

# AMERICAN RIVER MESSENGER



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Volume 6 Issue 20

Serving Citrus Heights, Fair Oaks, Carmichael, Orangevale & Gold River

Second Edition for October 2011

## "Convoy of Hope" to Help Those in Need



Volunteers from last year gather around a worthy cause. Can you serve as a volunteer this year?

By A. Weaver

*Sacramento Region*—In the United States, approximately one in five children live at or below the poverty line, and in Sacramento, about 18 percent of families and 22 percent of individuals are living below the poverty level.

To help these individuals, the Sacramento "Convoy of Hope" organization will be hosting a one-day, event, on Saturday, November 5, 2011, at Cal Expo, from 10 a.m. to 3 p.m. The event is free to the public and parking is free. No ID is required.

The Sacramento Convoy of Hope is a local, non-profit organization, providing food for the hungry and relief for people in crisis. Their mission is to feed people in the United States and around the world.

According to SCOH coordinator Robin Smith, "We are trying to bring a day of hope to our city, especially since the last few years have been hard on the majority of people."

This local event will aid the growing number of underprivileged, unemployed/underemployed and homeless families and

individuals living in the greater Sacramento area, and provide necessary goods and services to meet their most basic needs.

All interested parties will be provided goods and services, free of charge. The services include on-site hot meals, free social services/educational assistance, free medical screening, free job fair, free entertainment for the entire family, free "Kid's" Carnival, free hair cuts, free clothing, free groceries.

The SCOH is a neighborhood partnership between local area businesses, churches, social

services, educational and medical professionals, and more.

"We want to show that our community can come together and help take care of our less fortunate citizens," said Smith.

Since its inception in 1994, the COH has helped more than 60 million people in more than 100 countries. In that time, nearly \$200 million worth of food and supplies has been dispensed to people in need.

The SCOH will distribute between 400,000-500,000 lbs. of goods to the approximately 15,000-20,000 individuals expected at the event this year.

This all-volunteer event brings together hundreds of area residents, businesses, community agencies, service organizations, professionals and churches to put on this sizeable event.

During this economic downturn, with both national and state unemployment at record highs, critical needs are not being met through traditional means. More than 37 million people are living in poverty in our country, and over six million are in California alone. Families with children make up 40 percent of the US homeless population.

To donate, please make checks payable to Sacramento Convoy of Hope, COH, 1524 Santa Ynez Way, Sacramento, CA 95816.

For more information, contact Robin Smith, coordinator, Sacramento Convoy of Hope (916) 549-9922.

Sources: *SacramentoCOH.org website; United Way; US Census Bureau; Step Up California; National Coalition for the Homeless.*

## DVIC to Hold Garden of Hope Art Benefit

*Citrus Heights* – Art is giving HOPE to women and children in the greater Sacramento region. Every year hope comes alive, and the spirit of helping who may not be able to help themselves takes place in the community of Citrus Heights.

The Garden of HOPE Benefit Fundraiser takes place on Saturday, October 22nd, 5:30-9:30 pm. This one day gala is held at the Citrus Heights Community Center and volunteers from all walks of life emerge to join hands and transform the center from a meeting room in to a garden filled with inspiring works of art and entertainment.

Artist such as Tony Natsoulas, Angela Oates, Donna Billick, Corey Okada, and many more use their Art for a Cause ~ the Domestic Violence Intervention Center who offers hope for a better tomorrow to women, children, teens, elderly and men who have experienced, and felt the impact of the social disease of domestic violence.

This signature event features the works of professional artist, and showcases the HOPE Art which is work donated by individuals who have used art to transmute and heal the pain from the trauma they experienced. All art will all be available for purchase in the silent art auction and the Artisan Store. The Garden of Hope and

DVIC is unique in that it provides an opportunity for women artisans to sell their work in the Artisan Store.

Tickets are available at the individual price of \$45 and \$60 or you may sponsor a table \$900, \$600 and \$450. Corporate sponsorships provide opportunity for ten (10) women participating in DVIC support program to receive a make-over, and attend the gala event. All proceeds raised support the free services provided by the CAL EMA agency - The Domestic Violence Intervention Center serving the greater Sacramento region. For more information about the event or to purchase tickets visit [DVICcares.org](http://DVICcares.org), or contact the Domestic Violence Intervention Center at 916-728-5613. DVIC 24/7 crisis hotline: 916-728-7210

*The Domestic Violence Intervention Center is a non-profit 501 (c)(3) agency, which seeks to eliminate barriers by offering proactive prevention and intervention strategies to our communities. DVIC is a wellness-based organization that serves the victims and families of the greater Sacramento region which includes: Sacramento, Roseville, Auburn, Placerville, Folsom, Rancho Cordova, Davis, and Woodland area. DVIC is located at 6060 Sunrise Vista Dr., Ste. 2340, Citrus Heights, CA 95610.*

## Regional Parks Ranger Manager Sworn In

*Sacramento* – On October 12, the Chair of the Board of Supervisors Roberta MacGlashan swore in Stan Lumsden as the Interim Ranger Manager. Lumsden officially assumed his duties as the lead ranger for Sacramento County Regional Parks and will oversee all law enforcement and safety activities throughout the park system.

"We are pleased to bring Stan on board as we begin our search

for a permanent Chief Officer," stated Supervisor MacGlashan. "His prior experience in law enforcement and his reputation as an outstanding officer will help us keep the park system safe."

Lumsden recently retired from the Roseville Police Department as a captain, serving 29 years on the force. During his career, he served as a member of SWAT, K-9 duty, narcotics and vice, youth services,

and retired as the patrol division commander. He is a graduate of the FBI National Academy and holds a Masters Degree from Saint Mary's College of California.

The Rangers are full peace officers, have the same level of authority as a County Sheriff deputy or a City Police Officer and have completed extensive training at the Sheriff's Academy. They enforce the laws applicable to Regional

Parks, specific County ordinances and California Vehicle, Penal and Health & Safety Codes within all County Regional Parks.

Rangers enforce infractions, misdemeanors and felonies that occur within the Park system. They also protect the wildlife and environment and patrol all of the parks to deter vandalism and promote safety.

## BOO! At the Zoo

*Sacramento Region* – Put on your favorite costume and join the Sacramento Zoo for a creepy crawly celebration. Boo at the Zoo will take place two nights on Sunday, October 30th and Monday, October 31st from 5:00 to 8:00 pm. Don't miss out on a spooky good time as the Sacramento Zoo transforms into the kid-friendly place to be for Halloween. Trick-or-treat bags will be available for each child.

Kids can safely trick-or-treat around Lake Victoria at 20 candy stations as well as enjoy spooky entertainment, carnival games, magic shows, a haunted house, tons of ghoulish goodies and pumpkin

bowling. Hot chocolate and apple cider will be available for purchase. Ride the Zoo's Creepy Carousel or the Spooky Train for \$2 per person.

This event is appropriate for children 10 and under and is held rain or shine. General admission is \$10.00 per person; Sacramento Zoo Member admission is \$8.00. Children one and under are admitted free. Tickets may be purchased at the Zoo; call 916-808-5888 for information or tickets are available online at [saczoo.org](http://saczoo.org).

*Sacramento Zoo – Wildly Inspiring! For information, call (916) 808-5888 or visit [saczoo.org](http://saczoo.org).*

## Sand Into Pearls: Perla Warren's Life Story

By Julie Parker

**"Perla Warren has done more to promote quality vocal jazz than anyone in the region."**

**Donald Kendrick  
Director of Choral Activities,  
CSUS**

Music massages the soul and stimulates the senses. It unifies diverse cultures and beliefs of faith.

If you're lucky, a special teacher or mentor will appear, whose passion for you to excel will forever impact your life. To the music students of American River College, that person was Perla Warren.

Perla L. Zulueta was born and raised in Quezon City, Philippines, where her home was filled with music. "On my mother's side, everybody sang and played the piano. I grew up in a home with two grandfathers. 'Grandfather'

is a little different than here. A great-uncle is a 'grandfather' in the Philippines. One of them was an avid musician, who just loved music, so he would crank up the Victrola, and play John Philips Sousa in the morning to get everybody going. In the evening, there was always an opera. On my father's side, nobody knew music. It was all business. My father made up a couple of lullabies that he sang to me, putting me to sleep."

Perla's first piano teacher was very strict. "I used to just shake before the finals. But, she had so much compassion. I knew she was interested in me and my development."

Pianos aren't part of an orchestra, so she took up cello. "I always liked the sound. I didn't like the violin, because it would make a mark on my chin."

She graduated from the



Perla Warren, a special teacher whose passion forever influenced her students.

University of the Philippines Conservatory of Music in 1957, with a degree in Piano Performance.

Traveling to the United States sounded like fun. "My father said, 'If you're going to go to the United States, you must have a purpose.'" Her aunt was teaching at Indiana University, so Perla lived with her while attending Butler University, continuing her studies in music.

"At the time, music education was not offered in the Philippines. It was very European. You received a Bachelor of Music in Piano, Violin, Vocal Performance, etc. - always a performance degree. I thought, well, I'll be one of the first graduates in Music Education. I was enjoying it so much, I decided to go into conducting."

She practiced the piano in the lobby of the student union building everyday from midnight until 4:00

a.m.. "The security guard always watched out for me. In the lobby was an office that was open 24 hrs a day so I was very safe."

One night, the light on her piano went out. "I watched a medical student go to the box and fix it. I didn't say anything to him." When a friend of hers later introduced her to Gene Warren, she thanked him for fixing the light. Perla and Gene married, raised two daughters, and celebrated their 51st anniversary.

*Continued on page 5*



Scan our QR Code for a direct link to our online edition!



Project Linus: Providing Security Through Blankets

Evening Toastmasters Club Forming



Claire Cliddon with some of the 300 blankets going to Sacramento Food Bank.

By Julie Parker

For a child experiencing grief, medical stress, trauma or other challenging situations, a homemade blanket offers more than warmth. It provides emotional comfort.

In 1995, Karen Loucks read an article in Parade in which a security blanket helped a young girl endure painful chemotherapy treatments. That article inspired her to donate homemade security blankets to a cancer center in Denver, which, in turn, led her to create Project Linus. “Providing Security Through Blankets,” gifts of homemade blankets and afghans for children in need have escalated.

As of January 2011, Project Linus has inspired the creation of 371 chapters around the country, one of which began in 1996 by Claire Cliddon, serving Sacramento, Placer and El Dorado Counties.

“We delivered 35 blankets that first year,” says Cliddon. “We started out with hospital pediatrics, telling them, ‘If you can use them, let us know.’” Today, service organization recipients are now rotated from a lengthy list. Law enforcement, U.S. Forest Service, hospital pediatric units, elementary schools, shelters and hospice are just a few examples of those who can now offer blankets to children in need. “Last year, we delivered over 6,000 blankets.

They’re for kids even just going through a difficult time, like their parents are in Afghanistan and they

miss them, or they lost a sibling. We do it from natal infants up to 18 year olds.”

Although many chapters across the country keep an extra supply of 200 blankets, Cliddon doesn’t agree with that policy. “If the blankets come in, they need to go out. Someone needs them now.”

Who makes the blankets? The diversity of volunteers range from a six year old Daisy Girl Scout who made a no-sew fleece blanket, to a 105-year-old woman who sews infant blankets.

Geraldine Dillon is turning 101 at the end of the month, and enjoys being a part of Project Linus, even though her peripheral vision limits her crocheting to a single pattern, which she can stitch by feel. “I’ve done almost 300,” declares Dillon.

She encourages others to volunteer their sewing time. “If they don’t know how, I can show them. It’s good for people, even if you’re sick for awhile. I can’t stand to just sit and do nothing, even when I look at television. I like to do something with my hands. I think Project Linus is wonderful.”

Cliddon says, “I have one lady who has made two blankets every single month since 2000. We had a woman in an assisted living home who said, ‘Project Linus gives me a reason to get up in the morning.’”

Although donated homemade blankets are distributed locally, Cliddon makes a point of assisting with global disaster relief efforts. Hundreds of blankets were donated

to Katrina, 9/11, Texas, Haiti and Japan. “We had people pouring out of the woodwork for those causes. It was amazing.”

Project Linus is looking for volunteers who crochet, knit, quilt and no-sew:

- Mothers can sew while they watch the kids’ games
- A great community project for Girl Scouts, Boy Scouts and high school students

Cliddon says, “I write a thank you letter to everybody who makes a blanket, and tell them where they’re going that month.”

Donations of washable yarn, 100% cotton fabric and batting can always be used for volunteers who can’t afford sewing supplies. Dillon’s grandson and others pick up yarn for her from the thrift store and yard sales.

“The Sacramento Book of Dreams gave us a lot of yarn and office supplies. In general, we have no funding and we have to depend on outside sources or I just buy it, which can add up.”

If you would like to be a volunteer “blanketeer” or donate items or funds, visit [sacprojectlinus.org](http://sacprojectlinus.org) or contact Claire Cliddon at (916) 965-8955.

“I can’t think of a better thing to do. It’s just the neatest thing for me to give blankets to kids, but to have all of these women say, ‘Oh, I finally feel like I’ve done something worthwhile,’ is wonderful.”

*Rancho Cordova* - Want to improve your communication and leadership skills? District 39 Toastmasters is starting a new evening group in Rancho Cordova. The informational meeting will be on October 17, 2011 at the Rancho Cordova Sheriff’s community room, 2897 Kilgore Drive at 6:30 p.m. Contact Louise Houdelette at (916) 361-1621 or E: [louise.houdelette@district39.org](mailto:louise.houdelette@district39.org) for more details.

A Toastmasters meeting is a

learn-by-doing workshop in which participants hone their speaking and leadership skills in a no-pressure atmosphere. A typical group has 20 to 40 members who meet weekly, biweekly or monthly. A typical meeting lasts 60–90 minutes.

Since 1924, more than 4 million people around the world have become more confident speakers and leaders because of their participation in Toastmasters.

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Governor and First Lady Honor Chief Warrant Officer James B. Wilke

*Sacramento* – On behalf of all Californians, Governor Brown and First Lady Anne Gust Brown honor Chief Warrant Officer James B. Wilke who bravely gave his life in service to our state and nation. The Governor and First Lady extend their deepest condolences to his family and friends at this difficult time.

In memorial, Governor Brown ordered that flags be flown at half-staff over the State Capitol on October 13th. Chief Warrant Officer Wilke’s family will receive a letter of condolence from the Governor.

Chief Warrant Officer James B. Wilke, 38, of Lone, CA, died

October 10, in Doha, Qatar. He was assigned to the 2nd Battalion, 43rd Air Defense Artillery Regiment, 11th Air Defense Artillery Brigade, 32nd Army Air and Missile Defense Command, Fort Bliss, TX. Wilke was supporting Operation New Dawn.



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# AMERICAN RIVER MESSENGER

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SJUSD Seeks Principals for a Day

Wild Cats to Star at Nature Fest

**Community leaders offered a chance to be a Principal for a Day in San Juan Unified**

San Juan Unified schools will offer community leaders and volunteers a unique look inside learning by inviting them to be a Principal for a Day on Nov. 8. Guest principals will join school principals to conduct learning walks to see classroom instruction first hand, greet students, take part in campus events and even help with supervision and yard duty.

The day will begin at the start of school and go through noon when participants will gather at the Citrus Heights Community Center for a luncheon and celebration of achievements.

Any and all interested community members are invited to participate by signing-up at [www.sanjuan.edu/pfad](http://www.sanjuan.edu/pfad). Requests for specific schools will be accepted but final assignments will be based on availability.

**WHAT:** SJUSD’s first Principal for a Day event welcomes community leaders and volunteers to each of the District’s 70+ schools to see instruction first hand and take part in administration of the school for a morning. Participants will then gather for a celebratory lunch and state of the district

address by Interim Superintendent Glynn Thompson.

**WHEN:** Tuesday, Nov. 8

On campuses from the start of school (7:30 a.m.) to 11:45 a.m

Luncheon from noon – 1:30 p.m.

**WHERE:** Each of SJUSD’s 70+ school sites; Luncheon hosted at the Citrus Heights Community Center

**WHO:** Open to all interested members of the community; Space limited as only one guest principal will be assigned to each school.

Sign-up: [www.sanjuan.edu/pfad](http://www.sanjuan.edu/pfad)

River Cats to Host Baseball-Themed Pumpkin Decorating Contest

Winning entry gets to trick-or-treat with River Cats mascot Dinger on Halloween

**Sacramento Region** – The Sacramento River Cats will host a children’s Halloween pumpkin decorating contest at Raley Field on Friday, October 28. The winning entry gets the opportunity to trick-or-treat with the River Cats mascot, Dinger, on Halloween. The contest will be held on the Raley Field

Ticket Plaza from 4-5 p.m., with pumpkin entry check-in from 4-4:30 p.m. All pumpkin entries must be completed prior to the event.

Pumpkin entries must have a baseball theme. The contest is open to children 17-and-under. The winning pumpkin will be decided by a panel of judges. The pumpkin decorating

contest winner will have the opportunity to spend Halloween trick-or-treating with Dinger (must be held within a 50-mile radius of Raley Field). All participants will receive a 2012 River Cats game voucher, which is good for any April and May game.

Free Workshops for College-Bound Students

The Sacramento Public Library will present free informational programs for college-bound students, led by Kaplan College Testing representatives. Register at the library branch, online at [www.saclibrary.org](http://www.saclibrary.org), or calling (916) 264-2920.

**College Application Essay Workshop:** Wednesday, October 26 at 6 p.m. Carmichael Library, 5605 Marconi Avenue, Carmichael.

Students and parents will learn what college admissions officers want to see in an essay. The workshop will examine the types of topics students will encounter, cover the four steps to writing a winning essay, and critique a sample admissions essay.

**Paying For College 101:** Wednesday, November 9 at 6 p.m. Carmichael Library, 5605 Marconi Avenue, Carmichael. Attendees will

learn the basics of applying for financial aid, important dates and terminology, how financial need is determined, and the difference between various award types.

**College Scholarships:** Wednesday, November 9 at 6:30 p.m. Arden-Dimick Library, 891 Watt Avenue, Sacramento. Learn tips on finding and applying for college scholarships.

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*By Susan Maxwell Skinner*

**Carmichael** – Though large felines once ranged freely in the Sacramento Valley, mountain lion sightings don’t happen every day in the suburbs. As part of a return-to-nature theme for an Effie Yeaw fundraiser on Sunday October 23rd, one such *Felis concolor* will come to Carmichael.

Firmly leashed, seven year old Shoshone will educate visitors about these much maligned felines. “All wild cats are endangered,” says Shoshone’s co-owner Barbara Dickey. She helps run the Wild Cat Education and Conservation Fund in the Russian River area. “Another of our cats — a snow leopard — is the fourth most endangered species on the planet,” Barbara adds. “Man just doesn’t want them around.”

The Dicelys will transport and handle the wild cat exhibit at the fundraiser. Bred in captivity, the 100 pound mountain lioness will spend 20 minutes on, 20 minutes off her display table. She will be caged on breaks and spelled by a smaller but equally fascinating Canada lynx. This species is a close cousin to the bobcat – once common in these parts but now almost extinct.

Licensed by the Federal and State Government to keep and exhibit their animals, the Dicelys care for 19 wild cats on a 22-acre ranch near Occidental. Shoshone and fellow felines thrive on a raw red meat diet especially produced for zoos.

“We’ve presented over 100 educational programs a year for 20 years,” says Dickey. “By meeting these amazing creatures, we hope people will learn to care about them and help their species from becoming extinct.”

Live raptors, snakes and bats will also be on show at the October 23rd Effie Yeaw “Nature Fest.” The event runs from 10 a.m. to 3 p.m. Admission is free but there is a \$5 fee for parking. Donations toward the Nature Center are encouraged.

For more information, visit [www.sacnaturecenter.net](http://www.sacnaturecenter.net)

American Legion to Hold Veterans Day Service

The Citrus Heights post of The American Legion #637 and The Veterans of Foreign Wars will hold a Veterans Day service on Friday, November 11, 2011, at the Veterans Memorial and gazebo located at the Sylvan Cemetery at 7401 Auburn Blvd., Citrus Heights. This Service will honor those who served our community, state and nation.

This event is hosted by The American Legion, Citrus Heights Post #637, Cdr. Ken Hicks

(916) 965-4773 and The Veterans of Foreign Wars.

Invited speakers are Supervisor 4th District Roberta MacGlashan, Citrus Heights Mayor Jeannie Bruins, Citrus Heights Police Chief Christopher W. Boyd and the Citrus Heights City Council members.

Others present will be Citrus Heights Boy Scout Troop #228, the Folsom Harmony Express and Kelly Gorton playing “Taps.”

The order of activities as follows:

**10:30 A.M.** Veterans assemble at south end of cemetery. (Spanish-American War section) The Procession along the “Avenue of Flags” Concluding at the Veterans Memorial.

**11:00 A.M.** Memorial service in the cemetery’s gazebo3 with local leaders and performers.

Antelope Crossing Spooktacular

Saturday, October 22, 2011 • 10 a.m. to 4 p.m.

This year will feature a free Family Fun Zone with bounce houses and an obstacle course, free child fingerprinting provided by the Citrus Heights Police Department. Also featured will be carnival games, a mechanical bull, a climbing wall and a pumpkin patch created by Raley’s.

Bring your pet dog dressed in a Halloween costume and win cool prizes at the dog costume contest which will be held at 3:00 p.m.

Everyone’s favorite pirate Captain Jack Sparrow will entertain the crowd. The Assorted Nuts interactive musical band, Enchanted Forest the magician and the Extreme Martial Arts Lion Dance will be featured on the Entertainment Stage sponsored by El Dorado Savings Bank.

Vendor and craft booths will be open to enjoy throughout the day in addition to informational booths including the Sacramento Metro Fire Department, and Community

Emergency Response Team (CERT), Northwest Neighborhood Association and others.

The Spooktacular is sponsored by the Antelope Crossing Business Association and the City of Citrus

Heights and will take place at the Antelope Crossing commercial and retail plazas located at Antelope Road and Interstate 80.

For more information, contact Dale Covey at (916) 729-2715

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# Sacramento County DA Reports

*Recent cases of interest*

**CASE: Orlando Williams (10/3/11)**  
**PROSECUTOR: Deputy District Attorney Michelle Becker**  
District Attorney Jan Scully announced that prison inmate Orlando Williams was convicted by jury for possessing heroin and ecstasy at Folsom State Prison.  
Williams had 22 tablets of ecstasy and 3 grams of heroin in his possession at Folsom State Prison at Old Folsom.  
Williams faces a sentence of up to 10 additional years in prison. Sentencing is set for October 27, 2011 at 9:00 a.m. in Department 37 in front of the Honorable Judge Davidian.

**CASE: Demarcus Mason (10/7/11)**  
**PROSECUTOR: Deputy District Attorney Kevin Greene**  
District Attorney Jan Scully announced today that Demarcus Mason pled guilty to voluntary manslaughter in the death of Christopher Thompson.  
In January 1999, Kennedy High School student Christopher Thompson was assaulted by Mason and another student. Thompson sustained serious injuries, but did not die. However, he experienced complications from the assault and died on February 4, 2010.  
Mason was 16 years old at the time of the attack, but he was tried as an adult. In June 1999, he pled guilty to attempted robbery with a great bodily injury enhancement and was sentenced to 5 years in prison.  
Mason will be sentenced to 11 years in prison. Sentencing is set for November 18, 2011 in Department 25 in front of the Honorable Kevin McCormick.

**CASE: Devin Merritt (10/8/11)**  
**PROSECUTOR: Deputy District Attorney Michelle Becker**  
District Attorney Jan Scully announced today that Devin Merritt was sentenced by the Honorable Judge Oros to 30 years to life in prison after being convicted by jury for assault on an inmate at California State Prison, Sacramento.  
Merritt and co-defendant Travis Britt attacked another inmate on the yard, punching him in the head and upper torso area. The victim was transported to UCD Medical Center with serious injuries, including multiple facial fractures, a broken nose, and a laceration on his left eyebrow.  
Merritt is serving time in prison for multiple counts of violent conduct. In 2005, he was convicted of car-jacking, assault with a gun, and five counts of armed robbery. During one of those robberies, Merritt shot the victim.  
Deputy District Attorney Michelle Becker stated, "The outcome of this case demonstrates how the Three Strikes Law is keeping violent recidivist criminals off the streets."

**CASE: Orlando Camacho, Christopher Hernandez & James Riggins (10/8/11)**  
**PROSECUTOR: Deputy District Attorney Donell Slivka**  
District Attorney Jan Scully announced that the Honorable Judge Lloyd Connelly sentenced James Riggins to two life terms in prison without the possibility of parole plus 135 years to life for the first degree murders of Rigoberto Aguirre and Isidro Cedillo, and for the premeditated and deliberated attempted murder of Victor Cedillo.  
Co-defendants, Orlando Camacho and Christopher Hernandez, were each sentenced to 30 years, 8 months in prison for voluntary manslaughter in the deaths of Rigoberto Aguirre and Isidro Cedillo, and the attempted voluntary manslaughter of Victor Cedillo.  
All three defendants were validated Varrio Diamond Norteno gang members. The victims were shot by Riggins because they had reported previous assaults, including a drive by shooting at their house by members of the Varrio Diamonds. These reports resulted in the conviction of some gang members and an increased number of police contacts with other Varrio Diamond gang members, which led to probation and parole violation arrests. In addition, the victims were living in a neighborhood claimed by the Varrio Diamonds and were identified by that gang as Surenos, a rival gang.

**CASE: Juan Gonzalez (10/13/11)**  
**PROSECUTOR: Deputy District Attorney Sean Laird**  
District Attorney Jan Scully announced today that Juan Gonzalez was convicted by jury of first degree murder and gang enhancements for the 2009 killing of 16 year-old Francisco Medina-Tomas at the Bowling Green Village Apartments.  
Gonzalez was one of four Barrio Sur Trece (BST) Sureno gang members who approached the victim, confronted him about where he was from, then shot and killed him after a brief exchange of words.  
Gonzalez faces a sentence of 50 years to life in prison. Sentencing is set for November 19, 2011 at 9:00 a.m. in front of the Honorable Kevin J. McCormick.

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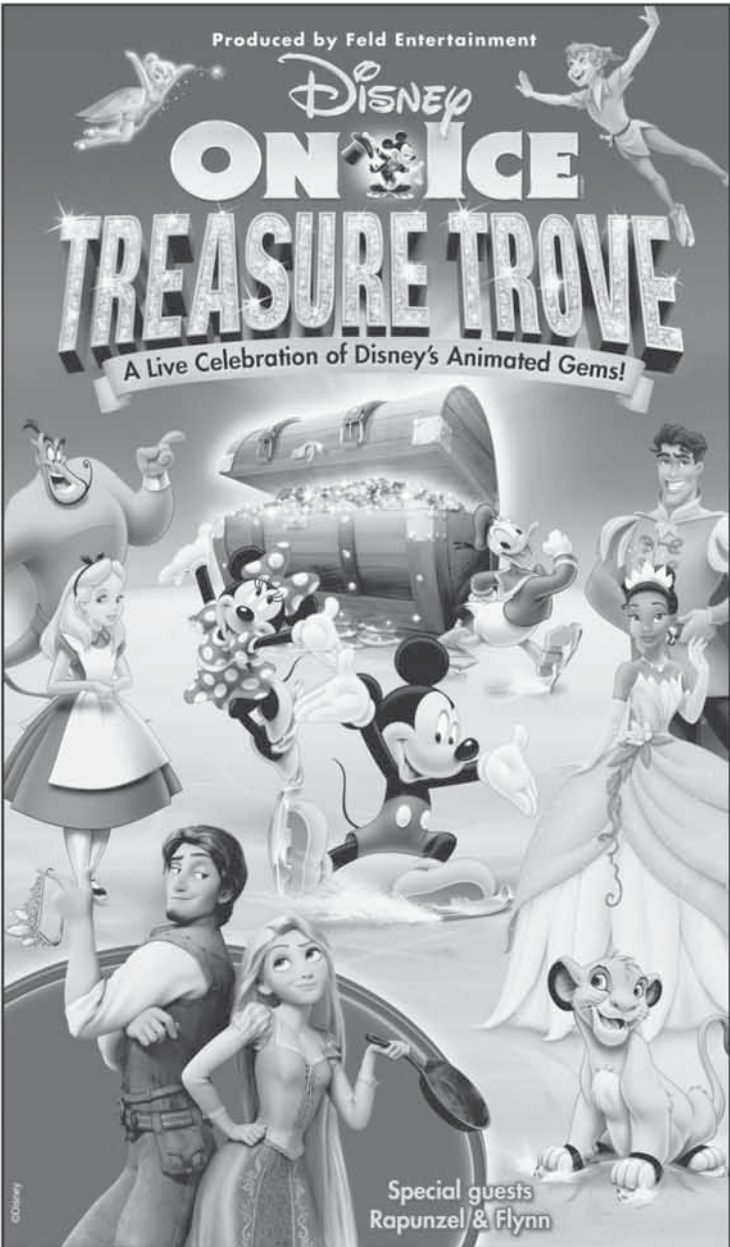
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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

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# Sand Into Pearls *continued from front page*

She ultimately received degrees in Music History, Literature and Choral Conducting at the Jordan Conservatory of Music, Butler University, and was appointed to its faculty, teaching in the Piano Department. She also served as Choral Director at Pike High School.

“If were a troublemaker, the threat was, ‘I’m sending you to Mrs. Warren’s study hall.’ To this day, I don’t know why, but in my study hall, you could hear a pin drop. I was so tiny; 98 pounds with long hair, ponytail.”

Her chamber group, The High Tones, was so popular a nursery owner provided a gardenia for each singer, for every performance.

Perla and her family moved to Sacramento in 1965. In 1974, she entered the American River College faculty as a choral conductor, voice teacher and piano instructor. She conducted both the American River College Chamber Singers (a classical repertoire ensemble) and the American River College Jazz Choir, both of which received numerous awards and invitations to prestigious music festivals in Ireland, England, the Philippines, Austria, Germany and France. Her Jazz Choir performed at the Montreux International Jazz Festival.

They opened for Ray Charles at the North Sea International Jazz Festival in Holland. “The people would not let us leave the stage. They were clapping their hands and stomping. It was almost embarrassing. We were stepping on his time. In Switzerland, we sang every song we knew. It was 4:00 in the morning and the people wouldn’t let us get off the stage.

I think it’s the honesty of the music. The students found that the music was better than they are. That’s when you really see artistry.”

In May 1994, she made her Carnegie Hall debut, guest conducting massed choirs. As a teacher, she had spent as much time as needed with the students. At Carnegie, the situation was quite different. “You are definitely with professionals and they’re unionized. Union says at 9:00 you’re finished. At 9:01 there’s no one in the room. I had to really prepare and I had never met these people before. They know the music, but they don’t know the way I would like to have it played. It was very frightening.

The day came, and they put you in a room upstairs, alone. You have a huge television so you know what’s going on. There’s a security guard at your door. Nobody bothers you. The choir, orchestra, the two soloists, podium is there waiting there. You’re the last to walk out.

I was shaking like a leaf. My knees were shaking, my stomach I cannot feel it. I was so cold. I just knew there was no way in the world that I could walk in my heels, in my gown, all the way to the middle, get up to the podium. I thought I was going to faint. But, I knew I had to go. When I walked onto the podium all I could see was my score, and I knew the downbeat and the tempo. I found something about me; that I could be that focused.”

Her former students remember that focus and energy, and a few of them shared fond memories of Perla as teacher, mentor and friend.

“It’s more than learning notes and rhythms,” says Jenny Guemmer. “She cares about her students on a spiritual level. She really invested in all of us. After a choir tour, we discussed choirs we had visited and she asked, ‘How will people out there know how to experience what you’ve heard?’ It just sort of hit me like a lightning bolt - we have to teach them! And I cried. Because of her, I discovered my calling as a music teacher.” In fact, she now teaches piano lessons to Perla’s granddaughter, Celeste.

“Trying to get into her choirs was very prestigious,” says Eric Rosander. “It was an audition process. There was such a high pressure of staying there. It was a growing up experience for a lot of people. One time, back when I was playing bass, I didn’t have my stuff down when it was time for rehearsal. I got called up on it; a lecture in front of everybody. What I didn’t do affected the entire group; affected everything she had planned for that day. I learned to be disciplined, to work as a team; learned about musicality and performance. It’s not just notes and text; the text actually has a story or an emotion that you’re trying to convey. She drove you to meet a challenge of high standards.” Rosander now sings in R.S.V.P.

“The first word that comes to mind is passionate; passionate about music, teaching,” recalls Julie Adams. “She was demanding, but in a way that made you want to be better. You knew she wanted the best for you, and cared about you, and that’s why she was expecting so much out of you. We stood a little taller, felt better about ourselves and expected more out of ourselves. I think I was on her first European tour. I sat next to her on the plane

and she taught me the entire flight. I remember learning things about the Philippines, the language. She’s always sharing ideas, concepts and knowledge. The quality of the music she prepared was always high quality, so we were so proud to perform with her.” Following Perla’s lead, Adams also became a music teacher, and conductor of R.S.V.P. and the Sacramento Children’s Chorus.

“She was very warm; made everybody feel welcome,” says John Lofgren. “She never accepted less than excellence. She was focused and energetic. She didn’t just give you notes; she’d shape the music. She was very, very creative. She was very inclusive with a lot of her students as far as discussing things other than music; what she learned from her life. I got to know her family very well. I saw the interaction between her and her husband with their children; the trust they had in each other. We have that with our daughter. Part of that comes from Perla.” Lofgren has sung with the Sacramento Master Singers for over 20 years.

In the past three decades, Perla has conducted all-state honor choirs in local, state and national arenas, managed choral workshops at several

universities and music conferences throughout the United States and the Philippines.

“One of my students said there are times when they’re in the class that it’s so intense they feel like they need to scream and run away, but they don’t. They are so willing to fail. ‘But, you, Mrs. Warren, are so unwilling for us to fail.’ It is one of the most beautiful compliments I received. I’ll never forget that.”

Sacramento Master Singers is presenting a musical tribute to beloved teacher and mentor Perla Warren, who is battling cancer - “From Sand to Pearls: A Choral Tribute to Perla Warren.”

On October 28 and 29, beginning at 7:30 p.m. on each day, at American River College, SMS, American River College Chamber Singers, R.S.V.P., Moodswing and a choir of ARC alumni will perform. Visit [www.mastersingers.org/pages/enjoy/peace\\_peace/](http://www.mastersingers.org/pages/enjoy/peace_peace/) for additional information.

“There are two words that are important to me – quality and honesty. It doesn’t have to be music. You don’t have to choose it, but you have to teach it, so at least they have a choice.”

**Perla Warren**

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**CLUES**

**ACROSS**

- His/her right arm is raised in boxing
- Deporting agency
- Alight, past tense
- Western neck ornaments
- Cul de \_\_\_\_
- Co-exists with fauna
- One who’s overly sentimental
- Recent or new, prefix
- Worry or cause anxiety
- Bigwig
- Viewers of this die in 7 days
- Unit of electrical resistance
- Michael Myers’ move, e.g.
- Acid drug
- Kick out
- Easy on/off clothing
- Throat-clearing sound
- \_\_\_\_ Paxton, of 2009’s “The Last House on The Left”
- Piano practice piece, e.g.
- a.k.a. French Sudan
- Beyond suburb
- Algonquian people living in central Canada
- Russian crepes
- Arabian chieftain
- Kept in certain state
- Results of child’s out-door play?
- Miners’ passage
- Boundary Waters entry point
- Counterfeit
- Norwegian “Take On Me” band
- Bela Lugosi character
- Feet-first delivery
- Desert havens
- Originally the Radio Corporation of America
- Intended to deceive
- Shrewdness
- La Cosa Nostra, e.g.
- Jargon
- Floor plank
- “Is it \_\_\_\_ wonder?”
- Many affirmatives

**DOWN**

- “Two and a Half Men” network
- Ungulate’s foot
- \_\_\_\_ Romeo
- “Semper Fidelis” to U.S. Marines, e.g.
- Featured Bates Motel
- Is not
- National Academy of Engineering
- He directed “Alien”
- Having wings
- Lesotho money
- De-wrinkler
- Tart spiciness
- Faint
- What some parks do
- Owns
- Swellings of the thyroid gland
- “Clarice wanted them silent
- “Thou \_\_\_\_ not envy”
- Short for Cordelia
- Original home of the Saxons
- It itches
- Make drinkable
- Scott \_\_\_\_, Newbery Medal-winning children’s author
- Attention-seeking
- Austin Powers’ \_\_\_\_-Me
- Like Arizona in summer
- \_\_\_\_ patch
- Steep
- Salt in Mexico
- Scientist-turned-insect flick
- Cause and effect cycle?
- Bird of prey nest
- “Cujo” and “Man’s Best Friend” featured them
- Ralph in Spanish
- It covers 8.7% of Earth’s surface
- Occupied Britain in pre-Roman times
- “Rosemary’s \_\_\_\_”
- Soda pop recyclables
- Immense
- Opposite of pro
- \_\_\_\_ and don’ts”

**For Solution See Page 7**

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# A Focus on Breast Cancer In October



By James N. Martin, Jr, MD  
President, The American Congress of Obstetricians and Gynecologists

Breast cancer is the second most common cause of cancer deaths among women in the US. It's not surprising that a diagnosis of this disease is a fear many women share. However, being informed about the risk factors, detection, and treatment of breast cancer can help empower women to move beyond fear and into action.

The two main risk factors for breast cancer are being a woman and getting older. Family history, personal history of certain cancers, no

pregnancies or first pregnancy later in life, starting periods before age 12 or menopause at age 55 or after, obesity, alcohol intake, and use of some types of hormone therapy can also increase a woman's risk.

While some risk factors including age and family history are beyond your control, others such as weight and the amount of alcohol you drink, can be improved. You can learn more about your risk of breast and other cancers at [understandingrisk.cancer.gov](http://understandingrisk.cancer.gov).

Women with breast cancer have up to a 98% survival rate when it is caught at an early stage. Earlier detection and advances in treatment have led to the gradual decrease in breast cancer deaths. Mammography screening remains the best available method to detect breast cancer early. Regular mammograms are crucial to identifying tumors when they are most treatable, but unfortunately, many women skip being screened.

ACOG recommends that all women ages 40 and older should have a mammogram annually. If you have certain risk factors, such as being a carrier of the BRCA1 or BRCA2 gene, your doctor may suggest mammography

screening at a younger age. High-risk women should discuss their prevention options with their doctors. For information on where you can find free or low-cost mammography screenings, go to [cdc.gov/cancer/nbccedp](http://cdc.gov/cancer/nbccedp).

Women ages 40 and older should also have their breasts examined by their doctor annually. Women ages 20-39 should have this done every one to three years. Additionally, all women ages 20 and older should become familiar with the normal appearance and feel of their breasts and tell their doctor if they notice any changes.

There are currently a number of effective treatment options available for breast cancer. Ultimately, a woman and her doctor will choose the treatment that is right for her, based on the location and extent of the cancer, her age and preferences, and the risks and benefits of each treatment.

*As a national sponsor of National Breast Cancer Awareness Month in October, ACOG encourages women to focus on breast health now. For more information and resources on breast cancer, treatment options, and where you can find support, go to [nbcam.org](http://nbcam.org).*



REAL STEEL  
(Rated PG-13)

Though a comparison to "Transformers" is inevitable, the action-packed "Real Steel" is so much more than robots engaged in full-on, brutal destruction of each other.

"Real Steel" is more like the original "Rocky," focused on a boxing competition where the underdog hero makes a comeback and gives his all.

The setting is the near distant future, where the public's thirst for violence and carnage is greater than what mere mortal athletes can give.

The boxing world has evolved, if you will, to the point where robots have replaced the pugilists and the boxing ring has no limits in regards to personal safety.

Hugh Jackman's Charlie Denton is a washed-up boxer who is forced, by circumstances, to hustle as a small-time robot fight promoter.

Traveling the back roads of rural America in his truck hauling a broken-down robot, Charlie tries to stay a few steps ahead of debt collectors and other unseemly characters.

The seamy underground boxing venues include a traveling carnival where Charlie's second-rate robot is even no match for livestock.

Though he is constantly on the run, Charlie finds his life more complicated by the sudden death of his ex-wife; he discovers that he has a 12-year-old son.

The boy's aunt (Hope Davis) wants custody of the boy, but first Charlie strikes a cash deal so that he'll babysit his estranged son Max (a winsome Dakota Goyo) for the summer.

At this point, "Real Steel" is no

# Riley Reviews

ACTION-PACKED  
"REAL STEEL:"  
A ROBOT MOVIE  
WITH HEART

longer just the story of a peripatetic fight promoter looking for his next payday at a venue not sanctioned by World Robot Boxing.

The underdog boxing story involves an alienated father-son duo reluctantly teaming up to rebuild and train a scrap-heap robot and turning it into a boxing contender.

At another level, the storytelling is grounded in a tale of redemption for the lost and forgotten souls of the father, his son and the abandoned machine they intend to revive.

Max names his junkyard robot "Atom," which needs serious repair work. Charlie finds suitable help at the boxing gym where he once trained.

The gym is now run by the deceased owner's daughter, Bailey (Evangeline Lilly), Charlie's long-time friend and apparent possible love interest.

Appearing undersized and physically vulnerable, Atom does not look like the type of robot to survive a bout with machines larger and more imposing.

But cunning and guile may prove more important. The robots are operated by humans using computers and remote control devices.

The father-son team debut Atom at an underground site. To their surprise, he wins the fight and then keeps winning other bouts, and in the process establishing a reputation.

Soon enough, Atom enters the ring against established contenders at sanctioned robot boxing venues. He keeps on winning.

Meanwhile, the world champion robot is an enormous machine aptly named Zeus, a fearsome black robot that is described as "The Death Star."

Not only has Zeus never been beaten, but also, no other robot has even survived beyond the first round

with him. Does it take much to envision the Zeus-Atom showdown?

Zeus' owners are the villains. Tak Mashido (Karl Yune is the calculating robot engineer. The striking beauty Farra Lemkova (Olga Fonda) is cold and merciless; she also looks like a Kardashian sister.

As to be expected, the big fight day comes, with challenger Atom, against all odds, going up against the formidable, undefeated Zeus. The result may be more surprising and satisfying than you would expect.

"Real Steel" has nicely choreographed fight scenes, thanks in part to Sugar Ray Leonard's role as the film's boxing consultant.

To be sure, "Real Steel" has plenty of hard-core action, but in the end it is a gratifying, warmhearted story that is ultimately about salvation. It's a much better film than I had anticipated.

## DVD RELEASE UPDATE

The NBC network has just cancelled "The Playboy Club," after airing only three episodes. The peacock network has had much better luck with "Chuck."

To my surprise, "Chuck: The Complete Fourth Season" is being released on Blu-ray and DVD, complete with all 24 episodes. That can only mean that "Chuck" is just now starting its fifth season on the fall season.

An action-comedy/spy-drama hybrid, "Chuck" is about a computer nerd working a dead-end job at an electronics chain store.

In the first season, Zachary Levi's Chuck found that his brain became the repository of CIA and National Security Agency secrets.

The Fourth Season has Chuck in love with his handler, Sarah (Yvonne Strahovski). His mom also comes in from the cold, escaping the evil control of an international arms dealer to become part of Chuck's spy life.

As always, Chuck is trying to keep his professional and personal worlds separate. On some days, he outwits assassins and hordes of black-clad martial arts bad guys.

Not unexpectedly, the Blu-ray edition contains an exclusive interactive experience special feature.

# Commercial Burglary Suspects Arrested

*Citrus Heights* – Citrus Heights Police (CHPD) responded to a commercial burglary alarm to a business in the 7200 block of Greenback Lane. Within minutes, police officers arrived and located a broken window on the side of the business. CHPD quickly contained the business and surrounding area and conducted an extensive search including the use of CHPD Canine. No suspects were located as a result of the search. A business employee arrived and determined that several thousand dollars in merchandise was taken from the business.

Approximately 30 minutes after the incident occurred, personnel from a local security guard company called Citrus Heights Police reporting that they were speaking with two suspicious subjects who were



Timofey Dalekorey

in the business area of Sunrise and Pebble Beach. Once police arrived, It was quickly determined the subjects that were detained, were in possession of the stolen items from the business that was burglarized earlier. 20 year old Angel Sanchez



Angel Sanchez

and 20 year old Timofey Dalekorey were subsequently arrested for commercial burglary and possession of stolen property.

The stolen items were returned to the business.



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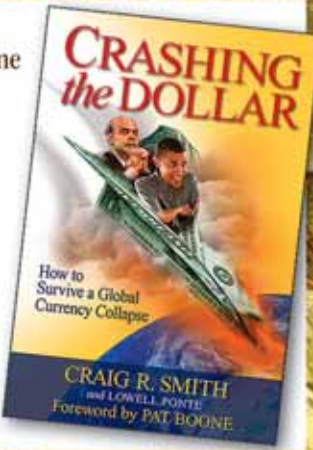
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Crashing the Dollar: How to Survive a Global Currency Collapse by Craig R. Smith was written to help save American families from the economic death spiral of a falling U.S. dollar and rising inflation.

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KITCHEN  
REMEDIES: PART II

Here we go! Let's head back to the kitchen for rejuvenation foods with holistic healthy living expert and wellness consultant **Dr Susan Smith-Jones**. She has dedicated her life to your health authoring some 27 books including her latest **"Walking on Air."** Get ready to use that kitchen for more than a snack or two. She shared some very practical ideas with me on my radio show POPPOFF.

7) **Team up with cinnamon for balance:** Most people love the taste of cinnamon. Its fragrance conjures up thoughts of the holidays and special treats for the taste buds. An ancient spice obtained from the dried bark of two Asian evergreens, cinnamon is a highly versatile flavoring as well as a carminative that relieves bloating and gas.

Adding cinnamon to food, especially to sugary ones, helps normalize blood sugar by making insulin more sensitive. Cinnamon's most active ingredient is methylhydroxy chalcone polymer (MHCP), which increases the processing of blood sugar by 2000 %, or 20-fold. So using cinnamon in tiny amounts—even sprinkled in desserts—makes insulin more efficient. Cloves, turmeric, and bay leaves also work, but they're weaker. This is great news! Avoiding high circulating levels of blood sugar and insulin may help ward off diabetes and obesity. Steady lower insulin levels are a sign of slower aging and greater longevity.

Here are some ways to use it. Sprinkle cinnamon in your morning coffee, toast, or porridge. Double the amount you use in baked food recipes, sprinkle it on baked sweet

POPPOFF!

with Mary Jane Popp

potatoes, add it to chiles and curries for authentic flavor, create a zero carb flavorful refreshing drink by adding a cinnamon stick to your glass or bottled water. One stick lasts two days. You can transfer it from glass to glass, and then use a new stick.

8) **A healing agent since Biblical times:** It is said that Hippocrates, the Greek "father of medicine", relied on apple cider vinegar as a standard remedy. The current scientific literature and users of apple cider vinegar, which is rich in enzymes and potassium, have corroborated its ability to relieve high blood pressure, obesity, diabetes, acid reflux, achy joints, allergies, vaginitis/yeast infections, sore throats, and other conditions. There's a difference between the raw, organic, unfiltered and undistilled apple cider vinegar sold primarily in health food stores and the distilled, clear vinegar that turns up on the supermarket shelves. The latter lacks the "mother of vinegar". That's the cloudy sediments that proponents say contains most of the health-promoting enzymes, acetic acid, bacteria, minerals, and other nutrients from the apple, but which lacks eye-appearence to the general public.

If you're interested in trying apple cider vinegar as a tonic and cleansing drink, here's what Dr. J recommends in her private practice. Stir 1-2 tablespoons per 8 ounces of water and sip it slowly-not chugged. Some people add honey or other sweeteners for taste. Undiluted apple cider vinegar, being highly acidic, can damage tooth enamel as well as throat and mouth tissue if residues are allowed to remain in the mouth. This effect can be overcome by rinsing out the mouth with water after drinking or consuming apple cider vinegar.

9) **Fight father time with this humble dried fruit:** With a new name and new image, the dried plum—you may know it as a prune—is now proven to fight the diseases of aging, including Alzheimer's and Parkinson's diseases, arthritis, osteoporosis,

cancer, and yes, constipation. Tufts University researchers have discovered this wrinkled wonder to contain more than twice as many antioxidants as the next highest food—the raisin. Oklahoma State scientists found in a study that this fruit actually helps restore bone density after losses occurred. Plus, it has the same cancer-fighting component as apples, grapefruit and oranges. Eat them out of hand, cut them up and add to grain dishes, muffins and breads. Dr. J often re-hydrates prunes and purees them in a blender to add to smoothies (as a thickener and taste-enhancer) and baked goods (to help keep them moist).

10) **Sprout your way to vitality:** Do you want more energy and look younger quickly? Then add homemade sprouts to your diet. These remarkable gifts of nature are pure, fresh, nutrient-rich, and alive with vital force intact. Sprouts have been the cornerstone of Dr. J's wellness program for 40 years. Start with a small , dry hard seed. Add warm air and a little water, and watch as new life emerges as if by magic from the dormant seed. Vibrant with life and bursting with energy, its tiny size belies the extraordinary activity and the increase in nutritional value that takes place while growing. In mere hours, and for only pennies, its delicate shoot provides the most vital food imaginable. And it only takes a few minutes a week to grow all kinds of sprouts. Kids love to help. Check out Dr. J's website for more detailed info on sprouting at [www.susansmithjones.com](http://www.susansmithjones.com). For over a decade, she has purchased her organic seeds and sprouting supplies from HandyPantry.com, the premier sprouting company in the country. Oh, and she does not get kickback for this recommendation.

Now go raid the kitchen to keep you strong and healthy, and even looking good!

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

CUC Center for the Performing Arts Presents  
Smooth Jazz In The Afternoon

**Sacramento** – Christ Unity Church (CUC) Center for the Performing Arts premier event: "Smooth Jazz In The Afternoon" will take place Saturday, October 29th from 3:00 PM to 7:00 PM. The CUC house band, "Chakra!" along with guest musicians and solo artists representing northern California's best, will feature your favorite smooth jazz designed for the mature audience. The event will start with a light fare, two sets of high-energy music with a dessert bar in between.

Our fellowship hall is ready for dancing or just sit back and enjoy the great music!

We expect a sell-out so get your tickets early. This great fun will be done by dark!

**What:** "Smooth Jazz In The Afternoon"

**When:** Saturday, October 29, 2011 at 3:00 PM

**Where:** Christ Unity Church Center for the Performing Arts 9249 Folsom Blvd 95826 (off Highway 50 & Watt Ave.



Just east of La Riviera Drive)  
**Why:** A fun fundraiser for the CUC music/performance arts programs and to enhance community outreach.  
**Tickets:** Available at Christ

Unity Church, online at: [www.christunity.com](http://www.christunity.com) and at the door. (Come early.) All tickets specially priced at \$20.00 per person. Buy 9 tickets, get 1 free! Doors open at 2:30 PM.

Locals to Learn About Estate Planning for Disabilities

**Citrus Heights** – Families of people with developmental disabilities can learn more about special needs trusts and other estate planning tools that can protect their loved ones at a free seminar on Oct. 26, hosted by UCP of Sacramento and Northern California. The free event will take place 11:30 a.m.-1 p.m. at the Citrus Heights Community Center, 6237 Fountain Square Drive, and will include a light lunch.

"Special needs trusts are a fantastic way for parents, grandparents and other relatives of people with developmental disabilities to ensure they are provided for without risking them losing

government benefits," said Doug Bergman, president and CEO, UCP of Sacramento and Northern California. "Plus, anyone can afford to make a difference by including their favorite nonprofit in their will. This seminar is a great introduction."

Event speakers will include Stephen Dale and Janet Chediak. Dale Law Firm focuses on special needs trusts for people with disabilities and the elderly, particularly in achieving independence while maintaining essential government benefits. Chediak advises her clients at Weintraub Genshlea and Chediak Law Corporation on all aspects of estate planning,

including trusts, wills and powers of attorney.

Each month, UCP of Sacramento and Northern California serves 2,600 children and adults with developmental disabilities and their families in Butte, El Dorado, Nevada, Placer, Sacramento, Shasta, Sutter and Yolo counties. Programs include Saddle Pals adaptive horseback riding, UCP's Autism Center for Excellence at Sacramento State, adult day programs, independent living services, transportation and in-home respite care for families.

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

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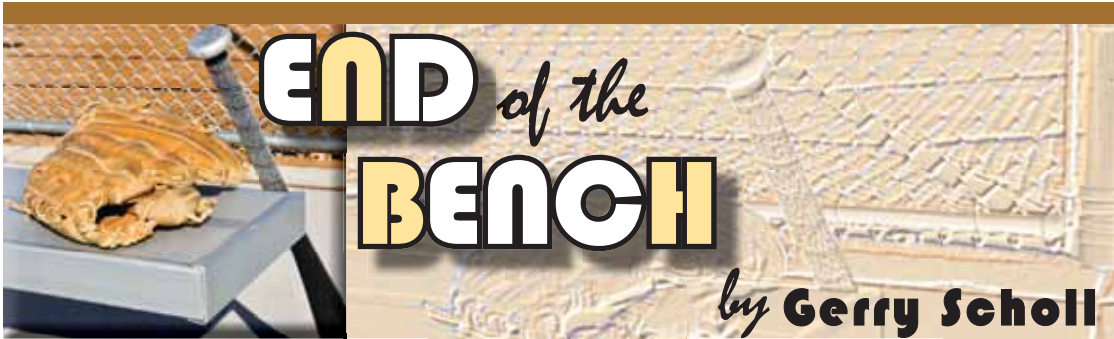
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## Lions, Tigers and Bears! Oh, My!

Most of the talk after the San Francisco 49ers’ 25-19 win Sunday at Detroit has been about the post-game hubbub between Lions coach Jim Schwartz and the Niners’ Jim Harbaugh.

After smacking one another around for four hours, I’ll bet a lot of the players (some captured on the videos) were having a pretty good laugh over the coaches’ confrontation.

Schwartz, who has revived the Detroit team that was the worst in NFL history in 2008 at 0-16 but entered the game on a nine-game winning streak (5-0 this season), felt disrespected by Harbaugh’s fly-by, “too hard of a handshake” on the field after the game. He should join his players in an on-field pileup and get involved in some kicking, grabbing, poking, gouging, etc. and a little disrespect.

At first glance I didn’t think much of Harbaugh’s “diss.” Those post-game meet-and-greets are all for show anyway. They are all about protocol, and stroke-for-stroke — usually.

Obviously, Harbaugh is an excitable boy. The Lions have been roaring about their dominance and Schwartz was clearly mocking Harbaugh on the sidelines when the 49ers challenged Detroit’s first touchdown illegally and took a penalty.

It appears Schwartz couldn’t take his own medicine and Harbaugh thought he was still in college. The talk will swirl around for days, at least, and the bad vibes will persist right into a possible playoff rematch in January. The whole thing just looks

like two guys who haven’t “been there” before.

What about the game? On the heels of a 48-3 surprising thrashing of Tampa Bay the previous week, the 5-1 Niners ran right past the Lions’ onrushing vaunted defense. Using the hosts’ aggressiveness against them, the 49ers’ offense did have the courage and created openings for their running game for a seven-yard average and 203 total yards, 141 by Frank Gore.

And, it was the Niners’ top-of-the-league Red Zone defense that kept the game winnable, forcing the Lions to settle for field goals twice when they had first downs inside the six-yard line. Fearless leader quarterback Alex Smith, despite a sub-par overall game, pulled off his third straight fourth-quarter comeback victory on the road when he connected with Delanie Walker on fourth down with 1:51 left for the winning TD.

Switching to the baseball play-offs, the Detroit Tigers didn’t have enough in the tank to keep the Texas Rangers from returning to the World Series. After five tightly contested games, the Tigers’ pitching depth (no comparison to what the Rangers faced in losing to the Giants in last year’s Series) proved to be far from Grrrrreat. Texas used 17 hits and eight walks to take the decisive Game Six, 15-5.

ALCS MVP Nelson Cruz (Mr. October II?) and his record six-home run performance would sure look good in the middle of the Giants’ lineup. C’mon Giants! No more Hector, Deivi or Jose

Cruz, Jr.s., please!

Manager Tony LaRussa’s St. Louis Cardinals clinched the NLCS Sunday, 12-6 over Milwaukee, to reach the Series from their wild card spot. The Card’s scored 43 runs in six games against the Brewers’ respectable staff (and lousy defense). There should be plenty of slugsfeats ahead.

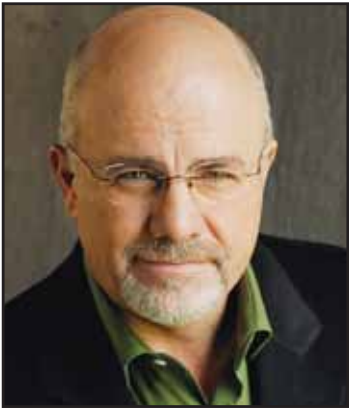
And, your Oakland A’s will be well represented. Both LaRussa and Texas manager Ron Washington are former A’s. Maybe the A’s could have reached a Series with an outfield of Nelson Cruz, Andre Ethier (a Dodger), and Carlos Gonzalez (a Rockie) — all formerly in Oakland’s system. That’s “Lack-o’-Money Ball” for you.

I’ve also been trying to get into college football on the tube a bit lately. All the pre-game pageantry and enthusiasm and the packed stadiums are quite something. But most of the games have been something else — too many lop-sided scores and no intensity late.

Maybe I’ve just been picking the wrong games to watch — like Cal-Oregon and Cal-USC. Go, Bears! Grrr! Oh, my!

The season for Cal looked somewhat promising after impressive wins over Fresno State and Colorado, and a great effort while losing at Washington. But, those last two horrible losses, 43-15 and 30-9, respectively, have coach Jeff Tedford, with his Cal record 75 wins, suddenly on the hot seat.

Hopefully for him, that’s nothing that a newly renovated stadium next season won’t cure.



*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.*

### Time to break out the Lunchbox!

Dear Dave,

I love your plan, but I think my husband is attached to eating out. Budgeting is very hard for him, and the cost of his fast food lunches is making it difficult for us. He’s also taken a salary cut recently, and I’m working a part-time job to help us get by. Can you give him some tough love from a male perspective?

- Valerie

Dear Valerie,

It sounds to me like you’ve been way too nice. You’re acting like a mother dealing with little kid, and that’s not a good way to relate to a

# Dave Says

husband. Plus, if you guys are having money problems, the only time either of you should see the inside of a restaurant is if you’re working there!

A man has several jobs in life, and one of those is to take care of his wife and children. You’re wife shouldn’t have to work so you can stuff your face with fast food. When you married him, you didn’t want a little boy. You wanted a man. He needs to grow up and start acting like one!

That being said, my perspective probably won’t help. There’s a saying that goes, “Those convinced against their will are of the same opinion still.” He needs a serious change of heart. You said you love my plan, right? Then sit down with this guy, and show him the numbers. Show him where all the money is going, and tell him it’s just plain wrong for him to eat out all the time while you have to work just to make ends meet.

People can do all kinds of things when they’re stressed out because of money problems. I’m sure taking a cut in salary was a blow to his self-esteem. However, it’s time for a strong wake-up call when these behaviors start to have a negative impact on family and finances!

- Dave

### Let’s Wait a While ...

Dear Dave,

I’m a sophomore in college, and I earn about \$1,500 a month at my job. My rent is \$500 a month. I don’t really have a credit history, but I’ve

saved \$20,000, and I’m thinking about using it as a down payment on a \$140,000 home. Would this be a good idea?

- Gil

Dear Gil,

I wouldn’t do it. I love the fact that you’re working while you’re in school. Saving that much money is fabulous, especially for someone who’s not even 20 years old!

I almost did the same kind of thing when I was in college. I was into real estate, and I really wanted to test my wings and buy something. Looking back on it, though, I’m glad I didn’t. It would have been a huge mistake.

College can be a bumpy enough ride, even for the most responsible student. If you lost your job you’d be in a real mess, and with your stated income you wouldn’t have a lot of breathing room. Plus, the two years following graduation have the potential to be the most permanently life-changing period you’ll ever experience. You could move across the country for a new job, get married, or decide to attend graduate school. In any of these situations, a house would turn into an anchor around your neck.

Being a renter is a great thing while you’re still in school. In the meantime, keep piling up cash until you’re ready to settle down!

- Dave

**\* For more financial help, please visit [daveramsey.com](http://daveramsey.com).**

## Gas Prices Still 64.6 Cents Higher Than Last Year

*Sacramento Region* – Average retail gasoline prices in Sacramento have risen 2.3 cents per gallon in the past week, averaging \$3.74/g last week. This compares with the national average that has increased 6.3 cents per gallon in the last week to \$3.49/g, according to gasoline price website SactoGasPrices.com.

Including the change in gas prices in Sacramento during the past week, prices were 64.6 cents per gallon higher than the same day one year ago and are 10.6 cents per gallon lower than a month ago. The national average has decreased 12.0 cents per

gallon during the last month and stands 66.3 cents per gallon higher than this day one year ago.

“Highlighting what I’ve reiterated for weeks, we’re seeing gasoline prices continue their volatile trend, and this time that trend is upward,” said Patrick DeHaan, GasBuddy.com Senior Petroleum Analyst. “So far, the national average hasn’t taken off like the number of Detroit Lions football fans, but I do expect that over the next week, we’ll see a continued rise in gasoline prices. Prices will rise slowest in the Rockies, while moving fastest

in the Great Lakes, as we’ve already witnessed. It’s important to note that wholesale gasoline prices are now at their highest since early September, when the national average was \$3.66/gallon,” DeHaan added.

*GasBuddy.com operates over 200 live gasoline price-tracking websites, including SactoGasPrices.com. GasBuddy.com was named one of Time magazine’s 50 best websites and to PC World’s 100 most useful websites of 2008.*



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