

# Happy New Year!



# Grapevine Independent

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PROUDLY SERVING RANCHO CORDOVA & SACRAMENTO COUNTY

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The Beauty of Divine Beings Dancing



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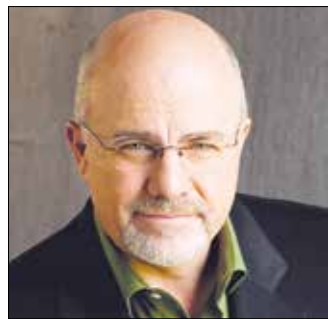
Make It Fun and It Will Get Done!



Pam Young's Corner

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Sound Financial Advice from Dave Ramsey



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## Top New Laws for California Businesses California Chamber Releases Its 2015 List



**SACRAMENTO REGION (MPG)** - The California Chamber of Commerce has released a list of new laws that will affect California businesses in 2015. Some of these, such as mandatory paid sick leave, make significant changes to the state's legal landscape. Others will have more limited impact. Here are some highlights.

**Mandatory paid sick leave:** AB 1522, the Healthy Workplaces, Healthy Families Act of 2014, requires employers to provide paid sick leave to any employee who worked in California for 30 days. Employers can limit paid sick leave to 24 hours or three days in each year of employment and can put a maximum cap on total accrual of 48 hours or six days. The effective date for the paid sick leave benefit is July 1st, 2015.

**Unpaid interns and volunteers:** AB 1443

adds unpaid interns and volunteers to the list of individuals protected from harassment and discrimination under the Fair Employment and Housing Act (FEHA), and it extends religious belief protections and accommodation requirements to anyone in an apprenticeship training program, unpaid internship, or any other such program.

**Driver's licenses:** AB 1660 makes it a violation for an employer to discriminate against anyone who presents a driver's license issued to undocumented persons. Such actions constitutes national origin discrimination under FEHA. The law also makes it a violation of FEHA for an employer to require a person to present a driver's license unless possessing a driver's license is required by law or the employer's requirement is otherwise permitted by law. Any driver's license information

obtained by an employer must be treated as private and confidential.

**Public assistance recipients:** AB 1792 prohibits discrimination and retaliation against employees receiving public assistance. It also requires state agencies to prepare an annual list of the top 500 employers with the most number of employees enrolled in a public assistance program. The reports will be made public and will be prepared starting in January 2016.

**Harassment prevention:** AB 2053 requires employers that are required to provide mandatory sexual harassment prevention training to supervisors to include a component on the prevention of "abusive conduct." The law does not allow employees to sue for abusive

Continued on page 2

## Therapeutic Recreation Scores Big Since 1975

Story and photo by Ryan Meza

**SACRAMENTO COUNTY, CA (MPG)** - Providing recreation services to community members with disabilities since 1975, the Therapeutic Recreation Services (TRS) program offered by the Sacramento County Department of Regional Parks is a fun-filled atmosphere that includes activities such as "Monster Mini Golf and Dinner" and "Ridin' on the River."

With an active team of more than 200 athletes who compete in a variety of sporting competitions including the Special Olympics, TRS provides year-round training to all who participate in five different sports: basketball, soccer, swimming, track and field, and floor hockey. Almost everybody who trains in a sporting activity ends up competing in their Special Olympics Team called the Chargers. The Sacramento County Chargers was founded more than 30 years ago. Chargers athletes have received many awards for various sports and competitions hosted by the Special Olympics. Over the past years, the Special Olympics have also honored several of the coaches and volunteers who participate.

"It is our goal that our participants gain their highest level of independence and valuable lifelong skills that will benefit them in their everyday lives. It is our hope that participants gain improvements in communication, making choices, community awareness, social skills, learn money management skills, and develop new friendships," said Jenn Wilson, recreation specialist for TRS.

TRS is staffed by two full-time

Continued on page 2

## Many Veterans Have Fond Memories of the Top of the Mark

By Judy M. Zimmerman

It was World War II that gave the glass-walled cocktail lounge at the Top of the Mark (in the Mark Hopkins Hotel at One Nob Hill) its reputation as a famous San Francisco landmark.

During the war years, it was a favorite spot for Pacific-bound servicemen to enjoy their last liberty before shipping out. As their ships sailed below the

Golden Gate, anxious wives and sweethearts gathered in the northwest corner of the lounge to watch them go, earning that section of the lounge the nickname Weepers' Corner.

The famous Oval Bar is gone and the lines no longer stretch all the way across the lobby downstairs as they did during World War II. But now, as then, the 19th floor lounge with its panoramic view sparks romance.

Tradition has it that when things got really tough on the Pacific fronts, servicemen would pledge to one another, "We're going to make it through this, and I'll buy you a drink at the Top of the Mark." Those who returned would ask the bartender for their unit's bottle (usually bourbon).

"Once a serviceman signed his name on the label, he could drink from the bottle for free,"

explained Hank Cancel, a former bartender at the lounge. "There was only one catch: The man who took the last drink was required to buy a new bottle."

There was also a notebook registry for each squadron's bottle. A serviceman would sign his name and date, one unofficial way of keeping track of who made it back.

"Sometimes it was sad," Cancel said. "One guy told me



Though the days of GIs shipping off into the Pacific are long gone, the view of San Francisco and the memories remain. Today, many come from far and near to have a good time, not wondering if the fate of war will allow them to return. Photo courtesy of Judy Zimmerman

that when he returned he was the only one who had signed the registry, so he assumed everyone else in his squadron had died in battle."

Although such bottles are long

Continued on page 2

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# Therapeutic Recreation Scores Big Since 1975



TRS volunteer attempts goal during the Chargers' last soccer practice before Special Olympics competition.

Continued from Page 1

employees, 10 part-time employees, 20 regular volunteers, up to two recreation therapy interns per year, and more than 50 community volunteers from local high schools and colleges. With

increasing participation, TRS staff works hard to find new places to visit as well as offer more activities and sports for participants to enjoy.

"Activities are fun, and you get to meet a lot of friends. The staff is cool, and they

really make it fun for us," said Hermenda Seals, a TRS participant.

In addition to county funding, TRS receives donations from Eppie's Great Race, Pathways to Recreation, and individual donors. During the last

fiscal year, TRS received close to \$50,000 in outside donations. If you wish to donate or become a volunteer, send TRS an email at TRS@SacCounty.net.

Source: Sacramento County ★

# Many Veterans Have Fond Memories of the Top of the Mark

Continued from Page 1

gone from the legendary sky bar and there are no more free drinks, plaques celebrating the military history of the bar are tucked into a side area.

While the military feel has waned over time, the thousands of service personnel who put an elbow on the bar have passed on their memories to the next generation.

Philip Mooberry of Tucson sat at the small bar overlooking the skyscrapers of San Francisco and toasted his late father, who ferried bombers from the United States to combat zones during World War II. "He came to the Top of the Mark whenever he could, and now that I am in town, this is where I come for a drink," Mooberry said.

Though the days of GIs shipping off into the Pacific are long gone, the view of San Francisco and the memories remain. Today, many come from far and near to

have a good time, not wondering if the fate of war will allow them to return.

For more information about Top of the Mark, please visit [www.topofthemark.com](http://www.topofthemark.com) or call (888) 424-6835.

Judy Zimmerman has been a travel editor and award-winning freelance travel writer for over 28 years. She's traveled to well over 100 countries and sailed on more than 65 cruises. Her articles have appeared in over 500 newspapers, magazines, and websites.

She is a member of the Society of American Travel Writers; the International Food, Wine, and Travel Writers; and the Outdoor Writers of California.

Her specialties include cruises, worldwide destinations, senior and solo travel, destination health spas, soft adventure, service articles, and the Western U.S.

Judy's home base is Gold River, CA. ★

# Top New Laws for California Businesses California Chamber Releases Its 2015 List

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conduct in the workplace unless the conduct becomes discrimination or harassment against a protected class; it merely requires training on prevention of abusive conduct.

Farm labor contractors: SB 1087 imposes specific sexual harassment prevention training requirements on farm labor

contractors. It places restrictions on licenses for farm labor contractors who have engaged in sexual harassment, changes the exam requirements, and increases licensing fees, bonding requirements, and penalties.

Several new laws will increase employers' wage-and-hour obligations in 2015. AB 1897 holds employers liable

for wage-and-hour violations when they use staffing agencies or other labor contractors. If a contractor fails to pay its workers properly or provide workers' compensation coverage, the "client employer" can now be held legally responsible. AB 2288, the Child Labor Protection Act of 2014, provides additional penalties for violations of California

laws regarding employment of minors, including a penalty of \$25,000 to \$50,000 for "Class A" violations involving minors 12 years of age or younger. The statute of limitations for claims that arise from violations of employment laws is now delayed or suspended until the minor is 18 years of age.

Other laws include AB 1650, which requires contractors who bid on state contracts involving on-site construction-related services to certify that they will not ask applicants to disclose information concerning criminal history at the time of an initial employment application; and AB 1852, which requires businesses that provide specified services to minors to provide a written notice to the parent or guardian of the minor receiving those services, including the business's policies relating to employee criminal background checks.

Source: California Chamber of Commerce ★

# Make 2015 the Best Year in Your Business

RANCHO CORDOVA, CA (MPG) -The Rancho Cordova Chamber of Commerce hosts its Best Year Yet for Business Workshop on Wednesday, January 7th from 8:45 a.m. to 1 p.m. at City Hall, 2729 Prospect Park Drive, Rancho Cordova. The workshop asks 10 simple questions that should cause you to think deeply about your business and the results you want to achieve over the next 12 months. From the answers you provide, your business vision, priorities, and guidelines will flow, culminating

in a one-page annual plan that will be easy to follow and will produce measurable results almost immediately. You'll have a new-found sense of energy and enthusiasm that can drive your business forward to levels never before imagined.

There is no fee for the workshop, but seating is limited to 24. Prior registration is required. Visit [www.bestyearyet.com/index.cfm](http://www.bestyearyet.com/index.cfm) for information and registration.

Source: Rancho Cordova Chamber of Commerce ★



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*Gabriel Scholl  
Nicholson & Olsen CPA*

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## DMV Reminds New Driver License Applicants to Avoid Scams

**SACRAMENTO, CA (MPG)** - The California Department of Motor Vehicles (DMV) is reminding DMV customers to avoid scams involving driver license applications, such as efforts to charge for services that DMV offers for free.

"Paying someone who promises to speed up the process of obtaining a California driver license will only waste your time and money," said DMV Director Jean Shiomoto. "It is easy to get a new driver license by making a free appointment at your local DMV office, so do not waste your money paying anyone to help you."

Assembly Bill 60 (AB 60) allows the DMV to issue a California driver license, regardless of immigration status, to those who can prove identity and California residency. Applicants must also meet all other qualifications for obtaining a driver license, including passing a written test, vision test, and behind-the-wheel exam. DMV will begin issuing driver licenses under AB 60 on January 2nd, 2015. The only necessary fee is \$33 payable to DMV.

Here are some tips on how to avoid driver license scams:

Do not pay for help with driver license applications. DMV has free assistance and free appointments at your local DMV office, so do not pay for these services. Driver license handbooks and practice tests are available in many languages free of charge. If you need an interpreter, call

1-800-777-0133 and indicate the foreign language.

Do not pay fees to anyone except DMV. It only costs \$33 to obtain a California driver license and this fee must be paid directly to DMV.

The fast way to get a license is to make a free appointment at DMV. The DMV will not issue licenses under AB 60 before January 2nd, 2015, and anyone who says they can get a license earlier than that is lying.

Do not waste money on unnecessary document translation. Of the dozens of ways an applicant can prove identity, only three require an English translation: (1) A marriage decree written in another language; (2) a divorce decree written in another language; or (3) the Apostille authentication of a foreign birth certificate. No other documents require translation.

Anyone who suspects a scam involving the new driver license application process should notify DMV Investigations Division fraud hotline at 1-866-658-5758, e-mail your inquiry to [dlfraud@dmv.ca.gov](mailto:dlfraud@dmv.ca.gov), or report it on a record of complaint form.

For more information on AB 60, including the accepted proof of identity documents, how to make an appointment, sample interactive tests, the driver handbook, and information about how to obtain a new driver license, visit <http://apps.dmv.ca.gov/ab60/index.html>.

Source: Department of Motor Vehicles

## The Beauty of Divine Beings Dancing Chinese Troup to Perform in Sacramento



Shen Yun was founded in 2006 by practitioners of Falun Gong, the spiritual discipline, with the mission of reviving "the essence of 5,000 years of Chinese culture." They feel that it was nearly destroyed by the Chinese government. Performances around the world are hosted by local Falun Dafa Associations. All rights reserved. Photos courtesy © 2014 Shen Yun Performing Arts

By Jan Dalske

### SACRAMENTO REGION, CA (MPG)

- Shen Yun Performing Arts will entertain audiences at the Sacramento Community Center, 1301 L Street, on January 13th and 14th. The company performs classical Chinese dance, ethnic and folk dance, and story-based dance with orchestral accompaniment and solo performers. Shen Yun means "the beauty of divine beings dancing."

Shen Yun was founded in 2006 by practitioners of Falun Gong, the spiritual discipline, with the mission of reviving "the essence of 5,000 years of Chinese culture." They feel that it was nearly destroyed by the Chinese government. Performances around the world are hosted by local Falun Dafa Associations.

Shen Yun describes their show: "Heavenly realms and



timeless legends spring to life through classical Chinese dance. Dazzling costumes, thunderous battle drums, and powerful flips fill the stage with color and energy. Exquisite melodies and animated backdrops uplift your spirit and transport you to another world."

They are a performing arts and entertainment company based in New York and were formerly known as Divine Performing Arts. The show's acts and production staff are trained at Shen Yun's headquarters in Cuddebackville which is in Orange County, New York.

The group is composed of

three performing arts companies: The New York Company, The Touring Company, and the International Company. There are more than 200 performers. For seven months a year, Shen Yun Performing Arts tours to over 130 cities across Europe, North America, Oceania, and Asia.

Shen Yun's shows have been staged in several leading theaters, including New York's Lincoln Center for the Performing Arts, London's Royal Festival Hall, Washington, D.C.'s Kennedy Center, and Paris' Le Palais de Congrès. The company has performed extensively in Taiwan, but has yet to perform in Mainland China or Hong Kong.

For more information, please visit <http://ShenYun.com/CA> or call 1-888-633-6999.

Source: <http://ShenYun.com/CA>

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REPUBLIC SERVICES



# Cordova Boys Hoops Split Games at St. Hope Elite Classic

By Mike Bush

**RANCHO CORDOVA, CA (MPG)** - Competing in the St. Hope Elite Classic at Sacramento High School, the Cordova High School boys' basketball team split its first two games of the tournament.

In its December 20th game against host and top-ranked Sacramento, Cordova fell 104-72. A day earlier, the Lancers used a three-pointer to knock off Foothill of Palo Cedro 62-60.

Against Sacramento, after falling behind 27-10 in the first quarter, the Lancers (7-4) rallied in the second to silence the Dragons 27-21. That cut Sacramento's halftime lead to 48-37.

"Very intense game," said Cordova head coach Fletcher Johnson. "Those guys (Sacramento) are big and strong. We were making shots (in the second quarter) and got a tempo going."

The Dragons fired their way to a 28-18 third quarter run to expand their lead to 76-55 entering the fourth quarter. "The game just got away from us in the second half," Johnson said.

What also hurt the Lancers in the game were players getting into foul trouble; one of the starters picked up three fouls in the first two minutes of the first quarter and had to sit out the rest of the first half. Plus, a Cordova player picked up two technical fouls for taunting a Sacramento player and for yelling after he blocked a basket from a Dragon player. "It was a tough game (after the early fouls and technical)," Johnson said.

Lancer guard Jordan Roberson scored 29 points in the game, despite being double and triple teamed throughout most of the game. Christian Munoz and JaQuan Lewis also scored in double digits, dropping 11 points each.



Cordova guard Jaquan Lewis (24) goes up for a layup in a recent game. Lewis and the Lancers are off to a 7-4 start and split their first two games in the St. Hope Elite Classic at Sacramento High School. Photo by Rae Lynn Flippo

## Cordova 62, Foothill 60

Roberson canned a three-pointer with less than 12 seconds left in the game of the tournament on December 19th. Foothill led 60-59 before Roberson's shot.

Foothill rallied in the second half as it outscored Cordova 44-25. The Lancers jumped out to a 22-2 first quarter lead and increased it to 37-17 at halftime before their opponent stormed back in the final 16 minutes of the game.

"They are very well-coached," said Johnson of Foothill. "What I think happened was that the drive ... their legs weren't under them in the first quarter. They missed a lot of shots, and we

took advantage of them. In the third quarter, it seems like they couldn't miss; they were getting a lot of threes."

Roberson finished with 37 points in the game. Johnson followed in scoring with nine points, Lewis with six, Gomez and Lorena had four each, and Damion Baldwin had two.

On December 22nd, Cordova played Foothill of Sacramento. The winner of that game played in the December 23rd fifth place game.

Check upcoming editions of the Grapevine for the results of the last two games of the Classic and the results of the 39th annual Cordova Christmas Classic. ★

# Cordova Wrestlers Hit the Mat



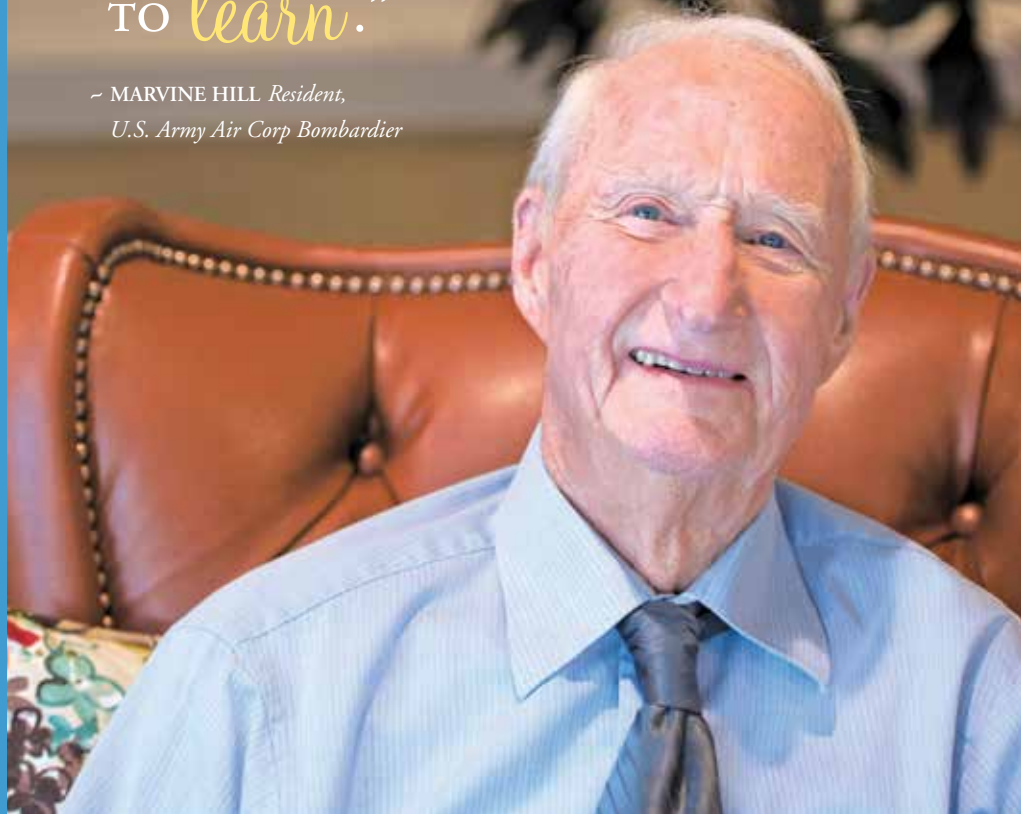
Story and photos by Rick Sloan

**RANCHO CORDOVA, CA (MPG)** - Cordova High School wrestlers, wearing their new singlets for the first time, competed at The Marty Manges Varsity Invitational Tournament held at Casa Roble High School on Saturday, December 20th. Cordova's participating wrestlers were Zachary Guerrero at 106 pounds, Mekhi Gamez at 113 pounds, Derek Burton at 126 pounds, Zach Sloan at 132 pounds, Carlos Cuevas at 138 pounds, Adrian Martinez at 152 pounds, Dante Hume at 170 pounds, and John Graf at 182 pounds. "It was a great day of wrestling with some stand-out performances by the Lancers," said Head Coach Marcos Garcia.

All the wrestlers performed hard and were very grateful to have some well-appreciated mat time preparing them for the upcoming league competition just around the corner. Lancers coming home with medals after their hard-fought efforts were Burton with a 6th place medal, Guerrero with a 3rd place medal, and Cuevas bringing home a 1st place medal. Cuevas dominated his opponents and went 5-0 for his 1st place triumph. After the match was over, Coach Garcia told his wrestlers, "It's not all about the medals. It's about the experience. I was very pleased with what I saw today with everyone's efforts." ★

"I've learned THAT I HAVE a lot more TO learn."

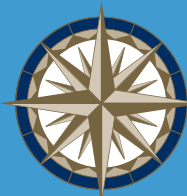
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5750 Grant Ave, Carmichael (corner of Grant and Fair Oaks Blvd).  
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- WEDNESDAY** Fair Oaks Sunset Farmers Market  
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For more information: [www.bemoneysmartusa.org](http://www.bemoneysmartusa.org)

# District Attorney Jan Scully Announces 20-Year Tenure Report

**SACRAMENTO REGION, CA (MPG)** - As District Attorney Jan Scully's final term comes to an end, the District Attorney's Office has issued an End of Tenure Report.

Throughout Scully's 20-year tenure, the District Attorney's Office has taken an innovative and collaborative approach to improving the prosecution and prevention of crimes as well as assisting victims. The report chronicles many of these accomplishments and successes, including the development of

new and modified specialized units as well as collaborative task forces, dedicated courts, and prevention outreach programs with partners from community organizations, businesses and other government agencies.

The report also highlights notable cases prosecuted; the advancement of science in the District Attorney's Laboratory of Forensic Services, the progression of technology in the Information Technology bureau and in the courtroom, the expansion and role

of the Victim/Witness Unit, and other interesting facts. The citizens of Sacramento County have been well served for the past 20 years and can be assured the District Attorney's Office will continue to fulfill its mission to Seek Justice, Serve Justice, and Do Justice on behalf of the community.

The full report can be viewed at [www.sacda.org/media/reports/EndOfTenureReport.pdf](http://www.sacda.org/media/reports/EndOfTenureReport.pdf).

Source: Sacramento County District Attorney's Office ★



By Pam Young

All I ever wanted to be was a wife and mom, so I majored in Home Economics in college. One of the courses was in cooking which I've always loved to do. Part of the curriculum included a time and motion study to track our steps while baking a cake.

"By being organized," Miss Cratzberry, the professor, told us; "you will save valuable time and energy to use on other activities in your homes. Being aware of the steps we take in the kitchen, preparing the family's meals, is vital to becoming efficient in the daily tasks of homemaking." I'm sure this study was thought up by some efficiency expert like Miss Cratzberry who never married and never had kids. In fact, one of the lessons in her course study was entitled *Handling Servants*. (Over the years, that information has come in so handy for me!)

Back to the cake walk; I remember winning the prize for the most steps taken! One quarter mile! (Actually I didn't win a prize as it was supposed to be bad news for me, but I decided to turn it around in my 19-year-old mind into a good thing.) Webster defines a time and motion study as: a systematic observation, analysis, and measurement of the separate steps in the performance of a specific job for the purpose of establishing a standard time for each performance, improving procedures, and increasing productivity —called also *motion and time study*, *motion study*, *time study*. This is what I envision my resulting steps to look like.

Years later when I really was a mom and wife, I never forgot the results of my time and motion test. One day it hit me while I was packing up stuff



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## Pam Young's Corner

The Benefits of Being Disorganized (Part I)

to take to the gym for an hour workout, that with my gift of taking too many steps in life, it really was a benefit! Because of my attention deficit disorganization, I suddenly realized I was probably getting in a full workout every day. In fact, if I *didn't* go to the gym, I'd save the time, energy and money that that activity took from my day. Put that in your time and motion study Miss Cratzberry!

### Change your thinking, change your body

I'm going to tell you a story that ties in with my AHA moment, but you'll have to read all the way to the end to see how it affects you if you're blessed with being disorganized. In a wonderful book called *You Are the Placebo* by Dr. Joe Dispenza, he tells of a 2007 study at Harvard by some pretty impressive researchers: psychologist Alia Crum, Ph.D., and Ellen Langer, Ph. D. involving 84 hotel maids.

At the start of the study, the maids all got physicals and none of them knew that the routine work they performed in their jobs exceeded the Surgeon General's recommendation for a healthy amount of daily exercise (30 minutes). In fact, 67 percent of the maids told the researchers that they didn't exercise regularly, and 37 percent said they didn't get any exercise.

After this initial assessment, Crum and Langer divided the maids into two groups. (Each group was from a different hotel so the maids wouldn't benefit from any talk at the water cooler or the mini bar in room 941.)

They explained to the first group how their activity related to the number of calories they burned and told the women that just by doing their jobs, they got more than enough exercise. They didn't give any such information to the second group.

One month later, the researchers found that the first group lost an average of two pounds, lowered their percentage of body fat, and lowered their systolic blood pressure (that's the top number that's the higher one) by an average of 10 points, even though they hadn't performed any additional exercise outside of work or changed their eating habits in any way. The other group, doing the same job as the first, remained the same.

Just thinking a thought changed the condition of the maids in group one. Thought can change your body, so start thinking this thought: *Disorganized moms burn more calories than organized moms do. Disorganized women exceed the Surgeon Generals recommendation for exercise every day.*

Just with this new knowledge, I expect you to lose two pounds, lower your systolic blood pressure reading and lower the percentage of fat content in your body in the next month! Remind yourself every day of this new knowledge. In fact, because I know you are going to sit down in a secluded, quiet room several times a day to pee, take that time to tell yourself this information and watch what happens.

Thank you for reading my blog! I hope it helps you appreciate what a blessing you are. Don't miss Part II next week! I'll open your eyes more on how wonderful you are.

For more from Pam Young go to [www.cluborganized.com](http://www.cluborganized.com). You'll find many musings, videos of Pam in the kitchen preparing delicious meals, videos on how to get organized, ways to lose weight and get your finances in order, all from a reformed SLOB's point of view. ★

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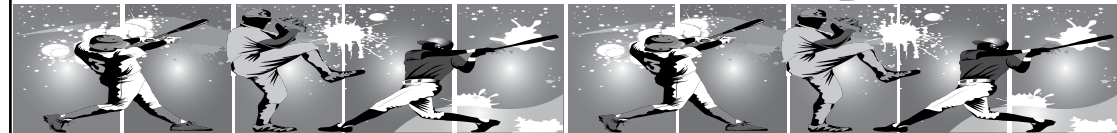
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## The Puzzles of the Past

have the ability, and there is no cheating; no "peel-and-reapply" solutions. Death. Unjustified suffering. A silent heaven when we pray. Who hasn't twisted and turned these things over in their mind, losing sleep and years in the process, trying to navigate such "swamplands of the soul" (as James Hollis describes these things)?

Most of these conundrums are captured in a single word: Yesterday. For every person wrestling with what is happening today; for every person anxious about what might happen tomorrow, there are a dozen people stuck in what happened yesterday. We take our past experiences and we work them over and over and over again, getting bogged down, wasting life, and we can't seem to let the past go.

We are always peering over our shoulders; always trying to re-envision a happier past; always staring into the rearview mirror. So it should be no wonder why we can't keep our lives on track, why we keep crashing into the metaphorical ditch. What else could happen when we maneuver through life while looking backwards?

Yet, we are all moving forward. That is where life is lived. That is where God is leading, and the road he is creating, as with the beautiful prose of the prophet Isaiah, more than apropos as a new year begins: "Forget the former things; do not dwell on the past. See, I am doing a new thing... I am making a way in the wilderness."

We can't keep working

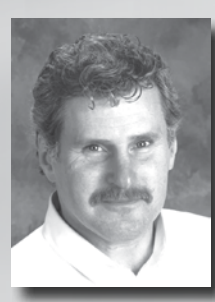
through the past, attempting to solve what can no longer be solved, and live a free and peaceful life today. We have to let go of yesterday and move further down the road. Does this sound like "quitting" or like "giving up?"

Well, return to Rubik's Cube. This is almost impossible to believe, but according to Erno Rubik himself, there are 43 quintillion ways to scramble a Cube. So if you turned the Cube one turn every second, it would take you nearly 1500 trillion years to go through every permutation!

When viewed from this perspective, it makes perfect sense to give up on solving some of our problems, for we don't have the time to obsess with unending analysis of how our lives could have been different. We don't have the years to navel gaze at our pain and our problems.

Simply, there comes a day when we must put down our puzzles; a day to quit working so hard on what we cannot fix; a day to lift our heads and see the God-given road that leads to life; a day to give up "all hope of a better past," and start living again. We are granted only so many days among the living, so we had better spend those days, living, not scrutinizing every twist and turn of our past.

*Ronnie McBrayer is a syndicated columnist, pastor, and author. His newest book is "The Gospel According to Waffle House." You can read more at [www.ronniemcbrayer.me](http://www.ronniemcbrayer.me).* ★



## Dare to Live Without Limits

### Are You Happy?

by Bryan Golden



If you were asked whether or not you are happy, how would you answer? If your answer is a resounding, unqualified "yes," that's great. But if your answer is "no," "sometimes," or "I don't know," there are effective steps you can take to increase your level of happiness.

Let go of the past. Forget about what you could of, would of, or should of done. The value of the past is learning to repeat successful strategies while avoiding actions that caused problems. Happy people enjoy the present and look forward to the future.

Take responsibility for your life. Don't think like a victim. You are the only one who can change things you are unhappy with. Your circumstances are not the fault or responsibility of anyone else.

Cultivate multiple interests. Get involved with a variety of enjoyable activities. It's easy to feel as if you are in a rut when engaged in the same repetitious routines. You probably already know what your interests are. Get into action rather than just dreaming about what you would like to do.

Be appreciative for all of your blessings. Create a mental checklist of all of the good things you are thankful for. Review this list daily to maintain an attitude of gratitude. Those who appreciate all they have feel they have a life of abundance. Those who are unhappy with what they have always want more and never feel they have enough.

Have a positive outlook and attitude. Focus on what's possible rather than devising excuses for not accomplishing what you want. A positive attitude is a foundation of all accomplishment. A negative attitude is a cause of frustration, disappointment, and unhappiness.

Think creatively. All problems have solutions. Happy people become adept at discovering them. Life is challenging but obstacles can be overcome. Creative thinking enables you to look for solutions from every possible perspective. Creative thinking turns your brain into a problem solving machine. Solving problems boosts your happiness.

Work with what you have and where you are. Waiting for something to change before taking action to get what you want halts any progress. You will be happier when you are actively engaged in the pursuit of your dreams.

Be yourself. You are unique. Work to enhance your strengths and overcome your weaknesses. Personal growth is an ongoing process. Wishing you were someone else leads to unhappiness. You can make your life whatever you want. Your accomplishments are based on who you are, not who someone else is. Happy people accept who they are while always striving to improve.

Utilize your talents. There are certain things you have a natural ability with. Look to capitalize on them. Don't get hung up on

those tasks you struggle with. Although you can learn to do anything, there are certain things you excel at. When you concentrate on what you are good at, your progress and happiness increase.

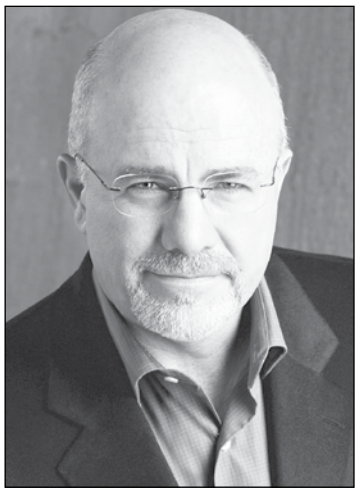
Accept change. The only thing constant is change. Resisting change will not stop it, you will just become unhappy. Happy people recognize that change makes life interesting and definitely keeps things from becoming boring.

Help others. When your actions bring happiness to someone else, you also feel happy. This step is especially effective whenever you find your spirits at a low point.

Don't worry. Worry is like being in a rocking chair; it's a lot of activity that doesn't get you anywhere. Worry is draining. Take action to change things you have control over. Let everything else go. It's virtually impossible for worry and happiness to coexist.

Your happiness is up to you. Start with any one of the above steps and take action to become happier. You'll be happy you did.

**NOW AVAILABLE:** "Dare to Live Without Limits," the book. Visit [www.BryanGolden.com](http://www.BryanGolden.com) or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at [bryan@columnist.com](mailto:bryan@columnist.com) or write him c/o this paper. © 2009 Bryan Golden. ★



## Dave Says

one, in most cases you end up with nothing. The first thing I'd tell her is that the most employable people are ones who aren't broke. When you go into an interview and you're broke, you come off as tense and desperate, and you don't make a very good job candidate.

The answer to that, when you're basically unemployed, is to work any job — and any three or four jobs. Wait tables, deliver pizzas or mow yards. I don't care what, just generate some income. Work all the time and *smile!* You never know when you might be talking to your next employer. You could be walking someone's dog one day and end up in their marketing department the next. But none of this will happen if you're trying to feel better about yourself by sitting home watching Oprah reruns.

I assume that since you're friends, she's willing to listen to what you have to say. But if she won't, all you can do is pray for her. Remember the old saying, "Those convinced against their will are of the same opinion still."

- Dave

### Honeymoon on a Budget

Dear Dave, I just got married, and my husband and I want to book a combination honeymoon and New Year's trip to celebrate. We don't have all the money for it right now, but will have in a few weeks. We were thinking about booking the trip on a zero-interest credit card, and paying it off

when we have all the money. I know you hate debt, but would this be okay since it would be a very short-term debt?

- Laura

Dear Laura,

I know you guys are excited and happy about being married. And I wish you all the happiness in the world. But I don't recommend credit cards of any kind, for any reason, whatsoever.

I don't want to burst your bubble, but if you can't pay for this trip up front you can't afford it. Believe it or not, lots of people postpone wedding trips until they've had a chance to save up a little bit of money. Some folks have never even gone on a honeymoon trip, and they have great, loving marriages.

My advice to you and your new husband is to work, and save up a little bit more. Maybe one or both of you could pick up extra jobs for a little while, and make it happen sooner. Then, when you can pay cash for the trip, go have a blast on a honeymoon you can afford!

- Dave

\* Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books: *Financial Peace*, *More Than Enough*, *The Total Money Makeover*, *EntreLeadership* and *Smart Money Smart Kids*. The *Dave Ramsey Show* is heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at [daveramsey.com](http://daveramsey.com). ★

### Trying to Help A Friend

Dear Dave,

I have a friend who is experiencing financial problems. She is between real jobs at the moment and only bringing in about \$600 a month. But even when she's working regularly, she doesn't budget or manage her money wisely, and she's always looking for more money. On top of all this, she's holding out hope for her dream job out of state. She interviewed several months ago, and hasn't heard anything from the company. What can I do to help her?

- Gina

Dear Gina,

I don't mean this as an insult so much as an observation, but your friend sounds kind of flighty and impulsive to me. I think she may also be a bit immature. So what we're really talking about here is how to get your friend to grow up a little bit and stop chasing rainbows. Don't get me wrong. There's absolutely nothing wrong with having a dream job, but you have to be realistic and practical at the same time.

Right now, I want her chasing three or four smaller job rainbows at once so she'll actually have a chance of catching something. When you chase just

### Kevin Kitrell Ross

Senior Minister/CEO  
Unity of Sacramento

Host, Design Your Life  
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# Rancho Cordova Library Events

**EARLY CHILDHOOD (0-5)**  
**Rancho Cordova Library**  
*Storytime @*  
**Rancho Cordova Library**  
**Wednesdays, 10:30 AM**  
 Build early literacy skills with fun rhymes, stories, songs and more! Part of the Summer Reading Program - PAWS TO READ!

**ADULT**  
**Rancho Cordova Library**  
**Garden Club of Rancho Cordova Branch Library**  
**Fridays, 1:00 PM**  
 Learn what you can be doing in your garden now, take an armchair garden tour, or share tips and information with other gardeners. Special guest gardeners at many of our meetings! We may plan field trips to gardens as well. Sponsored by the Rancho Cordova Branch Friends' Group.

**ADULT**  
**Rancho Cordova Library**  
**Volunteer Orientation at the Rancho Cordova Branch Library**  
**Fridays, 4:00 PM**  
 Learn to be a library volunteer. Primarily, we need volunteers to shelve books. Thank you for thinking of the library. Please note: NO MEETING JULY 5 2013, Library CLOSED.

**ADULT**  
**Rancho Cordova Library**  
**Coffee, Tea and Conversation for Seniors at Rancho Cordova Branch Library**  
**First Saturdays, 10:00 AM**  
 Share what your favorite books are, your favorite memories: let the conversation flow! Light refreshments will be served. First Saturday every month except July 5 2014, Furlough Day. Sponsored by the Rancho Cordova Branch Friends' Group.

**SCHOOL AGE (6-12)**  
**Rancho Cordova Library**  
**Kids' Snacks Program @ Rancho Cordova Library**  
**Thursdays, 3:30 PM**  
 The Junior League of Sacramento's After School Snack Program provides activities that promote the health and well-being of children and youth in our communities. This program provides students with a tasty nutritional boost and encourages participation in supervised snack preparation using local and seasonal produce. We provide activities that are safe, fun and filled with learning opportunities. Co-sponsored by Sacramento Public Library. Free program for school age children ages 6 - 12 years old.

**ADULT**  
**Rancho Cordova Library**  
*The junior league does upkeep on the library garden*  
**Saturdays, 9:00 AM**  
 Help the Junior League keep the children's training garden in good shape.

**BOOK CLUB**  
**Rancho Cordova Library**  
**Rancho Cordova Library**  
**Mystery Lovers Book Club**  
**Tuesdays, 3:00 PM**  
 This library book club is for lovers of mysteries. We are a friendly, informal group that meets the third Tuesday of each month from 3 pm to 4:30 pm in our Community Room. Please join us for exciting discussions.

**SCHOOL AGE (6-12)**  
**Rancho Cordova Library**  
**Kids' Chess Club @ Rancho Cordova Library**  
**Wednesdays, 4:00 PM**  
 Here's a chance for school-age chess players of all skill levels to play against each other free. Beginning chess lessons provided. Challengers and visitors are welcome to gather around, watch and learn from games in progress. Come any time between 4 and 6 p.m., sign in and find out how much fun chess can be! Part of the Summer Reading Program - PAWS TO READ!

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**Rancho Cordova Library**  
**Rancho Cordova Third Thursdays Writing Group and Literary Readings**  
**Thursdays, 6:00 PM**  
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**Rancho Cordova Library**  
**Capitol Crimes Sisters In Crime @ Rancho Cordova Branch Library**  
**Saturdays, 1:00 PM**  
 Mystery authors and fans gather to hear speakers and read and discuss mystery books and the writing mysteries.

**TECHNOLOGY INSTRUCTION**  
**Rancho Cordova Library**  
**Individual E-Reader Help @ Rancho Cordova Library**  
**Saturdays, 2:00 PM**  
 Individuals may schedule a personalized help session for the use of their e-reader with the library's digital collection. First come, first served, with individual sessions lasting up to 20 minutes. A library card and pin number is needed. This is free help from the Library.

**BOOK CLUB**  
**Rancho Cordova Library**  
**Fantasy & Science Fiction Teen Book Group**  
**Thursdays, 4:00 PM**  
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**ADULT**  
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**Fantasy & Science Fiction Teen Book Group**  
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 Teens! Do you enjoy reading books about fantasy, ghosts, other galaxies, and life forms? Join our book discussion group once a month for fun talks about other worldly books that conjure the imagination.

**ADULT**  
**Rancho Cordova Library**  
**Job Searching Online @ Rancho Cordova Library**  
**Fridays, 10:00 AM**  
 This free Oasis class will help you look for a job by using the Internet. Learn to search for jobs online, & communicate with prospective employers. Register via our website, by calling 916-264-2920, or by visiting a library service desk. Class is held during closed hours, so please enter through the staff entrance.

**Additional Events at Rancho Cordova Library:** Family/All Ages: Lego Mania! @ Rancho Cordova Library - Fridays, 3:30 PM  
 • Adult: Spanish Conversation Circle for Adults at Rancho Cordova Branch Library - Saturdays, 3:00 PM



A Film Review by Tim Riley

The holiday season brings more films than usual, and not one of them, as far as I can tell, has anything to do with Christmas. For the seasonal spirit, one needs to reconnect with "It's a Wonderful Life," or even "The Christmas Story."

On the other hand, how was one to guess that Neville Chamberlain, the infamous appeaser of Adolf Hitler, would figure into the holiday film schedule? This is the guy who wanted to ban the screening of Charlie Chaplin's satirical "The Great Dictator," lest Britain offend the Fuhrer.

Now we are worried about insulting the despotic tyrant of the repressive North Korean regime, so we won't get to see the holiday release of "The Interview," starring James Franco and Seth Rogen as a TV host and producer, respectively, tasked by the CIA with assassinating their interview subject, the seriously unhinged Kim Jong-Un.

Notwithstanding public pronouncements from Sony Entertainment, it's only a matter of time before copies of "The Interview" surface somewhere, probably bootleg versions sold on street corners of New York's Chinatown. So let's turn our attention to what is readily available.

Peter Jackson's "The Hobbit: The Battle of the Five Armies," which is rated PG-13, is the last leg of the trilogy of film adaptations of J.R.R. Tolkien's masterpiece. It appears that filmmaker Jackson wants to go out with a big bang, and he succeeds.

More than the previous chapters, this concluding segment is certainly explosive in terms of

## Riley Reviews

### HOLIDAY WRAP FOR "THE HOBBIT" AND "NIGHT AT THE MUSEUM"

violent battles. "The Battle of the Five Armies," which follows upon the conclusion of "The Desolation of Smaug," adheres faithfully to the premise of its title.

During the fiery opening sequence, the defenseless men, women and children of Lake-town are attacked mercilessly by the terrifying Dragon, Smaug (voiced by Benedict Cumberbatch), as he breathes fire upon the village, laying waste to everything in his wake, even though Bard (Luke Evans) proves heroic.

Seeking refuge at the Lonely Mountain, the Lake-town refugees find that the King Under the Mountain, Thorin Oakenshield (Richard Armitage), has succumbed to what Tolkien called the "dragon-sickness," a condition of greed that causes Thorin to hoard his vast resources of gold and other treasures.

Thorin and the Dwarves of Erebor must now face the consequences of desperate people fleeing their homeland. Worse still is that Sauron, the Dark Lord (he's the really ugly one), has sent forth legions of Orcs in a stealth attack upon the Lonely Mountain.

Our Hobbit hero Bilbo Baggins (Martin Freeman) is flustered that he can't get Thorin to see reason. Bilbo finds himself fighting for his life and the lives of his friends as five great armies go to war. Even the wizard Gandalf (Ian McKellen) is helpless.

For the non-believers, "The Battle of the Five Armies" might be the best of the trilogy for the relentless action scenes. The Tolkien faithful at least get the end of the continuous story set in Middle-earth 60 years before "The Lord of the Rings."

Family entertainment is comfortably obtained with "Night at the Museum: Secret of the Tomb," rated PG and the third and final installment of the comedy

series about a night watchman at New York's Museum of Natural History who deals with exhibits that come alive after sundown.

Ben Stiller's Larry is still working the night shift at the museum, but trouble looms when a big gala dinner event turns to disaster and the museum director (Ricky Gervais) loses his job. But even bigger trouble is afoot when Larry discovers that the deterioration of an ancient Egyptian tablet puts all the exhibits into jeopardy.

This is also the last film for Robin Williams, reprising his role of the wax figure of Teddy Roosevelt, who as a result of short-circuiting from the malfunctioning tablet starts quoting other former Presidents, even those succeeding him.

The fate of the New York museum wax figures appears to rest with another exhibit at the British Museum in London. So Larry packs up his crew, including the roughrider chief executive; Owen Wilson and Steve Coogan as the miniature cowboy and Roman soldier; Attila the Hun; and the Capuchin monkey, and they head for England.

Once inside the British Museum, after Larry convinces the bored night guard (Rebel Wilson) to open the gates, the hunt is on for Ben Kingsley's Egyptian pharaoh, who may possess the key to reversing the tablet's disintegration. Naturally, new mayhem is unleashed, especially from less than cuddly animals.

The most amusing new wax figure is Sir Lancelot (Dan Stevens), who once animated becomes obsessed with finding Guinevere. His opportunity comes when he storms the stage of a West End theatre showing a production of "Camelot," starring Hugh Jackman and Alice Eve. Let's just say that he's very insistent in his claim to the stage version of Guinevere and wants to slay Hugh Jackman's King Arthur.

"Night at the Museum: Secret of the Tomb" is familiar turf, though Stiller adds a new dimension to the comedy by also playing a Neanderthal who proves irresistible to Rebel Wilson's security guard. The third installment lacks any pretense; it's just simple fun and amusing entertainment. ★

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- CLUES**
- ACROSS**
1. French pancake
  6. Trig function
  9. \*The steam \_\_\_ motive drove Western growth
  13. Flotsam and jetsam alternative
  14. Earned at Kellogg School of Management
  15. In any degree at all, archaic
  16. Discrimination against elderly people
  17. Black gold
  18. Traction aid
  19. \*Spaghetti \_\_\_
  21. \*Precursor to cowboy
  23. Type of tree
  24. Cough syrup balsam
  25. Contrary conjunction
  28. Heracles' wife
  30. Methane or carbon dioxide, e.g.
  35. "Put a lid \_\_\_!"
  37. Russian mountain chain
  39. Lorry in America
  40. Capital of Norway
  41. Special Administrative Region of China
  43. Tubular pasta
  44. Rock bottom
  46. \* \_\_\_ Party, Manifest Destiny opponent
  47. Norse deity and husband of Frigg
  48. Shoe hole
  50. Audio bounce-back
  52. Lt.'s inferior, in the Navy
  53. Frequenter
  55. \_\_\_ de Triomphe
  57. \*Type of Wild West wagon
  61. Metallurgy factory
  65. Run off to wed
  66. Female sheep
  68. "\_\_\_ two shoes"
  69. RAF member
  70. Spring mo.
  71. Plural of ostium
  72. A chronic drinker, pl.
  73. \*Billy the Kid's was less than 20 when killing his first
  74. Lofty homes
- DOWN**
1. Bird weapon
  2. Angry display
  3. Shiny armor
  4. Fusilli, e.g.
  5. Catch in a net
  6. Ke\$ha's 2012 hit
  7. \_\_\_-Wan
  8. Artillery burst
  9. Beauty or babe
  10. Curved molding
  11. Blacken
  12. Football great \_\_\_ Graham
  15. \*Jury did it to Wild Bill Hickock after famous gunfight
  20. Watery discharge from eyes or nose
  22. Priestly garb
  24. \*She often worked in one room in Old West
  25. \*The Wilderness Road trailblazer
  26. "Take it back!"
  27. Found over "n" in Spanish
  29. Brightly colored and showy, Scottish
  31. Rice-like pasta
  32. \*Sacagawea, e.g.
  33. To \_\_\_ a play
  34. \*They were often traded
  36. Work hard
  38. Nonclerical
  42. Early Irish alphabet
  45. Bemoan
  49. Triple \_\_\_ loop in skating
  51. \* \_\_\_ Trail, spanning east-west
  54. Swelling
  56. Intimate
  57. Large edible mushrooms with a brown cap
  58. Assortment
  59. Unit V
  60. "Iliad," e.g.
  61. Bone-dry
  62. Marines' toy recipients
  63. Prep for publication
  64. Swedish shag rugs
  67. Tail action

**CROSSWORD**

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

For Solutions See Page 9

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Your  
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Questions



Check Out This  
Week's Topic!

# Savvy SENIOR

## How to Keep Tabs on an Elderly Parent When You Can't be There

Dear Savvy Senior,

Can you recommend any caregiving devices or technology products that help families keep an eye on an elderly parent that lives alone? Over the holidays, my sister and I noticed that my dad's health has slipped, so we would like to find something that helps us keep closer tabs on him when we're not around.

- Concerned Son

Dear Concerned,

There are many different assistive technology products available today that can help families keep an eye on an elderly loved one when they can't be there. Depending on your dad's needs and how much you're willing to spend, here are some good options to consider.

### Personal Emergency Response Systems

If you're primarily worried about your dad falling and needing help, one of the most commonly used and affordable products for seniors living alone is a personal emergency response system (PERS) - also known as a medical alert device.

For about a dollar or two a day, these systems provide a wearable pendant button - typically in the form of a necklace pendant or wristband - and a base station that connects to the home phone line.

At the press of a button, your dad could call and talk to a trained operator through the system's base station receiver, which

works like a powerful speakerphone. The operator will find out what's wrong, and will notify family members, a neighbor, friend or emergency services as needed.

Some PERS today even offer motion-sensitive pendants that can detect a fall and automatically call for help. And some offer GPS mobile-alert pendants that work anywhere. Some top companies that offer all levels of services include Philips Lifeline (lifelinesys.com, 800-380-3111), Medical Alert (medicalalert.com, 800-800-2537) and MobileHelp (mobilehelpnow.com, 800-992-0616).

### Sensor Monitoring

If you want to keep closer tabs on your dad than what a PERS offers, consider a sensor monitoring system. These systems use small wireless sensors (not cameras) placed in key areas of your dad's home that can detect changes in his activity patterns, and will notify you via text message or email if something out of the ordinary is happening. For instance, if he went to the bathroom and didn't leave, it could indicate a fall or other emergency.

You can also check up on his patterns anytime you want through the system's website. And for additional protection, most services also offer PERS call buttons that can be placed around the house, or worn.

Some good companies that offer these services are GrandCare

Systems (grandcare.com, 262-338-6147), which charges \$300 for their activity sensors, plus a \$50 monthly service fee. And BeClose (beclose.com, 866-574-1784), which runs \$399 for three sensors, and a \$69 monthly service fee if paid a year in advance.

If you're interested in a more budget-friendly option, consider Lively (mylively.com, 888-757-0711), which costs only \$50 with a \$35 monthly service fee. Lively uses small motion sensors that you attach to movable objects like a pillbox, refrigerator door, front door, etc. These sensors will track your dad's movement/activity and let you know of any abnormalities in his routines. For example, if he didn't pick up his pillbox to get his medicine, or he didn't open the front door to go out and retrieve his morning newspaper, you would be notified and can check on him. Lively also offers a PERS "safety watch" in case he falls or needs to call for help.

Another affordable option to check out is Evermind (evermind.us, 855-677-7625), which lets you keep an eye on your dad by monitoring his frequently used electrical appliances through small plug-in sensors. So, for example, if your dad doesn't turn on the coffee maker in the morning, or if he's not watching his favorite television program before bedtime, you would be notified. Evermind costs \$199 for the three sensors, plus a \$29 monthly service fee. ★

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [www.savvysenior.org](http://www.savvysenior.org). Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

## For the Love of Books

The Best Books for Holiday Giving

Book Review by Amy Shane  
amy-shane@att.net



Over the past few weeks, the most common question asked of me is: "What is the best gift for a teenager?" My answer, is always books, then the next question of course, "What books should I buy?" So, from the email bag mail bag, I've decided to dedicate this column to help answer the most sought after questions. While 2014 had a wide variety of books, spreading over many genres, there are still a few that stood out above the rest.



For the teenage boy on your list, as well as the reluctant reader, Neil Gaiman's, Newbery-Medal winning novel, *The Graveyard Book*, was just adapted into a two volume graphic novel. *The Graveyard Book Graphic Novel's*, beautiful illustrations are perfectly paired with the storyline, following the original spine-tingling tale, that is sure to entertain and captivate reader.



Fairytale retellings, always seem to be a favorite among teen readers. With that being said, Marissa Meyer delights fans with her *Lunar Chronicles Series*, which is futuristic retellings of classic fairytales, even including cyborgs. Follow Cinder, Scarlett and the latest release, *Cress*, as they gently echo the characters of Cinderella, Little Red Riding Hood and Rapunzel.



One of my most beloved series, is *The Selection Series* by Kiera Cass. This year, Kiera Cass, once again thrills readers with her enchanting and enthralling conclusion to her three book series with, *The One*. Beautiful, as it is endearing, *The One*, breaks your heart, as well as mends it repeatedly, leaving the conclusion to permanently etch itself into the remnants of your heart. Full of depth and continual spins, this series will spark the Fairytale in all of us.



For the readers who enjoy a scary read, *Welcome To The Dark House* by Laurie Faria Stolarz, is the perfect match. This Disney-Hyperion book, takes you on a thrilling and terrifying ride. When a weekend turns from fun to deadly, for a group of teenagers, when they are driven to an abandoned carnival in the middle of the woods, where their nightmares are the ticket in and surviving their nightmares, is their way out.



In a colorful and unique, under the sea adventure, Disney-Hyperion also takes a creative, new spin on mermaids in, *Deep Blue* by Jennifer Donnelly. This mermaid tale opens the imagination to a world where mermaids sleep in scallop shells, adorned with sea glass and anemones and are born with magical abilities. Follow Princess Serafina, on a dangerous journey to follow a prophecy and try and save her fallen kingdom. Perfect for the younger reading audience of young adult books.



In a story where secrets are meant to be kept, *The Glass Casket* by McCormick Templeman, reads like a classic horror, straight from the Brothers Grimm, where secrets resurface in the face of a beauty, and death lingers in the shadows. While this tale is horrific and gruesome at times, it is still breathtakingly beautiful and will appeal to fans of classics, as well as horror.

Last but not least, the book to give your best friend, *Since You've Been Gone*, by Morgan Matson. A coming of age tale of friendship, Morgan Matson writes a truly unique and beautiful story that highlights realistic and heartwarming characters that resonate the core of true friendship. Whether it be the friends you have always had, or friends from summers past, this book will make you fondly reflect upon them, which is the perfect reason to pair this book, with a pair of heart shaped sunglasses, for that friend that has always been there, by your side.



## POPPOFF!

with Mary Jane Popp

final tally was nearly 300 pair of socks that were given to seniors for the holidays.

As Jamee Horning, Director of Seniors First, put it "there will many smiles as seniors pick out their favorite pair of socks." And

Mary Jane found out, "It doesn't have to be a few to give a lot, but if everyone does just a little, there would be so much we could do for so many." Perhaps this is a good message to start out the New Year! ★



Kahi's Mary Jane Popp and Jamee Horning overloaded with a bundle of socks in studio for the presentation.

### SHARING IS CARING

Just when you think people don't care in this tumultuous world, there comes a story that gets you really thinking. Mary Jane Popp kicked off a two week campaign called "Sox for our Seniors" at AM-950 Kahi Radio in December. What she thought might be a nice little contribution of 100 pair of socks to Seniors First, organization that looks after seniors in the Auburn community, turned out to be a mega endeavor. It was something that seniors could use all year long. As the time went by, she kept raising the number on the air. The

## Let The Boy Scouts Recycle Your Christmas Tree!

**GOLD RIVER, CA (MPG)** - Oh Christmas Tree! This year you can count on Gold River's Boy Scout Troop 281 to help you recycle your tree when the holiday is done. Pick up dates are December 27th, January 3rd and January 10th. Pick up begins at 10:00 a.m. Simply call (916) 668-9281 and make your reservation. You will be asked for the following information: your village, address, phone number,

email, and what day you would like a pick up (January 1st or 8th).

Trees of all sizes will be accepted. The suggested donation of \$15-\$25 per tree will help the Troop pay for the cost of this service.

Funds raised support Gold River's Troop 281. In addition to Troop 281, this Tree Recycling program is being supported by Cub Scout Pack 281 and Venture

Crew 808 (the co-ed Scouting program). This is an all volunteer effort by these Scouts and their adult leaders. Should you have any questions or encounter any issues, you can reach us by email at [info@Troop281.net](mailto:info@Troop281.net) or call (916) 538-2810. We thank you for your support.

From all of us, we wish your family a peaceful and happy holiday!

Source: Teresa Peterson ★

## Hometown Hero



Army Pvt. Rian P. Tichenor has graduated from basic combat training at Fort Jackson, Columbia, S.C.

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Tichenor is the son of Perry Tichenor and Trena Tichenor of Rancho Cordova, Calif.

He is a 2014 graduate of Cordova High School, Rancho Cordova, Calif.

Source: Joint Hometown News Release

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# Does Being Spiritual and Religious Make You Uncool?

By Eric Nelson

The Ariel Atom is one of the quickest cars on earth, reaching a speed of 100 km/h in just under 2.5 seconds. Even faster is the time between when some people say “I’m spiritual” and “but not religious,” as if within those few milliseconds they might be mistaken for someone misguided, deluded or just plain uncool.

But what about those who consider themselves spiritual and religious? Is the assumption that they have fallen under the spell of some non-existent deity, are perhaps less inclined to think on their own and are obsessed with converting anyone and everyone they meet just to increase their standing with God or the folks back at church?

Possibly. After all, there are plenty of religious types who have been misled, who find it easier to follow blindly than to be guided by their own conscience and whose fear of being left out or left behind fuels a seemingly insatiable drive to reform or, worse, condemn anyone they consider to be unfaithful. No wonder so many are so quick to qualify their spiritual coming out with “but not religious.”

On the other hand, there are plenty of well-grounded churchgoers who have found religion to be the perfect channel for their spiritual pursuits, kind of like the banks of a river that provide a sense of direction and practical purpose to what most of us see as an uncertain ride through life’s uncharted waters. “Faith is a living, daring confidence in God’s grace,” said Martin Luther, “so sure and certain that a man could stake his life on it a thousand times.”

Admittedly the overly fervent can sometimes come off as if they’re trying to sell something, focusing more on the guaranteed



goodies awaiting you once you’ve joined their ranks than on the insights they’ve gained and are learning to put into practice. For the newcomer this can seem confusing if not downright hypocritical, especially when their efforts to reconcile these promises with their day-to-day struggles aren’t very successful. Were the focus to be shifted more toward the strength, stability and healing afforded by these insights, especially during life’s rough patches, perhaps then being spiritual and religious might not seem so unsavory or uncool after all.

For many this includes the realization – and humble admission – that although God is immensely knowable, there will always be more to learn. “To understand God is the work of eternity,” writes Mary Baker Eddy, “and demands absolute consecration of thought, energy, and desire.” While for some this may sound like a life sentence, it’s actually quite the opposite. Each and every revelation about the Almighty helps to make life’s burdens a little lighter, the understanding of our purpose a little clearer. Who wouldn’t want this to go on forever?

There’s also the ever-increasing certainty that we have nothing to fear, a confidence born of witnessing firsthand the

removal of countless obstacles to progress – everything from impatience and discouragement to debilitating physical conditions, all through the persistent and consistent application of decidedly religious teachings.

And then there’s the obvious and now scientifically measurable connection between the moral uplift that comes from regular study of the scriptures – that is, a freer expression of such qualities as compassion, forgiveness and so on – and improved health. Better yet is the realization that health itself is not irrefutably matter-based, as most believe, but a natural and even essential expression of God’s care for His creation. “The Christian does not think God will love us because we are good,” said author C.S. Lewis, “but that God will make us good because He loves us.”

None of this is to say that being spiritual and religious is any better than being spiritual but not religious, only that the former shouldn’t be written off as nothing more than a quaint if not annoying anachronism. “The epoch approaches when the understanding of the truth of being will be the basis of true religion,” says Eddy, implying that a reconciliation between that which we most desire and that which continues to be misunderstood and often misapplied is inevitable.

That in itself is pretty cool to consider.

*Eric Nelson’s columns on the link between consciousness and health appear regularly in a number of local and national online publications. He also serves as the media and legislative spokesperson for Christian Science in Northern California. Follow him on Twitter @norcalcs.* ★



## Holiday Treecycling



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Golden Pond offers Independent and Assisted Living for seniors in studio, one, or two-bedroom apartments. Nestled in the quiet residential neighborhood of Rosemont, we provide meals, transportation and many other available services to make life easier for seniors.

Instead of being stuck inside, with limited exercise and stimulating company, why not choose a more active, social environment?

At Golden Pond we offer daily activities and attentive staff — to take the chill off those dark, winter days.

Call to schedule your personal visit today... we can't wait to show you around!



# Golden Pond

SENIOR LIVING

916.369.8967

crmscommunities.com

3415 Mayhew Road | Sacramento

**ASK ABOUT MEMORY CARE COMING THIS FALL!**

RCFE #347000985

## Living Trust Senior Special

with this ad

*If you have a house, you need a Trust.  
 If you have a Trust, it needs to be up-to-date.*  
 (Review of existing trust at no charge)

### SENIOR SPECIAL

Asset Protection Program includes the following:

- Revocable Living Trust • Powers of Attorney Financial • Powers of Attorney Healthcare
- Wills • One Residential Trust Transfer Deed
- No Charge for Notary Services • Prop 13 Protection
- Long Term Care Government Benefits Planning



**WILL ASSOCIATES**

Richard H. Will  
 ELDER LAW ATTORNEY  
 Serving Seniors Since 1975

**Avoid Probate — Call Today!**  
**(916) 482-8897**

1337 Howe Avenue, Suite 103 • Sacramento • www.willassociates.com

## Union Gospel Mission Sacramento



For more than 50 years, Union Gospel Mission has been serving Sacramento’s homeless with shelter, meals, clothing, a rehabilitation program and a life-changing Gospel message. Founded in 1962 by concerned Christians for men in need, the Mission now serves women and children, too, and is an amazing testament to the good that comes with committed volunteers, inspired leadership and the community’s support.

*We accept donations, clothing and goods, 7 days a week...and prayer always!*

Matthew 25:40  
 “Caring for the Least”

**50+ Years of Service**

**(916) 447-3268**  
 400 Bannon Street • Sacramento, CA 95811  
 Exec. Director, Pastor Tim Lane  
 P.O. Box 1108, Sacramento, CA 95812

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**REPUBLIC  
SERVICES**

# **Trim** **your** **Waste**

**Recycle More and Get Rewarded!**

During the month of December, a Republic Services employee will randomly select residential recycling carts from throughout the City to check their contents!

The first 3 households with no contaminants (i.e. non-recyclables) in their recycle cart will be awarded a

**\$100 prize!**

At the end of the contest, the 3 winners will be contacted by Republic Services, inviting them to a City Council Meeting in January, where they will be recognized for their recycling efforts. Their names will be entered into a drawing to win the \$200 grand prize!



# IT'S JOIN OUR PLANET JANUARY

## ONLY \$1 DOWN & \$10 A MONTH!

**EXPIRES**

**planet  
fitness**

**JAN. 9<sup>th</sup>**

10373 Folsom Blvd., • Rancho Cordova, CA 95670  
(916) 368-5000



As the most innovative health club brand in the United States, Planet Fitness is known for a lot of things – our absurdly low prices, our Lunk™ Alarm, and most of all perhaps, for our Judgement Free Zone® philosophy, which means members can relax, get in shape, and have fun without being subjected to the hard-core, look-at-me attitude that exists in too many gyms.

For franchise info or to join online visit [www.planetfitness.com](http://www.planetfitness.com)



\*Home Club only. Billed monthly to a checking account. Subject to \$29 annual membership fee. With a \$1 One Time Start Up Fee. Includes T-shirt. Must be at least 18 years old, or 13 with parent/guardian. Incentives offered for enrolling in other memberships. Participating locations only. Planet Fitness facilities are independently owned and operated. ©Planet Fitness