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Carmichael Times

Volume 34 • Issue 42

Serving Carmichael and Sacramento County since 1981

October 16, 2013

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Carmichael Comes Clean

Story and photography by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - If volunteer Cathryn Snow has her way, Carmichael is in for a clean sweep.

October 26 is earmarked for the first annual "Carmichael Pride Day." Chamber of Commerce director Snow has persuaded the County and local organizations to sponsor a town tidy-up. The big day will occur in conjunction with the quarterly Fair Oaks Boulevard "Brush Up," when volunteers de-clutter the central street. Pride day encourages merchants -- also residents -- to smarten their own territory.

Snow formulated her vision in Roseville. "I sat in the Fountains shopping center and thought of Carmichael," she says. "We don't have a cute downtown like Fair Oaks. Our corridor and shopping centers are being beautified but another vital step is simply to pull weeds and pick up trash. It'll be good for the community; as a real estate professional I know visitors form impressions from residential streets. These must be clean, too."

Carmichael housekeeping is a goal shared by Supervisor Susan Peters, whose staff has joined Pride organizers. The Department of Transportation will also make advisors available for landscaping problems.

On street level, promoters hope to enthrone citizens en masse to roll up sleeves on October 26. Says Snow: "Business people know appearances win customers," says Snow. "Apartment dwellers can band together to pull weeds. Home owners can tidy frontages. If you live near a vacant lot, call the owner and have him clean it up."

While homeless Carmichaelites generate humanitarian sympathy, merchants are daily frustrated by messes left by indigent people. "It's appalling what store owners have to clean up," acknowledges Snow. "Finding a solution is another part of Carmichael Pride. It's a high priority matter for the County and Chamber of Commerce."



Cathryn Snow will muscle behind "Carmichael Pride Day," October 26.

"Most Carmichael people are proud of our community," says the activist. "We want to encourage others to live and do business here. Prettier neighborhoods enhance property values and keep small businesses profitable."

Everybody needs to get on board to achieve this. It really is a matter of pride."

Carmichael Pride Day sponsors include the County, the Chamber of Commerce, Kiwanis, Rotary, Elks, Soroptimist and scouting

groups. Barrett Hills, Carmichael Colony and Creek organizations and Carmichael and Mission Oaks Park Districts also support the project. For information on how to get involved, call the Chamber at (916) 481-1002. ★

Jimboy's Tacos Celebrates Grand Re-Opening; Raises Donations for Muscular Dystrophy

CARMICHAEL, CA (MPG) - Jimboy's Tacos is celebrating a Grand Re-Opening of its Carmichael (7401 Fair Oaks Blvd.) and Roseville (1821 Douglas Blvd.) locations after major remodeling to a Mayan-adventure themed style. Jimboy's is using the occasion to raise money for the Muscular Dystrophy Association (MDA).

Both stores will be giving away two of their legendary ground beef tacos free to every person who stops by between 10:00 am to 5:00 pm on Saturday, October, 19th. Additionally Jimboy's management has arranged for 100 percent of any optional donations made during the day to go directly to the Muscular Dystrophy Association.

"Jimboy's Tacos and its customers have raised over \$10,000 for this great cause! We are looking forward to using these grand openings to kick off our next efforts in supporting MDA in our local communities," said, Karen Knudson Freeman CEO and President of Jimboy's North America Inc.

The Muscular Dystrophy Association is



the world's leading nonprofit health agency dedicated to finding treatments and cures for muscular dystrophy, amyotrophic lateral sclerosis (ALS) and other neuromuscular diseases. They do so by funding worldwide research, by providing comprehensive health care services and support to MDA

families nationwide; and by rallying communities to fight back through advocacy, fundraising and local engagement. It's special work powered by special people who give generously.

Jimboy's Tacos is a 59-year-old California restaurant. "We have a large and loyal following, but there are some people who still don't realize we are not a typical 'fast food' restaurant," said Ms. Freeman. "We use fresh local ingredients, including only top grade local beef and chicken. Our menus are prepared fresh daily, cooked slow and served fast. The combination of their great food and the new mystical ambiance provide a magical experience."

Carmichael is a special place for Jimboy's and the founding family. Jim (Jimboy) Knudsen was a loyal member of the Carmichael Elks Lodge. ★

For more information, please visit www.jimboystacos.com

Source: Jimboy's North America

Governor Brown Signs Legislation to Support California Veterans

SACRAMENTO, CA (MPG) - Taking action to help California veterans find decent housing, Governor Edmund G. Brown Jr. joined local veterans, lawmakers and community leaders in San Diego this month to sign legislation to expand housing opportunities for veterans.

"After veterans serve our country, it's our duty to serve them," said Governor Brown. "This new reformed housing program will make life better for veterans for years to come."

The legislation (AB 639), authored by Assembly Speaker John A. Pérez (D-Los Angeles), will ask voters to repurpose \$600 million of existing veterans' housing bond funds to use for multifamily, transitional and supportive housing. The bond will go before the voters on the June 2014 primary ballot. The Governor signed the bill at Veterans Village of San Diego.

"I am proud of the actions that the Governor and the Legislature have taken this year to tackle veterans' homelessness in our state," said Speaker Pérez. "Veterans have devoted their lives to the protection of our country and it is absolutely unacceptable when they cannot afford a place for them and their families to sleep. As citizens, it is our basic obligation to stand up for these men and women who have served our nation, and I look forward to seeing California voters approve this measure." ★

Source: CalVet Home Loans

JetBlue at SMF Moving from Terminal B to Terminal A

SACRAMENTO REGION, CA (MPG) - JetBlue Airways is changing terminals at Sacramento International Airport (SMF).

The last flight out of Terminal B, a nonstop to Long Beach, will leave at 8 p.m. Tuesday, Oct. 15. Effective Tuesday, Oct. 16, the airline will operate out of Gate A13 at Terminal A.

JetBlue offers two daily nonstop flights to Long Beach and one daily nonstop to New York City.

The move from Terminal B will not impact parking options for passengers. However, after Oct. 16, the closest parking for people meeting JetBlue passengers will be the garage, not the Hourly B lot.

The Sacramento County Airport System, a department of Sacramento County, is responsible for planning, developing, operating and maintaining the county's four airports: Sacramento International Airport, Executive Airport, Mather Airport and Franklin Field. The regional economic impact of the Sacramento County Airport System is more than \$4 billion annually. ★

For more information, visit <http://www.smf.aero>.

Beyond the Controversy

Breast Cancer Awareness Month has been one of the most successful campaigns to raise public awareness in recent history. Unfortunately, in terms of successfully reducing breast-cancer mortality, the results have been mixed, which has caused fierce debate among doctors, researchers, non-profit groups and patients.

“Embedded in the message driving the campaign every October includes instruction to women to strongly consider getting screened for breast cancer, which is often asymptomatic during the early stages, in the hopes of finding cancer before it metastasizes,” says cancer psychotherapist Dr. Niki Barr, author of “Emotional Wellness, The Other Half of Treating Cancer,” (canceremotionalwell-being.com).

Debate over the efficacy of screenings has arisen as new studies reveal possible shortfalls: self-examinations haven't been proven effective; younger women experience false positives due to denser breast tissue, as well as missed positives,



Breast Cancer Awareness Month: Beyond the Controversy of Screening. Pioneering psychotherapist Dr. Niki Barr shares 3 exercises for maintaining emotionally while coping with a diagnosis

despite clinical examinations; and recently published studies such as The New England Journal of Medicine's findings on three decades of screening have been mixed, Dr. Barr says.

The latter found that screenings did reduce late-stage cancer rates, to a small extent, but mammograms also drastically increased over-diagnosis and unnecessary

treatment, including surgeries, toxic drugs and an incalculable amount of stress and suffering, she says.

“I think each woman needs to consider screenings on an individual basis. Family history, age and other risk factors should be considered in their decision,” Dr. Barr says. “It's equally important to remember that, should you or

a loved one be diagnosed with breast cancer, you should care for your emotional well-being as much as you take measures to restore physical well-being.”

While doctors, nurses and medical staff tend to your body, you can tend to your mental health with some of these exercises she recommends to her patients:

- **Catch anxious feelings before they become anxiety.** Prevent anxious thoughts from becoming full-blown anxiety by “catching” those feelings before they intensify. If you find anxious thoughts repeating themselves in your mind, take out some index cards and a pen and write them down, one by one, one per card. When you've written them all down, try to identify which one thought started the chain reaction. Then find the thought that came next. Continue until you have each thought in order.

Now, go back to the first thought and write down a new thought that does not make you feel anxious. When the first thought comes to mind, substitute it with the second thought.

Continue through the list until you have positive, empowering thoughts for each negative, anxious one.

- **Release painful feelings and then let them go:** Writing down painful thoughts and feelings through journaling is an excellent way of exorcising them. Some people find rereading what they've written can be helpful, but others hesitate to use this tool for fear someone will find it and read their private thoughts. For those people, Barr suggests an extra measure of release: Shred the pages while focusing on “letting go” of those feelings.

- Give your mind respite by escaping through music and meditation: Music is a tonic for many things: It can help us relax, lift our spirits, provide an escape from anxious thoughts and here and now. Always have favorite CDs easily accessible so you can escape with music whenever you need to. Meditation CDs are available to help you learn how to meditate and to provide guided imagery for meditation, which is scientifically proven to trigger soothing chemical changes

in the brain. Try “Meditation for Beginners” by Jack Kornfield or “Guided Mindfulness Meditation” by Jon Kabat-Zin. Finally, sleep is an absolute must for both physical and emotional health. If you're having trouble sleeping, there are CDs and downloads to help! Try “Sleep Through Insomnia” by KRS Edstrom.

“Having an actual box, with three-dimensional items, gives patients something tangible to use during a confusing time,” Dr. Barr says. ★

Niki Barr, Ph.D. founded a pioneering psychotherapy practice dedicated to working with cancer patients in all stages of the disease, along with their family members, caregivers and friends. In her book, she describes an “emotional wellness toolbox” patients can put together with effective and simple strategies, ready to use at any time, for helping them move forward through cancer. Dr. Barr is a dynamic and popular speaker, sharing her insights with cancer patients and clinicians across the nation.

Source: www.newsandexperts.com

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To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@CarmichaelTimes.com. Be sure to place in the subject field “Attention to Publisher”. If you do not have email access, please call us at 916-773-1111.

- Advertising Sales: Paul V. Scholl, Bill Martin, Linda Harper
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- Photography: Susan Skinner

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KFBK Launches The Pat Walsh Show

SACRAMENTO, CA (MPG) - NewsRadio KFBK, Sacramento's News, Weather and Traffic Station, announced the launch of The Pat Walsh Show, a local three-hour talk show featuring longtime sports anchor Pat Walsh, beginning in mid-October. The Pat Walsh Show will broadcast weekdays from 7-10:00 p.m. PST.

Walsh will continue as the KFBK Afternoon News Sports Anchor weekdays from 4-7:00 p.m. PST. Former ESPN analyst, Bill Herenda, will join the station to take over as the KFBK Morning News Sports Anchor weekdays from 5-9:00 a.m. PST. Sean Hannity will now air live on KFBK's sister station Talk 650 KSTE from 12-3:00 p.m. PST.

"KFBK is Sacramento's local news station and adding Pat Walsh to the evening lineup helps further establish KFBK as the leader in local news and information," said Ken Charles, Vice President of Programming, Clear Channel Media and Entertainment



Pat Walsh

Sacramento. "Adding Hannity's show live to KSTE makes the station home to the biggest regional and national personalities with Armstrong and Getty, Dennis Miller and now Sean Hannity."

Walsh began his broadcasting career in 1990 as a Sports and News Anchor at KPAY in Chico, California. In 1994 he joined the Clear Channel team as a News Anchor and Morning Show Producer for KSTE in Sacramento.

Two years later he started his 17-year stint as the Sports Anchor for the KFBK Morning News and KFBK Afternoon News.

"I am excited and extremely proud to begin my new adventure as Sacramento's newest local talk host," said Walsh. "It's been a lifelong dream to host my own radio show."

Herenda joins KFBK as the Morning Sports Reporter following a career where he has appeared on the ESPN family of networks as a Basketball Analyst, Time Warner Cable, and as a contributor to sports talk shows throughout the U.S. Herenda currently serves as the Executive Director of Sacramento's branch of the Positive Coaching Alliance.

Fans can listen to NewsRadio KFBK, via the station's website, www.kfbk.com, as well as on iHeartRadio, Clear Channel's all-in-one digital radio service. ★

Source: Clear Channel

For Greater Sacramento Real Estate, Advantage Seller is Still True

SACRAMENTO, CA (MPG) - Considering four to six months of inventory is largely recognized as a seller's market, it certainly appears that sellers still hold the upper hand in the greater Sacramento area. Resale housing supply finished September with 2.1 months available based upon the current rate of sales. This number marked the highest level of inventory since 2.4 months were on hand in December 2011.

Sales, however, remain very strong according to data provided by TrendGraphix and reported by Lyon Real Estate. During the month of September, 2,394 pending sales were posted in Sacramento, Placer, Yolo and

El Dorado counties combined. That number is a mere 4.5 percent below the average of 2,505 sales over the past six months and demonstrates some resistance to a seasonal slowdown.

Prices show signs of stability after a nationally recognized and voracious 30 percent year-over-year escalation. The median has drifted between \$280,000 and \$285,000 over the past four months. The average sales price rested at \$317,000 last month after hovering in the mid \$320s for the prior three months.

The \$900,000 and over market is showing the strongest signs of softening, with 25 sales posted for the region in September after

experiencing sales numbers in the 40s earlier this year for three consecutive months.

"Buyer activity remains strong with sustained, downward pressure on interest rates," said President and Chief Operating Officer Pat Shea of Lyon Real Estate. "The major key for sellers is to avoid over confidence. Properties in all price points should still attract multiple offers when they are priced, conditioned and marketed effectively. Resist the temptation of overpricing as you will enjoy a more profitable, swifter and smoother sales experience by making good decisions from the start."

Source: Lyon Real Estate

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Fundraising Dinner to Support Sacramento Life Center

SACRAMENTO, CA (MPG) - More than 600 local residents are expected to attend the annual fundraising dinner on Nov. 9 to celebrate and raise funds for the Sacramento Life Center's program that provides free medical care, counseling and education for pregnant women and teens. The "Salute to Life Dinner and Auction" will begin at 5 p.m. at the Hyatt Regency Ballroom in Sacramento and will include

a gourmet dinner, auction, raffle and stories of people who have received help from the Sacramento Life Center.

"This is an inspirational event where guests can witness the life-changing journeys our clients have taken while also enjoying the excitement of a live auction and gourmet dinner," said Marie Leatherby, executive director. "This year, funding

will help us roll out our second Mobile Medical Clinic so we can help even more women and teens receive the services they need."

Last year's event raised more than \$400,000 through ticket sales, auction bids and sponsorships. For more information about sponsorships or to purchase tickets: www.saclife.org.

Source: Kristin Thebaud Communications

Charity Bingo Supports Forgotten Warrior

SACRAMENTO REGION, CA (MPG) - Forgotten Warrior is hosting charity bingo to raise the money to adequately finance its programs that serve local veterans. Thursday and Friday games start at 6:30 p.m.; Sunday games start at 6:00 p.m. at the Sacramento Bingo Center, 3399 Arden Way in Sacramento.

address the vital needs of Veterans who struggle to re-enter civilian life, in addition to those who have struggled for decades to maintain a stable lifestyle. Forgotten Warrior strives to inspire, guide, and equip Veterans through meaningful experiences and basic support that facilitate a productive future.

Veteran statistics are alarming: Nationally, 32 Veterans a

day commit suicide and 200 veterans a month (four per month per state/48 per year per state/nationally, 2,400 per year) are imprisoned due to poor decisions made while suffering from untreated Post Traumatic Stress Disorder. 28% of Sacramento's homeless are Veterans.

Source: Wind Walker for Forgotten Warrior

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Five Money Management Tips Every Woman Should Know



The Great Recession prompted more women to get involved in financial matters, but more than 40 percent of them say they don't feel any smarter about managing their money

SACRAMENTO REGION (MPG)

- While women are earning bigger paychecks and many consider themselves their family's Chief Financial Officer, nearly half fear they'll end up broke and homeless. Fifty-four percent also claim to feel alienated by a financial industry they say is male oriented.

The Great Recession prompted more women to get involved in financial matters, but more than 40 percent of them say they don't feel any smarter about managing their money, according to the 2013 Allianz Women, Money & Power Survey by Larson Research + Strategy.

"The number of financially savvy women who feel confident about their spending, saving and investing strategies is also growing, which is wonderful news, but they still represent only 20 percent of all women," says Certified Financial Planner™ Luna Jaffe (www.lunajaffe.com), citing the survey.

Jaffe, the author of "Wild Money: A Creative Journey to Financial Wisdom" and its companion workbook, "Wild Money: A Financial Field Guide and Journal," takes a different approach to managing finances.

"While we are focused on family, career and business, often the last place we pay attention is to our own financial future," she says. "There are many reasons for that. One is that, as the women in the survey recognized, financial advising tends to be male oriented; it's geared toward how men think. Another is that we don't think about our relationship with money as just that – a relationship."

Jaffe offers five tips for women who want to feel more confident about managing their finances.

1. Start small. Mastering the little things can boost your confidence and give you the ability to tackle bigger issues. If you're daunted by debt, for example, start by simply writing down where you are right now. Write down each company or person to whom you owe money and the interest rate. Numbers can be soothing (even if the story they tell is not) because they're concrete and tangible. Once you know exactly where you stand, you can begin planning your next steps.

2. Do something every day to tend to your finances. Money, like a garden, needs attention. Get into the habit of doing something daily, even if you spend just five minutes. You might check on your accounts, organize your paperwork, or find out what interest rate you are paying on your credit card debt. Give your relationship just a few minutes each day and you'll watch it come alive. An excellent resource is www.youneedabudget.com.

3. Ask questions – even (especially) if you think they're "dumb." When you're at the bank, with your advisor or talking to your CPA, ask all the questions that lurk in the back of your mind. You'll discover that 1) They're not dumb, 2) You'll get different answers to the same question, and 3) People will respect you for wanting to learn and having the courage to ask.

4. Listen to your body when you're consulting with financial professionals. We are so skilled at masking the intelligence of our bodies, it can be hard to recognize when they're trying to tell us something. If your stomach knots up every time you meet with your

accountant, financial advisor or attorney, you should bring it up and talk it out. Are you uncomfortable with the relationship? The topic? Is something else altogether bothering you? Remember – you do not need a reason to change or end a financial relationship.

5. When in doubt, talk it out – with your money. You have the wisdom within yourself to make great decisions. The question is: Will you listen? The next time you feel uncertain about whose advice to follow, or you find yourself returning to old habits that leave you feeling less than happy, sit down with a pen and paper and have a heart-to-heart talk with your money. Dialogue. Ask a question, then write an answer and trust that these answers come from the deepest place within you. You'll be surprised by what you learn.

Your relationship with money is one you have from birth until death, Jaffe points out. It's important to make sure it's a good one.

"You can't prevent bad things from happening, but you can prepare for them," she says. "Being able to respond to a crisis with resilience has to do with having the resources to make decisions you feel good about."

Luna Jaffe is a Certified Financial Planner™ and CEO of Lunaria Financial, Ltd. in Portland, OR. She holds a master's degree in Depth Psychology and a bachelor's in Bilingual Education. Jaffe is a popular speaker whose creative compassionate approach to financial guidance differs sharply from male-oriented approaches. ★

Source: NewsandExperts.com

Obamacare's Unnecessary Navigators

OpEd by Sally C. Pipes

The Department of Health and Human Services (HHS) recently gifted Obamacare's "navigator" program an additional \$13 million in funding. Navigators are supposed to help Americans purchase health coverage through the new, state-level insurance exchanges.

This \$13 million is on top of \$54 million already allocated to the program. But those eight-figure expenditures represent colossal wastes of taxpayer money. The publicly funded navigator program is entirely unnecessary -- and ripe for fraud and abuse.

The Congressional Budget Office estimates that about seven million people will shop for coverage in Obamacare's insurance exchanges in 2014.

But they may not know it yet. According to a recent poll from the Kaiser Family Foundation, fully 55 percent of uninsured Americans have never heard of the exchanges.

The law envisions that navigators will help fill that information gap -- and guide consumers through the process of purchasing health insurance. Qualified individuals, non-profits, and community groups have claimed millions in HHS grants to spread the word -- and eventually help people pick the plan that best suits their needs.

California is planning to use a whopping \$673 million in federal money to deploy 21,000 navigators to sign people up for

its exchange, Covered California. The navigators get a bounty of \$58 for every person they sign up -- and \$25 for every annual renewal.

Health insurance is complicated, and many Americans shopping in the exchanges would surely benefit from some expert advice. But there's a group that already does exactly what Obamacare has in mind for navigators. And that's the private insurance agent and broker community.

It makes little sense to spend millions of taxpayer dollars to furnish a service that the private sector already provides.

And those millions in new expenses could put scores of agents and brokers out of work, as navigators amount to government-funded competition for insurance agents. Federal law bars agents and brokers from serving as navigators.

Not exactly the sort of job-creating strategy America's anemic economy needs.

Then there's the risk of fraud the navigator program portends.

Navigators will be tasked with entering patients' private data, such as their Social Security number, into insurance applications. The government claims that personal data handed over to navigators will be properly protected. But regulators haven't spelled out data privacy rules. Navigators are likely to operate with little to no government oversight.

Technically, navigators who use consumers' personal

information for nefarious purposes could face fines, but there's no clear statute holding them personally liable.

HHS insists that navigators will be well-trained and certified. But the official navigator training course is a mere 20 hours. That's 10 hours fewer than Obamacare's framers initially said would be necessary -- and substantially less time than the standard certification process for an insurance broker.

Applicants for navigator positions are not required to undergo even basic background and fingerprint checks. And the agency's rules are silent on whether prior criminal acts disqualify someone from becoming a navigator. Even census workers face more stringent privacy requirements than do navigators.

It's no wonder, then, that attorneys general in 13 states concluded in a letter to HHS Secretary Kathleen Sebelius last month that her "agency's current guidance regarding [navigators] suffers numerous deficiencies."

Obamacare's navigator program is costly and unnecessary. It could destroy the jobs of private insurance agents and brokers -- and put millions of Americans at risk of fraud and identity theft. Congress should scrap it. ★

Sally C. Pipes is President, CEO, and Taube Fellow in Health Care Studies at the Pacific Research Institute. Her latest book is *The Cure for Obamacare* (Encounter 2013).

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CLUES

- CROSSWORD**
- ACROSS
- Opposite of rappel
 - Be mistaken
 - Long, long time
 - Eagle's nest, e.g.
 - Remain
 - Like unrefined oil
 - Actor Jeremy
 - Credit card acronym
 - Spooky
 - It's illuminating
 - Two dots above a letter
 - Last word of "America the Beautiful"
 - Speed unit
 - Highest card in "War"
 - Calif.-length skirt
 - Relating to living organisms
 - Legal prefix
 - Hyperbolic tangent
 - Around or approximately
 - Socket insert
 - Cruising
 - Bank claim
 - Chinese fruit
 - Shells, e.g.
 - "___ be surprised"
 - Unlike a mammoth, e.g.
 - Insubstantial
 - Bond, e.g.
 - Avoided by Dracula
 - Corn site
 - Fairy
 - *Kind of Halloween house
 - *Specter
 - Tarzan's parental role model
 - Out of the way
 - Figure out
 - ___ Appia
 - Fencing move
 - At the top
 - Moray, e.g.
 - Artist Fernand or designer Herve
- DOWN
- To finish with a ceiling
 - Vega's constellation
 - Chipping choice
 - Breath refreshers
 - Befit
 - Distinctive flair
 - *Body marker
 - Old episode
 - Acreeage
 - Leader or expert
 - Prep for publication
 - Get the picture
 - Boston pro
 - Indian restaurant condiment
 - Capone's family
 - Flesh and blood
 - *In season, sing.
 - Flower part
 - Spew
 - Computer entry
 - Greasy
 - Threesomes
 - Freeze
 - *Halloween swag
 - Muslim honorific
 - Part of hemoglobin
 - Blood carrier
 - Compose
 - Sylvester, to Tweety
 - Everyone else
 - Boxer's move
 - Arise
 - 3-pointer, e.g.
 - a.k.a. the sport of kings
 - Please get back to me
 - Cure
 - Sound of a small bell
 - U2 guitarist
 - Doe in "Do-Re-Mi" song
 - Fed. property manager
 - *Around now pumpkin ones become popular

CROSSWORD												
1	2	3	4	5	6	7	8	9	10	11	12	
13					14			15				
16					17			18				
19				20		21	22					
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71					72			73				

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	3		9	7				
9						3	1	
	6							
2	3		5	7	9			

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

For Solution See Page 7

For Solution See Page 7

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Governor Brown Signs Bill to Create Snoopy License Plate

SACRAMENTO, CA (MPG) - Governor Edmund G. Brown Jr. this month signed Assembly Bill 482 "California Cultural and Historical Endowment" by Assemblymember Toni G. Atkins (D-San Diego). The bill moves the California Cultural and Historical Endowment (CCHHE) from the State Library to the Natural Resources Agency and lays the foundation to launch a Snoopy special interest license plate to support California museums.

A campaign to put the beloved, comic beagle on license plates in California, and help the state's museums at the same time, has been underway for several years. Over 10,000 Californians have already expressed interest in purchasing a Snoopy special interest license plate by completing an online form at www.snoopyplate.com. A statewide marketing campaign will be launched soon to pre-sell Snoopy license plates and the Department of Motor Vehicles (DMV) will begin

issuing the plates upon receipt of 7,500 paid applications.

California is home to a great variety of museums – from world renowned destinations to small museums that preserve the unique histories and culture of our state. The Snoopy license plate will generate new funding to help support California museums without relying on the State's limited resources.

Each special license plate will feature a reproduction of an original Snoopy drawing by Charles Schulz, doing a happy dance (probably in anticipation of supertime). The proceeds from sales of the Snoopy license plates will establish a competitive grant program to support our state's great museums.

Why Snoopy? Jean Schulz, the widow of Peanuts cartoonist Charles Schulz and founder of the Charles M. Schulz Museum and Research Center in Santa Rosa, the Charles M. Schulz Creative Associates, and Peanuts Worldwide, the licensing agent

for PEANUTS, are generously giving royalty-free rights to the California Association of Museums (CAM) to establish the license plate featuring Snoopy.

How To Get A Snoopy Plate? California drivers may register interest in the Snoopy plate at www.snoopyplate.com. The state will soon begin collecting the appropriate fee from drivers who want their own Snoopy plate (starting at \$50). Once 7,500 individuals pre-purchase a plate, the DMV will begin production.

How Do The Plates Raise Money for Museums? Plate revenues will support a competitive grant program that benefits California museums. The California Cultural and Historical Endowment (CCHHE), a state entity, will administer the California Museum Grant Program with funds raised from the Snoopy license plates. A smaller portion of the revenues will support professional development programs and services. ★

Governor signs bill to assure equity in infertility insurance coverage

SACRAMENTO, CA - Gov. Jerry Brown has signed AB 460 by Assemblymember Tom Ammiano, a bill that guarantees non-discrimination in the provision of infertility coverage under medical insurance. (October 8th, 2013)

"Reproductive medicine is for everybody's benefit," Ammiano said. "To restrict fertility coverage solely to heterosexual

married couples violates California's non-discrimination laws. I wrote this bill to correct that."

Infertility – the state of being unable to produce offspring – is defined in state law. Under current law, insurers are required to offer coverage for infertility and, when purchased, that coverage is subject to non-discrimination in insurance laws.

Nevertheless, some people – individuals and couples – have been denied coverage because they are not heterosexual married couples. AB 460 clarifies existing mandates for non-discrimination to ensure that unmarried individuals and same-sex couples can receive the same benefits as married heterosexual couples.

Source: Office of Jerry Brown

Pedestrian Walking in Roadway is Struck and Killed in Carmichael

CARMICHAEL CA (MPG) - On October 9, 2013 at approximately 8:25 p.m., John Maykovich, an 82 year old from Carmichael, was walking on eastbound Cypress Avenue west of Mason Street in the middle of the roadway. A 1995 Plymouth Voyager, driven by a 28-year-old male from Carmichael, was traveling eastbound on Cypress Avenue at approximately 35

mph approaching the location of Maykovich. Maykovich was wearing dark clothing and the driver was unable to see him until he was within close proximity of him. The driver attempted to avoid Maykovich but there was a vehicle traveling westbound that prevented him from doing so. The right front of the vehicle struck Maykovich and he was thrown to the ground

coming to rest within the bicycle lane. Maykovich was pronounced dead at the scene. The driver stopped at the scene and waited for law enforcement to arrive. Alcohol and/or drugs did not appear to be a contributing factor in this collision. The collision is still under investigation. ★

Source: CHP News

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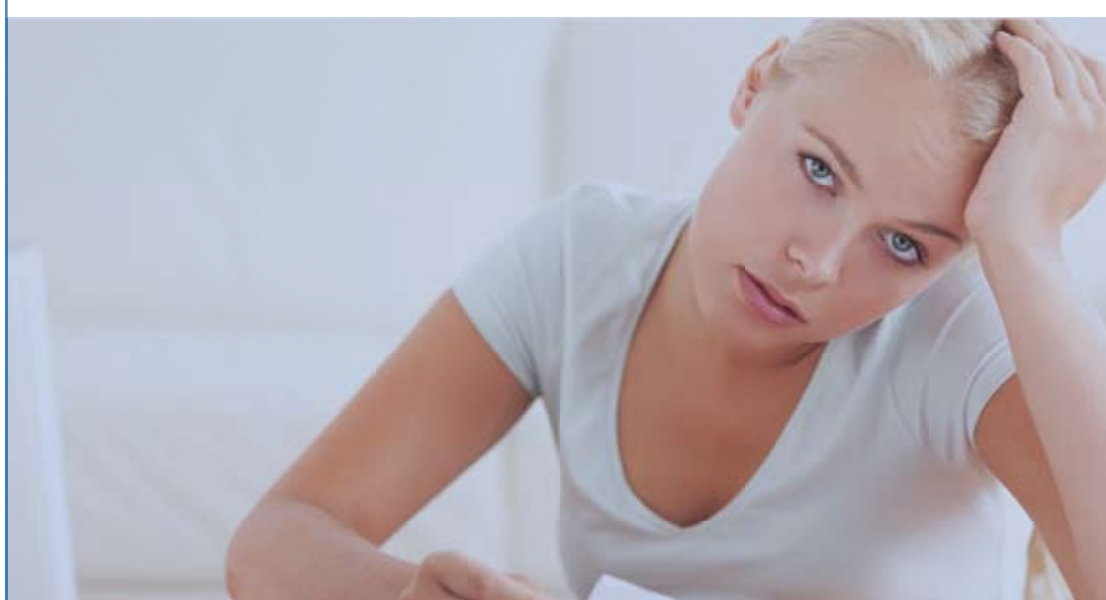


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Health Technology No Substitute for Compassion



**Commentary by
Eric Nelson
High-Tech Health**

The folks at Google are both smart and wise: Smart enough to invent Google Maps and wise enough to warn everyone who relies on this technology for driving directions that their maps are to be used "for planning purposes only." There is simply no telling what kind of traffic, detours, weather, or other unforeseen setbacks you might run into on your way to Grandma's.

Ideally those who rely on technology for diagnosing and treating disease are cautioned to exercise a similar wisdom. As good as we think we are at maintaining the body by way of scans, apps, and sophisticated computer programs, there remains a significant wild-card within the mind of the individual involved.

"There are many facets of the patient that tend not to shine through if the electronic medical record is all we have to go on," writes Richard Gunderman, M.D. in a recent column in The

Atlantic. "A robot can collect and process data, but good medicine requires more than information management. It takes effective communication, deep insight, and genuine compassion."

Taking the time to learn where a patient is coming from, what they're thinking, even saying a word or two to calm their fears, is not just good bedside manner. As Gunderman notes, it's good medicine.

Some years ago a man who severely cut his hand while using a table saw ran screaming into the emergency room of a local hospital. The attending doctor asked that he be given a dose of morphine to calm him down. When he continued screaming, he was given a second dose. And then another. And then another. Realizing that the drug was having absolutely no effect, the doctor put his hands on the man's shoulders, looked him straight in the eye and said, "You're going to be just fine." Very quickly the man relaxed and fell asleep.

"We have been seduced by our technologies," said Dr. Neal Slatkin, chief medical officer for Hospice of the Valley, in a recent article in the San Jose Mercury News, implying that the hi-tech approach is not always the best approach.

This is not to suggest that anyone who sees technology as important is devoid of compassion. There is danger, however, that the state of one's thought gets marginalized as we become more and more dependent on something that takes only one aspect of the patient – some

might even say the lesser aspect – into consideration.

"The tender word and Christian encouragement of an invalid," writes Mary Baker Eddy in her seminal work on health and healing, "pitiful patience with his fears and the removal of them, are better than hecatombs of gushing theories, stereotyped borrowed speeches, and the doling of arguments, which are but so many parodies on legitimate Christian Science, aflame with divine Love."

Although written almost a century before the term "high tech" came into vogue, an analogy can be drawn between Eddy's "gushing theories" and Dr. Slatkin's "seductive technologies". In either case, a ready remedy can be found in the simple willingness to be compassionate, to love, and by doing so, to remove the fear that lies at the root of so much suffering.

"The secret of the care of the patient," said famed physician, Francis Peabody, at the close of a lecture he gave at Harvard Medical School in 1925, "is in caring for the patient."

Eric Nelson's columns on the link between consciousness and health appear weekly in a number of local and national online publications. He also serves as the media and legislative spokesperson for Christian Science in Northern California (norcalcs.org). This article originally appeared on Communities @ WashingtonTimes.com and is used with permission. ★

The Parsonage Kitchen Shutdown Threat

By Rev. James L. Snyder

A certain situation has been building in the Parsonage for the last several months. At first, I did not think it too serious but alas, we have reached a terrible impasse.

It started a few months ago when I came home, walked into the house and was hit in the face so hard I almost passed out. At the time, I was hoping I would pass out, but no such luck.

I think everybody knows what it is like to be hit unexpectedly by something you do not actually expect. I guess that is why it is called unexpectedly. It happened to me and I am not sure I am over it yet.

Even though I have been married 42 years, of which most of it has been happily, I did not see this one coming. Just when you think you have your spouse figured out, they do something off the radar. Every husband knows exactly what I am talking about.

This makes it hard to buy Christmas and birthday presents. What they liked last year is not what they like this year. I remember buying my wife a watch one year for Christmas of which she was so delighted that for the next four years after I bought her a watch for Christmas. How was I supposed to know she only wanted one watch!

I think we hit one of those impasses.

Walking into the house, I was hit with the horrific smell of broccoli cooking on the stove. I do not know if you ever smelt such a smell as that but if you are not prepared for it and even if you are prepared for it, it can smack you in the face like you have never been smacked in the face before.

When I came to myself and gathered what little composure I could find, I queried the Gracious Mistress of the Parsonage who was in the kitchen.

"What is that awful smell?"

"I don't know, have you taken a shower yet?"

After being married for 42 years, I know when to respond to a question and when not to. I knew if I responded to this question the way I wanted to respond to this question, the smell of broccoli would be the least of my worries at the time.

"No," I said gathering a little bit of manliness about me, "Something in this house smells dreadful. I smelled it as soon as I walked in the door."

Then she chuckled. I hate it when she chuckles.

"Oh, that must be the wonderful aroma of broccoli cooking on the stove. Isn't it marvelous?"

Adhering to my rules about questions, I tossed that one aside and opted for another one.

"You're not cooking broccoli for supper tonight, are you?"

I was hoping she would catch my attitude of disdain and disgust in this question. Obviously, for whatever reason, she did not catch the drift.

"Yes," she said as chipper as I have ever heard her chip, "I thought I would surprise you with a wonderful dish of broccoli for supper tonight, to go along with our pork chops."

Can you live with a person for so long and not know what they like or do not like? Nobody has to be around me for five minutes before they will understand that broccoli and I have had a feud that has been going on since before the Hatfield's and McCoy's.

"But I thought you knew I do not like broccoli?"

"Oh, that," she said with another chuckle, "I just thought you were joking."

Nobody jokes about broccoli, especially me.

Then a brilliant idea reverberated between my ears. I thought I could take advantage of this situation and sneak in something forbidden in our kitchen and house for that matter, a rare delicacy.

"I will then run to the store and

get some fresh Apple Fritters for our dessert."

I figured if she wants to put in front of me broccoli the least she can do is allow me an Apple Fritter or two.

In a moment, all the chipper drained from her person and she looked at me and said, "Apple Fritters are not allowed in this house."

"Let's negotiate," I said as calmly as I have ever been in my life. "I will allow you to eat broccoli tonight if you allow me an Apple Fritter for my dessert."

I wonder if there is a husband living today, that has ever successfully negotiated with his wife.

"This is how we will negotiate, we will have broccoli tonight without any Apple Fritter. I am only thinking of your health."

The way she glared at me I knew negotiations were off the table at this time and in its place was some steaming broccoli.

What I am going to do is sneak behind her back and eat two, not one but two, Apple Fritters and I will savor every bite.

If only we could act like grownups, come together, voice our differences and strike a compromise. After all, our government works that way.

I thought about this and came to a certain conclusion. The Christian life is not really negotiating your preference but rather honoring Christ. Jesus said, "For where two or three are gathered together in my name, there am I in the midst of them" (Matthew 18:20 KJV).

When self is at the center of my negotiations, Christ is never honored. ★

Rev. James L. Snyder is pastor of the Family of God Fellowship, P.O. Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 866-552-2543 or e-mail jamesnsnyder2@att.net. His website is www.jamesnsnyderministries.com.

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Current and Upcoming Events

It is NCA Month at Sacramento Fine Arts Center!

Northern California Arts Presents
Bold Expressions Annual Art Exhibit
October 1-26, 2013

Announcing **Bold Expressions**, Northern California Arts' 58th Annual International Open Juried Art Exhibition at Sacramento Fine Arts Center October 1-26 2013. A Special Second Saturday Reception will be held October 12, 2013 5:30-8:30pm. A closing reception and awards presentation will take place October 26, 2013, 1-3pm. The judge this year was Barry Sakata a Northern California sculptor, painter, teacher and author.

2013 Best of Show "Annitra in Lavender", by Steve Walters

Gallery 3
NCA Master Painters
"Living In the Sea"
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Foyer Gallery:
 NCA Board Members Art Show

WASH Inc. Next meeting is 7 pm October 14, 2013 Jeannie Vodden

NCA Club Next meeting is 7pm October 9, 2013

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Dare to Live Without Limits

Work With What You Have

by **Bryan Golden**



If you wait until all circumstances become ideal, you will shortchange yourself. There are several reasons for this. First of all, things are never perfect. You will always be able to identify some element which is lacking or needs improvement.

People who fail to take action explain they are waiting for the right time. Acting too hastily, they argue, would only doom their efforts to failure. The flaw in their supposition is the fact that one can always find some deficiency.

You may feel today is not ideal. Resist the temptation to wait. It's too easy to keep pushing action off until tomorrow. Then, before you know it, the years fly by without any accomplishments.

Here is a better approach. Do what you can, with what you have, right where you are, and start now. This means you should begin moving forward from your current position today.

Where are you now? How much education do you have? What is your financial situation? How much free time do you have? Whatever your answers, you need to start right away. You can improve on any deficits as you move forward.

To acquire more knowledge, either learn it yourself or utilize the expertise of others. Improve your financial picture by increasing income, reducing expenses, or both. If you feel you don't

have enough free time, track how you use your discretionary time. Many people find they can fit more in by setting priorities.

Don't idly wait around for ideal circumstances to materialize. Engage in the above actions while you are moving toward your goals. Those who utilize what they have at hand are on the route to success.

Imagine you are on journey in a 30 foot sailboat. On board you have a finite amount of food, fuel, sails, and clothing. You also have nautical charts for any place you might want to go. However, you are not happy with some of your conditions.

You would really prefer to be on a larger boat. The food isn't that great. There is not as much foul weather clothing as you would like. What do you do? Is waiting for conditions to improve before you continue your journey an option? Of course not. Nothing would change and you would run out of food. You must sail on to your next port.

What about bad weather? No one likes storms, but you can't always avoid them. You have to venture on. If there is damage to your equipment, you need to make repairs and proceed onward. Once you arrive at a destination there will be plenty of options. You can make repairs, get new supplies, and perhaps even a bigger boat.

A sailor embodies the

philosophy of always doing what you can, with what you have, wherever you are. On the sea, this principle isn't an option. Rather, it means the difference between surviving and perishing. It's not magic, just attitude and determination.

Although life doesn't have the same daily risks as an ocean voyage, your success and happiness is just as dependent on working with what you have right now. As you do so, keep your aspirations in sight, as they will help keep you motivated.

As you move ahead, make improvements as needed. Working with what you have doesn't mean you should stagnate. The purpose of taking action is to improve and ultimately arrive at all the destinations you desire.

Take inventory of all your personal assets and attributes, pick your direction, let out your sails, and get underway. Tomorrow you will be glad you started today. ★

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnnist.com or write him c/o this paper. © 2008 Bryan Golden

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Halloween and Harvest-Related Events Happening in October

SACRAMENTO, CA (MPG) - The Sacramento area – in addition to its fascinating Gold Rush past – is rich with state-of-the-art museums and historic sites that offer opportunities to explore California's fine art, history, science, and wild-life treasures. In October, many of the 30 members of Sacramento Association of Museums (SAM) are offering fun Halloween or harvest-related activities filled with festive spirit, including:

Ghost Tours at the Sacramento History Museum – October 25 & 26
Visitors to Old Sacramento

can journey back in time to hear ghostly tales and spooky stories as they walk through the history-rich streets and re-live 19th century lore. Entertaining yet knowledgeable tour guides will take daring and inquisitive guests through Old Sacramento's infamous locales to experience a bit of the dark side of California's history. For more, go to www.historicoldsac.org.

Spookomotive Train Rides at the Railroad Museum -- October 19, 20, 26 & 27

All aboard for some Halloween fun Old Sacramento style! The California State Railroad

Museum is proud to offer diesel-powered "Spookomotive" train rides aboard a whimsically decorated train crawling with spiders, cobwebs and cornstalks while staffed with an entertaining "skeleton crew." Also, don't miss a special "Moonlight" train ride one-night-only on October 19. For more, visit www.csrmf.org

The Hobbit at Fairytale Town -- October 25, 26 & 27

To get everyone in a magical mood, Fairytale Town will be transformed into Middle Earth for this year's Safe and Super Halloween event at the storybook

park! The imaginative world of J.R.R. Tolkien's The Hobbit will come to life for three nights of family fun. For more, visit www.fairytaletown.org

Halloween Fun with Worm, Compost & Pumpkin Guts at the Roseville Utility Exploration Center -- October 26

During a special -- and very hands on -- Children's Workshop, participants will have fun and take home their own ghoulish creation. They're sure to have a spooky good time inspecting slimy, creepy crawlers who help make garbage disappear! For more, visit <http://www.roseville.ca.us/explore/>

Hallozeum 2: The Sequel (Bigger & Battier!) at the Discovery Museum Science & Space Center – October 26

Looking for a safe, fun place to haunt this Halloween with your little goblins? During this one evening in October, the Discovery Museum will be inhabited by a bunch of spooky characters after dark – all with a real sense of fun! Families are invited to bring their youngsters in costume to visit trick-or-treat stations, participated in fun games or activities, and make a Halloween craft to take home. For more, visit www.thediscovery.org

Boo at the Zoo at the Sacramento Zoo – October 30 & 31

Two nights of ghoulish family fun, rain or shine! Kids can safely trick-or-treat around the lake at 25 different candy stations. Other activities include magic shows, costume dance party, ghoulish games, and lots of family fun. You can also ride the Spooky Train or Creepy Carousel for an additional fee. Please note: Only the front half of the Zoo will be open during this event. The spookiness is appropriate for children under 10 years of age. For more, visit www.saczoo.org. ★

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- THURSDAY** **UC Davis Health System Sacramento Farmers Market**
45th & Y Streets (Behind Shriners Hospital)
Every Thursday from 3 to 7:30 pm (Seasonal, through November 14th)
- SATURDAY** **Sacramento Midtown Farmers Market**
2020 J Street (Between the STANF Native American Health and Bioware buildings)
Every Saturday from 8 am to 1 pm - all year round, rain or shine
- WEDNESDAY** **Fair Oaks Plaza Park Farmers Market**
7003 Park Drive, Fair Oaks (Old Fair Oaks Village)
Every Wednesday from 3 to 7 pm (Seasonal, through October 31st)
- WEDNESDAY** **Mather VA Hospital Farmers Market**
10535 Hospital Way, Mather
Every Wednesday from 9 am to 1 pm (Seasonal, through December 18th)
- SATURDAY** **Sunrise Mall Farmers Market**
6190 Sunrise Boulevard, Citrus Heights (behind Sears located in SE Parking Lot)
Open every Saturday from 8 am to 1 pm - all year round
- SATURDAY** **Historic Folsom Farmers Market**
915 Sutter Street, Historic Folsom Public Plaza, Folsom
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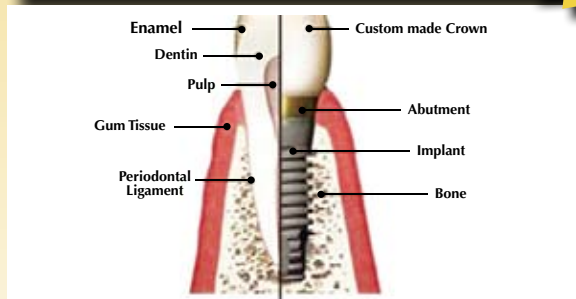


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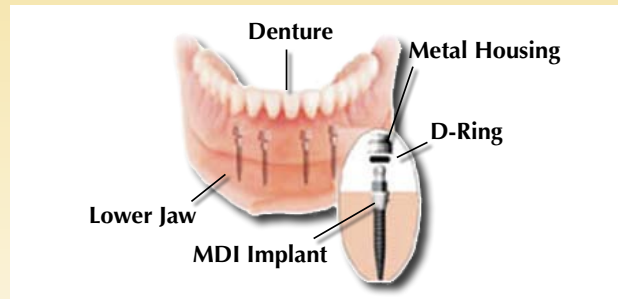
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