

M Citrus Heights Messenger

“Written by the people, for the people”

Volume 2 Issue 18

Serving the City of Citrus Heights and Sacramento County

Second Edition for September 2012

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Time to Get Real on Jobs

Commentary By
Douglas E Schoen

It's a testament to how bad the American employment market has gotten that the most recent jobs report was met with applause.

The Labor Department's jobs figures showed that employers added 163,000 new workers last month. That exceeds what most forecasters were predicting. But it's only barely enough to keep up with population growth. And the overall unemployment rate actually increased slightly, to about 8.3 percent.

Jobs have been and will continue to be the most important issue to voters come November. A new Gallup/USA TODAY poll finds that 92 percent of likely voters rate "creating good jobs" as either a "very important" or "extremely important" priority for the next president. That was a full five points ahead of the second most popular issue (reducing corruption in government).

The issue has bipartisan salience. Unlike healthcare reform or tax cuts, creating good jobs is a high priority for Democrats and Republicans alike, with 48 percent of each ranking it as extremely important.

And yet neither Obama nor Romney has provided anything remotely resembling a robust, detailed policy package for spurring job growth and getting the employment market back on track.

Sure, Romney has his "59-Point" economic plan. But he hasn't done much to market it. No one has read it. And while the plan itself does contain some sensible policy reforms—cutting



Finding full-time good-paying jobs has been tough in this down economy for younger American workers.

corporate tax rates and expanding domestic energy production, for example—it mostly just nibbles around the edges.

The President did actually present jobs legislation to Congress. But while it included some smart reforms, it was too limited. And it went nowhere.

A smart, specific set of pro-jobs policies now could win the presidency.

Here are the two I'd start with. They're palatable to the base of both parties and would generate widespread public support.

First, prioritize and pass pending trade deals. Scaling back trade barriers makes it easier for foreign countries to buy American-made products, boosting domestic

businesses and stirring job growth. US firms get access to cheaper foreign goods, leaving more money to invest in their domestic operations and grow their workforces.

The Trans-Pacific Partnership Agreement (TPP) between the US and key Asia-Pacific economies is undergoing its next round of negotiations in a few weeks in Leesburg, Virginia. This is the kind of agreement the candidates should be promoting.

Among other things, the TPP establishes strong, universal patent protections for innovative industries like technology and pharmaceuticals. Reaching agreement on TPP would incentivize the next generation of breakthrough ideas—and all the

new jobs that come with them.

Same goes for the African Growth and Opportunity Act, a free trade bill between our two continents that just passed the Senate and House.

Second, a pro-jobs move for Romney or Obama would be to stand firmly against blind, across-the-board cuts in Medicare and other public insurance programs.

Lately, this kind of "reform" has become distressingly popular. Instead of doing the hard work of identifying and eliminating the parts of these programs that are genuinely wasteful, policymakers are just pushing for huge, brainless cuts.

Continued on Page 5

Come Out and Play at Sunday Funday!

CITRUS HEIGHTS - Sunday Funday is a long standing Citrus Heights community tradition. This year celebrates 16 years of this FREE fun filled family event.

There will be a variety of live musical entertainment including the STYX tribute band Renegade and the Citrus Heights Community Marching Band. The ever popular Kid Zone will feature inflatable's, rides, games, rock climbing walls, pony rides, K-9 demonstrations and give-a-ways. The Smile Keepers Mobile Van will be available to offer free dental screenings, referrals, and oral health education to young children and their parents. Local stage live entertainment is courtesy of Radio Disney and the local Superstars Performing Arts Center. Attend the audition workshops at the Superstars Performing Arts booth, where you can then put your audition to the test for the Superstars Fall show.

There will be various business, craft and non-profit vendors to visit as well as a variety of food available for purchase. Classic cars will be on display courtesy of the Cappuccino Cruisers. Worried about missing your NFL Sunday football game? Best Buy will have a gaming tent with television screens and video gaming to make sure you always know the score.

Parking is limited at Rusch Park. A free shuttle is available 11:00am to 4:00pm from Grand Oaks Elementary School located at 7901 Rosswood Drive to the event.

Sunday Funday is sponsored by SMUD, Surewest, Wells Fargo, Citrus Heights Chamber of Commerce, City of Citrus Heights and the Sunrise Recreation and Parks District, and many other local businesses.

Bring your family and friends out to the 16th Annual Citrus Heights Sunday FunDay on September 23rd from 11:00am to 4:00 p.m. in Rusch Park (7801 Auburn Blvd., at the corner of Auburn & Antelope). For more information please call 916-774-5400 or visit www.citrusheights.net.

Source: City of Citrus Heights

**GOT MORE
LOCAL NEWS?
CALL 773-1111**

Celebrating Independence of Formerly Homeless Women

SACRAMENTO REGION - Community members are invited to the 11th Annual Celebration of Independence Gala that benefits Women's Empowerment, a local nonprofit helping women who are homeless find homes and jobs so they can support their families.

"We hear over and over again how special this event is because the community gets to witness the incredible transformation that the women in our program experience," said Lisa Culp, executive director. "This is an amazing

opportunity to see women once homeless now dressed to the nines as they celebrate breaking the cycle of homelessness. This is also our largest fundraiser of the year and a profound way for the community to support our work to end homelessness one woman at a time."

The event, which raises funds for the organization and honors the group's 974 graduates, will take place from 5:30-8:30 p.m. on Oct. 4 at The Grand, 1215 J Street, Sacramento, and will feature a formal dinner, live and

silent auctions, live music, and presentations from the graduates and local community leaders. Tickets are \$85 each. For tickets or sponsorship opportunities, call (916) 669-2307.

Women's Empowerment offers the only comprehensive job-readiness program in the Sacramento area designed specifically for women who are homeless and their children. The 2009 Nonprofit of the Year has graduated 974 homeless women and their 1,379 children. Last year, 94 percent of

graduates found homes and 74 percent found jobs or enrolled in school. The program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women's Empowerment is funded solely through private donations from the community. For more information and to donate online, visit www.womens-empowerment.org.

Source: Kristin Thébaud Communications

Come and Enjoy the Harvest Craft Faire

By Donna Van Dolah

CITRUS HEIGHTS - Come out and join DVIC for this end-of-the-year yard sale, and an opportunity to preview some beautiful art work and crafts. Fun collectables new to you and great art work just in time for the upcoming holidays. SELL YOUR OWN GOODS-If you live in a residence that limits your ability to have a yard sale or garage sale - then this event is perfect for you. For a \$20 donation you can reserve your

space to sell your old valuables, clothes, furniture and earn a little cash. Contact Tanya at: yard-sale@DVICcares.org for info on securing a spot to sell your own housewares.

ARTISANS - Gear up for holiday sales with this early opportunity to reserve your Harvest Craft Faire Vendor Space for a \$40 donation. Contact Artisans@DVICcares.org Event takes place in the parking lot of the Domestic Violence Intervention Center, 6060 Sunrise Vista Drive, Suite

2340, Citrus Heights, CA 95610. Phone: 916-728-5613, Fax: 916-728-1024, E-mail: info@dviccares.org

BUT WAIT - THERE'S MORE!

DVIC has invited their friends from BACA and the CHPD SWAT Team for the event:

BACA offers finger printing for your kids. Keep kids safe and have them fingerprinted. SWAT TEAM - 12 pm to 1 pm- the Citrus Heights Police Department's SWAT team will be out for a short time - so don't

miss them. DVIC's has invited KidsFirst to be available to offer free community resources and cool face painting designs for your kids, and you too.

DVIC will also have a yard sale table for all to shop. The Harvest Craft Faire, Ginormous Yard Sale & Community Resources Day will be held on Saturday, September 29, 2012, from 8:00 am-2:00 pm.

The Changing Lives Wellness Center operates under the non-profit 501 (c)(3) Domestic

Violence Intervention Center agency. DVIC seeks to eliminate barriers by offering proactive prevention and intervention strategies to our communities. DVIC is a wellness-based organization that serves the victims and families of the greater Sacramento region which includes: Sacramento, Roseville, Auburn, Placerville, Folsom, Rancho Cordova, Davis, and Woodland area. DVIC is located at 6060 Sunrise Vista Dr., Ste. 2340, Citrus Heights, CA 95610. Tax ID 68-045 7704.



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For "Battle of the Bands" Winners, This is Just the Beginning

By Julie Parker

SACRAMENTO REGION—Their first musical collaboration resulted in a jingle; homage to friends who supplied them with free food at a pretzel store. Just a couple of years later, on September 1, 2012, at Club Retro in Roseville, they were declared winners of Sacramento Battle of the Bands.

Lance Mishleau (vocals, rhythm guitar, bass guitar) and Kyle McHargue (vocals, rhythm guitar) met at a social event at Bayside Church, where they bonded over 90's music.

Mishleau has been performing since 1998, playing in thirty states, Canada, and Australia. McHargue's father's winnings as a "professional radio contestant" enabled a young McHargue to attend numerous concerts pre-high school, leading to a passion of performing, and music composition. "He's a gifted songwriter," says the seasoned Mishleau.

Even gifted musicians need "day jobs." Mishleau is the Corporate Marketing Director for Cimino Care, and McHargue works at In-n-Out Burger.



Lance Mishleau and Kyle McHargue at Club Retro in Roseville. Photo by Julie Parker.

Gorilla Music's (a national productions company based out of Cleveland) annual Battle of the Bands was a prime opportunity for the men to not only showcase their talent, but win valuable prizes as well. They entered the contest, and sold 80 tickets – more than any of the other band entrants. "We had fans come all the way from Napa," said Mishleau.

"We were the last to play for the night, and waiting to step onto that stage, knowing so

much talent had just been shown, we knew we had to just give it our all. Hearing the crowd's response, their clapping to the beat, and the shouts of enthusiasm, it just felt right. It was our time. There was a feeling of accomplishment from a lot of hard work, and yet so humbling. It was just the right night for us."

The back-up talent of Jordan Lewinski (bass, lead guitar) and Matt Cowell (drums) sealed the competitive edge, enabling Mishleau and McHargue to take home a \$500 cash prize, and twenty hours of free studio time, donated by The Formulation Room.

Their winning performance can be viewed at: www.youtube.com/watch?v=WRwljfcgs&feature=plcp.

Follow the young men's rising successful musical careers at www.facebook.com/LanceMishleauMusic and www.facebook.com/KyleMcHargueMusic.

One day, you might hear yourself saying, "I knew them when..."

Wounded Women Veterans Fundraiser to be Held October 19

CITRUS HEIGHTS—The Domestic Violence Intervention Center's new Changing Lives Wellness Center located in Citrus Heights serving greater Sacramento region and surrounding communities is pleased to announce a collaborative partnership with two-time Grammy Award Winner, Mary Youngblood for a benefit concert honoring our women veterans.

Mary Youngblood and guest will perform at the Crest Theater, Sacramento, CA, Friday, October 19, 2012, doors open at 6:00 pm. Tickets are available for purchase at the CREST Box Office Info-800-225-2277 (charge by phone). Tickets.com, advanced purchase (reserved seats)—\$30, and \$45 at the door.

Native American Mary Youngblood, half Seminole and half Aleut, is the first woman to professionally record the Native American Flute, and is the first woman to receive two Grammy Awards for "Best Native American Music Album". She was the first woman to win 'Flutist of the Year' in 1999 and 2000



Two-time Grammy Award Winner Mary Youngblood. Photo courtesy of Domestic Violence Intervention Center.

and was awarded 'Best Female Artist' in 2000 at the Native American Music Awards.

Purchase of a \$60 VIP ticket will include an invitation to a private reception to meet the artist, and provides a complimentary ticket for a woman warrior to attend the concert free. All proceeds benefit the Changing Lives Wellness Center's free services for abuse and trauma. DVIC will also distribute free tickets to all Veterans.

For more information on this please visit www.DVICcares.org

org or call 916-728-5613.

The Center is growing quickly and now includes the healing of heart, mind and spirit of our "women warriors" returning home. These veterans are returning home with deep wounds of emotional, psychological and mental scars, and are tormented daily by the impact. The benefit concert will fund the free services offered to all our clients, including these veterans, supporting them as they heal from the battle wounds that haunt them", stated Executive director Elaine Whitefeather.

The evening celebration showcases the collaborative partnerships we are building which includes the U.S. Department of Veterans Affairs, Kaiser Permanente, Entercom Media, Verizon, The Soldiers Project, Assembly Member Betsy Butler, San Juan High School Digital Media students, Liberty Towers, KOVR – Ch. 13/CW31, Volunteers of America, CALVet Women Veterans, and the Crest Theater.

Citrus Heights Scholarship Pageant

- 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**

October 26th - to be held at Rusch Park, Citrus Heights
Director, Mary Purvis • 721-3824

Merrill Gardens Shares Cool Breezes



CITRUS HEIGHTS – Merrill Gardens of Citrus Heights held a "Cast Away in Search of Cool Breezes" patio mixer in August, inviting many friends and local business to some delicious tropical foods and refreshments.

They held a raffle, with Dale Masters winning the grand prize of a 32" flat screen t.v.! Musical entertainment and dancers was provided by Lure of the Pacific.

Merrill Gardens at Citrus Heights is located at 7418 Stock Ranch Road Citrus Heights.

Pictured here are (from left to right) Elizabeth Bunker (New York Life), Dale Master, (A Place for Mom), Cathy Reuter (Merrill Gardens), Sondra Robert's (Merrill Gardens), Eleanor Garcia (Merrill Gardens), Tom Arjil (Alpha One), Julie Blalock (A-Assist Elderly Placement), Karson Smith (House to Home). Photo courtesy of Merrill Gardens.

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East Lawn Pet Loss Center

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 Friday, Oct 19, 2012 - 11:30 a.m to 12:30 p.m.
LOCATION: East Lawn Elk Grove Memorial Park
 9189 E. Stockton Blvd., Elk Grove, CA 95624 (I-99 @ Laguna)
 RSVP to MEL OSBORNE @ (916) 732-2031

Tuesday, September 25, 2012 - 11:30 a.m to 12:30 p.m.
 Wednesday, October 31, 2012 - 11:30 a.m to 12:30 p.m.
 Thursday, November 29, 2012 - 11:30 a.m to 12:30 p.m.
LOCATION: St. Francis Community Hall
 6700 Verner Ave., Sacramento, CA 95841 (I-80 @ Greenback)
 RSVP to LISA WEST @ (916) 732-2020

PRESENTER: Mel Osborne

PRESENTER: Josh Tuttle

Please note – this is not a sales seminar. "The Privilege of Planning" is a 30-minute presentation followed by a question and answer period. It will focus on the importance of getting your family involved in the entire process of advance funeral planning and all of the options available. Done properly – at the right time and in the right way – pre-planning can become a privilege instead of a chore. Get valuable information on Veteran's benefits, cremation and burial options and receive a FREE Emergency Planning Guide. Come and learn the steps you can take now to make sure those you care about are always cared for.

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 Christopher Berouillard

Graphics & Layout Banerjee Designs • Stump Removal Graphics

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 Family Features • WorldNetDaily
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Photography Member of Carmichael, Citrus Heights, Fair Oaks, and Orangevale Chambers of Commerce

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Subscriptions should be mailed to Citrus Heights Messenger, 7405 Greenback Lane, #129, Citrus Heights, CA 95610. Subscription rate is \$25 per year; \$30 per year in Sacramento and Sacramento county; \$40 per year outside Sacramento county. Citrus Heights Messenger is published twice monthly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@CitrusHeightsMessenger.com. Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 916-773-1111.

Veterans Breakfast Focuses on Mental Health Therapy for Soldiers and Families

ROSEVILLE - Building on the momentum started last year, volunteers at St. Anna Greek Orthodox Church in Roseville will host their second annual Veterans Pancake Breakfast on Saturday, Sept. 22.

The event will benefit The Soldiers Project/Sacramento-Placer, a non-profit organization which provides free, confidential psychological therapy to active-duty military and veterans of the wars in Iraq and Afghanistan, as well as their family members and loved ones.

Golden brown pancakes and all the fixin's will be served from 8-11 a.m.

Last year's event raised more than \$2,000 for The Soldiers Project, which recently launched its new Peer 2 Peer program, a therapist-mentored group which allows soldiers to help other soldiers as they adjust to civilian life and deal with issues complicated by post-traumatic stress.

"We are so thankful that St. Anna's volunteers have stepped up to the plate - literally - to raise funds for The Soldiers Project," said clinical director Carolyn Fink. "We rely on grants



Volunteers Pete Changaris, left, and George Econome flipped pancakes during the 2011 Veterans Pancake Breakfast at St. Anna Greek Orthodox Church, 1001 Stone Canyon Drive. This year's event is set for Saturday, Sept. 22, at the Roseville Church. Photo credit: Becci Angell.

for children under 10 years of age. A discount will be available to veterans who provide identification.

St. Anna Greek Orthodox Church is located at 1001 Stone Canyon Drive (at the corner of East Roseville Parkway) in Roseville. For more information about the breakfast, contact coordinator Mike Dindio at (916) 337-6331 or e-mail him at mdindio@me.com

The Soldiers Project/Sacramento, named earlier this year by the White House as one of the nation's top 20 military service organizations, is comprised of about 50 volunteer therapists who last year gave nearly 1,000 hours of free treatment to soldiers and their families.

The Soldiers Project/Sacramento-Placer office in Roseville may be reached at (916) 792-3728.

For more information about TSP and its programs or to be connected with a therapist, call 877-557-5888 or e-mail Sacramento@TheSoldiersProject.org

and fundraisers like this one to continue our therapy with military men and women and truly appreciate all the work that goes into events such as this pancake breakfast."

Besides pancakes, the Sept. 22 menu will include link sausage, juice, milk and regular or decaffeinated Starbucks coffee. Ticket prices are \$5 for adults and \$3

The Volunteer Center of Sacramento Needs Your Support

From the Volunteer Center

SACRAMENTO REGION - The Volunteer Center of Sacramento makes volunteering easy. How? We match you up with the perfect local non-profit organization that needs your help while fulfilling your passion to help others.

In addition to volunteer matching, we run several direct service programs such as BirthdayMAGIC, Adopt-A-Family, and our Family and Teen Friendly Events. BirthdayMAGIC provides birthday parties for children living in homeless shelters, Adopt-A-Family provides food and gifts to struggling families on Christmas, and our Family and Teen Friendly volunteer series offer short, easy volunteer events for volunteers of all ages who need to fulfill community service hours. All fantastic.

However, we're struggling and without enough financial support, sponsors and volunteers, our organization is in jeopardy. That's why, in our 50th Year of service, we've launched a "50Centsfor50Years" campaign. 50 cents, or perhaps a bit more, can make a difference.

Contact Christine Wallace, Director of Volunteer Services, at cwallace@volunteersac.org or (916) 567-3100 to find out how.



Volunteers of all ages help others in many ways.

Publisher's note: Messenger Publishing Group is also offering a special advertising campaign where local businesses can save on their advertising when they choose to support specific local charities. To find out more call 916-773-1111.

Blues Concert, Dinner and Golf Tournament to Raise Funds to Help Disabled Veterans Play Golf

By Elise Spleiss

CITRUS HEIGHTS—Two separate events are planned to raise funds for the purchase of a special ParaGolf cart for disabled veterans. Both events will take place at the Sunset-Whitney County Club at 4201 Midas Ave., Rocklin on Friday, October 19.

Registration for the "Scramble" golf tournament begins at 7:30 a.m. with a 9:00 a.m. Shotgun start. Cost is \$150 per player (includes a dinner and Awards-Auction following tournament). There will be a putting contest prior

to teeing off.

Later that evening at a separate event, there will be a Down Home Blues Dinner and Concert from 6:00 p.m. to 11:30 p.m. Featured are the bands of Connie Jones, Kyle Rowland and Yvette Wright Gauff, and San Francisco's Crosscut Band. A magician and fashion show will entertain diners during their meal. Cost is \$25.

The Veterans Golf Park program is free to all eligible disabled veterans. The goal is to help change the hardwiring of the brain and provide a positive thought path to counteract

the negative mental process that is playing havoc with veterans suffering from PTSD and Traumatic Brain Injury. The purchase of the specialized golf cart will dramatically enhance this program. With the ParaGolf cart users can be transported, lifted into position and supported for hitting all types of golf shots effectively.

Help is needed to sponsor, assist or contribute in any way. To do so or for information and to have flyers and registration emailed to you, contact 757-9193 or email information@veteransgolfpark.com.

Auburn Boulevard Project Meetings

CITRUS HEIGHTS - Starting September 19th, the City of Citrus Heights will be hosting an open meeting every Wednesday from 9 a.m. to 10 a.m. at Rusch Park (7801 Auburn Boulevard), in conference room #4. The meeting is casual and open for businesses, property owners or residents to drop in with their questions

regarding the construction along Auburn Boulevard. Staff will be available to answer your questions and coffee will be served!

Location: Rusch Park (7801 Auburn Boulevard), Conference room #4 is located in the northwest corner of the gym building. Entrance door is on the west face of the building.

Parking: Please use the parking lot behind the building (west side). Do not park in front of Rusch Park's main office.

If you have any questions please contact the Auburn Boulevard Project team at ABCteam@citrusheights.net, call (916) 727-4770 or visit www.ABCupdate.net.

Hometown Hero

Air Force Airman Austin L. Eaton graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four

credits toward an associate in applied science degree through the Community College of the Air Force.

Eaton is the son of Tiffany Eaton of Greenback Lane, and grandson of Larry Eaton of Eaton Lane, both of Orangevale.

He is a 2011 graduate of Casa Roble High School, Orangevale.



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Police Pursuit of Stolen Vehicle

CITRUS HEIGHTS—On September 15, 2012 at approximately 6:30 pm, a Citrus Heights Police Officer located an occupied stolen vehicle near Greenback and Van Maren Lane. The driver, who was identified as 27 year old Corey Lather of San Francisco, fled from Officers in the stolen vehicle.

The Citrus Heights Police Department pursued Lather onto Mariposa Avenue as he continued onto Challis Court. Lather was forced to turn the vehicle around as this street was a cul-de-sac. In Lather's attempt to escape, he intentionally rammed a pursuing police vehicle as the officer driving was attempting to avoid a collision. The force of the collision rendered the stolen vehicle inoperable. The officer involved in the collision sustained minor injuries. The patrol



Corey Lather of San Francisco, 27
Photo courtesy of CHPD.

vehicle sustained moderate damage. Lather, who was not injured, was taken into custody without further incident and later booked into the Sacramento County Jail.

Lather was booked on suspicion of committing the following offenses:

CVC 10851 – Taking/Possessing a vehicle without the owner consent

CVC 2800.2 – Reckless driving with wanton disregard for public safety

CVC 14601.1 – Driving on a Suspended License

PC 496 – Possession of Stolen Property

PC 245(c) – Assault With a Deadly Weapon on a Police Officer

PC 1203.2 – Probation Violation

Corey Lather has been convicted of felony vehicle theft 7 times and felony reckless driving 4 times. He was released from California Department of Corrections (CDC Parole) pursuant to California's Senate Bill AB109 – California Criminal Justice Realignment.

CHPD Special Report

Multiple Arrests Made in Wanted Person Search

CITRUS HEIGHTS - On Monday, 09-03-12, at approximately 2200 hours, Citrus Heights Police Department Officers made contact with a resident in the 7900 block of Sawgrass Circle. Officers were attempting to locate a wanted subject, who frequents that address, who was suspected of committing property crimes in the area.

The wanted person was not at the residence. Officers contacted multiple subjects who were in

the house, some who were on parole and/or probation. Seven subjects were arrested for various charges, including parole violations, possession of dangerous drugs, possession of drug paraphernalia, possession of burglary tools and warrants.

The original wanted subject was located at a residence in the 9400 block of Dalton, in Orangevale, where she was arrested.

All adult subjects were booked at Sacramento County Jail.

Arrests:

Rochelle Romani (08-22-80) (Located in Orangevale), Anthony Avita (10-12-77), Andrew Boyd (04-04-87), Andrew Dietz (08-17-84), Christy Martin (08-14-82), Kristie Sloan (02-20-74), a 17 year old juvenile was booked Juvenile Hall for a no bail warrant.

CHPD Special Report

Robbery and Vehicle Pursuit

CITRUS HEIGHTS – On September 14, 2012 at approximately 7:52 pm, a Citrus Heights Police Officer entered into a business in the 7000 Block of Auburn Boulevard. As the officer entered, a male adult suspect quickly exited. Employees of the business immediately told the Officer the male adult suspect just committed a robbery of their business, taking an undetermined amount of cash. The suspect simulated a weapon to the employees. The Officer immediately exited the business, saw the male adult suspect enter into a Jeep Sport Utility Vehicle and flee the scene.

The Officer radioed the information to other Citrus Heights Police Officers, including Citrus Heights Police K9. They located the suspect driving the vehicle in the area of Mariposa Avenue and Highland Avenue, a short time later. When Officers attempted



Kenneth Sanders, 28
Photo courtesy of CHPD.

to conduct a traffic stop, the male suspect refused to stop the vehicle and a vehicle pursuit was initiated. The suspect stopped the vehicle in the area of Prince Street and Mariposa Avenue, where he attempted to flee on foot. Officers caught the suspect and he resisted officers attempt to take him into custody. Citrus Heights Police K9 was deployed

and the suspect was subsequently successfully taken into custody.

The suspect initially received medical treatment at the scene by Sacramento Metro Fire Department. He was transported to a local hospital to receive additional medical treatment for the injuries he sustained to his leg from the K9 apprehension. The stolen money was recovered from the suspect's vehicle and additional stolen money was recovered from the areas where the suspect was running from officers. No weapon has been located at this time.

The suspect has been identified as 28 year old Kenneth Sanders. He was transported to Sacramento County Jail where he was booked for robbery, evading police and resisting arrest.

CHPD Special Report

Drive-By Shooting

CITRUS HEIGHTS – On Friday September 7th, 2012 at approximately 1051 a.m., Citrus Heights Police Officers responded to the area of Kanai Avenue and Auburn Blvd, regarding a possible drive-by shooting into a vehicle. The victim in his early 20's, who resides in Antelope Ca, called 911 immediately after the shooting.

The victim was alert and talking when emergency personnel

arrived on scene. The victim was transported to a local hospital where his injuries were believed to be serious, but non-life threatening. There were no other people injured during the shooting.

Witnesses in the area reported hearing multiple gun shots and observed a red compact passenger vehicle leaving the area at a high rate of speed. The suspects in the shooting have not been identified at this time.

Investigators are on scene collecting evidence and talking to witnesses. Investigators are still trying to determine a motive for the shooting.

Investigators are asking anybody who may have information regarding the shooting, to please call the Citrus Heights Police Department at (916) 727-5500.

CHPD Special Report

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Vacant House Fire in Citrus Heights

Sacramento Metropolitan Fire District Special Release

CITRUS HEIGHTS—On Saturday, September 8, 2012, shortly before 8am, Metro Fire responded to a reported structure fire at 6921 Birchwood Cir in Citrus Heights. Firefighters arrived to find a single-story, residential structure with heavy smoke and flames coming from the interior of the home.

Firefighters conducted a search

of the house, performed vertical ventilation and made an aggressive interior fire attack, with multiple hose lines extended inside. They discovered the structure vacant and they quickly contained the fire but not before it had extended into the attic and attached garage. Nobody was injured in the blaze.

The cause of the fire is considered suspicious and is currently under investigation. There were

reports of frequent squatters and one witness reported seeing a man with a beard, in his 30's leave the house on a bike pulling a trailer, just prior to the fire being detected.

Metro Fire reminds residents to report suspicious activity in and around vacant structures to local law enforcement and encourages anyone with information regarding this fire to call the Metro Fire Arson Tip Line at 916-859-3775.

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Michael Ross



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Tickets are \$25 per person. To purchase tickets go to www.unityofsacramento.com and click on Upcoming Events.

Time to Get Real on Jobs

Continued from Page 1

Obama's health bill creates a new Medicare "advisory board" that will soon start bringing down program expenses with massive cuts in physician reimbursements completely insensitive to the quality of care provided. Similarly, Congress is considering brute-force cuts in Part B and Part D. These plans aren't just dangerous to patient health—they're

dangerous to job growth. For many hospitals and doctor's offices, public insurance is an important source of revenue. If payments from these programs dry up, providers could be forced to scale back or even close operations, laying off nurses, physician assistants, technicians, and others in the process. There's a lot of work to be done in Washington to make American workers whole after

years of job stagnation. No more sloganeering and vague promises. Obama and Romney need to start getting specific. Douglas E. Schoen is a political strategist, Fox News contributor, and author of several books including the recently released, "Hopelessly Divided: The New Crisis in American Politics and What It Means for 2012 and Beyond" (Rowman and Littlefield).



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Recent cases of interest

CASE: Daniel Milburn (09/10/12)

PROSECUTOR: Deputy District Rod Norgaard, 916.874.4631

District Attorney Jan Scully announced that she was disappointed with the decision of the Honorable Thadd Blizzard who sentenced Daniel Milburn to 365 days in jail with 30 of those days at a residential treatment in Tennessee. Milburn pled no contest to felony driving under the influence of alcohol causing injury with a great bodily injury enhancement.

Monserrat Garcia was stranded on the shoulder of northbound 99 with her two daughters, ages 2 and 7. Monserrat called her father Soloman Garcia and a tow truck. Solomon arrived in his Nissan Titan and Monserrat and her daughters got into his truck, which was parked behind her disabled Hyundai Elantra. Jose Mirazo arrived in his tow truck and was in the process of hooking up to the Elantra when a Dodge Ram pickup driven by Milburn struck the rear of the Nissan causing a chain reaction. The Titan was flung into the Elantra, which was then flung into the tow truck. Jose Mirazo and Soloman Garcia were crushed between the tow truck and the Elantra.

Milburn failed multiple field sobriety tests the night of his arrest and a subsequent blood test revealed his blood alcohol level (BAC) was .20%. Milburn admitted to drinking and driving, but downplayed the level of his impairment saying he had only consumed four glasses of beer, which is clearly false given his BAC.

Monserrat and her daughters suffered bumps and bruises, while Soloman Garcia suffered a broken rib and an injured disk in his back. Jose Mirazo suffered three fractured ribs, a collapsed lung, a torn tendon in his right knee, a broken left kneecap, and a laceration to his head that required stitches. He spent 10 days in the hospital, was in a wheelchair for three months after his release, and needs more surgery on his leg. Due to his injuries, he is unable to work and his towing business is suffering as a result.

The People's offer was 5 years, 4 months in prison. At the preliminary hearing Judge Blizzard resolved the matter for probation over the People's objection. At the time of the plea, Judge Blizzard indicated that he would at least remand Milburn to serve 365 days in jail as a condition of probation. However, at sentencing Blizzard granted the defendant's request to serve 30 of those days at a residential treatment facility over the People's objection and after the most seriously injured victim, Jose Mirazo, told probation he thought the offer was unfair and just a "slap on the wrist."

CASE: Javionne Flenory-Davis (09/07/12)

PROSECUTOR: Deputy District Attorney Leland Washington, 916.874.5771

District Attorney Jan Scully announced today that the Honorable Judge Patrick Marlette sentenced Javionne Flenory-Davis to 82 years to life in prison. Flenory-Davis was convicted by jury for the first degree murder of Lanajah Dupree and the attempted murder of Chanderea Melson. The jury also found true all firearm and gang allegations relating to both charges.

On July 11, 2010, Flenory-Davis, a validated G-Mobb/Stick-up Starz gang member, attended an under age 18 club event on Auburn Blvd. While at the club, he got into a brawl with several rival gang members believed to be connected to the Gunz-Up street gang. He then ran to a nearby car, retrieved a 9mm handgun, went back to the area near the front of the club, and fired six shots into the crowd of teenagers. One bullet hit 14-year-old Lanajah Dupree in the chest and exited her back. A second bullet hit 16-year-old Chanderea Melson in the elbow and abdomen. Melson survived the attack, but Dupree died at the scene.

CASE: Douglas Elmore (09/07/12)

PROSECUTOR: Deputy District Attorney Charles Gonzalez, 916.874.6690

District Attorney Jan Scully announced today that the Honorable Judge Maryanne Gilliard sentenced Douglas Elmore to life in prison without the possibility of parole. Elmore was convicted by jury of first degree murder for the 2009 shooting deaths of the Shawn Cope and Tammy Robbins. The jury also found true the multiple murder enhancement and the personal use of a firearm allegation.

Elmore was sharing a home with his mother, both victims, and one of the victim's mother. On October 11, 2009, Elmore woke up early, walked into the living room, and shot both victims in the head as they slept on the living room floor. Elmore then meticulously covered up the evidence of the crime, and placed the victims' bodies in trash cans in the backyard, where they remained undiscovered for 12 days.

Elmore's mother saw Elmore leave the bedroom early that morning, heard gunshots shortly thereafter, and then found the victims lying dead with her son holding a pistol. His mother did not tell anyone what she had witnessed until after the bodies were discovered, when she then told sheriff's detectives.

CASE: Andre Powe (09/05/12)

PROSECUTOR: Deputy District Attorney Charles Gonzalez, 916.874.6690

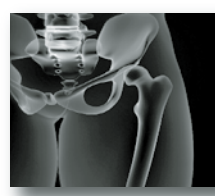
District Attorney Jan Scully announced that Andre Powe was convicted by jury of second degree murder for the January 26, 2010 shooting death of Shawn West. The jury also found that Powe personally used a firearm and possessed a sawed-off shotgun.

Co-defendant Joel Satchell testified against Powe. Satchell pled guilty to voluntary manslaughter and attempted robbery and will receive a sentence of 7 years and 8 months in prison. Co-defendant Cort Milgrim pled guilty during jury selection to charges of first degree murder, attempted robbery, and child endangerment and will receive a sentence of 28 years to life in prison.

Powe faces a possible maximum sentence of 43 years to life in prison. Sentencing is set for September 28, 2012 at 9:00 a.m. in Department 26 in front of the Honorable Michael Savage.

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On July 4, 2012, Stryker Orthopaedics

announced a voluntary USA Recall of certain models of its Rejuvenate and ABG II hip implants, leading to increased concern.

Weitz & Luxenberg can help you understand your legal options. For a free consultation please call us today at 1-800-LAW-6789 or visit us on the web at www.HipDeviceRecall.com

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The best area to focus on is where shallow water rapidly drops off into deep water. Crappie can move quickly up and down in this area, yet they will still hold on some type of structure or cover. Food draws crappie to an area, while available light and cover determines the depth the crappie will hold.

Vertical jigging, casting and retrieving, even long poling will all catch fish. Lure choices should be 1/16 to 1/8 ounce jigs. Use balanced equipment, determine the food source, find their hideouts, determine the depth they are holding at and you should go home with a mess of those good eating fall crappie.

Larry Whiteley is Host of the award-winning Outdoor World Radio

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By Ronnie McBrayer

It was that time of year once again, time for my annual physical; and I had been dreading it as badly as one can dread anything.

No, I hate going to the doctor because I hate feeling so exposed, and I'm not talking about the physical nakedness.

Having you been smoking? It will surely show up in the blood tests. Have you been boozing?

That is the same point made by the writer of Hebrews when he speaks of the Scriptures as "Sharper than any double-edged sword, penetrating to divide soul

Doctor, Doctor

out on the sofa eating cheesy puffs every day? Then your LDL cholesterol will backstab you quicker than you can scarf down a Ho-Ho cake.

The examination, the lab results, the endless questionnaires, the rubber-gloved poking and prodding: These all have a way of pointing to the truth of how the patient has lived his or her life.

I prefer - like all of us - to keep my secrets, secret. I am a believer in the old Delphian maxim: "Know Thyself."

Honestly, I should appreciate my physician's nosy persistence, because he runs me through the ringer each year with my overall health in mind.

My doctor's annual assault against my privacy each year is simply a part of this process. He is holding me accountable and working to accomplish one of the most difficult things imaginable with a human being.

That is the same point made by the writer of Hebrews when he speaks of the Scriptures as "Sharper than any double-edged sword, penetrating to divide soul

and spirit, joints and marrow; it reveals the thoughts and attitudes of the heart" (Hebrews 4:12).

The Bible isn't a giant stick used to bash in the brains of those who do not believe or behave as we wish they would.

No, it is a powerful, spiritual tool of personal examination. It opens up our hearts, spirits, and minds revealing how we have lived our lives.

Complaining aside, my annual physical did reveal a little trouble. Nothing life-threatening (not yet any way); but to stay away from bigger problems I'm going to need some additional medication, healthier habits, and a few lifestyle modifications.

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.

Who says the IRS is a Meany?

By Rev. James L. Snyder

I often hear derogatory remarks directed towards the IRS. I must admit that many of these critical remarks originated with me.

Every year I complain about filing my income tax and paying out gobs and gobs of dollars to the United States government.

Throughout the years, I have complained that dear old Uncle Sam never writes me a letter. I will have to amend that complaint because I recently received a personalized letter from the IRS.

Well, you can imagine my surprise at getting this letter. With trembling hands, I opened the letter, anxious to know what was going on in the world of Uncle Sam.

From the contents of the letter, and I must say a lot of it was goobly glop, I had fallen far short of my share of income tax this past year.

Although I read the letter several times it was not quite clear how much I actually owed and what plans there were in place for me to pay it back.

an arm and a leg, and he was highly expecting that I would come through for him.

Well, that kind of letter did not set well with me. I was tempted to leave the country, then sneak back as an illegal alien, and not have to worry about all this nasty stuff.

There was a phone number I was to call if I had any personal questions. Boy, did I have some personal questions.

But, again, I was pleasantly surprised. Within 30 minutes and after dozens of pushing this button and pushing that button I had on the other end of the phone a very pleasant and cheerful voice, a representative of the IRS.

After we exchanged some personal niceties and followed up on the weather report from each of our locations, we finally got down to the real business of the phone call.

I must confess I was not expecting such pleasantries from an IRS agent. I assumed she had the telephone in one hand and a loaded, fully cocked revolver in the other.

Then we got down to the nitty-gritty of what the IRS is all about: collecting taxes from potentially delinquent taxpayers, like myself.

After she crunched all the figures and as I waited patiently on my end of the phone, she was able to determine I owed the government an arm and a leg.

I must confess she could not have been any nicer had she been my grandmother.

which arm and which leg I was going to give to the government. This presented a real difficult decision on my part.

There was a pause on the other end of the phone when I could tell she was thinking. Whenever you get a government employee to think, watch out.

Now the burden was on me. I now owed the government an arm or a leg and I just had to select which one.

I like my right leg and so the choice became rather easy for me. Now, the United States government has at least one leg to stand on, thanks to Yours Truly.

I have something greater to stand on. "Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage" (Galatians 5:1 KJV).

Jesus Christ trumps Uncle Sam when it comes to liberty.

The Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483.



By Pastor Ray Dare

Don't Waste Your Problems

doesn't have to! You do a good enough job of that yourself! You bring enough problems on yourself and other people bring enough problems on you.

What I am saying is this - God allows, He permits problems and then He uses them for a greater purpose. Every trial is a teacher. Every storm is a school.

Give your problems to God through prayer. If it's worth worrying about, it's worth praying about. Are you complaining about your situation or are you praying about your situation?

Never waste a problem, give it to God and let him use it in your life because He is in control. When you're worried sick and don't know what to do, you say, "God is in control!"

is in control!" When you read the headlines about the international chaos, you say, "God is in control!"

Do you look for God's purpose in your problems or do you throw a pity party? Instead of asking, "Why me?", ask, "What do you want me to learn?"

The most intelligent, rational decision you will ever make in life is to say, "God you are sovereign. I recognize You are in control and have the right to call the shots in my life and I want to cooperate with that."

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By Marlys Norris, Christian Author

God's Love Pours in and Then, Out to Others!

you lie down and when you rise up." (Deuteronomy 6:5-7)

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(your knowledge of His personal love) and the sign on your loving hands (deeds of love and kindness) as well as you have written them upon the doorposts of your house and gates.

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ASSE's Area Representatives are the cornerstone of the organization, making all of this possible! For more information about ASSE or becoming an Area Representative, please call our Western Regional Office at 1-800-733-2773 or email us at asseusawest@asse.com. We look forward to welcoming you to the ranks of Area Representatives nationwide – striving towards a world of understanding, one child at a time! Please check out our webpage at www.asse.com

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ROCK DOC

By Dr. E. Kirsten Peters

My brown mutt and I went for a walk recently on an old railroad grade at the edge of a ghost-town where we sometimes stroll. Buster Brown is a Lab mix, with an emphasis on the mix.

Buster likes to visit the ghost-town in part because it still has one occupied house, and friends of mine live there with their chickens, a cat and a dog. The resident dog is a small, insanely intense cattle dog mix. He dedicates his considerable energies to retrieving pine cones kicked along the road by willing walkers.

While Buster is willing to retrieve sticks thrown into water, he won't play that game for more than 10 minutes. But I can't tire out his country friend, who will chase pinecones as long as you are willing to kick them. The little cattle-dog has a deep and unshakable concentration for his

self-assigned "work."

Humans have bred that kind of intensity into some dogs. And science is now revealing that along with focused energy, some dogs have more intelligence than we ever really understood. Here's the story:

A border collie in South Carolina named "Chaser" was adopted by a research psychologist. John W. Pilley took Chaser home when she was 8-weeks of age and started intensive, 5-hours per day training of the young pup. For three years the dog worked with Pilley and a few others, learning a variety of commands and behaviors through the process of game-playing, with nothing more than verbal praise as a reward for a job well done.

What's impressive is how much Pilley was able to teach the collie to ultimately do. Pilley acquired second-hand stuffed toys and went to work teaching Chaser to fetch individual toys by name. In the end, Chaser learned over 1,000 proper names for the toys and could reliably fetch them from another room or a different part of the yard and bring them back to Pilley.

What's even more impressive is how Chaser responds to situations that might overwhelm a 4-year old human. Let's say you put a new toy among the

ones Chaser knows – a toy she has never seen before. Then you ask her to fetch and give her a specific name she's never heard before. Chaser goes to her toys, looks them all over, and apparently thinks pretty deeply about her work. She then selects the toy she's never seen and doesn't know. This is called "learning by exclusion" and is the mark of some serious thinking in her furry noggin.

One thing seems clear. Chaser looks awfully smart to us not because she was a really special border collie pup, but because she fell into an extremely rich learning environment.

Some would say my Buster Brown is not in the same mental league as Chaser. But if Buster could speak he might point out he gets his kibbles every day just like she does, and without slavish devotion to tiring work.

Which canine really is the smarter dog?

Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. Follow her on the web at rockdoc.wsu.edu and on Twitter @RockDocWSU. This column is a service of the College of Agricultural, Human, and Natural Resource Sciences at Washington State University.

Fetching for a Living



NATURALLY PAIN FREE

Are you stressed? Do you have allergies? Are you pooped a lot of the time? Do you have chronic pain, and don't know what to do? You may be increasing chronic pain with out knowing it. That from *Letha Hadady*, called the "Martha Stewart" of herbs for her expertise in traditional Asian remedies and alternative health. She has appeared on CNN, Today and The View with her views on how to conquer pain. She has written five books, her latest being, "*Naturally Pain Free*." She told me, on my radio show POPPOFF, that pain may result from inflammation and excess acidity that challenges digestion as well as muscle and nerve comfort. Here are ten tips to help you become pain free.

1) **Cool and Cleanse your diet to avoid pain-triggers.** For 3-5 days reduce sources of dietary acidity, eat the following low fat, cleansing foods. Then gradually add back one food choice at a time to see if it triggers your pain.

*Brown rice or unsweetened rice cakes

*Cooked or dried fruits (cherries, cranberry, fig, black grapes, pears, prunes but no apples, citrus, bananas, peaches or tomatoes.) Avoid fruits if you have diabetes.

*Cooked green, yellow and orange vegetables (artichoke, asparagus, broccoli, chard, collards, lettuce, string beans, spinach, sweet potato, fresh salad without dressing or a little olive oil). Add shiso leaves to salads to help reduce cholesterol. Eat to 1 – 2 tablespoons of cooked kelp digitata or dried dulse or nori seaweed.

POPPOFF!

with Mary Jane Popp

*Water pain or sweetened with black cherry concentrate (high in iron), or olive leaf tea (enhances immunity) or green tea. Vanilla extract is optional; avoid honey, vinegar or salt.

2) **Detoxify, Energize, and Soothe muscle pain and absorb essential minerals for health with this healing bath.** Wait at least two hours after eating a meal. To warm bath water, barring specific allergies add 1 tablespoon ginger powder, 2 – 3 tablespoons green kelp powder, ¼ cup vinegar, ¼ cup sea salt, ¼ cup Epsom salts. Soak away aches, pains and trouble for 20 minutes.

3. **Massage is soothing for Nerves, Relaxes muscle tension, and enhances Circulation.** Use an oil that suits your needs. Olive or coconut oil are cooling, sesame oil is warming and nourishing for mature skin. Stroke gently from head downward toward the heart and upward from feet toward kidneys to increase lymph cleansing. Rest after massage then take a warm shower or bath.

4. **Meditation has been shown to reduce pain nearly as effectively as medications.** You don't need to follow a particular philosophical or spiritual tradition to use this relaxation exercise. Sit or lie quietly. Breathe into lower abdomen. Relax each part of you as you exhale. Think: "Relax hair, relax scalp, face, forehead, eyes, ears, mouth, etc." with each exhalation until you have relaxed the entire body.

5. **We need to drink about 1 and ½ liters daily so that internal organs can detoxify and work properly.** Few people do that. So add some lemon juice, cherry or cranberry juice to water to increase your fluid intake.

6. **Walking is a fine exercise as long as you have good walking shoes and your pace is steady and you breathe deeply as you walk.** Inhale for five steps and exhale for 8 steps. Try to exercise 15 minutes daily instead of waiting for a workout once a week. Walk to the store or post office. Take the

stairs. Make exercise part of your normal day.

7. **Use a Support belt, a Pain Wrap, or Ointment on painful areas.** Support your lower back when you sit long hours, drive or if you have chronic pain. Chinese White Flower Analgesic liquid feels warm/cool to energize blood circulation and can be used for headaches, aching shoulders and Tiger Balm can improve back pain. Low back pain can be improved gradually by decreasing fatty (high cholesterol) foods because that frees circulation.

8. **Dress for the weather.** Cold weather shrinks blood vessels and raises blood pressure, tenses muscles, and can increase leg cramps. If you are caught in cold, rainy weather and feel achy, drink a cup of warm cinnamon tea to sweat out the chills.

9. **Many sorts of discomforts are aggravated by Inflammation and excess Acidity.** They can include arthritis, gout, headaches, muscle aches, and complexion blemishes, acid reflux, and constipation. To reduce acid, drink up to ¼ aloe vera juice daily. It will be laxative for some people. Nopalea is another delicious, cleansing beverage recommended for chronic pain.

10. **Berries are extremely beneficial for building Blood, Energy, Beauty and Vitality.** Many have anti-cancer benefits, enjoy them fresh and dried: Tibetan goji berries, cherries, blue berries, and grapes are delicious.

There's lot more to tell, and Letha does in "Naturally Pain Free." You can also check out her website www.asianhealthsecretss.com. Remember, you have to make the first move to good health! Life is not a spectator sport! PARTICIPATE !!!

people.com. And bets of luck to you in your dream adventures!!!

Join Mary Jane for the **KAHI Noon News Monday-Friday and then again for POPPOFF 10 PM – Midnight.**

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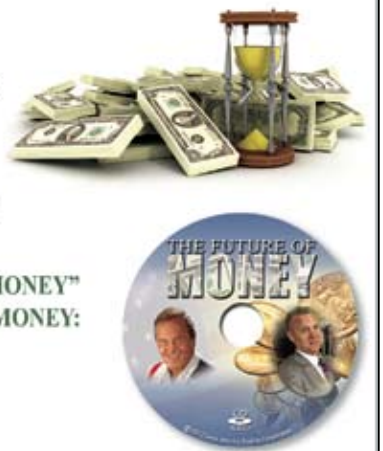


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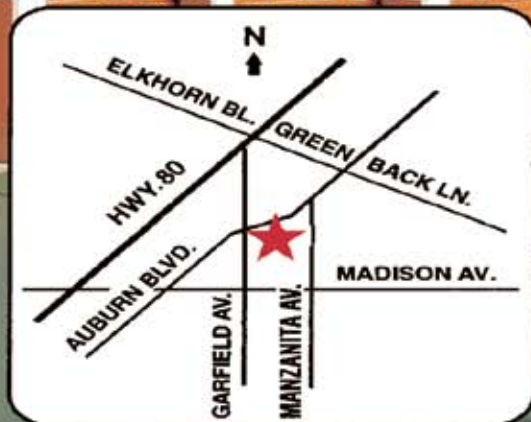
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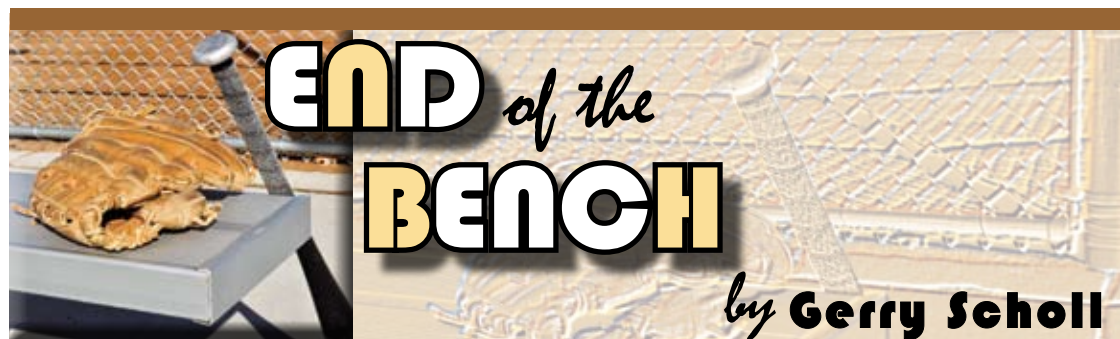
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Jinx! You Owe Me a Beer

Does Matt Barkley believe in the Sports Illustrated jinx? If he didn't before, he probably does now.

The University of Southern California's senior quarterback, a pre-season favorite to claim this year's Heisman Trophy, was featured on the regional cover of SI's college preview edition in August.

Being pictured on an SI cover has a long history of ensuing disappointments for the featurees — therefore, the legend of "the jinx." Though the actual percentage of jinxed victims may be relatively low compared to the whole, there have been plenty of unusual, surreal instances to make one wonder.

Barkley is likely one to be shaking his head in wonderment now, after his USC Trojans were upset Saturday, 21-14, by the Stanford Cardinal on The Farm in Palo Alto. He shouldn't be too surprised, however, because he has never defeated Stanford, now 0-4 in his career.

One of the great thrills for northern California college football fans is watching USC lose, even if it is to the Cardinal. It could be better if it was Cal (an unfortunate 35-28 loser at Ohio State) that pulled off the upset. Now, if the Bears beat their NorCal rival in the Big Game, Oct. 20, at Memorial Stadium, much will be right with the world.

But you have to give it up for the Cardinal this time, dealing USC's national title hopes a savage blow... again. Barkley has been through a lot in this matchup. In 2009 it was a 55-21 Stanford win behind running back Toby Gerhart, runner-up in the Heisman voting. In 2010 (37-35) and 2011 (56-48, in triple-overtime) it was Stanford winning behind QB Andrew Luck, now following Peyton Manning

as the leader of the Indianapolis Colts in the NFL.

Next to Barkley on the cover, it read, "...Back and He Didn't Stay To Play in the Holiday Bowl." Together with me, say it, "Welcome to the Holiday Bowl." Jinx! You owe me a beer. (The olde saying modified slightly to fit the football culture). Welcome to the club, Matt, you're not alone. Take a look...

In 1969, golf's Lee Trevino — author of my favorite sports quote of all time, "The older I get, the better I was," — was on SI's cover for the U.S. Open preview. He missed the cut.

In 1977, it was Earl Campbell and 11-0 Texas. They lost, 38-10, to Notre Dame and Joe Montana in the Cotton Bowl. That was the year before the Montana-led Irish rallied from a 34-12 deficit to Houston to famously win the Cotton Bowl again. (I swear this is true: I watched that game and when it was over I said out loud, "The Forty Niners have to draft that guy." Fortunately, they did, and the rest is history.)

In 1978, Pete Rose made the cover while in hot pursuit of Joe DiMaggio's 56-game hitting-streak record, only to have his own streak end at 44 games days later.

In 1984, Pittsburgh Steelers linebacker Jack Lambert, who many consider to be the toughest player ever, was featured as "The Man of Steel." He missed most of that season with a recurring case of turf toe which forced him into early retirement.

In 1989, there was Tony Mandarich as "the best offensive lineman prospect ever." He was the No. 2-overall draft pick by Green Bay. He reappeared on SI three years later as "Incredible Bust."

In 2008, New England QB Tom Brady graced the NFL preview issue. Minutes into the season opener he tore up his knee and missed the rest of the year.

In 2010, the Washington Nationals' phenom pitcher, Stephen Strasburg, was SI's choice. A short time later he was headed for Tommy John surgery and was out for over a year.

In 2012, during the playoffs, SI featured QB Aaron Rodgers of the Packers and then the 49ers. Both teams lost to the New York Giants, who went on to win the Super Bowl.

That is a very small sample-size. Whether or not you believe in jinxes or superstitions, beware whenever you mess with the sports gods. They seem to have their ways.

I've been wondering about the S.F. Giants' Pablo Sandoval. Maybe he's messing with the powers that be too much with his exaggerated pre-at-bat antics. Whether it is superstition or just routine, he seems to be overplaying his hand and the gods refuse to allow him greater success. Perhaps he should abbreviate the act a bit and focus more on what he does after he gets into the batters box.

He made me consider that notion on a personal level. I've been having an off year at the plate. Leading to my own softball at-bats, I'll tap the plate with my bat, step to the side and take one practice swing toward left field and one toward right. I step into the box and pull at my right sleeve.

That can't be it! I've done that for decades. I've got it! I forgot all about having my "Lucky Donut" in the morning on game days. How could I? It may add a couple pounds to the gut, but it may also add 100-plus points to my batting average.



I received the following letter from one of my readers:

"I've been thinking about starting my own business — for years. I have read (again and again) a book about how to do it. I have done little in the four years since I registered my DBA. In reading your column, I have realized that both fear of failure and fear of success are in my way.

However, what really seems to be holding me back is financial security. There is something about the "Steady-Eddie" paycheck and the unknown income from my own business. In this economy, I'm scared to jump off the cliff. My intention would be to fly but I'm too scared to take the leap. Also, a lot of the research I need to do to see what the market is for this type of business is limited, since I'm working full-time. Your thoughts?"

My response:

Starting one's own business is a dream for many. There are numerous benefits to being independent. There are also a lot of fears. Is there a market for my business? Will I make it? Will I go bankrupt? What if I lose my investment? Am I making a mistake? Will I be giving up the security of a steady paycheck?

Fear of the unknown is a normal emotion. Rather than becoming paralyzed by fear, turn it into a motivator. You conquer an overwhelming task by taking small manageable steps rather than becoming fixated on

your destination. As you take each step, your confidence will increase.

Starting and running a business isn't for everyone. It requires commitment, desire, drive, and knowledge. You have to be self-motivated and willing to do whatever it takes. But for those people who really want it, having their own business provides satisfaction and opportunity they can't realize as an employee.

Investigating the market for your products or services is essential. The more background you have, the better your chances for success. The internet is a powerful research tool that can be used to gather a great deal of information. Additionally, many local colleges and continuing education programs offer classes on starting a small business.

Speaking with people who own a business such as the one you want to start will also provide you with invaluable insights. To avoid the appearance of competition, visit businesses outside of the area you will be servicing.

Any new business requires a certain amount of time before it becomes profitable. Exactly how much time is needed is hard to determine and is based on a variety of factors. One common cause of anxiety and business failure is not having enough money to survive from inception to the point of profitability.

Starting a full time business while working full time is difficult. The amount of energy required for your job, combined

with what's needed for the business, can be draining. You have several options to ease the transition.

You can work full time and start your business on a part time basis. You can work part time while spending full time on your business. If you are part of a couple, your spouse or significant other can continue to work while you devote your efforts to the business.

Another strategy is to save up enough money to start your business plus provide for living expenses. An additional source of start up capital is Small Business Administration loans or grants.

In desiring to start your own business, There are many successful businesses in your own town you can use for inspiration. Every prosperous business started with someone's dream. So, if you really want to become a successful entrepreneur, you can do it also.

To my readers: If you have a question or issue you would like me to address, please send it to this paper or email me at Bryan@columnist.com.

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2007 Bryan Golden.



By Karen Anderson

"There is the story about four people named Everybody, Somebody, Anybody, and Nobody. There was an important job to be done, and Everybody was sure Somebody would do it. Anybody could have done it but Nobody did it. Somebody got angry about that, because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody sure could have done..." - Author Unknown

People You Know

Does this sound like situations in your life? It is important to take responsibility. How many times have you agreed to help a friend move and then felt like you really didn't want to do it? What now? How do you get out of it now? This is one situation when you say something like, "Oh, I really don't feel well." Or you say, "I forgot about a prior appointment." You will try and find any excuse you can to get yourself off the hook. Is this really the right thing to do? Let's find out what God has to say about this...God's Word says "Jesus was curt: "Are you ready to rough it? We're not staying in the best inns, you know." Jesus said to another, "Follow me." He said, "Certainly, but first excuse me for a couple of days, please. I have to make arrangements for my father's funeral." Jesus refused, "First things first. Your business is life, not death. And life is urgent: Announce God's kingdom!" Then another said, "I'm ready to follow you. Master, but first excuse me

while I get things straightened out at home." Jesus said, "No procrastination. No backward looks. You can't put God's kingdom off till tomorrow. Seize the day." Could these be your excuses for your situations?

Before your next commitment to whatever the circumstance, STOP, THINK, SAY A QUICK PRAYER and let God help you with each decision of your life. Let your word be your bond; if you give it, KEEP IT.

Don't be an Everybody, Somebody, Anybody, or Nobody in your life—be a person full of purpose and direction. Bring God into the picture and you will not have to be the "People You Know."

PASSAGE: Luke 9:58-62 (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.

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Chill Out

with Frozen Desserts

FAMILY FEATURES

Whether it's something light, cool and refreshing, or rich, decadent and creamy, frozen treats are the perfect way to turn a normal night into something special. With just 20 minutes and six ingredients or less, you can create these easy recipes using frozen treats found in your local supermarket.

- **Dulce de Leche Carrot Cake Pie** — Luscious carrot cake ice cream is topped with caramel apples and crunchy pecans to make a frozen pie guests will not soon forget.
- **S'mores Dippers** — No campfire needed for these S'mores. Transform an ice cream cone into a campfire classic complete with graham crackers, marshmallows, and sprinkles.
- **Candy Corn Cups** — This impressive dessert is deceptively easy to make. Rich vanilla ice cream is layered with refreshing orange and pineapple sherbets, then topped off with creamy whipped topping and your favorite candy corns.

Get more delectable ways to chill out with frozen desserts at www.BlueBunny.com.

Candy Corn Cups

Prep Time: 10 minutes
Makes 4 servings

- 8 tablespoons Blue Bunny Premium Vanilla ice cream, softened
- 12 tablespoons Blue Bunny Orange sherbet, softened
- 12 tablespoons Blue Bunny Pineapple sherbet, softened
- 4 tablespoons lite whipped topping, thawed if frozen
- 8 pieces candy corn candies
- 4 small martini glasses

For each dessert, spread 2 tablespoons vanilla ice cream in the bottom of a martini glass. Top with 3 tablespoons orange sherbet, spreading smooth, and 3 tablespoons pineapple sherbet, spreading smooth. Place in freezer while assembling remaining servings.

Just before serving, top each with 1 tablespoon whipped topping and 2 candy corn candies.

Serve immediately.

To make ahead: layer ice cream and sherbet in each martini glass; cover and freeze until serving time. Top each with whipped topping and candy corn just before serving.

Dulce de Leche Carrot Cake Pie

Prep Time: 20 minutes (Freeze time extra)
Cook Time: 10 minutes
Makes 8 servings

- 4 cups Blue Bunny Chef Duff 24 Karat Carrot Cake Ice Cream, softened
- 1 6-ounce prepared graham cracker crust
- 3 large crisp, red-skinned apples, cored
- 2 tablespoons fat free caramel sundae syrup
- 1 1/2 teaspoons lemon juice
- Fat-free caramel sundae syrup (optional)
- 1/4 cup roasted and salted pecan halves

Spread softened ice cream evenly in pie crust; cover and freeze at least 4 hours or until solid.

Ten minutes before serving pie, remove pie from freezer; uncover and set aside.

Thinly slice apples, leaving peeling on. In large non-stick skillet over medium heat, toss apples with lemon juice and 2 tablespoons caramel syrup. Cook just until apples soften but still maintain their shape, about 10 minutes, turning often. (If necessary, remove apple slices to a bowl as they cook to prevent overcooking.)

Cut pie into 8 slices; top each with about 1/3 cup glazed apples. Drizzle with caramel syrup and sprinkle with pecans.

Serve immediately.



S'mores Dippers

Prep Time: 7 minutes
Makes 4 servings

- 4 Blue Bunny Champ! Mini Swirls Chocolate or Vanilla Ice Cream Cones
- 1/2 cup marshmallow creme
- 1 teaspoon half and half cream or milk
- 2 tablespoons graham cracker crumbs
- 1 tablespoon red, white and blue cookie sprinkles

In a small microwave-safe bowl, combine marshmallow creme and half and half. Microwave on high 20 seconds or until mixture just starts to puff; stir until blended. Cool 3 minutes.

Meanwhile, in another small bowl, combine graham cracker crumbs and colored sprinkles; stir.

Dip ice cream cones into marshmallow mixture then into graham cracker mixture. Serve immediately. Recipe tested in a 1250 watt microwave. Adjust cooking times accordingly.

Not a Mom? Not a Problem.

Girl Scouts seeks a variety of role models as volunteers.

SACRAMENTO REGION – Every girl has the ability to lead, but only one girl in five believes she can. A lack of role models, unhealthy images of beauty, peer pressure to not stand out, and a mean-girl culture are just some of the obstacles that stand between girls and their full potential. But when caring adults get involved, girls are one step closer to breaking down those barriers.

Girl Scouts needs adult volunteers to empower girls to realize their dreams and become

leaders. As the new Girl Scout year begins, Girl Scouts seeks adult volunteers to form troops, plan events and manage programs in Sacramento and beyond.

There are more than 29,000 Girl Scouts in grades K-12 within the 18-county jurisdiction of Girl Scouts Heart of Central California. Any adult passionate about building girls of courage, confidence and character is encouraged to apply to become a volunteer. It's important to note that it is not necessary for women

and men to have daughters in Girl Scouts in order to volunteer.

Cheryl Leviton, for instance, is not a parent; yet, she has volunteered for Girl Scouts in South Sacramento since 2002. A former Girl Scout herself, she is currently a Girl Scout Cookie Program manager, using her 25 years of experience in sales to crunch numbers and aid girls in goal-setting and confidence-building.

"I'm involved in Girl Scouts as much for me as I am for the

girls," Leviton said. "Girl Scouts teaches girls how to work as a group, and as an adult, I enjoy being able to make decisions and share opinions with other volunteers."

Volunteering opportunities with Girl Scouts are tailored to fit each adult's calendar, skills and interests. Available volunteer positions include troop leader, first-aider, assistant leader, special event chair, registrar, secretary and more. It's all about fun, flexibility and providing a

safe environment for girls. Plus, Girl Scouts Heart of Central California provides free training and support to help volunteers succeed.

As Girl Scouts, girls have unforgettable experiences that help them become leaders. Each girl gets the chance to voice her opinion about what types of hands-on activities and field trips her troop will do. With volunteer support, girls stand up, stand out, and stand tall. For more information, visit www.girlscouts.org/join.asp

or call 1-800-322-GIRL.

Founded in 1912, Girl Scouts is celebrating 100 years as the premier leadership development organization for girls, building girls of courage, confidence and character who make the world a better place. The local council, Girl Scouts Heart of Central California, is headquartered in Sacramento and serves more than 29,000 girls in 18 counties* in Central California. For more information, visit www.girlscouts-shcc.org.

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Pirate Festival

SATURDAY SEPT. 22ND & SUNDAY SEPT 23RD

EAT, DRINK, PLAY AND PARTY LIKE A PIRATE

FOR MORE INFO CALL
916-962-6415 OR WWW.LOUISIANASUE.COM

NEW THIS YEAR "PIRATE PARTY GRAS" SAT. 7-11 WITH PIRATE CHARLES AND ZUHG




- Exotic Foods from Around the World • Shop For Treasures
- Fantastic Fun Zone • "Neverland" Kids Area • Sword Fighting
- Games, Contest, & Prizes • Pirate Encampments • Live Music
- Rogues of the Golden Coast • Belly Dancers • And Much More!

Bring Lawn Chairs & Your Spirit of Adventure
 No Outside Food or Beverages / No Pets Please
 Admission \$5 / Kids 12 & Under Free / Park/Shuttle \$5 Per Car Load

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