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Volume 6 Issue 19

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

First Edition for October 2011

Job Trends Spell Layoffs



Hiring trends in the Sacramento Region continue to be influenced by Wall Street fluctuations and the depressed national economy.

Sacramento Region – While Sacramento’s top employers are hiring, they continue to show extreme caution as events outside the area raise concerns about the economy. Like the up and down bouncing of the children’s toy, extreme fluctuations on Wall Street and in the greater world economy are impacting hiring trends revealed by Pacific Staffing for October, November and December. Polled directly by phone sixty-two percent (62%) of Sacramento’s top companies say they will hire in the Fourth Quarter, but forty-two percent (42%) of planned hiring was motivated only by the need for replacements. These levels mirror a straight line, or

flat trend from third quarter numbers continuing to reflect caution in hiring for expansion by employers.

On the flip side, some industries are improving and thirty percent (30%) of hiring was also cited for growth needs, which is a slight improvement from the third quarter when twenty-five percent (25%) of hiring was motivated by planned expansion. Service industry companies were discovered to be most active in hiring during the Fourth Quarter.

Ten percent (10%) of companies say they planned to layoff workers in the next three months. Half those reductions, or 5% are motivated by seasonal change. The remaining

reductions caused by acquisitions and slowing business demand according to employers surveyed between 8/29 – 9/23/2011.

Employers continue to say benefits costs and management are their biggest struggle. A new challenge was noted, as some companies report finding qualified applicants is becoming an issue. Specific skills in high demand are technical including software design and digital networking, with biology lab science, allied health skills, sales and customer service workers in demand.

When asked if their company had a page on the social network, Facebook, fifty-four percent (54%)

of Sacramento’s top companies said, ‘Yes’. Twenty-four percent (24%) admitted to looking at job applicants social network posts in hiring, while twenty-nine percent (29%) say they are spending part of their budget on social networks, through marketing or human resource departments.

Of the top 100 Sacramento Regional Companies 38% are Service, 37% are Manufacturers, 16% are Construction and 9% are Retail.

How does this Quarter compare to last Quarter, or last year? Find out for yourself, for more information & surveys go to www.pacificstaffing.com.

Source: Pacific Staffing

Sacramento Works Unveils a New Identity

Sacramento Region – Sacramento Works has updated its look to reflect a broader scope of services. The first One Stop Career Center was opened in 1999 and now the Career Center system offers assistance to small businesses, hiring and incentive programs to employers and a wealth of employment and training resources to help individuals develop their skills and find a new career.

SacramentoWorks.org provides a comprehensive overview of the services and programs provided to the small business owner, employers, job seekers and youth. The home page provides a Master Calendar of the workshops that are being held daily at a One Stop Career Center. The home page also provides a career center locator. A customer enters their zip code and the nearest career center pops up with a Google map and directions to the location. Sacramento Works now has a Facebook page so our friends can connect with us.

SacramentoWorks.org includes a strategic mix of job openings, career exploration, employer information, education, and labor market research information. Job seekers, students, or employers may click on the site whenever they need accurate data to make informed decisions on careers, training, wages, occupation searches, and recruitment resources.

Jobs.sacramentoworks.org is a powerful online tool designed to help employers who are looking for the best job candidates and assist

job seekers or students in searching for the right job. With thousands of job listings extracted from nearly every employer in the state, finding job opportunities that fit an individual’s needs and skills are easily accessed with a few mouse clicks. Employers searching for suitable candidates will benefit from the convenience of one website for potential candidate searches and review of job market trends.

Services, resources, workforce development sector strategies, training programs, and services to employers are provided by Workforce Development Department staff of the Sacramento Employment and Training Agency (SETA), the Employment Development Department and over 40 community workforce development partners. Planning, policy, and oversight for the system is the responsibility of Sacramento Works, Inc., the Workforce Investment Board, a 41-member volunteer board of directors.

Kathy Kossick, Executive Director for SETA and member of Sacramento Works, Inc. says, “I encourage both job seekers and employers to check out what’s available through SacramentoWorks.org. This new site will continue moving Sacramento Works forward in our vision of Building a Dynamic Workforce for the Sacramento Region.”

*Source:
Terri Carpenter, Sacramento Works*

Gas Still More Than Last Year

Sacramento Region – “Motorists are certainly delighted that average gasoline prices are at their lowest since early March, but compared to prices a year ago, motorists are still feeling a pinch at the pump,” said Patrick DeHaan, GasBuddy.com Senior Petroleum Analyst. “It’s great to see gasoline prices falling, but at the same time, prices a year ago were nearly 75 cents less per gallon. The good news is that over the upcoming weeks, there will continue to be factors that could put more downward

pressure on oil and gasoline prices. I continue to expect that average gasoline prices will bounce between \$3.25-\$3.50 for much of the rest of 2011,” DeHaan adds.

Average retail gasoline prices in Sacramento have fallen 4.9 cents per gallon in the past week, averaging \$3.75/g yesterday. This compares with the national average that has fallen 5.9 cents per gallon in the last week to \$3.46/g, according to gasoline price website SactoGasPrices.com.

County Faces Issues with Growth Strategy

Sacramento Region – Sacramento County has been updating its growth-management plan for the unincorporated area as part of the General Plan. This Plan, which directs future development, is required by law and should be complete by the end of 2011.

There were many issues involved with arriving at a new growth strategy, and careful attention was paid to balancing the requests of community members, environmentalists and developers. The growth strategy underwent several changes as the building boom ceased and the County had to address state laws that required lower carbon emissions (AB 32) and encouraged mass transit (SB 375). Multiple public meetings were held to fully understand all the interests and arrive at the new strategy that would best meet everyone’s needs.

At this time, the new Plan does not call for expanding the urban growth area, which is the area designated for urban development to occur. However, once the General Plan is adopted, landowners may submit

applications to expand the area, but only if the proposed new growth meets certain criteria.

Under the proposed Plan, the requirements that projects would have to meet include:

- The property has to be next to existing urban areas.
- Development must be near transit and employment or provide new transit and employment as part of the plan.
- The proposed project must be high quality and contain a mix of housing types, shops and amenities.

Source: Sacramento County Media

SMUD Breaks Ground for East Campus Operations Center

Construction project brings 300 new jobs to area and earns top green building award

The Sacramento Municipal Utility District (SMUD) officially started construction on the nation’s first field operations center to earn the U.S. Green Building Council’s top honors – the Leadership in Energy and Environmental Design (LEED) Platinum certification. The project will also be the second “net zero” undertaking in North America.

By incorporating the latest energy efficiency features as well as some tried and true technologies, the energy consumption of the 51-acre campus will be greatly minimized. The net zero designation will come from incorporating technologies such as a 5-acre geothermal heat pump system and a 1.1 megawatt tracking photovoltaic system allowing the campus to generate as much power on the site as it consumes. The project also brings 300 much needed



During the groundbreaking ceremony, SMUD General Manager & CEO John DiStasio describes the renewable and energy efficiency features that will earn the new campus the U.S. Green Building Council’s highest honor.

construction jobs to Sacramento County.

This multi-year construction project will include offices, equipment repair shops, maintenance and warehouse buildings, storage space and parking for fleet vehicles and employees. Upon completion of the project in late 2013 approximately 750 employees will move to the facility.

Environmental benefits from the design features included in the construction project translate into an annual savings of over 3.7 million kilowatt-hours in electricity or enough electricity to power 413 homes. The project design also delivers a reduction of 3.2 million pounds of carbon dioxide.

The East Campus-Operations Center is being constructed because SMUD has long ago outgrown the 19-acre yard it has been using for 65 years.



Aerojet Claims it is Committed to the Future Success of Rancho Cordova

By Leslie Carrara

Rancho Cordova – They came. They spoke. And they are hopping mad.

Citizens of Rancho Cordova spoke out Monday evening, September 19, 2011, at the city council meeting about GenCorp’s (Aerojet) request to change the zip code to a Folsom zip code in an unincorporated area of their city.

The area at the center of the controversy is south of Folsom Blvd., west of Prairie City Road and east of Hazel Ave., slated as the Easton development, a large retail and residential community to be developed in the future.

All of this land was allotted to Rancho Cordova in 1980 by Sacramento County, according to Rancho Cordova Mayor Robert McGarvey, speaking the afternoon before the meeting, and although the 1,400 acres of land in question is not entitled yet, it does have a Rancho Cordova zip code.

“My first impression is that this

is a money grab,” said first speaker Rod Borba. “Many people feel that Folsom is a desirable location.”

Also at issue is the fact that tax monies in this area will go to Sacramento County, and all police and fire, library, and park services will also belong to Rancho Cordova. Sheriff Department Captain Doug Diamond told the council that this will be “confusing” for residents living in the Easton area as they would be inclined to call Folsom for life saving services.

Meantime, Wallace Morgan, another speaker, said that he felt betrayed and that the people of this All America City are due an apology.

Julie Pierce said that she backs the city council’s position of this “theft”. And Sheryl Longworth spoke of GenCorp’s greed and how “GenCorp only wants what is good for GenCorp.”

At the meeting, people discussed similarities to Gold River’s decline to be incorporated and to the

Loomis/Granite Bay area where Granite Bay had a more desirable area and therefore, received their own zip code.

Customer Relations Coordinator for Sacramento Post Offices Ralph Petty said that at this time, there is a review in place and that they are receiving information from both Folsom and Rancho Cordova cities and residents. He indicated that they are 15 to 30 days into the process, and that a decision may not be ready for six months.

Meantime, Tim Murphy, GenCorp’s spokesman, said that he believed the citizens of Rancho Cordova are misinformed. He explained that the boundary of Rancho Cordova city limits stops at Hazel and does not extend eastward. While this land does have a Rancho Cordova zip code, he explained that this does not mean the land belongs to Rancho Cordova, and GenCorp is letting the post office decide which facility is better equipped to handle the mail as part of the long term

planning process. “Zip codes are not used to define city boundaries,” he said.

“This emotional battle waged by the city is not necessary,” he said. “For Rancho Cordova (officials) to say that they have claim to this land is inconsiderate. We consider ourselves a part of Rancho Cordova, Folsom and Sacramento County. We are very much committed to the future successes of Rancho Cordova.”

He went on to add that GenCorp views themselves as partners with Rancho Cordova. “This is unincorporated land,” Murphy said. He explained that GenCorp added 4,000 acres of land within Rancho Cordova for future projects such as Rio Del Oro and Westborough, two future developments.

“We would like for the city council to step back and look at what Aerojet has done with the city and recognize that we want to partner with them.” Murphy said.

Lungren Praises COPS Funding Announcement

Sacramento – Congressman Dan Lungren (R-Gold River), spoke at a press conference praising the announcement of the 2011 Community Oriented Policing Services (COPS) hiring program awards on September 28th. Lungren was joined by COPS Director Bernard Melekian from the US Department of Justice and area representatives. The Sacramento County Sheriff’s and Sacramento Police Departments have received funding to place 50 police officers back on the street.

COPS Hiring Program (CHP) grants provide funding to state, local, and tribal law enforcement agencies to hire, preserve and/or rehire career law enforcement officers in an effort to create and preserve jobs and increase their community policing capacity and crime prevention efforts. Congressman Lungren released the following statement:

“I am very pleased to see that once again the Sacramento County Sheriff’s Office and City of Sacramento Police Department have been selected to receive federal grant funding through the COPS Office. Once the program was funded, I



Congressman Dan Lungren

have supported our region’s efforts from the first day. As the former top cop of California, I understand the impact 50 officers will have on the safety and well-being of our County and the City of Sacramento. Our Sheriff and police forces are amongst the finest in the nation and it comes as no surprise to me that they would be selected for this award.”

Congressman Dan Lungren serves as Chairman on the House Administration Committee in addition to serving on the Judiciary and Homeland Security Committees

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Effie Yeaw Nature Center Welcomes Maple Elementary School and Congresswoman Matsui



Over 60 pupils from Maple Elementary School visited the Effie Yeaw Nature Center for environmental lessons from facility staff and US Army Corps of Engineers rangers. Congresswoman Doris Matsui (center) represented President Obama in promoting his Great Outdoors Initiative. Assistant Secretary of the Army’s Civil Works, Joe-Ellen Darcy (right of Matsui) joined the Carmichael outing. Photo by Susan Maxwell Skinner.

By Susan Skinner

Over 60 pupils from the Maple Elementary School last week visited the Effie Yeaw Nature Center to study the environment with naturalists and with US Army Corps of Engineers Rangers. Congresswoman Doris Matsui joined the Carmichael outing. The 5th and 6th graders also learned about the American River from the officers who protect its levees. As wild turkeys pecked for acorns, VIPs, kids and facility staff picnicked under oaks with box lunches. Nature hikes in the 70-acre preserve followed. Addressing the children, Congresswoman Matsui lauded Carmichael’s late naturalist Effie

Yeaw and encouraged the youngsters to “become ambassadors for the environment, to make sure it goes on and on.” President Obama, she added, “believes the great outdoors is for everyone to enjoy.” The event supported Obama’s Great Outdoors Initiative; to develop a 21st century conservation and recreation agenda. The initiative contends that protecting America’s natural heritage is a non-partisan objective. It calls for the Federal Government to partner with community agencies to preserve parks and other natural resources. Said US Army Corps of Engineers District Commander Col Bill Leady: “this visit was

all about connecting with kids; (helping them to) understand the natural world we all belong to. We all have a responsibility to protect it. As the nation’s environmental engineers, it’s important for our corps to share that message.” Effie Yeaw development director Betty Cooper approved: “It’s logical that the Army Corps of Engineers choose us to demonstrate the president’s initiative. Everything we do at the nature center aims to connect people with nature. We’ve been working on that for 35 years.” Learn about the Great Outdoor Initiative at www.americas-greatoutdoors.gov

Carmichael Geranium Society October Meeting

The monthly meeting will be Friday, October 14th, at Carmichael Park Community Clubhouse, 5750 Grant Ave. in Carmichael from 10 am - noon.

This month’s speaker is Master Gardner Dan Vierra discussing fall and winter planting tips. Guests welcome. More information call 916/481-2076

Fair Oaks Resident Billie Cross Hits the Century Mark

By Leslie Carrara

Fair Oaks – A new Centurion lives right here in Fair Oaks and she is the proud matriarch of four generations. Jocelyn “Billie” Cross turned 100 on Sept. 11 and had a birthday bash where she resides at Embracing Arms Care Home. The celebration continues to this day. “I get cards and calls every day,” she said. Born in St. Louis, MO., Billie and her husband, Charles “Warren” Cross, moved to the Sacramento area in 1942. Her 62 year marriage resulted in two daughters, Marion Silva of Fair Oaks and Carolyn Schilling of Sacramento. Her husband worked as a civil engineer for the federal government while Cross was a homemaker. Warren died in 1994. Silva said that Billie was a



Jocelyn “Billie” Cross

good wife and mother while working at their 5 acre walnut orchard, which was her dad’s hobby. The girls had horses on the property. Over their years together, Billie and Warren did quite a bit of traveling to places such as Europe, China, Mexico and Cambodia in

the early 1960s before Viet Nam. Silva, now 72, married in 1962 and has two sons, now 44 and 46-years-old. Silva’s sons have a combined 3 boys and 2 girls, ages 2 and a half to 10-years-old. Schilling raised a lot of animals, as animals have always been a large part of this family. Billie was an avid bridge card player in her day. Silva said that at her peak, she was in five bridge clubs. She started playing cards in the 1940s. She doesn’t play any more because most of her friends are deceased and younger people play by different rules, Billie said. Meantime, Billie said she does not feel any different being 100-years-old. “Millions of people don’t get to be this old,” she said. “Sometimes I realize it’s quite old, but I don’t feel any different,” she said.

Fedora-Wearing Robber Sought in Bank Robbery

Sacramento – Bank of America at 7465 Watt Avenue in the North Highlands area was robbed at approximately 3:18 p.m. on Friday, September 8, 2011 by a lone subject who made his demands by presenting a note. No weapon was seen and the robber fled on foot shortly after making his demand. The subject is described as a white male in his early 20’s, standing approximately 5’6” tall with dark hair, a thin, dark goatee and with a thin build. At the time of the robbery, the subject was wearing a dark blue tee shirt with the logo



that includes the word “HONOR” with a reversed “n”, a black fedora and a black backpack. The Sacramento Violent Crimes Task Force, comprised of FBI

agents and Sacramento County Sheriff’s Department robbery detectives, are seeking information on this unidentified male bank robber. Anyone with information regarding this robbery is asked to contact the FBI in Sacramento at (916) 481-9110, the Sacramento Sheriff’s Department at (916) 874-5115 or Crime Alert at (916) 443-HELP. Callers can remain anonymous and may be eligible for a reward of up to \$1,000.

Source: FBI Special Report

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Sacramento County DA Reports

Recent cases of interest

CASE: James Carlton (9/30/11)
PROSECUTOR: Deputy District Attorney Shelly McGill
District Attorney Jan Scully announced that James Carlton was convicted by jury on multiple counts of child molestation, sexual assault, harassment, as well as a multiple victim allegation, and one prison prior.
Carlton victimized his longtime girlfriend's 10 year-old niece on several occasions. The abuse came to light after he assaulted the niece and a 12 year-old neighbor in the same evening. Another niece of the girlfriend then reported she too had been victimized by Carlton years ago at age 9 until she was 13 years old.
Carlton faces a sentence of approximately 120 years to life in prison. Sentencing is set for October 28, 2011 at 9:00 a.m. in Department 28 in front of the Honorable Judge Oros.

CASE: Linda Marie Wells (9/29/11)
PROSECUTOR: Deputy District Attorney Chris Carlson
District Attorney Jan Scully announced that 50-year-old Linda Marie Wells of Sacramento was sentenced by the Honorable Gary Ransom to 2 years in prison after pleading no contest to grand theft charges.
Wells was employed as an office manager by Norwood and Associates, a lobbying firm. From 2004 through August 2010, Wells increased her salary by more than \$95,000. Wells used the company credit card and made close to \$40,000 in personal charges and transferred close to \$75,000 from Norwood and Associates bank accounts into her own account and to one of her friend's account. The total amount taken by Wells was \$219,771.
John Norwood, the owner, hired an auditor to check his firms' finances. The auditor made a comment to Norwood about how well he paid his office manager. This led to the discovery of Well's embezzlement.

CASE: Gary Vue & Chong Vue (9/29/11)
PROSECUTOR: Deputy District Attorney Eric Kindall
District Attorney Jan Scully announced today that on September 23, Gary Vue was convicted by jury for the first degree murder of California Department of Corrections and Rehabilitation Officer Steve Lo. The jury also found true the special circumstance allegations that the murder was committed by lying in wait, and that Gary Vue personally and intentionally discharged a firearm in the commission of the offense.
Today, Chong Vue was also convicted by jury for the first degree murder of Lo. The jury also found true the special circumstance allegation that the murder was committed by lying in wait.
Both defendants are facing a sentence of life in prison without the possibility of parole. Sentencing for both defendants is set for October 14, 2011 at 9:00 a.m. in Department 21 before the Honorable Steve White.

CASE: Luis Hurtado (9/26/11)
PROSECUTOR: Deputy District Attorney Jeff Harry
District Attorney Jan Scully announced that Luis Hurtado was convicted by jury on all counts of first degree attempted murder and inflicting corporal injury on his spouse resulting in a traumatic condition, and aggravated mayhem. The jury also found true all allegations of inflicting great bodily injury involving domestic violence, and use of a deadly weapon.
Hurtado and his victim wife had been separated for four years. In December 2010, Hurtado was visiting his six year-old daughter at his wife's apartment. While at the apartment, he began to accuse the victim of having a sexual relationship with another man. The victim told Hurtado to leave her apartment, but he refused. She then called 911 and reported that her husband was drunk and would not leave her residence. While she was speaking with the 911 dispatcher, Hurtado crept up behind her with a knife. He pulled her hair back, exposing her neck, and repeatedly slashed her neck and face. The victim sustained a deep laceration from just below her right lip all the way back to her right ear, requiring 60 stitches.
Hurtado faces a sentence of life in prison. He will be eligible for parole in 13 years. Sentencing is set for October 28, 2011 at 10:00 a.m. in Department 25 in front of the Honorable Kevin McCormick.

CASE: Robert Precobb (9/23/11)
PROSECUTOR: Deputy District Attorney Keith Hill
District Attorney Jan Scully announced today that 56 year-old Robert Precobb was sentenced by the Honorable Greta Curtis Fall to 125 years to life after being found guilty last month on all counts of child molestation with a prior felony conviction, and providing marijuana to minors.
Precobb has multiple prior convictions of child molest dating back to 1978. Following a 1988 conviction, Precobb was sentenced to serve 15 years to life. He was granted an early release from prison on February 26, 2010. In just one week, he lured a 14 year-old boy to his motel room by plying him with drugs and alcohol, where he then had the victim remove his shirt and asked him a series of sexually suggestive questions.
Through the course of the investigation, sheriff's detectives discovered a number of additional victims that Precobb had provided with drugs and alcohol in an attempt to bring them back to his motel room.

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Mesa Verde High School Threats

By Leslie Carrara

Citrus Heights – Mesa Verde High School is presently experiencing threats to students’ safety as the school and neighboring Carriage Elementary School were put on lock down on Friday, Sept. 30 while both schools were evacuated Monday, October 3, 2011 due to a bomb scare.

Friday’s threat was that someone had a gun on campus. School officials notified all parents of the incident by phone and the lockdown lasted for approximately two hours while Citrus Heights Police Officers thoroughly searched the school. According to Public Information Officer for the Citrus Heights Police Dept. Jon Kempf, they determined the call on Friday was a hoax and they arrested two students. They are not releasing any information about the students at this time.

Monday’s bomb threat required

the assistance of the Sacramento County Sheriff’s Dept. Canine Unit. Kempf said that the dogs sniffed the buildings and did not locate any explosives.

“We made an arrest for a hoax on Friday,” he said. “We are not saying that the incidents are related but we are investigating them separately.”

The San Juan Unified School District office was contacted, but was not available for comment.

SMUD Reaps Savings Through Refinancing

Sacramento – The Sacramento Municipal Utility District (SMUD) took advantage of low interest rates and refinanced a portion of its long-term debt saving the utility and its customer-owners millions. The move will save customers \$70 million between 2015 and 2022.

“Rates are at historic lows. And SMUD not only has good credit but improving credit ratings, which made refinancing bonds attractive to investors,” said SMUD Treasurer Noreen Roche Carter.

Last month, Fitch Ratings raised its rating of SMUD’s credit

worthiness from ‘A’ to ‘A+,’ a boost that stands out in a volatile market where credit downgrades have been more common.

SMUD recently sold \$325 million worth of bonds at a total interest cost of 3.5 percent, which includes the cost of underwriting fees and other expenses.

SMUD sells bonds periodically to finance capital projects or to reimburse itself for capital expenditures made in previous years.

As the nation’s sixth largest publicly owned utility, SMUD

has been providing low-cost, reliable electricity for 65 years to Sacramento County (and a small portion of Placer County). SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies, and for its sustainable solutions for a healthier environment. SMUD was the first large California utility to receive more than 20 percent of its energy from renewable resources.

For more information, visit www.smud.org.

Dr. Richard Pan to Speak at Fair Oaks Chamber

Fair Oaks - Assemblymember Dr. Richard Pan, 5th District, will be the featured speaker at the Fair Oaks Chamber of Commerce Business Luncheon, Thursday, October 20, noon at the Fair Oaks Community Clubhouse, 7997 California Ave.

This is Dr. Pan’s first visit to a Chamber luncheon.

The meeting is open to the public



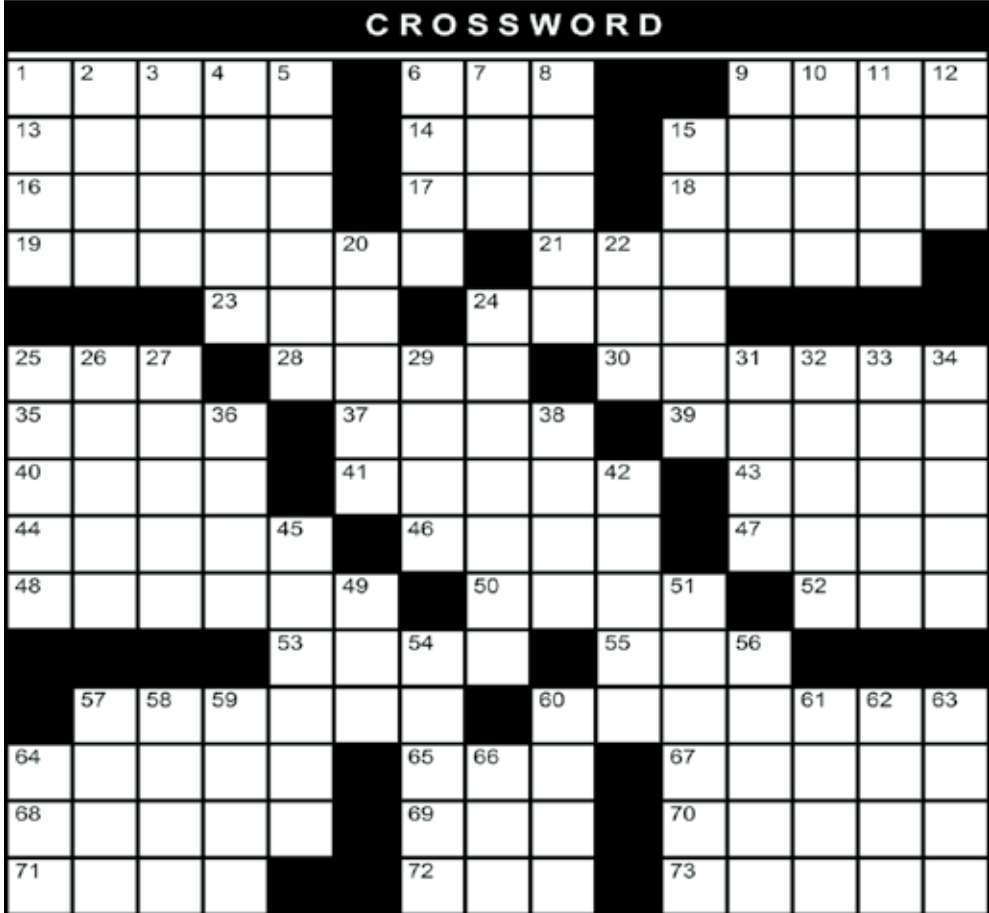
Assemblymember Dr. Richard Pan

and reservations are required. Cost of the luncheon is \$17 for members with reservations and \$20 for walk-ins, future members and guests.

The entree: beef stroganoff. Deadline is October 17. To reserve: email jan@fairoakschamber.com or call 967-2903. For more local events vist the Chamber web site at www.fairoakschamber.com.

Got Breaking News? Call 773-1111.

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CLUES

ACROSS

- One hundredth of a pound
- Australia's flightless bird
- *Red Sox hero, Jim _____, played in '86 series
- Theater in ancient Greece
- ____ Lonely Boys
- Honorific for a Muslim woman of high rank
- Ornamental hair net
- Romanian money
- O in B.O., pl.
- *Winner of most World Series
- Soak up
- ENT's first concern?
- Pat dry
- *Never aluminum
- Risque
- Bests and _____ of the year
- Pinocchio's claims
- *____, why not?
- Specialty
- First rate or top notch
- 1982 song "____ and

Ivory"

- Type of speech
- Famous sheep Dolly
- Asian food thickener
- *Pitcher who lost most World Series games
- In a sympathetic manner
- Pharmacy ware
- Laurie Partridge actress
- Belongs to us
- Little piggy?
- *1994 cause for cancellation
- *Location of first cross-town World Series
- Bruce Wayne's Batman, e.g.
- *Popular wood used for bats
- Poisonous substance
- *Home on the _____
- Flower garment
- Lament for the dead
- Fencer's weapon
- Take charge of a job
- Oxidation-reduction, for short

DOWN

- One of a pocketful, according to Mother Goose
- *"Show Boat" novelist Ferber
- Glowing gas
- R&B singer-songwriter
- Make lovable
- Building extensions
- *Baseball catcher who served as spy in WWII
- Like the suspects in "Casablanca"
- Do over
- Hunch-backed assistant
- Road's edge
- Emergency responder
- *Winner of first World Series
- Wipe out
- Shoelace knot, e.g.
- Roads less traveled
- *The "____" Sox scandal
- Garlic mayo
- Part of mortise joint
- *Owner of longest World Series drought

- Repeated musical phrase
- Young cod
- Not here
- Like a disreputable neighborhood
- As opposed to receive, as in e-mail
- Engineer, abbr.
- Wasted on the young?
- The Plaza Hotel's famous fictional character
- Exclamation of disgust
- Enlarged thyroid gland
- Dominion
- School in France
- *____ in the face"
- Prong of a fork
- Road _____
- *____ Music, pitch near the batter's face
- Canned
- Garbage in, garbage out
- Black and white variety of quartz
- You're or you _____
- Red or Black _____

For Solution See Page 7

CDPH Warns Consumers Not To Eat Certain "Limited Edition" and "Fresh and Easy" Brand Grape Tomatoes

Sacramento – California Department of Public Health (CDPH) director Dr. Ron Chapman today warned consumers not to eat "Limited Edition" and "Fresh and Easy" brand organic grape tomatoes distributed by Andrew Williamson Fresh Produce, a San Diego, California firm, because the product may be contaminated with Salmonella

bacteria. The contamination was identified during routine testing. To date, no reports of illnesses have been reported.

The voluntarily recalled organic grape tomatoes are packaged in plastic "clam shell" containers which include:

"LIMITED EDITION", 10.5 Oz., UPC 33383655925, Product of Mexico. Fresh and Easy, 7 oz,

UPC 20025465, Grown in Mexico

The organic grape tomatoes were distributed to 18 U.S. states (Arizona, California, Connecticut, Florida, Idaho, Illinois, Kansas, Missouri, Montana, Nevada, New Jersey, New York, North Carolina, Oregon, South Carolina, Tennessee, Texas, Utah) and two Canadian Provinces (British Columbia, Ontario).

Symptoms of Salmonella infection include fever, abdominal cramps, and diarrhea which may be bloody. Most infected people recover within a week; however, some may develop complications that require hospitalization. Infants, the elderly, and people with weakened immune systems are at highest risk for more severe illness. People who develop symptoms of Salmonella infection after consuming this product should consult their health care provider.

Consumers who may have purchased the affected organic grape tomatoes should discard them. If unsure whether tomatoes purchased are affected by this recall, consumers should check with their place of purchase.

Consumers who observe the product being offered for sale are encouraged to report their findings to the CDPH toll free complaint line at (800) 495-3232.

Sac Suburban Writers to Meet

Sacramento Suburban Writers Club (SSWC) will be meeting Monday, October 10, 2011 at St. Francis Episcopal Church, "Youth Room," 11430 Fair Oaks Blvd., Fair Oaks, CA. 7:00pm - 9:00pm. Featured Guest Speaker, Shawn Hansen. General Public welcome. Refreshments available. www.sactowriters.com.

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				5	6	9	2	
	8						7	
		9	8				4	6
	6						8	
1	4			3	7			
	5						9	
	9	7	5	8				
2			4	9				

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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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For Solution See Page 11.

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By Reverend Kevin Kitrell Ross

Generally speaking, people don’t like to change. People feel like things ought to stay just the way they are. We work so hard to get things nice and neat and perfect. Don’t we? And then here comes change! One of my challenges is to be able to celebrate change with people who don’t seem so happy about changing.

In the world of materiality, the only consistency is change. Nothing in the material universe is permanent. I would venture to say that most of people’s problems stem from their resistance to change.

However, most people don’t resist what we label as, “good change”. People resist what they call “bad change”. A bad change is usually something that is outside of our comfort zone or sphere of influence. It’s something that we feel uneasy with and that we avoid. For most people, death is at the top of the list of so called, “bad change”.

When there is “bad change”, there is some fear and pain involved and usually in that order. To continue with the example of death, the sudden interruption of the way things are causes some people an immediate shock to their system and a sense of panic. In fact, most people avoid the subject at all, feeling that speaking of it will bring it about.

What should perhaps be the most logical thing to accept about life is our own mortality. Just as autumn follows the summer, so does death

T.O.U.G.H. Talk on Change and Pain

follow life. Thus, what we must conclude from this is that change is good. Pain is an indicator that we are alive and that there is yet opportunity for growth.

“Pain as a Pathway”

If life is a dynamic exchange of give and receive, live and die, up and down, joy and pain, to struggle with the notion is to struggle with the entire universe, because our refusal to accept the way things are is more than a personal challenge. It becomes a futile attempt at changing what requires no change.

What does, however, need adjusting is our perception of how things are, especially for those things that we interpret as negative or bad.

Many people learn the best when they have experienced pain. Yet, the price for the lesson is either physical or emotional discomfort. Most of us remember the age-old admonishment, “don’t touch the hot stove”. For some, it is not until they touch it themselves that they learn not to do so.

In short, in life we will experience pain and discomfort. Embrace them and let it make you solid as oak. When you and I want to build muscle in our bodies, it requires that we exert more physical exercise and strain on our bodies than usual. However, what we discover is that in order to build up the muscle, we have to tear it down so that it may be completely transformed. And boy, aren’t we in pain when this happens? However, this pain ultimately leads to an energetic, muscular, and fit body.

Remind yourself of this when it seems that the pain that you are experiencing is permanent. Pain is a temporal pathway into greater life experiences.

To embrace your experience of change or pain is to recognize that this experience has come to teach you, test you and eventually bless you.

“Complaining and Crying”

Some people feel that to complain is an effective means for bringing about positive change in their lives and in the world. To complain is to express pain, uneasiness and resentment. Complaining withdraws power from a person because he is using his power to convince someone else of his victimhood and for his need to receive justice that only he can secure for himself, by not being a victim within.

Complaining and whining deteriorates your power. It also deteriorates the power of others with whom you interact and it works against your very body—your physical body as well as the body of your affairs.

There’s a difference between “complaining about something” and “standing up for something”. When you are standing up for a cause, you are presenting an organized plan for its resolve. You are providing alternatives for what you presently oppose and you are taking “right now” action to secure your vision.

For example, recently I took a trip to Venezuela to support my friend during a very critical election as they sought to bring about a more democratic country. There is great discontent in Venezuela and the people are desperate for a new day. However, people were not making idle complaints and whining about the sad state of affairs. Instead, about a million and a half of us were in the streets marching, making our dissatisfaction known, but presenting an alternative form of government than the current administration.

More powerful than a complaint – we made a statement. We took a stand. This is an example of how to express your dissatisfaction proactively and make the best use of your power at the same time.

Mr. Politician, Leave the Middle-class Alone

By Rev. James L. Snyder

I’m not quite sure where the term “middle class” came from. I can never remember using it in any conversations I’ve ever had. In fact, the only time I hear the phrase is when some politician is speaking. From the context of the speech, I am quite sure he or she does not know what the phrase means, either.

My wife and I were talking about that just this past week. The thing we could not quite figure out is, are we middle-class? And if we are middle-class, what in the world does it mean? And, when do we graduate?

In high school, I was neither in the middle of my class nor at the upper end. Unfortunately, I did not even come in last in my graduating class, for someone beat me to that fine distinction. My educational career was not a class act, to be sure.

I understand what the word “middle,” means. And I know the word, “class.” What does it mean when you put them both together and use it in a sentence?

When I’m in the middle of a project, I am not at the beginning and the end is a far piece away. When I hear the word class, I am thinking of homework, teachers and all that jazz. Who wants to be a teenager the second time around? I’ve had enough of that in my lifetime.

I’m not quite sure about all this middle-class politicalizing and I sure do not want to be the target of some political agenda. I would like to sponsor a bill that would outlaw this phrase for any elected official. If perchance they do mention the phrase, it’s a go-to-jail and don’t collect \$100 act.

Maybe we can come up with a new term. We have the term “racist” that people use at their discretion. Maybe we can coin a phrase like “middle-classist” and forbid its use in polite society. Of course, how many politicians are really found in polite society? Or, how many polite society venues would welcome a politician?

If we try hard enough, we can make it one of the most offensive phrases in the English language. So offensive, that people will stop using it. Of course, they would have to come up with some other phrase and then we are back in first grade again.

To be honest, this problem of the “middle-classist” is not a Republican or a Democrat issue. One side is as guilty as the other side. And, as we all know, a politician by any other name is still a rascal.

Every politician courts the middle-class, and what a blushing bride she makes. All through the election, this “middle-classist” politician will romance those he believes are middle-class. And many of the middle-class falls for it. The courtship is wonderful; it’s the marriage that really stinks. This is the only case in which I would cast an approving eye toward divorce.

The middle-class raises most of the money that gets these politicians elected who then in turn refuses returning the favor. After elected this “middle-classist” politician chums around with high-class people and then passes legislation that only benefits the lower class people whoever they are.

Wherefore art thou, O middle-class?

Certainly not on the agenda of this “middle-classist” politician.

The middle-class comes in at tax time. Hooray for the middle-class. I wonder if anybody has ever given the thought that most of the money in Washington DC has come from this group called the middle-class.

The middle-class can help the neophyte politician get his political dream job with all the benefits that goes with it but the politician does not seem to know how to help other people get jobs for themselves. History has shown us that they know how to spend money but when it comes to saving money, they come to a stupefied and stuttering halt.

Middle-class money earned by middle-class people working at middle-class jobs goes to Washington DC to be used by “middle-classist” politicians for everything but middle-class concerns. When will the insanity stop?

In the Old Testament, the Jewish law required that every seventh year be a year of rest. Although I am not Jewish, I think there is something to be said for this kind of rest. I propose that the middle-class be given its due sabbatical.

How many years have we’ve been working and then giving our money to Washington DC? We deserve a rest. If these “middle-classist” politicians look so kindly towards the middle-class, why not give all of us middle-class people a sabbatical where we do not pay any taxes. We certainly will work, but all the money we would normally send to Washington DC, we put in our own pocket.

Now, that’s change I can believe in.

In fact, I have biblical authority for all of this. Authority from the mouth of Jesus himself. “And Jesus answering said unto them, Render to Caesar the things that are Caesar’s, and to God the things that are God’s. And they marveled at him” (Mark 12:17 KJV).

Not all those “middle-classist” politicians in Washington give a second thought to the middle-class. I think it is about time we gave them as much thought.

I believe the primary problem in America is that we no longer know what belongs to Caesar what belongs to God. If we can ever figure that out again, “happy days are here again.”

The Rev. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife, Martha, in Silver Springs Shores. Call him at 352-687-4240 or e-mail jamesnsnyder2@att.net. The church web site is www.whatafellowship.com.



By Pastor Ray Dare

Have you ever felt like everything was going against you?

You lose your job, the car breaks down, your toilet doesn’t flush, you get sick, all at the same time! One of my favorite stories in the Old Testament is found in 2 Chronicles chapter 20. The background of this story is that there were three enemies of the nation of Israel. They decided to all get together and gang up on the little nation of Israel. If you’ve ever felt like things were ganging up on you, this is a good chapter for you to read. From this chapter we learn some principles about what to do when the odds are against you.

Turn to God in prayer. The very first thing you need to do when you face a major problem is get still and tune into God. “God, what’s Your perspective on this problem? How do You see it? What’s Your point of view? How do You look at the situation?” You begin to pray about the

When You Need a Miracle

problem; you seek Him.

Focus on God, not the problem. The problem with many people is that they focus on their circumstances rather than the Lord. That gets them down. You ask somebody, “How are you doing?” They say, “I’m good, under the circumstances.” What are you doing under them? Circumstances are like a mattress. You get on top and you rest easy. You get under them and you suffocate. Do you need a miracle? Focus on your Deliverer not your difficulty. I’m not saying you deny the problem. No. You defy the problem. Nothing’s too difficult for the Lord.

Relax in faith. “*You will not have to fight in this battle. Take up your positions. Stand firm and see the deliverance the Lord will give you.*” vs.17. Has God ever lost a battle? No! God never loses. He’s got 100% success rate. He bats 1000. He never loses. I’ve learned from personal experience that it is never God’s will for me to fret over a difficult situation. Why? Because God wants to teach me that there’s no problem too difficult for Him.

Thank God in advance for the victory. As they went into battle

they put the choir out in front of the army. When you start praising God in your situation, in the midst of the problem, thanking God that He’s going to take care of it, you’re going to see some incredible things take place. Anybody can thank God after the victory. Faith is praising God in advance, that the odds will be overcome, that the solution will arrive, the miracle will take place.

The Bible says that as the Israelites praised God in advance, somehow these three armies got confused and started fighting each other and knocked each other off. There was victory.

Do you need a miracle? Some of you really do. Everything seems to be ganging up on you. The odds are against you and you’re in need of a miracle. What do you do? Seek the Lord, stay focused on Him, not your circumstances, relax in faith, knowing that He loves you, knowing that the battle is not yours but His. Finally, you praise Him. You thank Him in advance for victory, because the battle is the Lord’s! And you will see the victory.

Pastor Ray

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By Marlys Norris, Christian Author

The Sovereign love of God has an absolute perfect plan for every one of His creation designed by His loving hand to create a beautiful masterpiece. Specially designed just for you! He does everything possible to teach and draw every one of us into that place where we will live in His plan. He allows circumstances and events both good and bad to touch our lives to teach us and help

Masterpiece

us to learn — gently causing us to be drawn into His design. Yielding to His still small voice that speaks to our conscience and knowledge of what we actually know is right and wrong take us into that place where His loving hand can mold our lives to a place where we will become His masterpiece. It is here we will begin to enjoy the abundant life He promises in the Word of God. (John 10:10) *The thief (devil-false prophets) comes only in order that he may steal and may kill and may destroy. I (JESUS) came that they may have and enjoy life and have it in abundance -to the full, till it overflows.*

Jesus is the Answer! Until you are willing to walk in the perfect will of God for your life, you will have unending trouble. God has specific

work for every one of us to do and He wants to bless you. His call on your life will not only bring you abundance but a sense of fulfillment, accomplishment and purpose you yearn to enjoy. You are designed to do good works and you will be in the midst of God’s very presence as you fulfill His will for your life. You will be pleasing the Creator/God of the universe and His intimacy with you will provide the gifts of inspiration and wisdom beyond your own understanding bringing Him honor and glory in the process. You then, have become His Masterpiece and your name is written on His hand!

Marlys Johnsen Norris, Author
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Antiques Wanted: License plates and frames, pre-1969. Military emblems. 707-448-8942. Ask for Dave. (MPG 06-15-11)

Old Railroad Items Wanted: lanterns, locks, china, paper, etc. Call (916) 663-2463 (MPG 04-20-11)

Old Porcelain Signs Wanted: oil & gas, highway, RR, etc. Call (916) 663-2463 (MPG 04-20-11)

ATTENTION!

Health and Wellness Success Coaches Needed. Able to work from Home. Will train. 888-279-7875, call 24 hrs (MPG)

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ADVERTISE YOUR AUCTION in 240 California newspapers for one low cost of \$550. Your 25 word classified ad reaches over 6 million+ Californians. Free brochure call Elizabeth (916) 288-6019. (Cal-SCAN)

ATTENTION AUCTIONEERS! California State Auctioneers Association 43rd Annual Convention, October 20-23, San Diego. Auction professionals and companies are invited to join us www.CAAuctioneers.org Call 626-594-IM-BID (626-594-6243). (Cal-SCAN)

Auto Donation

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 888-600-9846 (MB 08-10-11)

DONATE YOUR CAR! Breast Cancer Research Foundation. Most highly rated breast cancer charity in America! Tax deductible/Fast, Free Pick-up! 888-620-0854 (MB 08-10-11)

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CARS/TRUCKS WANTED! Top \$\$\$\$ PAID! Running or Not, All Years, Makes, Models. Free Towing! We're Local! 7 Days/Week. Call Toll Free: 1-888-416-2330 (NANI)

A-1 DONATE YOUR CAR! Breast Cancer Research foundation! Most highly rated breast cancer charity in America! Tax Deductible/Fast Free Pick-Up. 800-771-9551 www.cardonationsforbreastcancer.org (NANI)

DONATE YOUR CAR: Children's Cancer Fund! Help Save A Child's Life Through Research & Support! Free Vacation Package. Fast, Easy & Tax Deductible. Call 1-800-252-0615. (Cal-SCAN)

DONATE VEHICLE: RECEIVE \$1000 Grocery Coupons. National Animal Welfare Foundation. Support No Kill Shelters, Help Homeless Pets. Free Towing, Tax Deductible, Non-Runners Accepted. 1-888-333-0477. (Cal-SCAN)

DONATE YOUR CAR, truck or boat to Heritage for the Blind. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 888-902-6851. (Cal-SCAN)

CASH FOR CARS Paying cash for all cars and trucks running or not! Fast, free pick up. Call now, instant offer. Desert View Auto 855-343-6183. (Cal-SCAN)

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THINK CHRISTMAS - START NOW! Own a Red Hot - Dollar, Dollar Plus, Mailbox or Discount Party Store from \$51,900 worldwide! 100% Turnkey. 1-800-518-3064. www.DRSS25.com (Cal-SCAN)

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ADVERTISE Your Truck DRIVER JOBS in 240 California newspapers for one low cost of \$550. Your 25 word classified ad reaches over 6 million+ Californians. Free brochure call Elizabeth (916) 288-6019. (Cal-SCAN)

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Compost for your garden or landscaping, new lawn. Three yards for \$50 delivered. (916) 397-2854 (MPG 02-16-11)

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Accelerated Construction - New Construction or Repair. Handyman Clean-up. Residential and Commercial. Lic # 675212. Call 916-419-9996 (MPG 06-30)

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Health/Misc.

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DID YOU USE THE OSTEO-POROSIS DRUG FOSAMAX (Alendronate)? If you experienced a femur fracture (upperleg), you may be entitled to compensation. Contact Attorney Charles (SWAN)

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ATTENTION SLEEP APNEA SUFFERERS with Medicare. Get FREE CPAP Replacement Supplies at NO COST, plus FREE home delivery! Best of all, prevent red skin sores and bacterial infection! Call 888-654-6310 (MB 08-10-11)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 90 percent on all your medication needs. Call Today 877-560-8637 for \$25.00 off your first prescription and free shipping. (MB 08-10-11)

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CUSTOMER SERVICE REPRESENTATIVE!! Must be Notary. Live Scan Certified Optional. Part-Time to Full-Time. POS Experience Helpful. Will Train. Must be available Weekdays and Weekends. Email resume to **store2503@theups-store.com**. Pick up application at front desk. (MPG 09-28-11)

Restaurant Crew - Nation's Giant Hamburgers is coming to Citrus Heights. Accepting applications & holding open interviews on Thur. Sept. 15 from 10am - 7pm. Held at Larkspur Landing Hotel at 1931 Taylor Rd in Roseville: (MPG 09-07-11)

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A Few PRO DRIVERS NEEDED. Top Pay & 401K. 2 Months CDL Training! No Experience Required. CRST VAN EXPEDITED. 1-800-326-2778. www.JoinCRST.com (Cal-SCAN)

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Help Wanted - Medical

Geriatric Home Care Specialists is currently seeking CNAs, HHAs and Caregivers willing to work in Placer, Sacramento, and El Dorado counties, with at least two years experience in caring for the elderly. We offer hourly, overnight, and live-in shifts. Please call 916-630-8588 for more information. (MPG)

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HouseCleaners

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HouseCleaners is recruiting for our Sacramento area team. Please call Sylvia at (916) 955-6089, or e-mail your resume to: **sachousecleaners@hotmail.com**. All applicants must be willing to undergo background checks and drug testing. (MPG 08-15)

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PAINTING, sheet rock, texturing, book cases, fence repair, gutter cleaning. Roger (916) 969-4936 or (916) 410-5545 (MPG)

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Need Attorney? Have legal situation? Looking for extra money? Call Eicka Mitchell 916-617-8069 (MPG 07-20-11)

ArrowSharp Process Services - Civil & Family Law - Lisa Sharp @ 916-342-6714 (MPG 06-15-11)

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READERS & MUSIC LOVERS! 100 Greatest Novels (audio books) ONLY \$99.00 (plus S.H.) Includes MP3 Player & Accessories. Bonus: 50 Classical Music Works & Money Back Guarantee. Call Today! 1-877-360-6916. (Cal-SCAN)

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Piano Lessons - 25 years experience teaching all ages 916-723-8440 www.pianobychris.com (MPG 09-21-11)

Piano Lessons - All ages 1st lesson free. Rancho Cordova **916/858-1571** (MPG)

Piano lessons for children and adults by experienced, creative teacher. Citrus Heights. For more information, visit www.anitraalexander.com, or call (916) 725-1054 (MPG)

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3801 Watt Avenue at Edison. Interested in trade with similar property in Orangevale or Roseville. Or \$350,000. OBO. Could be used as child/adult day care. Equipped for home business. Steel fenced area, 7 parking spots. Call 987-6600 anytime. (MPG 07-20-11)

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TUTOR - Cred. Teacher & Spec. Ed. All Levels. Reasonable/Results! **530-885-3396** (MPG 03-16-11)

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Volunteers Needed

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

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DISCLAIMER

Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

Garage Sale

October 7th and 8th, 8 am to 5 pm. Microwave, collectibles, antiques, women's clothes and lots of other good stuff. 12370 Krista Lane, Auburn. Cash only. (MPG 10-05-11)

Timeshares

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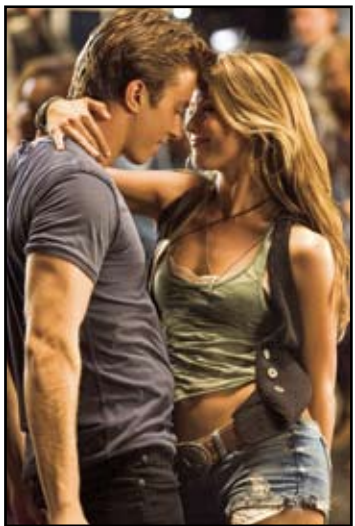
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by David Dickstein

Family Films



Footloose
Opens Oct. 14, rated PG-13
footloosemovie.com

Everybody cut footloose like it's 1984. The toe-tapping semi-classic has been remade, this time with newcomer Kenny Wormald as the transfer student who starts a revolt against the town's ban on teen dances. The new guy falls for the daughter (Julianne Hough) of the preacher (Dennis Quaid) who drafted the ordinance after a tragic accident killed five partying teens. The soundtrack is heavy on covers from the original. Just as Kevin Bacon has been replaced as the lead, so has Kenny Loggins; the smash title song is now sung by country artist Blake Shelton.

Real Steel
Opens Oct. 7, rated PG
steelgetsreal.com

Set in the future when human boxers have been replaced by rock 'em sock 'em robots, this sci-fi action flick stars Hugh Jackman as a washed-up fighter and two-bit promoter who teams up with his estranged son to build a contender with mettle out of metal. Sounds formulaic, right down to the one ... last ... shot ... at ... a ... comeback.

The Three Musketeers
Opens Oct. 21, rated PG-13
threemusketeers-movie.com

Alexandre Dumas' classic novel has been adapted to the big screen many times, but not before in 3-D. The reboot finds the swashbuckling D'Artagnan (Logan Lerman) joining forces with three rogue Musketeers (Matthew MacFadyen,

Films and DVDs
for the Whole Family

Luke Evans and Ray Stevenson). Their target is the evil Richelieu (Christoph Waltz), but they must also face Orlando Bloom as the Duke of Buckingham and Milla Jovovich as the treacherous Milady.

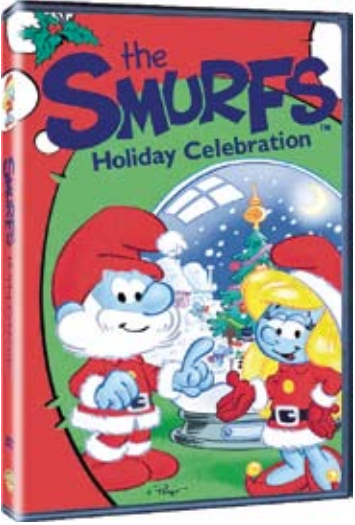
Family DVDs



Angelina Ballerina: Dancing on Ice (ages 2-7, released Oct. 11, not rated): Angelina's skates are lost and so might be the mouse's big solo if she doesn't find them in time. Other challenges occur as the mouselings of Camembert Academy prepare for a big ice extravaganza, but by working together they just might learn the meaning of "the show must go on." *Grade: A-*

Judy Moody and the Not Bummer Summer (ages 5-11, released Oct. 11, rated PG): Judy's summer may not be a bummer, but her film sure is. Boring and with bad acting to boot, this cinematic Sominex centers on the title third grader whose summer vacation plans are ruined when forced to remain at home with her brother and aunt. She winds up having fun. Whoop-de-doo. *Grade: D*

The Smurfs Holiday Celebration (ages 4-11, released Oct. 4, not rated): Two yuletide specials are combined on one DVD. Two children lost in the woods get help from the blue crew on the heels of their Christmas party in the Emmy-nominated "The Smurfs' Christmas Special," and the Smurfs share the holiday spirit with an elderly human couple in "'Tis the Season to be Smurfy." *Grade: B*



Super 8 (ages 11 and older, released Oct. 18, rated PG-13). It's Steven Spielberg's greatest hits from director J.J. Abrams. This instant classic of a sci-fi monster movie is a near-perfect patchwork of styles and scenes from "Jurassic Park," "Close Encounters," "War of the Worlds" and "Jaws," but mostly "E.T." The result is a riveting adventure as told through a group of adolescents who risk their lives after witnessing the unfathomable. *Grade: A*



MONEYBALL
(Rated PG-13)

You don't have to love baseball to enjoy the captivating story, the great dialogue and the well-developed characters in "Moneyball," though it likely helps. Baseball purists may object to certain liberties taken with factual accounts of the Oakland Athletics 2002 season. But that's of no concern here. The film is based on Michael Lewis' nonfiction book "Moneyball: The Art of Winning an Unfair Game," which extolled cash-poor Oakland's ability to compete with rich, big-market teams. In certain respects, "Moneyball" is a Cinderella story set on a nicely trimmed field of dreams, except that baseball fans know that Oakland hasn't won a World Series since the showdown with the Giants during the 1989 earthquake. The story of hope is fueled by Oakland's General Manager Billy Beane (Brad Pitt), a free thinker not constrained by the conventional wisdom of baseball. After the witnessing the failure of his team to beat the Yankees in a 2001 playoff series, Beane takes it upon himself to develop new strategies. Prior to the start of the 2002 season, on a trip to visit his counterpart at the Cleveland Indians to discuss trade options, Beane meets nerdy young assistant Peter Brand (Jonah Hill). Beane is impressed by Brand's mastery of numbers and a method of statistical analysis known as sabermetrics to determine which players are undervalued. With Oakland's inability to keep star players like Jason Giambi, Johnny Damon and Jason Isringhausen, Beane realizes he must approach the game from a

Riley
Reviews

**PITT AT THE HELM,
"MONEYBALL" HITS A
FANTASTIC GRAND SLAM**

different angle. Some of the film's most amusing dialogue occurs when Beane introduces Brand to a roomful of grizzled, aging scouts who only value gut feelings and information about the players' personal lives to judge their baseball potential. The Yale-educated Brand, with a degree in economics, is dismissed out-of-hand by the old-timers when he suggests that on-base and slugging percentages are determinative of a player's ultimate performance. The early stages of the baseball season are not very promising, starting with an effort to convert ailing catcher Scott Hatteberg (Chris Pratt) into a first baseman. Even if you can't root for the Athletics, the true baseball fan will ache when the team struggles to get its footing, falling behind in its division. However, you can root for Billy Beane and his young protégé as they cope with the doubters in their own organization, including the grizzled manager Art Howe (a superbly crusty Philip Seymour Hoffman) who despises the math-driven method of playing ball. For a movie about baseball, most of the action takes place off the field. Primarily, it's about the brilliant dialogue and attempts for Beane to find redemption. "Moneyball" is, at its core, focused on Beane's checkered history with the game and his desire to fulfill a dream that eluded him during his playing career. Flashbacks to Beane's youth, when he was scouted by the New York Mets, tell a story of a young man's wish to excel at the game even though he was wrongly overvalued as a potential player. That Beane did not rise to the level of expectations that were held for his career as a player is a motivation for his yearning to manage his way into a contender. Never fear that talk about statistics and players' skills dulls the

story into a dreadful morass that could only entertain the devotees of statistician Bill James. Dealing with the intransigence of his team manager Art Howe, Beane is nonetheless confident in his approach. Part of the fun is watching him maneuver around the game's dinosaurs. Any sports movie requires the feel-good moments that define the genre. That comes with the incredible game-winning streak late in the 2002 season, when the Athletics set the AL record for winning 20 straight. Winning is not the only thing, though. The story also triumphs when Beane finds washed-up or undervalued players who surprise the baseball world by their forgotten talent. Another terrific aspect to "Moneyball" is the pleasing relationship that Beane, a divorced father, has with his young daughter Casey (Kerris Dorsey). In baseball parlance, "Moneyball" hits a grand slam, the highest score you can obtain in one at-bat. Not just a great baseball movie, this is a winner for story, character and dialogue – all things that should matter.

DVD RELEASE UPDATE
Fans of "Hawaii Five-0" are set for a double treat. The "Eleventh Season" of the venerable crime series, nicely filmed on location, has just been released on DVD. Much like Jack Lord's rendering of the upright Steve McGarrett, the DVD release of the old series is a no-frills edition. The only special thing about it is that all 21 episodes are available. Nearly timed with the start of the second season of the new "Hawaii Five-0" is the DVD release of its "First Season." The modern version of "Hawaii Five-0" has a hip take on the old classic series. The buff Alex O'Loughlin now stars as Detective McGarrett, a hotshot Naval officer-turned-cop. The new "Hawaii Five-0" proved to be a big hit last season, and now all 24 sizzling episodes are available on DVD, along with a bunch of special features and deleted scenes. Watching the "First Season" will be essential if you want to catch up on the explosive action of the hot new series.

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with Mary Jane Popp

KITCHEN REMEDIES: PART I

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- 1) **Look soft and dewy with honey.** Honey has been used for centuries, especially by ancient Egyptians to keep their skin looking youthful. Apply some raw, unfiltered honey on your clean face like a mask for 20 minutes. Then rinse with warm water. It moisturizes the skin and helps it look aut and supple.
- 2) **Have a berry white smile.** Strawberries can help you have a dazzling smile. Just juice some strawberries or, if you don’t have a juicer, blend and extract some juice through cheesecloth. Then paint the juice on your teeth. Leave it for five minutes and then rinse your mouth

with warm water with a pinch of baking soda added to it.
3) Give yourself a mini massage. Here’s the Mediterranean secret for restoring vitality. You know extra virgin, cold-pressed olive oil is a delicious and nutritious salad dressing, but when you combine one tablespoon of it with 3 to 4 drops of essential peppermint oil and massage it onto your feet, you’ll soon be saying a big Ahhhhhhhhh!

- 4) **Soothe with a little aloe vera.** Keep a potted aloe vera plant on your kitchen windowsill. It requires no care beyond weekly watering. For itching, inflamed skin, bug bites, tooth ache, hemorrhoids, a minor cut or wound, sunburn, or any other irritated skin conditions, snip off a thick leaf and slit it open. Scoop out the gel from the inner leaf and apply to affected area.
- 5) **Assuage achy, arthritic joints with cherries.** Cherries are a delicious, vitamin-packed fruit that actually relieves arthritis pain. And, they are proven to work as well or better than aspirin or ibuprofen. Long a folk remedy for gout, cherries now have scientific proof of their pain-prevention powers. Researchers at Michigan State University found that a substance in cherries stops the production of chemicals that cause inflammation and pain. A bowl of 20 cherries (fresh or frozen) a day during a bout with gout is enough to neutralize the aches and swelling too, with no stomach upset or other side affects. A later study on people

in California reported the same pain-relief results.
6) **Eat less with hot pepper and cayenne.** A popular ingredient in Southwestern cooking, chilies, (hot peppers) add spice and interest to many foods. They also provide a 3-pronged attack against obesity. First, eating chili peppers may help fight off cravings. Some experts believe that eating sharp-tasting food like hot peppers, pickles, and tomato juice can overwhelm taste buds, cutting off cravings. Second, chili pepper may help you eat less. Researchers in the Netherlands gave men .9 grams of ground cayenne pepper, either as a pill or mixed into a tomato juice beverage. Then 30 minutes later they turned the men loose at an all-you-can-eat buffet. Compared with men who were given a placebo, the men who had chili pepper reduced their food intake by 10-16%. Third, it actually requires energy to eat chili peppers. That’s right! It burns calories to eat them. That’s because the heat you feel when you eat chili peppers takes energy to produce.
That’s it for this round. We’ll get more kitchen remedies in our next get together. Want more info on Dr. Jones? Just visit www.susan-smithjones.com. Now doesn’t your kitchen look better and better?
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To learn about these laws in greater detail, please visit www.dmv.ca.gov/cellularphonelaws/index.htm. Save Time. Go Online!

Q: I am applying to become a commercial truck driver. What

documents do I need to bring with me to the DMV?

A: Good question. The following link contains all the required documents, forms and prerequisites toward obtaining a commercial driver license: <http://dmv.ca.gov/commercial/commercial.htm>.

However, remember to save an extra trip to the DMV and make sure to bring your valid Social Security Card, because this is one of the most commonly forgotten items on application day. Save Time. Go Online!

Q: My daughter is 16 and just received her driver license last week. She wants to drive her best friend, who is also 16, to school. Is it ok if she receives a letter of approval from her friend’s parents?

A: No. Even with the permission of a parent, your daughter may not drive with anyone under the age of 20 unless a licensed driver over 25 is in the vehicle. She also may not drive between the hours of 11 p.m. and 5 a.m. without a licensed

driver over 25. These restrictions are in place for the first 12 months your daughter is licensed.

The DMV website has a section dedicated to new drivers and their parents with more details on new driver restrictions. To view the page, visit www.dmv.ca.gov, and under the Home tab, click Teens. I encourage you to visit the page to learn about the provisions your daughter will have to follow over the next year. Save Time. Go Online!

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END of the BENCH

by **Gerry Scholl**

Who Are Those Guys?

Who are those guys who showed up to play in the second half Sunday in Philadelphia?

The self-anointed “Dream Team,” the Philadelphia Eagles, were caught from behind, 24-23, by the San Francisco 49ers pose despite a 23-3 head start. The brains, coach Andy Reid, and the gunslinger, quarterback Michael Vick, must have asked each other the old Butch Cassidy and the Sundance Kid question, “Who are those guys?”

That sure didn’t look like the same old quarterback Alex Smith the majority of 49ers fans have been wanting to run out of town for the last few years.

Dressed in red and white with gold helmets — not white skimmers and cowboy hats — the second-half Niners kept gaining ground on the Eagles. Led by relentless tracker Lord Baltimore (alias Alex Smith) and hard core lawman Joe LeFors (alias coach Jim Harbaugh) the 49ers maintained hot pursuit. With support from the other members of the Niners’ Smiths Gang — DE Justin Smith and rookie LB Aldon Smith — the visitors caught and passed the Eagles with three minutes remaining in the game.

The Niners (3-1) rode their old horse RB Frank Gore down the stretch, despite his gimpy ankle. Gore (15 carries for 127 yards) ran 12 yards for the winning touchdown and had key runs to help kill the game clock. He had lots of help from rookie Kendall Hunter, who had 100 total yards, running and receiving.

But the big surprise was Alex Smith’s performance, the best most 49ers fans can remember. Smith went 9-for-9 for 179 yards in the third quarter to get the comeback rolling. It was the biggest SF comeback in fifteen years and the largest second-half lead lost by Philadelphia in 26 years.

In the first half it looked like more of the same old 49ers we’ve watched in recent seasons, ending with a 20-3 Eagles’ margin. Receivers were dropping passes, Smith was misfiring and fumbling the ball away, a field goal was missed. The defense couldn’t stop the opponent, allowing Vick to amass 276 yards and two touchdowns in the half. It appeared the predicted blowout was inevitable.

SF pulled within 23-16 behind two Smith TD passes in his hot third quarter, to Joshua Morgan and Vernon Davis. The Eagles, however, had a chance to make it a two-score lead again and all but put the game away with a 33-yard field goal, but rookie kicker Alex Henery missed his second of the game and left the opening for the 49ers’ rally.

After the missed try the television coverage broke for commercial while playing Tom Petty’s “Runnin’ Down a Dream.” When the game resumed, that’s just what the 49ers did...

Meanwhile, back at the ranch in the Bay Area, the Oakland Raiders hosted New England before a packed house. The Raiders had taken a giant step forward the previous week with their impressive upset victory over the New York Jets.

But this week the Silver and Black (2-2) took two steps back, losing 31-19. The most penalized team in the NFL had nine more for 85 yards, two setting up Patriots’ touchdowns. The Raiders were just too hyped up for the big game against brilliant QB Tom Brady, unstoppable receiver Wes Welker and the machine-like New England offense.

Former Patriots DT Richard Seymour set a bad tone early for the Raiders, committing three penalties of his own. Quarterback Jason Campbell regressed, throwing two awful interceptions to ruin his 344 yard passing effort. The Pride and Poise boys seemed to play with their rekindled pride, but the poise was missing. The commitment to excellence was lacking.

Speaking of Giant steps — your 2010 World Series champion San Francisco Giants took several steps backward down the stretch run of the baseball season, missing the playoffs altogether. A plethora of injuries to key players and sub-par seasons by a number of others was too much to overcome.

Now the Giants’ brass must contemplate what steps to take for next year. Apparently intending to keep most of the dominating pitching staff intact for 2012, it’s the battered and broken everyday lineup that must be reshaped for another run at another title.

When the Giants take the diamond on Opening Day we may all be asking the question, but with different inflection, “Who are THOSE guys?!”



A Case in Point

The Case of the Fatal Mixer

By *David Graulich, Esq.*

On the evening of March 4, 1982, the Stockton Chamber of Commerce sponsored a mixer for local businesses. The event was hosted by a nonprofit agency whose offices were in Cherokee Industrial Park, on Cherokee Road and Highway 99.

The industrial park was in a rural area on the outskirts of Stockton. About 400 people attended the mixer. The nonprofit had only about 25 parking spots near its premises, so most guests parked elsewhere in the complex. .

One of the persons attending the mixer that night was Jenny Beth Steinmetz, 35, an agent with Cal-Western Life Insurance. She left the event, by herself, about thirty minutes before it concluded at 8 p.m. She walked to her car, which she had left about a block away within the industrial park. When she returned to her car, she was attacked by an unknown assailant who stabbed her to death. Ms. Steinmetz’s body was found later that night when other guests left the mixer.

A lawsuit, filed on behalf of Ms. Steinmetz’s two minor sons, claimed liability on the part of three parties: Stockton Chamber of Commerce, the nonprofit agency, and the company that owned the industrial park. The suit alleged that the Defendants breached their duty to Ms. Steinmetz by failing to provide a safe place for her to park her car while she attended the mixer. The complaint further charged that lack of security and inadequate lighting contributed to the horrific crime.

At the essence of this heartrending case is the concept of duty. In civil litigation, there can be no negligence unless the Plaintiff establishes that the Defendant breached a legally-recognized duty of care. Duty seems like an obvious notion, but it can be surprisingly difficult to establish in a negligence action. Courts tend to be worried that, if the boundaries of duty become extended too widely , the floodgates will open and potential liability will be almost everywhere. Judges, meanwhile, vary widely in their individual assessments of whether a duty of care existed in a given circumstance.

In the Steinmetz case, the trial court dismissed the complaint against the landowner of Cherokee Industrial Park. The court reasoned that there had been no prior violent criminal activity in the industrial park, that the attack was unforeseeable, and that the landowner owed no duty to the decedent. Now the question before the Court of Appeals, Third District was whether the Stockton Chamber of Commerce (sponsor) or the nonprofit agency (host) had liability.

The Plaintiffs argued that it was apparent that the nonprofit’s premises had inadequate parking for the hundreds of people invited to the mixer. It was foreseeable to a reasonable person that the invitees would be forced to park in the outlying areas, where the danger was greater. The Defendants countered by saying that, once the attendee left the mixer itself, their liability ended.

Here’s what the appeals court ruled: No liability on the part of either the Chamber of Commerce or the nonprofit.

The court compared the situation to that of a movie theater showing a film, or a department store holding a sale. Neither is able to offer sufficient parking for the number of people expected to show up. Yet there is no obligation for the movie theater or the department store to provide additional lighting on the city streets, or to hire private security guards to patrol the streets for safety. Their liability is limited to their places of business.

Another comparison made by the court was that of a homeowner who hosts a business event at his house. There’s not enough parking at the house for all of the guests, and some people park in the adjoining neighborhood. There’s no obligation on the part of the homeowner to provide additional lighting or hire security guards to escort guests to their cars.

“In the final analysis,” said the court, “the decedent was killed by an unknown assailant in a parking lot located off property owned, possessed or controlled” by the Chamber of Commerce or the nonprofit.

Was the killer of Jenny Beth Steinmetz ever captured? In researching this column, I came across an October 9, 1982 article from the Lodi News-Sentinel, reporting that the San Joaquin County Sheriff’s Department had taken a suspect into custody. The suspect also attended the Chamber of Commerce mixer that night, and had once been employed by a company with headquarters in the industrial park. However, I couldn’t find any additional newspaper articles on the case. The trail ended there.

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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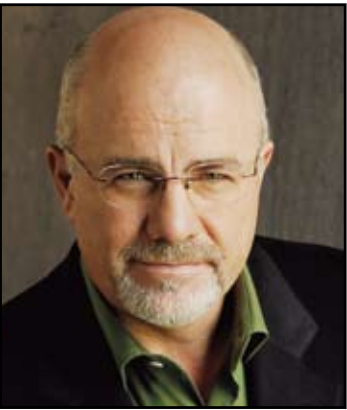


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8	5	4	6	3	1	2	9	7
3	9	7	5	8	2	6	1	4
2	1	6	4	9	7	8	3	5

Sudoku Puzzle on Page 5
Enjoy Sudoku Every Week!

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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.

Is Online Trading Okay?

Dear Dave,
How do you feel about online trading for building a stock portfolio? Assuming that someone has done their homework on which stocks to buy, is there anything else to know about do-it-yourself trading?

- Kevin
Dear Kevin,
There’s one very important thing to know – don’t do it! This kind of thing is one rung below day trading on the ladder of stupidity.
Here’s the problem. When most people talk about “doing their homework” on single stocks they’re just barely skimming the surface. And most of the time this involves just talking to their broke friends. There’s no way you and your golfing buddy are going to dig up and decipher the kind of solid, reliable information

Dave Says

you’ll need to be successful at this kind of thing.
I’d much rather go with a mutual fund that’s spent millions of dollars analyzing companies and doing real research. What you’re talking about is a million times riskier than using good growth stock mutual funds – selected by professionals – with 90 to 100 different stocks.

Investments Using Home Equity?

Dear Dave,
Right now our debt is keeping us from investing. Do you recommend making investments with a home equity line of credit?

- Paul
Dear Paul,
Let me answer this very, very carefully. No!
You don’t borrow on your home, Paul. You never want to put something as precious and important as your home in jeopardy just for the sake of investing.
Follow the Baby Steps. First, get \$1,000 in the bank to start your emergency fund. Second, pay off all debts from smallest to largest – except for your house – using the debt snowball. This will lead you to Baby Step Three, which is fully funding your emergency fund with three to six months of expenses. Once you’ve done all this you’re ready for Baby Step Four, which is investing in Roth IRAs and other pre-tax retirement.
When you’re debt-free except for your house, you’ll find investing is easy because you’ve freed up your

most important wealth building tool – your income!
- Dave

Leasing From Your Company?

Dear Dave,
I know how you feel about leasing a car. But what about the car leasing programs that auto manufacturers offer their employees?

- Stephanie
Dear Stephanie,
A few automakers do this kind of thing, but I’d advise investigating the deal very carefully. And it wouldn’t hurt to take a cold shower first – just to make sure you wash off any car fever you may have.
Some of the automaker offers are just another way for the company to fleece drivers. But some manufacturers offer their employees programs that aren’t a traditional lease. A few of them offer the use of a high-quality car for very little money per month and no hidden catches. In these cases it can work out pretty well. In some instances you’d lose more in value every month – even if you bought a car with cash – than you would pay out under a good employee program. Some companies even offer gas and more in the deal.
Just make sure you check the details thoroughly. Use your head and a calculator – not your heart – when making the decision!
- Dave

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

Students Get a Visit From Live Cows



Mobile dairy classroom moooves into Citrus Heights school.

Citrus Heights – Citrus Heights Students will soon be getting a lesson in agriculture and nutrition from a real cow.
The Dairy Council of California’s Mobile Dairy Classroom, featuring a real Holstein cow and calf, will be teaching elementary school children about agriculture and the origin of milk and its nutritional value. The presentation will be made at Skycrest Elementary on October 11th.

The Mobile Dairy Classroom, an educational milking parlor on wheels, teaches children how milk starts at a farm and ends up in their school cafeterias. Students also learn about the anatomy of a cow, agriculture’s role in our food supply and milk’s contribution to a healthy diet.
Kindergarten through fifth-grade students will be able to get up close and personal with a real cow on their campus and, for

some, seeing a cow for the first time. Teachers will be enjoying the hands-on learning benefits for their students.
The Mobile Dairy Classroom instructor will be discussing the importance of teaching children about nutrition and the source of their food. These agriculture and nutrition lessons will be taught to hundreds of students at the school.

Harvest Faire at Waldorf

Fair Oaks – Join the annual Harvest Faire merriment at Sacramento Waldorf School (SWS), on Saturday, October 22, from 10 AM - 4 PM. Admission and parking are free.
This is a community-wide, family & friends event for all ages with games and crafts for the young ones, fun and physical activities for the older ones, craft vendors for the young at heart, and food, music and performances on two stages to fill your soul. Hosted by the SWS Parent Guild.
Sacramento Waldorf School, 3750 Bannister Road, Fair



Oaks. For more information call (916) 961-3900, or go to www.sacwaldorf.org or on Facebook www.facebook.com/sacwaldorf.

COMMUNITY COFFEE CALENDAR

Senator Ted Gaines has several “Community Coffee” sessions scheduled to give everyone an opportunity to meet with him and discuss individual and community issues.

He is continuing to add them to his calendar every week, so please check his web site at [www.senate.ca.gov/ GAINES](http://www.senate.ca.gov/GAINES), for up-to-date information as Community Coffee events are scheduled.

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