

Citrus Heights Messenger

“Written by the people, for the people”

Volume 2 Issue 23

Serving the City of Citrus Heights and Sacramento County

First Edition for December 2012

A Celtic Christmas Celebration



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Sue Frost, City Council Member Lives and Works in Citrus Heights



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...God Had 100% of My Attention...



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Phone in One Hand. Ticket in the Other

CITRUS HEIGHTS, CA – (MPG) The Citrus Heights Police Department has teamed up with The California Office of Traffic Safety (OTS), the U.S. Department of Transportation’s National Highway Traffic Safety Administration (NHTSA), the California Highway Patrol, and 36 other law enforcement agencies across the greater Sacramento region to eliminate motorists’ hand-held cell phone use and texting. The effort is a special federally funded pilot program using the region to test tactics that may be employed nationally in the future.

Through December 9, the Citrus Heights Police will be out in force to issue tickets to drivers using hand-held cell phones or texting. Additionally, we will be working with the cities of Elk Grove, Rancho Cordova, Sacramento, and West Sacramento on saturations patrols in each city.

Nationally in 2010, 3,092 people were killed, and an estimated 416,000 others were injured in motor vehicle crashes involving a distracted driver.

Because too many drivers still don’t get the message, that using a cell phone while driving can be dangerous and deadly, this initial distracted driving crackdown marks the first of many enforcement waves taking place over the next year. California’s distracted driving law bans all drivers



I’m sorry officer, I will be with you in just a minute... Because too many drivers still don’t get the message

from using hand-held devices and texting while operating a motor vehicle. Yet, in 2011, the California Department of Motor Vehicles reported 460,487 hand-held cell phone convictions, up from 361,260 in 2010.

Distracted drivers in Citrus Heights talking on a hand-held cell phone or texting will receive a first-time ticket costing a

minimum of \$159, with a second offense costing \$279. But the goal of the special enforcement operation is not to issue tickets, but to raise awareness of the dangers of distracted driving.

Turn off your phone and/or put it out of reach Include in your outgoing message that you can’t answer while you are driving Don’t call or text anyone at

a time when you think they may be driving

Remember: Phone in One Hand. Ticket in the Other.

For more information on distracted driving, please visit www.distraction.gov/sacramentoregion

Source: Citrus Heights Police Department

Superintendent Gordon Earns National Award



County Superintendent of Schools David W. Gordon

SACRAMENTO COUNTY, CA – (MPG) The Sacramento County Office of Education (SCOE) is proud to announce that County Superintendent of Schools David W. Gordon is the recipient of a prestigious national award.

On Friday, November 30, Mr. Gordon received the Justus A. Prentice Award from the Association of Educational Service Agencies (AESA) at the organization’s annual conference in Tampa, Florida. The national honor acknowledges contributions through executive leadership in advancing educational service agency programs at the regional, state, and national levels.

“Dave Gordon embodies all that is right about executive leadership in public education. The Sacramento County Board of Education congratulates and commends him for receiving the Justus A. Prentice Award,” said Sacramento County Board of Education President Greg Geeting. “The AESA could not have found a more deserving candidate for the award anywhere in the nation.”

The AESA award is the second esteemed honor for Mr. Gordon this year. In April, he received the 2012 Executive Leadership Award from the California County Superintendents Educational Services Association (CCSESA). This award is made annually to the person who has made outstanding and significant contributions to support public education.

Mr. Gordon has served as Sacramento County Superintendent of Schools since 2004. Prior to joining SCOE, he served as Superintendent of the Elk Grove Unified School District from 1995 to 2004. He also has served as Deputy State Superintendent for the California Department of Education. Mr. Gordon began his career as an elementary school teacher in the South Bronx, New York.

During his career, Mr. Gordon has been appointed by the U.S. Secretary of Education to the National Assessment Governing Board (NAGB), which oversees the National Assessment of Educational Progress (the “Nation’s Report Card”). He also has served as Chair of NAGB’s Reporting and Dissemination Committee. From 2001-2003 Mr. Gordon served on the President’s Commission on Excellence in Special Education. He is currently a member of the Board of Trustees of the Sierra Health Foundation.

For more information see www.scoe.net.

Source: Sacramento County Office of Education

Preventing Storm Repairs From Becoming Costly Headaches

SACRAMENTO, CA – (MPG) The Contractors State License Board (CSLB) is urging California home owners to be vigilant when it comes to contracting for clean-up or repairs from this weekend’s heavy rain and high winds. Sometimes what appears to be the cheapest solution to repair flood damage, remove a fallen tree, fix a downed fence, or patch a leaky roof may not be the best choice.

“Anyone who needs to repair post-storm damage should be looking for a legitimate, qualified tradesperson—especially

in an urgent situation,” said CSLB Registrar Steve Sands. “A licensed contractor who is skilled in the specific trade you’re seeking is insured and bonded, and is not likely to leave you in the lurch when it comes to properly completing the job at a fair price.

“Consumers can use CSLB’s online resources, available at www.cslb.ca.gov or CheckTheLicenseFirst.com, to review the license status of a contractor they plan to hire, and to get tips on the best approach to home repair projects. Any

construction job valued at \$500 or more in labor and materials must be done by a state-licensed contractor. California Business and Professions (B&P) Code requires licensees to carry workers’ compensation insurance coverage for their employees, and to be bonded.

For tree trimming and removal jobs where the tree is 15 feet or higher and the job is more than \$500, the contractor must be state-licensed. The B&P Code allows a gardener who does not have a state license to work on incidental tree pruning if the

tree is less than 15 feet and the job costs less than \$500. State law requires all Roofing (C-39) contractors to carry workers’ compensation insurance, even if they do not have employees, to ensure that consumers are protected in the event of an accident or injury on the homeowner’s property.

CSLB urges consumers to follow these tips when soliciting bids from any home improvement contractor:

Continued on page 5

RT Offers Free Rides on the Holiday Bus

SACRAMENTO COUNTY, CA – (MPG) The Sacramento Regional Transit District (RT) will usher in the holiday season with free rides on the RT Holiday Bus. As a thank you to riders, the bright and festive Holiday Bus will travel on a different route each day from Saturday, December 1, 2012 through Sunday, January 6, 2013.

In the spirit of giving, passengers will have the opportunity to place a monetary donation in the farebox or contribute a non-perishable food item. All donations will benefit River City Food Bank, a non-profit organization that provides emergency food and housing assistance to over 40,000 clients annually in Sacramento County.

Continuing a 20-year tradition, RT employees and their families painted the exterior of the Holiday Bus with colorful



pointsettias, ornaments, snowmen and candy canes. Rick Sloan, retired RT graphic designer and long-time Holiday Bus artist, outlined the design on the bus,

which allowed participants to each paint individual sections in bright colors.

For Holiday Bus route and schedule information, call 916-

321-BUSS (2877) or visit www.sacrt.com.

Source: Regional Transit

A Celtic Christmas Celebration

CARMICHAEL, CA – (MPG) On Friday, Dec. 7 at 8pm at St. Michael’s Episcopal Church, 2140 Mission Ave, Carmichael, Molly’s Revenge and guest vocalist Christa Burch join with Irish dancers for an evening of music, song and dance of the festive season. Known for its unique and infectious on-stage enthusiasm with bagpipes, fiddle, whistle, guitar, bodhran, and mandola, the band has toured extensively in the USA, Australia, China and Scotland.

“There is an engaging freshness and yet an impressive maturity in their playing. There is also a lovely balance of repertoire...” — Mick Moloney, National Heritage Award recipient.

“Christa is a full-voiced, confident woman at the height of her powers.” — The Irish American News.

Tickets are \$18 advance online at mollysrevenge.com, \$20/door.



Molly’s Revenge will perform Christmas songs both old and new, all given a Celtic twist. Photo provided by Mark Wiederanders.

Citrus Heights Holiday Referral Program

NOVEMBER 5TH – DECEMBER 14TH, 2012 • MONDAY- FRIDAY 9:00A.M. to 5:00P.M.

CITRUS HEIGHTS, CA (MPG) – The City of Citrus Heights Fourth 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. This collaborative effort between all facets of the community specifically targets assistance to families residing in the City of Citrus Heights. Last year we worked with over 40 service clubs, business groups, social clubs, churches, schools, and community members to assist 60 families, including 152 children and 108 adults.

This unique community-involved program was created to provide participating families with food, household items, and toys/clothes for the children. We



rely heavily on the community to help make the effort a success. Participation can include the donation of items, adopting a family, volunteering, or all of the above. 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 found online at www.citrusheightspd.net. Completed referrals can either be dropped off at the department or mailed

to CHPD at 6315 Fountain Square Drive, Citrus Heights, California, 95621. Applications will be accepted from Monday, November 5th thru Wednesday, November 21st, 2012.

We will be accepting donations from November 26th to December 14th 2012. Donations can be dropped off at the Citrus Heights Police Department located at 6315 Fountain Square Drive between the hours of 8:00A.M. - 5:00P.M., Monday through Friday, or Saturdays between 9:00 A.M. – 2:00 P.M.

If you would like to volunteer, adopt a family or have questions regarding the program, please email: holidayreferral@citrusheights.net or call:

Cassandra Roesser
(916) 727-5561
croesser@citrusheights.net

Sandy Maraviov
(916) 727-5557
smaraviov@citrusheights.net



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- Jack T., Citrus Heights, CA



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City of Citrus Heights - 16th Annual Christmas Tree Lighting

Thursday
December 6, 2012
6:30pm

Tree Lighting Ceremony
City Hall Parking Lot
7117 Greenback Lane

Share in the festivities after the ceremony in the Citrus Heights Community Center
6300 Fountain Square Drive

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Publisher,
Paul V. Scholl

Citrus Heights Messenger

“Written by the people, for the people”

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Sue Frost, Newest Member of City Council Living and Work in Citrus Heights

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) – Born Susan Price (aka: McCormack), Sue Frost the newest member of the Citrus Heights City Council comes to her new job with a lifetime of experience and knowledge of her city.

A resident of Citrus Heights as a child and a large portion of her adult life, Frost paints a very different picture of Citrus Heights than we know today. She remembers, “When I was young there were rolling hills, old oak trees and cows grazing in the fields we now know as Sunrise Marketplace. My current home is the home I grew up in. It backs up to Madison, which then was a two-lane country road with a chain link fence and a rare car passing by. Now it is a main thoroughfare.” Frost also notes that she will be the only city council member from the South side of Citrus Heights.

Frost’s mother, Gloria McCormack worked as a Folsom police dispatcher and later spent 20 years in Teletype with the Sacramento County Sheriff dept.

Her late stepfather, Edmund McCormack raised her. He was part owner and property manager for over 60 years of the Sacramento Produce Terminal, the midpoint for produce coming from the farm on its way to local supermarkets.

Frost’s first aspirations were not towards politics. As a youngster she was a majorette and a member of the drill team at San Juan High. Pacific Union College athletics drew her attention, as a runner, basketball player and summer camp lifeguard in Lake Tahoe. Developing early life skills of persistence and resourcefulness she would bring to adulthood, Frost remembers getting up in the dark to swim a mile every morning, and finding that a good game of pick-up basketball would help her get through a tough test.

Frost graduated in 1976 from



Sue Frost with Cheif Master Sgt. Retired USAF Jerald Hackney, age 93 years at Veteran's Day Sylvan Cemetery.

Pacific Union College (a private college in St. Helena near Napa) and worked for 8 years as a Registered Nurse. She specialized as a California Certified Emergency Nurse.

Eventually, her career path took her into the field of mortgage lending. She is now a 29-year veteran and still active as a mortgage broker in Citrus Heights, Her company is Alliance Mortgage and Marketing where she specializes in Residential Lending.

Along with her career, Frost is actively involved in her community. Presently she is a past Vice President of her Birdcage Heights Neighborhood Association, and served on the Marketing Committee with the Sunrise Marketplace, a ten-block area with hundreds of stores, services and eateries. She was involved in the creation of the Citrus Heights Green Team of which she is president. Their goal is to “provide leadership and engage the community in order to facilitate sustainable principles that promote lifestyles

which enhance quality of life”.

Local politics came onto Frost’s radar only recently when a present council member and several members of the community, noting her passion for the welfare of her community, suggested she consider exercising her talents and dedication as a member of the Citrus Heights City Council. Once she decided to ‘go for it’, Frost says she “never looked back”.

Frost sees and appreciates the generosity and resourcefulness of the people of Citrus Heights. She reflects, “Citrus Heights is like a modern day Mayberry where you can pick up the phone and ask for help and the Community will be there for you”.

She sees as most important for our city today and for her upcoming term on City Council, the city’s ability to thrive during the country’s economic decline, with more economic development and strong public safety services, transportation and schools that will attract young families to build lives here. This includes a diversity of businesses

that will attract more people who will live work and shop within our community.

One of Frost’s proudest undertakings to date is her involvement with the Citrus Heights Green Team. She believes recent legislation will impact cost of utilities and she hopes to help homeowners identify cost effective energy wise lifestyle solutions. Says Frost, “Our Green Team members are extraordinary. Each member brings skill and passion. Together we are working to enhance quality of life for our community members. We are concerned about home energy; regional transportation, healthful living and we always want to support our local businesses. Our goal is to grow our membership and promote innovative cost saving solutions for modern families.

Each year we host a community fundraiser. Our fundraiser for 2013 will be held on April 27th at New San Juan High. The ‘Modern Living Fair’ will be a part of New San Juan’s Centennial celebration and proceeds will be dedicated to the school. We will be featuring a Garage Band competition and a demonstration by our own Citrus Heights Community Marching Band. There will be activities for the young and old”! www.citrusheightsgreenteam.com.

Frost’s other community involvement has included work with the Sacramento Association of Realtors who is working hard at many levels to promote attainable homeownership opportunities for families within the Sacramento region. She is also a member and past vice president of the Roseville Parkinson’s Support Group.

In looking forward to her upcoming term on the Citrus Heights City Council Frost states, “I’m thrilled to be a public servant and I look forward to working with the other dedicated professionals who are currently on the Council!”

At Risk Missing Adults

Citrus Heights Police Department Special Report

CITRUS HEIGHTS, CA (MPG) – On 11/30/2012, Citrus Heights Police Department received a report of two missing adults. The subjects identified as Roderick Paul Clifton (44 years old) and Paula Lane (46 years old) both of Gardnerville Nevada, were last seen leaving a relative’s home in Citrus Heights on 11/29/2012 at approximately 2:45P.M. The two were supposed to return to their home in Nevada on the same date. However, neither party has been heard from since nor are they answering their cellular telephones. Relatives are fearful due to the current roadway conditions in the mountains.

The report was categorized as missing at risk due to the details of the incident and no prior history of being missing. A Critical Reach TRAK Flier was created with photographs of the subjects and distributed to all California and Nevada agencies. Please reference Citrus Heights Case# CH12-12148.

They are driving a Dark Blue, 1989 Jeep Cherokee, Lic # 4VPB789. Their usual route is HWY50 into Tahoe, then onto HWY89. The California Highway Patrol and El Dorado County Sheriff’s Department has been notified of the missing adults. Anybody with information regarding the missing subjects is urged to call the Citrus Heights Police Department at (916)727-4785.

12/3/12 UPDATE:

Roderick Clifton and Paula Lane, as well as the vehicle they were driving, remain missing.

Roderick Clifton is a Citrus Heights resident who stays part time with Lane at her home in Nevada. Citrus Heights PD will continue to coordinate the investigation into their disappearance at this time while working with allied law enforcement agencies.

Throughout the weekend ground officers from El Dorado Sheriffs, Alpine Sheriff’s, the California Highway Patrol, and the Douglas County (NV) Sheriff’s department as well as families and friends of the missing parties have searched their route for them. Today the El Dorado County Sheriff’s Search and Rescue Unit coordinated an aerial search by a CHP Helicopter and snow machine search of roads in the Sierras closed due to snow. The CHP air crew searched the routes most likely taken by Clifton and Lane through El Dorado and Alpine Counties. Citrus Heights Police Department Investigators have found no evidence the missing parties are involved in criminal activity or have met with foul play. A search of credit card and cell phone activity has not produced any leads on their whereabouts. All information points to some unintended event occurring during their drive between Citrus Heights and Gardnerville. Family reports their couple’s normal route is Highway 50 to 89, to 88 into Gardnerville, NV.

Search operations have concluded for the day and we are evaluating continuation of searches tomorrow based on recommendations from allied agencies. Any persons with information should notify Citrus Heights PD Dispatch at (916) 727-5500.



Citrus Town Center

Holiday Open House

Sunday, December 9, 1-3pm

- Enjoy **food sampling** and **special offers** at participating businesses.
- **Citrus Heights Police Department and City of Citrus Heights Holiday Program.** Pick up a shopping list for gifts, clothing and food and make the holidays brighter for local families.
- Strolling **Victorian caroling** by Delta Breeze.

Sunrise Blvd & Greenback Lane

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Must be 21 years or older. No purchase necessary. Need not be present to win. Odds are determined by the number of entries received. Entries may be dropped off at **Sprouts Farmers Market** or **Once Upon A Child** or at our event no later than 12-16-12. Winner will be randomly drawn and notified by 12-19-12. Center store employees and families are not eligible for drawing.

Your Center

What's Coming Up in Citrus Heights

Compiled by Leslie Carrara

December 5, 2012 - Sunrise Oaks Neighborhood Meeting, Area 9, 7227 Canelo Hills Dr., 7 p.m. First Wednesday each month

December 6, 2012 - 16th Annual Christmas Tree Lighting, 6237 Fountain Square Dr., 6:30 p.m. Refreshments following ceremony at Community Center.

December 11, 2012 - Citrus Heights Area Three Neighborhood Meeting, Area 3, 6237 Fountain Square Dr., Trellis Hall, 7 p.m. Second Tuesday each month.

December 12, 2012 - Planning Commission Meeting, 7117 Greenback Lane, Citrus Heights, 7 p.m. CANCELLED.

December 13, 2012 - Citrus Heights City Council Meeting, 7117 Greenback Lane, Citrus Heights, 7 p.m.

December 18, 2012 - Northwest Neighborhood Meeting, Area 1, 7600 Daly Ave., 7 p.m.

December 18, 2012 - Citrus Heights Oversight Board Meeting, CANCELLED.

December 18, 2012 - Citrus Heights Areas Seven and Eight Meeting, Areas 7 & 8, 8300 Old Auburn Rd., 7 p.m.

December 19, 2012 - Birdcage Heights Neighborhood Meeting, Area 11, 5641 Mariposa Ave., Library, 7 p.m. Third Wednesday each month.

December 20, 2012 - Rusch Park Neighborhood Meeting, Area 2, 7607 Garden Gate Dr., 7 p.m. Third Thursday each month.

December 20, 2012 - Park Oaks Neighborhood Meeting, Area 5, 5901 San Juan Ave., 7 p.m. Third Thursday each month.

December 24, 2012 - Sylvan Old Auburn Road Neighborhood Meeting, Area 10, 6921 Sylvan Rd., 7 p.m. Fourth Monday each month.

December 24 & 25, 2012 - City Offices Closed.



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MONTHLY MILITARY RETIREE/SPOUSE MEETING

Our first meeting for the New Year will be held on 8 JAN 2013 at the North Highlands Park and Recreation District on 6040 Watt Ave. Meeting time is 1030 hrs. As a change of pace, instead of a Guest Speaker, we will be entertained by the Sacramento Banjo Group.

Also, it will give you the opportunity to meet our new BX Manager, Charlyn Morganfield who recently arrived from Dover AFB, Delaware. If you have any questions, contact our volunteer staff at 923-4979, Mon thru Thurs from 0900 to 1500 hrs.



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Citrus Heights Holiday Pageant

\$1000.00 Scholarship to Miss and \$500.00 Scholarship to the Teen

- ❖ **Miss entrants** must be at least 16 to the age of 27.
- ❖ **Teen entrants** must be at least 13 to the age of 16.
- ❖ Entrants must be single; never been married nor a parent.
- ❖ Entrants must be of good physical health and good moral character.
- ❖ Mrs. / Ms. Entrants must be at least 18 years of age.

Also includes: *Ambassador Pageant*

This pageant entry fee is 25 non perishable food items and or school supplies for needing families incur communities. **Children 2 - 12 years • Girls / women 13 - up**

Friday December 28th - to be held at Rusch Park, Citrus Heights
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Friday December 14th at 7:00 pm
Unity of Sacramento presents: A Soulful Rockin' Hallelujah Christmas
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Sunday December 23rd at 6:30 pm
Annual Christmas Candle Light Service

Sunday December 30th at 6:30 pm
New Year's Burning Bowl Service

To secure your tickets, make reservations, or for more information call us at 916-368-3950 or visit us online at www.unityofsacramento.com



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A Film Review by Tim Riley

RED DAWN (Rated PG-13)

During the height of the Cold War, at a time when President Ronald Reagan identified the Soviet Union as the “evil empire,” director John Milius tapped into the 1980s zeitgeist with the original “Red Dawn.” The 1984 film became a cult-classic that showcased young actors Charlie Sheen, Lea Thompson, C. Thomas Howell, and Jennifer Grey, along with a slightly older Patrick Swayze. The original premise of “Red Dawn” involved the Soviets invading the United States, followed by the resistance movement that arises when a group of heroic teenagers band together to repel the occupying force. Fast forward to 2012, and the principal foe is now North Korea, launching a full-scale attack on the Pacific Northwest. You’d think that China would be the more likely invaders, but they are probably waiting to see if we’ll repay our national debt first. The face of the enemy has changed, but the tactics employed by the guerrilla insurgency are pretty much the same. Once again, it’s up to a bunch of kids to be the frontline of freedom fighters. A few minutes pass after the obligatory introduction of the primary teen characters, and “Red Dawn” kicks into high gear with a most unexpected aerial attack of North Korean paratroopers descending on Spokane, Washington. A murderous, cruel Captain Cho (Will Yun Lee) moves his troops so quickly through town that barely a handful of teens make a getaway to the woods outside town, while most others are rounded up like concentration camp victims. Jed (Chris Hemsworth), an Iraq War veteran, and Matt (Josh Peck), the high school quarterback, are brothers whose father, Tom Eckert (Brett Cullen),

Riley Reviews

GUTSY KIDS-AS-HEROES GET THE JOB DONE IN “RED DAWN”

is a ranking police officer. The Eckert family has the natural instinct to fight back. As such, Jed, as the result of his military training, becomes the de facto leader of a budding rebel group that includes mostly Matt’s high school pals. As the quarterback of the high school football team, Matt enlists classmates and friends, including Robert (Josh Hutcherson), the tech geek, and Daryl (Connor Cruise), the mayor’s son. Other members of the core group include Danny (Edwin Hodge), the star receiver and Matt’s best friend, and Toni (Adrienne Palicki), a pretty girl with a major crush on Jed. Meanwhile, Matt’s cheerleader girlfriend Erica (Isabel Lucas) is incarcerated in an internment camp. As a battle-tested Marine on leave, Jed knows what it takes to live off the land while improvising effective insurgent attacks upon the unsuspecting North Koreans who may be growing complacent after the ease with which they conquered the Pacific Northwest. Early on, the North Korean invaders prove themselves to be murderous villains, randomly killing civilians for the slightest infractions and generally terrorizing the population into subservience. Bonding as a team, the rebel youth take on the moniker of “Wolverines,” in honor of the football squad. That Jed’s younger brother is a hothead results in some complications, considering that he’s fixated on liberating his girlfriend from a heavily guarded prison camp. Nevertheless, the Wolverines gradually become more efficient in carrying out random acts of violence against the symbols of foreign occupation, going so far as to wipe out command posts, patrol unitss and fortified areas. “Red Dawn” becomes the fantasy revenge picture it was intended to be. The idea of North Korea successfully invading America is far-fetched, to say the least, but the

audience nonetheless delights in well-orchestrated action sequences that involve plenty of explosions and gunfights. During the course of the insurgency, the young fighters are joined by a trio of grizzled retired Marines led by the spirited Tanner (Jeffrey Dean Morgan), just in time for a major vital assault on the occupier’s main communications center. “Red Dawn” is solid for its action, which mainly requires the insurgents to take their fight to the streets in a gripping attempt to outwit and overcome the intruders, causing major disruptions with nicely timed explosions and gunfire ambushes. Notwithstanding the wickedness of the communist enemy, “Red Dawn” seems so implausible that if the lunatic Kim Jong-Il were still alive, even he would probably have a difficult time accepting the premise. But the little creep would be thrilled with the notion. The bulk of “Red Dawn” is all about the action, thereby becoming the type of contemporary action thriller that is, simply put, satisfying popcorn fare.

DVD RELEASE UPDATE

A gangster film that plays more like a Western, “Lawless” captured the brutality of a Prohibition-era battle between moonshiners and corrupt lawmen. Now it’s available on DVD and Blu-ray. Inspired by the biographical novel “The Wettest County in the World,” the film version of the adventures of the Bondurant Brothers follows a quest for a piece of the American Dream, albeit an illegal one. The three brothers (Shia LaBeouf, Tom Hardy and Jason Clarke) fight to maintain their hold on the bootlegging business that is under attack from urban gangsters. The youngest brother aspires to become Public Enemy No. 1, reaping the benefits that go along with the trappings of a dangerous criminal. A mysterious woman named Maggie (Jessica Chastain) enters the picture, working in the family business and becoming the girlfriend to the oldest brother. Living up (or is it down?) to its name, “Lawless” has plenty of brutal violence, with guns blazing aplenty. Special features include “The True Story of the Wettest County in the World.”

Preventing Storm Repairs...

Continued from page 1

- Hire only licensed contractors, and ask to see the license and photo identification.
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Source: Contractors State License Board

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By Ronnie McBrayer

According to the Pew Research Center’s recently released report, a full one-fifth of Americans are now unattached to religion, and the Protestant majority is no longer that; Protestant Christians now make up less than 50% of the population. News agencies reported this news as statistical facts with maybe a raised eyebrow of curiosity while some agnostics celebrated the dawn of a new secularism. Meanwhile, fretful pulpiteers wrung their sweaty hands as they thundered to their shrinking congregations about the end of Christianity, threats against morality, and this trend that confirms that the apocalypse is upon us. The illustrious Garrison Keillor had the cleverest response of all. If the statistics are true, he mused, then it means the death of the some of the world’s finest cuisine: The end of church potluck dinners. While some mourned over the condition of souls, he crooned with tongue deeply in cheek, his concern was the future of Lutheran casseroles. Well, it seems the statistics are correct, and those of us who spend time in the church know it, and know it is no laughing matter. We don’t need an exhaustive study to confirm that the church is dwindling. A growing population is indeed unengaged with organized religion. They aren’t necessarily atheistic, nor are they antagonistic toward faith.

Where Love Begins

They are simply uninvolved. Why? Some of it is demographic, related to the age of our transitioning generations. Some of it is the natural evolvement of a Western society, and the result of an increasingly diverse nation. But frankly, and this cannot be ignored, the church has earned this decline all by its institutional self. The Pew Report confirms that the religiously unaffiliated think that religious organizations are “too concerned with money and power, too focused on rules, and too involved in politics.” As one deeply committed to the Christian faith, I could not more heartily agree; I say, “Amen.” Combine this study with the respected statistics of the Barna Research Group (which is an evangelical think tank), and the situation becomes clearer still. According to Barna, those unaffiliated with religion use several primary words to describe Christianity, words that include: “Anti-gay, judgmental, hypocritical, and insensitive.” I know not every Christian behaves harshly toward others. The most gracious, caring, and welcoming people I have ever met are Christians, fixed firmly within the institution. But I admit that the most obnoxious, hateful, and critical individuals I have ever met are also religious people. This has to change. “Change,” you ask? “Are you saying we should change our beliefs just to salvage our fleeting market share?” No. Market share has nothing to do with it, but how we treat others has everything to do with it. How can we who follow the loving, open-hearted, redemptive Christ be anything but loving, open-hearted, and redemptive people?

The longer I do this kind of work, and the longer I see these kinds of recent statistics, the more strongly I feel that the last thing most communities need is just another religious institution: An institution that pounds the pulpit and its parishioners with unyielding dogma; that points fingers, condemns, and excludes others from the love of God; that can never confess its shortcomings, admit when it has been wrong, or meet people where they are rather than demanding that people come to it. No, communities don’t need more hardened, inflexible places like these; but every community needs simple, uncomplicated, receptive places. Every community needs launch pads of empowerment and liberation. Every community needs a communion of friendship, freedom, and faith that will build bridges of grace to the world, not boundaries of separation and marginalization. Simply, every community needs a place of radical hospitality and attraction that welcomes all to know a loving God. I call these places “church.” Yes, I know, some churches are far better at being judgmental religious institutions than being living bodies of service and compassion, but my hope endures. My hope endures because where hardened institutionalism ends, love can begin, and the love of God is the most attractive force in the universe.

Ronnie McBrayer is a syndicated columnist, speaker, and author of multiple books. You can read more and receive regular e-columns in your inbox at www.ronniemcbrayer.net.

Okay, That Wasn’t Funny

By Rev. James L. Snyder

Let me make it very clear right up front that I am in favor of as many “ha ha moments” as possible. I could not get through a week without my daily dose. I firmly believe that laughter is the appropriate medicine for the soul. Some people, according to their demeanor, need a little more laughter than they are presently getting. That said, let me quickly point out that some things are not funny. Of course, most things in my life and about my person are marvelous targets of humor. I do not take myself very seriously. I am not sure any wise person would take me seriously either. In fact, I would highly suspect a person who took me seriously. I can take a joke as well as the next person and I can give it back as well as the next person. I have had some weeks that if it was not for a little bit of humor I do not know how I would have gotten through. So, if you can’t do anything you can at least laugh. I firmly believe that the best laugh is when you can laugh at yourself. You might as well laugh at yourself, everybody else is. Then, there are those serious moments in life that beg for no laughing. I would recommend that warning signs are put around these areas reading, “Positively No Laughing Zone.” With this sign should come a severe penalty for those who violate it. That said; let me explain an area in my life where the sign should be permanently erected. The Gracious Mistress of the Parsonage and I were having supper with another couple. We try to do this at least once a month and keep up with each other’s progress or lack thereof. We were having a great meal and as we came to the end, I stopped the waitress and said, “I would like some ice cream for dessert.” As far as I am

concerned, that is a rather reasonable request and quite in keeping with the environment I was in. “What kind of ice cream,” she queried, “would you like?” When it comes to ice cream, ice cream is simply ice cream to me. If there is a flavor of ice cream I do not like, it has yet to be invented. I love ice cream. My favorite song is, “I scream, you scream, we all scream for ice cream.” In my date book, there is no better ending to a wonderful meal than ice cream. I remember my grandfather’s favorite ice cream was vanilla. He would not eat any other ice cream; he thought they were polluting it with colors. To him an ice cream sundae was as close to blasphemy as he ever would get. “Why ruin,” he objected, “the ice cream with all that slop?” He wanted nothing coming between him and the purest experience of ice cream he could get. Me, I love ice cream regardless of the flavor or color or “slop.” I looked at the waitress and simply said, “I don’t care what flavor you bring me. Surprise me. As long as it isn’t broccoli.” That was supposed to be a joke. Ha ha ha. As the waitress left our table, we resumed our conversation and shortly she returned with the ice cream. Upon her arrival, I looked at her and then the ice cream she was bringing and almost screamed aloud. Of all the blasphemous things to do to a customer, this has to take the cake. First, she had an ice cream bowl with three scoops of ice cream, vanilla, strawberry and chocolate. No problem. However, on the side of the dish in plain view for everybody to see, especially me, was a piece of broccoli. Broccoli! The forbidden fruit or whatever it is. My dining companions thought this was the funniest thing they had ever seen. Particularly, the

dining companion that was going to come home with me that night. Not only did they laugh. The waitress laughed. The table next to us began to laugh. The table next to them began to laugh. It was not long before everybody within 173 miles was laughing at my ice cream/broccoli dessert. Actually, not everybody was laughing. I was not laughing. Broccoli, no matter the presentation, is no laughing matter in my book. If matters could not be worse, my wife, through her hilarity spasms, reached over, picked up the broccoli and began eating it in my presence. Talk about adding insult to injury, my injury was vastly insulted. I may have been smiling on the outside, but I assure you I was more than frowning on the inside. Some things are funny; broccoli is not one of those things. Driving home amid the muffled chuckles on the other side of the front seat, I thought of what the apostle Paul said in 1 Thessalonians 5:16-18 (KJV), “Rejoice evermore. Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you.” I know that when Paul said, “In every thing,” it included things like broccoli. I must say that there are some things in life, like broccoli, where the thanksgiving is a matter of faith. *I will never learn to love broccoli, but I can muster up enough faith to thank God for all things, including broccoli.*

The Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at (352) 687-4240 or e-mail jamesnyder2@att.net. The church web site is www.whatafellowship.com.



By Karen Anderson

The experience of being judged can be so damaging to your self-image. As I talked about judging in the article, “Unreasonable Expectations,” it can create long-lasting emotional, spiritual, and even physical pain. My personal experience has been forced on me through people that are supposed to love and care for me; right. Not in my case. How ironic that someone you open your heart to can create such pain in your life. It has for me; if not for God, I would have ended my life, or at least be so ill that I would be useless to everyone. Don’t get me wrong; we do have our good times and those are fun, but then boom, the harsh words start again. I don’t believe they realize what they are doing to me. I go through my day so many times with a heavy heart, almost to the point of pain. This has been going on for many years. For the longest

Soar With Eagles

time I really thought that I was the problem...I must deserve this. God has shown me that this is not true. I know now that it is not with me, but with them. Their words and actions are a choice they make. It has nothing to do with me. Many times, I have had to rely on this verse as a reminder of how God feels about me. He says, “*Who stood up for me against the wicked? Who took my side against evil workers? If GOD hadn’t been there for me, I never would have made it. The minute I said, “I’m slipping, I’m falling,” your love, GOD, took hold and held me fast. When I was upset and beside myself, you calmed me down and cheered me up.*” It is important to know, without a doubt, that you are special to God. He says so! For me, personally, I’m okay because I now wear the “Armor of God” to protect me. Remember, I have said before that I do not deserve this treatment, and you do not either. God has helped me to be strong enough to fight back, not physically, but through my words and actions. Walking away is always a good start. What happens, though, when you come back and it picks up where it left off? This is where God has given me the strength and the words to defend

myself. I wear a cross everyday to remind me of how much God loves me. I am in His Word daily to strengthen my spirit. Spending time with God is like preening my feathers as the eagles do to be prepared for the day. I speak to Him every day, and wait for His direction...when to walk away and when to say something. I know the strength and power of the eagles and I use that vision anytime I need it. The verse that gives me power is, “*...but those who hope in the Lord will renew their strength. They will soar on the wings like eagles; they will run and not grow weary, they will walk and not be faint.*” Be an eagle-Christian, and continually look to the Heavens for God is there waiting for your call. He is like the daddy eagle who swoops down to catch the eaglet when it fails to fly on its own. Take wings my friends, and know He is there with you...just cry out! PASSAGE: Psalm 94:16-19 (The Message) Isaiah 40:31 (NIV) Karen Anderson is an accomplished speaker, author, and chaplain and has a local TV show, *Move Your Mountains*. Contact Karen at www.doablesteps.com, or (916) 961-4765.



By Marlys Norris, Christian Author

It is interesting that people believe everything they read in the any paper or magazines or hear from their friends, but when it comes to the Holy Word of God (Bible) they disbelieve and question its authentic truth inspired by the God/Creator of the universe. My answer to them is this: If someone is a Bible scholar with years of study, they are deeply grounded in the history and knowledge of any one particular event recorded in the Scriptures and one can count on what-ever they write to be accurate. Truth can always be tested in many ways to find its genuine qualities. Example: A shamrock has three leaves and God is the Father, Son and Holy Spirit. People forget that when people write anything, they write from their own worldly personal knowledge about something and/or what opinions they have heard

Truth

and believe. Many opinions are not necessarily actual truth. If they favor one side or the other, then what-ever they write will reflect that opinion, not giving a reader a choice to make their own decision about the facts presented. Unfortunately people just “assume” what they are reading is actual fact. Truth is, it may be a total lie to cause a person to be swayed to make a decision that would actually not enhance or enrich their life or anyone else. I learned this at an early age when lies were told about my family written by a reporter in the newspaper from information he got from the rich lady who took (kidnapped) my brother from our family. In our most recent election Billy Graham wrote letters and asked the American public to vote Biblical Values on our election day. It was a hard decision when both candidates are not professing Christians following the total precepts of the Bible. Mormons follow the Bible principles to some degree but give higher regard for the opinion teachings of Joseph Smith. The other candidate attended a questionable church that has many false teachings as well. Yet both claim to believe in a god of some form. We had to look to the character of the men in question and all of us had to make

some kind of decision, and we did. Some felt victory over having their choice elected while others were disappointed at the loss. Now, we must believe with all our hearts that the President in charge of our nation will really perform and follow the plan he presented to the American people with his acceptance speech: Joining together with the opposition to find resolve bringing our country back to honor and respect of our founders. Honoring and preserving the land of Israel.. Love of God and country! We must trust that God is in control regardless of what we might think. And people we must sincerely pray for our president and his co-workers in our government, that they will make wise decisions that will bring our country back to reality and truth that is from the Holy Word of God, the Bible, which guided our countries founders in its beginning. In the end, may we all say to God be all honor and glory! May God be with you! Marlys Johnsen Norris Seven Christian Books “God Moves Mountains, It was a Miracle!” Contact me: Marlysjn@gmail.com

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Crossword Puzzle on Page 10

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Morris is the son of Ron and Cindy Morris of Kenneth Avenue, Carmichael.

He is a 2004 graduate of El Camino Fundamental High School, Sacramento.



By Pastor Ray Dare

I want to talk a little bit about one of the enemy's favorite tricks: Condemnation. He loves to remind people of their past failures and mistakes. Has he ever done that to you? Sure he does. It's one of his favorite tricks. He knows that if he can keep people feeling guilt, unworthiness and shame that we will never be all God wants us to be. He also knows that if he can keep us feeling the negative emotions, we will never fully understand and exercise our authority over him.

Some folks think that when they make a mistake God's ready to kick them out of the kingdom of God. That is so far from the truth. When you are born again, when you ask Jesus to come into your life, when you make a decision to have a personal relationship with Jesus, the Bible says you are born again. There's a birth that has taken place. You have been born into the family of God. Now you're a child of God. It doesn't mean you're a child of God on Monday and Tuesday

God Wants You to Be Secure

and, when you make a mistake on Wednesday and Thursday you're a child of the devil. It doesn't work that way. You're a child of God. You've been born into the family. It's not one week on and two weeks off.

You may think, "Pastor Ray, you're giving people too much security." Friends, listen to this carefully: God wants you to be secure. You've got to understand that. God wants you to be so secure that when you make a mistake and you fail Him, you run to Him quickly for forgiveness, not turn around and run away from Him.

You say, "Pastor Ray, this sound too good to be true. I served God one time. I served Him for a year. But then I made a terrible mistake. Do you mean to tell me that God didn't kick me out of the kingdom right then? Do you mean to tell me God didn't excommunicate me? Do you mean to tell me that God would receive me back into Himself?" That's exactly what I mean to tell you. God wants to receive you. This is the message of the Gospel.

See, I'm not saying that when you get born again you're not going to have some fruits of good work. Don't get me wrong. I'm just saying those good works don't get you saved and they don't keep you saved. It's the

gift of God. *Ephesians 2:8* says, "It is by grace you are saved through faith; not of yourselves. It is the gift of God, lest any man should boast."

We must understand that salvation is a completely and totally free gift. See, if you don't get that, then you're trying to pay back your salvation with your good works. God doesn't want it to be that way because one day you're not going to be able to do as many good works you think you should. Then all of a sudden you're going to feel condemned.

Here's what I want you to see today: God is not the one that condemns you. If you've made mistakes in the past, get up and go on and don't let that stop you from being your best for God. Don't get on the sidelines. Don't quit coming to church. Don't quit being involved. Go on like never before. The Apostle Paul said, "... forget the things of the past and press toward the mark of the prize of the high calling of God in Christ Jesus." *Philippians 3:13-15*

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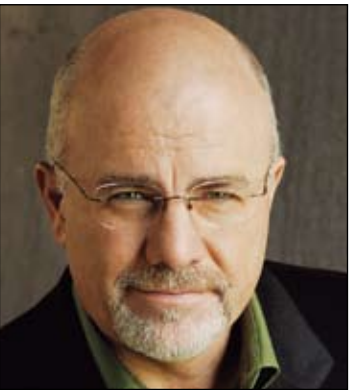
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Why You Shouldn't Cash Out

Dear Dave, Is it a good idea for a married couple in their early thirties, who have a lot of student loan debt, to cash out one of their 401(k)s to pay it off? - Marcy

Dear Marcy, No way! You never cash out a 401(k) or IRA to pay off debt, unless it's to avoid a foreclosure or bankruptcy. Let's say you take \$50,000 out of your 401(k). Do you know what happens next? They're going to charge you a

Dave Says

10 percent penalty, plus your tax rate. If you make \$75,000 a year, that puts you in a 25 percent tax rate, plus the penalty. That's a 35 percent hit, and that's how much of your money is going straight down the toilet.

Look at it this way. You wouldn't ask me if it's okay to borrow money at a 35 percent interest rate to pay off your school loans, right? That would be ridiculous, and this is just as dumb.

There are no shortcuts when it comes to getting out of debt, Marcy. Roll up your sleeves and get on a beans and rice budget where every dollar has a name. This will enable you to save money and pay off that debt!

- Dave

Paying for the Classes?

Dear Dave, My wife and I have our fully funded emergency fund in place, and we're debt-free, except for the house. She wants to return to school to get a master's degree and change careers. She'll be reimbursed up to \$7,000 a year. Can we use some of our emergency fund to get things started?

- Kevin

Dear Kevin, I've got a better idea. Save up the money!

You guys are in great shape already. And to me, this opportunity seems like a small investment with a fabulous return. I really like the idea. But you have to be careful when it comes to things like this. You don't want to get into the habit of calling things emergencies when they're not emergencies. It's a great thing, but it's nowhere near an emergency.

I know she's excited about the possibilities, but I'd just roll up my sleeves, save a little extra for a while and cash flow the classes. She'll probably get reimbursed for the first classes right after she gets her grades, then you can use the reimbursement check to pay for the next classes, and the next check the next classes. Make sense?

I love the school idea, and I'm glad your wife has such a great opportunity. But I don't want you to take a chance on messing up the progress you've made in taking control of your finances. Just take your time and save for those first classes. You'll be glad you did!

- Dave

*For more financial help, please visit daveramsey.com.



GLOW FOR THE HOLIDAYS

You know about the twelve days of Christmas, but do you know about the twelve secrets to radiant skin? You can look years younger in two months and have skin that glows with vitality... no matter what your age! Just think. By Christmas and New Years, you can look great! And it doesn't involve needles or surgery or even a visit to your dermatologist. These twelve tips come from holistic health and natural beauty educator Dr. Susan Smith-Jones, author of some 25 books...her latest "Walking on Air."

According to Dr. Jones, your skin will be the first to give away your deep dark secrets. If you've been neglecting your health or been under extra tension (like we're not during the holidays) or if you're not sleeping, your skin will let the world know. Weighing in at about six pounds, your skin is about one-eighth of an inch thick. Beauty is in the eye of the beholder and boy can they behold from your skin and hair...both essentially dead. The skin is continually growing from within, creating new cells that push their way outward. American Indians used to diagnose body ailments by the lines in the face. Let's face it, the face is one area of the body which is terrible at keeping secrets.

Dr. Jones has extensively studied the skin. She narrowed it down to these twelve steps to looking great. By the way, she has lived by these steps and she really does look years younger than her chronological age. So here goes.

- 1) Protect From Too Much Sun. Over exposure can break down the collagen and elastin components of the skin, causing less moisture, flexibility, and tautness.
- 2) Eat Skin Enhancing Foods. Your diet should incorporate lots of fresh fruits and veggies. These foods are high in water content to keep your body hydrated and bring glow to your skin.
- 3) Fortify With Hawaiian Astaxanthin. In one impressive scientific skin study, the powerful antioxidant, Hawaiian Astaxanthin, taken daily, reversed aging in middle-aged women in only 6 weeks. Dr. Jones takes 12 mg daily. Please refer to her website for detailed information. You can also get a 25% discount on your order if you use the code Vibrant. You can call 800-453-1187. Incidentally, Dr. Jones told me she is not affiliated monetarily with any of the companies she tells us about. They are just

POPPOFF!

with Mary Jane Popp

products she uses herself. 4) Keep Your Body Hydrated. Make sure you drink plenty of purified water every day--at least 6-8 large glasses, in-between meals. Water moisturizes your skin from the inside out and helps eliminate toxins through the skin. Lack of moisture in your skin creates wrinkles just like plums create prunes and grapes create raisins.

5) Exercise Your Way To Radiance. Exercise is also a natural and effective way to increase the health of the skin by increasing circulation, eliminating toxins through the skin and giving skin that healthy glow. After aerobic exercise, such as brisk walking, jogging, cycling, hiking, swimming, or aerobic classes, the skin takes on a beautiful natural glow that no makeup artist could duplicate.

6) De-Stress In An Infrared Sauna. An infrared sauna is the best kind for your body and skin. After only one use, your skin will glow. For more info on Dr. Jones favorite one, check her website, click on Favorite Products, and scroll down to Thermal Life Infrared Sauna or you They are just products she herself uses.

7) Exfoliate With Dry Skin Brushing. Dry brushing the body with a natural bristle brush or loofah mitt each day before bathing is very beneficial to your skin. Not only does dry brushing improve the appearance of your skin giving you a healthy glow, but it also helps your body eliminate toxins.

8) Nourish With Flaxseeds. Dry skin is a sign (among others) that one is deficient in omega-3 fatty acids. Flaxseed, an excellent source of omega-3 fatty acids, may be one of nature's greatest little health packages, especially when it comes to the skin. 9) Catch More Zzzzs. Sleep is when the body's "repair work" and maintenance are completed. In fact, Dr Jones thinks that there's nothing more restorative for our bodies and creating healthy skin than getting ample sleep, night after night after night.

10) Say Goodbye To Constipation. Chronic constipation will preclude you from having beautiful, healthy skin. It's impossible to have beautiful skin all over your body if you are chronically constipated. Her favorite solution is the Squatty Potty. You heard me right! Dr. Jones says it is a natural and effective remedy for constipation and maintaining optimal colon health. Check out her website or www.SquattyPotty.com. At their website, you can listen to Dr. Jones broadcast on "Colon Health and Detoxification" Getting in the Flow. To order the Squatty Potty, call 800-670-1130.

11) Relax Through Meditation. Scientists are finding that meditation helps keep us wrinkle-free and healthy. One study showed that people who had been meditating for more than five years

were biologically 12-15 years younger than nonmeditators. To learn how to begin a meditation program or how to upgrade and existing program, please refer to the audio books "Wired to Meditate" and "Choose to Live Peacefully," both available at her website. You can get the set at a discount too.

12) Lead A Joyful Life. You've heard it over and over again... "stop and smell the roses." But Dr. Jones says research demonstrates time and again that simple pleasures can decrease our stress considerably and bring a youthful vitality such as listening to your favorite music, petting your dog or cat, taking a relaxing bath, and laughing often. Laughter is part of a joyful life. Research shows that laughter improves mood after high levels of daily stress and even boosts immunity. According to Dr. Jones, when you put on a "happy face," your skin takes on a youthful glow.

So there you have it. The twelve key ingredients to having healthy skin from Dr. Susan Jones. You are probably thinking...how can I get all of this done? Not to worry, just go to www.SusanSmithJones.com It's all there in detail with lots of other important information about your life and lifestyle wellbeing! Just think, by the holidays, you can be well on your way to looking GOOOOOD!!!! And don't forget the most important ingredient to a great life! BE HAPPY!!!

Join Mary Jane for the KAH! Noon News Monday-Friday and then again for POPOFF 10 PM - Midnight.

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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.

STATEPOINT CROSSWORD HOLIDAY SONGS

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CLUES

ACROSS

- 1. Muslim woman's headscarf
- 6. Found on a keyboard
- 9. "What mommy gave Santa
- 13. Idealized image
- 14. Beetle bride
- 15. "Saturday Night Fever" music
- 16. Yo-Yo Ma with a cello, e.g.
- 17. Like sashimi
- 18. Team event in track
- 19. "Away in a _____"
- 21. Number of football players on field per team
- 23. Zeus, e.g.
- 24. Dog pest
- 25. Boozier
- 28. Red Cross supplies
- 30. Like Tinkerbell
- 35. Absent soldier
- 37. Like Civil War reenactment battle
- 39. "____ Baby"
- 40. Down in the dumps
- 41. Up and about
- 43. Tranquil scene
- 44. Officially allowed
- 46. Hokkaido people
- 47. Calm by deception
- 48. Like Thai cuisine, e.g.
- 50. Eye amorously
- 52. Bro's sibling
- 53. Used for drying
- 55. Inflated feeling
- 57. Cream cheese on a bagel, e.g.
- 60. "Pipe smoker
- 63. Fictional cemetery dweller
- 64. Be in the red
- 66. In an unfriendly manner
- 68. "Seen with Santa
- 69. "Given name of famous crooner
- 70. Ranees' wrap
- 71. Blouses
- 72. Ottoman officer title
- 73. Heavy walk

DOWN

- 1. That guy
- 2. Mosque V.I.P.
- 3. Cup of Joe
- 4. Maturing
- 5. Double-drums
- 6. Millimeter of mercury
- 7. RNS' org.
- 8. B in IBS
- 9. Chicken _____
- 10. _____ of Man
- 11. PET or CAT
- 12. _____ sauce
- 15. "I'll be home for Christmas, if only in my _____"
- 20. Swelling
- 22. "Mele Kalikimaka" wreath
- 24. Dissenting clique
- 25. "Santa Baby, slip a _____ under the tree, for me"
- 26. Young hooter
- 27. Often describes luck
- 29. Parks on a bus
- 31. Jack and Jill's water jug
- 32. River in India
- 33. Credit card reader writing tool, pl.
- 34. "They are decked
- 36. With little fat
- 38. "Wenceslas' title
- 42. Olden days disciplinary tool
- 45. Probable
- 49. Jason Bourne's enemy
- 51. Altruist's opposite
- 54. Parkinson's drug
- 56. Grouchy Muppet
- 57. Used to frighten something away
- 58. Partner of circumstance
- 59. Goes with eggnog, pl.
- 60. Greek salad cheese
- 61. Novice
- 62. Original matter
- 63. Greenwich time
- 65. Tail move
- 67. Uh-huh



This classic cheese plate includes three milks — cow, goat and sheep — each somewhat mild in their category, ensuring all your guests a most pleasant taste experience.

- Jarlsberg, a semi-soft cow’s milk cheese with a mellow-nutty, slightly sweet flavor.
- Woolwich Dairy, a triple crème goat brie with light earthy notes and luscious buttery finish.
- Garcia Baquero, a traditional Spanish Manchego sheep’s milk cheese from La Mancha.

For more, visit www.JarlsbergUSA.com.

Fig and Toasted Nut Rolls add a touch of distinction to cheese plates.

- Made with sweet, dark purple California Mission Figs, a hint of citrus and herbs and stuffed with toasted nuts, this no-bake recipe is simple elegance at its best.
- Golden, slightly nutty-flavored Calimyrna Figs are another versatile recipe ingredient, adding sweetness and texture to a wide variety of dishes.
- California Dried Figs, bursting with sweet fruit flavor, are available all year around.

For more, visit www.ValleyFig.com.

amazing HOLIDAY BITES



Fig, Beef and Olive Empanaditas
Makes 28 to 30 empanaditas

- 1/2 pound lean (15 percent fat) ground beef
- 1/3 cup finely chopped green bell pepper
- 1/3 cup finely chopped yellow onion
- 2 cloves garlic, finely chopped or pressed
- 1 cup chopped stemmed Blue Ribbon Orchard Choice or Sun-Maid Figs
- 1/3 cup finely chopped pimento-stuffed olives
- 2 tablespoons tomato paste
- 1 1/4 teaspoons ground cumin
- 1 1/4 teaspoons dried crumbled oregano
- 1/2 to 1 teaspoon hot sauce
- 1/4 teaspoon salt
- 3 refrigerated piecrusts for 9-inch pie (1 1/2 packages, 14.1 ounces EACH)
- 1 egg, lightly beaten with 1 tablespoon water

Heat large nonstick skillet over medium heat. Add beef, bell pepper, onion and garlic. Cook, stirring often and crumbling meat into small pieces, until meat is browned and cooked through. Remove from heat and stir in figs, olives, tomato paste, cumin, oregano, hot sauce and salt. Blend well. Cool.

Preheat oven to 375°F.

Let dough rest at room temperature 15 minutes. Working with one piecrust at a time, unfold dough on lightly floured surface. With 3 1/2-inch-round cookie cutter, cut out 8 dough circles from each crust. (Save dough scraps; combine and roll to cut out 6 additional dough circles.)

Brush rim of each circle with beaten egg. Place 1 tablespoon filling in center of a circle and fold to make a half-moon shape. Press edge to seal; flute edge if desired. Place on a lightly oiled baking sheet. Brush tops with egg mixture.

Bake 1 sheet at a time for 15 to 20 minutes or until golden brown. Serve warm.

FAMILY FEATURES

Hosting a holiday party? Add some magic to the festivities with these enticing bites. The cheese and fruit plate is simple yet stylish and acts as a tantalizing table centerpiece. The appetizers — stuffed and studded with luscious bits of fig, cheese and seasonal spices — are the perfect party size.

Fig and Toasted Nut Roll
Makes 28 to 30 servings

- 14 ounces Blue Ribbon Orchard Choice or Sun-Maid Mission Figs (2 cups)
- 2 teaspoons finely grated lemon or orange zest
- 2/3 cup toasted, blanched whole almonds, toasted walnut pieces, roasted marcona almonds (without skins) or roasted mixed nuts without peanuts

Remove and discard fig stems. Cut figs into quarters. Place in bowl of food processor with lemon or orange zest and process until figs are finely chopped and form a paste, stopping to scrape bowl once or twice as needed.

Turn fig mixture out of bowl onto a piece of parchment paper. If nuts are large, cut into halves or quarters. Work nuts into fig mixture, distributing evenly and covering nuts completely with fig mixture. Form mixture into a compact 8-inch-long log. Wrap parchment paper around log, folding in ends to seal. Place in a plastic bag and seal bag. Chill for 12 to 24 hours.

To serve, unwrap and cut with sharp knife into thin (about 1/4-inch) slices. Serve with cheese.

Stuffed Fondue Meatballs with Fig Honey Balsamic Glaze
Makes 18 meatballs

- 1 large head garlic
- 1 tablespoon olive oil
- 1 large onion, peeled and sliced into 1/2-inch rings
- 1 tablespoon olive oil
- 2 tablespoons sweet Riesling wine (or balsamic vinegar)
- 1/4 teaspoon EACH salt and pepper
- 1/2 pound EACH ground pork sausage and ground beef
- 1 tablespoon Fig Honey Balsamic Glaze mixed with 1/2 teaspoon EACH salt, pepper and allspice (or nutmeg)
- 1 1 1/2-ounce piece of Jarlsberg, cut into 18 1/2-inch cubes

Make Fig Honey Balsamic Glaze (recipe follows). Pre-heat oven to 375°F. Cut across the top of garlic head, then place cut side up in heavy aluminum foil. Pour olive oil over exposed cloves, before enclosing garlic in foil, and place in oven to bake 45 minutes.

Place onion rings in a baking dish. Toss with 1 tablespoon each olive oil and wine (or balsamic vinegar); sprinkle with salt and pepper and bake 45 minutes at 375°F. At 1/2-hour mark, toss onion rings with



1 tablespoon more wine (or balsamic). When garlic and onions are cool enough to handle, remove garlic cloves from skins and combine with onion in food processor, pulsing to coarse-chop to produce 1/2 cup. Reserve 1/4 cup for another use.

In large mixing bowl, gently combine pork sausage and beef with glaze plus 1/4 cup roasted garlic/onion mixture. Using 1 tablespoon measure to scoop meat (a 1-ounce portion), place Jarlsberg cube in center before shaping into 1 1/4-inch-sized meatballs.

Place meatballs about 2 inches apart on foil-lined baking sheet and bake at 375°F for 15 minutes. Transfer meatballs into small serve-style baking dish and drizzle with remaining glaze.

Fig Honey Balsamic Glaze

- 1/2 cup honey
- 1/2 cup water
- 1/4 cup balsamic vinegar
- 8 Calimyrna dried figs, stemmed and quartered
- 1 tablespoon light brown sugar
- 1/4 teaspoon allspice (or nutmeg)
- 1 sprig fresh rosemary
- 3 sprigs fresh thyme

In saucepan, mix honey with water, vinegar, figs, brown sugar and allspice. Simmer on very low heat about 45 minutes — adding rosemary and thyme for last 15 — until liquid is reduced to half (the consistency of molasses). Remove herbs before separating liquid glaze from figs. You should have generous 1/4 cup.

Note: Process figs until smooth and, if you’d like, add reserved 1/4 cup onion/garlic mixture. Use as a spread, or add to stews and sauces.

For the First Time in My Life God had 100% of My Attention

A true Story: Written by Mike Williams, while homeless at the Salvation Army Shelter.

After taking care of my in-laws with Alzheimer’s for six years in my home, losing my home and land to foreclosure, my kids finding my wife with another man, and then losing millions in a money scam, how was I to recover late in life? No matter what I did I couldn’t stop it!

In less than two years my world just crumbled to nothing. I’m still in shock and keep asking God, “Why? I’m a good man, what did I do to anger You so much?”

I’m a proud father of three beautiful kids and grandfather to a five year old girl and loved my wife and life to the end. I’m a giver and freely gave to needy families, our church, friends and family. I prayed everyday thanking God for my blessings. I served my country and have never been arrested for anything.

As a seasoned educated business man, and a world famous medical / dental technology inventor, I would have never imagined that this kind of loss and destruction could ever happen to me and my family. Looking back on everything now I know that I had no control over the events that put me in the streets. It could happen to anyone!

My name is Mike Williams, the second oldest of four kids. I was born in San Diego in 1952 and we moved to Pollock Pines in 1959 after my father was killed in a construction accident. We all lived in a small 32ft. pink trailer and were raised very poor and didn’t know it. I loved hunting and fishing and sports of all kinds. I graduated the 8th grade at Pine Wood School and high school in 1971 at El Dorado High in Placerville. It was the best time to be a teenager. All my friends and I loved to go on road trips to the lake or drive-in in my 1955 Chevy listening to Wolf man Jack on the radio.

I was very famous at one time. I’m the guy who invented all the tiny video cameras for dentistry and for viewing inside the heart and body. At one time I was worth millions! As a famous inventor and business man I traveled and lectured all over the world teaching doctors how to use my products. During my travels I saw allot of poverty and started helping the poor and feeding the homeless whenever I could. It was nothing for me to give \$1000’s of dollars away to

people and families suffering in the streets.

But the tides have turned. Never in a million years did I think that someday I would be the homeless guy asking for help just like they did. It still seems like a bad dream I can’t get out of. When I went homeless I was tired, broke, depressed, and heart-broken from losing my wife, my beautiful ranch and life’s work in the blink of an eye.

I learned how to live in my car and survive on food stamps and doing odd jobs for cash that no one else wanted. I learned how to be homeless and asked a lot of questions from other homeless people I met along the way. Living in the streets and camping by the river in a survival mode, I suffered many hardships and got involved in some strange situations because of my innocence as a new homeless person.

To stay occupied when I wasn’t looking for work I kept notes on my laptop so someday I could tell everyone my story. I learned that homelessness is an awful life and never understood how dangerous and lonely it could be until it happened to me. I cried allot and gave up many times and even thought about ending it all but I couldn’t do that to my kids.

After a while I gave up my car because I was 5 months behind on my payments and didn’t need any further troubles. This is when reality really set in! I’m alone with just a few things, scared dirty and weatherworn. I was constantly being moved by the park rangers and police day and night. I never could relax and was always on guard and never imagined how hard this kind of life could be. I was beaten-up and stomped upon at night in the streets many times but somehow made it through day by day.

My last beating wasn’t so kind. Late at night in the State Capital Park I was resting under the rose garden fountain where I liked to sleep and smell the roses. On this night I was woken up at about 1 am by two guys kicking me as they tried to take my computer and back pack. I fought as best I could but they stomped me and kicked me in the stomach so many times I passed out. I remember waking up in gut wrenching pain only to find that I had lost everything, even my laptop with all of my notes and pictures of over a year’s of work and stories.

I laid there and just broke down for at least an hour. I didn’t care anymore and just wanted to die. I kept thinking about my



The staff that made the difference in Mike’s life. Dr. Chen (on right), the appreciative Mike Williams, (yellow tie), and Dr. Chen’s staff, Eva Schenck (sitting), Charles Roland and Jenny Vo. Staff Photo

kids and asking God, “Why are you doing this to me?” In a great deal of pain, and with no help or place to go, I decided to get up and started walking in the dark to check into Sutter Hospital emergency room.

After I got there I went to the window and told the nurse that I was beat up and robbed in the streets and had no medical insurance and was in a lot of pain. She asked me a few questions and gave me some forms to fill and told me to have a seat. After returning the forms I sat down and waited, and waited, and waited to see the doctor.

The nurse was getting upset with me because I kept asking for help, was in severe pain and needed to be seen. I think they we’re waiting for me to give-up and just leave! After nineteen hours of waiting I soon realized that I was someone they didn’t want to see. But refusing to leave the nurse and doctor finally checked me out and ordered some tests. They discovered that I was really hurt and needed a hernia surgery as soon as possible and after further blood work and tests also discovered that I had walking pneumonia. They had no choice but to admit me. After a full day of waiting and tests I was finally admitted for three days and then released back onto the streets.

I was still very sick and in a lot of pain and had no place to go and just walked and rested in the park in midtown. I remember not sleeping for over a week, suffering and I couldn’t take it

anymore. I decided to go to the ER at the Mather VA hospital for more help. I was a veteran I had never used any of my VA benefits. During my exam at the ER the Doctor told me that I that I was very sick and needed surgery right away and to go over to the out-patient clinic and ask to see a surgeon, which I did.

As I waited in line holding myself from the pain, the man at the desk finally checked me in and then told me to come back in ninety days. Ninety days? I couldn’t believe it! I think I went nuts and started to cry. I had no place to go and not knowing what to do next I decided to sit down to rest and make a new plan. I remember sitting in the corner crying in pain and asking God to forgive me for all of my sins and forgive me for all of my shortcomings. FOR THE FIRST TIME IN MY LIFE GOD HAD 100% OF MY ATTENTION.

As I was sitting and waiting to calm down, an old veteran sitting next to me asked me if I was there to get into a shelter? I said no and asked him why? He told me that he was homeless for over three years and finally got off the streets with help from a VA case worker named Kristine Flowers and she was going to be in all afternoon, but I needed an appointment.

I thanked him and told him that I will wait all day to see her if need be because I had to get off the streets and get my surgeries or I was going to die. I kept praying to God to help me as I waited to see Mrs. Flowers. I

noticed that she had many other people waiting to see her, so I just waited and waited until the end of the day.

I was the last one waiting, so as she was leaving and walking by me I stopped and told her my story and right in the middle of everything she grabbed my hand, sat down and told me not to worry any longer because I she had one more bed at the Salvation Army Shelter available. I started to cry and so did she! Don’t tell me that God isn’t real... Angels do exist you never know when God uses one to answer your prayers.

I never did get the name of the Veteran who told me about Mrs. Flowers but whoever you are I want to thank you for saving my life. I know now that God asked Mrs. Flowers to step in as part of His miracle to showing me His power. I’m not alone anymore. God is my Father and my best friend who really loves me.

Now let’s see why I was saved?

I’m out of the streets now for one hundred days living at the Salvation Army Center of Hope. I finally got my hernia surgery at Mercy Medical center four weeks ago and was starting to feel better only to find out that I had a swollen prostate and needed another surgery.

I wish to thank Dr. Jong Chen for doing my prostate surgery and all of the staff at his office and Sutter Medical Center for fixing me and loving me when I needed it the most. The laser surgery on my prostate was painless

and successful, I’ve never felt better.

More to the story: A few weeks ago Dr. Chen called me at the shelter and asked me out to breakfast. I was surprised and had no idea what was on his mind, and of course I said yes. On the call he told me to bring some of my past work and patents because he wanted to talk to me about something. I told him I would bring everything I had and also wanted him to see my new invention and business plan about a system to house and shelter the homeless.

During the meeting I showed Dr. Chen my most famous patents and we talked about all of the famous doctors I used to work with that he also knew. I think he was surprised and impressed as to my knowledge about engineering everything from lasers to medical scopes and couldn’t understand why I was homeless.

As I told him my disaster story I noticed a special look of concern of wanting to help me in his eyes, so with nothing to lose I thought I would show him my plan and ideas. As I started to fill him in, as he was reading my plan I noticed a calm peace filled the room like God was sitting at the table with both of us. I said nothing, and let Dr. Chen read and think! Then he looked up and asked me if he could be involved and partner with me?

I was shocked and lost my breath as I took a slow drink of my coffee. After about a minute of silence I looked at him shook his hand and said YES!

Little did I know that all those days ago when I was being beat up and robbed and left for dead, that it took those events requiring surgery in order for me to meet Dr. Jong Chen. Within a week Dr. Jong Chen and I became partners in a new company called Steps Housing Systems Inc.

On the 10th of October he took me out of the shelter and got me a new place to live down town. By the grace God, and His angels, I’m now the CEO and founder of a new company to build my new homeless sheltering housing survival POD.

Thank you for reading my story. My hope is that I can keep all of you updated as to our mission to shelter and care for the homeless grows. May God bless everyone during this holiday season!

Publisher’s note: I have met with Mike Williams and Dr. Chen. We will be following their story and the goal to build the PODS, and to help reduce the homeless situation in Sacramento.

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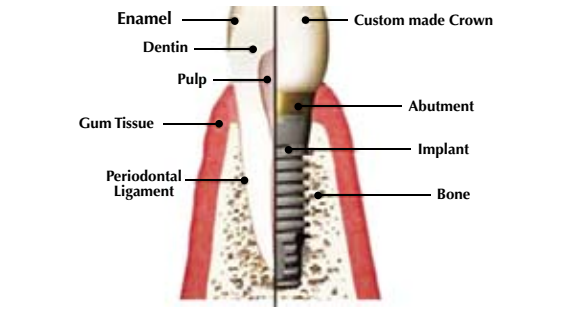
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