

AMERICAN RIVER

M E S S E N G E R



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Rancho Cordova, CA

Volume 4 Issue 20

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

Second Edition for October 2009

Pop Goes the Deal! Local Businesses Get A Leg Up

Sacramento - With a goal to enhance economic growth in the Sacramento area, Sacramento Board of Supervisors approved changes to the Procurement Opportunities Program (POP), a Small Business Preference Program that will increase the use of local and small business enterprises in the County's procurement and contracting activities. The purpose of the Procurement Opportunities Program (POP), initially adopted in 2002, is to promote a healthy local business environment, higher local employment and an increased quality of life for County residents and neighbors.

Noteworthy program enhancements include:

- New and aggressive business outreach to ensure more local

businesses can participate in the plan.

- More robust online vendor registration process for automatic notification of bid opportunities.
- Eliminate multiple quote requirement when small purchases under \$5,000 are awarded to a certified micro-business located in the six-county Regional Market Area (Sacramento, El Dorado, Placer, Sutter, Yolo and Yuba counties)
- When multiple quotes are solicited, small businesses in Sacramento County will be awarded a 2% bid preference; local business within the County will be awarded a 3% preference.
- Small business preference of 2% and the 3% local business preference may be combined for a total preference of 5%

for local micro-business and to any business in the Regional Market Area that reciprocate the same preference to Sacramento County.

- Contract limit increase from \$100,000 to \$250,000, and will be eligible for the maximum preference of 5% mentioned above.
- Expansion of the program will now include non-professional services and small construction contracts in addition to the existing goods and materials.

This enhanced program was effective October 14, 2009. For more information on specific requirements, please visit the General Services website at www.dgs.saccounty.net/capsd, or call (916) 876-6360.

Business Walk Targets Rancho Cordova Stores, Offices, Industries

Rancho Cordova - More than 100 businesses in the City of Rancho Cordova will be called on during the City's 2nd annual Business Walk on Thursday, October 22nd to learn first-hand how Rancho Cordova's business and civic leaders can promote business and improve the local economy.

About 30 teams of two to three people will visit at least 120 businesses in eight Rancho Cordova areas. A variety of areas and businesses will be on the itinerary including retail stores, office parks, and industrial sites. Teams will be made up of representatives from City staff, the Rancho Cordova Chamber of Commerce, and the Sacramento Metro Chamber.

One of the strategic objectives in the City of Rancho Cordova 5-year Economic Development Implementation Plan is to attract,

retain, and expand business. "The Business Walk is a proactive way to build relationships and to learn from them," said Megan McMurtry from the City of Rancho Cordova Economic Development Department.

Everyone visited will be asked: How is business?, What do you like about doing business in the area?, What needs to be done to make business even better?

After the Business Walk, Sac Metro Chamber will tabulate the data and publish a report. Last year's summary revealed that nearly half of the respondents said business was either good or great. Another 29% reported business was fair and/or holding steady. Location and community rated highest in what respondents liked best about Rancho Cordova. Traffic issues were the most frequently

cited area in need of improvement.

"It's critical to talk to business owners and managers face-to-face about the issues facing them in today's volatile economy," explained Jane Daly, CEO of the Rancho Cordova Chamber of Commerce.

"Last year, business people couldn't believe that we just wanted to ask them how we could better serve them," she continued. "By joining forces with the City and Sac Metro Chamber, we are working to bridge businesses, organizations, and residents to innovative programs that will strengthen Rancho Cordova's long-term economic vitality, business success, job creation, and quality of life."

For more information about the Business Walk, please call McMurtry at (916) 851-8782.

“And a Star to Steer Her By”



Tall Ships Hawaiian Chieftain (left) and Lady Washington cruising together in Grays Harbor near Westport. Photo by Ron Arel, Coastal Images.

Sacramento, - The topsail ketch Hawaiian Chieftain will make an extended visit to Sacramento this year as part of its annual tour of Golden State ports, themed "California 2009-2010: Hands-on History for Youth." The ship, which specializes in living history maritime experiences for young people, is scheduled to arrive at Old Sacramento Nov. 3, firing a cannon salute to the city. The ship will remain in the city until Dec. 13, hosting school groups and the public for walk-on tours and three-hour sailings. The master of Hawaiian Chieftain is Capt. Rob Mizer, a native of the Sacramento area.

This year's visit to Sacramento emphasizes the Hawaiian Chieftain's mission of delivering valuable educational experiences for young people, many of whom go on to careers in the maritime trades, the Navy, and the Coast

Guard. Educators and home-school groups interested in scheduling an education program should contact Reasa Shuck, 360-589-2299, rshuck@historicalseaport.org.

Crew in 19th-century period costume will welcome the public for walk-on tours most days during the eight-week stay. The ship will be open Saturdays and Sundays 10 a.m. to 1 p.m. The crew will welcome visitors 4 p.m. to 5 p.m. Tuesdays through Thursdays. Over the Thanksgiving holiday, Hawaiian Chieftain will open from 1 p.m. to 5 p.m. Nov. 25 and 27; the ship will be closed Thanksgiving Day. Please check the Historical Seaport website, www.historicalseaport.org, for the latest schedule updates.

Hawaiian Chieftain will also take guests out on three-hour Adventure Sails, which feature demonstrations of tall ship handling, a sea shanty, and a

chance to help sail the vessel. Adventure Sails are scheduled at 2 p.m. Saturdays and Sundays during the visit. Tickets are \$55 adults, \$45 students/seniors/active military, and \$35 for children 12 and under. To purchase tickets, visit www.historicalseaport.org or call 800-200-5239.

The topsail ketch Hawaiian Chieftain is a replica of a typical European merchant trader of the turn of the nineteenth century. Launched in 1988, she was originally designed for cargo trade among the Hawaiian Islands. Her hull shape and rigging are similar to those of Spanish explorers' ships used in the expeditions of the late 18th century along the Washington, Oregon, and California coasts. The modern ship was acquired by the Historical Seaport in 2004 after a long career in the San Francisco Bay Area.

Commercial Roof Collapse in Citrus Heights

October 14, 2009 - Citrus Heights - At 11:22 am Metro Fire responded to a report of a roof collapse at the Filco Store located at 7975 Greenback lane. Four people were in the store at the time of the collapse and all made it out

safely. Preliminary investigation points to an overload of water on the roof due to the amount of water fire fighters encountered during their interior operations. The neighboring Marshall's store was also affected and it was evacuated

and closed. The buildings integrity was compromised so all salvage operations were cancelled. No civilians or fire fighters were injured and the damage is estimated in the hundreds of thousands of dollars.

Secured Property Tax Bills Mailed This Month

Sacramento - The new tax year has started and Sacramento County has mailed about 450,000 secured property tax bills which are payable beginning November 1, 2009. These tax bills are mailed only once a year; however, property owners may pay their bills in two installment payments. The first installment payment **must** be received or postmarked **no later than 5 p.m. on December 10, 2009**. Because April 10, 2010, is a Saturday this

year, the second installment **must** be received or postmarked **no later than 5 p.m. on April 12, 2010**. Both installments may be paid when the first installment is due.

The assessed values of over 170,000 properties were reduced by the county Assessor's Office, reflecting an overall decline in residential real estate prices in recent years.

By law, the assessed values on the 2009-10 annual **tax bills are based**

on property values as of January 1, 2009. Any declines in value after January 1, 2009 will not be reflected until the 2010-11 tax bill. If a taxpayer has evidence that their property value as of January 1, 2009, is less than that shown on this year's bill, they should visit the Assessor's website (www.assessor.saccounty.net), call the Assessor's Office at (916) 875-0455, or go in person to 3701 Power Inn Road, Suite 3000.

www.AmericanRiverMessenger.com



Laws of the Universe vs. ObamaCare

If only the laws of the universe didn't make it impossible to conjure something out of nothing. In a magical world free of such encumbrances, Democrats would be spared the bother of hiding the inevitable costs of ObamaCare.

The latest gambit of Democrats in both the Senate and House is to take roughly \$250 billion out of health-care reform -- for Medicare payments to doctors -- and spend it in a separate bill. This instantly makes ObamaCare appear cheaper, although its impact on the federal budget will be precisely the same. This isn't even competent three-card monte. It's the logic of the spendthrift who has maxed out on his Visa and MasterCard, but thinks it's frugal to put a new \$6,000 Samsung 65-inch LCD flat-screen TV on his American Express card instead.

Every year, Medicare payments to physicians are supposed to fall. Congress always temporarily defers the cut. The House version of ObamaCare deferred it for 10 years, a reason it had so much red ink. The Baucus bill deferred it for only the first year (at a cost of \$10.7 billion), then pretended Congress would subsequently cut doctor payments a drastic 25 percent. Without this otherworldly assumption, the Baucus bill would increase the deficit by roughly \$150 billion over 10 years.

Why stop there? If all the subsidies and other costs are removed and passed separately from the Baucus bill, it becomes a \$900 billion deficit-reduction measure, and ObamaCare can be advertised as the world's most affordable entitlement.

The intractable truth is that getting millions of new people health insurance is not costless. New insurance regulations intended to benefit the sick and

uninsured will increase premiums for everyone else. Supporters of the Baucus plan implicitly respond, "Well, yes, that's why the bill has subsidies." But the subsidies are tightly limited to keep from exploding the deficit.

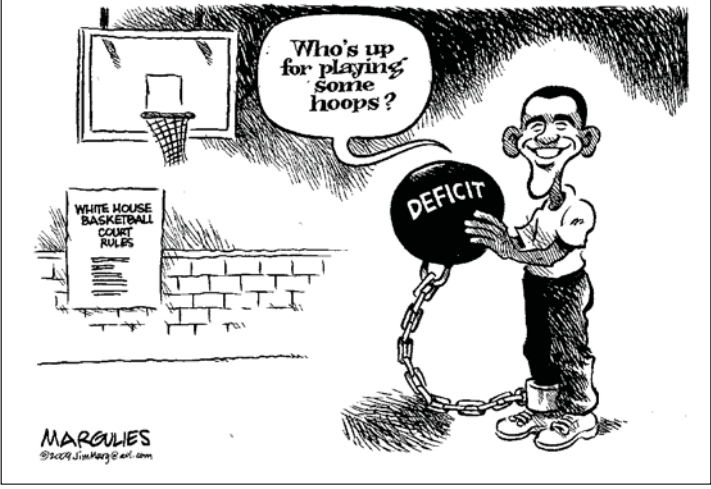
If the subsidies go up, the new taxes will have to go up. And those are already causing a revolt on the left. In a revelatory moment, the unions argue that a tax on insurance companies offering high-priced "Cadillac" insurance plans will be passed along to consumers and hit the middle class. In this, they embrace a long-standing conservative argument that corporations don't pay taxes, their customers do. Perhaps for the first time ever, the head of the AFL-CIO thinks Milton Friedman has a point.

This is the choice: Either premiums for middle-class people go up with limited compensating subsidies, or generous subsidies are funded with even more hidden middle-class taxes, or -- most likely -- some noxious combination of both.

Any of these choices is wrong politically. Democrats must, then, deny there's a cost to most people and hide it however they can. At the same time they attempt to stuff a massive new entitlement inside the politically necessary constraint of a deficit-neutral price tag of less than \$1 trillion. They are like the movers who can't fit the couch through the door frame and keep backing it up and trying it a different way.

It's not going to fit. For that, blame the laws of the universe.

Rich Lowry is editor of the National Review and co-author of the new spy thriller "Banquo's Ghosts."
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Can Seafood Feed the World?

By Amy Mathews Amos

Thinking about grilled salmon for dinner? Or maybe ordering jumbo stuffed shrimp at your favorite seafood restaurant? As a kid, this simply didn't happen in my family. Grilled salmon was an unheard of luxury and shrimp appeared only at my mother's rare dinner parties, served in miniscule amounts with cocktail sauce.

Now they're available anytime, fairly inexpensively.

That's because years ago, salmon and shrimp -- which are predatory animals -- were only harvested wild from the sea. Today much of it is farmed, with half the salmon now eaten in the U.S. grown in pens, a percentage that has risen steadily in recent years.

Unfortunately, like many luxuries that have become commonplace in the modern world -- these now plentiful forms of seafood come with high hidden social and environmental costs.

The problem is anchored in biology: the predatory nature of salmon and shrimp. To farm these carnivores in large numbers, they must be fed huge amounts of seafood to thrive, seafood that other ocean predators -- not to mention people in developing nations -- need to survive.

Farmed carnivorous seafood -- salmon and shrimp -- is fed on smaller forage fish such as anchovies, sardines, herring,

and mackerel, caught by industrialized factory ships and ground into fish meal and fish oil.

For every pound of farmed salmon produced, two to three pounds of forage fish must be caught from the sea. So for every meal of farmed salmon someone eats in the developed world, two or three people could have had a fish dinner elsewhere.

However, it's not just people who need forage fish. They're a vital food source for marine life throughout the world's oceans. Swordfish, bluefish, cod and other predatory carnivores depend on them, as do seabirds and marine mammals, including seals, sea lions and many whales and dolphins.

As the developed world's consumption of farmed predator fish skyrockets, the impact on marine ecosystems remains unclear. But Chesapeake Bay anglers are now seeing once hefty striped bass suffering from malnourishment and low weight, possibly due to the depletion of their key food source, menhaden, a forage fish increasingly harvested for meal and oil. Likewise local depletions of penguins in Argentina, dolphins in Italy, and cormorants in southern Africa have all been linked to failing forage fisheries.

Scientists have long documented starvation and declines in top predators like seabirds and seals

during El Niño years, when unusually warm waters produce fewer forage fish. The question now needs to be asked as to how top ocean predators will fare this year as they are struck by the one-two punch of industrially over-fished forage fish and a moderate to strong El Niño building in the Pacific.

Although fish meal is fed to pigs and poultry too, the rapidly growing predatory aquaculture industry is outpacing those uses. And the trend in aquaculture is to farm additional types of carnivorous fish, such as halibut, cobia and even tuna. The markets for these predator fish too won't be the undernourished poor in developing countries, but rather high end restaurants in Europe, North America and Japan. So while some tout aquaculture as a solution to our growing protein problem, under current trends it could reduce the overall protein supply for people, while depleting a critical link in the oceanic food web.

What needs to happen so that we can have our fish and eat them too?

Seafood companies are already researching ways to reduce the forage fish needed to raise carnivorous species by replacing fish protein with other sources such as soy. These efforts have successfully cut in half the amount of forage fish needed to produce a pound of farmed salmon.

But questions remain about how

low this number can go while still producing what is fundamentally a carnivorous fish. Technology can work wonders, but can it ever make a tuna a vegetarian? Moreover, the trend towards farming even more species of carnivorous fish to meet restaurant and consumer demand could quickly overwhelm these gains.

It seems clear that if aquaculture is to feed our hungry planet it will require a more diversified farmed fish portfolio: with better farming of herbivorous species such as mussels, clams, oysters, tilapia, and catfish, which eat algae and plants rather than other marine animals. Scientists and fisheries managers will also need to thoroughly study the risks of forage fish depletion and place limits on the catch of these species to protect ocean ecosystems.

Aquaculture is currently the fastest growing food production system in the world. Done right, scientists agree, it could provide a valuable source of protein for a growing human population. Done wrong, and it could take food from the world's poorest, while doing irrevocable harm to ocean ecosystems.

Amy Mathews Amos is an independent environmental consultant advising conservation groups and others on marine conservation issues. © 2009 www.blueridgepress.com

Only Fear of God Can Guarantee Liberty

by Charles G. Mills

The United States Constitution is the best designed constitution in human history for the protection of liberty. It effectively balances power among the branches of government and provides a system by which each branch checks the power of the others. Furthermore, it creates an effective balance between federal and state power. Despite this system, John Adams observed that the Constitution and its checks would only work if the American people remained virtuous. Once the leaders of America ceased fearing God, they would start finding ways to subvert the Constitution.

Every complex society is led by a class of politicians, bureaucrats, journalists, lawyers, judges, intellectuals, and other people who know how to influence it. Once this political or ruling class ceases to fear God, it will begin to enhance its power at the expense of the liberty of the people.

Judges have done this most

brazenly. Those who drafted a constitutional provision to prevent federal interference with local civic religious exercises never imagined it would be twisted to forbid all local civic religion and prayer. Those who drafted a constitutional provision to prevent lawless deprivations of life, liberty, and property by state governments never dreamed that it would have been distorted to require the killing of innocent babies. More to the point, no judge who really feared God would have invented these perversions.

When politicians and bureaucrats stopped fearing that God would punish them for dishonesty and venality, they began to bind the people with incomprehensible and burdensome legal and regulatory schemes that classified activities located entirely on one farm or in one store as "interstate." When journalists ceased to fear God, they ceased to protect the people's liberty.

This phenomenon, and its opposite, have occurred throughout history. John I was a most unjust

King of England, oppressing the Scots, stealing from his subjects, ignoring the rights of city governments, and forcing peasants to work without pay on his public works. Enough of the barons and bishops of England were afraid that he would bring God's punishment down on the country that they forced him to sign a great charter of liberties. His prompt repudiation of his coerced signature was irrelevant. Most of the subsequent medieval kings of England voluntarily adopted most of its provisions because the ruling class of England continued for centuries to fear God.

By the time of Henry VIII, England had an elaborate legal system that placed great emphasis on due process of law. The ruling class had, however, lost its fear of God. Henry VIII was a competent theologian, but he could not control his desire to turn his wives in for newer models and to steal from the Church, including robbing the graves of saints. Only two great leaders of society in his day feared

God more than they feared death -- the martyrs Saint John Fisher and Saint Thomas More. All the rest went along with six wives for the king, the theft of all monastery property, and the sacrilegious theft of jewels and precious metals from reliquaries. All of these actions were clearly known to be contrary to God's law, but the rulers of England had become more afraid of the king and each other than of God.


Henry VIII's sins led to centuries of deadly religious persecution, civil wars, the killing of one king, and the unjust exiling of another. Indeed, as he faced death, Charles I described himself as a martyr for the people's liberty. Half a millennium later, English law still bears the scars from Henry VIII. Of course, today the threats to liberty are much less deadly except for unborn babies and terminally ill persons, but they are far more pervasive.

America can learn from English history. The modern world has seen power grow more and more concentrated in Washington, generation after generation. As long as the people in power have no fear of God, they will invent more and more reasons to increase their power. They will increase it in the name of safety, and they will increase it in the name of liberty. They will increase it by appeals to greed and appeals to generosity. Until we can again acquire a political class in America that fears God and believes itself morally bound to respect the people's liberty -- and is courageous enough to do its duty as God gives them the light to understand it -- we will continue to go deeper and deeper into a dark period in history.

Courtney O'Brien is the Legislative Assistant for the Public Safety and Elections Task Force at the American Legislative Exchange Council

AMERICAN RIVER
MESSENGER

“Written by the people for the people”



Publisher - Paul V. Scholl

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Scarecrows Spook Merrill Gardens



(L to R) Front row- Barbara Houk, resident, “Winning Scarecrow”, mariam Ober, resident, Cathy Reuter, marketing director. Back row- Jody Wilson, concierge, Sondra Roberts, general manager, Paul DeVol, maintenance, Robert DeVol, assisted living supervisor.

Citrus Heights - On October 24th Merrill Gardens of Citrus Heights held a community breakfast and harvest celebration, complete with a “Scarecrow” competition. Different participants decorated and adorned their scarecrows and displayed them at the facility. Tim Reuter served as the “pumpkin pancake maker”, and they were delicious! Participants in the decorating of the many scarecrows included; Phyllis Budak, New Beginnings Senior Referral, Rose Ann Watson, Roseville Hospice, Dr. Robert Shorey, Enhanced Dental Concepts, Shirley Householder, Delta Chi Sigma Sorority, Margaret Ervin, Sutter Hospice, Claudia Ferguson, Citrus Heights Lions, Lisa Strobridge, Indecare, in home care, Janice Jordan, First Call Hospice, Mike Vargas, US Postal Service, Christy Brawner, Maxim Healthcare, Carol Webber, Home Depot, Cindy Melvin, Accent Care, Sandy Gutierrez, Bank of Commerce, Christine Alsweet, Interim Health Care,

CJAC Applauds Governor Schwarzenegger for Vetoing Trial Lawyer-Friendly Proposals

Sacramento - The Civil Justice Association of California (CJAC) on Tuesday, (October 13th, 2009), commended Governor Arnold Schwarzenegger for vetoing three unnecessary and harmful bills that would have led to increased litigation and benefited personal injury and other plaintiffs’ lawyers – not working Californians. “Governor Schwarzenegger has made decisions that will benefit consumers and prevent litigation from needlessly draining away dollars from California’s struggling economy,” said CJAC President John H. Sullivan.

“The Governor’s veto of AB 2 in particular gives lawmakers the chance to work out a proposal that would allow the review process of health care insurance rescissions to be helpful and fair – without benefiting plaintiffs’ lawyers in the process.”

The vetoed bills are: Assembly Bill 2, which would have undercut a plan to protect consumers from unfair health coverage cancellations and driven more cases into the courts. Assembly Bill 335, which would have limited California employers’ use of mandatory choice of law and forum selection

clauses in employment contracts. The bill was unnecessary because current law already protects California residents from unreasonable contract and choice of law provisions. Assembly Bill 793, which could have harmed employers by undoing existing statutes of limitations on employment discrimination claims, fostering speculative and stale claims against employers. Additional information about these bills can be found on CJAC’s web site at www.cjac.org/legislativecenter.

Rescuing Animals and Fostering Growth in Children

A Business Mixer & Fundraiser for The Grace Foundation Ranch.

An energetic, upscale, business-casual mixer and fundraiser will be held on November 12, 2009 where you will meet business owners, professionals, and community leaders while raising funds for a great organization in our local area. The beneficiary of the fundraiser is The Grace Foundation - an equine rescue and rehabilitation facility that uses rescued horses for therapeutic programs for youth and children. This special Ranch is located in the rolling hills off Latrobe Road, from Highway 50 exit. Miracles happen there, and our goal is to keep it thriving for animals and local children alike, who will benefit from the dedication of those involved in its effort. Come and enjoy irresistible hors d’oeuvres prepared by



Tango is a 2 yr old chestnut Appendix who was born at the ranch.

Bistro 33; a no-host bar in a contemporary indoor/outdoor setting; listen to live music, and participation in our charity raffle. Business’s can also get involved by donating a raffle prize(s) in advance and be acknowledged during the charity raffle at the mixer.

Event Date: Thursday,

November 12, 2009
Time: 5:30 pm -7:30 pm
Location: Tre Nights at: 1212 Howe Avenue (Howe at Hurley), Sacramento, CA 95825 (plenty of free parking)

Purchase advance tickets by visiting: www.Sac-Connect.com. Tickets are \$20 or choose to donate \$60, which includes your entrance ticket and a \$300 grocery or gas voucher good for one full year.

To learn more about The Grace Foundation, visit: <http://www.thegracefoundationofnorcal.org/>

To learn more about The Sacramento Community Connections organization, visit: <http://www.Sac-Connect.com>

Second Saturday Art Walk

Fair Oaks - The Allied Ceramic Arts Institute participates in the Sacramento Second Saturday Art Walk in Fair Oaks. Our Gallery offers a wide variety of Ceramic Art by local artists and is the only gallery to offer exhibit space for our kids art. Our classes specialize in working with all forms of wet clay and provide all ages the opportunity to experience their own level of creativity. Demonstrations are offered at every Second Saturday from 4 to 8pm. Come join us

in the fun and art appreciation of our local artisans and our children—the future art creators. Allied Ceramics Art Institute 7425 Winding Way (at San Juan) Fair Oaks, CA
November 14th - Ceramics Day - a wide variety of ceramic arts for sale and a demonstration on the “tools of the trade” creating three basic forms and the combination of forms for sculpture.
December 12th - Art Sale - The ceramic artisans will have their work on sale for the holidays. Special gift selections

will be the pride and joy under the tree this year. Demonstration will be on making holiday ornaments. Support the arts, become a member of ACAI - Annual membership \$25.00
The Allied Ceramic Arts Institute is a preferred vendor provider for Horizon and Visions Home School Programs and is an authorized vendor for the San Juan School District. Contact Chris Wagner @ (916) 966-2453 for more information or a tour of the ACAI Institute.

Prepare for Winter Storms

Simple steps to be Red Cross Ready



- ★ **Get a Kit:** Assemble disaster supplies like water, food, a flashlight, portable radio, and medication.
- ★ **Make a Plan:** Pick a place where family members can gather in a disaster and figure out in advance how you'll get in touch if communication is disrupted.
- ★ **Be Informed:** Find out what types of disasters your area is high risk for and how local authorities will contact you if a storm is headed your way.

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Angel Project for October 2009



Angel Project Volunteers show off two of this year's quilts

Bev's Angel Project is a local organization spearheaded by Jan Strickland that provides items for needy families during the Christmas season. Angel Project volunteers are showing off some of the many beautiful quilts that are hand made during the entire year by Margaret Martin and the other

generous volunteers who donate hours of their time and all of the blankets and quilts to the project. Angel Project's recent car show was a huge success bringing in hundreds of unwrapped toys for children. Volunteers during November and December will label and wrap these

gifts to prepare for their busy season. Last year Starbucks and Denny's came on board with their customers donating gifts throughout December. Angel Project's incredible group of volunteers also collect stuffed animals, gloves, warm hats, tons of baby items and so much more to meet all of the needs in the community. Organizations that benefit each year are: ALTA Regional, Alternative Pregnancy, Crisis Nursery, CPS, Mustard Seed School, WEAVE, YMCA, local hospitals, many elementary schools in the Sacramento area, and Starr King/ Ralph Richardson preschools. Many children receive a stuffed animal, blanket, age appropriate toy and a stuffed stocking, all lovingly prepared by this group of "angels" and delivered by Mrs. Claus and her helpers. If you would like to donate new unwrapped toys, baby products, or anything listed above, please take the items to Beverly's Crafts & Fabrics, Carmichael Oaks Shopping Center, 6456 Fair Oaks Blvd. at Marconi Avenue, in Carmichael.

Laura on Life Cowboys & Ninjas & Clowns, Oh My!



By Laura Snyder

It's time for witches and goblins and superheroes and fairy-princesses again. If you had a chance to invite them all to a dinner party, there would be a lot of awkward silences because, of course, these characters would have absolutely nothing in common. But on Halloween, they all appear on the same streets and cavort in maniacal glee as they liberate us from our Snickers bars. The costumes are, for the most part, predictable. If a character comes to my door, I can usually tell what they are. My son, however, makes choosing costume into a game called "Stump the

Homeowner." Then, even if he got a treat, he could still trick them if they couldn't guess what he was. Because he is a Star Wars fan, his costumes are sometimes thus inspired. For example, last year he wore a Vader helmet topped with a black Stetson and carried a guitar. He called himself "Garth Vader." He considered it a victorious night when nobody could guess what he was. This year he has decided to go as Mannequin Skywalker. I can't wait to see how he pulls this one off. My daughter uses Halloween as an excuse to dress like the princess she should have been. There is no other event during the year where a tiara and a ball gown are appropriate attire. The candy she receives while wearing this ensemble is just a bonus. While the boys want to knock on as many doors as possible for the loot, my daughter simply wants as many people to see her in her finery as possible. My youngest thinks that the idea is to be as many different things as you can... all at the same time. We have two big boxes full of costumes that we have collected over the years. Trying to decide what one costume he would like

to wear is apparently too stressful for his adventurous soul. So he endeavors to don them all. I guess he's trying to minimize the loss of potential candy. His logic is the better the costume the more candy he'll get. However, everybody has different tastes, so if he wears a caboodle of costumes at the same time, one of them is likely to please the candy distributor, right? He's been known to be an alien-clown-dragon, a cowboy-pirate-ninja and a wizard-pizza-bumblebee. All very inventive, I must say. Some of the people in our neighborhood just can't be bothered with the frivolous holiday, so they leave their lights off and hibernate until it's over. They're the Ebenezer Scrooges of Halloween. "Trick or Treat? Bah Humbug! The little monsters aren't making me buy them candy!" Those are the people who are trying to figure out how to get damp toilet paper out of their trees the next morning. It is unlikely, but even if I grow into a grouchy old lady who hates the sight of costumed children on Halloween, I would like to think I would be smart enough to light my house up like Grand Central Station that night. The real monsters hate lights. Laura Snyder is a nationally syndicated columnist, author & speaker. You can reach Laura at lsnyder@lauraonlife.com Or visit her website www.lauraonlife.com for more info.



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Fair Oaks Presbyterian Church Welcomes Christian Leaders from Russia



Sunday evening a group from Fair Oaks Presbyterian Church hosted Ellen Smith, Coordinator of the Congregational Twining Project in Russia and Piotr Romme, Pastor for the Romas and Deacon of the Kostroma Evangelical Christian Church

in Kostroma, Russia with a potluck and planning session. The group discussed the upcoming ministry trip to Russia and how they might be of service to those in need in that country. Plans were made to work with members of the church in Kostroma to do a women's retreat, men's bible study and to spend time with children in orphanages and with the Romas. The trip is planned for June 2010 and approximately 12 people will go to serve in the ways that Russian Christians might want.

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Family Conflict Resolution Center
Offers Help Over the Holidays

It's Scary Season for Homeowners

Family Conflict Resolution Center (FCRC) and Conflict Coaching Company is a private community and family-oriented mediation center and family services agency. FCRC focuses on education, conflict coaching, therapeutic practice, mediation, and support for individuals and family in high conflict. Our clientele comprises court-mandated from Sacramento, Placer, Yolo and out-of-state counties, referrals through community service agencies, and self-referral.

If you have any questions, please feel free to call 916-446-1500 to obtain additional information regarding program services and qualifications of providers within our organization. Please review the attached schedule for the following services. There is open enrollment for all programs.

Anger Management Groups (12, 26, 52 weeks):
Anger management skills, techniques, and strategies are taught with foundational skills like recognizing stress, developing empathy, responding versus reacting, communicating assertively and not aggressively, managing expectations learn to process your feelings, and embrace forgiveness.

Batterer's Intervention Program (52 weeks):
A 52 week program designed to assist batterers in understanding the dynamics of their offense and to learn positive alternatives to battering behavior.

Co-Parenting for Conflicted Families (8 weeks minimum / 1-day Saturday workshops):
Class focus is to work with a facilitator to assist both parents and any significant others in resolving conflict in a manner that is beneficial to the child(ren). The Parenting Facilitator Mediates, Monitors, Educates and Refers to additional services as needed. Parenting plans are addressed in the cooperative parenting approach. In addition, the Parenting Facilitator is available in the future to assist the family as a means of addressing conflict and avoiding future legal costs.

Early Recovery Skills Groups
Assist clients in developing coping strategies, finding 12 step fellowships, and using outside resources in assisting in recovery. As part of AOD services, we provide intervention for alcohol and other drugs, violence, screening and assessments, drug testing, and all other outpatient services.

Individual Sessions
Individual sessions for all programs are available. Individual, family therapy, alcohol and drug counseling can be scheduled to meet your schedule. High conflict families are strongly suggested to have private sessions to address specific issues in the family. 1 on 1 AOD counseling services and counseling on weekdays and weekends.

Parallel Parenting (8 weeks minimum):
The parallel parenting course focuses

on those parents who are in conflict and argue a lot or need to disengage in their parenting. Even if you can sometimes parent cooperatively, you find it to be difficult and are in conflict too much of the time. Conflicted parenting is the worst for children, who are often in the middle of the conflicts.

Private Mediation/Paralegal Services:
Avoid the high cost of attorneys and utilize private mediation services at a reasonable price. Legal clinics are offered with paralegals for assistance with document completion and filing.

Relapse Prevention Groups:
Group topics are on relapse prevention, recognizing triggers, positive self-talk techniques and other cognitive and behavioral approaches.

Supervised Visitation – Individual and group supervision available. We are located next to McKinley Park for outdoor sessions if weather permits. Evening, weekday, and weekend schedules are available.

Support Groups (1 Saturday/month)
It can help to know that you are not alone in your struggles. This open support groups is to help each individual person get what they need, such as healing damaged emotions, overcoming insecurities, healing from a wounded heart, stress management, and building of healthy communications skills.



By Jon Coupal

When you start to see Jack-o-lanterns around the neighborhood, you know that something scary is about to arrive at your house. That's right, it's property tax season. Fortunately, as a direct result of Proposition 13, which limits increases in a property's assessed value to two percent annually, most property owners have a good idea what their bill will be even before opening the envelope. Still, every year at this time, the Howard Jarvis Taxpayers Association recommends that taxpayers carefully examine their latest property tax bill. Although not common, assessors do make mistakes. Taxpayers should understand the various charges and make certain that they are not being dunned for more than they are legally obligated to pay. The best way to check a tax bill is to have your previous year's bill handy for reference. Checking the bill is especially important for those who bought their homes within the last five years at the height of the market. If the current home value is actually lower than the assessed value shown on the tax bill, the owner is entitled to file for a reduction in the taxes. Typically, the property tax bill will show three categories of charges. They are the General Tax Levy, Voted Indebtedness, and Direct Assessments. **General Tax Levy**
The General Tax Levy is what most people think of when talking about property taxes. It is based on the assessed value of land, improvements and fixtures. This charge usually makes up the largest part of the tax bill and it is the amount that is limited by Proposition 13.

Proposition 13, passed overwhelmingly by voters in 1978, established a statewide uniform tax rate of one percent of assessed value at the time of purchase and limited annual increases in assessed value to no more than two percent. From a practical standpoint, this means that once the base year value of your property is established, the General Tax Levy cannot be increased more than two percent each year. This allows all pro-property owners to predict their property tax bills into the future and budget accordingly. The best way to check to make sure that your current General Levy of Assessment is correct is to compare it with the previous year's bill. The increase should be no more than two percent unless there have been improvements to the property like adding a room to the house. This bears repeating: Because of the current decline in property values in California, many recent homebuyers are entitled to a reduction in their property tax bill to an amount even lower than their home's Proposition 13 adjusted base value. Although the reduction is temporary -- taxes will go up again when the pro-property regains value -- the savings are permanent. If in doubt about the current value of your property, check sales of comparable homes in your neighborhood. If homes like yours are selling for less than the valuation on your latest bill, contact your county assessor and ask that the value and resulting tax be adjusted to reflect true current value.

Voted Indebtedness
Voted Indebtedness is made up of those bonds and per parcel taxes approved by the voters. Local general obligation bonds for libraries, parks, police and fire facilities and other capital improvements are repaid exclusively by property owners. Because a minority of the population is required to pay the entire amount, the California Constitution of 1879 established the two-thirds vote for approval of these bonds. This assures a strong community consensus before obligating property owners to repay debt for 20 or 30 years. Until the year 2000, local school bonds also required a two-thirds vote, but the passage of Proposition 39 -- backed by a small group of wealthy Silicon Valley businessmen -- lowered the vote to 55 percent. Because the 55 percent requirement guarantees that most school bonds will pass, regardless of merit, many homeowners are seeing a significant increase in the Voted Indebtedness column on their tax bills. Less common than bonds are per parcel taxes. These are taxes on property ownership, not on property value. Under Proposition 13, they require a two-thirds vote and are also listed either under Voted Indebtedness if they are being imposed to repay bonds or under "Other Levies" if they are for operational expenses of a local government entity.

Direct Assessments
Ironically, under the system in place for over a century, property taxes go into the general fund and are used for local services unrelated to property. For services to property, such as sidewalks and sewers, we pay extra. These charges are known as direct assessments. Because of Proposition 218 -- the Right to Vote on Taxes Act, placed on the ballot by the Howard Jarvis Taxpayers Association in 1996 -- property owners must be given a meaningful say in approving new assessments. Before an assessment can be imposed, or increased, property owners must be informed in writing and be given the opportunity to cast a protest vote on the new assessment or assessment increase. If you have a question about your property tax bill you should contact the office of your county assessor. It's your money and you have a right to be certain that your bill is correct.

Jon Coupal is president of the Howard Jarvis Taxpayers Association -- California's largest grass-roots taxpayer organization dedicated to the protection of Proposition 13 and the advancement of taxpayers' rights.

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Blaming Government Involvement for the Rise in Health Care Costs

100% Solution for a 15% Problem

"I left Samoa in 1996 after eliminating the use of chlorine at the pulp mill," said Bob Simpson, President of Freshwater Tissue Company. "I returned to Samoa in 2009 with a vision of converting the Nation's only chlorine-free pulp mill into an integrated tissue mill, and providing sustainable jobs for a green economy. In a normal economic climate, such a plant would have easily found funding by green tech investors. The current financial crisis made this nearly impossible so we turned to President Obama's green stimulus plan for support. We had hoped that our Federal and State lawmakers would help us obtain Federal stimulus funding which was designed precisely for green manufacturing projects that are sustainable and create living-wage American jobs. I am extremely disappointed and saddened by the lack of support we received from our Congressional representatives. Humboldt County needed these jobs and America needed this green technology."

The federal bureaucracy, in the name of “fixing” health care, wants to take over health care. This move is being promoted as “compassionate” and necessary to save our health care system. The “takeover” would result in virtually total government control. Every proposal to date does this in one way or another. The bottom line is complete federal control.

The debate has ignored the fact today health “insurance” really does not do what insurance was designed to do. Today, health insurance is looked at to pay for virtually anything and everything related to health care.

The alternative is the 100% Solution. If you like the way Social Security, Medicare, Medicaid, Fannie Mac, Freddie Mac, the Veterans Administration, and our national debt has been handled, then rest assured the same people want to totally manage your health care.

A Voice from Fly-Over Country is copyright by Robert L. Hale and the Fitzgerald Griffin Foundation (<http://www.fgfbooks.com/>) P.O. Box 1383, Vienna, VA 22183. All rights reserved.

Robert L. Hale received his J.D. in law from Gonzaga University Law School in Spokane, Washington. He is founder and director of a nonprofit public interest law firm. For more than three decades, he has been involved in drafting proposed laws and counseling elected officials in ways to remove burdensome and unnecessary rules and regulations.

Fair Oaks Chamber of Commerce Announces

In February of 2008, President Obama recognized the problem when he stated, "It is time to end the diversion of federal small-business contracts to corporate giants." To date, the Obama Administration has not adopted any policies or legislation to honor that campaign promise.

Source: American Small Business League

Fair Oaks Chamber of Commerce Announces

*Old Fashioned
Holiday fun in the
Fair Oaks Village*



The 26th Annual

CHRISTMAS IN THE VILLAGE

Saturday, December 5, 2009 - 1pm 'til Dusk • Plaza Park, Fair Oaks Village, Sunrise & Fair Oaks Blvd.

Schedule:

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

1pm - 2pm - Holiday Music

2pm - 3pm - "Winnie the Pooh" - a children's play in the amphitheater

Bring one can of food for **FREE ADMISSION**

3pm - 4pm - Holiday Music

4pm - Holiday Parade

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

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

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

To Advertise Call 773-1111

Actress Betty White's Appearance Hosted by Hank Fisher Properties

Television and film actress Betty White will "meet and greet" residents of Hank Fisher Properties' four, full-service senior living communities at an afternoon tea to be held at 1 p.m. on Thursday, November 5th at River's Edge Retirement Community. The personal appearancekicks offafundraising reception to benefit the Sacramento Zoo's Tall Wonders Giraffe Habitat and Renovation Project. Hank Fisher Properties is the event's presenting sponsor.

Highly regarded actress and long-time animal welfare advocate, Ms. White will share personal stories highlighting her career and life's experience. She will discuss the importance of staying active and engaged regardless of age, as well as the value of animals in the lives of elders. Sacramento Zoo educators will also bring a number of the Zoo's "visiting animal ambassadors" to greet Ms. White and the retirement communities' residents. "We at Hank Fisher Properties are happy to support the Sacramento Zoo, which is an



Actress Betty White

enduring community resource," saidMrs. Nancy Fisher, company president of this top property developer and manager. "Visits to the Zoo, especially with our grandparents, should be among our most cherished childhood experiences. We are pleased to play a part in helping ensure that thisintergenerationalopportunity exists well into the future." River's Edge is located at 601 FeatureDriveneartheintersection of Howe Avenue and Fair Oaks Boulevard in the Campus Commons neighborhood. It is Hank Fisher Properties' elegant independent senior living apartment community.

The company's other full-serviceseniorlivingcommunities are the Chateau at River's Edge, also at this location and offering assisted living and memory care; the Chateau at Carmichael Park, providing memory care – including memory day care – in a quiet suburban setting; and the Chateau on Capitol Avenue, offering luxury independent and assisted living in the heart of Midtown. The Sacramento Zoo, open since 1927, is home to over 140 native, rare and endangered species and inspires conservation awareness through education and recreation. The Sacramento Zoological Society has raised funds for the \$2 million Tall Wonders Giraffe Habitat and Renovation Project since 2006 and continues its efforts to raise the remaining \$200,000 to complete the project. Construction began in February 2009 and is expected to be complete this winter. For further information about the Zoo, call (916) 808-5888 or visit saczoo.com.

Fire Devastation is Preventable Through Active Land Management

As wildfires once again blaze through California, destroying millions of dollars worth of homes and property and putting countless lives at risk, I'm reminded that this devastation is preventable through active land management by conservation groups such as the National Wild Turkey Federation. The damage done to wildlife including, deer, wild turkeys and many of California's threatened or endangered species such as salmon, and their habitat is also preventable. If laws allowed our state and federal agencies to conduct controlled burns in wooded areas to eliminate the dead leaves and

underbrush that fuel wildfires, damages to homes and wildlife habitat could be minimized. Controlledfires,unlikewildfires,are closely managed by professionals and are conducted only when conditions are favorable and safe. Wildfires harm our state's wildlife and aquatic systems, and drain local economies that lose valuable tourism dollars and are left to repair fire damage. As of Sept. 1, the Department of Finance said California already had spent \$106.5 million of its \$182 million emergency firefighting fund just two months into the fiscal year. Preventing wildfires through

active land management practices such as prescribed burning costs far less than putting out wildfires and restoring damaged property. It is time Californians tell our lawmakers to pass legislation allowing prescribed burns and stop allowing wildfires to put our lives and homes at risk, drive tax dollars up and ravage our natural resources. Sincerely, Vincent M. Rosdahl, Danville, Calif. Treasurer, National Board of Directors National Wild Turkey Federation

Arcade Creek Manor Holds Annual Bazaar

20th Annual Bazaar – Arcade Creek Manor Senior Community Saturday, November 7, 2009, 9am to 3pm 6546 Auburn Boulevard (corner of Van Maren + Auburn) Look for the balloons!!

This is a chance to examine and buy treasures made by and collected by our residents, such as: Arts & Crafts, Clothing, Books, Plants, Holiday Gift items, Baked Goods, White Elephant sale. The proceeds from this

event will be used during the following year to provide social, cultural and entertainment activities for the senior citizens living at Arcade Creek Manor. Food and Drink available. Come and get a head start on your holiday gift shopping!

Singles Costume Dance Sat October 31

Christian Singles Network, will hold a Costume Dance for single adults Saturday, October 31, from 7 PM to 11:30 PM. at Roseville Veteran's Building, 110 Park Dr., next to Royer Park (off Douglas Blvd) in Roseville. The evening features DJ dance music of all types from 8-11:30 by John Maricich and dance lessons in the Night Club Two Step by Declan Cordova from 7-8 PM. The music is a mix of rock and roll, ballroom, Latin, country and Christian music at all dances. Dress in costume or casual - there will be a costume contest for prizes. The ticket price of \$15 presale or \$20 at the door

includes hors d'oeuvres, non alcohol beverages and the dance lessons. Volunteers attend free. Christian Singles Network, Northern California's largest inter-church singles group founded in 1992, holds weekly events and dances every 3 weeks through the rest of the year. Call the number below for directions or more information. Membership is not necessary to attend, although members get a \$5 discount at the door. All ages and all denominations are welcome CSN has been holding dances 17 years, drawing singles from the Sacramento, the foothills, and beyond to Reno and the Bay Area.

Pre-sale dance tickets are available on line at www.christiansinglesnet.com, or at Berean Bookstore in Sacramento, and Jireh's Bookstore in Placerville; or by mail through CSN, P.O. Box 909, Meadow Vista, CA 95722, Call the office to volunteer or find out more information, 530-878-0606. To receive more information about activities, or directions call the 24 hour event line at (916) 658-0606. The website, www.christiansinglesnet.com, includes directions to the dance as well as information about upcoming events including seminars, getaways, and parties.

Happiness Women's Support Group

Happiness Women's Support Group: to dismantle anxiety & depression, avoidance of negative relationships, and increase well being.

Facilitator: Nancy Kilgore, MS is a national trainer and author on women's issues. www.brightday4all.com, Orientation & Sign Up, November 2, 7:00-8:30pm, Sierra 2 Center

for the Arts & Community, Room 11, 2791-24th, 95818. Orientation & SignUp Meeting Fee per month: \$65, Space is limited. Call (916) 256-9963.

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THE WORRY CURE

What if no one likes me? What if my lover leaves me? What if I am really sick or dying? What if I make a mistake at work? What if... what if...what if !!! Are any of these you? Are you a constant worrier? Well, hang on to your gray hairs. We've got "The Worry Cure" for you. Dr. Robert Leahy has seven steps to stop worry from stopping you! President of the Association of Cognitive Psychotherapy, Dr. Leahy offers us an empowering new way to understand and combat worry. The good news is that the good doctor has been helping people battle depression and anxiety for the past twenty-five years through cognitive therapy. Cognitive therapy focuses on the biases in your thinking that are causing your depression and anxiety (worry is the central component of all the anxiety disorders and depression). Through cognitive therapy, he helps patients understand and modify their biases to diminish anxiety. Many worriers attempt to handle their worry, and just make it worse. Dr. Leahy addresses special ways to handle worry:

1) **Identify productive and unproductive worry.** Some worry is productive like... having a map and a full tank of gas before leaving for a long trip. Unproductive worry

POPPOFF! Dave Says

with Mary Jane Popp



grows more powerful in your life.

6) **Use your emotions rather than worry about them.** You worry to avoid unpleasant feelings. Learn how to turn your emotions into a source of support and meaning for yourself, so that you can use them to make your life more complete.

7) **Take control of time.** Find out how to turn the urgency off. Get more out of each present moment in your life so you can live for now, rather than worry about the future.

So now help is on the way. Dr. Leahy has combined stories from his practice with unique approaches and advice for reducing worry. Worry is a reflection of the many parts of who we are. As Dr. Leahy shows in "The Worry Cure" *Seven Steps To Stop Worry From Stopping You*, once we are able to understand our own worry and why it makes sense to us, we will be able to examine some things we can do...or not do...to help ourselves. You can also check out the docs website at www.cognitivetherapynyc.com. **And as POPPOFF says... Don't worry, Be Happy!!!**

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

generates a lot of 'what if' thinking that does not lead to a practical action.

2) **Accept reality and commit to change.** How can you learn and accept and deal with reality, rather than simply worry about it? Find out how to use constructive discomfort to get those things done that you don't want to do. Learn how you can use successful imperfection to make progress.

3) **Challenge your worried thinking.** Identify the most common distortions in your thinking and learn to think more realistically.

4) **Focus on the deeper threat.** Learn how to get to the very core issue of your worry, so it no longer fuels it.

5) **Turn "failure" into opportunity.** Look at the risk of failure as an opportunity to be challenged, to learn and to

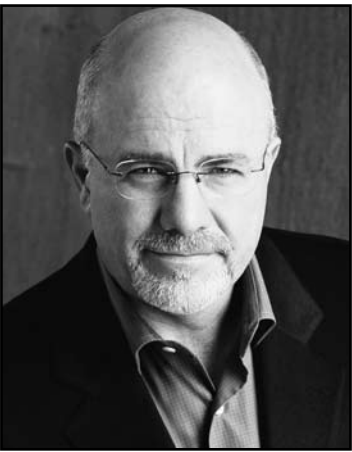
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Dave Ramsey is a personal money management expert, popular national radio personality and the author of three New York Times bestsellers – *The Total Money Makeover*, *Financial Peace Revisited* and *More Than Enough*. In them, Ramsey exemplifies his 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. Ramsey offers life-changing financial advice as host of a nationally syndicated radio program, "The Dave Ramsey Show," which is heard by nearly four million listeners each week on more than 350 radio stations throughout the United States. His syndicated column, "Dave Says," can be read in more than 270 print and online publications worldwide.

What Term Level Should I Buy?

Dear Dave,

My husband and I are both 37 years old, and we have two children, ages six and four. We follow your plan and we'll be debt-free, except for our house, by next May. How should we determine whether to get 20-year or 30-year level term life insurance plans?

- Valerie

Dear Valerie,

Based on your current situation, I think a 20-year policy would work out fine. However, if you're planning on having more kids, you might want to look into a 30-year plan. Let's take a closer look at your situation.

Twenty years from now, your kids will be 26 years old and 24 years old. Hypothetically, they both should have finished college by that time and be grown and living on their own. If you continue to follow my plan, you should also have paid off your home and be completely debt-free, and you will have been saving 15 percent of your income per year over those twenty years. That alone, on average, will give you more than a half-million dollars for retirement.

Do you see where I'm going? Eventually, you become self-insured by getting out of debt, staying out of debt, and piling up cash. It's that simple! So, if you've got \$500,000 or more in

your retirement fund, no debt, and your children are grown and out of the house, even if you or your husband were to die at that point, the other would still be in great shape financially!

- Dave

When Do I Close the Cards?

Dear Dave,

Do you recommend paying off credit card balances before or after you close the accounts?

- Anonymous

Dear Anonymous,

Either way is fine. The point is to get rid of them, and stop using the stupid things! I like the idea and the finality of going ahead and closing the accounts, but doing that will sometimes spur credit card companies to do dumb, unfair things—like jack up the interest rates.

You're on the right track, though. Personal finance is 80 percent behavior, and getting credit cards and credit card debt out of your life is a great first step in learning to behave with your money. You don't build wealth or save money by using credit cards, and you're naïve if you think you're going to play around with a multi-billion-dollar industry and beat them at their own game. The only way to win against credit card companies is by refusing to play!

- Dave

**Please visit www.davesays.org for more financial advice.*

Alzheimers Aid Society, 27th Annual Caregiver Conference

What: Alzheimers Aid Society and American River College Gerontology Department present: Alzheimers Aid Society, 27th Annual Caregiver Conference, with featured speaker, William J. Au. M.D. from Sutter Neurological Medical Group, including innovative workshops for family caregivers to assist with their individual Caregiving Journeys; Engaging Activities, Patient Care & Grief and Guilt, Legal Updates and Resources, Relaxation Therapy and valuable tips for Early Stage Alzheimers. Includes morning refreshments, lunch, raffle prizes, and exhibitor booths .

When: 7:00 AM to 3:30 PM, Saturday, November 7, 2009

Where: American River College, 4700 College Oak Ave., Sacramento, CA 95841

Cost: \$20.00 Call 916-448-7001 to sign up for our Newsletter, and for the Registration Form

Information: (916) 448-7001 www.alzheimersaidsocietync.org

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ALS Harvesting Hope on Harmony Hill

By Nora Heston

Sacramento - A party was held to show appreciation for members of the ALS Association's Greater Sacramento Chapter on Saturday, October 17th, after they hosted a 1-mile walk that raised more than just money for the chapter, said officials. Approximately fifteen hundred people were in attendance.

The Walk to Defeat ALS, Amyotrophic Lateral Sclerosis, received the highest attendance in history this year, not only raising money for the Sacramento Chapter, but also giving their patients the opportunity to reach out to the community to raise awareness, said association officials.

"The positive vibe just ruled over any thoughts of death or illness," said Cathy Speck, a member of Sacramento's ALS chapter and current PAL, patient with ALS.

Harvesting Hope on Harmony Hill was held in Carmichael to thank people who were involved

with the walk event, including PALS who participated. "When people are given the chance, they want to rise to the occasion and become better people," Speck said.

Sacramento's chapter, which currently serves 130 people with ALS, also known as Lou Gehrig's disease, has already raised \$135,000 in their Walk to Defeat ALS event, Executive Director of the Greater Sacramento Area Amy Sugimoto said. Donations are still being taken.

The money raised helped pay for the services their foundation offers, including research, outreach programs, grief counseling and other resources for those living with ALS.

"Our ALS chapter makes me feel alive," said Speck. ALS isn't a popular disease, Speck said, despite the almost 7 million people who have been diagnosed with ALS since 1939.

The event consisted of a 1-mile walk around William Land Park.

"This is the joke of it, it's a 1-mile walk," said Walk Chair Leslee Defazio, whose father died of the disease in 2006, "They aren't getting out there for exercise."

"The trail was made to allow wheelchair participants so people who suffer from ALS can participate, too. The one mile walk around the William Land Park loop empowers patients and offers hope to those diagnosed and their families. The walk gives people the opportunity to work together and raise ALS awareness while working to find a cure for the disease", said Sugimoto.

"I think it helps just because all the patients are inspired," DeFazio said, "It makes them feel good and life is so crummy for them."

Three bands performed at a musical festival that followed the walk, including Speck's band, Duval Speck. "Our PALS really enjoyed it, they had a fabulous time," said Sugimoto.

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by Pastor Ray Dare

Everybody gets discouraged from time to time. You may be facing some serious discouragement right now. You feel let down by life. You may feel let down by another person or even by yourself. Things have not turned out the way you were hoping. Life’s greatest disappointments revolve around questions like, Why me? Why not me? Why not? What if? How long? How long will I have to wait for what I want to really happen?

In the Bible, the book of 1 Peter was written to people who were discouraged. These people were not suffering just minor inconveniences we find hard to put up with - they were being burned at the stake! They were being tortured. In this passage, Peter says there are 3 things you need to remember when you’re feeling discouraged. These are simple truths, but they are profound and I’ve discovered that WHAT you focus on in life determines your happiness. If you’ll focus on these truths your discouragement will lift.

God loves you. “God the

How To Defeat Discouragement

Father *chose you long ago, and the Spirit has made you holy... May you have more and more of God’s special favor and wonderful peace.” 1 Peter 1:2 (NLT)* Why does God choose to love you? Did you earn His love this week? It’s not because of who you are, but because of Who He is. God is love. He created you to be the focus of His love. That’s why Christianity is called “Good News”. It’s based on His mercy, not your merit. You’ll never deserve it; you’ll never be good enough for it. The Creator of the universe says, “I’ve chosen to love you. I’ve chosen to make you holy!” If that doesn’t encourage you...check your pulse!

God is working in your life. God is working behind the scenes. Even though you don’t recognize it, even though you don’t feel it, even though you may feel like God is a million miles away, He is with you. Vs. 5, “*God in His mighty power will protect you until you receive this salvation, because you are trusting Him.*” The first mood lifter is no matter what happens - God loves me. The second is no matter what happens God is with me. God is working in my life. You may feel like your situation is hopeless. It is not. As long as you’ve got God, it’s not hopeless. How does God work in your life?

“These trials are only to test your faith... It is being tested as fire tests and purifies gold...So if your faith remains strong....” Vs. 7. Do you know how gold is refined? By intense heat! Have you been feeling a little heat these days? God is working! He is strengthening your faith.

God guarantees your future. Vs. 6, “*There is wonderful joy ahead,* even though it is necessary for you to endure many trials for a while.” You may be going through some difficult times right now and you feel like dropping out of the race. The situation may seem unmanageable. It may seem unfair what you’re going through right now. It may seem unreasonable. Honestly, it may seem unbearable. Inside you’re basically saying, “God, I can’t take it any more. I just can’t take it any more!” But you can. You can take it some more because God loves you, God is with you and God will help you make it to the finish line. You are never a failure until you quit. If you quit you won’t make it to the finish line. Don’t give in to discouragement without a fight. Resist it by focusing on these simple truths.

*See you Sunday, Pastor Ray
New Community
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www.YourNewChurch.org*



by Marlys Johnsen Norris

It is “thrust” that moves the airplane upward into the heavens. Thrust is the power that causes an airplane to have the power to defy the pull of gravity of the earth. When an airplane loses its thrust it will crash. We too as well, need a constant lift in our lives. We find that same lift or thrust in our lives when we read the Word of God. God’s Word provides us with a lift of faith needed that is given by God’s love, grace, and mercy. We breathe in the power of God’s inspired Word to direct, guide and help us in our lives. Obedience to the teachings of the Word of God provides and inspires faith to believe in miracles. Miracles happen only because God is in them and it only takes the faith of a tiny mustard seed to move a mountain.

Looking For A Miracle or Up, Up and Away!

Man was created to look to Creator God for help. Failing to read His Word leaves one to our own deductions about how life is to be lived. Most fail miserably. They have nothing to inspire and lift their spirits to find meaning and purpose which gives a sense of fulfillment and possible accomplishment for their efforts. We hear of materially successful people taking their own lives because they “know” something is missing.

Of course, many of us realize it is the absence of the presence of God in their lives.

Often people fail to recognize the urging of God’s Holy Spirit and/or they have purposely rejected any knowledge given them that there is a God. Their ignorance of a true and real Creator-God cheats them of knowing God’s Word that records every child was created by God in a mother’s womb. He loves unconditionally all of His creation. Like every parent He desires to be loved back and Jesus came as the Door to show us the Way! John 14:6

Marlys Johnsen Norris
|Marlys5934@sbcglobal.net
“Intimacy Begins Going God’s Way”
“God Moves Mountains, It was a Miracle”
“Recipes for a Happier Marriage”
“Defining Moments”
“Messages for the Searching Soul”.

BIBLE TRIVIA

by Wilson Casey

1. Is the book of Ezra in the Old or New Testament or neither?

2. From Proverbs 29, “But whoso putteth his trust in the Lord shall be ...?” *Made whole, Blessed, Safe, Wise*

3. What’s known as the first book of the kings? *Judges, 1 Kings, 1 Samuel, 1 Chronicles*

4. Upon which mountain did Bal-aam build seven altars? *Olives, Sinai, Pisgah, Carmel*

5. What does God want us to keep as the apple of our eye? *His law, Brotherly love, Faithfulness, Righteousness*

6. What did David do to Goliath once he slew him? *Stole his armor, Robbed him, Cut off his head, Buried him*

ANSWERS: 1) Old; 2) Safe; 3) 1 Samuel; 4) Pisgah; 5) His law; 6) Cut off his head

For more trivia, log on to www.TriviaGuy.com.

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Not Sure What to Say to a Grieving Person

Christian Newswire -- There is nothing more devastating than the death of a loved one. And whether it comes suddenly and unexpectedly, or at the end of a long and painful illness, every death is experienced anew, a shocking loss that takes your breath away and leaves you disoriented and lost.

Grief is mysterious, misunderstood, and experienced differently from individual to individual. Yet there are certain universal elements to the grieving process. In *When You Lose Someone You Love: Comfort for Those Who Grieve* (David C Cook, October 2009), author Richard Exley offers a compassionate handbook on grief. The book is written as a series of letters between a pastor and a parishioner he seeks to comfort. As he offers

understanding to a man suffering a profound loss, the pastor shows that grief is a healthy process that God can use to mend broken hearts.

When we lose someone we love, we are often overwhelmed by the strong emotions and confusion that come like tidal waves in our lives. Sometimes we hardly recognize ourselves or the world in which we live. Exley’s personal and empathetic epistle communicates the mercy and grace of the heavenly Father to grieving people.

“I have chosen the ‘letter style’ because it affords me the opportunity to speak to you directly and in a very personal manner,” Exley says. “This is not a book about grief; rather, it is comfort extended to those who are even now walking through the valley of the shadow of death.”

This book is the perfect gift for anyone suffering a profound loss. It has been endorsed by many a reader who, having drawn great comfort from its pages, has passed it along to a grief-stricken friend or loved one. Pastors and ministries that regularly interact with grieving people should keep multiple copies of *When You Lose Someone You Love* on hand.

Revised and updated, this twentieth anniversary edition features prayers and scripture meditation, as well as a new introduction and epilogue. Simple, profound, personal, compassionate ... *When You Lose Someone You Love* tenderly walks the grief-stricken through sorrow to peace and, eventually, renewed joy. www.DavidCCook.com.

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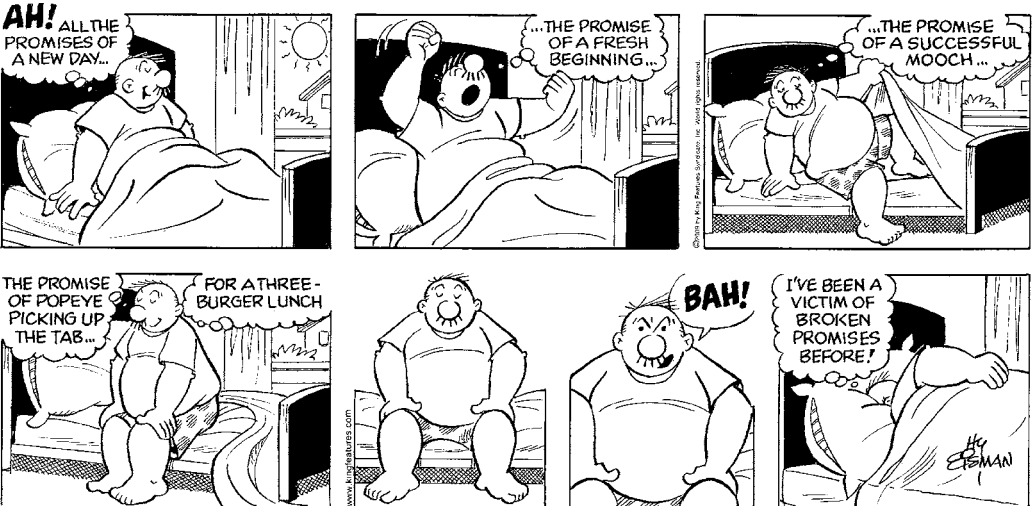
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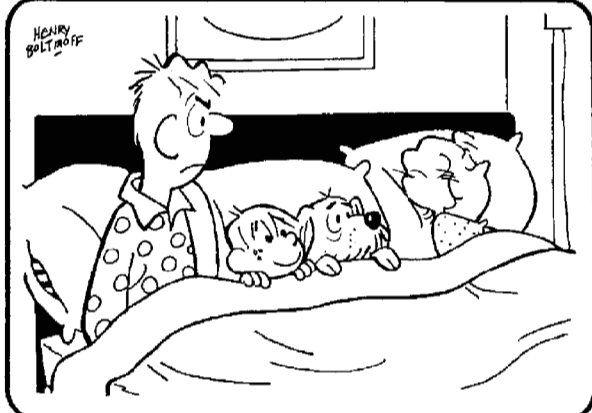
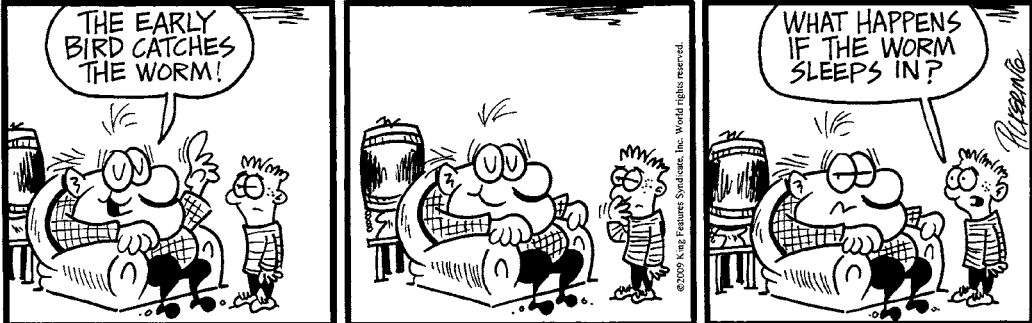
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Richmond's Hunting



by Jeff Pickering



Trivia

test by Fifi Rodriguez

1. GEOGRAPHY: Lake Tahoe straddles the borders of which two U.S. states?
2. FOOD AND DRINK: What kind of dish is sometimes referred to as a "grunt" or a "slump"?
3. MEDICINE: What condition does a deficiency of iron cause?
4. MOVIES: What 1990 film won an Oscar and a Golden Globe for Best Picture?
5. GENERAL KNOWLEDGE: What is the traditional birthstone for May?
6. MUSIC: How old was Felix Mendelssohn when he wrote the overture to "A Midsummer Night's Dream"?
7. ASTRONOMY: How many moons does the planet Mars have?
8. MYTHOLOGY: What is the Greek god of the sun called?
9. LANGUAGE: What is the only word in the English language that ends in the letters "im"?
10. LITERATURE: What was the name of Dick and Jane's cat in the famous early readers?

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by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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GATED WORDS

P	I	Q	N	L	J	G	E	T	A	G	I	T	I	L
E	N	C	Z	X	V	F	T	T	R	P	A	N	L	J
D	V	H	E	C	A	Y	U	W	A	I	F	V	T	R
E	E	T	A	G	E	N	P	M	L	G	R	N	L	K
L	S	I	G	E	E	T	A	G	I	T	I	M	C	B
E	T	A	G	I	T	S	A	C	Z	G	G	R	X	W
G	I	U	S	R	E	T	A	G	I	V	A	N	R	P
A	G	A	T	E	E	O	M	L	L	J	T	T	I	I
T	A	G	E	E	T	A	G	N	O	L	E	D	E	B
E	T	A	G	U	J	B	U	S	A	Y	O	X	W	U
T	E	T	A	G	O	R	R	E	T	N	I	T	S	Q

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

Agate	Frigate	Irrigate	Subjugate
Castigate	Fumigate	Mitigate	Tailgate
Delegate	Interrogate	Navigate	Tollgate
Elongate	Investigate	Negate	

All Answers on Page 10

Contract Bridge

MAXIMUM SECURITY

Fast dealer.

East-West vulnerable.

NORTH		EAST	
♠ J 8 3		♠ Q 10 7 6	
♥ K 6 2		♥ 7	
♦ K J 5		♦ Q 9 8 3	
♣ A Q 4		♣ K 10 5 2	
WEST		SOUTH	
♠ A K 4		♠ 5 2	
♥ 8 5 3		♥ A Q J 10 9 4	
♦ 10 6 4 2		♦ A 7	
♣ J 8 7		♣ 9 6 3	

The bidding:

East	South	West	North
Pass	1 ♥	Pass	2 NT
Pass	3 ♥	Pass	4 ♥

Opening lead — king of spades.

Opening lead — king of spades.

Card-reading — the ability to figure out how the opponents' cards are divided based on bids and plays they have or haven't made — is a crucial element in the play of many hands.

Consider this deal where West leads the king of spades, on which East plays the seven. West continues with the ace and another spade, East playing the six on the ace and the ten on dummy's nine.

South ruffs the third spade and does not have to think very hard to conclude that East has the missing queen of spades. It is inconceivable that East would play the 7-6-10 of spades, in that order, unless he also had the queen.

South's prospects therefore are extremely good at this point, provided he does not now fall into the trap of drawing trumps, cashing the ace of diamonds and then finessing the jack.

In the actual case, the jack of diamonds would lose to East's queen and when declarer later attempted a club finesse, he would lose that also and finish down one. True, it would be unlucky for South to have both finesses fail — the odds are 3-to-1 that one or both will succeed — but that's the way the cookie sometimes crumbles.

However, if South takes advantage of his knowledge that East has the queen of spades, he can assure the contract in a perfectly simple way. After ruffing the third round of spades, he draws three rounds of trumps ending in dummy, leads the jack of spades and discards a club on it.

East takes the jack with the queen but is helpless. He must either return a club into dummy's A-Q-x or a diamond into dummy's K-J-x, and regardless of which he chooses, South acquires his 10th trick.

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KING Crossword

Answers on Page 10

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18				19			20	21				
			22					23				
24	25	26			27	28	29				30	31
32					33					34		
35			36	37					38			
		39					40	41				
42	43				44		45			46	47	48
49					50	51			52			
53					54				55			
56					57				58			

ACROSS

- 1 Send forth
5 Grier or
Dawber
8 Feds
12 A-line
creator
13 Mimic
14 Wash
15 Con
16 Revolver
17 Curved
molding
18 Unhealthful
atmosphere
20 Ascending
22 Heavy
weight
23 Tasseled
topper
24 Hipsters'
jargon

- | | | |
|---------------|---------------|------------------|
| 27 Engrave | 53 Teller's | Niccolo |
| 32 Oklahoma | companion | 6 "Simpsons" |
| city | 54 That girl | storekeeper |
| 33 Peeples or | 55 Have | 7 Carte |
| Vardalos | coming | 8 Brooding, |
| 34 Gist | 56 Vortex | angry look |
| 35 Over- | 57 Raw rock | 9 Periodical |
| whelming | 58 Coloring | 10 Always |
| 38 Predicate | agents | 11 Requisite |
| part | | 19 Collins of |
| 39 Exist | DOWN | "MADtv" |
| 40 "Eureka!" | 1 Mild yellow | 21 Cpl.'s |
| 42 Money-back | cheese | subordinate |
| deal | 2 Revealing | 24 Boxing tactio |
| 45 Tidbit | fashion | 25 Altar |
| 49 Object of | 3 Greek vowel | affirmative |
| worship | 4 Sad, on the | 26 Tramp |
| (Var.) | Seine | 28 Diarist Anais |
| 50 Bill's | 5 Violin | 29 Native |
| partner | virtuoso | American |
| 52 Nastase of | | leader |

- 30 Plant sticker
31 Recede
36 "Beverly
Hillbillies"
role
37 Permit
38 Hetero-
geneous
41 Crooner Don
42 Mature
43 Supple-
mented,
with "out"
44 Reverberate
46 Dispatch a
dragon
47 Green land
48 Photog's
choice
51 " the fields
we go"

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Communications, Leadership and Professional Studies at the California State University here. Will he continue there or is there something else in his future? Come and see. Join SRWF and Sheriff McGinniss at the Nov. 4th luncheon, to be held at the Northridge Country Club, 7600 Madison Avenue, Fair Oaks. Cost is \$25.00. Call Cammie at 916-939-9560 for reservations.

Mercy, UC Davis Collaborate to Enhance Pediatric Services in the Community

Mercy and the UC Davis Department of Pediatrics have partnered to give families in the Sacramento region more convenient access to the best pediatric care available. Through the agreement, UC Davis pediatric hospitalists will care for children while in the hospital at Mercy San Juan Medical Center and Methodist Hospital and will coordinate their care with pediatric subspecialists at Mercy and UC Davis as needed. The collaboration between Mercy and UC Davis will capitalize on a national best practice of having pediatric hospitalists working with the patient's pediatrician

and pediatric nurses in providing high-quality care. Pediatric hospitalists are doctors who do not see patients in an office, but instead concentrate on the care of hospitalized children. In addition, the pediatric plan utilizes telemedicine to give patients rapid access to pediatric critical-care specialists, as well as access to a wide range of pediatric sub-specialists; including endocrinology, nephrology, pulmonology, genetics and infectious disease. With the help of telemedicine, added expertise can be brought to the bedside of the hospitalized child to optimize the plan of care. The pediatric specialists can be miles away

and yet can evaluate and interact directly with the patient, the family and the health-care team. UC Davis is one of only 13 designated children's hospitals in California, and this collaboration combines the expertise of UC Davis pediatricians with Mercy's 70-plus years of experience providing the community with quality pediatric care. "We are committed to working together to provide greater access to daily excellence in pediatric care that will be available to families in the north, south and downtown areas of Sacramento," says Tim Moran, Mercy's President for the Sacramento Service Area.

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Large appliances (such as washers & dryers & refrigerators) ... microwaves ... furniture batteries ... paints ...oil & grease ... and other hazardous waste.

Questions? Want to arrange a pick-up (if you've got big items or you're a business)?
Contact: ponyexpress@surewest.net

Recycling proceeds help Scouts attending National Jamboree, Pony Express Friends of Scouting (helping all Scouts in our District), and Troop 217.

Miss / Teen Citrus Heights Scholarship Pageant

Miss \$1000.00 ~ Teen \$500.00

November 13th ~ Rusch Park

We welcome Fair Oaks and Orangevale contestants!

Other Titles available

Applications available at:
City of Citrus Heights
Citrus Heights Chamber of Commerce
Rusch Park

Director: Mary Purvis, 721-3824

Join Sunrise MarketPlace this Halloween for a hauntingly good time you won't soon forget.

Thrill the World

Oct. 25, 3-5pm • Marketplace at Birdcage

Help set the World Record with the largest simultaneous dance of THRILLER. Be a part of history in this fundraiser & tribute to Michael Jackson.

Fright Planet "World of Fear"

thru Nov 1 • Marketplace at Birdcage

Experience the height of fright and visit all four Haunted Mansions with one ticket. Not for the faint of heart. Visit shopbirdcage.com for details.

Monsters at the Mall

Oct. 31, 5-7 pm • Sunrise Mall

Free trick-or-treating for kids, games, prizes and all sorts of ghoulish fun. Check out Mix96's booth for music and giveaways. Don't forget your camera to capture the spooky settings.

Creepy or cool – we've got the perfect costumes. Check out Halloween Express at Marketplace at Birdcage or Spirit Halloween Store in Sunrise Village.

For more details visit sunrisemarketplace.com

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SJUSD Refuses to Give A Good Reason for Garfield School Closure



Photo & Story by Amanda Morello

Carmichael - San Juan Unified School District held another meeting for parents and the community on October 22nd at the District Offices. While the plan has been updated to include Special Education Students in the population count, they are still leaving parents with many unanswered questions about this plan. Trent Allen, SJUSD Information/Communication Director MC'd the meeting. The questions seemed non-stop from the audience, with a majority of the answers from the Panel of San Juan Directors being, "Well, because this is the plan the 3280 committee recommended." Parents asked what the criteria for closure was, and were told "Age, Curb Appeal, Capacity and Acreage." Garfield school does not fit in this "criteria."

When asked "Where are future students to be housed?" Don Myers, Sr. Facilities Director replied, "at your neighborhood school." An audience member yelled out, "You mean like Garfield?" There was no reply from the District Directors. The frustrated audience finally asked

"What savings will the District have if you move our children and turn this into District Offices?" To which Don Myer answered, "Probably none, if not cost more, depending what District Offices are housed at the campus." Judee Shoemaker , retired secretary at Garfield School, commented "Because of the budget cuts in our district, I do not see why a new department was created, a new Director and staff hired, for a new program to "fix" something that wasn't broken! I was the secretary at Garfield School for 25 years, and we had our own "Welcome Center" and registration process that was in place and worked perfectly... AND NOW the District wants to take their new program and give it a site at our school displacing over 400 students and families."

The current plan that the 3280 Committee has devised is once again bringing turmoil and chaos to families and neighborhoods. An Environmental Impact Report has not been done for any of the receiving schools, nor for the added traffic a business such as the District Offices would have at the Garfield location. An environmental Impact

Report must be performed before this vote is approved. According to the San Juan Website, under the Strategic Planning page, it states "By a unanimous vote, the San Juan Unified School District Board of Education adopted a five-year results-based strategic plan at a special meeting June 23 that also celebrated the six months, 12,000 combined hours, and dedication of more than 300 volunteers that went into developing the plan.....The strategic planning process began in January of 2009 when the 30-person Planning Team, composed of members representing the diverse stakeholder groups in the District, met for the first time. " If this group meet in January of 09, why were at least three quarters of a million dollars of Measure J funds spent on Garfield Elementary, according to the Measure J Funds Facilities Improvement Program Quarterly Progress Report March 31, 2009, and yet the receiving schools barely received half of the fund the Garfield Campus received?

We invite the public's comment on this issue.

Future Foundation \$20,000 Celebrity Charity Black Jack Tournament

By Valerie Okunami

Placerville - The FUTURE Foundation of Sacramento announces its first ever \$20,000 Celebrity Charity Black Jack Tournament at Red Hawk Casino in Placerville, CA on Thursday, November 5, 2009. Guests will enjoy a night of gaming excitement in support of the FUTURE Foundation of Sacramento, Inc. Players must pre-register with Red Hawk Casino before the night of the event to ensure a seat in the tournament. Cost of the event is \$250 and check-in begins at 5 pm near the Stage Bar. Guests will have an opportunity to mingle with friends and celebrities during this welcome reception. The first round begins promptly at 7:00, and will progress until the top 7 players remain. A sold out tournament of 240 players guarantees \$20,000.00 to the FUTURE Foundation. The first prize winner will

receive \$7,500.00, and all other money will be divided between the other 6 finalists. Some tournament celebrities scheduled to play are Kings players Bobby Jackson, Spencer Hawes, Jason Thompson, Dante Greene, and Jon Brockman. The FUTURE Foundation of Sacramento, Inc. is a non-profit 501(c)(3) corporation that provides a completely funded California State University education and an eight year mentoring program. Qualified students are selected their freshman year in high school and are appointed a board or staff member to become their mentor. During the final three years of high school the student will be guided by the mentor in order to meet admission requirements for state universities. The Foundation's mentoring program is a key component to achieving success. The mentor acts as a big

brother/sister to help motivate, encourage and guide the student toward college graduation. "The FUTURE Foundation has given me so much hope for my FUTURE," said Stephen Rubalcaba, student. "College would have been out of reach for me without the program and I'm thrilled to have this opportunity." "I can not think of a better gift to give, than that of education," said Ron Miller, President and CEO of the FUTURE Foundation and mentor to Rubalcaba. "Giving students the means to a higher education is absolutely priceless... there is nothing these ambitious students can't accomplish." Remember, you must be 21 or over to play. For more information, please contact Michelle Williams at 916.705.2341. For information about Future Foundation visit www.futurefoundationofsacramento.org.

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B-O-O Brownie Pops and Halloween Goldfish Munch

Tricks and Treats With Halloween Sweets

FAMILY FEATURES

The bewitching season is here! Gather the goblins, conjure up some creative costumes and prepare scary, scrumptious sweets for a great ghostly gathering. Making these frighteningly fabulous party treats together is a perfect way for mom and the kids to share some spooktacular fun.

- ◆ Cast a spell right from the start with a Happy Haunted House. Begin with a ready-to-decorate Halloween Cookie House Kit available at craft and hobby stores. The house is pre-assembled; just decorate and enjoy!

- ◆ Sweetly smiling Goldfish Grahams do double duty as both roofing “tiles” and a wholesome snack (they’re made with whole grains, without artificial preservatives). Kids can affix the Goldfish crackers to the roof after it’s been iced (and enjoy snacking on them as they work), making sure to give equal representation to each flavor: cinnamon, honey and chocolate. The sparkling blue piping gel moat and pond need to be stocked with Goldfish, too. Complete the decorating with green coconut grass, a candy corn fence plus the icings and the candies that come with the kit.
- ◆ B-O-O Pops are easy ... nothing sinister here! Use a brownie mix for convenience and bake in the Brownie Pop Silicone Mold to ensure perfect pops. The kids can insert the lollipop sticks, then dip pops into the colorful Candy Melts. Decorating sprinkles and sugars add the finishing flourish.

- ◆ Halloween Goldfish Munch is a snappy party snack or a tantalizing take-away for ghoulish guests. Kids can mix the Goldfish crackers (graham and pretzel flavors), with nuts and dried fruits while Mom melts the Spooky Green Candy for drizzling.

Add favorite beverages and let the spookalicious party begin!

For additional information about Goldfish Grahams, recipes and nutrition information, visit www.pepperidgefarm.com.

Find more ways to bake, decorate and celebrate, or order the Halloween Cookie House Kit at www.wilton.com.



Happy Haunted House
Wilton Halloween Cookie House Kit
10 x 14-inch cake board
Cornstarch
Pepperidge Farm Cinnamon, Chocolate and Honey Goldfish Grahams
Wilton Piping Gel
Wilton Royal Blue and Kelly Green Icing
Colors
Flaked coconut
Candy corn

Prepare icing mixes following instructions. Attach house to cake board.

Outline door with black icing; attach candy dots. Outline door window in black icing; fill in with orange icing and smooth with finger dipped in cornstarch.

Outline windows with black icing; add orange icing accents. Attach candy dot window sills.

Spatula ice roof; attach crackers to roof with dots of icing. Decorate house eaves with jelly beans attached with dots of icing. Add orange outline to roof peaks; attach candy dots.

Tint portion of piping gel blue; spatula blue gel “moat” and “pond” on cake board; arrange crackers in the water. Brush clear piping gel onto open areas of cake board; sprinkle with green-tinted coconut. Arrange candy corn around house with dots of icing.

B-O-O Brownie Pops
Makes 48 pops

- 1 package (about 16 ounces) brownie mix (8 x 8-inch size)
- Egg, water and oil to prepare mix
- 48 lollipop sticks
- Wilton Orange, Spooky Green and Light Cocoa Candy Melts
- Wilton Spider Mix, Halloween Pumpkin Mix, Halloween Nonpareil Sprinkles, and Orange, Black and Lavender Sugars, as desired

Preheat oven to 350°F. Spray brownie pop mold with vegetable pan spray; place on cookie sheet.

Prepare brownie mix following package directions. Spoon batter into prepared brownie pop mold, filling cavities 2/3 full. Bake 15 minutes. Remove mold from oven; insert lollipop sticks. Return to oven and continue baking 10 to 15 minutes or until brownies test done. Cool brownies in mold on cooling grid 20 minutes; remove from mold and cool completely.

Melt each color candy following package instructions. Dip cooled pops into melted candy, covering completely. While the candy is still soft, sprinkle with or dip pops into sprinkles and sugars. Place on parchment paper to set.

NOTE: If desired, bake brownies completely without inserting stick. After brownies have cooled, dip lollipop sticks into melted candy and insert into either end of brownie. Let set before decorating.

Halloween Goldfish Munch
Makes about 14 cups treat mix

- 3 packages (6.6 ounces each) Pepperidge Farm Cinnamon, Chocolate or Honey Goldfish Grahams (or any combination)
- 1 package (8 ounces) Pepperidge Farm Pretzel Goldfish Snack Crackers
- 1 can (10 ounces) salted mixed nuts
- 1 cup chopped dried apricots
- 1 cup golden raisins
- 2 packages (10 ounces each) Wilton Spooky Green Candy Melts

In large bowl, combine crackers, nuts, apricots and raisins; divide between 2 large cookie pans. Melt candy following package directions; drizzle over snack mixture. Refrigerate until firm. Break apart and store in airtight container until ready to serve.



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