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# Citrus Heights Messenger

“Written by the people, for the people”

Volume 3 Issue 23

Serving the City of Citrus Heights and Sacramento County

First Edition for December 2013

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## San Juan High's First Full Decade



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# Our Forgotten Warriors



Twenty-eight percent of Sacramento's homeless are Veterans. Thirty-two Veterans take their own life every day while many more are going to prison due to the Post Traumatic Stress Disorder (PTSD) symptoms that these wonderful ladies and gentleman carry with them every minute of every day.

By Bill Martin

**SACRAMENTO REGION, CA (MPG)** - You have seen it all over the newspapers and on television; you have heard it over and over again on radio. “Be smart hire a Veteran - they are highly trained and dedicated men and women who know how to get the job done!” Absolutely true... but then you read about how back logged the Department of Veterans Administration (VA) is in handling claims for these returning Vets. Then you hear about

job fairs to help retrain Veterans and programs to help aid them in the transition back into civilian life. Well, how well do you think it is working?

Twenty-eight percent of Sacramento's homeless are Veterans. Thirty-two Veterans take their own life every day while many more are going to prison due to the Post Traumatic Stress Disorder (PTSD) symptoms that these wonderful ladies and gentleman carry with them every minute of every day. Depression, anger, frustration,

the loss of a limb, and loss of their faculties due to bio-chemical addiction caused by PTSD or Traumatic Brain Injury (TBI) alters any future plans the Veteran had for a happy and productive return to civilian life. These unseen wounds take their toll on the Veteran, as well as their families and all the people the Veteran needs to lean on for support. Yet, while the VA admits that it takes up to two years before they can even address their promise to award military benefits, it

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## Debate Series Announced on Proposed Downtown Arena

**SACRAMENTO REGION, CA (MPG)** - A series of town hall-style debates and discussions on Sacramento's proposed downtown arena have been slated for December and January, featuring R.E. Graswich and John Hyde, who have opposing views about the development.

Graswich, author, journalist and former Special Assistant to Mayor Kevin Johnson, favors the arena. He is a former sports-writer and columnist for the Sacramento Bee, and the author of a new book on the Sacramento NBA franchise, Vagrant Kings: David Stern, Kevin Johnson and the NBA's Orphan Team.

Hyde, is a spokesperson for Sacramento Taxpayers Opposed to Pork (STOP), which is seeking to place an initiative on the June 2014 ballot to require voter approval of the arena funding. He owns Bullet Marketing, a full-service, local marketing agency.

“We approach the arena discussion from opposite positions, but we share a passion for the Sacramento region,” Hyde said. “This is a chance for people to get questions answered and to learn more about all sides of the arena issue.”

Graswich added, “The community deserves an open dialogue with people who know the issues but aren't working at City Hall or for the Kings. Our goal is to help the public understand what the arena debate is really all about.”

Each meeting will be moderated by a high-profile Sacramento citizen who is equally passionate about the arena. The format will feature brief introductions and position statements by Hyde and Graswich, followed by questions and dialogue with the audience.

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## Dairy Digesters Convert Cow Manure Into Clean Electricity

**SACRAMENTO REGION, CA (MPG)** - The typical dairy cow produces six to seven gallons of milk each day. She also generates 120 pounds of manure and urine every day.

Now, with dairy digesters recently installed at two dairies in Galt, neither product goes to waste. In fact, cow waste produces electricity that keeps the milk in your refrigerator cold.

With assistance from the Sacramento Municipal Utility District (SMUD), the New Hope and Van Warmerdam dairies recently installed anaerobic digesters that convert cow manure into clean, renewable electricity. SMUD received approximately \$5.5 million in funding from the U.S. Department of Energy and the California Energy Commission to help fund the construction of the digesters at the New Hope and Van Warmerdam dairies. Federal funding came from the Department of Energy's Community Renewable Energy Deployment (CRED) grant program under the American Recovery and Reinvestment Act.

“I applaud the creative partnership between SMUD and the dairies to turn waste



New Hope dairy cows produce the manure that fuels the tank digester on the farm.

products into energy,” said Congresswoman Doris Matsui. “This type of collaboration enables us to continue to meet our renewable energy goals and transition to cleaner, more efficient energy sources. It is also a prime example of how targeted federal investments can spur innovative ideas and new technologies.”

At the New Hope dairy, the collected manure is pumped into a concrete and steel tank, where biogas (primarily methane) accumulates and is then transferred to an engine-generator that produces clean electricity. New Hope also uses a scrape system rather than a flush system to collect the manure, greatly reducing the use of fresh

water at the dairy. At the Van Warmerdam dairy, the waste decomposes in a covered lagoon rather than in an above-ground tank.

Together, the two dairy digesters are capable of producing 4.3 gigawatt-hours of electricity – enough to power roughly 450 single-family homes.

There are now four dairy digesters operating in SMUD's service territory, representing about 31 percent of California's total. The benefits are numerous. Dairy digesters keep climate-changing greenhouse gases out of the atmosphere while creating a revenue source for the farmers and supplying renewable energy to SMUD. The digesters also reduce odors and flies compared to conventional open lagoon storage. The effluent is used as liquid fertilizer for crops.

“We believe that cows are a good thing, but we have to be mindful of our neighbors and the area we live,” said Arlin Van Groningen, co-owner of the New Hope dairy. “Having a digester that destroys carbon that would have ended up in the air is a good thing.”

MT Energie and ABEC New Hope LLC built the tank digester at New Hope. The Van

Warmerdam digester was built by Maas Energy. In both cases, third-party developers have leases with the farmers for the site and the manure supply. The farmers receive financial and environmental benefits from the projects. The clean power is sold to SMUD and delivered straight into the electric grid.

SMUD was the first large California utility to have 20 percent of its power supply come from resources classified as renewable by the state of California. SMUD is on track to reach the 33-percent mark by 2020.

When most people think of renewable power, they generally think of wind and solar. But biomass accounts for roughly 50 percent of SMUD's renewable portfolio. SMUD is leading the way to have more small-scale biomass projects built.

“With many biomass projects, you not only have to build the project, but you also have to go after the waste, or the fuel,” said Marco Lemes, SMUD's project manager. “With dairies, the fuel is already here. It's being used on-site.” ★

Source: SMUD



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Marines Bring Toys for Tots  
Event to Veteran’s Center

Vintage N’ More Antique Store  
Showcases Unique Holiday Gifts



This authentic Vietnam era Huey helicopter will be available for viewing and for photos with Santa at the Toys for Tots event at the Citrus Heights Veteran’s Community Center on December 17. Photo courtesy of the Vietnam Helicopter Pilots Association

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - A ‘Toys for Tots’ toy collection event will take place on Tuesday, December 17 at the Citrus Heights Veteran’s Community Center, located at the historical former Sylvan School at 6921 Sylvan Road. The Veteran’s Center, Mr. George Dozet of Deterding Elementary School, and the office of Congressman Ami Bera are sponsoring this event. The Sacramento Marine Corps Reserve Detachment will be present to collect toys and visit with guests.

Since 1948 U.S. Marines have been collecting and distributing toys to children. The first toy was a handmade doll. By the end of 2012 nearly 16.8 million toys have been distributed to more than 7 million children nationwide.

Upon arrival at the event the sight of an authentic Vietnam War Huey helicopter will greet children and their parents. The Vietnam Helicopter Pilots

Association (VHPA) is scheduled to have the Huey, which flew in Vietnam from 1966 to 1973, available from 10 a.m. to 2 p.m. for viewing.

Rumors are that Santa is accompanying this important piece of history and will be available for photos taken with visitors inside the helicopter. Photos will be emailed to participants on the spot for no charge. VHPA Chapter membership is open to helicopter pilots from any branch of the service who flew a helicopter in the southeast Asia theatre between 1961 to 1975. The Patriot Guard Riders have also been invited to participate in this event.

At 11:00 visitors will enjoy a holiday concert by the award-winning choir of fifty 4th graders from Mary Deterding Elementary School. Under the direction of George Dozet, the choir’s many appearances throughout the community include singing the National Anthem recently at a Sacramento Kings game.

Matthew Ceccato, field

representative and veteran’s caseworker with the Bera office, grew up in Sacramento and has experienced first hand the generosity of a community coming together to help families in need. He emphasizes how important this event is in carrying on that tradition in our community, and this could be the only toys these children receive this Christmas.

All residents are invited to come and enjoy the choir and other activities. Look for the Toys for Tots collection barrel to leave your new, unwrapped toy. Toy donations, which will be distributed to children in the Sacramento area, are being accepted at the Center Monday through Friday, 8 a.m. to noon until December 17.

For information on the Toys for Tots program visit [www.toys-fortots.org](http://www.toys-fortots.org).

Vietnam Helicopter Pilot Association: [www.vhpa.org](http://www.vhpa.org)

For information on the event or the Veteran’s Community Center call 726-7876



Vintage N’ More is described as a “One Stop Antique Shop.” It’s a compilation of thirty-five individual shops with their own specialty collections, so there’s always a variety of interesting items to satisfy any shopper’s curiosity. The store’s surroundings are well maintained, brightly lit and welcoming. Each vendor’s space is a small shop of it’s own with creative displays to showcase individual interests.

Story and Photos  
By Linda Harper  
Business Developer

Citrus Heights, CA – (MPG) Imagine a place you can go to re-visit the favorite toy that brought you joy as a child, a spot where you feel the excitement of your grandmother’s magnificent colored glass, or maybe you even long to experience the first fish you caught with your grandfather’s hand carved lures. We can stop daydreaming about reliving childhood memories because there’s Vintage N’ More, a unique boutique antique store ready to serve our recollections. It sits at Sylvan Corners (the corner of Auburn Blvd. and Old Auburn Rd).

Robert and Donna Reed, owners, were brought together through their appreciation and love of the past and anticipation for their future together. They christened Vintage N’ More this spring and are partners in the truest sense, as they were married within days of their Grand Opening. Donna has been a Placer County resident for many years and Robert grew up in the Monterey Bay area. Both enjoy

doing business with the Citrus Heights community, and they look forward to being a part of positive growth the city is beginning to experience. The most recent improvement is underway on Auburn Blvd., in front of Vintage N’ More. Although, there are safety cones navigating traffic from one lane to another, it hasn’t affected the store’s hours or days they are open. There’s plenty of close parking available.

Vintage N’ More is described as a “One Stop Antique Shop.” It’s a compilation of thirty-five individual shops with their own specialty collections, so there’s always a variety of interesting items to satisfy any shopper’s curiosity. The store’s surroundings are well maintained, brightly lit and welcoming. Each vendor’s space is a small shop of it’s own with creative displays to showcase individual interests. Although Robert or Donna work in the store daily and oversee the promotion and operation of Vintage N’ More, vendors are scheduled to help out on the sales floor as well. Everyone is well versed in the particulars of each others collections, so shoppers will always



receive knowledgeable customer service. Vintage N’ More hosts a popular section of the store, filled with various treasures which historically depict different seasons and holidays.

Antiques preserve our history and memories. Vintage N’ More makes them available to everyone who enters their store.

The store’s address is 7134 Auburn Blvd. Citrus Heights, CA 95610. For more information log on to: [www.vintage-more.com](http://www.vintage-more.com)



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# Becoming a Complete High School: San Juan High’s First Full Decade

By Dick Cowan,  
President of the San Juan Alumni Association

CITRUS HEIGHTS, CA (MPG) - Previous Messenger articles described the creation of the San Juan High School in 1913 and the opening of the permanent campus on Greenback Lane in 1915. This article explores the development of the school from its beginning, with fewer than 50 students.

In June 1914 the first San Juan High diploma was awarded to Gertrude Jeraud, later Mrs. A.G. Broadley. Her diploma was scribed onto sheepskin, a token of the high regard for education felt by the school’s founders and supporters.

But the ink was barely dry on the sheepskin before World War I broke out in Europe. American politicians and newspapers agreed to keep the United States out of this “foreign war,” such as even George Washington had foreseen and urged we avoid. But events brought America into the war in 1916.

By June 1917, the first graduates of a full four years at San Juan included Dewey Leonard who enlisted to fight in the US Army—the first, but certainly not the last San Juan Alumnus to don our country’s uniform. But he is not alone; his principal, Mr. O.H. Close took a leave of absence to join the fight “over there.”

The war was good business for San Juan area farmers. Grain, citrus, and other foods are in high demand by our government and our allies. The railroads taking California foodstuffs to the East and to Europe perfected ice-making and refrigerated rail cars. Southern Pacific Railroad employs 33% of all the workers in Sacramento. Yes, shortages occur, such as aspirin, which is manufactured in Germany. And inflation occurs as borrowing weakens the currency. But the



In 1916 an influx of students from around the Sacramento area increased enrollment to 92 students. Pictured is the 1919 San Juan Orchestra. Photo courtesy of San Juan Alumni Association

prosperity allows more families to have their children select high school over full-time work after eighth grade, and enrollment grows to over 100 in just five years.

The years following the war are also good for San Juan. The growing enrollment from Folsom, Del Paso, and other nearby areas allow the campus to develop the sports, clubs and classes that resemble what we expect of a high school today. By 1916 the campus hosted an Agriculture Club, basketball team, baseball team, tennis team, and track team. By 1919 the Spartans have a football team, playing competitors in Nevada City, Auburn, Roseville, and Sacramento. In 1921 an orchestra offers concerts, and in 1923 a newfangled device called ‘radio’ spurs creation of a radio club.

In 1921 a young graduate of the University of California arrives on campus and takes a job driving bus until an opening occurs for a teacher. William P. Mooney serves as principal, then district superintendent. His stay lasts from 1921 until 1957.

Anyone on campus in that era has Mr. Mooney stories. For one large boy whom he suspected might not accept his authority, he marched down to the shops, lifted an anvil in one hand and

held it out from his body at shoulder height. He dared this and other such boys to do the same. None could.

Enforcing his rule against boys and girls touching in public on campus, Mooney once saw a young man catch the arm of a girl student who had stumbled on the stairs to the second floor. Even though the young man was class president, and of good character, Mr. Mooney suspended him for two days to set an example.

In 1925 a Junior Farm Bureau Club was added, and a Vegetable Club, a Landscape and Garden Club, a Berry Club, and a Poultry Club. Anyone see a pattern here?

In 1928 the graduates include Pauline Taro Boone who won a bronze medal for the USA in that year’s Olympics—the first modern Olympics to allow women competitors.

But the 1920’s closed with the 1929 crash of Wall Street, the failure of the US financial system, closing of banks and the beginning of the Great Depression. The decade had seen San Juan develop into a fine institution, sending graduates to universities, successful farms, professions and businesses. How would San Juan families fare in this new, uncertain time? ★

SACRAMENTO REGION, CA (MPG) - The California Highway Patrol, North Sacramento Area invites you to support the CHiPs for Kids Holiday Drive.

During these difficult economic times, more families are in need of your support.

You can help these families in our community by bringing a new unwrapped toy to the California Highway Patrol, North Sacramento office located in Sacramento. The Holiday Drive ends on 19th.

The items collected will be delivered to disadvantaged children in our community through local organizations and churches. The collected items



will be delivered just before the holidays.

Drop off location: California Highway Patrol, North

Sacramento Area, 5109 Tyler Street, Sacramento, CA 95841. For more information call (916) 338-6710. ★

## City and Community Collaborate for a Brighter Christmas



CITRUS HEIGHTS, CA (MPG) - The City of Citrus Heights 5th Annual Holiday Referral Program is officially under way. The Citrus Heights Police Department and the City of Citrus Heights have again partnered with various local service clubs, schools, neighborhoods, businesses, and community members to brighten the holidays for several of our Citrus Heights families.

Participation can include the donation of items, adopting a family, or volunteering. Community members can donate or nominate

a family who needs assistance by filling out a referral form. To refer a family for consideration, an application must be completed and submitted to CHPD. The Holiday Referral Program Application can be picked up at the front counter of CHPD or downloaded from the City website located at [www.citrusheights.net](http://www.citrusheights.net).

Completed referrals can either be dropped off at the department or mailed to CHPD at 6315 Fountain Square Drive, Citrus Heights, CA 95621. Applications will be accepted through Friday, November 22nd.

Donations can be dropped off at the Citrus Heights Police Department from November 25th to December 15th between the hours of 8:00 a.m. and 5:00 p.m., Monday through Friday, or Saturdays between 9:00 a.m. and 2:00 p.m.

For additional information contact the Citrus Heights Police Department at (916) 727-5500 or email [holidayreferral@citrusheights.net](mailto:holidayreferral@citrusheights.net). ★

Source: City of Citrus Heights

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# Empowering Senior Drivers Through Education

**SACRAMENTO REGION, CA (MPG)**

- For some, the ability to drive is a true sign of independence. Driving plays an important role in maintaining an active, fulfilling lifestyle. As part of the California Highway Patrol's (CHP) mission of providing the highest level of Safety, Service, and Security to people throughout the state, the CHP remains steadfast in maintaining and improving traffic safety and mobility for California's older drivers.

The CHP joins with the American Occupation Therapy Association (OTA) in recognizing December 2-6, 2013, as Older Driver Safety Awareness Week. The older driver traffic safety campaign is held by OTA each year in December because this is the time of year when families get together for the holidays. This provides an opportunity for families to have conversations, including



discussing the driving skills of an older family member.

"This is often a difficult discussion to have with a person because many older drivers consider driving a form of independence," said CHP Commissioner Joe Farrow. "However, it is important to plan ahead and take the necessary steps to ensure the safety of your loved ones on the road and those around them."

According to the CHP's Statewide Integrated Traffic Records System (SWITRS), in 2011 there were more than 23,000 drivers over 65 years of age involved in a collision. Among those senior drivers involved in a collision, nearly

400 were killed and more than 22,000 suffered injuries. Further analysis of the SWITRS data indicates more than 50 percent of those senior drivers were found to be at fault in the collision.

To help California's seniors maintain their driving independence for as long as they can safely drive, the CHP offers the two-hour, "Age Well, Drive Smart," course. The program is supported by the Keeping Everyone Safe grant from the California Office of Traffic Safety. Through this program, seniors can tune up their driving skills, refresh their rules of the road knowledge, and learn about normal age-related physical and mental changes and how to adjust to these changes. To find out when the next Age Well, Drive Smart course is being offered, call your local CHP office or visit us online at [www.chp.ca.gov](http://www.chp.ca.gov). ★

# 10th Annual Nuts and Berries Fundraiser to Help Save Local Wildlife

By Elise Spliess

**SACRAMENTO REGION (MPG)**

The Wildlife Care Association (WCA) located at McLellan Park is dedicated to the rescue, rehabilitation, and release of more than 6,000 orphaned, sick, and/or injured wild animals each year in the greater Sacramento area.

Our facility takes in animals from local city, county, and state agencies as well as from members of the public, local zoos, and vet clinics. We are the only wildlife rehabilitation group in this area equipped to handle the substantial number of wild animals we rescue every year.

WCA's 10th Annual Nuts & Berries fundraiser will be held on December 8th, 2013 from 6:30 p.m. to 9 p.m. at Lion's Gate Hotel in the Grand Ballroom.

The Nuts & Berries event is the largest fundraiser WCA currently puts on and every year we try to do a few things differently.

In 2012, we had more than 400 items in our silent auction, more than 20 raffle prizes, and more items for sale in the gift shop. We often have more than 100 donors, both local and non-local businesses and individuals to ensure a wide variety of items to choose from.



WCA's 10th Annual Nuts & Berries fundraiser will be held on December 8th, 2013 from 6:30 p.m. to 9 p.m. at Lion's Gate Hotel in the Grand Ballroom. Photo courtesy of Nuts & Berries

This year we will be adding a table of different specialty

desserts to the silent auction and much more seating will be available at the event. In addition to many theme baskets, we also offer a large selection of fine wines and wine baskets, Disneyland Park Hopper passes, baseball tickets, overnight stays at different hotels and resorts, restaurant gift certificates, artwork, admission to different museums and amusement parks, and so much more.

If you have not attended this event in the past, this is the year to go! Auction items start as low as \$10 — a great selection of items to fit every budget. If you have new items or a service you would like to donate, please contact Theresa at [theresaszo1@yahoo.com](mailto:theresaszo1@yahoo.com) or 916-952-4336. [www.wildlifecareassociation.org](http://www.wildlifecareassociation.org). ★



The Nuts & Berries event is the largest fundraiser WCA currently puts on and every year tries to do a new exciting things. Photo courtesy of Nuts & Berries

# Debate Series Announced on Proposed Downtown Arena

Continued from page 1

Four Sacramento-area public libraries have been chosen as locations for the town hall meetings, which are free and open to the community. Each discussion will run from 7 p.m. to 8 p.m. Doors open for these events at 6:30. Seating capacity at the libraries will be limited and is first come, first served.

Serving as moderators are Sacramento County Sheriff John McGinness, former Sacramento City Councilmembers Lauren Hammond and Rob Fong, and current KFBK News Director Zack Stein.

McGinness hosts a popular afternoon radio program on AM 1530 KFBK and will moderate

the Tuesday, December 10 meeting at the Carmichael Library, 5605 Marconi Ave, Carmichael

Stein has covered the arena and politics in Sacramento for KFBK and will moderate the Wednesday, December 11 meeting at the Arden Library, 891 Watt Ave, Sacramento.

Hammond represented the Fifth Council District in Sacramento for 12 years and will moderate on Thursday, December 12 at the North Natomas Library, 4660 Via Ingoglia, Sacramento.

Fong who represented Sacramento's District Four for eight years will moderate the Thursday, January 9 at the Pocket-Greenhaven Library, 7335 Gloria

Drive, Sacramento.

Featured speaker, Hyde said, "We are honored to have elected community leaders of the stature of Sheriff McGinness and Councilmembers Hammond and Fong moderate these discussions. It's also important to have the media perspective, which Mr. Stein provides."

"Everyone in town knows John McGinness has strong, well-informed opinions on issues involving our community. And between Lauren Hammond and Rob Fong, they have studied more arenas than just about anybody in Sacramento," said Graswich. ★

Source: Bullet Marketing



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CLUES

ACROSS

1. Bug hitting windshield, e.g.  
6. Presidents' Day month  
9. Party barrels  
13. Moonshine  
14. Grassland  
15. Beyond normal limits  
16. \_\_\_\_ Boo Boo  
17. Opposite of nothing  
18. It has front and rear seats  
19. \*Misfit elf dentist  
21. \*\*It's a Wonderful Life" star  
23. Unopened tulip  
24. Oliver Twist, e.g.  
25. White wine and cassis  
28. \_\_\_\_ good example  
30. Sect follower  
35. "National Velvet" author Bagnold  
37. Earth's neighbor  
39. Some are on a shorter one than others  
40. Windmill blade  
41. Top dog  
43. Attached to a wheel  
44. Magazine's special feature  
46. \*\*"A Christmas Story" leg \_\_\_\_  
47. Capital on the Dnieper  
48. Vital  
50. Cleopatra's necklace  
52. Chester White's home  
53. Strip of wood  
55. \*\* \_\_\_\_ Be Home For Christmas"  
57. \*It happened on 34th Street  
61. Show off  
64. Acid in proteins  
65. Ides month  
67. Holy See loyalist practicing different rites  
69. Closely watched on Black Friday  
70. Before prefix  
71. \_\_\_\_ Domingo  
72. Old World duck  
73. \*Astaire's character in "Holiday Inn"  
74. Clear the blackboard

DOWN

1. "Be quiet!"  
2. \*\*\*Winnie the \_\_\_\_ and Christmas Too"  
3. Like a famous Ranger  
4. Tart  
5. Immune system organ  
6. Strip the skin off  
7. Slippery reef dweller  
8. Model-building wood  
9. Acknowledged or recognized  
10. Tropical tuberous root  
11. Its seed yields gum used as thickener  
12. Email folder  
15. Utilitarian  
20. Swelling from accumulation of fluid  
22. Clinical twitching  
24. "On the \_\_\_\_" or in a belligerent mood  
25. \*He was left home alone  
26. Silly  
27. Between shampoo and repeat  
29. \_\_\_\_ tale  
31. Pipe problem  
32. Yellow rides  
33. Speck in the ocean  
34. \*Famous lampooner on Christmas vacation  
36. Owner's acquisition  
38. Idiot, Yiddish  
42. Patriots' Day month  
45. Phone companies  
49. Indian dish  
51. \*Agreement to assume Santa's identity  
54. Dangle a carrot  
56. Relating to the moon  
57. Physics calculation  
58. Mosque V.I.P.  
59. Agitate  
60. All over again  
61. \*Santa's bitter old brother  
62. Columbus' vessel  
63. Makes lace  
66. Exist  
68. Corn site

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

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 7

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5	6	3	7	2	8	9	4	1
9	2	4	3	6	1	7	8	5
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By Ronnie McBrayer

There is a story told a hundred different ways but with the same punch line; it is about a man who falls off a cliff. He slips over the edge, careening and banging downward. Then, as if by miracle, his pants snag for just a millisecond on the skinniest of tree branches. He quickly grabs hold of it, and for the moment remains alive, though he is hanging thousands of feet above the ground.

He can't climb up, and he can't lower himself to the canyon floor below. Stuck as he is, with no one else to call upon, and powerless to save himself, he looks heavenward and prays: "Dear God! Please help me!" A thunderous but calming voice answers from heaven: "Do you trust Me, My beloved son?"

The man cries out in return, "Yes, God, I trust you! Please save me!" God answers, "Okay, just let go of the branch and I will catch you." The man thinks about this offer and his situation for a moment, and looking at the jagged rocks below him, calls out: "Well...is there anyone else up there who can help me?"

Sometimes we want God to intervene. To help us, save us; to show up. His voice and presence, more often than not, are slow in arriving. But sometimes

## Never Left Hanging (First Week of Advent)

– on rare and unusual occasions – God does speak. He acts. He intervenes. He appears. And when he does, it often results in more trepidation than if he had held his tongue and remained elusive.

Think of Moses standing barefoot at the burning bush; Jacob in a surprise wrestling match with the Angel of the Lord; Saul, blind and blathering on the Damascus road. As Annie Dillard said of those of us who casually enter our church sanctuaries each week, "Does anyone have the foggiest idea what sort of power we so blithely invoke? We should all be wearing crash helmets. Ushers should issue life preservers and signal flares; they should lash us to our pews...For the waking God may draw us out to where we can never return."

Advent, which begins this week, is no exception to this experience. It is the rule. God speaks – God arrives – and even though it is in the form of a helpless baby, the world is turned upside down. Shepherds quake. Angels sing. Mary trembles. Awe-inspired Magi bow in reverence. Joseph, a stunned carpenter, probably wonders if someone "else up there" could deliver him from the delivery of this child.

What was it all about? Faith, no doubt. All of these characters are asked to "leap" from their secure perches to land in God's arms. They are all asked to believe that the baby, "wrapped in swaddling clothes and lying in a manger," is indeed

the Promised One of God, a uniquely born gift to the world. Are we not all asked to believe the same?

And this Advent season is about listening to the voice of God. I am very much aware that when one speaks of "hearing God's voice," it might be time to call the paddy wagon. Great lunacies have been committed by individuals convinced that they were on a divine mission. Some of these insanities have crossed over into atrocity.

But to hear God speak, deep within our hearts, is not necessarily a sign of mental illness. It can be; just like finding Jesus's image in a bag of cheese puffs or an icon of the Virgin Mary on the back of a piece of raisin toast at the Waffle House. It can be a manipulative way to dupe the spiritually naïve (or sell a pile of books just before the holiday season).

Yet, on those rare and unusual occasions, Annie Dillard is right: "The waking God may draw us out to where we can never return." Yes, Advent means that God has spoken and will continue to speak. It means that God has and will continue to intervene. And in the process, God will demand ruthless trust. But, he is trustworthy, and will never leave you hanging. ★

*Ronnie McBrayer is a syndicated columnist, pastor, and author of multiple books. You can read more and receive regular e-columns in your inbox at [www.ronniemcbrayer.me](http://www.ronniemcbrayer.me).*

## ‘Tis the Season to Stuff Myself Like a Turkey and Get Away with It

By Rev. James L. Snyder

Now that summer is out of the way and the holiday season has begun, I can throw out the kitchen window all of those diet restrictions introduced by the Gracious Mistress of the Parsonage. After all, the whole purpose of the holiday season is to eat.

It begins in late October with the mass distribution of candy, which I have no objection. A little candy in somebody's life can go a long way to produce happiness. Why, a handful of jelly beans really makes the world go around, which may be why I am just a little bit dizzy.

From October all the way through to New Year's Day, it is nothing but one delicious delicacy after another. And, I love it.

Around the middle of October my wife announces, "This year you need to be a little careful about what you eat during this holiday season." Of which I smile back at her and nod my head in the affirmative, whatever that means. Far as I am concerned, a nod is not quite as committed as a word spoken.

In October when I am doling out candy to the kids knocking on my door, I always use this formula: one for them and one for me. After all, what's fair is fair. I have to make sure I have enough candy to go all the way around. As one who is very conscious about not wasting anything, I make sure all of the candy is properly consumed by midnight.

I get away with this because my wife usually has the grandchildren on the other side of the neighborhood going door to door getting candy. My duty is to distribute the candy however I see fit.

Thanksgiving really tickles my fancy. It is an opportunity to stuff myself like a turkey and get away with it. After all, with all the family around the Thanksgiving Day table there is little opportunity

for my wife to supervise what I eat or do not eat. As long as the dishes keep passing, I keep participating.

One thing that makes the Thanksgiving Day dinner so wonderful is that you can stuff your stuff without feeling guilty about it. "Don't you think you've had enough?" my wife will ask.

I have one response to this query I have used for years.

"Do not worry, my dear," I say as I pile more mashed potatoes on my plate, "I plan to go on a diet for my New Year's resolution." What a wonderful New Year's resolution scenario. Whoever invented that should receive the Nobel Peace Prize because it has come in quite handy in my situation.

Thanksgiving is so close to New Year's that it makes a very convenient excuse.

Take the Fourth of July picnic, for example. That is a long way from New Year's Day and the New Year's resolution scenario that I cannot use that excuse. At that picnic when my wife says, "Don't you think you have had enough?" I have to smile and agree that perhaps I did have enough, and lay down my fork in surrender.

What about the summer family picnic time when all of us are getting together? The same thing is happening there. New Year's Day and its resolution scenario are too far in the future to use as a ploy to get second or even third helpings. During any summer picnic, I am on my own and in some regards, I do not like it.

But the Thanksgiving-Christmas-New Year's holiday season is my kind of season.

The holiday season is a time for indulgence. After all, has anybody ever seen a skinny Santa Claus? It would be blasphemous to go to the mall during the holiday season and see a skinny Santa Claus. Personally, I would turn around and go home and sit

in the corner for a while to get over it.

The holiday season is for extravagance. Christmas gift giving is giving people presents they do not really need. I cannot recall how many ties I have received down through the years as though I have not enough ties, but every one was an absolute delight.

The season begins with the hearty Thanksgiving dinner, goes to the Christmas Day dinner and then ends with the New Year's Day dinner. What more could a person really ask for?

There is something about the family gathering around the table indulging in the delicacies of the season and just having a good time. It is not a time to count calories, but rather, a time to count your blessings. It is not a time to monitor what somebody else is eating, but a time to enjoy the family fellowship around a good table set by somebody who knows how to set a good table.

If someone in our family did not cook so well I would not have a problem in restraining my eating. So, I do not believe it is my fault.

After the festivities have subsided and all the food has all been consumed, we still are left with the rest of our life. In light of that I like what Paul said, "Giving thanks always for all things unto God the Father in the name of our Lord Jesus Christ" (Ephesians 5:20 KJV).

For those who know the Lord Jesus Christ giving thanks for everything is a wonderful way of life all year long. ★

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



By Karen Anderson

The time had come for me to leave those loving arms of God and proceed with my life. The first question is, "Am I really ready?" Have you guessed that my heart-break was the passing of my beautiful Golden Retriever, Nikki? She was so young, loving, fun, and the joy of my life. When she passed away in 2012, she took my heart with her.

We have all heard about the stages of *grief*. There are several stages but the ones that really come to mind are the denial, anger, and finally the acceptance and release of her death. Remember when In October, 2011, my girl was diagnosed with lymphoma and not expected to live more than a couple of months. I just couldn't believe it. I was shocked and stunned. I just knew, in my heart, that God would save *her*. I'm an Herbalist,

## His Healing Arms

after all. I knew I could reverse the cancer with natural means and God on my side. I just knew she was supposed to live, she was too young. Nikki was so patient and let me push pills down her throat every day; but I still lost the battle in the end. What was wrong with God, why didn't He do something?

The next stage for me was the anger. How could God let her die in such a manner? Didn't He love her as He loves me? Then, I realized towards the end of her time that I was angry at her. How dare she leave me all alone? What would I ever do without her? During her illness and after her death, I became almost a recluse and didn't want to be around anyone. I wanted to just dwell in my sorrow. At that moment God reached down in the depth of my sadness and held me tight. When I was strong enough, He lead me back towards the light in my life.

He gave me this verse to encourage me and to show me it was time to get connected again. The Word says, "*If you'll hold on to me for dear life,*" says God, "*I'll get you out of any trouble. I'll give you the best of care if you'll only get to know and trust me. Call me and I'll answer, be at your side in bad*

*times; I'll rescue you, then throw you a party.*"

I know that Nikki's passing devastated me emotionally for a long time; but not every death I have experienced was that intense. Does that mean I didn't love the person enough to grieve like that? I believe that grief can be different for every situation. It doesn't mean you love them less; it just is different. The thing, dear reader, is to never let guilt in. That is satan's tool to try and make you continually feel depressed and trapped. Don't forget that God will carry you until you are ready to go out on your own. If you ask Him, He will never leave your side and He is also planning a party for you and I. It's time to release the grief and let's go to His glorious party. See you there!

PASSAGE: Psalm 91:14-15 (The Message) ★

*Karen Anderson is an accomplished speaker, author, and chaplain. Her latest books, Nikki's Tail-Waggin' Lessons and The Little Book of BIG Thoughts series can be found on Amazon.com. Leave a message for Karen at [www.soaringtohope.com/](http://www.soaringtohope.com/) contact or connect with her on Facebook at [www.facebook.com/SoaringToHope](http://www.facebook.com/SoaringToHope).*



By Marlys Johnsen Norris, Christian Author

Have you ever wondered why Jesus, the Son of God was baptized? Or possibly you have been around people who had a rather self-righteous attitude because they were baptized and knew you were not. How did it make you feel? Maybe the thought of baptism has never entered our mind. Are you wondering what to do about it? Have you accepted Jesus as your personal Savior?

Although Jesus was the Son of God, he came down to earth and was born a human being.

Therefore He was both God and man. His Heavenly Father and He for knew He was to come as the "Lamb of God" and what He was to accomplish to save souls. They knew how He was to make this journey to teach, save mankind, die and rise again..

At the right moment in time, when He and his cousin John both were young men, they "supernaturally" knew it was time for Jesus to be baptized as one of his most significant acts of obedience. As Jesus was coming up out of the tub of water, behold the heavens opened to Him and He saw the Spirit of God descending like a dove and alighting upon him. And suddenly (His Father's) voice came from heaven, saying "This is my beloved Son, in whom I am well pleased". (Matthew 3: 16-17) God is always pleased when we are obedient.

Jesus act of obedience for baptism should also be our desire to do likewise, after we have received Jesus as our Savior and

## Baptism

Lord of our lives. After receiving Christ our first act of obedience becomes the first proof of true repentance and walking in a different direction with God in our lives. God honors sincerity and every act of obedience as we walk in the ways of His instructions written in the Holy Bible. Because "Man should not live by bread alone, but by every word that proceeds from the mouth of God" (Matthew 4:4)

And God promises an abundant life when we follow Him. "Now to Christ who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen" (Ephesians 3:20-21) ★

*Marlys Johnsen Norris – Christian Author of 7 Books including Award Winning "Recipes for a Happier Marriage" [Marlysjn@gmail.com](mailto:Marlysjn@gmail.com)*

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# Community Update for Citrus Heights



**Commentary by  
County Supervisor  
Roberta MacGlashan  
for Citrus Heights**

As your representative on the Board of Supervisors, I am proud to inform you that, following several very challenging years, Sacramento County has weathered a severe financial storm and that the state of Sacramento County is good and improving. We have reinvented the way we do business, finding ways to better serve our communities and improve the quality of life for all our residents.

Just this summer, our credit rating was increased for the first time in almost 20 years. We are on stable outlook as well. That the credit rating agencies' views of the County are improving demonstrates that outside third parties with a vested interest in our financial operations are seeing that our hard work has truly paid off.

We are adding deputy sheriffs, including Problem Oriented Policing deputies, to keep our communities safe. We are also adding probation officers and park rangers for the same

purpose. Just a few years ago, we were in the horrific position of laying off many public safety officers, a situation I will work to prevent from ever happening again.

We are also streamlining the permitting process for everything from home remodels to new restaurants and other businesses. Gone are the days in which such County users were forced to visit multiple buildings in myriad locations in order to move forward with building projects. Now, with the County's two Building Assistance Centers, the County offers one-stop-shopping for building permits, inspections, and related services.

We also continue to operate two County service centers, one in Fair Oaks at Hazel and Madison, and another that has just reopened in North Highlands at 3331 Peacekeeper Way in the McClellan Business Park. These services centers offer many of the same services as the Building Assistance Centers, and make it much easier for community residents to access essential County services.

We are also getting national recognition. Sacramento International Airport is one of the most modern and customer-friendly airports in the Country, and was recently named by USA Today as one of the nation's best airports with regard to its public art collection.

We also have one of the best urban bike paths in the nation – the American River Parkway. And with the additional park rangers we are hiring, we hope to continue improving public safety

for those using the crown jewel of our regional parks system.

As I previously mentioned, the last few years have been incredibly challenging. The County has reduced its workforce by over 4,000 employees. The downsizing of the workforce will likely not change anytime soon, as we have simply had to reinvent the manner in which we do business.

And I owe a debt of gratitude to those local citizens who stepped up and worked with me on a Citizens' Advisory Board that I convened to assist me in working through the County's most challenging fiscal times. This committee, consisting of representatives of local chambers of commerce and other civic organizations, was indispensable in my efforts to keep deputies on the streets and prosecutors in the courtroom.

As always, I look forward to hearing from the residents of my district. Please feel free to contact my office at (916)874-5491 and my staff will gladly assist you. You may also email me directly at [macglashanr@sac-county.net](mailto:macglashanr@sac-county.net). Finally, I hold regular community meetings in each community I represent. In Citrus Heights, we meet the fourth Friday of most months from 7:30am until 8:30am in Denny's at Sunrise and Greenback. While we take the month of December off for the holidays, we will be back in January with a presentation from the County's Director of Airports, John Wheat. I hope to see you there!



It started as a trickle a few days ago and during the next few days it's going to turn into a deluge. I'm referring to the number of Christmas Catalogs -- the great American wish book. The fact is, during the next few days everybody wants your money. They've been planning all year on how to get it. They're counting on getting it. There will be over 150,000 toys on the market in the next few days. Just toys alone. How can anybody escape materialism? We are a nation consumed with consuming. The average American spends everything they make! And it's getting worse, with 19% spending more than they make!

As a nation, we've overspent for decades and the national debt is collapsing the economy. What do you call it when output exceeds input? Body builders call it overwork. Electricians call it overload. Bankers call it an overdraft. Politicians call it, What problem?

If there's a single word that summarizes American hopes and obsessions it is -- More! More money, more success, more

# Secrets of Contentment

luxuries, more gizmos. We live for more. So how do I live in a consumer drive culture? How do I break free from materialism? Here are 3 keys:

**Resist Comparing Myself.** "I have learned to be satisfied with the things I have..." *Philippians 4:11* That can only happen when you don't compare yourself. The moment you start comparing what you have to what others have, you're doomed! Your joy is gone! There will always be someone who's smarter than you are, making more money than you, has a bigger house, nicer car, has more, whatever.... Our problem is we live with the myth that says, "I must have what others have to be happy." That's the myth behind all the ads you'll see this shopping season. "Everybody else has one, so you need one too." No you don't! Paul said, "I've learned to be satisfied with what I have."

**Rejoice In What You Have.** Happiness is not getting whatever you want. Happiness is enjoying what you have. "It is better to have only a little with peace of mind than to be busy all the time." *Ecclesiastes 4:6* You need to ask yourself a very frank question. "Will having more make me happier?" And the answer is NO. You cannot buy happiness. What are you waiting on to be happy? I suggest you learn to enjoy like NOW. The truth is this, you're as happy - you're as joyful - as you choose to be.

**Realize The Source Of True Joy.** There are things in life that keep us from believing that living joyfully is a possibility, things that we face on a daily basis. Like the bad that shouldn't happen and the good that doesn't happen. And we lose our joy. The problem is we have a misconception of happiness. We tend to think, "If I could just get rid of all my problems, then I'd be happy!" The only problem is there's no such thing as a problem-free life. You must learn to be joyful in the situation, in the circumstance. That is a sign of spiritual maturity. Do you want to know how spiritually mature you are? Check your joy level. Joy is a fruit of the Holy Spirit within you. "But when the Holy Spirit controls our lives, he will produce this kind of fruit in us ... joy..." *Galatians 5:22 (NLT)* If your joy is based on your circumstances, guess what? You're going to be miserable most of your life. True joy and contentment is independent of your circumstances because it comes from God – the Holy Spirit. That's what God wants to give you this Holiday season as you open the door of your life and invite Him in; true contentment.

Pastor Ray. ★

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Holiday Freak Out

They’re coming! They’re coming! Who is coming? In-laws, outlaws, friends and foes alike will be knocking on your door with a smile on their faces and the furrows will start to show on YOUR face. The strain can really affect your marriage too. But, it’s the season for merriment and sharing you say! Not if you overlook relationship killers. **Dr. Terri Orbuch** is a research professor, a marriage and family therapist, and the best-selling author of five books including “**Finding Love Again**” and a PBS special “**Secrets From The Love Doctor**” which started airing November 30 nationwide. So I asked Dr. Orbuch on my POPPOFF Radio Show how we can make sure our relationships don’t get stressed out as we plunge into the holiday

It’s been said that money and sex are the leading relationship killers. True? Perhaps. But, like death by a thousand paper cuts, the good Doctor says little things kill relationships too. For nearly three decades, she had a front-row seat to thousands of relationships. Her ongoing research—a long-term study funded by the National Institutes of Health since 1986—gave her the opportunity to study, closely and over time, critical patterns in

POPPOFF!

with Mary Jane Popp

marriage and divorce, romance, and relationships. And here’s what she knows for sure: small stuff IS a BIG deal! To create a truly happy, healthy relationship, every couple of every stripe, should take the most overlooked and under-discussed relationship killers to heart. She shared seven of them with me.

- 1) **Skipping Me Time.** Among unhappy couples, more people point to a lack of privacy or time for themselves as the reason (11.5%) than they do their sex
- 2) **Staying mum on “minor” annoyances.** A lot of couples sweep little annoyances and pet peeves under the rug. Over time, though, small everyday irritations can add up and put a relationship on life support.
- 3) **Holding on to feelings about exes.** Expending energy on a past love can bedeadly. Men and women who say, “I don’t feel much of anything for my ex” are more likely to be happy in their present relationship.
- 4) **Keeping old secrets, even small ones.** Ninety percent of people in happy relationships say they “never” feel that their partners aren’t completely truthful about their past.
- 5) **Sparing little signs of affection or approval.** Too many couples wait for special occasions, such as birthdays, anniversaries, or Hallmark-type holidays, to express

loving feelings to one another. Sometimes a goodbye peck on the cheek or a thoughtful compliment is all it takes to make a partner feel loved and appreciated.

- 6) **Spending too much time or too little time with the parents.** Married couples are 20% less likely to divorce when a man feels close to his mother-in-law. When women feel close to their in-laws, however, the couple is 20% more likely to divorce.
- 7) **Seeing the glass half empty.** Many couples only talk about what’s going wrong in their relationship. But couples that also focus on what’s working well—or the glass half full—are much happier over time than those who purely try to “fix” their problems.

Finally, **Dr. Orbuch** told me that countless couples make the mistake of assuming they know everything about one another. Unlike when they were first dating, they cease asking questions and learning more about each other. Such loss of curiosity, like other overlooked relationship killers, can be lethal. It may be SMALL stuff, but it’s a BIG deal! So don’t forget the small stuff during the big holiday and party time. It’s a reminder that our relationship with our partner comes first all year long. **HAPPY HOLIDAYS!!!** ★

Gettysburg Address 150th Anniversary Reenactment

By Steve Bogart

**CITRUS HEIGHT, CA (MPG)** - The crowd waited under a slate gray sky that threatened rain like it had done the night before. This weather was identical to the day of the original speech given on November 19, 1863. The stage was set. The President of the United States, Abraham Lincoln stood as he watched the Honor Guard march down the road to join his security detail. Commander Jon Henry, commander of the SUVCW welcomed the audience and made introductions. Chaplain Steve Bogart delivered the invocation.

Following was a dedication of the grave of Corporal James D. Kent. Corporal Kent had settled in Sacramento after his time fighting in Civil War and became a Sacramento police officer. Lt. Jim Hendrickson spoke on behalf of the Sacramento Police Dept. and unveiled a newly repaired head stone. The grave is in the Grand Army of the Republic (GAR) plot, where all Civil War soldiers who settled in Sacramento are buried. A Union General, Confederate General and a soldier awarded the Congressional Medal of Honor are also buried in this plot.

At this time the man of the hour stood and moved to the stage. As this happened a hush fell over the area as the president began to speak. He introduced his aide, De-Camp Brigadier General Rose and then began his speech. Lincoln stood a couple of inches over 6 foot tall, dressed in black pants, black coat, white shirt a black string tie, wire rimmed glasses and his famous stove pipe hat and beard. He spoke in a normal voice, not very high or low nor was it too grave.. He spoke about the Civil War and its' history up until the time of the Gettysburg battle and some of the battles that raged through the country at the same time. One was the battle for Vicksburg that had been won by the Union at the same time as Gettysburg and how much that



Re-actors from Sons of Union Veterans of the Civil War (SUVCW) Camp 22, and the American Civil War Association came together at the Old City Cemetery in Sacramento at noon on November 19, 2013 for a reenactment of the reading of the Gettysburg Address by President Abraham Lincoln. Photo by David Salyer

had caused a change in the western part of the war.

Then a change came over the president (Wayne Scott) as he took out a small book, took out some very small tattered pages, looked up at everyone and said "I have to read the speech as I was never required to memorize it in school like some of you." He set his tone and began to read. His reading captured the attention of all who were there, the grade school children gave him their full attention, and you could see a few of the older adults who had been required to memorize the speech in school quietly speak it with him,

including this writer.

Following the speech the honor guard was again called to attention and marched off down the road. The commander, Jon Henry of the SUVCW spoke a few words followed by a closing invocation by the chaplain.

The President, (Wayne Scott), was now surrounded by adults and children all asking questions. The president was very gracious as he signed autographs and answered their questions.

It was truly a day to remember. For information on the event and the SUVCW, contact Steve Bogart at (916) 489-8895. ★

SnoreStop Billboard Coming to Sacramento in Early December



According to a company representative, the billboard is on its way to Sacramento (to an undisclosed location) in early December as part of a larger national campaign.

**SACRAMENTO, CA (MPG)** - A billboard on a high-traffic section of Sunset Boulevard in Los Angeles is drawing sharp social media remarks — and the ad just went live two weeks ago. Featuring an enlisted American soldier and a Muslim woman in loving embrace, the ad is part of a larger marketing campaign for the product SnoreStop. Its headline reads: “If we can keep this couple together, we can keep anyone together.”

According to a company representative, the billboard is on its way to Sacramento (to an undisclosed location) in early December as part of a larger national campaign.

On one FOX TV affiliate, hundreds of people commented on the billboard with some pretty nasty remarks.

Another Huffington Post article generated more than 3,500 comments.

Dubbed the #bettogether campaign, the billboard has generated some social media feedback from members of the military and the Muslim community in the first hours of the campaign.

Paul Evans, the solider featured in the billboard, is now speaking up: “I am super proud to be a part of this campaign. I’m aware of the controversy and, in fact, I am in the military to fight for this very right to express oneself in this country.”

So, why is it raising eyebrows in some corners? And, what does it have to do with a natural snoring solution?

“As a snoring solution company, we’re in the business of keeping people together,” says Melody Devemark, spokesperson

and member of the family-owned Camarillo, California-based company. “We really wanted to find and showcase couples you don’t always see in mainstream advertising circles.”

The idea was inspired from a real couple. Veteran Jamie Sutton and his Muslim wife, Aleah, are the real couple behind the billboard portrait. “We realize that it’s likely to be controversial,” Devemark says. “But our family thinks it’s a beautiful story and we feel honored to be able o share it with others.”

The billboard is already going viral, with more than 1,000 notes on Tumblr in one week, and hasn’t even been unveiled yet. Bearing the slogan #bettogether, people in the social media sphere have already begun to make their opinions known. Here are some selected comments and feedback:

“I’m not racist, but I feel like they’re trying to shove this ‘political correctness’ thing down our throats.”

“For some people it’s just too soon. The tragedy of 9/11 is still so fresh in people’s minds and now we’re being told we have to accept the enemy being a part of our lives and culture.”

“I wonder if she needed a green card.”

“I guess she’s supposed to be one of them peace-loving ones?”

“Ha! I’d have thought something like this would be for Obamacare.”

While others expressed open hostility to the image, the majority of comments were more accepting:

“It’s a wonderful message. It’s time we stopped labeling people

because of their nationality. As for stopping snoring, I’m all for that too.”

“Would it make me try their product? I would try it on the basis that it stops my husband’s snoring! But the ad is nice.”

“I can see where it would piss some folks off. Me? I think it’s okay.”

“Be together, it says. Would we have seen things like this during the Second World War with an American G.I. and a Japanese woman? Hell no. So maybe it shows how much we’ve progressed as a society. I don’t know.”

“All’s fair in love and war, right?”

“Gets me kind of hot, you know? She’s hot is all I’m saying.”

“I’m getting all teary-eyed. I think it’s great. Honestly, I like it.”

“I hope it wakes people up, sorry, I’m not talking about the snoring, to the plight of the people in the Middle East and that the majority of them don’t want to see violence and destruction.”

An American military figure and a Muslim woman holding each other is bound to raise eyebrows. But, Christian de Rivel, another member of the family-owned company, does not want to run from controversy: “Snoring is an equal opportunity offender, SnoreStop is the equal opportunity provider. There is no nudity or bigotry or hostility in our #bettogether campaign. In fact, we are specifically and aggressively promoting diversity, equality and harmony. ★

Source: Pop Culture Public Relations

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# Our Forgotten Warriors

*Continued from Page 1*  
is obvious the VA benefit application process is tremendously overwhelmed. So, in appreciation of their sacrifice, it's up to us as a part of their community; you and me, to support them.

So – as a community, let's seize the opportunity to finally say "thank you." But these words must become a community action in order to bring about real changes for these returning hero's. With the political and economic pressures of today, we have lost our commitment to our Veterans. Whatever happened to people helping people, or Veterans helping Veterans directly – and not relying on the big cumbersome, bureaucracy that is disappointing veterans today? Let's use the shortest, most direct route to helping our Veterans in need. This small seed of an idea; veteran feeding, clothing, and caring for another veteran, started to take shape in the garage of a North Sacramento home in 2006. Isn't it interesting how many good ideas start in the garage? In 2008, this seed, this idea of Veterans helping other Veterans incorporated as Forgotten Warrior, a 501 (c) 3 non-profit. And, it has transformed the lives of veterans, one veteran at a time – by veteran helping veteran, friend helping friend, neighbor

helping neighbor, and the greater community helping the veteran community.

Forgotten Warrior — founded by CEO Wind Walker, a U S Navy Veteran himself, says it best, the Forgotten Warrior organization, "... is envisioned as a place where able-bodied and disabled Veterans and civilians alike gather to share their own stories, and to cultivate a hopeful new narrative for the future. We show the Veterans how to overcome their discouragement with practical support, life-coaching and self-help, re-programming techniques, along with how to use valuable nutritional strategies." Wind also stated, "Forgotten Warrior serves as a major point of inspiration and opportunity to engage the community in Veteran support. We strive to inspire and mobilize individuals and groups through meaningful volunteer experiences and donation opportunities that facilitate connections which change lives and strengthen our community."

The numerous, much needed programs offered by Forgotten Warrior serve Veterans of past conflicts as well as newly returning Veterans, through Health and Dental care referrals, Life-coaching and counseling for PTSD for veteran and family, Jobs for Heroes,



The numerous, much needed programs offered by Forgotten Warrior serve Veterans of past conflicts as well as newly returning Veterans.

Food for Heroes, and Veteran Benefit Assistance coupled with an outreach program designed to help Veterans through full-service Advocacy. And importantly, knowing that for many veterans their pet is all the immediate family they have - there is Vets for Pets... which helps the disabled and homeless veterans' pets get Veterinarian care.

How can Forgotten Warrior and it's grass roots approach do all of this when the big organization (the VA, Cal-vet, and many other government agencies) can't seem to get out of their own way? Through applying for grants, hosting Bingo games and fundraisers, and through the generosity of individuals and companies that want to

have a positive effect on their community to show their appreciation for what these remarkable Veterans have done for their country, community – and, ultimately for you and I.

Please take the time to put your words into action by offering to underwrite one of the Forgotten Warrior many outreach programs, become a Corporate VIP by donating your time and/or your donation to aid this worthwhile organization. Or just come join in the Bingo games held at: Sacramento Bingo Center at 3399 Arden Way, 95825.

For more information on how you can get involved call Forgotten Warrior at (916) 533-9811 or visit them online at Forgotten Warrior.org

## Underground Tours of Old Sacramento Announces Holiday Schedule

**SACRAMENTO REGION, CA (MPG)** - Hidden beneath the city for nearly 150 years, Old Sacramento underground has long been one of the capital's best-kept secret. Visitors have the opportunity to learn the facts behind the legends that lie below historic buildings and sidewalks as the underground tours finish its fourth season. Final tours will be held on the weekends December 7th thru 15th. The times are Saturdays & Sundays at 11:00 a.m., 12:30 p.m. and 2:00 p.m.

Tour guests explore excavated foundations and enclosed pathways while entertaining and knowledgeable tour guides recount the tales of the devastation, perseverance, and determination that led to California's only successful street-raising project.

Guests for all of the guided walking tours of the

underground should check in at the Sacramento History Museum, 101 I Street, before descending below several historic Old Sacramento buildings. Participants should be prepared to walk in areas with uneven surfaces and low ceilings. Due to the popularity of the underground tours, advance tickets are recommended and are available at [www.historicoldsac.org](http://www.historicoldsac.org).

The cost is \$15 for adults; \$12 for HOSF members; \$10 for children.

For more information, call 916-808-7059 or visit [www.historicoldsac.org](http://www.historicoldsac.org).

Sunday, December 15, is the last Old Sacramento Underground Tour for 2013. The 2014 season will debut in early spring.

Source: T-Rock Communications



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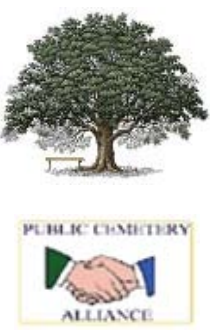
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### Carmichael Park Farmers Market

5750 Grant Avenue, Carmichael (Corner of Grant & Fair Oaks Boulevard under the trees in the Park)  
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**THURSDAY**

### UC Davis Health System Sacramento Farmers Market

45th & Y Streets (Behind Shriners Hospital)  
Every Thursday from 3 to 7:30 pm (Seasonal, through November 14th)

**SATURDAY**

### Sacramento Midtown Farmers Market

2020 J Street (Between the STANF Native American Health and Bioware buildings)  
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**WEDNESDAY**

### Mather VA Hospital Farmers Market

10535 Hospital Way, Mather  
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