



# Delicious and Aromatic These Holiday Dishes Delight

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"Say It Ain't  
So, Joe!" ...  
Twice

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# AMERICAN RIVER MESSENGER

Volume 6 Issue 22

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

Second Edition for November 2011

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## Grants Support Innovative Classroom Learning

*Community-Based San Juan Education Foundation Awards grants  
for Science, Technology, Arts, and Literacy*



San Juan Unified School District students are the big winners from the new grant programs.

Grants totaling nearly \$40,000 from the San Juan Education Foundation (SJEF) will be awarded immediately to teachers in the San Juan Unified School District to fund innovative programs in science, technology, arts, and reading. An additional \$30,000 had been allocated for literacy programs in 2012.

San Juan Education Foundation is an independent, non-profit community organization formed as a link between the community and schools in the San Juan Unified School District. The Foundation annually awards grants directly to educators to support teacher-initiated classroom programs that creatively

challenge San Juan students and nurture their desire to learn.

Some of the projects that will benefit from the grants include a campus radio station that will provide English language learners with the opportunity for meaningful school involvement, a project that uses Mouse Trap Cars to help students understand

how to calculate speed and velocity and use critical thinking in teams, the use of GPS technology to develop topographic maps of the American River Parkway, the use of radio controlled cars to better understand the laws of physics, development of a mal-let ensemble using marimba, xylophone and vibes, a collaborative program with Powerhouse Science Center and RAFT (Resource Area For Teachers) to give students a hands-on science experience, as well as additional science, literacy and music projects that integrate technology.

"California's budget problems have seriously impacted the ability of our schools to continue important academic program, and we believe it is critically important to do everything we can as members of the Sacramento community to enrich the classroom experience and offer support to teachers who want to use their creativity and innovation to challenge their students," said SJEF Board Chair Charlene Mattison.

The Foundation's Board is comprised of community, business and education leaders, who bring professional expertise, knowledge of community resources and the creativity necessary for a fresh approach to helping teachers help their students to thrive.

For more information about how to apply for grants and about the San Juan Education Foundation, please visit [www.sanjuanfoundation.org](http://www.sanjuanfoundation.org).

## Ted Gaines at Your Service...



*From State Senator  
Ted Gaines*

As your State Senator, one of the most important services I provide is assisting you when you are having trouble cutting through the red tape of state government. If you have a problem with a state agency or program such as those listed below, my staff can help find answers.

Department of Motor Vehicles  
Employment Development  
Department  
CA Department of Justice  
(background checks for employment)  
Medi-Cal  
Franchise Tax Board  
CA Public Utilities Commission  
CA Resources Agency  
Medical Board of California  
CA Contractors State License Board  
CA Department of Food and Agriculture  
and much more!

We also assist local governments and community organizations with regulatory issues and grant programs involving state agencies. We can seek answers to your questions, make the appropriate officials aware of your concerns and assist with any problems you might be experiencing. Below are a few recent examples of "success stories" my office has been able to help with:

An Orangevale resident built a shed on his property using the proper permitting he had obtained from Sacramento County. Upon completing the shed, a neighbor complained it was too close to the sidewalk and the county determined the shed needed to be moved. He complied at his own personal expense of time, labor and materials. Upset, he filed a claim with the county's insurance company seeking reimbursement. Months went by and there was no news on the status of the claim. As soon as he brought this to my attention, my staff stepped in to help. It wasn't long after that he received a reimbursement check from the county for \$1,100.

Another case involved a Carmichael resident who was having difficulty obtaining her medical records from her former physician. She needed those records to properly treat her endometriosis. State law says a doctor has to provide patients with copies of their records within 15 days of their request. The constituent also filed a complaint with the Medical Board of California. Nearly a year went by with no action until she contacted my office. My staff got in touch with the Medical Board and in a matter of days, she received her records.

If you're not sure where to go for help, feel free to ask us. We are here to serve you and can refer you to the appropriate government agency. Just call my district office at (916) 783-8232 and we will help you get started.

## Sacramento Baroque Soloists Perform "Winter's Eve"

*By Denise MacLachlan*

FAIR OAKS – Sacramento Baroque Soloists will bring in the winter season with a spirited combination of early Christmas carols and Celtic music in their "Winter's Eve" concerts on Dec. 3 and 4.

Melding historical training and contemporary influences, the Soloists will play their own arrangements of early carols, including "Whence Comes this Rush of Wings," "Huron Carol," "Patapan" and "The Wexford Carol." The ensemble will also perform such Celtic favorites as "Samain Night" and "Beltane Fire Dance" by Loreena McKennitt and "Moving" by Secret Garden, with Lisa Marie Lawson's



Flutist Cathie Apple. Photo courtesy Sacramento Baroque Soloists.

soprano vocals accompanied by flute, oboe, harp, violins, cello, theorbo, and harpsichord.

"We want to give the audience the experience of another time

and place. The sounds of our period-style instruments are really different to the modern ear," explains Lawson, Music Director of Sacramento Baroque Soloists.

## Sac Metro and Folsom City Fire Respond to Vehicle Over the Bank

SACRAMENTO – 7:00am November 14, 2011 Sacramento Metro and Folsom City Fire responded to a vehicle accident on eastbound highway 50 near Prairie City Road. Fire Crews arrived and found a car that had left the roadway and ended up 40' down an embankment with one person injured and still in the car.

Fire Crews used ropes and other rescue equipment for the low angle rescue. One woman was removed from the automobile and transported to the hospital with moderate injuries. Fire Crews were told a large Deer entered the freeway from the south and struck the car.



Sac Metro Fire ready to transport crash victim after rescue. Photo courtesy Sacramento Metro Fire.



# Pluck a Feather Off a Giving Gobbler!

FAIR OAKS – Eskaton’s TLC Giving Gobbler needs to be plucked! This holiday season our Giving Gobbler’s “feathers” provide donation information requesting a grocery gift card to a local grocery store. Every gift card donated will be distributed by volunteers in December to participants of the TLC (Talking, Listening and Caring) Telephone Reassurance Program. TLC participants are older adults who live alone in their own home and most are homebound and low income. A \$20.00 to \$25.00 gift card goes a long way in helping to buy groceries, toiletries, prescriptions or just something special for the holidays. So, if you would like to make the holidays a little brighter pluck a feather off a Giving Gobbler!

Eskaton’s TLC (Talking, Listening and Caring) Telephone Reassurance program provides free, daily phone calls to hundreds of older adults in the greater Sacramento area. TLC participants enjoy daily conversations with volunteers who call to socialize and let them know someone cares. The daily calls provide social interaction which helps prevent



Linda Whiteside, Program Coordinator and Natasha Shields, Activity Assistant. Photo provided by Terri Becker, TLC Program Director.

depression and isolation. Trained volunteers also conduct a mini welfare check over the phone by asking questions such as if they have heat, air conditioning or have food in the house. These phone calls help our participants remain independent and safe in their own home which is where we all want to remain for as long as possible.

If you’d like to participate in the Giving Gobbler, please call Terri Becker, Program Director at the Eskaton Community Services at 334-1072 or stop by our location at 8525 Madison Ave. Suite 150, Fair Oaks, (corner of Kenneth and Madison). To learn more about Eskaton go to [www.Eskaton.org](http://www.Eskaton.org).

# You Can Help Homeless Women and Children Fill Their Holiday Stockings

SACRAMENTO REGION – Christmas morning will be filled with holiday cheer for formerly homeless women and their children, thanks to Sacramento-area residents who are donating to Women’s Empowerment’s annual Holiday Stocking Drive. The group is seeking stockings and specific fillers for infants and toddlers, children, teens and adult women. For the list of items needed, visit [www.womens-empowerment.org](http://www.womens-empowerment.org). Residents can also make a financial donation and volunteers will then shop and fill the stockings. The average filled stocking costs \$30. Items are needed by Friday, Dec. 2, at

1400 North C Street, Sacramento. For more information, contact Courtney Parmer at [courtney@womens-empowerment.org](mailto:courtney@womens-empowerment.org) or (916) 669-2307. “In this economy, more than half of the women who walk through our doors are homeless for the first time,” said Lisa Culp, executive director. “These remarkable women have worked tirelessly to break the cycle of homelessness, and these stockings bring immeasurable holiday cheer to their hearts and their new homes.” Women’s Empowerment is the only job-readiness program exclusively serving homeless

women in the greater Sacramento region. The 2009 Nonprofit of the Year has graduated 831 homeless women and their more than 1,000 children, with 93 percent of them finding permanent housing and 74 percent finding jobs or enrolling in school, despite the current economy. This unique program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. For more information visit [www.womens-empowerment.org](http://www.womens-empowerment.org).

Source: Kristin Thébaud Communications

## Sheriff Community Meeting Schedule

Sherrie Carhart, Crime Prevention Specialist for the Sacramento County Sheriff’s North Division, announced the upcoming Fall Community meetings, open to the general public. In Orangevale on the 2nd Tuesday, 6:15pm, Orangevale

Recreation and Park District at 6826 Hazel Ave., (south of Oak). In Carmichael on the 3rd Tuesday, 6:30pm at Del Campo High School, Library, 4925 Dewey Drive. In Fair Oaks on the 4th Tuesday of each month, 6:15pm at La

Vista School, 4501 Bannister Rd, F.O.(North of Winding Wy) Cancelled this month due to Holiday. For more information, contact Sherrie at [scarhart@sacsheriff.com](mailto:scarhart@sacsheriff.com).

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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](mailto: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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### A Case in Point

# The Case of the Boozed-Up Buddies

By David Graulich, Esq.

Gunner and Ozzie had been drinking heavily at a bar in the south Sacramento neighborhood known as Freeport. The two friends were intoxicated when they left the bar around midnight in search of more diversion. They retrieved Gunner's aluminum boat and, with Gunner at the helm, embarked on the Sacramento River, which runs north-south alongside Freeport.

The Freeport Bridge, built in 1929, spans the Sacramento River and connects Highway 160 on the east with River Road on the west. Two fishermen were on the bridge that night. They reported seeing a small boat zig-zagging north on the river, moving very fast with no running lights on. The two men on the boat were talking loudly and using profanities. Neither man wore a lifejacket.

The names of Gunner and Ozzie are fictitious. Otherwise, these facts are taken from an actual California case decided in 1987 by the Court of Appeals, Third District. Two buddies left the Freeport bar to enjoy what the Court called "a drunken escapade on the Sacramento River in the middle of a spring night."

A short time after 3 a.m., a resident of Clarksburg, a small town on the west side of the river, heard an agitated knock at the door. It was Gunner, soaking wet and frantic. Gunner said that he had flipped his boat over in the river and had lost his buddy. After the boat flipped, Gunner and Ozzie stayed together and were hanging onto the capsized boat with their heads above water. Ozzie panicked, released his hold and began swimming to the shore. Gunner screamed at Ozzie to come back and continue holding onto the boat, but Ozzie didn't heed Gunner's

cries. Somewhere in the darkness, Ozzie was overpowered by the river and drowned.

The Clarksburg resident called the police. Gunner was arrested and charged with a felony: drunk boating causing death, in violation of the Harbors and Navigation Code. Gunner's trial ended in his conviction.

Gunner's lawyer appealed on the grounds that Gunner was not criminally responsible for Ozzie's death. Ozzie, the lawyer argued, ignored Gunner's warning, left the safety of the overturned boat and foolishly attempted to swim ashore. Ozzie's reckless decision exonerated (released from guilt) Gunner. If not for Ozzie's panicky mistake, both he and Gunner might have survived the boating accident.

At the essence of Gunner's appeal is the concept of "proximate cause." In a criminal case, proximate cause is defined as "a cause which, in natural and continuous sequence, produces the death, and without which the death would not have occurred."

To illustrate, let's change the facts. Instead of drowning in the river, Ozzie reaches the shore and is walking along River Road, seeking help, when he touches a downed electrical wire and is killed. Is Gunner still criminally responsible for Ozzie's death?

Most people would say no. In this hypothesis, Gunner's behavior had only a distant connection with what happened on River Road. The downed wire is what's known as a "superseding" cause that interrupted the natural and continuous sequence between Gunner and Ozzie.

Back to our case. Was Ozzie's decision to swim away from the safety of the overturned boat, despite

Gunner's warning, a superseding cause that exonerated Gunner?

The Court reviewed the arguments before handing down its decision: conviction affirmed. Gunner was guilty.

"A victim's predictable effort to escape a peril created by the defendant is not a superseding cause," said the Court. Gunner's reckless handling of the boat put the intoxicated victim in a dangerous river at night, clinging to an overturned vessel. "Having placed the inebriated victim in peril, defendant cannot obtain exoneration by claiming the victim should have reacted differently or more prudently. The evidence establishes that defendant's acts and omissions were the proximate cause of the victim's death."

The court didn't dispute that Ozzie made a bad decision by trying to swim ashore. However, Ozzie's mistake was the natural, predictable response of a person in danger of drowning. Ozzie's fatal error didn't break the causal connection between Gunner's operating a boat while drunk and the drowning death of the victim.

A final note: according to the Centers for Disease Control (CDC), men are nearly four times more likely to drown than women. CDC says that men consistently overestimate their swimming ability, which increases their likelihood of drowning.

David Graulich, Esq. is a resident of Fair Oaks and an attorney with The Law Firm of Tim O'Connor. David welcomes comments on "A Case in Point" columns and can be contacted at (916) 932-2312 or by email: David@timoconnorattorney.com.

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# Sacramento County DA Reports

## Recent cases of interest

**CASE: Donald Fernandes (11/08/11)**  
**PROSECUTOR: Deputy District Attorney Ruanne Dozier**  
District Attorney Jan Scully announced today that Donald Fernandes was convicted by jury for the first degree murder of Karen Curtin.  
Fernandes and the victim were involved in a dating relationship. In January 2010, Fernandes called a former girlfriend and told her he was at the victim’s house and that she was injured. When Fernandes refused to call 911, the former girlfriend called police asking them to check on the victim. When police arrived at the house, they found the victim lying on her bed with a severely crushed skull, a sock shoved in her mouth, and a plastic bag over her head. Fernandes was still at the house and told police that the victim tried to hit him with a hammer when he took it from her and hit her with it.  
The victim was transported to UC Davis Medical Center where she died three days later. An autopsy revealed that she suffered 10 separate lacerations to the head, consistent with being hit in the head with a hammer. Her cause of death was from blunt force trauma to the head.  
Sentencing is set for December 16, 2011 in Department 30 in front of the Honorable David DeAlba.

**CASE: Charles Wayne Dempsey (11/09/11)**  
**PROSECUTOR: Deputy District Attorney Thienvu Ho**  
District Attorney Jan Scully announced today that Charles Wayne Dempsey was convicted by jury of kidnapping to commit rape and multiple counts of forcible oral copulation, rape, and sodomy. The jury also found true kidnapping and the multiple victim allegations.  
Dempsey raped two women in Sacramento County in September 2000. He was previously convicted of raping four women in Texas. With the thorough investigative work conducted by the Sacramento County Sheriff’s Department and DNA analysis conducted by the District Attorney’s Crime Lab, a connection was made to the Texas rapes, identifying Dempsey as the Sacramento County rapist.  
Dempsey faces a maximum sentence of 175 years to life in prison. Sentencing is set for December 2, 2011 at 1:30 p.m. in Department 38 before the Honorable Emily E. Vasquez.

**CASE: Martin Waigwa (11/09/11)**  
**PROSECUTOR: Deputy District Attorney Matt Chisholm**  
District Attorney Jan Scully announced that yesterday Martin Waigwa was convicted by jury of attempted kidnapping and battery of an elder.  
In July 2011, an 80 year-old woman was walking in her River Park neighborhood at about 10:30 p.m. Waigwa followed her three blocks before grabbing her from behind. He had one hand around her torso and the other over her mouth, stifling the victim’s screams for help. He then took her across the street to the front grounds of Caleb Greenwood Elementary. A woman driving by the scene saw the struggle and stopped to help. Once the victim was safely in the woman’s car, the good Samaritan called 911 and followed Waigwa deeper into the residential portion of River Park. Her updates on Waigwa’s whereabouts led the Sacramento Police Department to a resident’s backyard where he was found attempting to jump a fence.  
Waigwa faces a maximum sentence of four years in prison. Sentencing is set for December 2, 2011 at 9:00 a.m. in Department 32 before the Honorable Gary Mullen.

**CASE: Robert Edward De Shields (11/10/11)**  
**PROSECUTOR: Deputy District Attorney Hilary Bagley**  
District Attorney Jan Scully announced today that Robert Edward De Shields was convicted by jury of felony animal abuse.  
De Shields, who is confined to a wheelchair, was on parole and renting a garage as his living quarters from a south Sacramento family. The family had two dogs, one of which was an 8 month-old Chihuahua mix. In March 2011, one of the family members came home at approximately 2:30 a.m. and found De Shields holding the Chihuahua mix who appeared scared. She took the dog away from De Shields suspecting she walked in on him assaulting the dog, but not certain. Over the next day, the same dog went missing and soon after reappeared in the garage with De Shields. The dog appeared lifeless, in pain, and in shock. Family members took the dog away from De Shields and later discovered what turned out to be severe injuries to the dog’s rectum as well as internal organs. They promptly reported the assault to Parole agents. With extensive medical care from Dr. Alexandr Berdovskiy of Sacramento County Animal Control and Dr. Lynda Bernstein and Dr. Steven Tarver from the VCA Sacramento Veterinarian Referral Center, the Chihuahua mix survived its injuries.  
De Shields has been repeatedly incarcerated in state prison since 1992. He has never remained out on parole longer than a 5 month period, except the times when he was a parolee-at-large.  
Sentencing is set for December 9, 2011 at 9:00 a.m. in Department 15 in front of the Honorable Thadd Blizzard.

# Sac Metro Fire Responds to Carbon Monoxide Poisoning

FAIR OAKS – 11:30 am on November 9, 2011 Sacramento Metro Fire crews responded to the 4000 block of Quail Meadow Way, after a 911 report of an unconscious male, and a second person complaining of a headache in a home. The caller reported he believed both medical issues may have been the result of Carbon Monoxide poisoning.  
Fire Crews arrived to find a gas powered electrical generator operating in an enclosed attached garage. Metro Fire crews used air monitors in the home, finding elevated levels of Carbon Monoxide. Both of the homes occupants were transported to the hospital for further evaluation.  
Sacramento Metro Fire would like to remind citizens that Carbon Monoxide Detectors are required in all single family homes.  
Carbon Monoxide is a colorless and odorless gas produced from incomplete burning of carbon based materials such as wood or gas. If undetected Carbon Monoxide will cause illness or death.



# Beware Of New Carbon Monoxide Scam

*From the Office of Ted Gaines*  
It has come to my attention that residents have been receiving letters from the so-called “California Housing and Safety Association” regarding Senate Bill 183, which mandates the installation of carbon monoxide detectors in all single-family homes as of July 2011.  
The letter requests the resident purchase from the so-called “Association of carbon monoxide detectors. Research has determined that no such association exists and homeowners should not send any money. This is a scam. Carbon monoxide detectors can be purchased from any hardware/retail outlet, some for as low as \$20.  
I encourage everyone to be skeptical of unsolicited offers and letters appearing to demand money or personal information, especially as we approach the holiday season. As always, residents should investigate all mail – including email – solicitations very carefully. My office is here to assist if you have questions or problems with government agencies or possible scams.

# Pothole Sweeps: Fall 2011

SACRAMENTO COUNTY – The Sacramento County Department of Transportation (SACDOT) recently intensified efforts to identify and repair potholes. This project is part of continuous efforts to improve preventative maintenance activities for unincorporated area roadways.  
Pothole sweeps are performed twice each year: in Fall to ready road surfaces for the storm season and in late Spring to repair potholes caused by inclement weather.  
Work crews began inspecting streets and marking potholes with white paint in early November.

To report a problem pothole not identified by crews go to [www.sacdot.com](http://www.sacdot.com).  
Repairs should continue for another two to three week period. Maintenance crews and equipment will sweep through streets and repair all identified potholes.

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PUSS IN BOOTS  
(Rated PG)

As the “Shrek” franchise gradually diminished in quality, the lone standout character was a fabulous swashbuckling feline adept with one-liners.

The good news is that Puss (voiced by Antonio Banderas) is the rare creature who goes from popular supporting role to the main player with great wit and style.

As a result, “Puss in Boots” is one of the funniest animation films of recent times because Puss, ever resourceful and clever, is a most improbable wanted outlaw.

After all, who would find an orange cat, sporting a feathered hat, wearing oversized boots and brandishing a large sword, to be a fearsome beast?

For one, the villagers of San Ricardo are well aware that Puss is a legendary desperado, if only because the omnipresent wanted posters do the trick.

Providing necessary flashbacks, “Puss in Boots” recounts Puss’ sad childhood, where he was an orphan in San Ricardo before he turned to a life of crime.

His buddy at the orphanage was Humpty Dumpty (Zach Galifianakis), the mastermind of a bank robbery that ensnared his feline pal into having a notorious reputation.

The story picks up with the present day, where Puss meets his match in Kitty Softpaws (Salma Hayek), a feisty dark-haired cat disguised by a

Riley  
Reviews

VASTLY FUNNY AND  
ORIGINAL, “PUSS IN BOOTS”  
NEARLY PURR-FECT

leather hood.

Kitty has fallen in with Humpty Dumpty, so there’s plenty of tension between the two felines, which is most amusing when they face off in a dueling dance before an audience of other cats.

Meanwhile, Humpty Dumpty is getting serious about his childhood dream of robbing Jack and Jill of their “magic beans” so that he can climb the beanstalk and steal the goose laying the golden eggs.

Jack and Jill (voiced by Billy Bob Thornton and Amy Sedaris, respectively), hilariously portrayed as inbred hillbillies, jealously guard the magic beans.

A seriously unhinged married couple, Jack and Jill bring a dark edge to the story, which is amusingly lightened up when they talk about settling down and having children. The thought boggles the mind.

While Humpty Dumpty would like to redeem himself with his old friend Puss, his ruthless ambition to steal the golden goose ensures that he is on the express lane to recidivism.

Unfortunately, Humpty Dumpty’s schemes threaten to take Puss down into an irreversible path of deception and despair. But the heroic orange kitty is all-too-certain to come out on top in the end.

What makes “Puss in Boots” so enjoyable for filmgoers of all ages is the absolute silliness of a fairytale world in which a swashbuckling cat is the hero and a large talkative and ambulatory egg is a career criminal.

The comic absurdity of “Puss in Boots” is made all the better by the determined and forcefully physical

performances of the lead characters, even more so when they are sparing and bantering in high spirits.

It would be hard to think of an actor more suitable to the role of Puss than Antonio Banderas, who brings the right note of swagger, style, confidence and even vulnerability to the part.

Where the “Shrek” franchise ran out of steam after the second installment, here’s hoping that “Puss in Boots” will return for a sequel soon, because this is one cartoon character that can go the distance.

On a final note, the 3D technology works proves to be very productive and practical for this animated film, unlike other recent efforts that seemed to be gimmicky.

TV BOOK UPDATE

And now for something completely different in this column, we draw your attention to a published celebration of the 50th Anniversary of “The Dick Van Dyke Show.”

First airing on October 3, 1961, “The Dick Van Dyke Show” was nearly cancelled after the first season but went on to become the most acclaimed comedy of TV’s golden age.

Chronicling the show’s transformation through all 158 episodes, “The Official Dick Van Dyke Show Book” is a wonderful show biz saga that includes interviews from cast and crew.

The interviews include the stars’ backstage anecdotes, the story behind the famous ottoman intro, and Carl Reiner’s scriptwriting process.

There’s also the backstory of episode #64 “That’s My Boy???” – it had the longest span of laughter from a live studio audience.

Then there’s the controversy surrounding Mary Tyler Moore’s progressive dress style, coming in the form of Capri pants.

The book includes more than 140 exclusive images, many never before published. This is not just a definitive history of a show, but a glimpse into the history of American culture from a bygone era.

Gold River Boy Scouts Hold Christmas Tree Recycling Event

RANCHO CORDOVA – The Gold River Boy Scouts come to you to remove the tree you place on the street by 9:00 am on the following dates: December 31 January 2 and January 7.

Please call (916) 668.9281 or email [troop281goldriver@gmail.com](mailto:troop281goldriver@gmail.com) and specify which date you will have your tree ready for pick up.

Suggested donation for this

fundraiser is \$15 per tree.

The Gold River UNITED Christmas Tree Recycling Event is the main fundraising effort for all the Gold River units of Boy Scouts and Venture Crew (the co-ed Scouting program) and also involves the Cub Scout Pack 281, hence the UNITED name on the appeal!

As you consider who to call for

Christmas Tree removal this year, we hope you will support the Gold River UNITED Christmas Tree Recycling Event.

You may see other tree recycling efforts from out of area groups, but we urge you to support Troop 281 as this is the only Gold River Scout unit tree recycling effort. The Scouts of Gold River appreciate your support!

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Come back every week for Sudoku!

For Solution See Page 7.

Outdoor World

GOOD DUCK CALLING

Good duck calling techniques are essential to success. There is no substitute for practice so do it whenever and wherever you can.

Go out and listen to live birds or taped sounds of birds. Don't wait to work on it in the blind.

When you've mastered it, learn to call a lot when they're working a rig, but once they've committed, lay off and don't do anything except maybe a little feed chuckle if it looks like they are coming in. If they drift or pass, hit them hard with the calls again.

On sunny, warm, still mornings, your calling should be easy and maybe even a little lazy. If it's a windy, blustery day, then you have to work hard, be aggressive, and call constantly in a very excited fashion.

Jerry Martin is co-host of "100% Real Hunting" on Versus®

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Fair Oaks Chamber of Commerce Announces

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Saturday, December 3rd, 2011 - 1pm 'til Dusk • Fair Oaks Village (Sunrise @ Fair Oaks Blvd.)

Schedule:

1pm – 3:30pm – Visit Santa, Mrs. Claus and the holiday shops in the park

1pm – 2pm – Holiday Music

2pm – 3pm – “Winnie the Pooh” – a children’s play in the amphitheater

Bring one can of food for FREE ADMISSION

3pm – 4pm – Holiday Music

4pm – Holiday Parade

Immediately following the Parade – Caroling and the lighting of the Christmas Tree in the Park.

Visit the Village Merchants and enjoy their festive holiday window displays!

Still time to promote your business - several levels of sponsorship available

For more information, please contact the Fair Oaks Chamber of Commerce (916) 967-2903

Village shops will be open and offering holiday discounts, refreshments and surprises for the kids!

Weekly Support Meeting for Widowed Men and Women

Ongoing Program - Weekly throughout the year

Realizing how difficult it is to go into new social situations when one is first widowed, the Widowed Persons Association of California encourages widowed men and women to come to Sunday Support each Sunday from 3:00 pm – 5:00 pm with some going to dinner as a group following the session. Doors open at 2:30 pm. The Widowed

Persons Association is a non-profit organization whose mission is to be of help to recently widowed men and women, but any and all widows and widowers are welcome. Participants do not need to be members and there is no charge.

Where: In the meeting room of the WPAC office.

Enter from the back parking lot at 2628 El Camino Avenue, Suite D-18, Enter Suite-18 via the back parking lot.

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CLUES

ACROSS

1. The White House domain

4. American Medical Association

7. Once around

10. "Take a \_\_\_\_!"

11. What the wind did

12. Metal shaving

14. Having wings

15. Goes with interest

16. Hunter, e.g.

17. "Site of Mayflower passengers' colony"

19. "Like Friday after Thanksgiving"

20. Brown, Dartmouth and Yale, e.g.

21. Cribbage piece

22. Parts of a play

25. "Girl with a Pearl \_\_\_\_," novel

29. NHL's rival, 1972-1979

30. Truly?

33. America's choice

34. "\_\_\_\_ Is Enough"

36. As opposed to yeses

37. "Bust \_\_\_\_"

38. "\_\_\_\_ Enchanted," teen novel

39. Carpenter's corner joints

41. Local network

42. Follows deuces

44. Mozart's works, e.g.

46. Pledge

47. Stone-cold \_\_\_\_

49. More dire

52. "Lincoln declared the final one of Nov. to be Thanksgiving"

56. Like "The Biggest Loser" contestants

57. Found in pods

58. Strong desire

59. Fabricca Italiana

60. Robert Wagner or Stefanie Powers, 1979-84

61. Oaf

62. "He designated Thanksgiving as the 4th Thursday of November

63. He followed "Give'em

Hell Harry"

64. King Kong DOWN

1. Used for breathing, but not by people

2. No problem

3. Cockroaches and rats, e.g.

4. With winglike extensions

5. Methamphetamines

6. "Shock and \_\_\_\_"

7. Dalai \_\_\_\_

8. Smart \_\_\_\_

9. Fringe benefit

10. Accidental happening

11. Colorful mark

12. Cavalry weapon

13. "Early resident of #17 Across

18. Open, as in military operation

21. Ante up

22. "\_\_\_\_ potato

23. Texas is know for making this hot

24. It can be bald or golden

25. "Do it, or \_\_\_\_!"

26. Plural for #33 Across

27. Less bright than supernova

28. Scotland is know for these

31. Black tropical cuckoo

32. Land parcel

35. "Cause for celebration

37. Turkish monetary unit

39. Feline sound

40. Like full-bodied coffee

43. Central part, pl.

45. The Little Mermaid's nemesis

47. Turf, as in "surf and turf"

48. Chicago's ORD

49. Throw off

50. In the same place (used when citing a reference)

51. In the back

53. Water quantity

54. Malaria symptom

55. Up to the present time

57. 21st letter of Greek alphabet

For Solution See Page 7

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### “Keeping the Faith”

By Ronnie McBrayer

A man went to his rabbi and complained, “There are ten of us living in one room. Life is unbearable! What can I do?” The rabbi answered, “Go home and take your goat into the room with you.” The man was incredulous; but the rabbi was insistent. “Do as I say. Come back in a week.”

A week later the man returned looking even more distraught than before. “Rabbi, please, we cannot stand it. The goat is so filthy!” The rabbi then told him, “Very well, go home and let the goat out. Come back in a week.”

A radiant man returned to the rabbi a week later. His perspective had been astonishingly altered. “Life is beautiful,” he cried. “We enjoy every minute of living together without the goat – and there’s only the ten of us!”

Jesus once encountered a group of ten, living together, with little for which to be thankful. These ten had more than a stinking goat in the room. They had leprosy. From a distance they shout to the rabbi Jesus to have mercy on them – life was unbearable.

This group was following standard social protocol. Leprosy was highly contagious and had

## Goats and Gratitude

to be controlled. Those who had the disease were quarantined into colonies. Those unfortunate enough to contract the disease were thus cut off from family and friends, typically, for the rest of their lives.

It’s hard for us to imagine the stigma attached to this malady when we have never seen anyone with the disease. It is a crippling, disfiguring condition. Today it can be treated and cured with drugs costing a couple hundred dollars, but in Jesus’ day, it was a death sentence. Devastating the skin, eyes, and lungs, it ate away at the nerve endings and flesh until it completely dismantled the sufferer.

Jesus did more than change their perspective. Mercifully, he healed them. Maybe fingers began to grow back. Maybe the difficult breathing was replaced by fully inflatable lungs. Maybe their splotchy skin became pink and healthy again. For the first time in years they are physically well, and this group turns together from death’s door. But they do not turn together toward their healer.

Only one of the ten came back to Jesus. This one fell at the feet of Christ and worshiped him. Outside of others in his leper colony, this was the first person he had drawn close to in years. He didn’t run home to a wife he had not held in years. He didn’t scoop up the children he had only seen play at a distance. He didn’t seek out his old friends who had long given him up for dead.

No, he went first and foremost

to Jesus. He threw himself down on the ground in devotion. This was a thankful man. This was a grateful man. This was a man with perspective. The tragedy is that this was the only one who returned to say, “Thank you.” Even Jesus was surprised by this. “Were not all ten cleansed?” Jesus asked rhetorically. “Then, where are the other nine?”

Why didn’t the others come back? Maybe one waited to see if the cure was for real. Maybe another intended to go back later, as soon as possible. Maybe one ran to the family from which he had long been separated or got so entranced with having his life back, he simply forgot to return to the one who had performed the healing. I don’t know for sure.

But I do know that we can become so absorbed in our happiness – in our blessings or good fortune – that we fail to consider the Source of those blessings. We do not maintain perspective, and can sometimes say “Thank you,” because we know that it is the proper thing to do, but saying it and feeling it are two different things.

During this holiday week, may the Source of every good and perfect gift give us the greatest gift of all: A grateful heart. In return, may we fall at his feet with thanksgiving.

Ronnie McBrayer is a syndicated columnist, speaker, and author. His books include “Leaving Religion, Following Jesus” and “The Jesus Tribe.” Visit his website at [www.ronniemcbrayer.net](http://www.ronniemcbrayer.net).

## Give Us This Day Our Turkey...Again

By Rev. James L. Snyder

Thanksgiving is my kind of holiday. Apart from the “thanks” part, the primary purpose of this celebration is eating. That is the one thing I do quite well. Thanksgiving is the beginning of a feasting frenzy that would make Richard Simmons sweat to the goodies. Any thoughts of dieting at this time of the year are merely blowing in the wind. Hopefully, not in my direction. Our Pilgrim Fathers came up with the idea of a Thanksgiving feast. The Pilgrim Mothers were too busy doing the wash and caring for the children to think of any more work. The Pilgrim Fathers were sitting around waiting for someone to invent television so they could all watch a football game when someone had an idea. Most ideas are born in the midst of great boredom. That is why so many of them are...well...stupid. “There’s nothing to do,” one bored Pilgrim Father said. “Let’s get together and have a feast.” Because nothing else was happening, the other Pilgrim Fathers got excited about this idea. The Pilgrim Mothers, however, had some different thoughts about this crazy feast idea.

After all, they would have to do all the work and Oprah Winfrey had not been born yet to lead them in a chorus of whining and complaining and getting in touch with their real feelings. The Pilgrim Mothers wanted a Tupperware party, but since it was not yet a two-party system, they could only do one party. The Pilgrim Fathers won this one. However, like the good Puritan wives they were, they humored their husbands and began preparations for the first Thanksgiving feast. Because this was the first Thanksgiving, it was a simple affair compared with the ones to follow.

At the first one nobody said, “We’ve always done it this way.” Because it was never done before. However, the second Thanksgiving was beset with this sort of thing. A tradition,

someone wisely pointed out, is something done at least once. What the Pilgrim Mothers did not count on was company for dinner. After all, they were thousands of miles from their nearest relatives with a big pond between them. They assumed, and rightly so, that they were safe from the intrusion of company on what would be the heaviest workday for the kitchen crew.

Have you ever noticed that when you are planning a feast of some kind, relatives who never bother you the rest of the year (something to be thankful for) seem to gravitate to your gravy bowl? There is nothing like unexpected company to put pizzazz in a Thanksgiving celebration. Who wants pizza for Thanksgiving when there is so much turkey? Imagine the Pilgrim Mother’s surprise when the Pilgrim Fathers told them (probably on Thanksgiving morning) that they had invited guests for the feast. I can imagine some ears were stinging that first Thanksgiving Day. The Pilgrim Fathers braved through the stinging rebukes from their wives... for months. Perhaps the biggest anomaly of Thanksgiving is the mountain of leftovers the next day and for weeks to follow. No matter how much turkey is gobbled up or how many people are around that Thanksgiving table, the leftovers are enormous.

There is more turkey on Friday than on Thanksgiving. I cannot prove this, but I highly suspect the turkeys we have today keep growing even after we cook them. Maybe when placed in a cold refrigerator over night, they expand. I really do not know what takes place, but something happens to that turkey when left overnight in a refrigerator. The big challenge is how to prepare leftover turkey so it does not look or taste like turkey.

Thanksgiving is a marvelous time for family and friends to get together to celebrate the goodness of the Lord. Each family has its own special tradition that seems to bring it together.

This year, especially, we have so much to be thankful. For some it starts with a Thanksgiving Eve service. Gathering as a congregation to express to God thanks for another year of bounty and blessing is important for Christians.

Personally, I like a Thanksgiving eve service over a Thanksgiving morning service. In the evening service, you do not have to rush through the celebration to get home in time for the big feast. Giving thanks to God should be a leisurely thing, not something rushed through while thinking of something else. At Thanksgiving, we should bring a bouquet of blessing that fills the room with a sweet fragrance of praise that lingers all year long.

Some of the best and most fragrant bouquets are the small ones. Remembering the big blessings is easy. The smaller blessings are much harder to keep in mind. Some of them we even take for granted.

This Thanksgiving I am going to make a point to look over some blessing I have been overlooking. It is those small blessing that truly sustains us throughout the year. The Bible reminds us why we are to give thanks, not only at Thanksgiving time, but also all year long. “But thanks be to God, which giveth us the victory through our Lord Jesus Christ. Therefore, my beloved brethren, be ye stedfast, unmovable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord” (1 Corinthians 15:57-58 KJV). There is so much to thank God for; one day is not near enough. Let us thank God every day for His goodness. Even for leftover blessings.

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 Marlys Norris, Christian Author

One who trusts that God exists will also trust in the Word of God to be truth and authority for their life. Honoring and being obedient to the Word of God becomes a priority for ones life as they surrender their lives into God’s care. As one approach their senior years and the end of life is evident, one begins to wonder what the meaningful message of their life will exist after they are gone.

Once deciding to walk with God, have you now walked away, wandering and quit finding the purpose and meaning of your existence?

## God’s Vision for Your Life

The question exists have you ever thought about embracing “God’s Vision” for your life? God has a beautiful designed plan for each life and discovering what it is will bring unbelievable blessings and adventure beyond measure into your life. God searches and knows each heart and His wisdom prevails over every life committed and surrendered to Him. *I John 4:2-3 Hereby know the Spirit of God. Every spirit that confesses that Jesus Christ is come in the flesh is of God. And every spirit that confesses not that Jesus Christ is come in the flesh is not of God; and this is that spirit of antichrist, whereof you have heard that is should come: and even now already it is in the world.*

Every day should be a day of worship as one thinks about God’s plan and call on their life to exemplify His love to the world around them. Begin each morning with a little prayer of thanksgiving to God.

Then say a blessing on members of the family as they go their way and leave for the day. This evokes God’s favor and blessings on them as well as yourself. His vision will be revealed to those who seek His face early in the day.

Because of His love for each person individually, God’s Vision for your life is greater than you ever imagined. To those who have received His Beloved Son, God Almighty will enable with gifts of His Spirit to do supernatural things to build-up and edify others in their walk with God. They will minister His love-gifts to the world for Jesus said, “*When I leave you, you will do even greater things than I did*”. BELIEVE!

Marlys Johnsen Norris, Author [Marlys5934@sbccglobal.net](mailto:Marlys5934@sbccglobal.net) “Intimacy Begins Going God’s Way” “God Moves Mountains, It was a Miracle”

## What God Promises You



By Pastor Ray Dare

Nobody knows the future. As a result we get uptight. We worry about it. We worry about whether we’re going to have enough to make it financially. We worry about facing the future alone. We worry about health issues. We worry about being all that God wants us to be. You cannot control the future, but when you know the one who does and what He’s promised to do in your life, you don’t have to worry. God makes some incredible promises about what He’s going to do in your future.

**God promises to guide you when you’re confused.** In your future, you’re going to have to make some pretty tough decisions. Sometimes you’re afraid to make decisions because you’re afraid to make the wrong decision. Who are you going to turn to for advice? Where will you go for the right answer? The psychic hotline? Your horoscope? A fortune cookie? You could ask Someone who’s already been there...Someone who’s already seen the future. That

would be God. God says you can trust Me to guide you when you’re confused. “*Trust in the Lord with all your heart. Never rely on what you think you know. Remember the Lord in everything you do and He will show you the right way.*” Proverbs 3:5-6

**God promises to strengthen you when you’re overwhelmed.** You may be feeling overwhelmed by the problems you’re facing right now; a financial issue, maybe a health issue. God promises no matter what you go through in life, He will be there. He will not allow the circumstances to overwhelm you. “*When you pass through deep waters, I will be with you; your troubles will not overwhelm you. When you pass through fire, you will not be burned; the hard trials that come will not hurt you.*” Isaiah 43:2

**God promises to complete what He’s started in you.** God is working behind the scenes. Even though you don’t see it, even though you don’t feel it, even though you may feel like God’s forgotten you or He’s a million miles away, He is not. God says, “*I will perfect that which concerns you.*” Psalm 138:8. What a promise. God says He will complete what He started in you. People say, “I made this big mistake... I missed God’s

plan, now I’ll just have to settle for second best.” There’s only one problem with that. God doesn’t have a second best for your life. You’re still on plan A.

Romans 8:28 says, “*ALL things work together for good to them who love God and are called according to His purpose.*” God knows everything that’s going to happen in your life and He has a way of making them all fit together for your good, even the bad things, even your own mistakes. God saw them coming long before you ever made them. The good, the bad, the ugly, somehow God knows how to turn them all around and use them for His purpose in your life. God has not changed His mind about you.

In your life, between now and the time you die, you will experience many stressful changes. How are you going to respond to those changes? How will you prepare for the future? What’s going to be the source of stability in your life? You trust God with your future. The Bible says, “*Those who trust in the Lord are as steady as Mount Zion, unmoved by any circumstance.*” Psalm 125:1

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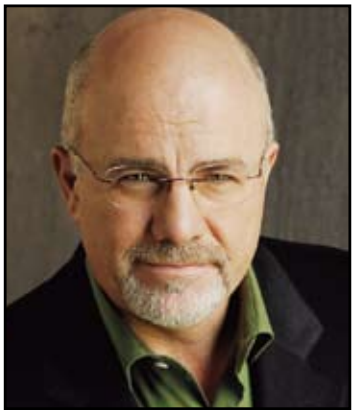
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Dave Ramsey is a personal money management expert, popular national radio personality and the author of three New York Times bestsellers – *The Total Money Makeover*, *Financial Peace Revisited* and *More Than Enough*. In them, Ramsey exemplifies his life's work of teaching others how to be financially responsible, so they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to others.

Crummy Family's Lack of Boundaries

Dear Dave,

My grandfather passed away a couple of months ago. I'm 32 and the only relative still living in town, so I helped take care of him and his place so he wouldn't have to go into an assisted living facility. In his will, he left his entire estate—the house and property plus about \$270,000—to me. I'm debt-free except for my house, and now my family is acting weird and telling me I'm making excuses for them being left out of the will. Do you have any advice?

- Jason

Dear Jason,

Let me ask you something. Did you love your grandfather? It sure

Dave Says

sounds to me like you did by taking care of him and his stuff. It sounds like he loved you a lot, too. So my advice is to do what he wanted and accept this generous inheritance. And your family needs to just shut up!

When you die, you can leave your belongings to whoever you choose. I mean, it was your grandfather's stuff, so it was *his* decision. Period. He could have left it directly to his children, grandchildren, a friend or even his dog if he'd wanted.

Let these family members with the problems contest the will. And you can spend the money grandfather left fighting them. The man left what he left, and there's no more. It was his money, his house and his property. They're not entitled to it just because they're breathing!

In the meantime, you need to learn how to be a wise investor and become debt-free, including the house! Start educating yourself on mutual funds and Roth IRAs. And don't beat yourself up over this, Jason. You haven't done anything wrong

- Dave

**Get Current First!**

Dear Dave,

I love your plan, but I have one question before getting started. Should I catch up on any past due bills before saving up \$1,000 for Baby Step 1?

- Solita

Dear Solita,

Absolutely! First, get current or make payment arrangements with

anyone who's willing to work with you. Make sure your necessities come first. I'm talking about food, clothing, shelter, transportation and utilities. After that, get current with any credit cards and other types of debt you may have. Once you have these things taken care of, it's time to launch your Total Money Makeover!

You've already mentioned getting \$1,000 in the bank for a starter emergency fund. That's Baby Step 1. After that, begin your debt snowball, which is Baby Step 2, and pay off your debts from smallest largest. In Baby Step 3 you'll save up and increase your emergency fund from \$1,000 to three to six months of expenses.

Once you reach this point, you really start looking to the future. In Baby Step 4 you start investing 15 percent of your income into Roth IRAs and other pre-tax retirement plans. College funding for any little ones is next in Baby Step 5, and Baby Step 6 is a biggie—pay off your house early!

But Baby Step 7 is the real deal. When you're able to build wealth and give, you've reached the pinnacle of smart money management. Not only are you securing your family's future for years, but you can help others and your community in a big way!

- Dave

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



ROCK DOC

By Dr. E. Kirsten Peters

At first I wasn't sure I was reading the CNN report correctly. The story hinged on special pavement that uses the impact of human feet to generate electricity.

That's right. A young man in Britain has invented a device that harvests the energy from a foot-fall hitting the pavement to power things like LED lights.

Talk about a bright idea.

The "PaveGen" project is the brainchild of Laurence Kemball-Cook, age 25 years. He's an engineer who built a prototype of the device during his last year in school and is now working to make and market his creation.

The PaveGen tiles work because they have a bit of "give" in them. When you step on one, it's depressed a little bit by your body weight. That motion can be used to generate a small but measurable bit of electricity. If the paving tiles are in an area of heavy foot traffic – like the stairs down to a subway station – in total they can make enough electricity for some useful applications.

Using human muscle to generate electricity is not completely new. I've seen students in teaching demonstrations pedaling hard

Stepping Up to a Bright Idea

on stationary bikes to light up a relatively low-watt light. In short, it takes a lot of oomph to power a standard bulb – us old ladies need not apply for any job requiring that much work on a regular basis.

But walking is one of the most efficient things we humans can do. And by stepping on the paver of the PaveGen devise, a person exerts considerable downward force – full body weight. Each step on one of the pavers generates enough juice to power an LED bulb for 30 seconds. The generating device can be linked to a battery to even out the flow of the electrical current between footfalls.

Kemball-Cook had a second bright idea as he designed his device. In addition to contributing electric power to devices outside the paver, he engineered the tiles to retain 5 percent of their oomph. That bit of power is used to light up a LED bulb in the paver itself. This means the device lights up as you walk in it, giving you positive feedback that you're really making electricity as you walk across the pavement. People really like that, it's clear from the news reports.

Some 20 of the tiles will be installed around London's Olympic Stadium where foot-traffic is going to be high.

The pavers have already been tested at a school in southeast Britain.

"1,100 kids have devoted their lives to stamping all over them for the last eight months," Kemball-

Cook said.

On a shorter-term test, Kemball-Cook says he took the pavers to an outdoor festival where 250,000 footsteps created enough juice to charge 10,000 cell phones.

The pavers are a bit like social media, harnessing the individual contribution of many people in ways that generate value. That's part of the appeal of the devices.

Each PaveGen tile can be made to the size of existing pieces of pavement so they can be substituted in for what's already in a sidewalk.

Like with everything in this world, the economics of the pavers will determine if you see them on a city sidewalk near you. At this point Kemball-Cook won't say what it costs him to make each PaveGen slab. He notes instead that once they go into mass production, the costs will fall.

Time will tell if this idea has legs. But I for one am rooting it does. And I'm glad to note some members of the next generation are thinking outside the box and creating some delightful devices.

Keep it up, kids!

*Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. Follow her on the web at rockdoc.wsu.edu and on Twitter @RockDocWSU. This column is a service of the College of Agricultural, Human, and Natural Resource Sciences at Washington State University.*



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# END of the BENCH

by **Gerry Scholl**

## “Say It Ain’t So, Joe!” ...Twice

The story of former heavyweight champion “Smokin’ Joe” Frazier’s death last week reminded me of times when I was a boxing fan.

For a young boy it was fascinating, intriguing to watch the spectacle of boxing on television in the ‘50’s and ‘60’s. I recall laying around on the living room floor for Gillette Friday Night Fights.

My dad was a bit of a fan. I’d join him with a brother or two to see the likes of Sugar Ray Robinson, Floyd Patterson, Emile Griffith, Dick Tiger and Gene Fullmer in action. I was too young to understand much more than one guy beat up the other guy and was the winner. Something about it, though, always made me feel a little uneasy, especially when one was losing badly.

When the Frazier, Muhammad Ali (Cassius Clay), George Foreman era came along just about everybody was sucked in by the hype and promotion of boxing. Over 300 million people watched Frazier/Ali on TV.

The tremendous power of the great heavyweights was mesmerizing. It left an impression of the brutality of the ring.

It all changed for me in 1982. I remember a newspaper photograph of Korean Duk Koo Kim’s face, bloodied and disfigured from a blow by Ray “Boom Boom” Mancini.

Mancini won by technical knockout in the 14th round. Kim went into a coma minutes after the fight and died four days later. It was disgusting, disturbing. My views on boxing were altered forever.

I enjoyed the original Rocky movie in the theater in 1976 like everybody else. But that’s not real, folks. It’s fantasy. The reality is, boxing is barbaric.

In a time when there are great concerns about concussions in football, helmets, bean balls and aluminum bats in baseball, and wide-ranging health concerns and precautionary rules in most areas of sports, we have these glorified boxing events in which the sole aim of the combatants is to knock the opponent unconscious, inflicting brain damage to the roar of the crowd.

Young, sharp boxing phenoms enter the arena and, over time, are physically destroyed for the sake of entertainment and money. Even great champions suffer the repercussions — just look at Ali.

The gladiators are willing to sacrifice their bodies for fame and fortune. The fans, gamblers and promoters take advantage for their own amusement and gain.

Boxing bans have been called for by various medical associations around the globe, calling it “uncivilized.” Boxing is forbidden in some countries.

Boxing is called “The Sweet Science.” But, I see it as neither a science, nor sweet. Call me a lightweight, or featherweight, but I’m no longer a fan.

Then there is the other Joe — Joe Pa.

Joe Paterno, head coach at highly-regarded Penn State for 46 years, college football icon, revered and powerful, leader of a program whose motto is “Success

with Honor,” has been ousted as a failure in disgrace.

Football society has run amok, and the incomprehensible goings-on at Penn State are the ultimate example. The cover up of alleged sexual abuses of young boys by longtime assistant coach, Jerry Sandusky, by Paterno and a list of authority figures at Penn State is jack hammering the monolith at its base.

As Giants announcer, Mike Krukow, said on the radio, the “violation of trust” is a great crime. This is a very sad case of trying to preserve the “integrity” of the football program — and the power and money it generates — at all costs.

The powers-that-were failed horrifically in their moral obligations to the victims. They have shown themselves to be weak and soulless.

Paterno has done great things in football and for the university, but the winningest coach in Division I history has had his legacy tarnished forever by his worst failure.

He said he should have done more, implying he knew enough to know he could have done something to stop it.

How could he look at his own children and grandchildren and not take action? He failed “the mirror test.”

Paterno will take it to his grave, probably before the issues run their courses in the courts. The issues for the victims will never be resolved.

All the candlelight vigils, moments of silence and prayers at midfield won’t do much to help.



### OVER THE HOLIDAYS

The holidays are upon us! Oh my gawd!!! The horrors return like your mother-in-law criticizing the centerpiece you spent hours creating or grandma thinking the gravy is too watery and on and on. Can you cope? Sandra Harper thinks you can, if you find some humor in the holidays with her book “Over The Holidays.”

*Sandra has seven strategies to survive the holidays:*

- 1) If your sister or best friend is one of those gals who LOVES Thanksgiving and Christmas, then let them do your shopping and cooking.
- 2) Take a second job that leaves you no time for holiday fussing, and extra cash for the things you’d rather be doing.
- 3) Have dinner out (and margaritas) with your girlfriends with the promise of no gifts and split the bill
- 4) Go to the movies as long as it’s not a film ABOUT the holidays.

# POPPOFF!

with Mary Jane Popp

5) Make yourself tea every afternoon (spike, if needed), and enjoy with any Christmas cookies that have landed in your house. Or treat yourself to something you REALLY like from your local bakery. Chocolate is always good.

6) Create your own seasonal cocktail and spend the greater part of December perfecting it... preferably with a hunky Santa.

7) Read “Over the Holidays” by Sandra Harper.

And perhaps the best way to approach the holidays is with a sense of humor. And Sandra takes it to the max with Vanessa’s (one of her main gals in the book) Emergency Bag for surviving the holidays. Have these things handy:

*Extra strength aspirin*  
*Coupon for free cheese pizza*  
*Magazine article: “How to Create a Meaningful Holiday in Five Easy Steps”*  
*Single serving of Chardonnay*  
*Tin of Jelly Bellies*  
*Lots of Kleenex*

Let’s face it, we don’t have the staff that Martha Stewart has to create all she does, and who cares. I thought Christmas was a season of love and sharing...even if it’s just a cup of cocoa and a cookie. Or you can prepare some of Vanessa’s Cinnamon Rolls. The recipe is pretty simple, and according to Sandra, you don’t have to be a

master bakery chef to do it. Gotta’ have something for the home-baked school potluck anyway.

Here goes:

*1 package of refrigerated biscuits*  
*Handful of chopped nuts*  
*½ cup sugar*  
*1 teaspoon cinnamon*  
*Loads of melted butter*

Then :

- 1) Grease an 8” round cookie pan with some melted butter. Preheat oven to 375 degrees.
- 2) Separate biscuits and nestle them together in the baking pan.
- 3) Combine sugar and cinnamon
- 4) Brush loads of butter over biscuits and then sprinkle liberally with the sugar mixture and the nuts.
- 5) Bake 20 minutes or until brown. Serves 6-8, and will satisfy that potluck requirement with not too much fuss.

And of course, you need to test at least one roll with a cup of java and a great book in a comfy chair!

See!!! It’s not that hard. A little humor and a good attitude will help you make it through the insanity. Check out Sandra’s website at [www.sandraharper.us](http://www.sandraharper.us) for more tips. HAPPY HOLIDAYS!!!

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## KOVAR’S CORNER



### on Real Estate Q&A



By **Tim Kovar, Realtor/Broker**

It was a great turnout for the free clinic we held to meet directly with doubting, distressed, depressed and stressed homeowners at the Sylvan Oaks Library. Thanks to Messenger Publishing for their support in making this event possible. Another free clinic is coming soon. More than a dozen homeowners turned out

to determine how much financial future they might save in getting out from under their current mortgage nightmare.

One of the things that we all learned is how many people feel shamed by their situation, and that was one of the first things it was necessary to overcome. You are not alone, many others find that circumstances have dealt them a bad hand, despite their best efforts to stay ‘in the game’, so to speak. There is no shame in finding yourself in default. There are however many mistakes to be made in dealing with a potential foreclosure without knowing the ‘rules of the game.’

While the majority of those attending found that one of the strategies they might use would work for their situation, for a few there was no joy. They had waited too long; gotten in too deep, borrowed too

much or started with a loan making it likely they could fail. However, this was the exception rather than the rule.

A common question was “in a short sale, who pays the Realtor?” Good question! The Realtor is paid a commission out of escrow. In a short sale, the lender or ‘bank’ will pay the Realtor out of the proceeds of the negotiated settlement. If someone wants you to pay them an upfront fee to negotiate a short sale, or to negotiate a loan modification they are running afoul of the Department Of Real Estate rules. Buyer beware!

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# Delicious and Aromatic, These Holiday Dishes Delight

FAMILY FEATURES

There is something about warm, delectable dishes and the aroma of a freshly prepared meal that really bring loved ones closer. This season, when planning your holiday menu, consider adding some scrumptious dishes made with quality ingredients that are sure to become fast favorites with your family.

Try the recipes below to help take your holiday dishes to a new level, perfect for the season. Find more holiday recipes at [www.JohnsonvilleKitchens.com](http://www.JohnsonvilleKitchens.com).

## Spicy Sausage Queso

Yield: 6 cups

- 1 package (16 ounces) Johnsonville Hot All Natural Ground Italian Sausage
- 2 pounds Velveeta process cheese, cubed
- 1 jar (16 ounces) chunky salsa
- 2 teaspoons fennel seed, crushed
- 2 teaspoons garlic powder
- 1/4 teaspoon dried basil
- Garlic toast

In skillet, cook and crumble sausage until no longer pink; drain. Place cheese in large microwave-safe bowl. Microwave on high for 6 minutes or until melted, stirring every 2 minutes. Stir in salsa, seasonings and sausage. Microwave 2 minutes longer, or until heated through. Serve with garlic toast.



## Italian Sausage Stuffing

Yield: 12 servings

- 1 package (16-ounces) Johnsonville Italian All Natural Ground Sausage
- 1/4 cup olive oil, separated
- 2 loaves (12 ounces each) focaccia bread
- 1 teaspoon ground black pepper
- 1 cup shredded Parmesan
- 1 small green pepper, diced
- 1/2 cup oil-packed sun-dried tomatoes, chopped
- 5 large fresh basil leaves, chopped
- 2 cloves garlic, minced
- 2 large eggs
- 1 1/2 cups white wine, or chicken stock
- 2 tablespoons butter, cut into small pieces

In skillet, cook and crumble sausage in 1 tablespoon olive oil until no longer pink; set aside.

In large bowl, combine bread cubes and remaining oil. Sprinkle with pepper; toss to coat. Transfer to lightly oiled 15 x 10-inch baking pan. Bake at 350°F for 10 minutes or until crisp and lightly browned, stirring once. Remove pan to wire rack to cool slightly.

In very large bowl, combine bread cubes, reserved sausage, Parmesan cheese, green pepper, sun-dried tomatoes, basil and garlic. Combine eggs and wine or stock; pour over bread mixture and toss to coat. Transfer to buttered 13 x 9-inch baking dish. Dot with butter, bake, uncovered, at 350°F for 35 to 40 minutes or until heated through and top is starting to appear slightly toasted.

## Risotto with Italian Sausage, Mushrooms, Peas and Asparagus

Yield: 6 to 8 servings

- 5 1/4 cups (42 ounces) chicken stock
- 3 sprigs fresh herbs; basil, oregano or thyme, (optional)
- 4 tablespoons olive oil
- 1 medium yellow onion, finely chopped
- 1 package (19 ounces, casings removed) Johnsonville Mild Italian Sausage
- 2 cups white button mushrooms, wiped clean and sliced about 1/4 inch thick
- 2 cups Arborio rice or medium grain risotto rice
- 1/2 cup dry white wine
- 1/2 pound asparagus, stemmed and cut into 1-inch pieces
- 1/2 cup peas; fresh, shelled or frozen
- Salt and freshly ground pepper to taste
- 1/3 cup shredded Parmesan cheese
- Shaved or shredded Parmesan for garnish

Pour stock into sauce pan. If using fresh herbs, add to stock and bring to gentle simmer. Cover until ready to use.

In large sauce pan, heat oil over medium heat, add onion. Sauté until tender and translucent, about 5 minutes.

Add sausages. Using wooden spoon, break up sausage as it cooks into bite size pieces until browned, about 5 minutes.

Add mushrooms; cook, stirring until just wilted, about 2 minutes. Mix in rice; cook, stirring until kernels are hot and coated with oil; about another 2 minutes. Add wine; stir continuously until liquid is absorbed.

Using a ladle, add hot stock about 1/2 cup at a time, stirring constantly and making sure stock has been absorbed before adding more to rice. Continue adding 1/2 cup of stock and stirring rice constantly and gently. When rice is about half cooked or only 1 1/2 cups of stock remains, add asparagus pieces into rice and continue stirring.

When you have about 1 cup of liquid left, stir peas into rice and season with salt and pepper to taste. Continue stirring. Risotto is done when rice kernels are creamy on the outside and firm yet tender to the bite, about 20 to 25 minutes total.

When risotto is just right, remove from the heat; stir in shredded Parmesan cheese. Spoon into large soup bowls. Top with shaved Parmesan; serve immediately.



## Italian Sausage Appetizer Bread

Yield: 16 appetizer servings

- 1 package (16 ounces) Johnsonville Italian All Natural Mild Ground Sausage
- 1 loaf (1 pound) frozen white bread dough, thawed
- 4 ounces cream cheese, softened
- 2 garlic cloves, minced
- 1 jar (7 ounces) roasted red peppers, well drained and sliced
- 1/3 cup Kalamata olives, pitted and sliced
- 2 cups (8 ounces) Swiss cheese, shredded
- 1 teaspoon poppy seeds

In skillet, brown sausage until no longer pink; drain. On lightly floured surface, roll bread dough to 16 x 12-inch rectangle.

Transfer dough to greased baking sheet. Combine cream cheese and garlic, spread lengthwise over center third of dough. Top with sausage, peppers, olives and cheese.

Fold dough over filling, pinching seam to seal. Make slits across top of dough every 2 inches. Brush lightly with water and sprinkle with poppy seeds.

Bake at 400°F for 20 to 25 minutes or until golden brown. Let stand 10 minutes before slicing.



# A Horse That Kisses

## Therapy for Two

Lacey is a beautiful American Paint horse mare (female). She is sorrel (red) in color with white markings and white spots on her belly. Also, she has a blue eye and a brown eye, she is a drop dead gorgeous animal!

Owner Diana Garner, a Gold River resident, had a life-long love of horses.

Diana had a knee replacement had not been in the saddle for about seven years.

Lacey was adopted by an Elk Grove family. At that time Lacey had not been ridden for several years. When a horse is not properly exercised they can develop bone and muscle issues; so, Lacey had developed problems with her front legs.

A Gold River friend named Louise introduced Diana and Lacey.

Lacey and Diana started "rehabbing" together, riding once day a week then slowly increasing the days to improve and strengthen both of their legs. Now they are riding five days a week.

In the 1899's, the western plains were generously populated by free-ranging herds of horses, and those herds included the particular spotted horse. Because of their color and performance, flashy, spotted horses soon became a favorite of the American Indian. The Comanche Indians, considered by many authorities to be the finest horseman on the Plains, favored loud-colored horses and had many among their immense herds.



Diana Garner and Lacey.

Oh, by the way, Diana has taught Lacey to kiss her.

Kay Burton is a longtime columnist

and supporter of the SSPCA and other rescue groups. To share your family pet story with our readers, email: kayburton1@comcast.net.

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