday as a once-in-a-lifetime celebration. My goal in life is to get as old as I possibly can and with the good help of Father Time, I am well on my way. Time has not stood still for me, for which I am most thankful.

Just like getting to the airport on time for my flight, I want to be on time for everything happening in my life. I do not want to miss a thing. Too often people look backward, stumble over today, find themselves in tomorrow and do not know how they got there. I want to enjoy the time I have in real time.

There is no time like the present to enjoy. Memories are wonderful. Aspirations are delightful. But, nothing can take the place of right now.

The Bible has a lot to say about time. We are in a timeline established by God and it will not slow down into we come to the end. The apostle Paul understood this when he wrote, “And that, knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed” (Romans 13:11 KJV).

There is no time like the present that as someone said, “This is the first day of the rest of my life.” I am going to celebrate my “Now” with all the energy I have.

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 jamesnsnyder2@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 Want 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*

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By Marlys Norris, Christian Author

Who would have predicted that most everyone at home and work would be using computers and cell phones twenty-four hours of the day? They are everywhere! People talk on their cell phones driving their cars, which seems a bit dangerous. Our lives have become so entwined and governed by our dependence on cyberspace computers and cell phones they seem to have more power over our lives than we have over ourselves.

If you have ever suffered from feelings of insignificance you can now forget it, no one is insignificant when it comes to the internet. If someone wants to find out all about you - all they need to do is type your name on the internet and they can find out information. (Note: a second-cousin, I had not seen or communicated with in over sixty (60) years, found me. Another cousin in Norway also found me this past year. Both were wonderful surprises!) No simple adding machines or cash registers in stores like yesterday! What has education really taught all of us? Even if a grocery store cashier has the intellectual ability to make proper change, the computer now tells them exactly what change to give back. God help us if the electricity breaks down! Then, everything

Dependance On Cyberspace Continues To Grow!

would stop, the computers would be locked. Absolutely everything would abruptly stop and don’t you wonder how long you would be standing in line to pay for the groceries you need for the week?

Imagine taking an elevator high up in a seven story building. Do computers govern the movement of those elevators? Computer breakdown might leave us up there for hours. Scary, you bet! Recently visiting the physician, they too are putting everything about all of us into computers — per instructions of our government. Too many computers and too much involvement of government, in our personal lives, don’t you agree?. Will these computers determine our illnesses and the medications the doctor will ultimately prescribe? These computers do not have the training, compassion and understanding of a physician? Is that what we are now are forced to put our trust?

And what about the computers used in our automobiles and airplanes. If that big cyber unit in the sky were to explode or be destroyed, wouldn’t our cars stop and the airplanes drop from the sky? Picture being miles from home where your family is waiting and you can’t get home because some computer stopped working! Time to be ready and put a bicycle in the trunk of your car!

Cyberspace as fantastic as it is - just may someday in the future turnout to be the “worlds curse.” It just may already be too late for any of us to complain or do something different. Cyberspace has brought about a strange Utopian phenomenon we all have come to accept and depend on. With everything

depending on the cyberspace and computers, if anything happens to hinder and stop the working system of this technology, the whole world will be in a state of utter confusion. The enemy of our soul is about confusing and deceiving us. We rely on technology to govern our lives instead of God’s divine plan! Doesn’t it concern you? Is it possible that the whole world may become guilty before God? Those who love the will of God will live forever! *“For what profit is it to a man if he gains the whole world and loses his own soul? Or what will a man give in exchange for his soul? For the Son of Man will come in the glory of His Father with His angels, and then He will reward each according to his works.” (Matthew 16:26-27)*

The Bible calls Satan the “Prince of the power of the air.” Is it possible that he has brilliantly deceived us, relying on a machine by meeting our need to be a “superior society?” Now computers and cell phones have control over every human being on earth. How close are we to seeing 666 imprinted on every body to have the power to buy and sell? Possibly this will be a time the anti-Christ will come on the scene that the Bible prophets wrote about. It is my understanding that all the prophecies except one are now full-filled for the second coming of Jesus Christ to gather His church.

May God be with you!

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Crossword Puzzle on Page 8

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CLUES

ACROSS

1. Girder that looks like a letter

6. *Largest North American deer

9. *Methane release by a cow

13. ____-la

14. Actress ____ Thompson

15. Rane's wrap

16. Luxurious sheet fabric

17. Opposite of guzzle

18. Donor's loss

19. *Cause of African Sleeping Sickness

21. *Dangerous delicacy

23. Nada

24. Rented on the links

25. Distant

28. Fountain order

30. Like body temperature of 98.6"

35. Month of Purim

37. Barber's supply

39. A Judd

40. Rounded elevation

41. Member of the lowest Hindu

caste

43. "Goodbye" to Sophia Loren

44. Fat cat in the Orient

46. Toot one's horn

47. Julia Robert's character

48. Bad blood

50. Bassoon cousin

52. Ensign, for short

53. Student aid

55. Grandmother, for short

57. *Dian Fossey's domain

60. *Bob Dylan's words, e.g.

63. Indian coin

64. Austin Powers, e.g.

66. Inhabitants of Thailand

68. Poker stakes

69. Across, in verse

70. "It opens wide

71. ____ lighting

72. Country song "Harper Valley ____"

73. Walk through mud

DOWN

1. "____ alive!"

2. Babysitter's nightmare

3. Chow or grub

4. Sci-fi classic

5. *Praying insect

6. "... or ____!"

7. "Fantasy Island" prop

8. 10th letter of Greek alphabet

9. Throw up

10. Encourage

11. Infantry's last rows, e.g.

12. Mont Blanc, e.g.

15. "____ crime"

20. One-armed bandits

22. Big coffee server

24. Used for boiling

25. *Animal life of particular period

26. Don Draper of "Mad Men", e.g.

27. Teacher of Torah

29. Slap on

31. Preakness, e.g.

32. Wavelike design

33. At full speed

34. *Tsavo man-eaters

36. One of "Clue" clues

38. Mr. Eugene Krabs, e.g.

42. "The ____ of defeat"

45. Protrudes outwards

49. Sun in Mexico

51. 3rd rock from the sun, pl.

54. *He used animals to demonstrate morals

56. Root of nihilism

57. Ellen Page's 2007 role

58. Plotting

59. Financial aid criterion

60. Vega's constellation

61. Al Capone, e.g.

62. Plural of #17 Across

63. Ewe's mate

65. *Not a wild one

67. Fifth note

For Solution See Page 7

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- 2) Take control of how you interpret and react to situations.
- 3) Be more successful by rewiring your brain and boosting the occurrence of positive messages.

Here are nine ways Trevor mentioned to me to defend yourself against complaints...yours and others...so you can rewire your brain and boost the occurrence of positive thoughts and behaviors.

- 1) Become Self-aware. When you feel a complaint coming on, no matter how trivial, stop yourself. You can't delete the thought, but you can revise it before saying it aloud. So instead of saying, "Oh, that's nice, but I could never afford it," you might say, "That will look wonderful with my black pants when I can afford to buy it."
- 2) Redirect the conversation. When you participate in negative dialogue with a complainer, you'll walk away feeling depleted. Instead, take control of the direction the conversation is going. If he says, "I hate Mondays. The weekend isn't long enough," counter his negative thoughts with a positive set of images: "I'm glad I rested up this weekend! Now I'm ready to dig into that big project."
- 3) Smother a negative thought with a positive image. If a negative thought pops into your mind, immediately input a different image. This is the process of neurogenesis...creating new pathways in your brain that lead to positive behaviors.
- 4) Don't try to convert others. When trapped in a toxic group of complainers at a meeting or social event, simply choose silence. Let their words bounce off you and not penetrate your mind while you think of something pleasant.
- 5) Distance yourself when possible. When people around you start criticizing someone or something and you can escape, excuse yourself and take a break somewhere quiet...preferably outside

in the fresh air.

- 6) Wear an invisible mentality shield. Imagine that an invisible shield like a glass cloak made of positive energy descends from the sky and lightly covers your whole body. You can see perfectly well through it, but it protects your from others' negative words and emotions.
- 7) Create a private retreat. Mentally retreat to a private, special place in your imagination. Visualize a peaceful setting in your mind...say a sunny trail next to a meadow brook, or a sailboat on a lake. When you're stuck with someone spewing vitriol, you can appear as if you're listening while you distract your mind with a visit to your peaceful place.
- 8) Transfer Responsibility. On occasions when you're pressed against a wall while someone rants about all the injustices in their life, throw the responsibility back at them by saying, "So what do you intend to do about it?" In most cases, complainers don't want a solution nor do they want sympathy. They just want to vent and this tactic will stop them in their tracks.
- 9) Forgive your lapses. Everyone complains sometimes. It's human to vent once in awhile. Be kind to yourself after a lapse into victimhood and complaining...then start afresh. The less frequently you complain, the more time will pass between lapses into negativity. This is how rewiring the brain works.
- Do I get it? I think so. Tune in to positive and tune out to the negative. We have enough negatives in one day to last a lifetime. Be the leader of the pack, and I'll do the same with my POPPOFF Radio Show! THINK POSITIVE!!!
- Join Mary Jane for the **KAHI Noon News Monday-Friday and then again for POPOFF 10 PM - Midnight.**

Holiday Shopping Event Will Provide Helping Hand Need Volunteers and Donations

RANCHO CORDOVA, CA – Christmas in Cordova, a community based program which provides a way for needy parents to holiday “shop” for their children, will take place on Saturday, December 15th, at Mills Middle School in Rancho Cordova from 10 a.m. to 8 p.m.

“We even provide day care for young children as well as fun and games for older children while their parents select and wrap gifts,” said Rancho Cordova Police Officer Heidi Herrera, who is coordinating the event. “Santa and Mrs. Claus

are scheduled to be on hand for photo opportunities and a meal will be provided for participating families.”

Herrera is asking area businesses to set up a collection box for new, unwrapped toys. She said that people can also make monetary donations that will be used to purchase toys, food for the meal, and other event supplies. “Plus we will need volunteers to help with shopping, wrapping, entertaining children, and doing other tasks at the event,” she commented.

Last year, more than 600

families participated for 1,600 children.

Sponsors of Christmas in Cordova, now in its second year, are the Rancho Cordova Police Department, Sacramento Sheriff’s Department, PAL (Police Activities League), Folsom Cordova Community Partnership, Sun River Church, Mercy General Hospital, Folsom Cordova Unified School District, and the City of Rancho Cordova Growing Strong Neighborhoods Initiative.

Source: City of Rancho Cordova

TAKE A DOE

There is nothing wrong with taking a doe. If it is food you're after, the steaks and burger of a young buck won't taste near as good as a fat doe.

In fact, taking a doe is something we need to do, especially if you're after trophy bucks. Everyone talks about genetics and food supply, but taking a buck before he is 3-years old never allows that buck to grow to his full potential.

If you forget about your ego, and take a doe instead of a young buck, it allows that buck to grow another set of antlers. Taking a doe will also help provide more food to the bucks in your area and create a better buck-to-doe breeding ratio. Harvesting does is a way of improving the quality of bucks in your area.

Bob Foulkrod is a member of the Redhead® Pro Hunting Team

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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.

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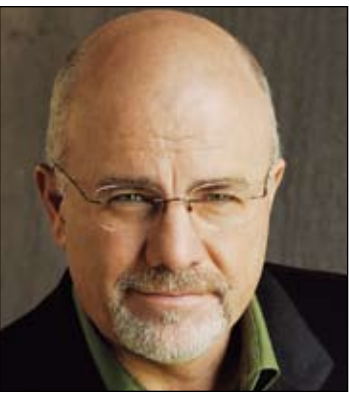
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Dave Ramsey is America's most trusted voice on money and business. He's authored four New York Times best-selling books: *Financial Peace*, *More Than Enough*, *The Total Money Makeover* and *EntreLeadership*. The Dave Ramsey Show is heard by more 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.

Now, You Are One

Dear Dave,
I got married in May, and my wife brought student loan debt into the marriage. I had some savings before the wedding, and I could pay this off immediately without putting us in a bind. But is this “her” debt, or should I look at it as “our” debt?
- Ernest

Dear Ernest,
Absolutely, you should view it as “our” debt. It came with the territory when you two walked down the aisle.
A lot of people don’t use the old-fashioned marriage vows anymore, but *The Book of Common Prayer* reads, “... for richer, for poorer, in sickness and

Dave Says


health, and unto thee I pledge my worldly goods.” Basically, that means you’re saying, “I’m ready to take a bullet for you. I’m going to do whatever it takes to serve you, and vice versa.” You’re joining your separate lives into one.
In addition to all this, you guys need to be in agreement on how you’re going to handle money. In other words, it all gets worked out together with both of you sitting down and planning your financial future as one. This is called a budget. Like everything else, you work on it together. It’s not a situation where one of you is making all the decisions or bailing out the other.

But if you guys are on the same page—if your relationship is healthy and you’re in agreement about moving forward with shared dreams and goals—then I’d say write the check today and knock out that debt!
- Dave

Which Job?

Dear Dave,
I’ve been unemployed for three months, but recently I received two job offers. One is a state job that would pay \$50,000 a year. The other is a one-year contract for a position in Afghanistan that pays \$200,000. I know I’d like both jobs, so which would be the smartest choice?
- Nick


Dear Nick,
If it were me, I’d take the state job. I know that any kind of situation with six figures attached to it looks and sounds wonderful, but in my mind we’re talking about a career choice versus risk. Plus, I’m a firm believer in the idea that people make better decisions when they think in terms of 10 years from now rather than 10 or 12 months down the road.
In addition to the risk factor, the biggest problem with the offer in Afghanistan is that once it’s over, it’s over. Then you’re right back where you are now. You may have money in your bank account, but you’re unemployed all over again.
You know, one of the things I’ve noticed over the years is when wealthy people assess a financial opportunity, they almost always think in five-, 10- and 20-year blocks of time. We’re talking long term here. There’s not a whiff of living paycheck to paycheck or “Thank God, it’s Friday. Oh, God, it’s Monday!” on them.
Take the state job and fashion a good, long-lasting career for yourself. Don’t go chasing money on the short term!
- Dave
*For more financial help, please visit daveramsey.com.



Dare to Live Without Limits

TAKE A BREAK

by Bryan Golden



Your schedule is packed. There never seems to be enough time. You have more to do than will fit into 24 hours. You are physically tired and mentally stressed. These are some of the symptoms of today’s hectic lifestyle.
What can you do to recharge and make life more manageable? One of the best ways of coping is to take a break. This provides you with an opportunity to recharge mentally and physically. Taking breaks is more than just a good idea, it’s essential.
The need for sleep demonstrates how important breaks are. Sleep is a biologically required break. Without enough sleep, you are incapable of functioning. In addition to adequate sleep, regular breaks enable you to reduce stress and fatigue while enhancing your overall ability to deal with everything on your plate.
Without breaks, you are operating at full throttle. What would happen if you constantly drove your car with the gas pedal against the floor? The engine would break down in short order. If you treat yourself the same way, you will also burn out.
You need regular, short breaks as well as periodic longer ones. A common misconception is that taking a break reduces productivity. Just the opposite is true. People who incorporate breaks into their lifestyle substantially outperform those

who don’t. They get more done in a shorter period of time.
In addition to stress and fatigue, there are a number of other recognizable signs indicating you need a break. Lack of focus, boredom, anxiety, a short temper, distraction, and reduced precision are some of the symptoms.
There are a variety of strategies available to you. Mealtimes are a perfect opportunity to take a number of daily breaks. While eating, don’t work, discuss work, or drive. Your body can not properly digest food when you are stressed. Regardless of how little time you have, sit down and relax. Listening to music, conversing with friends, reading from a book, or sitting quietly are a few suggestions.
Don’t overlook the importance of a proper diet. Food is your fuel. You won’t function properly if it’s defective. Junk food may be enjoyable but it is not a meal replacement. Use common sense. Candy, donuts, and cakes don’t qualify as a meal.
There are others strategies you can use to break up your day. Changing or varying tasks is a good way to reduce boredom. Doing so can also get you out of a mental block. If you spend a lot of time sitting, get up and walk around. Even if you can only stand up and stretch you will feel better.
Some people find a quick five

or ten minute nap to be very refreshing. You do this right at your desk or in a parked car. Some employers even encourage napping by providing quiet lounges. It may take some creativity but the benefits of a nap are worth it.
Outside of work, recreational activities provide an enjoyable break. You can find a hobby, read, volunteer, engage in a sport, or take a class. Something that requires your participation is preferable to passive pursuits. Being a constant couch potato doesn’t provide long term benefits.
Taking vacations are a great way to unwind. However, if you take work with you, it’s not a true vacation. Vacations don’t have to be long or expensive. A day trip or a weekend away will give you with an opportunity to recharge.
Regardless of what strategy works best for you, taking frequent breaks provides numerous benefits. Don’t feel guilty about taking time for yourself. You will be happier and healthier as a result.
NOW AVAILABLE: “Dare to Live Without Limits,” the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2007 Bryan Golden.

Book Sale at Fair Oaks Library

FAIR OAKS – California Gently Used Book Sale, Sat. Nov. 10, 10am-4pm, most are \$2 to 25 cents, and Tues. Nov. 19, 10am-8pm, is bargain day, everything half price.

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by Samuel Swanson

Gallery 3 November 2012 “Body of Work”
Mendy Bates, Marie Dixon, Sheila Jacobs, Paula Lloyd

NASA Monthly meeting: **Myrna Wachov**, November 12th, 1:30 pm
NCA Monthly Meeting: **Jan Miskulin** is our Guest, November 14th, 7 pm

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By Karen Anderson

I wake up in the morning and once again I am bombarded with the heaviness of yesterday. Why can't I ever be free of it? My life never seems to improve. I'm stuck on a path I don't want to be on. Am I destined to be forever on the whirlwind of life with no hope for change? I know in my mind and heart that I need to make changes, but it is just so hard. Everything and everyone is out just to make my life difficult. I want a way out and don't know where to turn.
Do your thoughts run away with you like this? STOP, LISTEN and READ ON...you are trapped in the Negative Nelly Syndrome. What a miserable way to live your life! I don’t know about you, but I would rather live a life full of hope, wonder, and of course abundance. I am sure you have heard all the talk that if you think negative thoughts, the energy it produces will attract more negativity into

Positively Negative?

your life. On the other hand, if you think thoughts of abundance, everything will turn around in your life and the attraction for positive things will happen. Do you believe this is possible? I believe this is true, but there is one VERY IMPORTANT element you are missing from this equation. Do you know what it is? It is God.
First let us think about your prayer life. Recently, I was reminded that so often we pray the prayer of uncertainty. What do I mean by that? What needs do you pray for? Could it be improved health, relationships, or finances? Your prayer may be something like this, “Father God, I need help in (you fill in the blank).” Another way is “God I really need your help now and in a very real way.” The problem is that you repeat this over and over again each time you pray as if God didn’t hear you the first time. What is wrong with you? Don’t you know that God has an extremely excellent memory? He doesn’t forget any conversation you ever have with Him. Remember, God is one of details; He is working on the problem if you will just pray and give it over to Him. Take this to heart. God’s Word says, **“Before they call I will answer; while they are still speaking I will hear.”** The only

thing you need to do now is rest and start praising Him for the answers. After the initial prayer your continued prayers should be, “I praise you for the answer to (fill in the blank). I know the answer is on its way. Thank you for it. In Jesus name, Amen.” Praising God and thanking Him for the answer will also take you from feeling anxious and worried about your life to a sense of overall peace and contentment. Yes the problems are still there but God is on your side and He will bless you for your faithfulness. Also remember that God’s answer is not always yes but He does hear you.
Here is a challenge for you. Keep track of your prayers so you can see the answer from God. Write out your prayers as a praise, thanking God for the answers ahead of time. Now enjoy the freedom in your prayer life and the abundant blessings from He who loves you. NOW, STOP...THINK, and PRAY with Praise and Thanksgiving to the God of details. AMEN!
PASSAGE: Isaiah 65:24 (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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SCSO’s Portals of Heaven, Cathedral Concert Review

Special to the MPG
by James Lajoie

The Sacramento Choral Society opened its 17th Concert Season on Saturday, October 28th with a sold out concert “Portals of Heaven” in the Cathedral of the Blessed Sacrament. The matinee performance saw an audience lined up around the downtown square eagerly vying for a seat in the recently restored historic Sacramento landmark. The sun brilliantly lit the colorful stained glass windows and rich architecture of the church as the 160 singers and guest artists unveiled two significant works from the 18th and 19th centuries.

As the chorus processed into the Cathedral at the opening of the concert, organist Dr. Ryan Enright and Michael Meeks, trumpet, performed the “Voluntary in D Major” by John Stanley – a work of clarion beauty and perfectly suited to the acoustics of this space. The “Requiem” of French composer Gabriel Fauré served as the centerpiece for the opening choral work on the program. Conductor Donald Kendrick pointed out to the audience that the work was written in 1888, exactly one year before the venerable Sacramento Cathedral was built.

The Fauré proved to be a perfect fit for the set up and resonance of the Cathedral. Most impressive was the subtlety and nuance that Kendrick drew from his large forces. This was no easy task for a chorus known for their ability to impress with their big choral/orchestral sound in their Mondavi and Community Center Theater performances. Kendrick steered his chorus through each of the movements with a delicate



clarity that unveiled the humility and tenderness of the texts. There was nothing heavy handed or distracting in the singing. The chorus did deliver the big moments when they appeared but for the most part they are short lived in the score.

Ryan Enright was able to capture the color and orchestral textures on the organ where he expertly collaborated with Kendrick to remind us of the sounds Fauré would have heard in his own Church of the Madeline in the 1888 Paris premiere. Soprano Soloist Katharine Jolly’s “Pie Jesu” was sung with lyric sweetness and Baritone Daniel Yoder delivered an appropriate warmth and depth in his “Hostias” and “Libera Me” sections.

The 18th Century Italian composer Antonio Vivaldi proved to be the perfect partner for this Stained Glass Concert and his setting of the “Gloria” is filled with fire and an exuberant counterpoint that rewarded the audience with high octane singing from the performers. Trumpet Michael Meeks added brilliance and power to the Vivaldi and

Ruth Stuart. Oboe, partnered with Katherine Jolly to create elegant and achingly beautiful phrases. Mezzo Soprano Julie Anne Miller unleashed her outstanding technique to sing Baroque music with a passion and articulate accuracy that was breath taking in the fast vocal gymnastics that Vivaldi demands. At the same time, Miller’s meltingly languid arioso “Domine Deus, Agnus Dei” showed her ability to make a convincing intense and quiet dramatic statement.

The final rays of light filtered out of the Cathedral to close this concert with Ryan Enright’s virtuosic performance of Bach’s adaptation of Vivaldi’s “Concerto No. 11 in D Minor”. Enright is a young artist who recently completed his Doctorate in Organ at the famed Eastman School of Music and his playing confirms his scholarship and technique that has placed him at the forefront of National and International Organ Competitions. The program was a thoroughly satisfying collaboration of French and Italian masterworks from one of our community’s great treasures.

Just Stop Smoking The Great American Smoke-out is November 15

Will this be the year that you make it happen? Are you ready to Just Stop™ smoking?

You know all the reasons to quit, but here are some suggestions to help you actually conquer the habit this year:

1. Write down your reasons for quitting. This must be personal; trying to quit for someone else dooms you to failure.
2. When and why do you smoke? Who do you smoke with, what are your triggers? As you notice these things, start thinking how to replace or change these habits.
3. Make sure you are not in crisis mode when you quit. This is a sure-fire (pardon the pun) way to set yourself up to fail. Life is always happening, but give yourself a chance to succeed.
4. Tell friends and family you’re quitting and ask them to help you.
5. Become aware of the feelings that are a part of your smoking habit.
6. Find a stop smoking buddy. Everything is easier with a buddy.



Venice Sullivan

7. Change your activities. Find a substitute for those activities when you usually smoke. Do something constructive as you develop your new habit.
8. Plan now for something to distract you when that urge hits you. The craving will usually only last two to three minutes. What can you do instead?
9. If you smoke when you are stressed, find another way to take a break and relax. Meditation and relaxation do not have to involve sitting in lotus pose on a pillow.
10. How much money you are burning up? Make other plans for that money.

11. On your quit date get rid of all of your cigarettes, matches, ashtrays and lighters. If you have a weak moment, there is no sense of having temptation close at hand.

OOOPS

You’re not a failure if you slip up. It doesn’t mean you can’t quit for good.

Don’t let a slip become a mudslide. Throw out the rest of the pack. It’s important to get back on track now.

Find the trigger. What was it that made you smoke again? Decide how you will cope with that issue next time.

Learn from your experience. What was most helpful? What didn’t work?

Are you using a medication to help you quit? Call your doctor if you start smoking again. Some medications cannot be used if you are smoking.

Venice Sullivan, Ph.D., CNMT founder of the HOPE Wellness Institute in Fair Oaks. She has been in practice for 25 years, specializing in pain relief and neurological stress reduction.

Feral Cats of Gold River

GOLD RIVER – Outdoor cats have existed alongside humans for 10,000 years.

If they are not socialized to people they are not adoptable.

Cats don’t belong indoors and are typically wary of us. However, as members of the domestic cat species (just like our pets), they are protected under state anti-cruelty laws.

Feral cats should not be taken to pounds and shelters. Feral cat’s needs are not met by the current animal control and shelter system, where animals that are not adoptable are killed.

Feral kittens can often be adopted into homes, but they must be socialized at an early age. There is a crucial window, and if they aren’t handled in time, they will remain feral and therefore unadoptable.

Jim Ballard, a longtime resident of Gold River has spent a good part of his life in helping our local feral cats. Many of the



Feral kittens must be socialized at an early age.

local residents and businesses help Jim by depositing money in the containers you may have noticed at local Bel Air Market and Western Feed Store. Others who have donated money for food & medical care are Big Valley Federal Credit Union, and numerous other business especially Dr. Bindra, and staff of the

Gold River Pet Hospital, also Dr. Cripe, DDS and staff of the Gold River Dental.

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.

Sacramento Public Library Locations Closed November 22 - 24

All Sacramento Public Library locations will be closed from 6 p.m., Wednesday, November 21 through Friday, November 23 for the Thanksgiving Day holiday observance.

Library locations will also be closed on Saturday, November 24 due to staff furloughs. Library telephone services will also be unavailable on these dates; however, the library’s

website (www.saclibrary.org) is available 24/7 to request and renew materials, pay overdue fines, download eBooks, and apply for a library card.



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by David Dickstein

Family Films

“Rise of the Guardians”
Opens Nov. 21, rated PG
riseoftheguardians.com

Not since “The Avengers” has such an esteemed team of superheroes been assembled to fight off evil. For this 3-D computer-animated adventure from DreamWorks Animation, Santa Claus, the Easter Bunny, Jack Frost, the Sandman and the Tooth Fairy join up against an evil spirit bent on overtaking the world by inspiring fear in the hearts of the world’s children. Heard but not seen are Chris Pine, Hugh Jackman, Jude Law, Alec Baldwin and Isla Fisher.



Homeage Trailer
“The Twilight Saga: Breaking Dawn -- Part 2”
Opens Nov. 16, rated PG-13
breakingdawn-themovie.com

For teenyboppers who can’t get enough of this epic vampire love story (and have parents OK with PG-13 movies), this flick is going to bite big-time. Not because it will disappoint -- the following is so loyal it could throw in Jar Jar Binks and still be adored -- but because it’s over. “Breaking Dawn,” the final installment of Stephenie Meyers’ best-selling series, was split into two films, and this is the finale. What’s to become of Bella Swan (Kristen Stewart) now that she’s a blood-sucking mother? What happens to Edward (Robert Pattinson) and Jacob (Taylor Lautner)? Hard to believe that fans don’t already know. Then again, could director Bill Condon do the unthinkable and tinker with the ending?

Films and DVDs for the Whole Family



“Wreck-It Ralph”
Opens Nov. 2, rated PG
disney.go.com/wreck-it-ralph

“Ralph” is a video game character voiced by John C. Reilly who is tired of being the bad guy in his classic ‘80s arcade game. When he doesn’t return to his game as scheduled and starts visiting the worlds of other games, including a modern, first-person shooter game, he turns the entire structure of his arcade upside down. Supporting voices belong to Jane Lynch, Sarah Silverman and Jack McBrayer. Here’s one movie that sounds perfect for 3-D, so get ready to wear those oh-so-stylish plastic glasses.

as a love interest, but the latest doesn’t measure up. *Grade: B-*

“Arthur Christmas” (ages 4 and up, Nov. 6 on DVD and Blu-ray, PG): Charming, witty and beautifully animated is this undeserved box office bomb of last Christmas. From Aardman Animations, the folks behind “Wallace & Gromit” and “The Pirates! Band of Misfits,” the story finally answers the question: “How does Santa deliver all those presents in one night?” Good seasonal family entertainment with a solid U.K. voice cast led by James McAvoy, Jim Broadbent, Hugh Laurie and Bill Nighy. *Grade: A-*

“Brave” (ages 4-12, Nov. 13 on DVD and Blu-Ray, PG): The tale of Pixar’s first female heroine is a conventional one by the studio’s own standards for cleverness and innovation, but that doesn’t detract from the engaging, well-made action-adventure set in mythic Scotland. Merida is at the center, a daughter of royalty who would prefer to leave her mark as an accomplished archer. Her skills and bravery are put to the test when faced with saving her kingdom. *Grade: B*

Family DVDs

“The Amazing Spider-Man” (ages 10 and up, Nov. 9 on DVD and Blu-ray, PG-13): Good-enough reboot of the film series based on the Marvel Comics superhero who must balance the blessing and curse of being both a golden-hearted teenager and a do-gooder with a tragic and mysterious backstory. Andrew Garfield does his best in the role formerly occupied by Tobey Maguire, and Emma Stone is OK



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Expert Answers to Common DMV Questions



By George Valverde – Director,
California Department of Motor Vehicles

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at www.dmv.ca.gov.

Q: I was involved in a collision for the first time last week and had no idea what I was supposed to do. What steps should I take?

A: Being involved in a traffic collision can be very traumatic, especially your first one, so it is normal to feel overwhelmed. After any type of vehicle collision, no matter how minor, you must stop. Otherwise you may be convicted of “hit and run” and could be severely punished.

At the scene of a crash, it is important to show the following information to the other driver or persons involved, or to any peace officer.

- Your driver license
- Registration card
- Evidence of insurance
- Your current address

If you hit a parked vehicle or other property, try to find the owner. If you can’t find the owner, leave a note with your name and address (and the name and address of the owner of the vehicle you are driving, if different) and securely attach it to the vehicle. Report the collision without delay to the city police or, in unincorporated areas, to the Highway Patrol.

Following a crash, you or your insurance agent, broker, or legal representative must do the following:

- Move your vehicle off the street or highway. If you do not move your vehicle or have it removed from the street or highway, any peace officer or authorized personnel may have your vehicle removed and impounded

• If someone is killed or injured, report the collision to the police or Highway Patrol within 24 hours

• If there was more than \$750 in damage to the property of any person, or anyone was injured or killed, report the collision to the DMV within 10 days

The DMV has a brochure on what to do in the case of a collision. You can find it online at www.DMV.ca.gov.

Q: I am moving out of state. I know I need to re-register my vehicle. Should I notify California DMV that my car will no longer be in the state?

A: As with any time you move, you should report this change of address to the DMV using a Change of Address form. Save time by going online! This can be accomplished at <http://www.DMV.ca.gov/online/coa/welcome.htm>!

Please also notify DMV, **in writing**, to report that the vehicle was removed from California and will be registered in another state or country. Your letter **must** include the following information:

- California License plate number, and/or,
- Vehicle identification number, and
- Date vehicle left California (MM/DD/CCYY), and mail to: DMV
PO Box 942869,
MS C271
Sacramento, CA 94269-0001

A status will be added to the vehicle record to prevent billing notices from being mailed.

Q: Is it possible to “remove” points from your driving record?

A: Points are not something you want on your driving record, and they can be assigned as a result of collisions or traffic tickets. Generally, collisions where you are at fault are one point and tickets are between one and two points.

The only way to remove points from a driving record is to wait. Most points stay on your record for three years. Depending on severity, points may stay on your record for up to 10 years.

To avoid accruing points, always follow the traffic laws and avoid reckless behavior. Be certain that you are driving defensively and never distracted while on the road. Keep this advice in mind, and you will be able to keep points off of your driving record!

For more information on points on your driving record, visit http://www.DMV.ca.gov/pubs/hdbk/actions_aps_court.htm

The DMV is a department under the Business, Transportation and Housing Agency, which is under the direction of Acting Undersecretary Traci Stevens. The DMV licenses drivers, maintains driving records, registers and tracks official ownership of vehicles and vessels, investigates auto and identity-related fraud, and licenses car dealers, driving schools, and traffic violator schools. For more information about the DMV, visit www.DMV.ca.gov.



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