



Canines to be Honored Guests at 2nd Annual 'Howl-O-Ween' Extravagana

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M Citrus Heights Messenger

“Written by the people, for the people”

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First Edition for October 2013

Young 'Old Time Fiddlers'



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Arden Playhouse: Crumme's Capers Crossed



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Airshow Takes Off

SACRAMENTO REGION, CA (MPG) - The California Capital Airshow (CCA), presented by Sacramento County, announced it will honor the 65th anniversary of the Berlin Airlift, the largest humanitarian aid effort in history. The Airlift will be commemorated during both days of the Show, October 5-6, 2013 at Mather Airport.

The Berlin Airlift Tribute will honor the quiet heroes who played an integral role in this monumental event, bringing together the pilots, aircraft, and German aid recipients from an important period in history. "The CCA team is excited to share this historical event with Sacramento, and celebrate the contributions of these unsung heroes," said Darcy Brewer, executive director of the California Capital Airshow. "The courageous men and women you will meet at the 2013 Show are remarkable examples of those who could put the war behind them and selflessly saved a city from starvation."

During 1948 and 1949, the world watched as the war-torn city of Berlin, Germany, was cut off from outside supplies of food and fuel by a Soviet Union blockade, designed to dominate the city. In a gallant and strategic manner, a flight took off every six minutes, 24 hours a day for over a year; often in fog, clouds, rain and ice to ensure the survival of over 2 million people in the city of Berlin. In a span of 15 months, with over 277,000 flights, the United States delivered 2.3 million tons of food, clothing, water, medicine and fuel. Although the life-saving supplies were welcomed by more than 2 million residents, what younger survivors remember most is that the "sky rained Hershey bars."

US Air Force pilots pioneered



Warbirds Galore in the sky and on the ground The Airshow will be roaring across the skies of our region October 5-6, 2013! The event will offer spine-tingling performances including an international jet team, the Snowbirds, military demonstrations, world-class aerobatics, wingsuit flyers, barnstorming, wing walking, and endless entertainment and displays along the ramp. Photo courtesy of CCA

the idea of dropping candy bars and chewing gum with hand-made handkerchief parachutes while 'wiggling' their wings, which alerted the children they were about to receive treats. When news reached the United States that pilots were dropping candy to the young people of Germany, children all over America sent in their own candy to help with the mission. Soon major manufacturers joined in, and by the end, over three tons of candy was dropped on Berlin and 'Operation Little Vittles' became a major success.

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Franklin's Flying Circus. Photo courtesy of CCA

Abandoned Babies Laid to Rest at Sacramento's Garden of Innocence



Citrus Heights resident Liam Neeley reflects on the many boxes holding the cremated remains of abandoned babies being laid to rest at the new Garden of Innocence in Sacramento. Members of the community donated the boxes, tiny urns of all shapes and designs, blankets, stuffed animals and flowers filling them.

Words and Photography by Elise Spleiss

SACRAMENTO REGION (MPG) - "Bringing communities together to make sure no child leaves this earth without someone who cared. That is what Garden of Innocence National is all about," reads their mission statement.

A community did come together on September 21, 2013 at the East Lawn Sierra Hills Memorial Park in Sacramento to pay respect and lay to rest twenty abandoned babies and to dedicate the new Garden of Innocence (GOI) at this site.

More than 130 participants and cemetery staff from surrounding cities and as far away as Fresno, CA made the journey to the new GOI memorial just outside of Citrus Heights, to be part of a morning created to bring people together to accomplish an urgent goal - to give abandoned children

the dignity they deserve in their death despite the very short and loveless life they may have had in life.

This goal was accomplished during a poignant ceremony following months of preparation by the Garden of Innocence National organization including acquiring each baby's individual final resting place, and giving each a personality of their own with a name, a special poem written for them and a unique urn built and donated by Sacramento Area Woodworkers to hold their cremated remains.

To fulfill the need for involve community in this experience, stories in the media and even on Craig's List called for volunteers and invited those interested to gather and participate in giving these previously abandoned and forgotten children a proper celebration of their short lives.

The service, the same

format repeated at GOI memorials around the United States began with a welcome from Victor Hipolito Jr., East Lawn Director. More than 50 men, women, and children created a solemn "Chain of Love", each participant pausing for a moment as they held each of the 20 urns before passing it on to their neighbor.

As this was taking place, the Knights of Columbus, a Catholic men's fraternal service organization with a heart for children's needs provided the ceremony with an additional sense of dignity as they slowly and silently processed around the circle and 'stood guard' over the entire proceedings.

The ceremony continued with the reading of poems written for each child by volunteers previously recruited from Sun City, and writers and poetry clubs throughout California. One poem written for 'Hannah'

came from Uganda.

Adults, children and even families, read the poems. Following each recitation, the reader opened a small white box and released a Monarch butterfly, most of which immediately took flight while others lingered.

One poet, George McGehee, a minister and writer was so moved when heard of the project from Inspire, his Christian writer's club, that he wrote his tribute to 'Michael' and traveled the 40 miles from Acampo, near Stockton to read it.

The reading of the poems was intermingled with several musical interludes by local musicians and a message of spiritual affirmation by Rev. Ramona Goodge, Center for Spiritual Awareness. Alan Fisher, president of East Lawn Sierra Hills Memorial Park then dedicated the Garden to the children it will serve.

Finally it was time to place

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www.CitrusHeightsMessenger.com

Canines to be Honored Guests at 2nd Annual ‘Howl-O-Ween’ Extravagana

By Kody Tickner

CITRUS HEIGHTS, CA (MPG) - The Citrus Heights Community Marching Band (CHCMB) is proud to invite the community to its 2nd Annual “Howl-O-Ween” Pet Fair and Costume Contest on Saturday, October 26th from 10 a.m. to 2 p.m. at Rusch Park located at 7801 Auburn Blvd.

All funds raised from this fun event will directly benefit the CHCMB, a no-cost-to-join show band with musicians of all ages. The band performs 20 times year-round throughout the Greater Sacramento area.

The highlight of the event will be the Canine Costume Contest. It’s only \$5 to register your pooch. Categories are Funniest, Scariest, and Most Original, so start working on those costumes now!

There will be several fun activities, including face painting by the Citrus Heights beauty pageant winners, a demonstration by the Citrus Heights Police K9 Squad, Doggie Play Zone, craft contests, informative pet seminars, and exciting entertainment including The Brasstronauts band, and DJ Dennis “Bad Dog” Keating.

We will be paying a special tribute to Ellie the Blind Pug who, on February 17, 2013, alerted her family to a house fire which saved their lives.



Buster was one of over 50 ‘Howl-O-Ween’ costumed dog entries in 2012. Photo courtesy of CHCMB Archives

The CHCMB will be hosting a silent raffle, and will be offering a variety of food concessions including chili dogs, all for low prices. The Craft Fair will feature vendors from around the region.

Event sponsors include Atlas Disposal, Douglas Ranch Supply, Sunrise Recreation and Park District, City of Citrus Heights, Hearts For Parks Foundation, and Summer Hills Veterinary Clinic, who will be providing low-cost microchipping and nutrition consulting.

The CHCMB is also proud to announce the band has been nominated for the Heroes of Human Services Award from the Sacramento County Board of Supervisors in recognition of the quality free entertainment and community services the band provides its’ members and the community. The award ceremony will take place on Tuesday, October 22 at 9:30 a.m. at the Sacramento County Administration Center in Sacramento.

★ For more information about the CHCMB, or how you can be part of the fun, check us out online at www.chcmb.org or call 725-0198.



Cleaner Streets in Citrus Heights



The next Rotary-At-Work Day is November 2nd where members will help Council Member Sue Frost and the Green Team plant trees in Area 11 of Citrus Heights to help them be one of the major “Green Cities”.

Special Rotary Report

CITRUS HEIGHTS, CA (MPG) - Have you noticed there are less garage sale signs in our community? The Rotary Club of Citrus Height’s first Rotary-At-Work Day this year was held on September 16th when they had 9 of its dedicated members met at A-Applied Mailing before driving through the streets of Citrus Heights in teams in an effort to beautify the city by taking down signs on street posts that had been left over from the weekend.

Rotarian Mark Duncan reported that the oldest sign that he and clean up partner Club President Justin Whitsell had found dated back to the beginning of June. Jessica Mang who coordinated Diane Riehle’s idea to clean up the signs weighed each team’s collection which totaled more than 35lbs.

The Rotary club which has more than 45 members has a goal to host 4 Rotary-At-Work Days from June of this year to June of 2014. Each day will consist of 5-10 members who will

find a project in our community to either clean up signs, help the Green Team plant trees, or help community in various ways.

The next Rotary-At-Work Day is November 2nd where members will help Council Member Sue Frost and the Green Team plant trees in Area 11 of Citrus Heights to help them be one of the major “Green Cities”. Please contact the Rotary Club of Citrus Heights or the Green Team if you would like to help. Contact information can be found at www.chrotary.org ★

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A tech came out and within ten minutes had the problem diagnosed. It was simply a burned up capacitor, a simple \$20 part. Talk about honest work, he could of told me it was the blower motor and charged me a bunch and I wouldn’t have doubted it. I’ll be calling Capitol Mechanical in the future if I need service or even a new system. Thank you guys! - **Jeremy M., Fair Oaks, CA**



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Senator Gaines Calls On Governor to Cancel Fire Tax For Clover Fire Victims; Announces Legislation

Intentionally Set Fire Damages Little League Snack Shack and Equipment Building



SACRAMENTO, CA (MPG) - Senator Ted Gaines (R-Rocklin) on September 30th, submitted a letter to Governor Brown, calling on the Governor to direct Cal Fire to cancel the “fire tax” for anyone who lost a home or other qualifying property in the Clover Fire, and announced his intention to introduce legislation that would exempt anyone who loses a home to a wildfire from paying the tax.

“I am asking Governor Brown to act immediately,” said Gaines. “I don’t want insult added to injury. Families have lost everything to this fire and the state should be helping them pick up the pieces, not billing them for homes that no longer exist.”

The fire tax is an annual levy imposed on the owners of more than 800,000 properties in the state that are within the boundaries of

State Responsibility Areas (SRA). According to census and Cal Fire data, Senator Gaines’ largely rural district includes roughly 20-percent or approximately 160,000 of the properties whose owners are subject to the fee.

The Clover Fire burned more than 8,000 acres southwest of Redding. According to Cal Fire, 68 residences and 128 outbuildings were destroyed; 5 residences and 10 outbuildings were damaged as well. The fire is 100-percent contained, but the effects will be felt by the residents for years to come and Gaines does not want them billed.

“I have fought this illegal tax at every turn. I have been saying that it will do nothing to keep people and property safe and this Clover Fire is just more proof,” said Senator Gaines. “The very first day that the Senate is back in session I am going to introduce a bill that exempts the Clover Fire victims from paying this fee or gets them a refund if the Governor will not step up and give them relief this year. The bill will also make it clear going forward that if you lose your home to a wildfire, you won’t owe the tax. It should be that simple.”

Senator Gaines has been a leading critic of the tax and introduced three pieces of legislation in 2013 that attempted to provide relief for rural Californians.

- Senate Bill 17 would altogether repeal the collection of the \$150 tax.
- Senate Bill 125 would exempt a property owner of a structure that is located both within an SRA and within the boundaries of a local fire protection district from having to pay the \$150 tax.
- Senate Bill 147 would exempt any property owner located within an SRA who has an income of less than 200 percent of federal poverty level (as determined by the U.S. Department of Health and Human Services Poverty Guidelines) from paying the \$150 fire tax.

Unfortunately, none were successful, but this is a clear-cut case, according to the Senator, “This is not politics, it’s common sense. The tax is levied on habitable structures. These homeowners wish that’s what they still had.”

Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties. ★

Source: The Office of Ted Gaines



SACRAMENTO REGION, CA - Intentionally Set Fire Damages Little League Snack Shack and Equipment Building

Around 2:30 September 29, Metro Fire units responded to the Antelope Little League Baseball Field for a report of a portable bathroom on fire. When units arrived they found the Little League snack shack and equipment building well involved in fire, as well as the “port-a-potty” next to it. First arriving crews forced access inside to extinguish the interior fire, while others attacked the exterior and bathroom. Truck crews simultaneously ventilated the structure.

Firefighters worked hard to save the Little League building and its contents. The building had sustained significant damage

SACRAMENTO METROPOLITAN FIRE

Arson Investigators on scene determined that the fire was intentionally set in the portable bathroom and then extended to the structure. Damage is estimated to be \$20,000. No injuries to firefighters or civilians were reported.

Metro Fire needs your help finding who started this fire and causing one of our local youth programs so much damage. We ask that you call the anonymous Arson Tipline at 916-859-3775 with any information regarding this fire. ★



CORRECTION

FOR 1ST Sept. 2013 edition, Issue 17

Rosa Umbach Education Committee Volunteer of Year photo – page 2:
‘The article honored Rosa Umbach for her management

of the intensive Job Readiness Training Program at San Juan High School. Her work was actually with the Mesa Verde High School Training Program.’ ★

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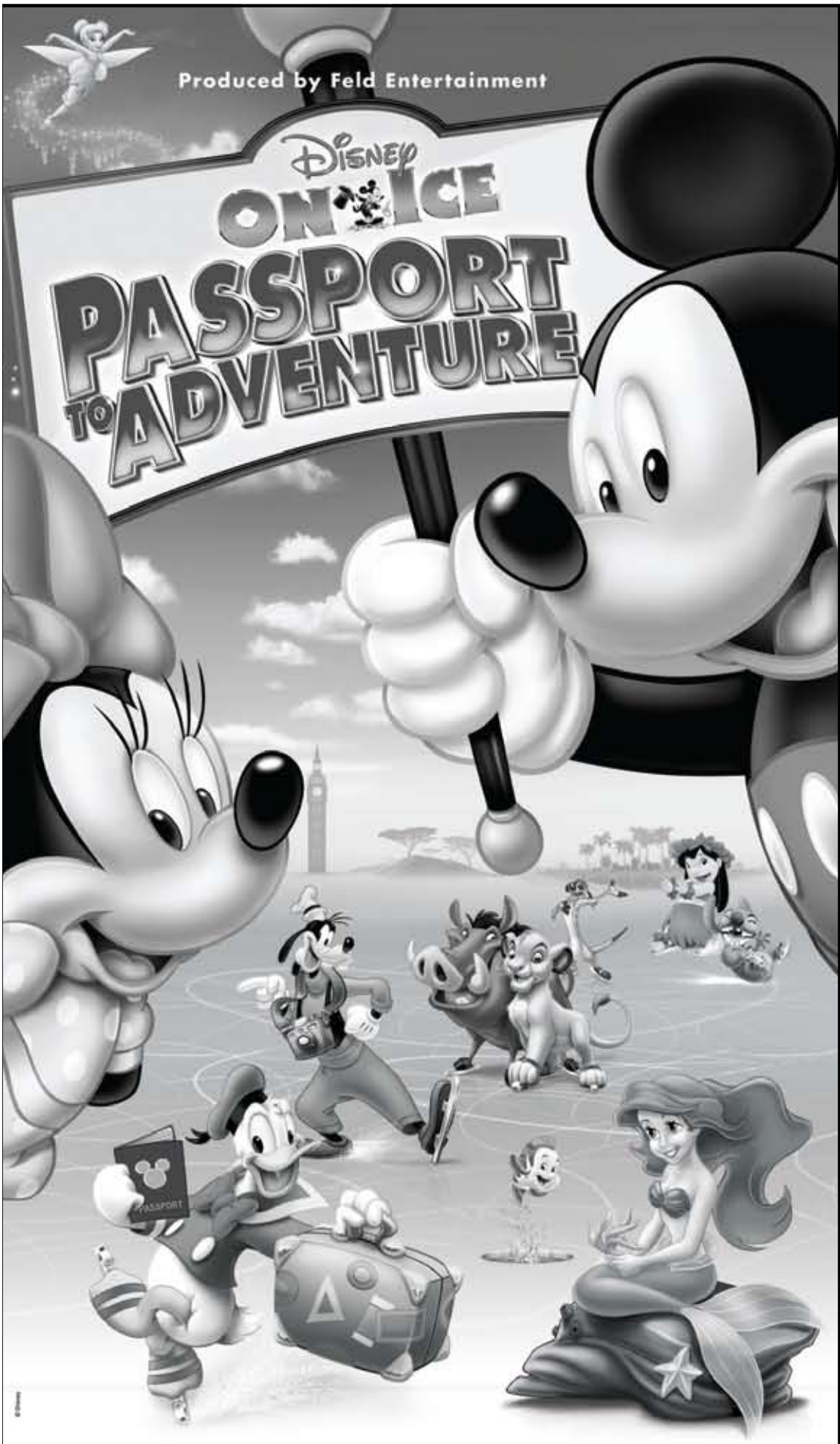
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By Roberta McGlashan

For the first time in many years, I am pleased to announce that the County has adopted a budget for the 2013-2014 fiscal year that, while financially prudent, includes significant and meaningful service restorations for the residents of Sacramento County. While the financial crisis has been tremendously difficult for the County, we have weathered the storm and come out a leaner, more efficient, service-oriented organization as a result.

Thanks to strict cost controls, the County ended the 2012-2013 Fiscal Year with \$32.5 million in funds to make restorations. These funds result from various sources, including stringent controls on hiring and spending, and projected increases in property tax revenues. As a result, we will be providing some meaningful improvements to community services.

First, we were able to augment the Sheriff's Department's budget

2013-2014 Budget Adopted

to both avoid cutting any services and to add 4 Problem Oriented Policing officers to patrol. These new officers will be dedicated to addressing important quality of life issues for County residents, helping address ongoing nuisance-type crime problems that are not easily addressed through regular patrol responses.

Additionally, to aid in the criminal justice system's ability to respond to neighborhood problems, the County will be funding an additional community prosecutor in the District Attorney's office. This new position will provide a resource to assist neighborhoods dealing with ongoing problem properties and businesses that have not been successfully addressed with through other means, such as Code Enforcement. We lost the community prosecutor positions years ago when the County first started experiencing the financial crisis, and I am relieved to finally be bringing that asset back for the benefit of all County communities.

We are also adding 4 park rangers, a much needed resource to protect the County's regional park assets, including the Dry Creek Parkway and Gibson Ranch. We have been asking a lot of our park rangers in recent years, with their numbers significantly diminished, and the new positions provide a substantial increase to their staffing.

The Probation Department

will also receive increased funding, specifically to improve their oversight of several hundred drug offenders. While I would like to see further resources provided for Probation, I am glad that we are making improvements in funding this critical component of the County's public safety system.

Additional funds have been allocated to increase funding for services to the severely mentally ill and to enhance services in the County Department of Animal Care and Regulation.

I am also pleased that the County will be making a significant commitment to repay loans from other County funds during the height of the financial crisis to maintain critical services. These loans were the only internal resource available to maintain basic services several years ago. I am relieved to see continuing progress with this year's repayment of a substantial portion of the outstanding loan balance.

If you have any questions about the County budget, please do not hesitate to email me directly at macglashanr@sac-county.net or to call my staff at (916) 874-5491. You can also attend my regular Community Cabinet meetings. In Orangevale, we meet the first Friday of each month from 7:30am until 8:30am at Annie's Breakfasts and Steaks. In October, we will be hearing from the County's Public Health Officer, Dr. Olivia Kasirye. I hope to see you there!

★

238th Marine Corps Birthday Celebration

SACRAMENTO REGION, CA (MPG)
- The Folsom Marine Corps League Detachment # 940 is celebrating the 238th Birthday of the United States Marine Corps with a Birthday Ball. At this Sit down dinner, non-host bar, DJ, dancing and honoring the United States Marine Corps. Open to all members of the military, active duty, retired, their family members and friends etc.

This dinner is the major fundraiser for the Folsom Marine Corps League and goes to support the following programs:

- College Scholarships for children and grandchildren of veterans.
- The Fallen Warrior program.
- Marine Corps Reserve "Toys for Tots" campaign.
- Provide support to the families of active or veteran Servicemen/women.
- The detachment Honor Guard/Color Guard. The Honor Guard is a uniformed group of veterans who volunteer to provide Military Honors for deceased veterans. The Color Guard also presents Colors at patriotic events.

Date: Sunday November 10th 2013 at 5:00 p.m. Location: Folsom Community Center 52 Natoma Street Folsom, Ca. Cost: \$35.00 per person.

Contact : Charlie Kank Detachment Commandant 916-984-8455 or Max Hartley 916-384-6629.

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CLUES

- ACROSS
1. Venice bank
6. A late time of life
9. *Electronic brain
13. Mountaineer's tool
14. Hula dancer's necklace
15. Shade of violet
16. Wimpy Kid's journal
17. No ____
18. *Often donated
19. Boring
21. *Diamond, e.g.
23. Telephone
24. ____ office
25. The ___, NYC museum
28. Biblical captain
30. Continually annoy
35. Gulf V.I.P.
37. *Sun, e.g.
39. Millionaire maker
40. Apple variety
41. Boot brand
43. Boyfriend
44. Middle
46. Lion's do
47. Leo or Virgo, e.g.
48. First letter of Hebrew alphabet, pl.
50. *Chemistry Nobelist ____ Hahn
52. Homer Simpson's neighbor
53. Apiece
55. Federal procurement org.
57. *Stone that floats
60. *Reddish-brown
63. Hardship
64. Pirate's "yes"
66. R in R.E.M.
68. Hollers
69. Seasonal blues
70. *Threat to food
71. *Like desert
72. One of Bo Peep's flock
73. Affirmatives

DOWN

1. Auction action
2. *Opposite of base
3. Approximate
4. One of 4 Cs
5. *All around us
6. Full of elms
7. Grazing spot
8. Bee Gees' most successful genre
9. *Low-____ diet
10. "Les Misérables" author
11. Popular Russian name
12. Used for signing
15. *Mere ____
20. Paint choice
22. Often used to make baseball bats
24. Khufu or Khafra, e.g.
25. *Molten rock
26. Often received with a sound
27. Spanish accent
29. *Elementary particle
31. Schneider and Lowe, e.g.
32. Dined at home
33. *Microscope's platform
34. *It travels about 768 mph
36. Coarse file
38. Monthly due
42. Fire
45. Belonging to him and her
49. *Anatomical pouch
51. Fish hawk
54. Halt
56. With rapid movements
57. Embarkation location
58. Tangelo
59. *Type of fungus
60. Formally surrender
61. Heroic poem
62. Agitate
63. Shag rug
65. Swerve
67. Insult

For Solution See Page 7

Come back every week for Crossword and Sudoku!

CROSSWORD											
1	2	3	4	5		6	7	8		9	10
13						14				15	
16						17				18	
	19				20		21	22			
			23				24				
25	26	27		28		29		30		31	32
35			36		37		38		39		
40					41			42		43	
44				45		46				47	
48					49		50		51		52
				53		54		55		56	
	57	58	59				60			61	62
63						64	65		66		67
68						69			70		
71						72			73		

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

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

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For Solution See Page 7

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Sudoku Puzzle on Page 6

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

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Sudoku Puzzle on Page 6

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



By Ronnie McBrayer

Years ago my sister traveled to the Ukraine on a mission trip. She worked among the indigenous Christians on a number of worthy projects, and when her time ran up, she returned home with a heart full of joy, a head full of memories, and bags full of strange and wonderful souvenirs.

Since I'm the only twin brother my sister has, she brought me a unique gift: A set of Matryoshka Dolls; traditional Russian nesting dolls. When you open the first doll it has a smaller doll on the inside, so on and so forth, until you reach a tiny Weeble Wobble deep within.

My sister traveled well after Russian Perestroika, Polish Solidarity, and the other movements that unhinged communism in Eastern Europe. The outer doll of my Matryoshka set was, entertainingly, Boris Yeltsin. His likeness had a dopey little smile and rumpled hair as if he had been drinking too much vodka, accurately portrayed I fear.

When Yeltsin was opened, there was Gorbachev with the familiar birthmark on his forehead. Inside Gorbachev was Khrushchev, then Josef Stalin, and finally Vladimir

Layer Upon Layer

Lenin himself. I now keep all these little Communists boxed in the attic. They are much too dangerous to be let loose in the world again.

The deeper you went within the dolls, the closer you got to the essence of Soviet power, its source and beginning. As layer after layer fell away, and finally you held a tiny characterization of Lenin in your hand, you could truthfully say, "Ah, now I've gotten to the bottom of it all. This is the seed, the kernel from which all the others grew."

I, and many others, have tried this same thing with Jesus. We have struggled to unravel him, to break open his shell, and then the next, and the next, and the next. Then, we think we can get to the bottom of who he is and his story. We reconstruct his historical setting. We dissect his words. We set out to determine who he "really was" and is. But there is a problem. When dealing with this Jesus, we do not find ourselves moving to something smaller and more manageable.

No, the deeper we go, and as the layers fall away, we move to something greater. He gets larger, more uncontrollable, more inconceivable, and more wonderful than our minds can imagine. We are the ones left to weeble and wobble.

Yet, there is a seed, a core to the historical Jesus as well as the exalted Christ of our faith. It is the element of sacrifice. There at the end of it all, when the onion is peeled, is a cross. Jesus, for two millennia, has been marked by this instrument of death. More

accurately, he has been marked by the cross since before the threads of time were ever spun. He was "slain before the foundations of the world," John the Revelator said.

There is a cross hanging above my desk where these words are being typed. I sometimes wear a crucifix around my neck. I even have a Celtic version of the symbol inked into my skin. And while I behold the cross every day, I cannot take hold of all its implications.

C. S. Lewis challenged us to look at the cross, not as a display of godly anger toward Jesus or the world, but as a Lover absorbing the shame and humiliation of betrayal and unfaithfulness. Lewis said, "Jesus shows on the cross that God's love is not about violence and retaliation. The cross is the only true language of forgiveness."

That stick of wood is a display of agonizing love shown to a world lost in self-centeredness and self-delusion, a world that has done nothing but be disloyal to and reject its Maker. That cross shows us how far Love will go: God, humiliated and bleeding in a suffering mess, bearing up underneath the betrayal of His own creation. If you can get to the bottom of that, please let me know. You're a smarter person than most. ★

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.



By Marlys Johnsen Norris, Christian Author

Most everyone on the face of the earth has heard the song "Jesus Loves Me". Our lives can rest on this truth and it gives us our theology in just a few simple words. The music was written by composer William Bradbury who read the words to cadet John Linden's little song he had sang to a boy who was dying. He took him in his arms and comforted him rocking him and making up the song. "Jesus Loves Me". Born as a children's hymn, it is one of the first songs mothers who know Jesus

Jesus Loves You

sing to their children to comfort them.

*Jesus loves Me, This I know.
For the Bible tells me so.
Little ones to Him belong.
They are weak but He is strong.
Yes, Jesus love me, Yes Jesus loves me.
Yes Jesus loves me.
The Bible tells me so.*

For we know this: "Whosoever shall confess that Jesus is the Son of God, God dwells in him and he is in God". (I John 4:14) Jesus prays – ("that we who have accepted Jesus would be ONE, just as the Father, art in me, and I in He, that they also maybe one in us: that the world may believe that thou hast sent me. And the glory which thou gave me, I have given them; that they may be one even as we are one; I in them and thou in me that they may be made perfect in one; and that the world may know that thou has sent me and has loved them as thou has

loved me. Father, I will that they also, whom thou has given me, be with me where I am; that they may behold my glory which thou hast given me: for thou loved me before the foundation of the world." (John 17:21-24)

Verses "And every spirit that confesses not that Jesus Christ is come in the flesh is not of God; and this is that spirit of anti-christ, whereof you have heard that it should come; and even now already is it in the world". I John 4:3)

I write this to show that it is the authority of God's word that is important to understand how much God loves you and how He provides truth for you to live by, not my words. ★

In His Magnificent Love Always, Marlys Johnsen Norris – Christian Author of 7 Books including Award Winning "Recipes for a Happier Marriage" Marlysjn@gmail.com

Abandoned Babies Laid to Rest

Continued from Page 1

each baby in his or her final resting place. Inside each urn, a small 12" by 12" blanket tightly enfolds the cremated remains. Urns were placed in their own white plastic protective 16" x10" x10" "vault", and individually filled with stuffed animals and sprinkled with red rose petals. Permanent personalized grave markers will be placed on the gravesites.

It was an inspiring sight as one white dove, then three, then 20 doves were released into the sky. The first dove signified 'spirit', the next three, the 'holy father' followed by the final twenty.

This service comes in the wake of media coverage given to the story of the burial in of "Baby Rosie" in Auburn, CA on Sept. 18, 2013. Two park workers found Rosie's perfectly formed body on July 8 in a Roseville park. Since then, the issue of abandoned

deceased babies and children has re-gained media and public attention.

The 20 children buried this day came from the coroner's office, after being still born in surrounding hospitals. Parents leave their babies at the hospital as they cannot handle the grief of the loss or cannot afford the burial. Formerly, indigent or abandoned adults and children were buried in an unmarked section of the cemetery; now babies and younger children will rest at the GOI. Sierra Hills will handle abandoned children's burials for eleven counties surrounding Sacramento

Each burial would cost at least \$3,000 today. Over a dozen volunteers are required to plan and run a GOI memorial service, even to bury just one baby. Volunteers are always welcome.

The initial Garden of Innocence was created in 1998 with the first memorial park in San Diego, CA.

In 2005 founder Elissa Davey, and Dr. Netteira Carrol initiated the National Garden of Innocence program after hundreds of inquiries US & Canada to come to their community and help start a garden there. Their goal is have a memorial park in every state.

At present there are GOI sites in 25 California counties five other states. More are being designed, built and dedicated as they strive to fill the many requests from throughout the United States and Canada to help create a Garden of Innocence in their community.

Sierra Hills East Lawn is one of four local East Lawn sites. Founded in 1904 at 43rd & Folsom in downtown Sacramento, the other two are on Fruitridge Road in Sacramento and Elk Grove. ★

For more information on attending a service or volunteering for this program visit www.gardenofinnocence.org or call 888-878-7812.

How Fast the Shades of Summer Have Faded

By Rev. James L. Snyder

Am I getting old or his time passing faster than it used to? It seems I just settle down to do something and before I know it, it is over.

Back in "the day," a minute had 60 seconds. An hour had 60 minutes. A day had 24 hours. Oh, for those good old days.

I am not exactly sure how many seconds a minute has or how many minutes an hour has because he goes by so fast I cannot keep track. Technology has taken over and I for one object.

For example, I like looking at my wristwatch and seeing the second hand slowly tick around the dial. Now, we have cell phones with a digital clock. Unlike these digital clocks, all they tell me is what time it is right now. I like to look at a wristwatch and get a whole view of time: past, present and future.

I know that a week does not have seven days anymore.

I set out on Monday with high hopes of getting something accomplished during the week and by the time I clear my throat, it is Friday afternoon. Where did all that time go?

Years ago, the Beatles had a song called "Eight Days a Week." Nowadays it is more like three days a week: yesterday, today and tomorrow!

Today is tomorrow's yesterday and I am not exactly sure how to keep up anymore. By the time I get to tomorrow, I forgot what I was supposed to do today. Then, when I get to today, I cannot remember what I did yesterday.

I used to plan a whole week of activity, now that luxury is yesterday's news, or is it tomorrow's headlines?

I like summer, which may explain why it goes so fast. Maybe I should take a chapter from Murphy's Law and say I do not like summer, then it would drag by a without end in sight.

Interestingly, the thing I like to do the most goes by so quickly, that which I hate doing drags on for centuries. Which has me thinking maybe I should not voice what I like or do not like?

One thing I like about summer, when I can catch my breath and enjoy it, is the fact that it is made up of those lazy, hazy days I enjoy so much. Not having a schedule, not having a deadline, not having anybody telling me what I should or should not do. Ah, those crazy, lazy days of summer.

The fact that I did not get much done during the summer is no big deal. If anybody asked me if I got anything accomplished, I just said, "Hey, it's summer. Relax. I will get to it eventually."

Well, eventually has caught up with me and it is called winter.

The difference between summer and winter is that during the summer, you can get away with doing nothing but in the winter, there is nothing you can get away with.

During the summer my wife will ask me if I have done such and such and I respond by saying, "It's summer, I'll get to it. I got plenty of time."

During the winter, my wife will remind me of all the things I was supposed to do during the summer and that now I have to do because winter is a coming.

Summer is hazy and lazy, while winter is "Hurry up and get it done."

More is expected from a person during the winter months that during the summer. I object very strenuously to this kind of attitude. Of course, this attitude comes from the Gracious Mistress of the Parsonage. She has the idea that winter, or at least the beginning of winter, is the time to clean up everything. By everything, she is including the garage.

Now that summer is over and the lawn does not need to be

mowed anymore, I can, according to her logic, transpose that energy into cleaning up things. Then she will confront me with a favorite saying of hers, "Cleanliness is next to godliness."

One of these days, when I get up the courage, I am going to ask her to show me where that verse is in the Bible. I kind of think a person can be too clean, like squeaky clean. You know how squeaky gets on people's nerves, especially mine.

My favorite saying is, "Laziness is next to everything." Perhaps that is why I like summer so much. There are shades of laziness that can only be exploited in the good old summertime.

Some people, like the one who shares a residence with me, things that laziness is a very negative thing. This person honestly believes that if she is not doing something all the time she is lazy. Something good can be said about being lazy. You get to savor a moment of non-activity.

The thing I like so much about summer is the activity you do do is only the activity that you want to do like sitting on the back porch, drinking a glass of lemonade, which is what summer is all about.

Solomon, the wisest man who ever lived, understood this concept very well. He says, "To everything there is a season, and a time to every purpose under the heaven," (Ecclesiastes 3:1 KJV).

Time goes by so quickly that a person hardly has enough time to really appreciate the time that they have. ★

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



By Karen Anderson

There are times when I know that one more thing added to my daily burden will cause my lighted fuse to EXPLODE! It doesn't have to be anything major. It could be just asking me to make another phone call, when I already know what I need and want to accomplish during that day. Even relationships with others can go terribly wrong and create major stress in your life. Then BOOM! You explode and devastation wrecks havoc all around you and even down to your very soul.

God's Word says, "Don't be quick to fly off the handle. Anger boomerangs. You can spot a fool by the lumps on his head." Can you count the number of times that you have let your anger get the better of you and it comes back and hits you square in the face? Here is one

Don't Pour Gas on the Fire!

of my examples: I have many times tried to have a calm discussion with my adult son. He gets so defensive because he doesn't want to face the truth and he instantly gets angry. The volume in the room escalates until we are both shouting and not accomplishing anything. I'll tell you I have had enough lumps with this kid, I don't want anymore. The explosion inside of me has exhausted any chance of my getting back on track to do anything I want to do. God in His grace has shown me that instead of giving into Satan's deceiving ways, I STOP, THINK (probably pray), then SPEAK quietly and calmly to my son. It is an amazing tool and we get along much better when we are both calm. In other words, we have extinguished the lighted wick leading to the explosion.

I want you to think about ways to extinguish your lighted wick before it reaches the explosion point. Sometimes it is hard, because there are times when I want to make my point no matter what. I think it is so important, but in reality it isn't. A friend of mine told me something that has helped me many times. She

said, "Will this issue matter in 5 years?" Nine times out of ten the answer is no. The next question is then, so why push my way, which again leads to my EXPLOSION! It isn't worth it!

My father, in the heat of the moment, would say, "STS" which meant Stop, Think, Say. He used to always say, "If what you are going to say will help or encourage someone, then go ahead and say or do it. If it will hurt or tear them down; stay silent." This along with God's Word is your tool to not have an explosion waiting for you around the corner. My goal is to enjoy my life instead of waiting for the next explosion. Will you join me in that commitment?

PASSAGE: Ecclesiastes 7:9 (The Message) ★

Karen Anderson is an accomplished speaker, author, and chaplain. Her 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.doablesteps.com/contact or connect with her on Facebook at www.facebook.com/DoAbleSteps.

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Young ‘Old Time Fiddlers’ Perpetuate the Art of Fiddle



The Fiddle Kids perform at the 7th annual Old Time Fiddler Scholarship fundraiser. Photo courtesy Old time Fiddlers

By Elise Spleiss

SACRAMENTO REGION, CA (MPG)

- The ‘spirit of fiddle’ is alive and well thanks to the Old Time Fiddler’s Fiddle Kids and the Alta Peters Youth Scholarship Fund. Peters created the fund in honor of her late husband Dallas in 2007 to “educate about and perpetuate authentic old-time fiddling as an art form and cultural treasure.”

In keeping with this mandate, the fund provides an opportunity for boys and girls, ages up to 18 years, to receive free fiddle, guitar, mandolin, and banjo lessons.

On Sunday, September 15, Orangevale Grange Hall, sponsored by the California State Old-Time Fiddlers’ Association District 5, showcased individual and group talents. Over a dozen fiddles, guitars, and even a stand-up bass assisted the band in sharing their own musical interpretations of long-standing classics such as “The Orange Blossom Special” and “Turkey in the Straw.” Some have been playing since they were five, others as late as their early teens, but they all played with the confidence and stage presence of experienced musicians twice their age.

Under the tutelage of and accompanied by Eric Anderson - past president of the California

State Old-time Fiddlers’ Association, fiddle, guitar and mandolin instructor since 1992, and 2012 California State Open Champion - these young fiddlers gave excellent performances. One of the highlights of the day was watching siblings performing together, either instrument only or singing as well.

One crowd favorite duo, sisters Hailey Smith on the bass and Maddie Smith on the fiddle, played and sung, “Will the Circle be Unbroken”, featured in the 2000 George Clooney movie, “Oh Brother Where Art Thou?”

Students are never too old to begin instruction. After only eight weeks of fiddle classes with Carol Spiker, president of Old Time Fiddlers, Scott Beaver, 17, who also plays guitar is picking

up the new instrument quickly.

Other performers included The Piney Creek Weasels (an old-time String Band) with Andy Alexis, Eric Anderson, Rocky Rioux, and Rick Sims who shook up the house with their rollicking renditions of “Around My Barn” and Squirrel Heads and Gravy - The Other White Meat.”

Old Time Fiddlers’ jam session occurs the 2nd Sunday of the month from 1:00 p.m. to 5:00 p.m. at the Orangevale Grange Hall on 5805 Walnut. It’s open to all ages, and guests are welcome. This is a special opportunity for kids to learn new tunes and continue California’s old time fiddling legacy.

For more information, contact Carol Spiker at 916-723-2314 or visit www.CSOTFA5.com.



Sisters Hailey Smith on bass and Maddie Smith on vocal and playing fiddle performing their rendition of “Will the Circle be Unbroken?” Photo courtesy Old time Fiddlers



By Pastor Ray Dare

A lot of things can overwhelm us in life. Grief, guilt, grudges, worry, responsibilities, circumstances. What do you do when you’re feeling overwhelmed?

God says in Psalm 46, “Cease striving and know that I am God.” Psalm 46:10a (NASB) God says cease striving. Why does God say that? One of the greatest sources of stress in your life is your need to control. You think, “If it’s going to be, it’s up to me!” “I’ve got to get it done!” You try to control everything. Typically the more out of control we feel, the more overwhelmed we feel, and the more we redouble our efforts. We try to control it more. We go into hyper control mode. We micro-manage. We use force. We use willpower to try to make it work.

So God says, “Be still and know that I am God!” You need

Be Still, Learn to Trust

to remind yourself that you are not the general manager of the universe. You are not everybody’s savior. You cannot do all and control all; you are only a cog on a giant wheel. You are a pawn on God’s chessboard. This thing is much bigger than you and me. It’s about God and not us. Your world is not going to fall apart when you start trusting God. I want to suggest this because you’ve probably tried a lot of other things to reduce the pressure in your life: Why don’t you try TRUSTING God?

Another stress reducer is found in Proverbs 20, “Since the Lord is directing our steps, why try to understand everything that happens along the way.” Proverbs 20:24 You have to stop demanding explanations for everything. God doesn’t owe us explanations. If He tried to explain it all to you, you couldn’t understand it anyway. So why don’t you just trust Him? He loves you and wants the best for you life. If you want to de-stress your life, give up control and stop demanding explanations!

Maybe you’ve been feeling overwhelmed lately. You’re frustrated and nothing seems to be going your way. Maybe you’re worried. Maybe you feel really

tired and feel lousy and you don’t even like getting up in the morning. What you need is a spiritual refocus. You need a new perspective, a spiritual renewal or maybe even a new birth spiritually. When you place Jesus Christ in the center of your life and you put Him in control, it’s like the center of a gyroscope. He brings everything into balance, when He is at the center. It’s like the hub of a wheel. Everything else comes out in proportional balance. Jesus Christ says, “I want to be the center of your life.”

Put God at the center. Resign as general manager of the universe. When you put Christ at the center of your life, you restore a sense of balance and harmony you’ve been missing. You will tap into a source of strength that will never run dry. There’s enormous energy there. Cease from striving and realize He is God. Realize that you matter to Him, that He’s in control and He has a good plan for your life.

Pastor Ray
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5th Annual Antelope Crossing Spooktacular Saturday, October 19, 2011, from 10 a.m. to 4 p.m.

CITRUS HEIGHTS, CA (MPG) - This year will feature a Free Family Fun Zone with Bounce Houses, an Obstacle Course, an Adventure Dome and Midway Carnival Games. Also featured will be a Pumpkin Patch created by Raley’s.

The annual Children’s Costume Contest will begin at 3:00pm on the main stage, with fabulous prizes for multiple age groups.

Jonathan’s Amazing Magic Show, Students from Music Partner’s Academy as well as the Extreme Martial Arts Lion Dance will be featured on the Entertainment Stage sponsored by El Dorado Savings Bank.


Vendor and craft booths will be open to enjoy throughout the day in addition to informational booths including the City of Citrus Heights, Northwest Neighborhood Association, Citrus Heights Police Department and many others.



The Spooktacular is sponsored by the Antelope Crossing Business Association and the City of Citrus Heights. It will take place at the Antelope Crossing commercial and retail plazas located at Antelope Road and Interstate 80. For more information, contact Dale Covey at 916 729-2715

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Family Farm Makes for Family Fun



By Kelly Davenport

One family tradition I truly look forward to as summer wanes to fall is a trip to Amber Oaks farm in Auburn. A few years ago I discovered this beautiful farm, open by appointment to the public, for self harvesting thornless blackberries. These tasty but treacherous treats grow everywhere in my backyard though I fear to pick them as they tend to fight back with very sharp thorns. Although I always manage to gather a few handfuls of my own wild berries it's too risky for the kids to fully enjoy and there is something magical about the peaceful ambience, fresh air and dare I say meditative, environment of the self harvesting experience.

As parents we strive to give our kids the best summer ever full of priceless memories. Berry picking is the ideal bookend and a "must do" event prior to relinquishing summer's nonchalant ease. The entire experience is a multi sensory expedition that starts with a reasonable drive only a few miles from Interstate

80 at the 49 Highway exit. Once exiting the main highway the rolling hills and tree lined roads melt away the feel of city life instantly. We love to drive slowly with the windows rolled down, taking in the country charm.

At the farm's entrance a long gravel driveway leads us to a picking shed where we are greeted by the friendly proprietors to check in. For blackberry picking we choose to wear old fashion wooden trays that tie around our waist which hold two to three standard berry baskets. My kids love to wear these trays. They are quite functional and give the whole experience an authentic old-time feel.

Once geared up we are directed to the cane rows of blackberries designated for self-picking. You can ask to pick the Giant Sweet blackberries, great for eating fresh, or the variety better suited for baking like the Rhonda. For myself, I pick for the pure pleasure of becoming one with nature, hardly concerned about the variety.

My favorite part of the experience is to walk down the long

cane rows. Blackberry vines cross overhead like cathedral archways giving the illusion of infinity. My parental guard drops as I know my children are safe here. I lose myself in the experience, searching behind the leaves for berry clusters, filling my basket with plump fruit, tasting here and there for sweetness; I am thrust into the moment with no thoughts of yesterday or tomorrow.

The children love it too! Good news parents, no thorns. They find pleasure in filling up their baskets. It feels like a big accomplishment. They also learn where their food comes from and how much work it is to gather it. My kids are seasoned professionals and know just which berries are ripe, dull black and easily plucked. You may even chance upon an oversized giant, black and yellow Orb Weaver Spider. They are magnificent and give you a sense of nature in action.

So gather up your family, bring a light pick-nick lunch and wear clothes you don't mind boasting a few berry stains. I promise you all a glorious adventure that saturates the senses and fills the soul. Amber Oaks farm offers U-Pick May through February of various produce and be sure to call for an appointment. www.amberoaks.wordpress.com. ★

Kelly Davenport lives in Sacramento with her husband and two children. She is a part time instructor at Sacramento State University and is the author of a children's book "Do Hotdogs Grow on Trees." Available at Amazon.com or <http://tinyurl.com/nmjnmsm>

ARDEN PLAYHOUSE PRESENTS

Crumme's Capers Crossed

Written and Directed by Blake Flores



The mysterious Lady Rosaline (Alyssa Bedoya, left) and evil Duke Armado (D.L.Shields) try to hear what the dark spirit is telling Princess Sharon (Vanessa Voetsch) in the Arden Storytelling Adventure Crumme's Capers Crossed now playing at Arden Playhouse.

SACRAMENTO REGION, CA - (MPG) Arden Playhouse is pleased to present Crumme's Capers Crossed a hauntingly delightful Halloween adventure!

Written and directed by Blake Flores and loosely based on Shakespeare's Love's Labors Lost, it tells the story of King Ferdinand's attempt to start an "academy" with his lords Biron and Dumain.

The plan is for all three to remain isolated for three years, to study without any distractions from the outside world. Unfortunately, the world won't leave them alone. Princess Sharon and Lord Boyet urgently need money from the King to save the Princess' father, and they go undercover to get it. At the same time, the King and his

Lords are haunted by the villainous Duke Armado's plans for the revenge of his own father's untimely death. Add to that, the intervention of Lady Rosaline who is in disguise as a Page (and in turn as a peasant girl) and who may be working both sides. The King and Lords have their resolve tested as costumed characters, disguises, spirits and witches abound on All Hallows Eve in an all-ages story with a little Shakespearean flavor.

This production of Arden's Storytelling Adventures (ASA) includes veteran ASA actors Vanessa Voetsch as Princess Sharon, Elias Nunez as Dumain, Lakshman Vasam as Biron and Blake Flores as Boyet. In addition ASA welcomes newcomers Alyssa Bedoya as Rosaline,

Bobby Hanselman as Ferdinand and D.L.Shields as the villainous Armado.

Performance dates are Saturdays at 11 a.m. and 1 p.m. and Sundays at 5 p.m., October 5-27.Children must be accompanied by a responsible adult.All tickets are \$5 for all ages (Cash or check only.) For more information or to make a reservation call the theater at (916) 332-2582. Also see ardenplayhouse.com for more information and directions to the theater.

Arden Playhouse is located at 5640 Roseville Road, Suite D, Sacramento, and seats 150. Arden Playhouse is a community theater dedicated to continuing its tradition of presenting entertainment in a casual setting. ★



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Mission Oaks Farmers Market at Swanston Park
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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

Fair Oaks Plaza Park Farmers Market
7003 Park Drive, Fair Oaks (Old Fair Oaks Village)
Every Wednesday from 3 to 7 pm (through November 13th)

Mather VA Hospital Farmers Market
10535 Hospital Way, Mather
Every Wednesday from 9 am to 1 pm (through November 20)



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
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Sunrise Mall Farmers Market
6190 Sunrise Boulevard, Citrus Heights (behind Sears located in SE Parking Lot)
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Airshow Takes Off



The Berlin Airlift Tribute will honor the greatest humanitarian aviation event in the history of the world. Photo courtesy California Capital Airshow

Continued from Page 1

The C-54E Skymaster, an actual aircraft used during the Airlift will be on display and fly the Tribute performance each day, narrated by Lt. Col. Jon Huggins, USAF. As the grand finale, parachutists from the Red Bull Air Force will jump from

the C-54E with candy “goodies” for the crowd. Numerous participants from the Airlift will take part in the Tribute along with individuals who were children in Berlin at the time. The CCA will be all things “shiny, fast and loud” for all ages and so much more! Tickets are now available online and can be easily



Michael Goulian is a true aerobatic champion, demonstrating to spectators across the globe his crisp, athletic flying style. Michael will mesmerize you with his extreme maneuvers and bigger than life personality! Photo courtesy CCA

purchased at the Airshow web site, www.californiacapitalairshow.com/buytickets.php.

The Airshow web site will be updated regularly with news, attraction information and more. Fans can follow the Airshow on Facebook and Twitter (#calcapairshow), and now on Instagram (@capitalairshow). High-resolution images are available on the website photo gallery.

About California Capital Airshow

Established in 2004, the California Capital Airshow has become one of the largest and highly-respected shows in the nation. As part of its community relations, the non-profit organization has awarded over 80 scholarships to deserving students from our region with an interest in aviation, aerospace, aeronautics and related fields.

For more information about the California Capital Airshow, presented by Sacramento County, please visit www.californiacapitalairshow.com. ★



NIGHTY NIGHT

Does your nighty night turn into a nasty morning? Can stress and sleep loss, be intertwined? And if they are, how can you overcome that stress to get a solid night’s sleep? Stress can come from every direction from holiday horrors to kidlet crises to work worries. How many times, after your head hits the pillow, you can’t turn off that brain to slow down. Been there, done that myself! According to Dr. Shawn Talbott, nutritional biochemist, stress and sleep loss is an exhaustive and dangerous combination. The long-term effects of not getting enough sleep go well beyond simply being tired the next day. Some research suggests a strong link between sleeplessness and weight gain. That should get your attention if being pooped out by the afternoon doesn’t! Dr. Talbott told me that people who are sleep deprived tend to have higher levels of the stress hormone cortisol, which can lead to more belly fat. Say it isn’t so. Wishful thinking! Not enough yet? Okay, the sleep deprived may also have a more powerful junk food craving and experience more bad moods. Ah ha, I think I have your attention now. Dr. Talbott got my attention too on my radio show POPPOFF recently. He is one of America’s leading lifestyle experts and author of “The Secret of Vigor” How to overcome burnout, restore metabolic balance, and reclaim your natural energy. But we are not alone. According to the National Sleep Foundation, 62% of American adults experience a sleep problem a few nights a week, and

POPPOFF!

with Mary Jane Popp

just 31% of high school students reported getting an average of at least eight hours of sleep. One last fact. Dr. Talbott explained that you can be in bed for 10 hours and still not get enough rest. The problem may be that you are unable to recuperate from the stress that builds up during the day.

But never fear, I wouldn’t bring up the problem without some solutions. If you wake up most mornings still feeling exhausted, you might want to try some of Dr. Talbott’s favorite tips.

COUNTERACT MENTAL FATIGUE AND PHYSICAL STRESS THAT MAY BE KEEPING YOU AWAKE. Turn off the TV and open a book when it’s close to bedtime. Teas made from chamomile, lemon balm, or fennel are particularly soothing.

INCORPORATE CALMING INGREDIENTS INTO YOUR DIET. These are some that are familiar and others you may not have heard of before.

DAIRY: Warm milk’s calming quality is not just an old wives tale. Calcium and

Magnesium are relaxing. Plus milk has peptides (small protein chains) which, when digested, have direct relaxation effects in the brain.

MAGNOLIA BARK: If you are feeling depleted and exhausted, this is an ingredient superstar. It helps to lower cortisol levels, which in turn helps to get rid of belly fat. It also helps restore vigor.

PINE BARK: This has some brain restorative powers, which is helpful when you are mentally fatigued.

ORANGES: On the psychological side of stress, the scent of oranges and other citrus fruits has been shown to directly stimulate areas of the brain associated with stress resilience. So take a good whiff of that orange

to shield yourself from stress before you eat it.

W H O L E G R A I N CARBOHYDRATES: When you choose whole grains instead of refined grains, you are not getting the blood sugar fluctuations so your brain and body function better. Plus, the lignan compounds in whole grains are associated with lower cortisol.

AMLA: Also known as the Indian gooseberry, amla is rich in rejuvenating antioxidants which help balance the whole body.

TONGKAT ALI: This is traditionally used in Malaysia to restore energy and vitality. It increases your chances of waking up with more vigor.

RAW ALMONDS: These are an excellent source of several anti-stress nutrients including muscle-sparing protein, heart healthy monounsaturated fats, stress-fighting B-vitamins, and relaxing magnesium. They can also help you crunch away some of your stress because several studies show that chewing action can be associated with lower stress and better moods.

INCLUDE SLEEP IN YOUR WELLNESS PROGRAM: Plan your sleep just as you plan your healthy diet and fitness regimen. You can be eating the perfect diet and following an ideal exercise schedule, but if you are skipping sleep you may be sabotaging your efforts.

Talbott concludes that reducing your stress so you can get a better night’s sleep will increase your vigor the next day. So, bottom line, get your exercise done early, get your work done in time to relax at night, and if you don’t have time to get eight hours of sleep, take steps to get a better six hours. Make it as restful and restorative as possible. If you want more info just check out www.shawntalbott.com and **SWEET DREAMS!** ★



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BusinessCoach.com announces the new Small Business Coach Mastery Training System. Learn how to establish a highly profitable business as a business coach!

BusinessCoach.com, a global provider of business coaching training solutions has just announced the latest addition to their company's training programs known as the Small Business Coach Mastery Training System. This innovative home study product provides powerful tools, proven methodologies, and a roadmap for business professionals looking to enter the business coaching field either on a part-time or full-time basis.

"I understand the struggles that most people have in making a decision to leave the security of their regular jobs in order to enter into the coaching business, and I believe this product will enable them to ease into the coaching field with confidence," said Gary Henson, expert business coach, master trainer and founder of BusinessCoach.com. With almost 25 years of training both new and experienced coaches, as well as coaching business leaders and organizations, Gary is considered a worldwide industry expert and a thought leader in the business coaching field. This product has been designed as a result of numerous requests of corporate professionals wanting to enter the field of coaching. "We listened and are excited about this product and the opportunities it provides in today's economy," said Gary.

The Small Business Coach Mastery Training System provides a current and relevant library of tools to enable a business coach to assist their clients in most every area of their organization. These include marketing, sales, human resources, customer service, leadership and financial management tools to create transformation in an organization. While highly effective as a standalone training program, this valuable information is also included in all of BusinessCoach.com's live training programs.

BusinessCoach.com was founded in 1989 and headquartered in

Roseville California, provides a wide portfolio of business coach training solutions for both business coaches and organizations.

Gary Henson, Expert Business Coach and Master Trainer

Recognizing the transformational impact effective business coaching can have on an organization, Gary Henson is committed to helping business leaders and aspiring coaches achieve extraordinary business results. As President and Founder of internationally known BusinessCoach.com, his goal is to empower organizations and individuals to function at optimal levels. BusinessCoach.com was founded in 1989 and since then Gary has personally coached over 7,000 business leaders with impressive results. He has assisted business leaders to look at their businesses in fresh and different ways, resulting in 70% of his clients experiencing over 200% increases in sales or profits.



As a thought leader in the coaching industry, Gary is considered an expert in developing professional criteria for business coaching certification, having served on numerous expert panels for global coaching organizations. His professional background encompasses diverse and real world experience in corporate business settings along with experience as a business owner and leader.

As co-founder of *The Make a Difference Project*, a non-profit organization committed to ending domestic violence, Gary has dedicated his life to assisting others. With a life goal to donate 90% of his earnings to charity, he also volunteers his time to many charitable and spiritual organizations.

Gary is happily married to his wife Jenene and is a proud father of five daughters. He considers his family his most successful achievement in life.

Gary can be contacted through BusinessCoach.com or email him at gary@businesscoach.com



In addition to an outstanding track record of coaching success, Gary is also a Master Trainer for new and existing business coaches all over the world. His training methodology provides an effective formula for an individual to realize high levels of success as a business coach. BusinessCoach.com trains people on how to get started as business coaches and equips them with the right tools to become very skilled in the field of business coaching. When certified by BusinessCoach.com, you will be confident in your abilities and well prepared to attract and coach business leaders.



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