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Citrus Heights Messenger "Written by the people, for the people"

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Second Edition for November 2014

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Citrus Heights Producers Premiere Incongruity at Gala



actors in the film, which is set in the 1920s. Zoe Duensing is a member of Red Bench Entertainment. Photo courtesy of Richard McHenry Makeup artist Becca Tocci prepares actress Jenae Noble (photo at left) for her role as a zombie in Red Bench Entertainment's film Incongruity. Noble was also in a recent stage production of *Little Women* for the group. Photo courtesy of Emily Lao

Story by Margaret Snider

SACRAMENTO COUNTY, CA (MPG) - Red Bench Entertainment writer and director Angela Zaniboni calls the film *Incongruity*, which she wrote and directed, a supernatural drama. The film will premiere at a gala event with the theme *The Great Gatsby*. The show will be 5-10 p.m. on December 27th at Curtis Hall, Sierra 2 Center for the Arts, Sacramento. The family-friendly event will showcase Red Bench's work.

'There will be slide shows, videos, movies, projects that we've done," said Cheryl Rubio Barrios, CEO of Red Bench and

producer and executive director of the film. "The finale will be (the showing of) Incongruity."

Appetizers and drinks, socializing and mixing will tie in with the 1920s theme. 'There will be dancing, singing, and even

some live acting," Zaniboni said.

Zaniboni and Barrios, who live in Citrus Heights, founded the nonprofit in 2012 to provide a chance for people of all ages to practice the creative arts they love. The organization also fosters those who may not have means to pursue their passion by traditional,

more expensive methods. Red Bench holds open auditions for their productions. In Incongruity, Andrew Ramsey of Carmichael plays a photographer who lost his young daughter in an automobile accident a few years before. While always interested in writing and directing, Ramsey only recently decided to try his hand at acting. The audition notice for the film was the first he heard of Red Bench.

"It's a small, unique group, an eclectic group of people that I've met," Ramsey said. "They seem to me like a family and I love that, it's a great environment . . . It's up to you as an actor to bring the role to life yourself and take your own experiences and put it into that. And that's a very unique challenge."

Learning the lines is one of her challenges, said Gloria Estela of Sacramento. "You not

Continued on page 5

Feed the Needy Soup Kitchen

CITRUS HEIGHTS, CA (MPG) - The Feed the Needy Soup Kitchen has been serving the Citrus Heights community for over 20 years. The annual Thanksgiving Dinner is being served Wednesday, November 26th, 2014. The dinner will be served promptly at 5:30 p.m., with seconds and leftovers provided as available.

Feed the Needy Soup Kitchen is now accepting donations to fill the Thanksgiving gift boxes being provided for those families in need of a Thanksgiving Dinner. Food can be dropped off Wednesdays in the hall at the back of Holy Family Catholic church located at 7817 Old Auburn Road in Citrus Heights. They are accepting turkeys, stuffing, potatoes, cranberry sauce, yams, pumpkin pies, and

those in need.

Christmas is right around the corner, so they are also accepting toys for children of the community who may not have a Christmas without your help. Donations will be accepted on Wednesdays in the hall at the back of the church parking lot.

The Holy Family Catholic Church Feed the Needy Soup Kitchen is open weekly on

Wednesday evenings throughout the year. Bread is available for pick up starting at 4 p.m. and a hot meal is served promptly at 5:30 p.m. A food line runs at approximately 6 p.m. for those desiring to pick up donated food items to take home. There are no identification or registration requirements to be served a hot meal or given groceries for yourself and your family.

There is a need for volunteers just as there is a need for the donations to keep flowing through the doors from businesses and individuals alike. If you have any questions or donations of any kind, feel free to contact Nora Martinez, the shining light who runs the kitchen, at (916) 721-1176, or call Tricia Lynch at (916) 213-7752. Source: Tricia Lynch

CHP Combats Aggressive Driving

SACRAMENTO, CA (MPG) - On November 13th, the California Highway Patrol (CHP) announced that it is implementing a yearlong, federally funded traffic safety campaign to reduce the number of collisions associated with aggressive

"Every year, speed and aggressive driving plays a role in the death or injury of thousands of people in California," said CHP Commissioner Joe Farrow. "Through this enforcement and education campaign, we seek to curb the number of fatal and injury collisions linked to speeding and other dangerous driving."

With the support of a federal traffic safety grant titled "Reduce Aggressive Driving Incidents and Tactically Enforce Speed (RADIATES) III," the CHP will educate motorists about the dangers of aggressive driving and will take appropriate enforcement action. The primary goal of this grant is to reduce, by 5%, the number of fatal and injury traffic collisions where speed, improper turning, and driving on the wrong side of the road are primary collision factors. To achieve goal by September 30th, 2015, the CHP will combine enhanced enforcement with an active public awareness campaign, which includes at least 400 radar trailer deployments and a minimum of 300 traffic safety presentations throughout the state.

Speed, coupled with aggressive driving, consistently contributes to the vast majority of serious collisions in California. According to data from the Statewide Integrated Traffic Records System, in federal fiscal year 2011-2012, speed was a factor in approximately 42% of all fatal and injury collisions in the state. That year, more than 26,000 speed-related collisions resulted in the death of 264 people and the injury of more than 38,000 others

Funding for this program was provided by a grant from the California Office of Traffic Safety through the National Highway Traffic Safety Administration.

Source: Chad Hertzell, Public Information Officer, California Highway Patrol





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Holiday Stockings Needed for Formerly **Homeless Women and Children**



Local residents can bring smiles to formerly homeless women and children this holiday season by giving to Women's Empowerment's annual Holiday Stocking Drive The group is seeking 250 stockings and specific fillers for local infants, toddlers, children, teens, and adult women.

SACRAMENTO REGION, CA (MPG)

- Local residents can bring smiles to formerly homeless women and children this holiday season by giving to Women's Empowerment's annual Holiday Stocking Drive. The group is seeking 250 stockings and specific fillers for local infants, toddlers, children, teens, and adult women. For the list of items needed and drop-off details, visit www.womens-empowerment.org. Those interested can also donate \$30 to have a volunteer elf fill a stocking or donate Target gift cards. Stockings for adults and teens are especially needed. Items are needed by December 5th

North A Street, Sacramento. For more information, contact Kate Towson at kate@womens-empowerment.org or (916) 669-2307.

"It's such a beautiful and moving experience to surprise women and children once homeless with holiday cheer and necessary items needed to stay warm as they celebrate their first holiday season in their new homes," said Lisa Culp, executive director. "We hope the local community will be part of this magical experience by filling a stocking for these amazing women and children."

Women's Empowerment offers the most comprehensive job-readiness program in the Sacramento area, designed

specifically for women who are homeless and their children. The 2014 Organization of the Year has graduated 1,177 homeless women and their 2,552 children. Last year, 81% of graduates found homes and 90% found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes, and support services to help homeless women across diverse ages, races, and cultures. Women's Empowerment is funded solely through private donations from the community. To donate online, please visit www.womens-empowerment.org.

Source: Kristin Thébaud Communications

Sylvan Cemetery Veteran's Day Service

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Police motorcycle detail and American Legion led the traditional march on Veterans Day through Sylvan Cemetery to the gazebo for the service. Over 1,400 veterans are buried at Sylvan Cemetery.

Jim Monteton, with the American Legion, reviewed the history of Veteran's Day from its beginnings as Armistice Day in 1919. He thanked the boy scouts of Troop 228 for their help placing almost 200 flags throughout the cemetery. Military families donated the flags honoring their fallen loved ones. One woman told Monteton she feels her husband is still serving when she sees his flag flying.

Citrus Heights Mayor Mel Turner and Sacramento County Supervisor Roberta MacGlashan



The Sylvan Cemetery Veteran's Day service began with the a cappella renderings of the Harmony Express and the traditional march led by the Citrus Heights Police motorcycle detail and American Legion. Photo by Mary

addressed the crowd, and attendees took advantage of blank cards available to write thank you notes to deployed service people. Provided by the Soroptimist Club, the thank you notes will be sent in care boxes being filled by Blue Star

Moms at their next packing party.

In closing, American Legion Chaplain Jerry Smith said, "Do not think of freedom and liberty as abstract concepts. Hold on to them tightly so we don't forget their



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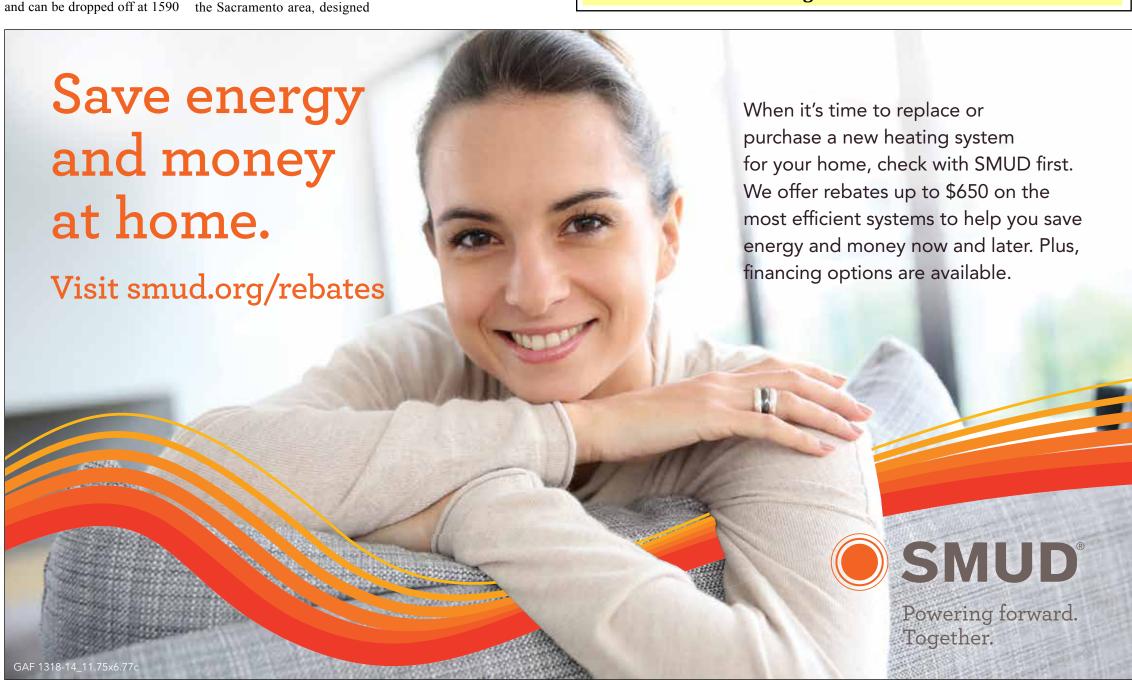
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Messenger

Parents Seek Council's Support Against School Closures

By Julia Baum

CITRUS HEIGHTS, CA (MPG) -Parents made an appearance at

the October 23rd Citrus Heights City Council meeting, imploring council members to stand with them in their mission to keep their children's schools open.

The small but vocal group of four individuals came forward one by one during public comment, each repeating their request for the council to encourage the San Juan Unified School District Board of Education to vote in favor of Carriage Elementary School and Sylvan Middle School remaining open. Because council members cannot collectively take an official stance on the issue, parents asked them to do so individually.

"I'm not asking you to come together and support us," said Angela Villardi, mother of two girls. "I'm asking you individually on our road to rebuild Sylvan.'

Jim Cowger, who has two children attending Carriage, said that their group had recently gathered

more than 125 signatures on a "Save Sylvan" petition from community members. According to Cowger, council support could have significant influence on the board's expected upcoming vote on November 18th.

"If you could do us the honor of just giving your individual opinion to San Juan," Cowger said. "So far they've been willing to listen."

Julia Neuhauser, a preschool teacher at Citrus Heights Elementary, was among the parents who attended the council meeting. She is concerned about overcrowded classrooms at her school if students from Carriage are forced to relocate by a closure. Like the other group members, she would like the district to invest in upgrades and repairs at the aging Sylvan campus instead of displacing Carriage students.

"I absolutely loathe politics and here I am," Neuhauser said. "The minute you start closing schools it becomes political. We're more than statistics; we're more than dollar signs."

Mayor Mel Turner serves as a member on the Citrus Heights **Chamber Education Committee** alongside council member Jeannie Bruins. He and Vice Mayor Sue Frost said that they plan to attend the next Board of Education meeting on October 28th to demonstrate their engagement with the community, even though they are limited in their ability to take action as a council.

"Our freedom ends where [the board's] begins," Turner said. "Individually, we can advocate as much as we want, but not as a council."

Despite council limitations, Cowger said that he and other parents are fighting the closures for more than just concerns of overcrowding—he says that it's a piece of Citrus Heights' history and identity.

"It's been a part of the community, it's been part of our background for decades," Cowger said. "We want to grow this community; we want to be proud of this community."

In Fine Fiddle

Old Time Fiddlers' Association Has a Love for Americana Music

Story and photo by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG)

- Fiddlers old and young, or people who just love violin music, are invited to meetings of the California State Old Time Fiddlers Association. Held at the Orangevale Grange Hall, the monthly fiddlers' jam brings violinists out of the fret work.

The second-Sunday musical meet is patronized by up to 200 amateur, professional, and diehard musicians of all ages. Some have beards whiter than the strings of their bows. Others are in grade school. The youngest struggle to get scaled-down fiddles under dimpled chins.

All are members of the Old Time Fiddlers' Association (District 5); they love that quintessential sound of Americana that coaxes turkeys from the straw. Musicians and supporters come from Oroville, Stockton, Sacramento, and the surrounding counties. A dollar donation buys an afternoon as American as a barn-raising. The meetings begin with The Pledge of Allegiance and "God Bless America." Another high point is the massive afternoon potluck for famished fiddlers



The California State Old Time Fiddlers Association boasts many junior members. Pictured: District 5's Fiddle Kids warm up with their hero, Fair Oaks virtuoso Dave Bergan. Back left, instructor Eric Andersen elevates one

and fans.

The core purpose of the association is to keep old time American music going. District 5's members, including many children, strive to ensure that goal.

"Beginners are welcome," says association member Susie Brown. "We also have players in their 70s who've just picked up fiddles. It's good for them to be around others who are willing to help." Meetings include instruction sessions and the opportunity to perform before sympathetic audiences. As the afternoon progresses, violin cases are stacked in every hall corner.

Owners spill from the antique venue to jam in the parking lot or under oaks in the surrounding park.

"They never get enough of fiddle music," says Brown. "It's simple, yet complex. The sound is like birds singing. If you were blind, you'd still know it. Fiddle music comes from the soul."

The next Old Time Fiddlers Association meet is on December 14th. Anyone may attend the 1 p.m. meeting held at Orangevale Grange Hall, 5807 Walnut Ave, Orangevale. For information, visit www.csotfa5.com.

Holiday Craft Bazaar for the Shriners Transportation Fund

SACRAMENTO, CA (MPG) - Need holiday gifts on a really tight budget? Homemade is the way to go, and if your crafting skills make you blush, then come to the Holiday Craft Bazaar for the Shriners Transportation Fund. It is all for charity and inexpensive as well.

The Ben Ali Shrine Ladies Holiday Bazaar will be held at the Scottish Rite Masonic Center, located at 6151 H Street in Sacramento from 8:30 a.m. until 12:30 p.m. on December 6th, 2013. Parking and entry is free.

There will be over 100 tables of crafts, holiday decorations, homebaked goodies, and fresh-crop fruits and nuts. The event will also offer a Christmas tree silent auction and photos with Santa.

Many children who need care also need to be transported from



The Holiday Craft Bazaar features over 100 tables of crafts, holiday decorations, home-baked goodies, and fresh-crop fruits and nuts. The event also offers a Christmas tree silent auction and photos with

their homes to the Sacramento Shriners Hospital, so the Ben Ali

Transportation Fund was created in 1969. It has helped children from California, many surrounding states, and even Mexico come to the Hospital for life-saving treatment for over 40 years.

This craft fair is unique since there are no vendors. All goods are made or solicited by volunteers. All goods are donated, and all proceeds go to the Ben Ali Shrine Transportation Fund for children and their families. Shrine Center clubs and units from all over Northern California participate in the event each year.

The Holiday Bazaar is a great place to start your holiday shopping on a budget, and it's all for a great cause. For more information, contact Lynn Peters at (916) 682-7089 or Linda.K.Peters@ comcast.net.

Source: Lynn Peters

San Juan High School's Spartan Family Feast

CITRUS HEIGHTS, CA (MPG) - Last year, San Juan High School started a wonderful new tradition: the Spartan Family Feast. They served over 50 families of our community a fully prepared holiday feast with all the trimmings and dessert. They are seeking your support to make that happen again.

As the seasons change and we enter the holiday season, there are many who desire joyful celebration but have been subjected to our harsh economic times. In an effort to show kindness to others and fulfill the spirit of the season—giving and sharing— Principal Ervin would like to extend an invitation for a day of service. San Juan High School is coming together to prepare holiday family feasts and deliver them to members of the Citrus Heights community on December 23rd. With your support and service, they are seeking items for a family feast to give back to our community.

San Juan High School would like to thank you in advance for vour time and donation to those who have fallen victim to our economy. If you are able to donate food for the feast or would like to donate a monetary amount, our San Juan families would be more than grateful for your support.

For a list of the food items needed for the feast, please contact Andi Johnson at San Juan High School at (916) 971-5188. Non-perishable food items are being accepted now through December 19th, while perishable food items should be dropped off in the week before the 19th.

If you would like to make a financial contribution, please make checks payable to San Juan Alumni Association. You may drop off your donation at San Juan High School or mail it to P.O. Box 103, Citrus Heights, CA 95611.

Source: San Juan High School





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Headstone Mystery Finally Solved

By Shaunna Boyd

SACRAMENTO COUNTY, CA (MPG)

- Almost 20 years ago, a headstone was left outside the gate at Fair Oaks Cemetery. There were no birth or death dates engraved on the headstone, only the name Christina. No one knew where the headstone had come from or where it belonged. The staff at the cemetery set up Christina's headstone near the front office, and many visitors asked about her over the years. It was hoped that someone would recognize the headstone so it could be returned to its proper place.

Almost five years ago, the staff from the Fair Oaks Cemetery had a booth set up at the annual Carmichael Community Founder's Day Festival. District Manager Ray Young began telling the story of Christina's headstone to a visitor at their booth, Bob Wascou of the Sacramento Cemetery Commission. He was very familiar with the history of various Sacramento area cemeteries, and he decided to investigate where the headstone belonged.

There weren't many clues to go on. Only the spelling of the name on the headstone was distinctive. There were 1000s of burial records for the name Christine but very few for Christina. The uncommon spelling helped narrow the search.

In late October of this year, the mystery was finally solved. Christina is believed to have been only three months old at the time of her death and was originally interred at Sacramento's first cemetery, the New Helvetia Cemetery.

New Helvetia Cemetery has a long history dating back to the early Sacramento-area pioneers. The site became Sacramento's first official graveyard under the name New Helvetia Cemetery in 1849. Some burials may have occurred at the site as early as 1841 at the time of John Sutter's establishment of his nearby settlement.

City officials adopted an



Almost 20 years ago, a headstone was left outside the gate at Fair Oaks Cemetery There were no birth or death dates engraved on the headstone, only the name Christina

ordinance prohibiting further burials at the cemetery, and the last recorded burial at the site occurred in 1914. Most of the standing headstones were removed at that time and replaced with flat grave markers to transform the site into a public park.

An ordinance for abandonment of the cemetery was passed in 1945. Then, in 1953, the area was offered to the Sacramento School District as the site for Sutter Middle School

In 1955, city leaders ordered the removal of all the bodies buried in New Helvetia Cemetery. It was believed to be the resting place of 600 bodies, but during the mass exhumation, a large number of bodies were found in an area of the cemetery believed to be sparsely populated.

The bodies in that area of the cemetery were buried in wooden boxes, sometimes with two boxes, one above the other, in each grave. Most of these boxes had completely deteriorated and only bones remained. However, one body was found with a dime and another was found with a pair of spectacles. The lack of detailed records for the burials may be the result of a cholera epidemic, which required hasty burials and minimum attention to record keeping.

The exhumation ultimately

resulted in the removal of more than 5 000 bodies. Some bodies had accurate burial records and were transferred to various cemeteries throughout the area. However, the identities of most of those bodies were unknown and lost forever. These unknown remains were transferred to a common grave at East Lawn Memorial Park.

The size of the exhumation, more than 5,000 disinterred, was unusually large. During the exhumation, workers stacked grave markers in the street, and many were left behind after the exhumation was completed. More than 100 markers were later found around Sutter Middle School and at local East Sacramento homes. In 2008, the recovered grave markers were taken to East Lawn Memorial Park to surround the perimeter of the New Helvetia common plot.

This common plot is believed to be the final resting place of the mysterious Christina. Ray Young of Fair Oaks Cemetery is coordinating with the superintendent of East Lawn Memorial Park to ensure the headstone is finally returned to its proper place with Christina's remains.

Sources: Ray Young, Fair Oaks Cemetery; Bob LaPerriere, Sacramento County Cemetery Advisory Commission

MEMORIAM



04/08/1938 - 11/07/2014

Born April 8, 1938 on Mount Moriah, Tennessee; passed away November 7, 2014 in Citrus Heights, CA at the age of 76. Beloved husband of 55 years to Reva Jean Scherffius. Greatly missed by children J. Wayne Scherffius of Carmichael, CA and Michael E. Scherffius of Stockton, CA. Forever remembered by grand children Heather Scherffius, Gold Beach, Oregon, Michael Scherffius and wife Katie Scherffius, Carmichael, CA and James Wayne Scherffius, Redding, CA as well as two great grandchildren, Richard Nollette and Christina Nollette, Grants Pass, Oregon.

Also survived by two sisters, Carolyn Byars, Union City, Tennessee and Doris Johnson,



Memphis, Tennessee and two brothers Freddie Scherffius, Troy, Tennessee and Henry Scherffius, Covington, Tennessee. Preceded in death by mother and father, Nellie Lock-Scherffius and Joseph Lenora Scherffius and three sisters, Elsie Earl

Caughron, Barbara White and Ruth Scherffius.

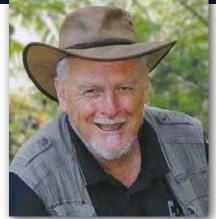
Joe was a very skilled electroplater working both in private industry and civil service for 28 years. Throughout his adult life Joe was a very skilled guitar player, singer and song writer. In his retirement years, Joe was also an accomplished author, publishing three separate books of his tender and witty poetry. He will be forever missed by his family and friends who deeply loved and respected him.

A memorial service will be held on Sunday, November 23 at 4:00 pm at the Church of God Seventh Day, 5331 Dewey Drive, Fair Oaks, CA 95628, (916) 965-3063.





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only have to remember your lines," she said, "but you have to remember the lines of the person that you're acting with in that scene. If you don't know their lines you can't really know yours."

In Incongruity, Estela, recently returned to acting after a hiatus, portrays a reporter who has "messed up big time." She has appeared in other short films, mostly for film festivals in Sacramento. Like Ramsey, she is thrilled with Red Bench. "They let us, the actors, really stretch. I don't know how to say it-exercise our acting skills and feel safe about it. They don't box us in, they let us fly free."

The part of the photographer's daughter, Mara, is played by Jenae Noble, 16, of Rancho Cordova, who recently costarred in the Red Bench stage production of Little Women. Playing Mara is difficult, Noble said. "The challenge is switching between personalities. It's like (the character) is this little girl trying to portray Mara, and she's also this demonic 'I'm gonna slit your throat' kind of person."

Other roles are played by Kara Schunk, Romero Partida, Angelica Fey Berger, Mitch Darnell, and Jacquelyn Howard.



Romero Partida and Guljemal Amanaliyeva start a take on the filming of Red Bench Entertainment's film Incongruity. The film will premier at an event on December 27th at Curtis Hall. Sierra 2 Center for the Arts. Sacramento. Photo courtesy of Emily Lao

Four children have parts as well: April Houston, 8, of North Highlands, always wanted to be in a movie and is looking forward to seeing herself on the screen.

Bruce Saechao, 6, is also from North Highlands and acting for the first time. For Saechao, the hardest part of being in a movie is the waiting and the sitting. "I'm the part that does the most sitting," he said. "I practice a lot."

Serenidy Acosta, 7, of Elk Grove, looked surprised when asked if acting was hard. "It's easy," she said. "I've been acting for a lot of years."

Isabel Mullin, 8, is also one of the child actors.

Barrios said that Zaniboni has written an incredible script. "It keeps you at the edge of your seat, and you want to know more of what's going to happen. . . kind of a mind game type of

The Great Gatsby premier event is by invitation only, but members of the public who are interested in attending may call (916) 599-2651 to see if tickets are available, or visit the website at www.redbenchentertainment.

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1. Proclamation

17. To carry, as in heavy

21. *Tom Selleck's private

37. Lad, in Ireland 39. Do penance

43. Old Norse texts in siaht'

47. Log splitter

53. *"My_

63. Ado

66. *Like Thurston Howell III of

68. Declare invalid

1. Emergency responder

3. Clickable image

11. Disable 12. P in m.p.g.

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6. FEMA provisions, e.g. " by Van Halen

19. *Sabrina, Kelly and Jill

investigator character

failed ____ jump 24. *Otis' room on "The Andy Griffith Show"

28. Shells, e.g.

judge 41. Root of iris, ingredient

in many gins

48. Like Princess Aurora

O'Malley is Earl" 55. Cook in a pan

company 60. *Kevin James was its king?

"Gilligan's Island"

69. High _ 70. Hiding place

72. It would 73. Used for searching

DOWN

4. *What Thomas the Train does 5. Kansas capital

9. Ponce de León's first name 10. Language of Pakistan

15. England, in Latin 20. Horizontal bar dance 22. This was true for Annie Oakley

CLUES

ACROSS

13. *Like the Fonz 14. Go a-courting 15. Saints' lights 16. Holy water holder

18. Lowest point

23. *"Wide World of Sports" opened with a

25. Chance occurrence

30. *Talking palomino's title 35. *West of "Batman"

40. *"Project Runway"

44. " 46. Pottery oven

50. Pair 52. *"_ _, Dear" starring Anthony Clark and Mike

57. *Arnaz-Ball production

64. Winter bug

71. *Voice of the Mayor in "Family

2. *Lieutenant Commander "Star Trek: the Next Generation"

6. Hole-making tools 7. Debtor's note 8. Proclaimed true without proof

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24. A drive for fun 25. *Barbera's animated partner 26. *Dora the Explorer's farewell 27. Instrument 29. *He greeted others with "Na-Nu Na-Nu"

31. Kind of cell

42. Mix-up

32. *NBC's "The _

33. Provide with ability 34. Old Brazilian coins 36. Lion's do 38. Like acne-prone skin

49. Chum 51. In fancy clothing 54. Civilian clothes 56. Female gossip

57. Ready to serve

45. Coping mechanism

59. Bolted 60. Thigh 61. * _ Wyle of TV's "ER" 2014 movie

63. *"Hee ____" variety show 65. Allow 67. However, poetically

58. A long, long time 62. Comme ci, comme ça 8 2

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Suduko Puzzle on Page 6

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Crossword Puzzle on Page 6

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HOMETOWN





By Ronnie McBrayer

An old Quaker came to the end of his days as a farmer; no longer did he have the strength to work the soil. So, he placed a sign on his land that read, "This farm will be given to anyone who is truly satisfied."

A wealthy merchant came riding along and saw the sign framed by the beautiful rolling hills, the rich dark soil, the barns and silos. He thought to himself, "If my friend the Quaker is so eager to part with his land, I might as well claim it. I have all I need - so I qualify.'

He guided his pony to the farmhouse, hopped out of the saddle, and walked to the front porch. The farmer slowly came to the door and offered his leathery hand. The merchant shook his hand and got down to business, explaining why he was there - to claim the land being offered - of course.

"Art thou truly satisfied?" the Quaker asked the merchant. The merchant responded, "I am, indeed. I have everything I need." The old farmer answered, "My friend, if thou art satisfied with everything ye have, why doth thou need my land?" And with that he closed the door.

It is human nature to want; to

Truly Satisfied

search, covet, yearn for and lust even after we have everything we need - more than we need. There is this insatiable desire within us that we can't seem to satisfy, a hunger we cannot fill. According to Richard Alpert, also known as Ram Dass, he says that desire is precisely the problem. It is the fly in the existential ointment, the one thing that always trips us up (Which in the Christian tradition sounds a lot like "original sin").

Unmet desire is, as Alpert describes, like eating ice cream. One has to keep eating it, faster and faster, because it is constantly melting; it is always getting away, and never fulfills true hunger. I would only add to this apt description that even if one is able to "eat the whole thing" before it melts, then he or she will only feel sick, nauseous, and guilty when it is

So, how does one unhitch from the runaway desire, the sheer hunger of the heart that so often drags us to our undoing? The great G.K. Chesterton once said that there were only two ways to be satisfied. One "is to continue to accumulate more and more. The other is to desire less." But how does one desire less?

There's no easy answer. Whole religions and extensive spiritual practices have been built around answering that question; and everything from self-flagellation and asceticism to quiet meditation and psychotropic drugs have been tried to free humanity from itself. Yet, the heinous rate of consumption, the constant grabbing and clutching for more, continues with happiness levels as flat as ever.

But maybe the presence of desire isn't the real problem. It's not that "we want," but that we want the wrong things. We are all going to desire. After all, desire is simply the search for happiness. What is the object of those desires; what is it that we are after that we think will make us happy? Those might be the better questions.

See, we have been duped. We think that acquisition will satisfy us. We have been fooled into thinking that a shinier car, a bigger house, a younger wife, a better neighborhood, or the newest piece of technology will make us happy. But it's an evaporating illusion. When you are chasing after what will never ultimately please you, getting more of it won't get it

I think that's what Jesus was getting at when he said, "Seek first the Kingdom of God, and all these other things will be added to you." He was saying, "You're going to desire, you're going to want; just point those cravings in the right direction. Go for what counts!" Then you discover that living a satisfying life requires very little. You will discover that the hungry life can be replaced by the happy life.

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.

The Passage of Proposition 47

Forgery and bad checks

Theft of most firearms the following effects on the cus-Theft of a vehicle (under \$950 tody and policing practices of the Sacramento County Sheriff's

(under \$950 value)

Possession of stolen property (under \$950 value)

Possession of heroin, cocaine, illegal prescriptions, concentrated cannabis, and methamphetamine

Inmates awaiting trial on any of the above felony charges in most instances will be able to have their charges immediately reduced to the new misdemeanor level, and will be let out of jail on a citation. A determination as to each person's eligibility is somewhat time consuming,

but could result in up to 420 releases.

Inmates who are sentenced on the above felonies can petition the court for reduction of their felony convictions to misdemeanors and many of them would be also be eligible for immediate release.

Convicted felons with the above felonies in their history can petition the court to have their prior felony convictions reduced to misdemeanors. If successful, many of the prohibitions they faced would then be reinstated, such as the right to vote, the right to purchase a handgun, the ability to apply as a peace officer, etc.

Source: Sacramento County Sheriff's Department

Art in City Hall Features Local Artists

CITRUS HEIGHTS, CA (MPG) - Art in City Hall features the exhibitions of local artists in various buildings in the Citrus Heights Civic Center complex located at 6237 Fountain Square Drive. A new exhibition is featured every two months and generally includes the work of two to three artists. The public is invited to view the art collection at City Hall during regular business hours.

- Effective immediately, the pas-

sage of Proposition 47 will have

In most instances, many

crimes that were previously

"arrestable" as a felony will now

only be "citable" as a misde-

meanor. That means they may

not be booked into jail but rather

given a citation (similar to a traf-

fic ticket) with a court date to

appear, and released in the field.

They will not be held pending

trial. Such felony crimes that are

Commercial burglary (theft

now misdemeanors include:

under \$950)

Department:

The current Art in City Hall exhibit features the artwork of local artist Bita Baharestani. Bita studied art at Sierra College and American River College. Her love for nature has been captured in her artwork, using watercolor and pastel. This exhibit will be on display and for sale at City Hall and other buildings in the Citrus Heights Civic Center complex.

To receive email notifications when there is a new exhibit, sign up for the City's E-notifier service by visiting www.citrusheights.net.

If you are interested in showing your art in a future exhibit. email historyandarts@citrusheights.net or call (916) 725-2448.

Source: City of Citrus Heights



LET'S BE THANKFUL

It's gonna' be turkey and all the trimmings from cranberries to pumpkin pie. It's gonna' be football to the max and family and friends gathering together to party hearty on a day off! That's what Thanksgiving means to most folks. So, I went in search of some of our favorite Radio and TV personalities to find out what they are thankful for. You would think it's the glamour of being on the air and folks fawning all over them because of what they do, but you might be

surprised! Dan Elliott...Anchor KXTV "News 10 Good Morning" told me "First and foremost, I am thankful for a great family...the best wife a man could ask for and three wonderful sons who bring so much joy to my heart. Second, I'm thankful to be living where I am...I have never lived outside California, and if all goes to plan, that will never change. And third, I'm thankful to be doing what I love and to be getting paid to do it. I love the news and the people I work

POPPOFF!

with Mary Jane Popp

with, so even though it's a job, it is also a pleasure most of the

Big Jim Hall...Afternoon Air Personality 101.5 KHITS Radio has a sad yet hopeful message. "Having lost my wife and one of my brothers in the last two years, I have reflected on many things. I find that I am most thankful for those family members and good friends that still surround me. I try to be more appreciative of the here and now, taking in all I can. Love on those near you and thank God daily for your blessings."

Bob Stephenson...Afternoon News Anchor AM-950 KAHI Radio: "In this time of Thanksgiving, I am thankful that I am now back near my family... during the holiday season. There is no greater gift than that of family.'

Kitty O'Neal...AM/FM Afternoon Anchor KFBK **Radio** shared this with me. "As time goes by, I see the importance of being grateful for even the small, seemingly insignificant things in life that we often take for granted. So, to chronicle my gratitude list would be unwieldy! But suffice to say, I carry deep thanks in my heart for family and friends, for the ideals upon which this country was founded, for the good I see expressed every day, and for God."

Jeanne Marie...Media/ Political Make-Up Artist who

has worked on some really famous faces told me "I am grateful for another beautiful day in all kinds of weather; bright and sunny, or cloudy and rainy. I'm grateful for the incredible art displays painted across our skies, and for flowers, trees, and nature. But, I am also so grateful for being happy and joyful, because for just merely that statement of acknowledgement and gratitude, it draws more of it to you."

Casey Freelove...Show Host/ **Production Director AM 950** KAHI Radio has thanks. "This year, I am thankful for good friends, my Mom (who is my biggest supporter) and to have a job that I love. I am thankful to live in the greatest country in the world. On Thanksgiving Day, I am thankful for Dallas Cowboys kids and grandkids...especially football, turkey, and all the

> You see what I mean? Thanksgiving is family and friends and love to all is what they all care about. Okay, I know you want to know what I am thankful for too. Simply put...The love of my husband of 43 years, still having a loving brother and sister-in-law, talking with you every day on the News and POPPOFF on AM-950 KAHI Radio, and to genuinely know that I may be changing lives for the better for lots of folks with what I do! Love trumps all.

HAPPY THANKSGIVING!!!

By Pastor Ray Dare

Did you know that you can choose to have peace? You don't have to let things upset you.

You don't have to be anxio and worried. The Bible gives this promise, "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ *Jesus.*" *Philippians 4:6-7 (NLT)*

When you have things that are upsetting you, take a step of faith and begin to tell God what you need. Pray about everything because He cares even about the little things in your life. Then thank Him for working behind the scenes on your behalf.

God not only wants to give you peace, He wants to give you

How to Have More Peace

great peace! "Great Peace have they who love your law, and nothing can make them stumble" Psalm 119:165 (NIV). When you love the Word of God, nothing can make you stumble and you will have great peace. Great peace gives you joy when it doesn't make sense for you to be happy. It passes understanding. Great peace keeps you stable and strong no matter what may come against you.

Make the decision to focus your attention on God's Word today and everyday. As you discipline yourself in the scriptures, you will hunger more for God's Word, and that love for His words will naturally develop.

Psalm 119:105 says that His Word is a lamp to our feet and light to our path. That means God's Word will direct you. God's Word will protect you. You can find peace and security in His Word, knowing that He is faithful and your future is sure! If you're not reading God's Word every day right now, start reading a chapter each of Proverbs, Psalms and John. Ask God to speak to your heart as

Does your soul need rest today? Then come to the Father. "Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. I will ease and relieve and refresh your soul." Matthew 11:28 (AMP). Are you overburdened by the cares of this world? Are you facing challenges in your relationships? Finances? Career? The Father wants to refresh you. He wants to give

Think about that for a moment. What would cause you to rest? If you knew everything was going to work out for your good, would you stop worrying? Yes! You would rest! Even if things don't work out the way you planned or on your timetable, you can trust that God will turn things around in your favor.

Pastor Ray New Beginnings Church YOU'RE INVITED, Sunday service at 10 am "We Do Church Differently" www.NBC4U.org

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Senator Gaines Blasts UC Tuition Increase Plan Calls on Regents to Reject 25-Percent Hike

SACRAMENTO, CA (MPG) - Senator Ted Gaines (R-Roseville) slammed the proposed University of California tuition increase plan, which could raise student fees 5% per year for the next five years.

"The UC system must serve the academic elite, not just the financial elite," said Senator Gaines. "Students have been pummeled with tuition increases for years, and the second that they and their families catch their breath this mega-increase is being pushed on them. I am calling on the Regents to stand with the students and reject the tuition spike."

The proposed tuition increase would vary depending on the level of state funding, but could stretch to 5% each year for the next five years. Currently, instate UC students pay \$12,192 in mandatory tuition and fees. According to the UC, the firstyear increase could push those mandatory expenses up by \$612.

A 5% increase over the duration of the plan would elevate those mandatory fees to nearly \$15,600. These fees are independent of room and board, books, transportation, and any other expenses students face while earning a degree.

"Governor Brown agreed to increase UC funding in exchange for a tuition freeze and I support that completely. The University of California system is an irreplaceable part of our infrastructure that contributes fantastically to the state's prosperity. We need a general fund commitment that recognizes that fact. If anything, we should be looking to lower tuition, not push it into the stratosphere," said the Senator. "UC administrators are compensated like tech company CEOs. It's unconscionable that students are being asked to dig deeper while the expansion of the UC ruling class continues without pause."

Gaines is particularly worried

lies and how they will cope with the planned increase. "It's political sport in California to see how much we can punish and antagonize the middle class, and this proposal is a gold-medal winner," voiced the Senator. "I'm sick of it. I know that wealthy families won't be affected by this. The poorest families will be damaged, as the dream of college is dimmed by the thought of unattainable expenses, but they will qualify for more UC financial aid. But the hammer will truly fall on the families in the middle, who will get to fork over this money straight out of their checking accounts or by taking on loads of new debt that could take decades to pay off. Who is looking out for them?"

The UC Regents will debate and vote on the tuition increase plan during their November 19th-20th meeting.

Source: The Office of Senator

Kings Break Ground on World-Class Arena

Historic Groundbreaking Takes Place as the Kings Tip Off 30th Season in Sacramento

SACRAMENTO, CA (MPG) - Marking 1.6 million new annual visitors the culmination of a decadelong effort to build a new arena in Sacramento, the community officially celebrated the groundbreaking of the new downtown Entertainment and Sports Center (ESC) on October 29th. Kings Owner Vivek Ranadivé, Mayor Kevin Johnson, and other local leaders and community members came together to mark the symbolic start of a new era in Sacramento. Scheduled to open in the fall of 2016, the upcoming ESC will showcase uniquely Sacramento qualities while setting a new standard in technological and environmental innovation.

'Today is about more than just digging shovels into the ground, it's about celebrating the start of a new era for this city, the Sacramento Kings, and the entire region," said Kings Owner Vivek Ranadivé. "Much like the construction workers and engineers working around the clock to build the ESC, we are working tirelessly to bring the best technology, environmental practices, locally sourced food and beverages, and fan experience to serve as a centerpiece for civic engagement, community, and the arts."

The ESC project encompasses four city blocks in the heart of downtown and will serve as a major catalyst for economic development for the Sacramento region. The ESC and surrounding development will generate an estimated 4,000 permanent jobs,

to downtown, and \$11.5 billion in regional economic impact over the next 35 years.

"This is a historic day in the City of Sacramento," said Mayor Kevin Johnson. "We've reached a great milestone in this incredible journey that has been nearly 10 years in the making. Today, we are putting shovels in the ground which means we are putting people back to work. We've said from the beginning that this was bigger than basketball. This project is the catalyst in our years long effort to revitalize our downtown, creating 4,000 permanent jobs and over 11,000 construction jobs, while energizing our City and our region. I've never been prouder of my hometown and more hopeful for our future."

To honor the past while celebrating the future, the Kings highlighted unique memories and experiences from several Sacramento youth.

"When I was eight years old, I danced in front of my first huge crowd during halftime of a Kings game," said Tejah Teat. "That performance gave me the confidence to pursue my dreams and eventually win a national contemporary dance title. I want to thank the Kings for being such a special part of my family's life. We have so many great memories at Sleep Train Arena, and we can't wait to create even more in the new downtown arena."

The ESC will be a multi-use facility designed to accommodate

sporting and top entertainment events such as professional and collegiate sports, headlining concerts, ice shows, indoor rodeo, trade shows, large graduations, family shows, and other entertainment. The project also includes a state-of-the-art practice facility, administrative offices and up to 1.5 million square feet of ancillary development.

AECOM, who is renowned for designing some of the most state-of-the-art sports and entertainment venues in the world, is the ESC's lead architect, while ICON Venue Group is serving as the project manager, and Turner Construction is the lead builder. All architectural design work will occur in Sacramento to ensure ongoing local input in the design process.

Today's groundbreaking of the new ESC also coincides with the Sacramento Kings regular season home opener, which will commemorate three decades of Kings basketball in Sacramento. The celebratory home opener will kick off with an immersive visual show that transforms the court into a 3D projection screen highlighting the team's rich history. Original owners and former Kings players from the 1985 inaugural team will be on hand to commemorate the team's storied past and celebrate its bright

For more information, visit

www.Kings.com. Source: Sacramento Kings ★

Small Train Holiday at the Railroad Museum

SACRAMENTO, CA (MPG) - To help you get into the spirit of the season (and as an alternative to the post-Thanksgiving shopping rush), California State Parks and the California State Railroad Museum are proud to present a two-day "Small Train Holiday!" Visitors of all ages will be dazzled by a magical assortment of trains, hundreds of feet of track and an array of buildings and accessories. They will marvel at the variety of locomotives that pull pretend

passengers and scaled-down shipments through all kinds of scenery, whether modeled on real places or created in the imaginations of devoted collectors. In addition, guests will enjoy rides aboard the Museum's iconic Interpretive Handcar, story time with Mrs. Claus, a discovery-filled scavenger hunt and more. Mark your calendar to visit the California State Railroad Museum on November 28 and 29 for the special "Small Train Holiday" for two days only.

Small Train Holiday is Friday, November 28th and Saturday, November 29th, 1 a.m.-5 p.m. at the California State Railroad Museum, 125 I Street. Sacramento. Tickets are \$10 for adults, \$5 for youths ages 6-17, and free for children five and

For more information, call (916) 323-9280 or visit www.csrmf.org. Source: $T - R \circ c k$ Communications

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Sacramento Zoo Says Good Bye to Castro the Sumatran Tiger

SACRAMENTO, CA (MPG) - Sacramento Zoo's male Sumatran Tiger, Castro, was euthanized October 29, 2014 at the age of 16 ½ years. He had been fighting lymphoma, a form of cancer, since February 2013. The decision was made to euthanize Castro when he was no longer able to fight his cancer. Castro exceeded the life expectancy, becoming the longest living large cat diagnosed with lymphoma. He was the oldest breeding male Sumatran tiger in the United States.

"Castro has been an incredible tiger and we have been privileged to care for him. We are extremely thankful to all of the specialists from the UC Davis School of Veterinary Medicine and the Sacramento Medical community which have rallied to assist us in providing Castro with a long comfortable life," commented Dr. Ray Wack, Senior Veterinarian at the Sacramento Zoo.

Since his lymphoma diagnosis in February 2013, Castro has been receiving oral chemotherapy every day while being closely monitored by veterinarians and zookeepers. While on treatment, Castro regained the weight he had lost and became more active again. His chemotherapy controlled his cancer and maintained a good quality of life. In October 2013, with a great outpouring of help from the medical community, Castro underwent a minimally-invasive surgery providing relief from partial obstruction near his kidney caused by urinary tract stones. In February 2014 Castro received a complete physical and extensive diagnostic testing to evaluate the status of his cancer and renal disease. During the exam, a miniature camera was placed in his stomach to look for signs of GI ulceration (a potential complication from the chemotherapy). Test results and Castro's behavior at that



Castro, the Sacramento Zoo's 16 $\frac{1}{2}$ year old male Sumatran Tiger who was diagnosed with cancer in February 2013, was euthanized October 29, 2014. Photo by Mike Owyang

time indicated that his cancer was adequately controlled and his chronic kidney disease was stable. Recently, Castro's appetite began to decline. Staff has worked diligently to maintain his appetite and weight, enticing him to eat with a multitude of extra-special foods and adding additional medications to stimulate his appetite and minimize his nausea. Sadly, Castro's condition has deteriorated and the Zoo's veterinary and animal care teams made the difficult decision to euthanize him.

"Castro has always been one of our favorite cats. He's been challenging and stubborn at times, but these are also traits that we've loved about him. It often made us laugh when he had to readjust his toys or furniture to just the way he liked it," said carnivore Zookeeper Amanda Watters. "I am so glad I had the privilege of taking care of him and getting to know him. He was an incredible animal and ambassador for his species who was a favorite of both staff and visitors."

Castro came to the

Sacramento Zoo from the Audubon Zoo with his mother in 1999. He and his female companion Bahagia have five living offspring who went to other Association of Zoos and Aquariums (AZA) zoos to participate in Sumatran Tiger Species Survival Plans® (SSP). Those five offspring have produced five cubs to date. Castro and Bahagia's last cub, Castro Jr., more commonly known as CJ, recently went to the Los Angeles Zoo as part of the SSP recommended plan. Sumatran Tigers are critically endangered and found only on the Indonesian island of Sumatra. Fewer than 500 Sumatran Tigers are believed to exist in the wild and approximately 200 live in zoos around the world. The Zoo participates in the Sumatran Tiger SSPs, cooperative breeding and conservation programs designed to maintain genetically viable populations of animals in captivity, and to organize zooand aquarium-based efforts to preserve the species in nature.

Source: Sacramento Zoo

Operation Recognition Seeks Eligible Veterans to Receive High School Diplomas

Veterans and WWII Japanese American Internees Eligible for High School Diplomas

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Office of Education (SCOE) is again awarding high school diplomas to qualifying U.S. Veterans and Japanese American citizens through its popular Operation Recognition program.

The Operation Recognition program was adopted in October 2001 by the Sacramento County Board of Education to honor the contributions and sacrifices of individuals who missed completing high school to serve in the U.S. military (specifically World War II or the Korean War) or who relocated to a World War II internment camp for Japanese American citizens. In 2005, the Board expanded the program to include veterans of the Vietnam War.

The County Board of Education has provided diplomas to 174 veterans and Japanese American citizens through Operation Recognition since 2001. Nine diplomas have been awarded posthumously.

Residents of Sacramento County are encouraged to request diplomas on behalf of themselves or qualifying family members, including those who are now deceased. April 15th, 2015, is the deadline to submit applications. The County Board of Education is scheduled to hold its next Operation Recognition diploma ceremony on Tuesday, May 5th, 2015.

Operation Recognition applications are available by phone or mail: (916) 228-2416 or Operation Recognition, P.O. Box 269003, Sacramento, CA 95826-9003. Applications are also available from the Sacramento County Veterans Service Office, located in midtown Sacramento at 2007 19th Street. There is no charge to participate in the program.

To be eligible for an Operation Recognition diploma, the following qualifications must be met: the applicant or recipient must be a Sacramento County resident; veterans must show proof

of Honorable Discharge from U.S. military service occurring during WWII, the Korean War, or the Vietnam War; Japanese American citizens must show proof of internment in a WWII relocation camp; and veterans and Japanese American citizens must provide the name of the high school the applicant was attending at the time of induction into military service or internment.

An application may be submitted by a family member of a qualifying individual, living or deceased. Those who meet the qualifications but already earned a GED are also eligible. Diploma recipients and/or survivors should be current or former Sacramento County residents. Those living outside Sacramento County may be referred to their local county office of education. For more information, please visit www.scoe.net.

Source: Sacramento County
Office of Education ★

Governor's Mansion Presents "Christmas Memories"

SACRAMENTO, CA (MPG) - On two special Saturdays in December, the community is invited to tour the majestic Governor's Mansion State Historic Park (SHP) to delight in elaborate holiday decorations, festive live holiday music (local choirs, harps, and more), children's activities, and captivating storytellers and docents in period attire sharing holiday-related stories of past governors and their families. To add to the festive activities, Santa and Mrs. Claus will make special visits to the Mansion to meet excited little ones and will be available for holiday photographs.

The Governor's Mansion SHP is located at 1526 H Street in Sacramento. "Christmas Memories" at the Governor's

Sacramento

Donald Kendrick, Music Director

& Orchestra

Mansion will be held on December 6th and 13th from 10 a.m. to 5 p.m. The cost to attend is \$6 for adults, \$4 for youth (ages 6-17), and children five and under are free.

Mansion visitors will be transported back in time to the very place where 13 of California's early governors and their families lived, spent Christmas seasons, and shared holiday traditions. In fact, then-Governor Edmund G. "Pat" Brown and his family were the last first-family to celebrate Christmas in the stately Mansion. Due to renovations currently underway, the Mansion's traditional furnishings will not be in place for the "Christmas Memories" program this year, but guests will have an opportudownstairs (which is part of a bigger renovation project that, once complete, will complement the restoration of the third-floor ballroom to its 1877 grandeur).

Additionally, the on-site Museum Store will be open Wednesdays through Sundays throughout the holiday season (except Thanksgiving, Christmas Day, and New Year's Day) and is stocked with special items and memorabilia that make for great keepsakes or gift ideas. Plus, all proceeds from the Museum store support the important renovation efforts at the Governor's Mansion SHP. For more information, please call (916) 323-3047 or visit www.parks. ca.gov/governorsmansion.

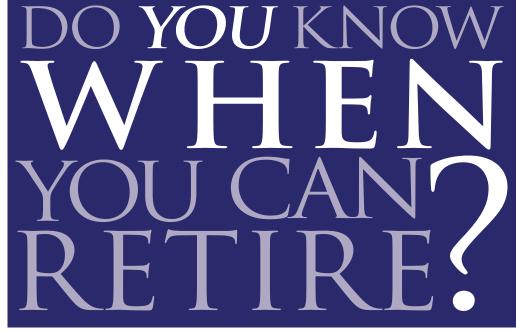
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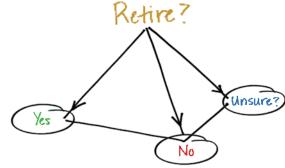
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California Dungeness Crab **Season to Open November 1st**



CDFW reminds sport crabbers that traps and nets for Dungeness crab may not be set before 12:01 a.m. on November 1st. Those fishing with hoop nets should remember that regulations require raising the nets to the surface to inspect the contents at least every two hours.

SACRAMENTO REGION, CA (MPG)

- California's Dungeness crab sport fishery opened statewide on Saturday, November 1st. Every year at this time, recreational crab fishers eagerly set out in pursuit of these tasty crustaceans. Some set hoop nets and crab traps from boats and piers, while others fish crab loop traps on the end of a fishing rod. Still others will dive in to take the crabs by hand. Regardless of the method, Dungeness crabs are one of California's most popular

"Dungeness crab catches tend to be cyclic with several years of high crab numbers followed by a few years of lower catches," said CDFW Environmental Scientist Christy Juhasz. "Recent seasons have been characterized by high Dungeness crab production so we may begin to see more average

catches in the near future." The most popular methods for catching the crustaceans are with crab pots (or traps), loop traps, and hoop nets. There is no limit to the number of pots or nets

that can be fished recreationally, except when fishing from a public fishing pier where only two fishing appliances may be used. Recreational crabbers may keep up to 10 Dungeness crabs per day of either sex, or six crabs if fishing from a party boat south of Mendocino County. No one may possess more than one daily bag limit, and no Dungeness crab may be taken from San Francisco or San Pablo bays, which are important crab nursery areas.

CDFW reminded sport crabbers that traps and nets for Dungeness crab could not be set before 12:01 a.m. on November 1st. Those fishing with hoop nets should remember that regulations require raising the nets to the surface to inspect the contents at least every two hours. Any undersized crabs or other species that are accidentally caught can be more quickly released. This regulation ensures that fishermen closely monitor their gear and do not allow any equipment to be abandoned in state waters. Trap fishermen should also closely

monitor their traps because lost trap gear can become a self-baiting crab killer.

The recreational size limit for Dungeness crab is five and threequarter inches measured across the shell, directly in front of and excluding the lateral spines. Crab taken from party boats south of Mendocino County must measure at least six inches across.

Unlike rock crab species that are fished along rocky reefs, Dungeness crabs are usually found on sandy or sand-mud bottoms. Dungeness crabs generally prefer cooler northern and central California waters and are uncommon south of Point Conception. They are typically found at depths of less than 300 feet, although they have been documented down to 750 feet.

For more information regarding recreational Dungeness crab fishing regulations and other crab species, please visit the CDFW Marine Region website at www. dfg.ca.gov/marine/invertebrate/

Source: CDFW News

Robin Hooding for Homeless Third Annual Collection Drive

SACRAMENTO REGION, CA (MPG) -Robin Hooding for Homeless of Sacramento County is partnering with the City of Sacramento 4th "R" Program beginning Tuesday, October 28th to accept donations of travel-sized toiletry items for the area homeless community. The drive will accept items such as toothbrushes, toothpaste, lip balm, deodorant, hand sanitizer, wet wipes, tissues, shampoo, lotion, and other travel-sized items. These items are available at nearly all area grocery and convenience stores at a very low cost and can even be obtained for free by signing up for various free samples online.

Nineteen Sacramento area elementary schools in three different districts are participating in the event, raising awareness of the overwhelming need in our area. The schools make the event even more fun for the children by creating a contest with the class obtaining the most items winning a pizza party. The event began October 28th and runs through Thanksgiving Day (November 27th); it is on its third year serving the Northern California area.

The need for area residents to contribute to caring for our homeless community has been on the rise. Just check out the statistics based on reports posted in 2013: California currently has 22% of all America's homeless population; 52% of homeless people who request shelter are being turned down due to lack of resources; statewide, the number of homeless people living in



Rachel of Robin Hooding (left) with Lamar of Sacramento Veteran's

Rachel of Robin Hooding for Homeless and Nicole of WEAVE Inc. Sacramento - five boxes! Robin Hooding for Homeless of Sacramento County is partnering with the City of Sacramento 4th "R" Program beginning Tuesday, October 28th to accept donations of travel-sized

toiletry items for the area homeless community. The drive will accept items such as toothbrushes, toothpaste, lip balm, deodorant, hand sanitizer, wet wipes, tissues, shampoo, lotion, and other travel-sized items. Photos courtesy of *Robin Hooding for the Homeless*.

shelters and living on the streets increased by 3,895 people from 2010 to 2013.

Out of all these people, very few are privileged enough to be given a space in the crowded area homeless shelters. Even fewer are provided the basic necessities to keep up with their overall hygiene, allowing them to be clean and presentable, making it even harder to progress toward rebuilding their future and finding employment. Although the shelters are funded to help provide a safe place for people to sleep, they often do not receive nearly enough funding to provide basic toiletry needs.

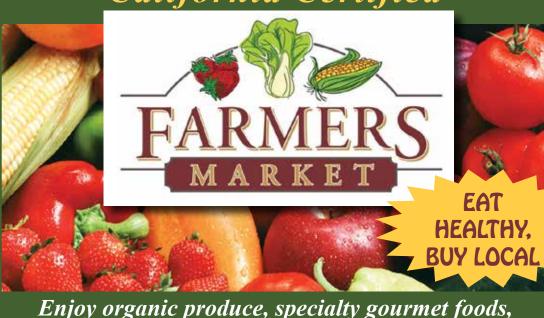
By providing hygiene items to shelters, the mission of Robin Hooding for the Homeless is to help create mindfulness and be the change that we wish to see in the world. The goal is to alleviate some of the financial strain on shelters, allowing them to allocate more of their resources toward developing programs that assist with housing and job placement.

Since the public cannot make donations at the participating schools, donations of the travelsized items can be dropped off at the 4th "R" office at 5735 47th Avenue, Sacramento, CA or Roebelen Contracting, Inc. at 1241 Hawks Flight Court, El Dorado, CA.

Source: Robin Hooding for the Homeless

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SATURDAY

SATURDAY

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9249 Folsom Blvd, Sacramento (at Unity of Sacramento Church) on Saturdays 8 am - 1 pm, year round.

Carmichael Park Farmers Market

5750 Grant Avenue, Carmichael (Corner of Grant & Fair Oaks Boulevard under the trees in the Park). Every Sunday from 9 am to 2 pm - all year round.

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.

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.

Historic Folsom Farmers Market

915 Sutter Street, Historic Folsom Public Plaza, Folsom. Every Saturday from 8 am to 1 pm - all year round

UC Davis Health System Farmers Market

45th and Y Street (UC Davis Campus). Seasonal - Opens 4/24. 3 pm - 7:30 pm

Fair Oaks Farmers Market NEW LOCATION, LOTS OF PARKING! 8101 Sunset Ave. (New Life Church). Seasonal - Opens 4/16. 3 pm - 7:00 pm

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10535 Hospital Way (VA Hospital). Seasonal - Open Now. 9 am - 1 pm

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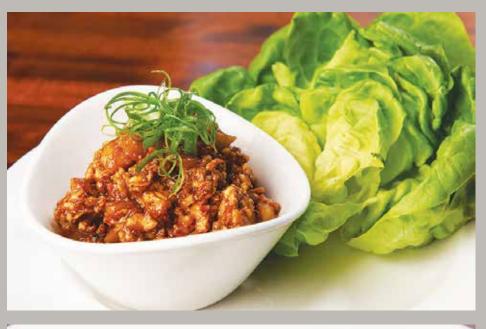
















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