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# AMERICAN RIVER MESSENGER

Volume 7 • Issue 19

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

First Edition for October 2012

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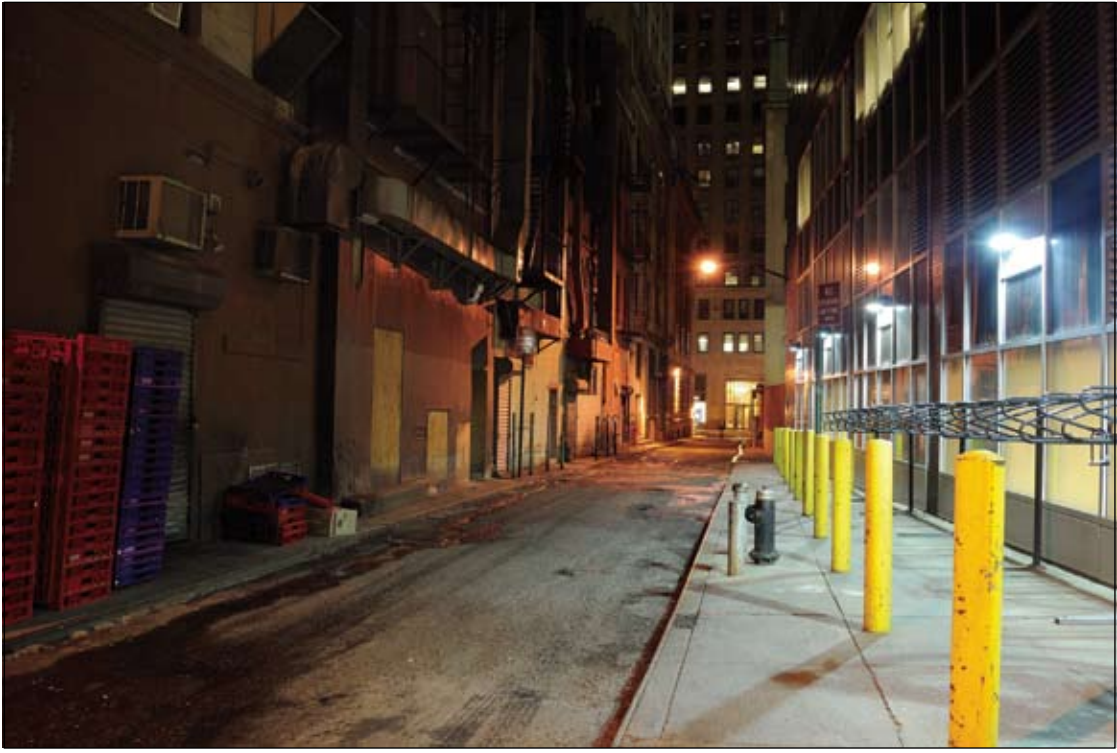
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# Prepare for Coming “Dark Days”

By Rick Reed

SACRAMENTO REGION - Criminals don’t like the light. Many law enforcement officials will tell you that adding lighting to your home helps prevent property crimes. But what can you do to add ‘light’ to your own personal space when you aren’t at home? As we turn back the clocks for autumn this November, the darker mornings and dark early nights are exactly what criminals prefer. Predators choose victims and prey in the dark.

While martial arts can ‘light up your life’ with healthy fitness, confidence and respect, they also bring a harsh reality to criminals. Criminals don’t have a plan, when a victim appears to be aware and able to fight back, predators choose an alternate victim. That’s why for many years, Robinson’s Taekwondo, the area’s first name in family martial arts has provided free safety and self defense clinics across the region. Women are especially at risk as they travel more, carry more cash and are more distracted in the busy holidays ahead. Grandmaster Clint Robinson says, “Raising awareness is number one, but when



Sacramento area residents are twice as likely to become crime victims as residents in other cities.

push comes to shove, knowing how to respond to an assault can save lives.”

According to the website Neighborhood Scout, Sacramento area residents are twice as likely to become crime victims as residents in other cities of similar size. Used by

many realtors to research home locations, Neighborhood Scout reports Sacramento has 4,146 violent crimes per year. The national median rating for your chances of becoming a victim are twice the national average in the Capitol city area, 8.89 verse a national average of 4.0.

The web statistics also show the Sacramento region has one of the highest crime rates in America compared to all communities of all sizes - from the smallest towns to the very largest cities.

Continued on Page 10

# Crossings Complex Earns Gold Award for Green Plan and Construction



Crossings’ LEED Gold Award, an internationally recognized mark of building and designing excellence, is celebrated at a short ceremony in the housing complex’s community room. Pictured from left are Jessica Hayes, Rancho Cordova Housing and Neighborhood Development Specialist; Mayor David Sander; Council Member Robert McGarvey; Tara McCants, a Crossings resident; and John Rainger, Crossings Manager. Photo courtesy of Helen Brewer, Public Information Office, City of Rancho Cordova.

RANCHO CORDOVA – The Crossings @ New Rancho has been awarded the prestigious LEED Gold Award by the U.S. Green Building

Council (USGBC). Completed in February of 2012, Crossings is an affordable multi-family housing complex with 18 units. LEED, which stands

for Leadership in Energy and Environmental Design, is an internationally recognized mark of excellence. USGBC developed LEED rating systems to encourage designing and building buildings that achieve high performance in key areas: sustainable site development, water savings, energy efficiency, materials selection, and indoor environmental quality.

Certification is awarded on four different levels – Certified, Silver, Gold, and Platinum – using a point-based system. Points are awarded for minimizing the negative impact on environment, increasing water efficiency, and promoting energy-saving and waste reduction strategies.

Crossings is the City’s first multi-dwelling project. Located at 2708 Woodberry Way, it is situated on a portion of the seven-parcel location that was formerly occupied by Stagger Inn, several dilapidated

apartment buildings, and a single family house. Horizons, an affordable housing complex for seniors that is planned for the rest of the site, is in the final funding application process. It, too, will be constructed using LEED guidelines.

“Our goal was to have a design that implemented practical and cost efficient construction, operations, and maintenance,” said Dr. David Sander, Mayor of Rancho Cordova. “It’s gratifying to know that USGBC says we were successful.” Crossings was built by Urban Housing Communities and was a joint project of the Rancho Cordova Housing Services Department and the City Redevelopment Agency.

For more information about the Crossings project or LEED, please contact Reed Flory, Rancho Cordova’s Housing Services Administrator, at (916) 851-8784.

## Luncheon by Women in Philanthropy to Benefit Foster Youth

SACRAMENTO REGION – Local residents can help foster youth blossom at United Way’s 11th Annual Women in Philanthropy Luncheon from 11:30 a.m.-1:30 p.m. on Oct. 15 at the Crocker Art Museum. The flower-themed event will include a fashion show, gourmet lunch and book signing and presentation by Vanessa Dikkenbaugh, author of “The Language of Flowers.” United Way’s Women in Philanthropy members also will discuss their work supporting financial literacy courses and a matched savings program for foster youth.

“Books, art, fashion and food will come together at this beautiful event to raise funds to support local foster youth,” said Lisa Watts, chair, United Way’s Women in Philanthropy. “This is such a great opportunity for women to come together and make a difference in our community.”

United Way’s Women in Philanthropy brings women together to foster the future, preparing foster youth for a successful adulthood. A dynamic group of businesswomen, homemakers and community leaders, Women in Philanthropy members raise funds, hold drives and provide trainings focused on helping foster youth rise to their dreams. The group also is a partner in United Way’s SenSe-Ability project, helping foster youth become financially self-sufficient through financial literacy courses and individual development accounts that provide a matched savings program.

For more information, visit [www.yourlocalunitedway.org/wip](http://www.yourlocalunitedway.org/wip).

Tickets are \$100. Guests also can donate \$100 to have a foster youth participating in the fashion show keep her ensemble. To purchase tickets, visit [www.yourlocalunitedway.org/wiplunch](http://www.yourlocalunitedway.org/wiplunch).

Source: Kristin Thébaut  
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# Governor Brown Signs Laws to Protect Privacy for Social Media Users

SACRAMENTO – Governor Edmund G. Brown Jr. today took to Twitter, Facebook, Google+, LinkedIn and MySpace to announce that he has signed two bills that increase privacy protections for social media users in California.

Assembly Bill 1844 (Campos) and Senate Bill 1349 (Yee) prohibit universities and employers from requiring that applicants give up their email or social media account passwords.

“The Golden State is

pioneering the social media revolution and these laws will protect all Californians from unwarranted invasions of their personal social media accounts,” said Governor Brown.

Assembly Bill 1844 by Nora Campos (D-San Jose) prohibits employers from demanding user names, passwords or any other information related to social media accounts from employees and job applicants. Employers are banned from discharging or disciplining employees who

refuse to divulge such information under the terms of the bill. However, this restriction does not apply to passwords or other information used to access employer-issued electronic devices. The bill further stipulates that nothing in its language is intended to infringe on employers’ existing rights and obligations to investigate workplace misconduct.

Senate Bill 1349 by Leland Yee (D-San Francisco) establishes a similar privacy policy

for postsecondary education students with respect to their use of social media. While the bill prohibits public and private institutions from requiring students, prospective students and student groups to disclose user names, passwords or other information about their use of social media, it stipulates that this prohibition does not affect the institution’s right to investigate or punish student misconduct.

Proponents of Assembly Bill 1844 say this is a common-sense

measure that will bring clarity to a murky area of employment law and stop business practices that impede employment. Senate Bill 1349, which passed without opposition in the Legislature, is designed to stop a growing trend of colleges and universities snooping into student social media accounts, particularly those of student athletes.

For more information on the bills, visit: <http://leginfo.ca.gov>

# NFIB Congratulates Gov. Brown for Signing ADA Reform Bill



“We’re proud to honor Kristen with this award today because she truly represents the best in emergency nursing,” said Gail Lenehan EdD, MSN, RN, FAEN,

ENA is the only professional nursing association dedicated to defining the future of emergency nursing and emergency care through advocacy, expertise, innovation and leadership. Founded in 1970, ENA develops and disseminates education and practice standards and guidelines, and affords consultation to both private and public entities regarding emergency nurses and their practice. Additional information is available at ENA's Web site, [www.ena.org](http://www.ena.org).

The new law, which goes into effect immediately, prohibits pre-litigation “demand for money” letters, and requires that any intent to sue letter must be sent at least 30 days prior to filing a lawsuit and must include the specific access problems and

"All it takes is one lawsuit to put a small business out of business permanently," Kabateck continued. "We are pleased and inspired that the Legislature chose to address this enormous problem and that the governor pushed for the reforms."

NFIB is the nation's leading small business association, with offices in Washington, D.C. and all 50 states. More information about NFIB is available online at [www.NFIB.com/newsroom](http://www.NFIB.com/newsroom).

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A recent study of small

In the Fourth Quarter, hiring for expansion of workforces has slipped slightly to forty percent (40%) of demand from the previous quarter, while hiring motivated by attrition among the top companies surveyed has risen from the last quarter to forty-three percent (43%) of demand. Employers are not growing their workforces at quite the same rate, but slightly more are opting to backfill existing positions within current staffing levels thru year's end. Despite this small reduction in the Fourth Quarter, Pacific Staffing has learned that a significant majority, sixty-two percent (62%) of those surveyed across the region will be hiring. Thirty-eight percent (38%) say they will not hire in October, November and December.

With seasonal recreation and holidays ahead Sacramento regional companies anticipate demand for sales and customer service skills in the next three months, while top companies are also seeking technical, manufacturing, warehouse and shipping experience. A number of construction, property development and home product companies also note a shortage of skilled construction trades and industry-specific technical skills.

*For more information, employment blogs & market surveys go to [www.pacificstaffing.com](http://www.pacificstaffing.com).*

The Reverend Joseph Duggan

Rev. Duggan earned a Bachelor's degree in Business at Manhattan College in New York City, a Master's at the Episcopal Divinity School in Cambridge, Massachusetts and his PhD at The University of Manchester in England. He spent nearly

Rev. Duggan is a very dedicated and compassionate man and Saint Francis is indeed fortunate to have him in our parish. Saint Francis has Sunday services at 9 and 11 A.M. and Wednesday services at 8 A.M.

SACRAMENTO - On September 27, 2012 at approximately 8:47 p.m., Gholamreza Janani, a 61 year old from Sacramento, was driving a yellow/red 2001 Ford Crown Victoria for Elk Grove Taxi. Janani was southbound on Fulton Avenue north of Hurley Way. Janani turned into the two-way left hand turn lane and made a u-turn to head northbound on Fulton Avenue. As Janani made his turn he felt a vibration to his vehicle. Phillip Jensen, a 60 year old from Sacramento was lying in the #1 lane of northbound

Witnesses established that the Jensen was in the roadway prior to being struck by the Ford. CHP is asking for any witnesses with information leading

***Any additional information about this news release should contact Officer Dutton*** who will be available at the CHP North Sacramento Area business phone number of (916) 338-6710, Monday through Friday 8:00 to 5:00 p.m. After hours, or if urgent, please contact her by cell at (916) 955-3332.


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Paul V. Scholl**

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Paul V. Scholl  
Allyse Weaver

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Banerjee Designs • Stump Removal Graphics

**Contributing Writers**  
Susan Skinner • Mary Jane Popp • Marlys Johnsen Norris • Tim Reilly  
David Dickstein • Dave Ramsey • Dr. E. Kirsten Peters • Kay Burton  
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# ...A Tall Ship and a Star to Steer Her By

**SACRAMENTO REGION** – The topsail ketch Hawaiian Chieftain is scheduled to arrive at the historic Sacramento riverfront October 9 for her annual schedule of K-12 educational programs and public tours. The tall ship will arrive in the late afternoon and tie up just upriver of the Tower Bridge near 1210 Front St., Sacramento. Hawaiian Chieftain will stay in Sacramento through December 9.

The ship is currently taking reservations for one-hour dockside and three-hour sailing programs for K-12 schools, youth service groups, and other organizations. Most available dates and times are on Saturdays and Sundays at this time. For pricing, visit the Historical Seaport’s Voyages of Discovery program page at <http://www.historicalseaport.org/education-programs/voyages-of-discovery>. To make reservations, call 800-200-5239.

Throughout the ship’s visit, the general public is invited to tour Hawaiian Chieftain Tuesdays through Fridays, 4 p.m. to 5 p.m.,

and Saturdays and Sundays, 10 a.m. to 1 p.m. Crew in 18th century costume will be available to answer questions about the vessel’s voyages and discuss her educational programming. A \$3 donation per visitor is appreciated. The ship will be closed Thanksgiving Day.

Launched in 1988 at Lahaina, Hawaii, Hawaiian Chieftain is an interpretation of a typical early 19th century coastal trading vessel. The ship sails to more than 50 ports a year in California, Washington, Oregon, and British Columbia delivering living history educational programs to K-12 students, service organizations, and the general public. Hawaiian Chieftain is also available for charter to film and television production companies, private individuals, and local businesses. Hawaiian Chieftain is owned and operated by the non-profit Grays Harbor Historical Seaport Authority, which is based in Aberdeen, Wash. During most of the year, the ship travels with the brig Lady Washington, the official ship of the state of Washington,

which will arrive in the Bay Area later in October.

*25 Years of Living History: Join the Adventure!—The Grays Harbor Historical Seaport Authority is a not-for-profit, 501(c)(3) public development authority based in Aberdeen, Wash. that owns and operates the tall ships Hawaiian Chieftain and Lady Washington, the Official Ship of the State of Washington. GHSA provides educational, vocational, recreational and ambassadorial activities and experiences that promote and preserve the maritime history of Grays Harbor, the Pacific Northwest, and our nation while serving the needs of the community.*

*Grays Harbor Historical Seaport Authority*

800-200-5239 | [ghsa\\_admin@historicalseaport.org](mailto:ghsa_admin@historicalseaport.org) | [facebook.com/GHSA](http://facebook.com/GHSA) | [twitter.com/graysharborhist](http://twitter.com/graysharborhist)

Track Lady Washington and Hawaiian Chieftain news via RSS feeds at [www.historicalseaport.org](http://www.historicalseaport.org).

The Hawaiian Chieftain will sail into Sacramento to provide educational tours. Photo by Ron Arel, Coastal Images.



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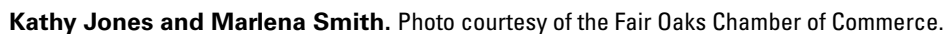


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## Sacramento County DA Report

*A recent case of interest*

CASE: Robert Blockton (09/27/12)

PROSECUTOR: Deputy District Attorney Andrew Smith, 916.874.6586

District Attorney Jan Scully announced today that the Honorable Judge Gary Mullen sentenced Robert Blockton to 5 years, 8 months in prison after pleading guilty to manslaughter and the use of a knife in the 1980 killing of Charles Redmond. He also pled guilty to a 2010 case involving the illegal possession of bullets by a convicted felon.

On November 3, 1980, Redmond died from multiple stab wounds. His body was discovered by a security guard who was patrolling the boat docks along the Sacramento River at Miller Park. The security guard saw a man matching the defendant’s description running from the scene. Blockton was arrested in January 1981, but after a preliminary hearing in May, the District Attorney’s Office dismissed the case because of a lack of evidence stemming from the identification of Blockton.

In 2007, the police received a tip naming a possible different suspect. The case was reopened by cold case detectives and semen found on the victim was sent to the District Attorney’s Crime Lab for a possible profile. In 2008, Blockton refused to give a DNA sample. After his arrest in 2010, DNA was obtained from Blockton and a match was made between the semen found on Redmond and Blockton.

Since his arrest on the murder charge in 2010, the case has encountered many difficulties from locating witnesses whose memories have faded to Blockton’s competency issues due to a stroke he suffered in 2003.

The maximum term for manslaughter in 1980 was 6 years in prison. Blockton was sentenced to the middle term of 4 years, plus 1 year for the use of a knife and an additional 8 months for the illegal possession of ammunition.

## The State of Economic Freedom

By Jeffrey Tucker,  
Laissez Faire Club  
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The great news for humanity: Economic freedom around the world is on the rise. This means liberation for millions and billions of people. What a change from 20 years ago, when so many lived under despotism and socialist slavery. These people are freer, and getting freer. More people avail themselves to the global division of labor than ever before. Poverty, hunger, and violence are falling. Technology is linking people as never before. The future is bright.

All of this information comes from one of my favorite ongoing projects: Economic Freedom of the World, an annual index that attempts to quantify what really matters in this world. It tries its best to assemble as much of the data available and keep the quantification methods consistent year by year, so we can gain a better picture of the trends.

Are people free to make contracts, keep what they earn, use a sound currency, rely on some degree of legal stability, trade internationally, associate as they please toward their mutual well-being? The more people can do this, the higher their countries rank on the scale. The more that government interferes with their lives, the lower on the scale they rank.

Here is the executive summary of this point from this year’s report: “Nations in the top quartile of economic freedom had an average per capita GDP of \$37,691 in 2010, compared to \$5,188 for bottom quartile nations in 2010 current international dollars

In the top quartile, the average income of the poorest 10% was \$11,382, compared to \$1,209 in the bottom in 2010 current international dollars. Interestingly, the average income of the poorest 10% in the most economically free nations is the least free nations.

Life expectancy is 79.5 years in the top quartile compared to 61.6 years in the bottom quartile.

Political and civil liberties are considerably higher in economically free nations than in unfree nations.”

What is the relationship between freedom and prosperity? They are directly related. If this index doesn’t prove it to a person’s satisfaction, nothing on this Earth will prove the point.

We think we live in the age of science. Maybe so. But ideology remains more powerful. Otherwise, we would see a gigantic rush the world over to free

the market, and fast. It’s the path to prosperity, peace, and human flourishing. Even if you don’t understand the logic, you can at least look at the numbers. You have to postulate an amazing number of coincidences to come up with any other explanation for why freedom is associated with prosperity and despotism is associated with poverty.

This year’s report contains a real shocker when it comes to the United States. We aren’t just slipping on the index. We are falling off a cliff. In many parts of the world, life is freer. Not in the “land of the free.” Not by a long shot. What this reports says about the United States should be front-page news. Instead, it has received barely any attention at all.

The long and short of it: **“The United States, long considered the standard-bearer for economic freedom among large industrial nations, has experienced a substantial decline in economic freedom during the past decade. From 1980-2000, the United States was generally rated the third-freest economy in the world, ranking behind only Hong Kong and Singapore. After increasing steadily during the period from 1980-2000, the chain-linked EFW rating of the United States fell from 8.65 in 2000 to 8.21 in 2005 and 7.70 in 2010. The chain-linked ranking of the United States has fallen precipitously from second in 2000 to eighth in 2005 and 19th in 2010 (unadjusted ranking of 18th).”**

One might think that it would bug people that Canada is now a more economically free nation than the United States. Remember how Finland was supposed to be ruled by mud-dle-headed socialists? No more. It ranks higher. So do Chile, New Zealand, and Australia. So do Ireland, Denmark, and the United Kingdom. It goes without saying that Hong Kong and Switzerland beat the U.S. But so do Qatar, the UAE, and Bahrain.

The question is why. The U.S. fell in every area. Regulation is more intense. There are more trade barriers. Property rights are less secure. Government is much larger. Money is not sound either, but the report gives a good grade here only because of the method of quantification. They look only at official rates of inflation so that there are accurate data across many countries. If you look under the hood at U.S. monetary policy, you can see that we are headed for a devastating fall in this area too.

What is the main reason for the fall of the U.S.? Property rights

are less secure. As the authors say, “While it is difficult to pinpoint the precise reason for this decline, the increased use of eminent domain to transfer property to powerful political interests, the ramifications of the wars on terrorism and drugs, and the violation of the property rights of bondholders in the bailout of automobile companies have all weakened the United States’ tradition of the rule of law and, we believe, contributed to the sharp decline...”

We’ve all sensed this. We see evidence all around us. But even so, it can be difficult to process intellectually. We are born to believe that we live in the land of the free. As much as we regret many of the things we see, we don’t want to make any fundamental adjustments in our outlook for the future. We want to believe that our freedom is somehow divinely protected and, despite all political trends, essentially unalterable.

This report puts us on notice. We have to come to terms with the realities. It is going to get worse before it gets better. We live in a digital age, surrounded by miracles. But those miracles are coming to us not because of anything our government is doing. We are dependent so much on the freedom that exists and grows outside our borders.

A major advantage that formerly poor countries have is that they don’t have to deal with the rotting industrial-age infrastructure that plagues the U.S. and Europe. They don’t have an antique grid and their economies are not saddled with endless and entrenched public-private partnerships and central plans like the federal code. They can leapfrog the industrial age and move right to the digital age. It’s a beautiful thing to behold.

Someone who looked at this report asked me a question. Is it time to start thinking of sending my kids abroad? The answer, I believe, is yes. Going abroad provides an important cultural education. But nowadays, we are really talking about the future itself. They may have to emigrate for economic opportunity. We all might have to.

But where? Canada is looking better all the time. So is New Zealand. China ranks low overall, but sectors of China like Shanghai are extremely free by any international comparison. There is also Latin America. Nicaragua, for example, ranks very high and is rising year after year. It’s the trend line that matters.

Sincerely,  
Jeffrey Tucker,  
Laissez Faire Club



## Bella Vista High School Arts & Crafts Fair

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If you enjoy challenges then try taking a turkey with a bow this fall. Since turkeys are programmed to look up because that's where hawks and owls come from, you won't have much luck trying to take one from a tree stand.

From the ground you can use your ears to locate them, your eyes to tell you where they are going, and your legs to get yourself between where they are and where they want to be. Then wait for them to get there, draw when they're not looking, and pick a spot.

Now doesn't that sound easy? Don't kid yourself. The turkey's defenses are extremely keen and I can almost guarantee you that if they could smell, you would never shoot one with a bow.

*Jerry Martin is a Member of the Redhead® Pro Hunting Team*

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By Ronnie McBrayer

In her book *Gravity and Grace*, the late Simone Weil wrote, “Grace fills empty spaces, but it can only enter where there is a void to receive it.” With those words she emphasizes a spirituality which for the most part has been only a minority report in the Christian church. It is the spirituality of weakness and emptiness.

It is no wonder that Jesus said, “God blesses those who are poor and realize their need for him.” He said this, not to glorify poverty, but to show that the only receptacle for God’s grace is a vacant human heart. We all must become poor, in one way or another, to receive what God has to give.

Somewhere along the line we simply lost our Way, that being the Way of Jesus. He always taught and modeled an inverted power, personal capability turned on its head. He never used coercion, strong-arm tactics, or dirty ladder climbing to the top. Rather, he descended to the bottom choosing the way of sacrifice, service, and humility.

Yet, we who are Christian often march forth to clutch for power and accomplishments as quickly as all others. Our good old Protestant work ethic (Catholics work just as hard, by the way) with a strong dose

# Grace Fills Empty Spaces

of entrepreneurship drives us to amass everything from fortunes and followers to perfect attendance pins and pats-on-the-back. We can become so full of ourselves that there is no room left for anything else, not even the grace God longs to give.

Personal achievement should be rightly celebrated, but it cannot be forgotten that egotism, pride, and ambition are the real enemies of the gospel. Why? Because when our hands, heads, and hearts are full, we are simply unable to accept what God offers. “Grace fills empty spaces!” Or in the words of Leo Tolstoy, “Even the strongest current of water cannot add a drop to a cup which is already full.”

I remember the telling of an old story about a scholar who climbed the mountain to meet the Zen Master face to face and to learn from him. This scholar had an extensive academic background. He had read and studied all the important texts and was a wealth of knowledge and experience.

After making all the customary bows and introductions, the two sat together and the scholar began talking about all he had done and all he had studied. He talked about all his endeavors and all he hoped to achieve in the future. The Master listened carefully and patiently and began to brew tea for the two to share.

When the tea was ready, the Master brought it over and began pouring it in the scholar’s cup; and he kept pouring, pouring,

and pouring. It filled the cup, ran over into the saucer, into the scholar’s lap and onto the floor! The scholar jumped up shouting, “Stop! Stop! The cup is full and running over! You can’t get any more in there!”

The Master stopped pouring and said: “You are just like this cup. You are so full of yourself that nothing else can get in! You come here asking to be taught, but I can teach you nothing until your cup is empty.”

None of us will receive God’s good grace or experience genuine transformation so long as we remain full of ourselves. The gospel is completely unappealing – it is downright repulsive – to those of us who feel that we can manage our lives with our own abilities, resources, accomplishments, or on own terms. As long as this self-reliance reigns supreme, the reign of God cannot take hold in our lives.

No, it’s not what we’re often told, but emptiness is not curse; it is the cure. Insufficiency is not the end; it is the beginning. Admitting that our hands hold nothing is not a liability; it is receptivity. And when we acknowledge that we have nothing left, it is then we have found the most important thing of all: The capacity and space to accept grace when it is offered to us.

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

# Would Someone Please Call “Timeout?”

By Rev. James L. Snyder

I just realized that summer is now over. Where in the world did it go?

In fact, that is a very good question. Where does the summer go when it leaves? Is there some place that summer, winter, spring and fall go to chill out? When they get there, what in the world are they doing?

Someone suggested, and I will not divulge any names only to say they live in the same residence I do, that as a person gets older time goes faster. I absolutely resemble that comment.

This past week I finally adjusted myself to my summer-time schedule. I do not know about anybody else, but it takes me a long time to get into a new schedule.

While I am thinking about it, who in the world invented these seasons? Why didn’t they let a good thing go? I would much have preferred that we simply divide our time by day or night. If it is dark, for example, it has to be night. And, if the sun is up and it is shining and bright, it must be day. I could live with something like that. At least I would know what time it really was.

I was actually wallowing in a hopeless spirit of despondency. What is a person to do?

Then something rather strange happened. One of my friends was playing football and his first game was on a Saturday morning. I thought maybe the distraction might cheer me up a little bit and encourage me to keep on keeping on.

I cannot remember the last time I was at a football game. Of course that does not mean too much, I cannot remember what I had for lunch yesterday. It was good to get into a different venue, and air out my soul.

Then it hit me. No, not the football, although that might

have helped to a certain degree. But a thought hit me, which is just about as rare as being hit by a football at a football game.

I had just gotten into the spirit of watching the game when all of a sudden I heard a whistle and a coach yelled, “Timeout.” At that moment everything stopped. I looked at the clock on the scoreboard and it had stopped. I had forgotten about this little quirk in football.

The clock did not start and the game did not commence until the coach yelled, “play ball.” Or something to that effect.

That got me thinking. If they can do that for football, why can’t we do that for life? After all, life is far more important than a football game. Who is that coach that yells, “Timeout,” and everybody stops? What kind of authority does he have?

We need to bring this kind of thinking into life in general. It seems to me that everything in life is thought out in great detail except actually living life. Football has been well thought out and is comprised of rules and regulations. Baseball the same. Hockey... Well maybe not so much hockey. Most games are well thought out, have rules to live by, and if something isn’t going the way it is supposed to go, the coach has the privilege of yelling “Timeout.”

How many times could I have used this little rule in my life?

Wouldn’t it be nice to stop life when you have made an inappropriate remark, maybe you said something to your wife that came out the wrong side of your mouth. I have done that many a times. I think it would be rather nice if when I realize what I have just said, to be able to yell “Timeout.” Then do it over again.

The other day one of my checks from my checking account bounced. That would have been a perfect time to yell

“timeout” and redo the whole thing.

There are so many things in life that could benefit from this one little thing called “timeout.” I suggest that we began implementing this into our daily life. After all, our daily life is much more important than a football game, a hockey game, or a baseball game. I think whenever something goes awry we should have the privilege to stop it right in its tracks and do it over again. It does not matter how many times we have to do it over again, we continue doing it over until we get it right.

It would make life more exciting if I knew that if I made a mistake I could call “Timeout,” do a do-over, and make everything right.

I think we need to have a very stern conversation with good old Father Time. He is so much a stickler for time marching on. But sometimes you get tired of marching and need to sit down and take a breather. Then sometimes, you need to change the direction in which you are marching. It is not so bad the time marches on but when it needs to turn around and march the other way that is a completely different story.

In thinking further along this line, I discovered God already has a “Timeout” plan. I found it in 1 John 1:9 (KJV), “If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.”

With this in mind, I certainly want to take full advantage of God’s “Timeout” plan.

*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 [jamessnyder2@att.net](mailto:jamessnyder2@att.net). The church web site is [www.whatafellowship.com](http://www.whatafellowship.com).*



By Pastor Ray Dare

How you deal with the irritations of life is a great test of your Christianity. The Bible says in Proverbs 16:32 (Good News) “*It is better to be patient than powerful. It is better to win control over yourself than over whole cities.*”

What is the secret of learning to be patient? How do you develop more patience? The answer is, you cooperate with God. When you learn patience, God has a part and you have a part. God’s part is to provide the circumstances, your part is to provide the right response. God’s part is to provide the events, your part is to provide the right attitude. When God wants to teach you patience, He provides the situations and you provide the right reactions.

**Discover the bigger perspective.** You’ve got to learn to see from other points of view, not just your own — look at it from a larger viewpoint. There’s always more than one way to look at something. Proverbs 19:11, “*A man’s wisdom gives him patience. It is his glory to*

# How to Be More Patient

*overlook an offense.*” Patience starts with wisdom. Wisdom is seeing life from God’s point of view. If you want to be patient you’ve got to get a bigger perspective. Life is not going to end because of this little irritation or this inconvenience. A man of patience has great understanding.

**Deepen your love.** 1 Corinthians 13:4, “*Love is patient.*” When I’m impatient, I’m usually being unloving. When you’re filled with love, almost nothing will irritate you. When you’re filled with anger, almost anything will. It’s what’s inside of you. Impatience says more about you than it does about the other person. You need to say, “Lord, help me to love that person.” Think of that person who’s heavenly sandpaper, that irritant, and say, “Help me to love that person this week, to understand them.”

**Depend on God’s power.** Colossians 1:11 (New English Bible), “*May He strengthen you in His glorious might with ample power to meet whatever comes with fortitude, patience and joy.*” You can pray this prayer: That Christ will strengthen you in His glorious might with power that will give you fortitude, patience and joy. He’s saying that patience is not merely a matter of human will — “I’m going to be patient if it kills me!” Some people just

tick you off! But with God’s power you’re going to get fortitude, patience and joy.

Patience reveals your faith. The Bible is full of examples of people who had to wait. Noah waited 120 years before the boat started floating, before it rained. Abraham waited 90 years before the son was given to him that was promised. Moses waited 40 years in the wilderness. All of God’s great saints have had to go through the school of waiting. So will you.

Why is patience so important? I don’t care what you say on Sunday morning about being a Christian and a believer and loving God... The acid test of your faith is how you handle irritations, inconveniences, interruptions, and inactivity of life. That’s where the rubber hits the road. Your attitude reveals who’s in control of your life. Patience is a mark of maturity. Babies have no patience at all; “I want it now and if I don’t get it now, I’m going to cry about it!” But a mature person can be judged by “How long can you wait?”

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By Marlys Norris, Christian Author

First of all let me share with you that I thank God for those fanatics that crossed my life years ago before I began my walk with God. They were the only people who touched my life that were “sincerely interested in my eternal destiny” and did their best to share with me the precepts of the Bible relating to salvation through the precious shed blood of Jesus Christ and all He accomplished on the Cross for every one of us.

Possibly some people who read this article may even call me

# Religious Fanatics

a religious fanatic but let me tell you I pray that I am not a self-righteous religious person. The word religious to me is a word that offends me because I have seen people who truly are merely just religious but have no acts of love behind their actions. They may attend church every Sunday but there is no fruit of God’s love exemplified in their life, it is all about what they can get!

Yes, I am concerned about everyone’s eternal destiny. Yes, I am always glad to share the way someone might come to the knowledge of the Savior of their soul. Yes, the Holy Word of God, the Bible is my final and only authority by which I live my life. Yes, I love to share all that I have learned about the magnanimous and powerful love of God.

Yes, my heart cries too, when one rejects having any knowledge about the Creator/God I have come to love with my heart

and soul, because God loves them too. Yes, I sense the pain God has in His heart because of their rejection of the destiny He had designed for their life. Yes, I do not understand!

Yes, I love writing as I listen to God’s Holy Spirits direction and I am always amazed how He directs what I write. Yes, I am honored God allows me to write my name as the author of it all. But, know this — I am humbled because this is His gift of writing to me. I do my best to give honor and glory to Almighty God whom I love and appreciate with all my heart for the many blessings He has brought my way. My prayer is that in some way what-ever I write blesses and helps someone along the way!

*Marlys Johnsen Norris  
First Book: “God Moves Mountains, It was a Miracle”  
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CLUES

ACROSS

1. Played, as with an idea

6. "Lake" in France

9. Confederate soldier's hat

13. Copycat's behavior

14. She married a Beatle

15. They go from high to low

16. Ancient Roman's language

17. Small sandy island on a coral reef

18. Like days gone by

19. \*One of its teams hasn't won one since 1908

21. \*Chased in playoffs

23. Friend from Paris

24. Belongs to us

25. Fifth note

28. Patron saint of Norway

30. \*New York transplants and 2010 champ

35. \*All-time Series champs, the Yankees, aka the "\_\_\_\_ Empire"

37. Not a win and not a loss

39. Openly distrustful

40. \*More than one grow on Wrigley Field's outfield walls

41. Become established

43. Welcoming sign

44. Concluded

46. Cylindrical building

47. One billionth

48. Relating to nervous system

50. Some emit a more pleasant one than others

52. Limited, as in a company

53. Vegas light

55. Maiden name indicator

57. \*Last year's NL pennant winner

61. Sign of irritation

65. \*In 2009, Derek Jeter won one for the \_\_\_\_

66. Cell phone emergency contact

68. Relating to seta

69. Fear-inspiring

70. Longest division of time

71. Yemeni neighbor

72. Track gathering

73. Pumpemickel, e.g.

74. Vascular tissue

DOWN

1. Bath powder

2. Moonfish

3. Himalayan inhabitant?

4. American author \_\_\_\_

Jong

5. Live wire

6. Batty or bonkers

7. Santa \_\_\_\_ winds

8. Beaver-like South American rodent

9. Used for drying wood or bricks

10. Cocoyam

11. Ball-\_\_\_\_ hammer

12. Is not

15. It is removed by ENT specialist

20. Covers with a thin layer of gold

22. Heat or energy unit

24. Sometimes done standing

25. \*Best of \_\_\_\_ games

26. Relating to sheep

27. One who adheres to Hinduism

29. Greek god of war

31. Same as #70 Across

32. Between India and China

33. Council of \_\_\_\_, 15th century

34. Ecclesiastic convention

36. Suggestive look

38. \*A \_\_\_\_ pitch allowed tie run to score in Game 6 in '86 Series

42. Not a soul

45. Johann Strauss's was blue

49. Welcoming accessory

51. \*They broke the "Curse of the Bambino"

54. Twig of willow tree

56. Rap group Public \_\_\_\_

57. Part of a wine glass

58. Shakespeare's "you"

59. Fishing decoy

60. Leave out

61. Surrealist \_\_\_\_ Magritte

62. Abbreviation when referring to a number of people

63. Of sound mind


64. \* \_\_\_\_ Sallee pitched in 1919 Series against Black Sox

67. "To His \_\_\_\_ Mistress," poem

For Solution See Page 7

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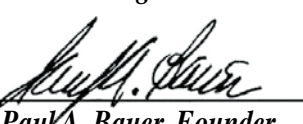
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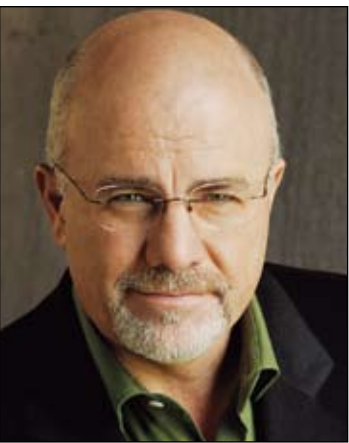
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**Picking the Right Trustee**

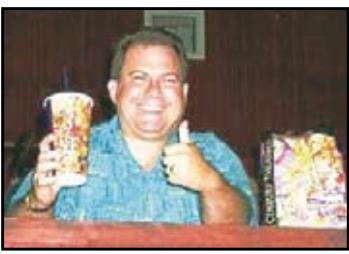
Dear Dave,  
I'm going through a divorce, and I'm about to buy a \$600,000 life insurance policy. My 9-year-old daughter would be the beneficiary. I need a trustee, but how do I pick a good one?  
- Marie  
Dear Marie,  
First, your daughter wouldn't be the beneficiary. You would leave it in a trust for her benefit. And I'm not sure I'd depend on an ex-husband to

# Dave Says

handle something that requires this much integrity. You'd be better off hiring a good attorney to execute the trust upon your death, or you can look for a bank that has a trust department.  
Once you decide on a trustee, you must remember to clearly and specifically state what you want done with the money. Don't say to invest the money appropriately, because what a banker views as an appropriate investment and what I view as an appropriate invest are usually very different. A banker might put the money in CDs, or certificates of deposit, while I'd probably look at something like mutual funds, which have a much better rate of return.  
In many cases, a trust for a child is put in place to pay for their first car, a medical situation or their college education, but this is completely up to you. The balance of the money might go to them when they reach age 21, while they receive a monthly stipend for food and other essentials while they're younger.  
I'm proud of you for thinking ahead, Marie. I know divorce is hard, but your little girl is lucky to have such a good and caring mom on her side!  
- Dave

**Dave's Thoughts About**

**Online Banks**  
Dear Dave,  
How do you feel about using an online bank for your emergency fund?  
- Jared  
Dear Jared,  
I don't think that's a problem at all in most situations. Just make sure you do a little research. Know who you're dealing with and that they've got some strength. A bank that is known as a "click and mortar"—one that has a physical location as well as online—would be my preference. Some of them have great debit card programs that includes debit card rewards and high-interest checking accounts, too.  
When it comes to an emergency fund, I like the idea of keeping it in a separate money market account. That way you get money market rates, plus you can attach check writing privileges to the account. Then when an emergency comes along, you don't have to worry about shuffling money around. You can just write a check out of the account. Problem solved!  
- Dave  
\*For more financial help, please visit daveramsey.com.



*by David Dickstein*



**Family Films**

**"Frankenweenie"**  
Opens Oct. 5, rated PG  
[disney.go.com/frankenweenie](http://disney.go.com/frankenweenie)  
Not your boy and his dog tale, the latest from writer-director Tim Burton is his third stop-motion animated film after "The Corpse Bride" and "The Nightmare Before Christmas." Macabre, yet heartwarming — typical Burton, in other words — the story follows young Victor, who loses his beloved dog but brings him back to life through the power of science. Voice cast is led by Winona Ryder, Martin Landau, Martin Short and Catherine O'Hara..

**"Fun Size"**  
Opens Oct. 28, rated PG  
[paramount.com/funsize](http://paramount.com/funsize)  
Nickelodeon darling Victoria Justice ("Victorious," "Zoey 101") plays a sarcastic teenager who is forced to take her younger brother trick-or-treating on Halloween, only to end up losing him. Instead of calling the police, which is probably the best move in the real world, this comedy has the young lady trying to handle the situation herself. Her rationale: If Mom finds out she's toast.  
**"Here Comes the Boom"**  
Opens Oct. 12, rated PG  
[boom-movie.com](http://boom-movie.com)  
When budget issues threaten the music program of a failing high school, the biology teacher (Kevin James) hopes to raise money by moonlighting as a mixed martial arts fighter. He's a former collegiate wrestler, so it's not as far-fetched as it sounds, but even still, it's a comedy. Henry Winkler plays the jeopordized music teacher, while Salma Hayek plays possibly the hottest school nurse in history.

# Films and DVDs for the Whole Family



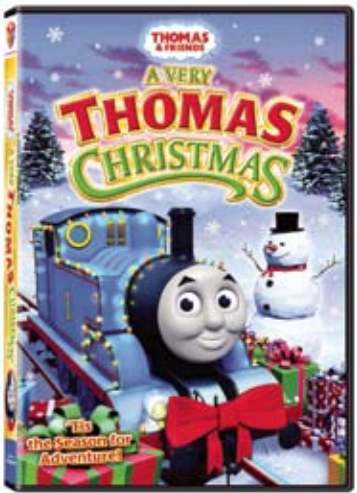
**Family DVDs**

**"Big Top Scooby-Doo!"**  
(ages 3-8, Oct. 9 on DVD, not rated): When a traveling circus faces possible closure because of recent attacks on performers and stolen property from patrons, Scooby and the gang go inside to find out who or what is behind all that. Fred, Daphne and Velma become a trapeze artist, motorcycle stunt driver and a human cannonball, respectively, but even scarier is the possibility that werewolves are causing the terror. Grade: B

**"Happiness Is ... Peanuts: Go, Snoopy, Go!"**  
(ages 3-8, Oct. 9 on DVD, not rated): The latest in the "Happiness Is" series pairs the 1974 TV special, "It's Spring Training, Charlie Brown" with an episode from "The Charlie Brown and Snoopy Show" on one disc. "Spring Training" has been long-available on DVD and it's far from being a classic. No bonuses, too. Good grief. Grade: C

**"Madagascar 3: Europe's Most Wanted"**  
(ages 4-12, Oct. 16 on DVD and Blu-Ray, PG): Funny, exciting and heart-warming is the third time out with Alex, the soft-pawed lion, Marty the sassy zebra and Melman, the neurotic giraffe. The summer hit is the best of the 7-year-old franchise and makes the most of an all-star voice cast led by Ben Stiller, Chris Rock, David Schwimmer and Jada Pickett Smith. Grade: A

**"Thomas & Friends: A Very Thomas Christmas"**  
(ages 2-7, Oct. 9 on DVD, not rated): Get on track with the holiday season early with this yuletide-themed DVD that features four all-new episodes and game bonuses. More content would have been cheap and easy, so you and your child will have to make due with just 48 minutes of edutainment. Grade: B



**"Tom and Jerry: Robin Hood and his Merry Mouse"**  
(ages 3-8, Oct. 2 on DVD and Blu-ray, not rated): A cat-and-mouse tale provides the fresh take on the heroic outlaw of English folklore. This all-new original, 2-D animated film has surprisingly good production value and features the classic frenemies who suspend their feud to thwart a plan that would bring harm to Maid Marian. Grade: A-



# End FCC Threat to Restrict TV News, Press



**Commentary by Corydon B. Dunham**  
Corydon Dunham is a former TV network executive and general counsel, and author of , "Government Control of News."  
On Tuesday, President Obama spent much of his address to the United Nations General Assembly discussing free speech in an era of global instant communication.  
"I know that not all countries in this body share this particular understanding of the protection of free speech," he said.  
Meanwhile, under his administration the FCC is holding a plan for a new balance, diversity and localism rule that would enable the U.S. government to suppress television news and restrict speech.  
The new rule is similar to the old Fairness Doctrine, which the FCC and courts revoked in 1987 when they found it was against the public interest. FCC investigations had deterred and suppressed television news, restricted speech, and

prevented criticism of incumbent administrations.  
As my book reveals, the new localism rule would have similar results or worse. One new member of the FCC staff who helped draft the localism rule has written that freedom of speech and press is not his "objective," and that free speech "is warped to protect global corporations and block rules that would promote democratic governance." He also concludes the new localism rule could be used to take away licenses in place of the "misnamed Fairness Doctrine."  
Another wrote that television is a "powerful source of homogenization and pabulum," and recommended using burdensome FCC regulations to "hasten the demise of broadcasting" (later reworded.) That writer applauded a rule which would make broadcasting local events more difficult so "local viewers are less likely to watch the local broadcasters."  
A special report recommended in June 2011 that the localism proceeding be ended because of its destructive burdens. Over opposition from other commissioners, the FCC chairman appointed by President Obama continued it and, after the November election, the FCC could move to adopt it.  
The Chief of the White House Office of Information and Regulatory Affairs, a fellow law professor of President Obama, has long urged that the government should take control of news

to achieve its political and social purposes. Another former law professor, since appointed by President Obama to the Supreme Court, wrote an article also urging the government to manage news, saying this would be constitutional if news coverage were not "ideal" at a particular time, and government was changing news to that end.  
The great historian Gordon S. Wood writes, "Remember that the United States has always been to ourselves and to the world primarily an idea." Ending this country's free press and free speech traditions would certainly destroy that idea.  
**About Corydon B. Dunham**  
Corydon B. Dunham is a Harvard Law School graduate. His Government Control of News study was initiated at the Woodrow Wilson International Center for Scholars, Smithsonian Institute, and expanded and developed for the Corydon B. Dunham Fellowship for the First Amendment at Harvard Law School and the Dunham Open Forum for First Amendment Values at Bowdoin College. Dunham was an executive at NBC from 1965 to 1990. He oversaw legal and government matters and broadcast standards. He was on the board of directors of the National Television Academy of Arts and Sciences, American Corporate Counsel Association, and American Arbitration Association among other posts.

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# Prepare for Coming "Dark Days"

Continued from Page 1

One's chance of becoming a victim of either violent or property crime here is one in 18. Within California, more than 96% of the communities have a lower crime rate than Sacramento.  
So in this era of budget shortfalls, reduction in criminal sentencing, fewer going to jail and less police on the streets, taking personal responsibility for your own safety is critical. By type of crime, there were 167

rapes, 1498 robberies, 2448 personal assaults and 33 murders, in addition there were 5084 burglaries, 11,904 thefts and 4994 cars stolen in the Sacramento region according to Neighborhood Scout. No one wants to become a crime statistic.  
Take time to arm yourself with knowledge and basic self-defense at the Dark Days Dangers Free Women's Safety and Self-Defense Clinic on Friday, October 19 at 6:30 pm. The event is taking place at 17 Robinson's locations across the

region and pre-registration is available at [www.robinsonsktd.com](http://www.robinsonsktd.com) by clicking on the Events tab. Space is limited.  
Black Belt instructors will take time to walk women thru simple, easy to recall escape moves that can give a victim time to survive an assault and run away. They will also discuss tips that can reduce your chances of becoming a victim by helping raise awareness of dangerous situations and help women learn to trust their instincts.

# Learn Social Dancing in New Classes

**Capital Dance Center, 11270 Sanders Dr, Rancho Cordova**  
**(916)635-2600 • <http://www.capitaldancecenter.com>**

**Sunday, October 7**  
Learn Social Dancing, October Special, \$2  
4.30 - 5.00pm EAST COAST SWING lesson  
5.30 - 6.00pm SALSA lesson  
1/2 hour supervised practice after each session  
Singles & Couples welcome.  
**Sunday, October 14**  
Learn Social Dancing, October Special, \$2  
4.30 - 5.00pm RUMBA lesson  
5.30 - 6.00pm MERENGUE lesson

1/2 hour supervised practice after each session  
Singles & Couples welcome  
**Sunday, October 21**  
Learn Social Dancing, October Special, \$2  
4.30 - 5.00pm NIGHT CLUB 2 STEP lesson  
5.30 - 6.00pm WALTZ lesson  
1/2 hour supervised practice after each session  
Singles & Couples welcome  
**Sunday, October 28**  
Learn Social Dancing, October Special, \$2  
4.30 - 5.00pm

BACHATA lesson  
5.30 - 6.00pm HUSTLE lesson  
1/2 hour supervised practice after each session  
Singles & Couples welcome  
**Learn Social Dancing Sunday afternoons 4.30 - 6.30pm**  
October Special, \$2  
Learn 2 dances with 1/2 hour supervised practice after each session  
Singles & Couples welcome.  
Contact Capital Dance Center, 916-635-2600, for dances to be taught.



# Fresh and Fun FAMILY RECIPES

**Rachael Ray’s  
FreshOver  
Recipe Guide  
offers delicious,  
healthier meal options**

FAMILY FEATURES

To help families transform ordinary meals into fresher versions that the whole family will feel good about eating, Ziploc Brand has partnered with best-selling author and TV personality Rachael Ray to bring healthier food choices to tables with the Great American FreshOver Project, a fresh food makeover made easy. Rachael is an expert at creating quick meals. She aims to motivate families to swap their traditional recipes for versions that contain healthier ingredients and taste just as good. “According to a Ziploc Fresh Eating Survey, 72 percent of Americans feel like a good parent when their family eats fresh food, but only 47 percent eat fresh foods on a daily basis. To make eating fresh easier, Ziploc and I are sharing recipes and tips on how to incorporate fresh ingredients into favorites like pizza and mac ‘n cheese,” said Ray. “Anyone can get started on their FreshOver Projects in their own kitchen.” For more recipes from the Ziploc Brand and Rachael Ray, visit the Ziploc Brand Facebook Page at [www.facebook.com/ziploc](http://www.facebook.com/ziploc).



**Broccoli and Cauliflower Gratin Mac ‘n Cheese**

Yield: 6 servings  
Prep Time: 20 minutes  
Cook Time: 1 hour

- 1 small head or bundle broccoli, trimmed into florets
- 1 small head cauliflower or half a large head, trimmed and cut into florets
- 1 pound whole-wheat macaroni or penne or other short cut pasta
- 2 cups sour cream or reduced-fat sour cream
- 1 tablespoon Dijon mustard
- 1/3 cup finely chopped chives
- 2 cloves garlic, peeled and grated or crushed into paste
- A few drops hot sauce
- Salt and freshly ground black pepper
- 2 1/2 cups grated extra-sharp cheddar

Bring large pot of water to a boil over medium heat. Salt water and add broccoli and cauliflower florets. Boil vegetables for 5 minutes, then remove with a spider or a strainer and drain.

Add pasta to water and undercook by about 2 minutes, drain.

Meanwhile, combine sour cream in large bowl along with mustard, chives, garlic, hot sauce, salt and pepper, to taste.

Add pasta and cauliflower and 2/3 of the cheese. Stir to combine, then transfer to a casserole dish or Ziploc VersaGlass container and cover with remaining cheese. Cool and chill for a make-ahead meal.

To heat and eat, put casserole on baking sheet and bake in the middle of a preheated 375°F oven until deeply golden and bubbly, about 40 to 45 minutes.

**TIP:** Make a double batch and freeze for a later date.

**Stretch a Buck Turkey and Bean Burrito Burgers**

Yield: 4 servings  
Prep Time: 20 minutes  
Cook Time: 16 minutes

- 1 cup cold leftover white or brown rice
- 1 pound ground turkey
- 1 (15-ounce) can pinto beans, rinsed and drained
- Palmful chili powder
- 1 1/2 teaspoons cumin, half a palmful
- 1 1/2 teaspoons coriander, half a palmful
- 1 tablespoon grill seasoning, (recommended: Montreal Seasoning by McCormick)
- 1 tablespoon canola oil
- 1 ripe avocado
- 1 clove garlic, grated or finely chopped
- 1 lime, zested and juiced
- 1 jalapeño or serrano pepper, seeded and finely chopped
- 1/2 small red onion, finely chopped
- 1 cup sour cream
- 4 red leaf lettuce leaves
- 1 ripe tomato, sliced
- 4 crusty rolls, split

Combine rice, meat and beans with spices and grill seasoning. Form 4 big patties, then heat 1 tablespoon oil (a turn of the pan) in a large skillet over medium-high heat.

Cook patties 7 to 8 minutes on each side.

While burgers cook, combine avocado with garlic, lime zest and juice, jalapeño and red onion.

Mash to roughly combine, then stir in the sour cream.

Place burgers on buns with lettuce and tomato, and top with sour cream guacamole.

**TIP:** To keep leftovers fresh, store in reusable dishes like Ziploc Twist n’ Loc Containers.

**The Only Pizza You’ll Ever Want Again**

Yield: 4 servings  
Prep Time: 15 minutes  
Cook Time: 20 minutes

**Crust**

- 1 16-ounce package pizza dough, brought to room temperature
- 2 teaspoons extra virgin olive oil
- 2 tablespoons grated Parmigiano-Reggiano

**Toppings**

- 1/3 pound broccoli from trimmed broccoli bin in produce section, 1/3 head
- 1 tablespoon extra virgin olive oil, 1 turn of the pan
- 3 cloves cracked garlic
- 1/2 pound chicken breast cut for stir fry, or chicken tenders
- Salt and freshly ground black pepper
- 1 cup part skim ricotta cheese
- 10 sun dried tomatoes in oil, drained and sliced
- 1 cup shredded mozzarella cheese, available on dairy aisle
- 12 to 15 leaves fresh basil, torn or stacked and thinly sliced

Preheat oven to 500°F.

On 12-inch nonstick pizza pan, stretch out dough and form pizza crust. Drizzle olive oil on crust and spread it with a pastry brush over the dough to the edges. Sprinkle crust with grated Parmigiano-Reggiano.

In a small covered saucepan, bring 2 inches water to a boil. Separate broccoli tops into florets, discarding lower stalks or reserving for soup. Salt water and add broccoli florets. Cook, covered, 3 to 5 minutes. Drain broccoli and set on cutting board. Chop broccoli florets into small pieces.

Heat a small nonstick pan over medium high to high heat. Add oil, cracked garlic and chicken. Season with salt and pepper. Brown chicken until lightly golden all over, 3 to 5 minutes.

Chop sautéed chicken and garlic on a cutting board into small pieces.

To assemble pizza, dot crust with broccoli and chicken. Dot crust with spoonfuls of ricotta, spreading gently with the back of spoon. Add sliced sun-dried tomatoes, scattering around pizza to edges. Complete assembly with a thin layer of shredded mozzarella.

Place pizza in oven on middle rack and lower heat to 450°F.

Bake 12 minutes, until cheese is deep golden in color and crust is brown and crisp at the edges.

Remove from oven and let stand 5 minutes. Top with lots of torn or shredded basil. Cut pizza into 8 slices using pizza wheel and serve.

**TIP:** Put an individual serving size of chicken in Ziploc Brand Perfect Portions Bags right after purchasing and freeze in a Ziploc Brand Freezer Bag. That way you don’t have to defrost more chicken than you need for a meal.



By Eric Nelson

In a recent Wall Street Journal debate, Dr. Sanford Newmark, head of the pediatric integrative neurodevelopmental program at the Osher Center for Integrative Medicine and author of ADHD Without Drugs—A Guide to the Natural Care of Children with ADHD, and Dr. Harold Koplewicz, president of the Child Mind Institute, offered up widely different answers to the question, Are ADHD Medications

Overprescribed?

Briefly...

Dr. Newmark: “ADHD is significantly overdiagnosed. And for those who do have the condition, medications aren’t always the best or only option. But overdiagnosis isn’t the only reason too many kids are taking ADHD medication. Even among children in whom ADHD is correctly diagnosed, medication is overprescribed. There are other ways to help these children.”

Dr. Koplewicz: “ADHD is real, it is widespread, and the stimulants commonly prescribed for it are the most effective treatment, have few side effects and are nonaddictive. Overuse of these medications isn’t rampant. The fact is the unfounded mistrust of ADHD medications is more dangerous than the drugs.”

Although this conversation

focused on the use of drugs to treat ADHD, the same question could have been posed in relation to just about any disease. However, if we really want to get to the heart of the matter, perhaps the better question we should be asking is whether we believe drugs themselves are essential to our health.

Let me clarify by saying that I am by no means suggesting that in today’s world giving up drugs altogether is a realistic option. There are no doubt millions of people who will testify to the benefits they provide. But have we put so much faith in them that we’ve stopped questioning if a chemical is capable of supplying what may be most needed to live a healthy life?

Of course, any discussion as to a possible alternative to drugs needs to begin with an honest

consideration of where we stand in terms of our individual and collective ability – and desire – to get along without them.

During one such discussion I had recently with Dr. Newmark at his office in San Francisco, we spoke in some detail about the “other [non drug-based] ways” he referenced in his Wall Street Journal article, the most interesting being the degree to which the thought of the doctor, the patient, and – in his particular line of work – the parent play a role in gaining and maintaining health.

“The worst thing going on in western medicine today is the loss of the value of the placebo,” he said, referring to the impact the positive expectations of both patient and physician can have on the recovery process.

“Every word one says to a patient influences their healing

potential.”

The flip side, of course, is the nocebo effect or “medical hexing,” to use a phrase coined by integrative medicine guru, Dr. Andrew Weil. Generally used to describe inert pills given to patients who are told to expect – and often experience – an adverse reaction, the term can also be applied to health care providers who inadvertently make matters worse by, for instance, telling patients that their chances of recovery look grim.

At least within the medical community, coming up with a satisfactory description of this link between our thought and body has so far proven elusive. Perhaps that’s why its application to health care remains somewhat on the fringe. Still, it’s worth asking whether a better understanding of this connection will

eventually lead to a significant reduction – even elimination – of the use of drugs.

I assume that this is something both Drs. Newmark and Koplewicz would agree would be a very good thing.

*Eric Nelson is a Christian Science practitioner whose articles on the link between consciousness and health appear regularly in a number of local, regional, and national online publications, including The Washington Times. He also serves as the media and legislative spokesperson for Christian Science in Northern California (www.norcalcs.org). This article shared with permission by Communities @ WashingtonTimes.com.*

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