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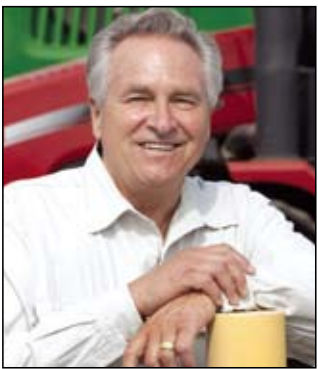
AMERICAN RIVER MESSENGER

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Serving Fair Oaks, Orangevale, Rancho Cordova & Sacramento County

First Edition for August 2013

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Hot Jazz Jubilee Coming

RANCHO CORDOVA, CA (MPG) – Hot Jazz Jubilee is almost here! Your Labor Day weekend will never be the same after you hear the great sounds that originated in the '30s and '40s. Louis Armstrong, Hoagy Carmichael, Pete Fountain, Duke Ellington, Benny Goodman, and many more will be re-created during this four-day music festival. In addition, there will be bands that play American roots Zydeco and Cajun, as well as the Big Band sound you grew up with.

The Marriott Hotel in Rancho Cordova will be home to 16 bands, six guest artists, and lots of great music. Bring your dancing shoes because three of the largest venues have dance floors. We've also invited West Coast Swing, Lindy Hop, Bebop, and several other club dancers to entertain you.

Lots of easy, free parking at the hotel will encourage more locals to attend.

Our party kicks off at 5 pm on Friday, August 30 with a poolside welcome party. There will be hosted hors d'oeuvres for all of those in attendance, along with a paid festival badge. Two bands will entertain you as you become re-acquainted with old friends. At 7 pm, five venues will open to the sounds of local favorites Sister Swing and the Hot Flashes.

Also being introduced to the California circuit is Meschiya



Bob Draga and Sister Swing

Lake and the Little Big Horns, direct from New Orleans. Meschiya was named Female Singer of the Year in the Traditional Jazz category for the third year in a row. Her sound is true New Orleans from the '30s.

Big Mama Sue with Eddie

Erickson and High Sierra round out the start. Music until midnight will be in abundance, with the night closing out with Bob Draga and Friends in the Formaggio Bar.

The music picks up again on Saturday and Sunday at 9:30 am and closes at midnight. Be sure to catch the Doris Day tribute set for Saturday morning at 11 am. Rumor has it that Doris will be calling in by telephone to welcome the festival goers in attendance.

Several other special attractions will also be provided. Check out HotJazzJubilee.com for details, or call 916-822-2210.

Four-day badges are available at \$95. Rooms are available at the Marriott Hotel, but are going fast. The Hyatt House across the street has rooms starting at \$79

each, and so does the Holiday Inn next door.

Make plans now. Don't miss

out on this Inaugural Festival! REAL JAZZ ... REAL FUN.



New-High Sierra

Big Brothers Big Sisters is Encouraging Men in California to "Man Up" and Meet the Rising Need for Big Brothers Across the State

Across the state of California, Big Brothers Big Sisters agencies are in critical need of men, with boys making up 70% of the waiting list for mentors, and only three out of 10 inquiries to volunteer are men. The goal of the "Man Up California" campaign is to inspire, with humor and emotion, twice as many men to volunteer as the year prior.

SACRAMENTO REGION, CA (MPG) – This year, the Big Brothers Big Sisters Association of California (BBBSAC) is launching its first-ever statewide initiative centered on the recruitment of male volunteers to become Big Brothers. This inaugural campaign will be the first time all 17 California agencies have worked together to leverage their collective reach, with the goal of significantly reducing the number of boys who are waiting for a Big Brother in California by recruiting twice as many male

volunteers as the prior year.

Across the state, Big Brothers Big Sisters (BBBS) is experiencing a critical need for men to volunteer. The waiting list is nearly 70% boys, yet only three out of 10 inquiries to volunteer are men. Unfortunately, boys are waiting an average of 275 days before receiving a Big Brother.

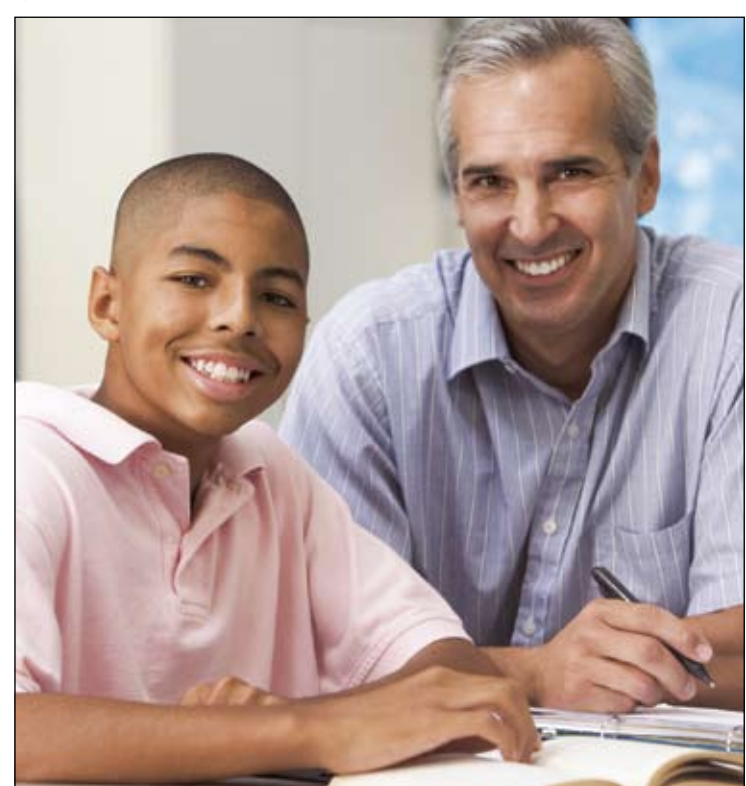
"It's time for California to Man Up! It is our desire to give men a fun and easy way to help strengthen our communities by providing boys a quality mentoring experience that is proven to help children who face adversity succeed in and out of school," said Tiffany Siart, President of BBBSAC. "This summer is the perfect time to Man Up and find out how rewarding it is to play sports, go on a hike, eat pizza, or share your interests with a child who needs some encouragement."

Boys served by BBBS are primarily children of single-parent,

low-income, or active-duty military homes, or homes with an incarcerated parent. "I am a single mother. My son's father passed away last year, and he needs a male role model in his life now more than ever," explained Jackie, a parent of a child on the waiting list in San Jose.

Due to complex circumstances, boys like Jackie's son are faced with a statistical spike in their likelihood to turn to drugs, alcohol, and violence in an effort to cope with increased stress in their lives. Parents recognize the proven benefits that come from having a caring role model in their lives, and many are reaching out for help. "My son could use a more positive male influence in his life," said Jennifer of her 10-year-old son. Mothers like Jennifer are seeking better outcomes for their sons and are looking to BBBS to partner with them to support their children.

Continued on Page 5



Man Up for a better tomorrow. Learn how you can positively impact a child's life at <http://www.ManUpCalifornia.com>

Heat Wave Babies Spotted

Some Moms Prefer Home Deliveries



On a 100 degree day at the Effie Yeaw Nature Center (above), a black-tailed doe leads her twins to find water. Right: Just birthed in a secluded Carmichael Creek backyard, Bambi obediently awaits his mother’s return. Photos by Susan Maxwell Skinner.

Pictures and Words
By Susan Maxwell Skinner

CARMICHAEL, CA (MPG) – Challenged by recent heat waves, dehydration, and predators, black-tailed deer fawns are finding American River Parkway survival particularly tough this year. Many does have instead chosen to deliver babies in residential backyards.

Thus, in recent weeks, unusual numbers of gardeners have reported surprise at what sprouted overnight in their flowerbeds. Garden deliveries are a safety measure for mothers and progeny: shade is plentiful, predators less common, and bird baths are handy troughs. Sprinklers mean greener grazing than our parched Parkway can offer.

“I looked out my window and a baby fawn tottered toward

me,” marveled a California Avenue woman. “Her eyes were unfocused and her fur was wet. I guess she had just been born. I was thrilled to see nature renewed in my own yard. The mother had vanished and the baby started crying. She was running around in distress, but she stayed in my yard. Eventually, the mom came back, suckled her baby, and they wandered off together. I haven’t seen them since.”

Owner of a large property near Carmichael Creek, Allan Davis headed outdoors for a stroll. “I heard a rustle and a tiny fawn was feet away from me, just staring,” said Davis. “He was so cute ... eventually he ran away, but he seemed to stay in the garden.”

Later, a doe showed up. Mother and child wandered down the garden path and into the sunset,

together.

What both Carmichael residents observed was a rite of passage -- a behavioral norm often mistaken for maternal neglect. After does give birth, they abjure their little ones to stay put, then disappear. No matter how frightened, the fawns wait in prescribed areas. Moms later retrieve babies already apprised of lesson one: obedience. In following months, fawns are often left beneath thickets, camouflaged by dancing light on dappled coats. Obedience to the stay-put message is a fawn’s greatest protection.

Does usually keep newborns hidden for some weeks after birth. With August upon us, new fawns are now becoming more visible on the Parkway, but

from all indications, this summer presents special hardships. June/July heat waves desiccated most grasses and dried creeks early. The staple acorns won’t be available till fall.

“That might explain why so many fawns were born in private gardens,” ventures Effie Yeaw Nature Center staffer Betty Cooper. “On the Parkway, deer compete with other animals to eat whatever’s out there. I guess our gardens are a refuge.”

Here’s what to do if a lone fawn appears in your yard:

Don’t assume it is abandoned -- mothers almost always return.

Don’t move the youngster -- this may stop mom from finding it.

Don’t befriend or feed fawns



-- their survival depends on wariness.

Do fill birdbaths or leave water pans in shade. **Do** restrain Fido until the newcomer departs; even friendly dogs may initiate flight and injury. Canine odor might also scare off the returning doe. **Do** caution neighbors to drive carefully -- the mom might appear suddenly on a street or driveway.

Above all, honor the little newcomer’s presence as a brief, precious gift. We are all nature’s children. Responsibility to share begins in our own yards.

For advice or assistance with orphaned fawns, visit www.kindredspiritsfawnrescue.org.

Rep. Bera Announces Wounded Warrior Position Available in His Rancho Cordova Office

SACRAMENTO REGION, CA (MPG) – U.S. Rep. Ami Bera, M.D. (CA-7) announced Friday, July 26, that the House of Representatives Wounded Warrior Program is accepting applications for a position in his district office in Rancho Cordova. He urged eligible disabled veterans in Sacramento County to apply.

“I recently had the incredible privilege of meeting with some of our troops in Afghanistan and was able to witness first-hand the bravery and professionalism of our American military,” said Bera. “It is an honor to be able to add one of our nation’s brave service members to my dedicated staff, and an excellent opportunity for the men and women who served our nation in the Armed Forces to continue their public service and learn about the options available to them as they transition to civilian life.”



Congressman Ami Bera

The available position is a field representative and caseworker who would be responsible for facilitating and coordinating responses to a wide range of requests received from military and veteran constituents. The employee would serve as a liaison between the Congressman’s office and various veterans organizations in the district. A full job description can be found [here](#).

The Wounded Warrior Program was established to create fellowships that provide employment opportunities within the House of Representatives. The fellowships will provide veterans with experience and exposure to ultimately broaden their scope of transition opportunities. Positions are available in Congressional district offices nationwide.

According to the Wounded Warrior Program, applicants must have served on active duty since Sept. 11, 2001, have a 30 percent or greater service-connected disability rating, and have fewer than 20 years of

service. In addition to a current resume, applicants must submit a copy of their DD214 and a VA letter confirming they have at least a 30 percent service-connected disability rating to housewoundedwarriors@mail.house.gov. They should not send resumes directly to the office of Rep. Bera.

Interested veterans can visit www.cao.house.gov for more information.

Congressman Ami Bera, M.D. represents Sacramento County. Born and raised in California, Bera is a physician and the only Indian American currently serving in Congress. He’s fighting to rebuild an economy that works for middle class families and to reduce our country’s debt in a responsible way.

One of Bera’s first acts in Congress was to help lead the effort to pass the No Budget No Pay Act, which says if members of Congress don’t pass a budget, they don’t get paid. As a co-chair of No Labels’ Problem Solvers, he’s working with people from both parties to find bipartisan solutions to our nation’s challenges. He and his wife Janine live in Elk Grove with their daughter Sydra. For more updates on Rep. Bera, follow @RepBera on Twitter, like Congressman Bera on Facebook, or visit <http://www.bera.house.gov>.



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Publisher,

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AMERICAN RIVER

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By County Supervisor Susan Peters

Through the generosity of The American River Messenger this column serves to provide an update periodically about matters affecting the unincorporated community of Fair Oaks.

Assessor Kathleen Kelleher to Speak

Please join me 7:30 a.m. Wednesday, August 21, at my Community Coffee Meeting featuring County Assessor Kathleen Kelleher as the guest speaker.

This meeting will be held in nearby Fair Oaks at the Fair Oaks Water District’s conference room, 10326 Fair Oaks Blvd. near Winding Way. Coffee will be provided at the meeting which starts at 7:30 a.m. I will give a brief update on what is going on with Sacramento County then introduce our guest speaker followed by questions and answers.

Fresh Fruits & Veggies

This summer enjoy the delicious fresh fruits and produce grown locally by visiting the Carmichael Farmers Market that

FAIR OAKS COMMUNITY UPDATE

operates weekly at Carmichael Park thanks to a collaborative effort between the Carmichael Recreation and Park District and BeMoneySmartUSA, a local non-profit training organization specializing in financial and business education for area youth:

The market is held on Sundays from 9 am to 2 pm. Carmichael Park is near the intersection of Fair Oaks Boulevard and Grant Avenue.

For more information, please call 484-7000 or visit online bemoneysmartusa.org.

Don’t Rush to Flush

Many people often stockpile unused medicine in their homes, making these drugs easier for children and teens to access. Prescription drug abuse has skyrocketed in recent years and studies show that many teens get their drugs from the medicine cabinet of family and friends unknowingly.

Flushing unused medications down the toilet or pouring down the sink drain is the wrong thing to do. When medications are disposed through the sewer system, many pass right through the wastewater treatment process because most treatment plants were not designed to specifically remove all drugs from wastewater. Even today’s most advanced treatment technologies have a tough time eliminating all of the active chemical compounds in the

thousands of different medications in use today. That’s why the Environmental Protection Agency recommends household pharmaceuticals be collected and destroyed in hazardous waste incinerators to protect the environment and public health -- and the safest and best way is to dispose medications in designated drop-off take-back bin.

Using a take-back bin ensures unused medications are quickly removed from the home to prevent accidental poisonings and abuse by teens, plus the drugs will be securely collected and properly disposed of. Prescription medicine, over-the-counter drugs, medicated ointments and lotions – and even pet medications – can all be disposed of in a designated take-back bin.

For Carmichael residents there is a convenient “Don’t Rush to Flush” collection bin at the at Sheriff’s Department North Patrol Division Headquarters, 5510 Garfield Avenue near Auburn Boulevard. Telephone 874-1021

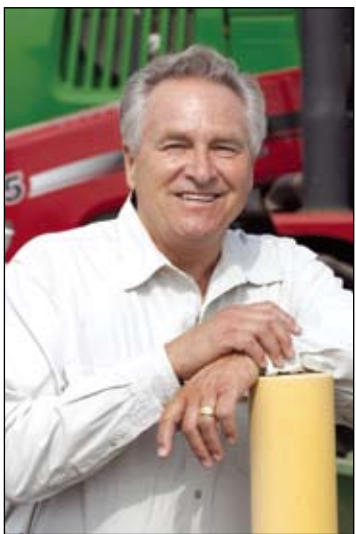
Remember meds in the bin mean we all win by reducing the risk of accidental poisoning and drug abuse and protecting our environment. For more information, visit dontrushstoflush.org.

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susanpeterson@sacounty.net.

Sacramento Republican Women Federated Monthly Luncheon to Feature Nielsen

SACRAMENTO REGION, CA (MPG) – The Sacramento Republican Women Federated will be holding their monthly lunch on September 4th at the Northridge Country Club, 7600 Madison Avenue, Fair Oaks, at 11:30 a.m. Joining SRWF in September is featured speaker Senator Jim Nielsen, representative of the 4th Senatorial District.

Senator Nielsen has developed a reputation of being a strong fiscal conservative, promoting controlled government spending and lower taxes, welfare reform, reduced welfare fraud, toughness on crime, and gun rights for law-abiding citizens. Currently, Senator Nielsen is serving as Senate Republican Whip, Vice-Chairman of the Governmental Organization Committee, and a member of Senate committees on Budget, Health, Insurance, and



Senator Jim Nielsen

Veterans Affairs.

In addition, Senator Nielsen is a strong advocate for protecting and strengthening private property rights in California, which entails efforts to curb government’s ability to use eminent domain to

seize private property.

He is working with farmers and ranchers in the Klamath Basin to fight efforts by government to steal their historic water rights, resulting in authoring a law to protect ‘area-of-origin’ water rights in California. In addition, he is diligently monitoring the proposed delta tunnels project.

Luncheon cost is \$26, and reservations should be made by calling 916-733-1623.

Sacramento Republican Women Federated is the largest Republican Women’s group in the Sacramento area. Chartered as a National Federation of Republican Women Club in 1932, we educate women on Republican principles, increase the effectiveness of women in the political cause, and are leaders in our community.

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Ice Cream Parties Celebrate Rancho Cordova Cityhood

RANCHO CORDOVA, CA (MPG) – Rancho Cordova’s 10th anniversary celebration is continuing with free ice cream parties at city parks.

“Cold ice cream treats are a great way to beat the heat and celebrate cityhood,” said Lisa Brown, Rancho Cordova’s Human Resources Analyst who is coordinating the parties. “Several employees from City



Six-year-old Shawn Kraus enjoys a cool treat at the White Rock Neighborhood Splash Park party.



Participants at the first party at White Rock Neighborhood Splash Park were Lordes Amador (left) and her three daughters Victoria, Fatima, and Carla.

departments are hosting each party.”

Next Parks and Party Dates:
• **Friday, August 9** – 11 am to 1 pm – Hagan Community Park, 2197 Chase Drive
• **Tuesday, August 13** – 4:30 to 6:30 pm – Stone Creek Park,

3625 Spoto Drive

Another 10-year event will be held later this year when the Time Capsule filled with Rancho Cordova memorabilia is buried at Kilgore Cemetery.

SOURCE: City of Rancho Cordova



By Pastor Ray Dare

Have you figured out that God’s plan for your life is often different than your plan? Why? Because God has a better plan! The Bible says in Isaiah 55:8-9, “*This plan of Mine is not what you would work out neither are My thoughts the same as yours. For My ways are higher than yours.*”

The problem is we think we know what’s best, what’s going to make us happy, so when we pray, we don’t just ask God for something. We tell Him when we want it. We have all these specifics, and we get disappointed when God doesn’t agree with what we want. God says, “Wait a minute, I’ve got a better plan! When I say ‘no’ to something you want, it’s because I have a better plan.” Hebrews 11 is the chapter of all the famous heroes of faith in the

When God Says ‘No’ to Your Prayers

Bible. It says, “These people were commended for their faith, yet none of them received what had been promised. *God had planned something better.*” *Hebrews 11:39-40.*

What do you do when God says, “No”? You must expect God to give you the grace to handle the “no.” What is grace? Grace is the power to handle pain. Grace is the power to handle it when what you want doesn’t agree with God. Grace is the power to do the right thing, even when you don’t feel like it. Even the Apostle Paul did not always get all of his prayers answered. If anybody deserved to have his prayer answered all the time, it was Paul. He wrote most of the New Testament. Yet many times, God said to Paul, “No.”

One time Paul had a handicap, a thorn in the flesh, and he says, “*Three times I pleaded with the Lord to take it away from me but He said, ‘My grace is sufficient for you for My power is made perfect in weakness.’*” *2 Corinthians 12:9*

When our plans don’t line up with God’s, we have to trust that

He has a bigger perspective, a better plan, a greater purpose. The Bible says it is God who works in you to will and to act according to His good purpose (Philippians 2:13).

Here’s the question: What have you prayed for, and so far it hasn’t happened? It just hasn’t happened. Will you trust God and live for Him in spite of it? Knowing that He may be protecting you from an unforeseen problem that would devastate your life if He answered yes? Would you trust Him that the story isn’t finished yet, the final chapter hasn’t been written, and you can’t see the end of your life yet? Will you trust Him that He’s working in your life and that He knows what’s best for you, even when you think you know what’s best?

There’s a verse, Psalms 9:10: “*Those who know the Lord will trust the Lord.*” What does that mean? The more you know God, the more you’re going to trust Him. The more you know God, the more you’re going to know He has a better plan, bigger perspective, and greater purpose for you.

Bow-Wow Beauties Are ‘Putting on the Dog’

GOLD RIVER, CA (MPG) – In less than 2 months – on Saturday, September 21 at 11 a.m., Kay Burton’s “Bow-Wow Beauties” will hit the doggie runway in Gold River, next to the Hallmark store. SPCA Executive Director Rick Johnson will be the guest emcee.

Highlighting the SPCA’s 17th annual fundraiser will be the pets’ performances and the raffles. Western Feed of Gold River will provide pet food samples. Sponsors this year are Bel Air Market and Big Valley Federal Credit Union.

Admission is \$5; children are free. For more information, contact Kay Burton (the event’s originator) at 916-635-5590.



An example of what attendees of “Bow-Wow Beauties” may see on September 21.



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Defenders of Freedom Care Package Donation Drive

SACRAMENTO REGION, CA (MPG) – It has now been over a decade since U.S. troops first invaded Iraq, yet thousands of our young men and women are still deployed in the Middle East. Unfortunately, those of us who don't have loved ones there ourselves tend to sometimes forget this.

Luckily, however, there are many who are still very active in supporting our overseas troops with care packages and letters. Defenders of Freedom, based in Texas, is one of those groups.

Almost six years ago, Maria Elena Szlachciuk started a local chapter of Defenders of Freedom (DOF), to help support not only our troops, but also their families here in the States. In addition, we help support veterans who are no longer actively serving.

On August 9 and 10, DOF's local chapter is holding a care package donation drive at Cal Expo's main gate, 1600 Exposition Boulevard, Sacramento. Cash donations (to help offset mailing expenses) are always welcome, as well as item donations. Listed below are some of the most-needed items:

- CDs and DVDs
- Hand-held games (with batteries)



Theo Povondra, a volunteer member of the local chapter of Defenders of Freedom, helps out at the DOF booth at last year's California State Fair, on "First Responders – Military Appreciation Day."

- Baby wipes
- Disposable razors
- Hand sanitizers (waterless)
- Foot powder
- Deodorant
- Cushioned socks
- Beef jerky
- Popcorn
- Granola bars
- Cereal
- Instant oatmeal
- Instant coffee

To support our troops with donations, please mark your calendars for:

August 9, 2013 – 11 am to 7 pm
August 10, 2013 – 9 am to 3 pm

Most packages now go to troops in Afghanistan, although some go to troops stationed in other countries as well, including Africa, Japan, Korea, Germany, and even bases here in the United States.

For more information, contact Maria Elena at cadefendersoffreedom@yahoo.com. You can also visit their website at www.DefendersOfFreedom-CA.us.

Big Brothers Big Sisters is Encouraging Men in California to “Man Up” and Meet the Rising Need for Big Brothers Across the State

Continued from Page 1

The “Man Up” campaign is harnessing the power of social and broadcast media to reach men where they live most. Through integrated touch points such as an interactive landing page, a social media campaign, and a YouTube series featuring official “Man Up” spokesperson, Bruce – a 13th century Scottish Warrior puppet – “Man Up California” is offering a new approach to recruitment.

To qualify as volunteers, individuals must:

- Be over 18 years of age.
- Have a valid Social Security number with no criminal background.
- Be available to volunteer for at least one year.

Men and Spanish-speaking volunteers, in particular, are in high demand.

Individuals who are not able to volunteer are being asked to consider donating to help sponsor a waiting boy, who will then be carefully matched with a

screened volunteer and receive ongoing support and access to events.

Big Brothers Big Sisters programs are based on a data-proven model focused on creating and sustaining strong and long mentoring matches. Long-standing research by Public Private Ventures – a national nonprofit research and program development organization – found that after 18 months of spending time with their “Bigs,” the Little Brothers and Little Sisters – compared to those children not in the program – are: 46% less likely to begin using illegal drugs, 27% less likely to begin using alcohol, 52% less likely to skip school, 37% less likely to skip a class, and 33% less likely to hit someone.

Big Brothers Big Sisters Association of California consists of 17 BBBS affiliate agencies, serving 32 counties across the state of California. In 2011, BBBSAC served nearly 11,000 children facing adversity

with strong and enduring, professionally supported one-to-one relationships that change their lives for the better. Most children served by Big Brothers Big Sisters are in single-parent and low-income families, or households where a parent is incarcerated or has a parent deployed. As the nation's largest donor- and volunteer-supported mentoring network, Big Brothers Big Sisters makes meaningful, monitored matches between adult volunteers (“Bigs”) and children (“Littles”). Big Brothers Big Sisters provides a system of ongoing evaluation and support that has been proven by independent studies to help families by improving the odds that “Littles” will perform better in school and avoid violence and illegal activities, and also have stronger relationships with their parents and others.

Learn how you can positively impact a child's life at <http://www.ManUpCalifornia.com>.

Wal-Mart Settles EEOC Disability Discrimination and Retaliation Suit

Federal Agency Obtains \$40,000 for Estate of Employee with Disability

SACRAMENTO, CA - Giant retailer Wal-Mart Stores, Inc. has agreed to pay \$40,000 and implement preventive measures to settle a lawsuit alleging it

fired an employee because of a heart condition and because he had complained about the lack of an accommodation, the U.S. Equal Employment Opportunity Commission (EEOC) announced today.

According to the EEOC's lawsuit, in 2009, a Tire and Lube Express Bay manager who had worked at the Wal-Mart store in Placerville, Calif., since 2003, was fired on account of his disability (atrial fibrillation, a heart condition that causes shortness of breath and difficulty walking) and because he had complained about discrimination and filed a charge with the EEOC.

The Americans with Disabilities Act (ADA) prohibits treating workers unfavorably because they have a disability and requires employers to make reasonable accommodations to applicants and employees with disabilities. The ADA also prohibits retaliatory actions against employees for requesting an accommodation or filing a charge with the EEOC. After attempting to resolve the case through pre-litigation conciliation efforts, the EEOC filed the lawsuit (EEOC v. Wal-Mart Stores, Inc., CIV. 11-3327 JAM CKD) in U.S. District Court for the Eastern District of California.

In the year following the filing of the EEOC's lawsuit, the worker suffered a fatal heart attack. However, the EEOC and Wal-Mart were able to resolve the lawsuit

following a settlement conference before Magistrate Judge Carolyn K. Delaney. Under the two-year consent decree resolving the lawsuit, in addition to the monetary settlement to be paid to the estate of the deceased employee, Wal-Mart has agreed to conduct ADA training of management officials at its Placerville store.

EEOC San Francisco Regional Attorney William R. Tamayo said, "Disability and retaliation discrimination continue to exist. Employers should upgrade their training of officials and managers to ensure compliance with the ADA. The training provided in this decree is critical to good employment practices."

EEOC San Francisco District Director Michael Baldonado added, "Retaliation cases represent the largest category of charge filings with the EEOC. In Fiscal Year 2012, retaliation claims were made in more than one-third of all charge filings across the country. This shows that too many employers are still making the serious mistake of punishing their workers for complaining about unfair treatment. We vigorously enforce retaliation cases to preserve people's access to receiving help from our agency."

The EEOC enforces federal laws prohibiting employment discrimination. Further information about the EEOC is available on its web site at www.eeoc.gov.

Outdoor World

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After bass leave their beds their mood can range from savagely aggressive to totally lockjawed. There is no set pattern and all sorts of lures can work now. Start looking for post-spawn bass by locating vacated beds. Some bass hang around the edges after spawning. A 6-inch finesse worm works good by shaking and quivering it through the old nest. Also try a shallow ditch or creek channel leading from the nesting grounds to deeper water. The fish hold around stumps, bushes, laydown trees, and weeds. Some will only be in a foot of water, others will be deep. If the fish are shallow and it's early, try a buzzbait. When the sun gets up, go to a floating-diving minnow-style lure. Cast it tight to cover and keep twitching until the bass takes it. Don't get hung up on one lure or pattern. Keep your options open and experiment.

Edwin Evers is a Member of the Bass Pro Shops® National Fishing Team

For more tips, log onto basspro.com and click on News & Tips

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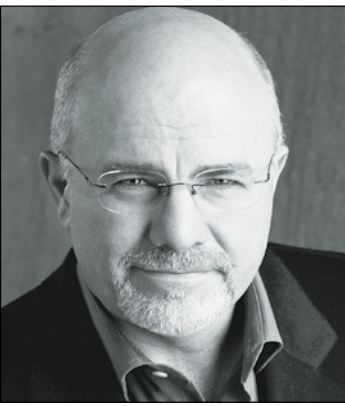
- ACROSS

 - 1. Coffee + chocolate
 - 6. Drunkard's sound?
 - 9. What little piggy did
 - 13. Makes eyes at
 - 14. Under the weather
 - 15. "The Graduate" or "Easy Rider"
 - 16. Un-written exams
 - 17. Downhill equipment
 - 18. Chilled
 - 19. "1960s Activists and agitators
 - 21. State of good health and fitness
 - 23. Miner's bounty
 - 24. "Popular hairstyle
 - 25. To eat a little at a time, as in hot soup
 - 28. Layer
 - 30. Devoid of reverence
 - 35. Bookkeeping entry
 - 37. "The ____ of the Game" TV series
 - 39. Denotes an accomplishment
40. Novice

 - 41. Ivan and Nicholas, e.g.
 - 43. Atmosphere
 - 44. Relating to the ilium
 - 46. On the cutting edge
 - 47. "Ngo Dinh ____
 - 48. "The Party's Over" singer
 - 50. Excellent
 - 52. Get the picture
 - 53. "I read the ____ today oh boy"
 - 55. African grazer
 - 57. "Power plant
 - 60. "Liverpool group, following "the"
 - 64. Luau greeting
 - 65. "Posion ____" covered by the Stones and the Hollies
 - 67. Beauty pageant wear
 - 68. Short African
 - 69. Butterfly catcher
 - 70. Cupcake topper
 - 71. Epic poem
 - 72. "Fancy that!"
 - 73. "Who ____?"
- DOWN

 - 1. "Eagle's landing spot
 - 2. Fairytale beast
 - 3. Bird's foot
 - 4. "Oscar winner" "____, Dolly!"
 - 5. Declare with confidence
 - 6. Middle Ages subj.
 - 7. Kind of person
 - 8. North face, e.g.
 - 9. Refuses to
 - 10. Bad to the bone
 - 11. Cote d'Azur locale
 - 12. Casual attire
 - 15. "Detroit's soul recorder
 - 20. Deceive by a mock action
 - 22. "The Sixties, e.g.
 - 24. Large fleets
 - 25. "Greensboro Woolworth's event
 - 26. Of service
 - 27. Jeopardy
 - 29. Comfort
 - 31. "Take a ____ off," sang The Band in '68
 - 32. Lady's pocketbook
- 33. Loose rocks at base of mountain
 - 34. State of dishonor
 - 36. Extinct flightless birds
 - 38. Therefore
 - 42. "The Playboy of the Western World" author
 - 45. "I Love You More Today" singer Twitty
 - 49. Adams ____ Beckham
 - 51. Related on mother's side
 - 54. Twist before hanging on clothesline
 - 56. Ancient city in Africa
 - 57. Let heads or tails decide
 - 58. "Woodstock's had a dove on a guitar
 - 59. Electrical resistance units
 - 60. Eight bits
 - 61. Animal den
 - 62. European sea eagle
 - 63. Droops
 - 64. "You damn dirty ____," shouted Heston
 - 66. V

For Solution See Page 7



Dave Ramsey is America's trusted voice on money and business. He's authored four New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover and EntreLeadership. The Dave Ramsey Show is heard by more than 6 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

That's why you have health insurance

Dear Dave,
Do you think having cancer insurance is a good idea?
Brittany

Dear Brittany,
No, I don't believe buying cancer insurance is a good idea. However, I do believe everyone needs health insurance. If you have a good health policy in place, it's going to cover you in the event you're diagnosed with cancer.

Lots of insurance companies offer these policies because cancer is such a scary thing. It's a hot-button topic, and many people have lost friends and relatives to cancer. I don't believe in cancer policies though. You need a good emergency fund of three to six months of expenses, long-term disability coverage and a solid health insurance plan.

My favorite health plan, and what I use personally, is the Health Savings Account (HSA). With an HSA you have money sitting there to cover some of the ancillary things. Most cancer policies won't cover alternative treatments and things like that, and lots of them are income policies, meaning they replace a portion of your income, but that's what disability insurance is for.

- Dave

Dave Says

Impulsive May Equal Homeless

Dear Dave,
I moved to New Orleans four years ago for a job. I was let go and found a government job pretty quickly, but I'm ready for a change of pace. I'm thinking about using my two weeks of vacation to move and find something different in Austin, Texas. I have a little cash saved, but how much savings should I have in place for something like this?

Montgomery

Dear Montgomery,
What you're describing may have sounded fun and cool to me when I was 20. But I made lots of really dumb mistakes back then, and it's definitely not the way I would handle things now.

Austin is a fantastic city. It's booming, the people are great and it's only about a day's drive from New Orleans. But going over there cold turkey with nothing but a little money in your pocket isn't a good idea. In other words, I'm not going to give you permission to be impulsive and unwise.

If I were you, I'd take those two weeks of vacation, go to Austin, and see if I could line up a job. In addition to that, use every waking moment you're not at work to scour job listings in and around Austin. Even if it's

an interim kind of thing or two part-time jobs, at least then you wouldn't have to burn through all of your cash. Montgomery, this is the very same advice I'd give my own son if he called me in this situation.

I love that you're taking charge of your life and looking to make things happen. Just make sure you use a little wisdom and some planning in the process. Never jump off the dock before the ship has arrived!

- Dave

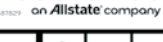
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For Solution See Page 7.

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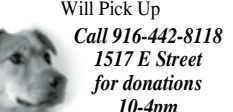
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Sudoku Puzzle on Page 6

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

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Crossword Puzzle on Page 6

M	O	C	H	A		H	I	C		W	E	N	T	
O	G	L	E	S		I	L	L		M	O	V	I	E
O	R	A	L	S		S	K	I		O	N	I	C	E
N	E	W	L	E	F		F	E	T	T	L	E		
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S	U	P		T	I	E	R		A	W	L	E	S	S
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A	L	O	H	A		I	V	Y		T	I	A	R	A
P	I	G	M	Y		N	E	T		I	C	I	N	G
E	P	O	S			G	E	E		C	A	R	E	S



By Ronnie McBrayer

In American literature, the biggest religious pretender of all time is probably Sinclair Lewis' Elmer Gantry. While most of us have not read the book, we may remember the movie. The film was a 1960 masterpiece starring Burt Lancaster in an Emmy-winning role as the charismatic but corrupt evangelist. Gantry begins his career in the early 1900s at a Baptist seminary in Kansas preaching at a little country church while trying to seduce the daughter of one of the deacons. Eventually he becomes a traveling evangelist who steals from the till, chases skirts, and stays drunk most of the time; but his preaching is phenomenal, so he always has a crowd. After working his way through the Baptists and the Pentecostals, he becomes a Methodist, rising through the ranks until he is pastor of a huge church in New York City, and the president of the "National Association for the Purification of Art and the Press." Gantry drew larger and larger crowds, and would personally lead raids on the red-light districts, busting brothels, bars, and speakeasies. He denounced all the other churches for their weaknesses, but was committing worse sins than the ones he was preaching

No More Show-and- Tell

against. As the old movie poster said, "Tell 'em Gantry...save 'em from sin. Just don't tell 'em about your own whisky and women." Granted, the evangelist type is an easy mark. Public religious figures are easily labeled as "hypocrites and charlatans." Gantry wasn't the first and he certainly won't be the last. But his real wickedness was not his sins. We are all made of clay. It was his two-faced dishonesty. He did what he did, not out of love for God, but out of love for the applause of the crowds. He did what he did out of pride, ambition, and self-glory. He was not performing for his Maker; he was performing for the audience. That is hypocrisy. The word "hypocrite," in its original context, is not a negative description. It is a great old word right from the Greek and Roman theaters of ancient times that means "play-actor." A hypocrite was a person who played multiple roles on the stage. In one scene he or she played one character. Later, the actor would don a mask or a costume and play another character – maybe three or four different personalities on stage in a single night. But over time a hypocrite came to mean a person who changed his or her mask depending on the circumstances. As Jesus used the word, a hypocrite was one who played to the crowd. He or she was someone who performed for the audience – like Elmer Gantry – and at points, like every one of us. In the Sermon on the Mount, Jesus said that hypocrites

"receive all the reward they will ever get." If you play for the crowd, he inferred, if your ambition is to draw attention to yourself, then when you get it, you earned your pay. There is no further reward, benefit, or other prize. God has nothing for you but an empty hand. Alternatively, Jesus offers a healthier way. "When you give," he says, "don't let your left hand know what your right hand is doing. When you pray, go to a closet and shut the door. When you sacrifice for a cause, don't broadcast it." In other words, keep your religious activities on the quiet side; as much as possible, keep it between you and God. Otherwise, you risk corrupting what would be a good deed. No matter what it is: Missionary work, teaching, preaching, giving, praying, singing, organizing, helping – if it is done to impress or draw the attention of others, no matter how noble the act, it is wrong – for if it is not driven by love for God and neighbor, it becomes driven by pride and ego. My friend Landon Saunders said it superlatively many years ago. Commenting on the religious tendencies for show-and-tell he suggested that we "Wear our religion like we wear our underwear; make it rarely visible." That's good advice, indeed. Ronnie McBrayer is a syndicated columnist, pastor, and author of multiple books. You can read more and receive regular e-columns in your inbox at www.ronniemcbrayer.me.



By Karen Anderson

As I sit here feeling the morning cool breeze, I am reminded of the wonderful feelings that I have when I am walking close with God. It also reminds me, when God said in Genesis, "In the Garden of Eden God walked with Adam." I too, can have that same close and wonderful relationship. There are times, when I feel like I have lost the intimacy that Adam had with God. It saddens me that once again, I let it slip away. I have taken my hand out of His, and decided to go it alone. How lonely a life that would be if He didn't call for me again? Remember, I am His daughter and I go running back to His arms willingly,

Cleansing Breeze

which are open wide to gather me up once again. I can do this often and He won't grow tired of it. It would be better, if I just kept my hand in His. A life of negativity and overwhelm can turn a wonderful relationship into something that is uncomfortable and unwelcome. The awful relationship, reminds me of how icky I felt on those really hot triple-digit days. I didn't like it, and I wanted it over as soon as possible. I was watching every day for those cooler temperatures to finally arrive. I so looked forward to those wonderful breezes in the mornings and evenings. In all your busyness of the day, remember you are in a spiritual battle, all day long, and your feathers are going to be ruffled and bent at the end of the day. Do like the eagle does each day, before he is lifted off his high perch by the wind currents. He puts every one of his feathers through a preening gland in his peak, to steam clean and refresh each

feather. If you are not spending time with God every day, then you are not prepared for what is ahead and you will be beat down by the storms and heat of the day. Immerse yourself in God's Word, and walk together with Him in the Garden of Your Life. Your garden is around you in everything you see, feel, do, and hear. Put your hand back into His, knowing He will always walk with you. Just trust Him. Go and make a commitment to preen your feathers every morning, and expect His blessings as you walk with Him. Karen Anderson is an accomplished speaker, author, and chaplain. Her latest books, "Nikki's Tail-Waggin' Lessons" and "The Little Book of BIG Thoughts Series" can be found on Amazon.com. Leave a message for Karen at www.doablesteps.com/ contact or connect with her on Facebook at www.facebook.com/DoAbleSteps.

Apple Fritter: The Fruit of My Choice

By Rev. James L. Snyder, D. Litt

Our country, so it seems, runs on choice. The more choices we have, the better we like it. Most people in America pride themselves on the ability to make their own choices. "Freedom of Choice" is the cry you hear all around our country these days. Yet most people do not have the freedom of choice they think they have. Somebody is influencing the choices they make without them realizing they are being influenced. That is called marketing. The Gracious Mistress of the Parsonage and I were watching television the other night, trying to watch a favorite TV program. Finally, from an end of the room that was not my end, came an exasperated sigh. I tried to ignore it, but you know how that works. The exasperation seemed to accelerate and I knew that if I did not acknowledge it in some way, well, I think you know what would happen. It was in the middle of some commercials, so I turned to her and said, "What's got you in such pain tonight?" At her age, I did not know if there was some medical something or other going on. "These commercials," she moaned so painfully. "I can't stand all these commercials!" I must say I was a little bummed out about all the commercials myself. I think every one-hour program is devoted to 30 minutes of commercials. Most of those commercials are for things I have no interest in. Or they are played at very inappropriate times. It never fails that if we're having our supper while watching television, there are 79 commercials for diarrhea. Is this really a major problem in our country today?

Getting back to my wife and the commercials, I responded as cheerfully as I could: "Well, my dear, somebody has to pay for our television viewing privilege." I felt a cold, yet burning, stare in my direction. "Can't they run those lousy commercials when I'm not watching TV?" Someone once said that silence is golden, and right then I cultivated a golden moment. Commercials are a way in which manufacturing companies influence our choices. Every product has 100 different companies marketing the same product. I haven't done much research, but from the little I have done, I've discovered that the same company makes the same product but sells it under a different name. There are two categories of products. There is the name brand, which costs a fortune. Then there's the generic brand, which is only a fraction of what the name brand costs. It's the same product, made by the same company, but advertised by different venues. This is where choice comes in. Some people choose the high-priced product because they think it's better. Some of us choose the low-priced product because we know better. One night as we were watching television, it seemed that most of the commercials had to do with dieting of some kind. There were high-calorie diets, low-carb diets, and diets that really did not make sense to me. Watching all of those dieting commercials, I did not see one I would die for. Every one of those commercials assumes everybody watching wants to lose 297 pounds. Personally, I have lost the same 5 pounds for over 30 years. I lose 5 pounds and then – by golly – three weeks later, I find those 5 pounds again, or at least they recognize me. Anybody can lose weight; it is all a matter of choice. Personally, I do not plan to lose any sleep because I can't lose weight. I think it's going to be rather funny if, when we go to heaven,

everybody is fat. Wouldn't that be something? We plummet ourselves almost to death trying to lose weight, and get to heaven and everybody is fat. It all boils down to choice. It all boils down to the fact that most people think they're making their own choices. Those of us who are on the "husband" side of the marital equation know we do not make our own choices. Our choices are made for us by our "better half." Why do you think we get married? My wife is a great one for fruit and vegetables. Every day of our life, there are fruit and vegetables. To mix things up a little bit sometimes, it will be vegetables and fruit. She prepares the fruit and then invites me to make a choice. I'm sure she did not see all of this in any television commercial; at least I hope she hasn't. She is proud of the display of fruit choices she has for me. She is also concerned about my diet – much more than I am. I don't think my diet is so important that both of us should be concerned about it. If she chooses to be concerned about my diet, that's her choice. I choose to be a little more cavalier when it comes to dieting. Actually, and don't tell her I said this, but my fruit of choice is the humble apple fritter. It has everything my heart desires and a few things my body desires, too. I like what David said: "Delight thyself also in the LORD; and he shall give thee the desires of thine heart." (Psalms 37:4 KJV) It is all a matter of choice – that is, making the right choice.

Rev. James L. Snyder is pastor of the Family of God Fellowship, P.O. Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 866-552-2543 or e-mail jamessnyder2@att.net. His website is www.jamessnyderministries.com.



By Marlys Norris, Christian Author

Once you have accepted Jesus Christ as your personal Savior and Lord, you become one of His disciples. You are now saved for eternity! Grafted into His enormous family all over the world who follow God's instructions scribed in the Bible. Joy and a deep sense of belonging fills your being and you begin to tell your story to others. The adventure of walking with the Lord has

Disciples

begun and He has promised to never leave or forsake you. You learn about His love, grace and mercy and experience many answers to prayer as you talk to God about every incident in your life. He answers your prayers. You learn the Words of the Bible and they become "living words" in your heart and life as you become His Disciple. Did you even imagine that your name would be included among the following? One by one Jesus chose His disciples, just as He has chosen you. First came John and James his brother, Sturdy sons of Zebedee. Andrew was next and Simon Peter, Fishermen of Galilee. Philip and his friend Nathaniel, sometimes called Bartholomew, Matthew who collected taxes and who wrote a gospel too! Next Thomas, he was the disciple who doubted

until he put his finger into the holes in his wrists after Jesus was resurrected and met them in the upper room.. Simon and another James and then the Judas who was faithful, Thaddeus was his other name. Last the Judas who betrayed Him and took 30 pieces of silver. These were the Master's chosen few, but we are His disciples when we do His will. So may every action and deed of our lives bring honor and glory to a omnipresent loving God. And may the testimonies of our life reach into the hearts of those who are searching for meaning and purpose in their life. If I can help you, please contact me. Marlys Johnsen Norris Award Winning Christian Author "Recipes for a Happier Marriage" Marlysjn@gmail.com



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By George Valverde – Director, California Department of Motor Vehicles

SACRAMENTO REGION, CA (MPG) – Do you have questions about general driving related requirements like registration or insurance? Are you unclear about laws and restrictions related to driving? The California Department of Motor Vehicles has answers. “Save Time, Go Online,” at www.dmv.ca.gov. You can submit any DMV-related questions at AskDMV@dmv.ca.gov. (For more details, see information at the end of this column.)

Q. I’ve noticed lately that some drivers have the year sticker on the left side of their license plate and the month sticker on the right. Essentially, the stickers are reversed. What’s the correct way to place stickers on license plates?

A. Manufactured California license plates indicate “Month” on the left side of the license plate and “Year” on the right side of the plate. Vehicle owners should place their registration year and month stickers/tabs correctly as indicated on the plates.

Q. Depending on the waiting time during my next visit to the DMV, I might need to check emails from work on my smart phone while I wait in the lobby. Is this allowed in the DMV office?

A. Excellent question! More customers than ever before have cell phones and mobile electronic devices. We simply ask customers to please put their phones away while they conduct transactions at the DMV customer service window. You can still use your mobile device while you wait in the DMV lobby, but once you approach the counter, we need your complete attention. Remember to make an appointment before visiting the DMV.

Q. I paid for my vehicle registration well before the expiration date but am going to be

moving out of California before the new registration period begins. Is it possible to receive a refund now that I’ll need to register my vehicle in another state?

A. It depends on the circumstances. You must register the vehicle in the other state before the prior California expiration date, in order to be eligible for a refund. For your convenience, visit www.dmv.ca.gov/online/refund/refundprograms.htm and click on the “Refund Application” link.

Once you’ve completed and submitted the Application for Refund, you will be notified of the status of your application within 30 days of its receipt. Don’t forget to include the unused registration and sticker with your application and the date the vehicle left the state.

Q. Does California use facial recognition technology in driver licenses and ID cards?

A. No, the California Department of Motor Vehicles does not use facial recognition technology in its issuance of driver licenses or identification (ID) cards.

Q. When is the best time to visit the DMV? I’m trying to avoid having to wait in line as much as possible.

A. California’s Department of Motor Vehicles continues to make significant improvements in overall wait times at our field offices. The best time to visit a field office is with an appointment.

Q. What happens to people who attempt to cheat on their written tests at the DMV?

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The DMV may also take an action against your driving privilege or the driving privilege of anyone else who assists you in the examination process. When a driver is suspected of cheating, the test is confiscated by Field Office personnel and is referred to the Driver Safety Branch for investigation. The DMV may:

- Refuse to issue a driver’s license or ID card.
- Revoke the driving privilege of any driver involved in fraudulent activity.
- Cancel an application for a higher class license when the applicant is found to have been cheating.
- If the driver is revoked, the action will remain in effect for a period of one year.
- The driver is eligible to retest at the end of the action.
- If the application is cancelled for a higher class license, the driver may be redirected to take all applicable tests under observation.

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Sacramento Suburban Writers Club August Meeting

FAIRO OAKS, CA (MPG)– The Sacramento Suburban Writers Club’s next meeting will be Monday, August 12, 7-9 pm, at Crossroads Christian Fellowship Church, 5501 Dewey Drive, Fair Oaks.

The Sacramento Suburban Writers Club, established in 1955, is a non-profit organization dedicated to serving writers in the Sacramento Region. Approximately 60% of our members are published. New writers are encouraged to join. Our goal is to encourage writers

at all levels to achieve their personal and professional writing aspirations. Attendance is free, but membership (\$40/year) provides several benefits, including a link from their website to your own website.

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Dare to Live Without Limits

ACTIONS HAVE CONSEQUENCES

by Bryan Golden



“I believe that we are solely responsible for our choices, and we have to accept the consequences of every deed, word, and thought throughout our lifetime.” – Elisabeth Kubler-Ross

All of our actions have consequences. This relationship is as dependable as the ripples created by throwing a pebble into a lake. Consequences can be either good or bad. Problems arise when we don’t think about or recognize the consequences of our actions.

When you are not aware of the consequences of your behavior, two things may happen. In the case where the consequences are negative, you run the risk of repeating the same mistake. When you are pleased with the consequences, you may also fail to duplicate the behavior that gave you the desired results. In either case, you will be frustrated.

For example, how far could you get driving a car if you didn’t comprehend the consequences of the various controls? Without an understanding of the operation of the steering wheel, gas pedal, and brakes, you wouldn’t remain on the road for very long.

Your life works the same way. It’s important to understand the consequences of your actions. Many of the consequences you experience are predictable. However, there may be some you didn’t anticipate. They are part of your unending education.

Unexpected consequences provide you with new insights. Invaluable knowledge can be gained by analyzing exactly what happened and why. The discoveries made in this fashion provide you with new information you can use to reach your goals.

Ideally, when assessing various courses of action, an analysis of the corresponding potential consequences enables you to make the best possible decision. This is the basis of the carpenter’s adage, “measure twice, cut once.” You have probably been told numerous times to think before you act.

Acting impulsively, without thinking, is the same as cutting without measuring at all. This approach is similar to attempting to drive a car by cranking the steering wheel in one direction and then correcting by cranking in the other direction. You will run off the road in short order.

Not every decision you make will be perfect. Your objective is to take the most appropriate action based on the information you have available. If the actual consequences are not what you wanted, you must then take different action and keep going. Don’t waste any time lamenting what you should have done differently.

Ignoring or denying the link between your action and the corresponding consequences will often make things worse. You won’t be able to take control of your life unless you see yourself as being responsible for the outcomes you are experiencing.

When faced with undesirable consequences, you want to first identify the cause. Next, determine the action you need to take to mitigate, change, or eliminate them. Then get in gear and do whatever is necessary to correct the situation. Action, not complaining, brings results.

If you fail to take personal responsibility for your actions, you will exacerbate your situation. Those who blame others for their circumstances develop a victim mentality. The result is a belief that they have no power over the direction of their destiny. This type of thinking leads people to accept suffering as normal and unavoidable.

The only way to affect different consequences is to alter your actions. This is accomplished by being proactive in every area of your life. Then when something happens you don’t like, your first response will be “what do I have to do to fix this?”

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. ©2008 Bryan Golden

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SUMMER
SUN & FUN

Summer is a busy time for all of us ... especially moms who seem to be on the go all day and night. So how about some health tips for staying happy and healthy this summer and heading into back to school?

I turned to award-winning pharmacist **Sherry Torkos** for those tips on my POPPOFF Radio Show. Sherry is co-author of ***Saving Women's Hearts*** and combines both conventional and complementary medicine to achieve better health naturally.

Here are seven tips that just might do the trick for you this summer!

1) Get another hour sleep. Lack of sleep has been shown to raise blood pressure, trigger inflammation, and promote clotting and atherosclerosis. All of these factors raise the risk of heart disease. Aim for 7-8 hours of sleep each night. Make sleep a priority for better health.

2) Stressless. Stress is a powerful risk factor for heart disease. Stress impacts several risk factors for heart disease: it raises blood

POPPOFF!

with Mary Jane Popp

pressure and cholesterol, triggers inflammation and promotes blood clots. To better manage stress, try deep breathing meditation, yoga, and regular exercise.

3) Eat more colorful fruits and vegetables. Brightly colored fruits and vegetables contain plant pigments, which are rich in antioxidants. These antioxidants offer a number of health benefits. They can help fight free radical damage, support the health of your blood vessels, and reduce inflammation. Aim for 7-10 servings per day, and go for variety.

4) Add plant sterol-fortified foods to your diet. Plant sterols are naturally occurring plant compounds in nuts, whole grains, and vegetables that compete with cholesterol for absorption in the body. Research has found that consuming 0.8 grams of plant sterols daily can lower LDL by as much as 15%. It is almost impossible to get this amount from regular foods. You will now see foods fortified with plant sterols in your grocery store such and orange juice, milk, even tortilla chips and cookies, so you don't have to deprive yourself of your favorite foods.

5) Avoid energy drinks. These products are loaded with caffeine and sugar, both of which – in excess – can be hard on the heart and can cause racing heart and increased blood pressure. These products can also heighten stress and anxiety, causing sleep issues. Safer ways to boost energy and

combat fatigue include eating small frequent meals with slow-release carbs, drinking green tea, and having drinks/foods fortified with Ribose – a naturally-occurring carb that helps provide sustained energy, without any adverse effects on the heart.

6) Be cautious about OTC and allergy products. Some products that are over the counter and available without a prescription can worsen heart conditions. For example, decongestants commonly used for managing cold and allergy symptoms can cause racing heart, increased blood pressure, and insomnia. A safer way to relieve congestion naturally is to use a neti pot or nasal wash with essential oils such as eucalyptus to dissolve mucus and clear your nasal passages.

7) Laugh more Laughing relaxes and expands blood vessels, which protects the heart. On the contrary, negative emotions such as anger, hostility, and pessimism are associated with increased heart disease risk.

That should get you started. If you want more information, you can check out her book ***Saving Women's Hearts*** for more details on how to stay healthy and happy and keep that ticker going strong! She's got a ton of articles on her website that just might give you the extra health info you need at www.sherrytorkos.com.

You are just a heartbeat away from happy AND healthy with POPPOFF!!!

Honoring a Mighty Warrior

Commentary
By Debbie Lee

Today is August 2nd. This day will never be the same for me. For most people it's just another sunny summer day filled with normal routines, but for me it will always be "that day." Aug 2nd, 2006 is a day that forever changed my life.

It was another sunny day in Arizona 7 years ago, but across the world in Ramadi, Iraq it was a different story. I couldn't even tell you what I did that day but that evening I was at my small group and we were celebrating my birthday which had been the week before.

Within 30 minutes life would change from cake, ice cream and receiving a gift of a Willow Tree Angel named "Courage" to using that courage to survive the most devastating moments of my life.

I arrived home to find my son Kristofer waiting on the sidewalk to inform me the Navy was there. I glanced at the two Navy Officers in their dress whites on my porch and fell into Kristofer's arms and cried "Nooooooooooooo!" I knew why they were there.

We entered the house and they tried to prepare me for what they were about to tell me. They had been in my home for about 30 minutes while Kris tried to find me.

"We can tell by being in your home you are a woman of faith and you are going to need to rely on your faith for what we are about to tell you. Your son Marc Alan Lee has been killed in Action." I couldn't breathe; I felt a pain in the core of my being that no parent should ever have to feel. I began to cry my river.

It's hard to believe it has been 7 years since that young man sacrificed his life defending his teammates, and our freedoms.

I still can't comprehend how you can fight in an intense fire fight for two hours, in extreme temperatures of 120 degrees, carrying 150-180 lbs. and still have the mental focus and strength to make the decision to do the right thing and risk your life for others. Courage like Marc

displayed doesn't just happen. It is engrained in you by your creator, it is the choice to follow the Biblical morals and values taught to you, it is the opportunity to practice in other difficult circumstances that life brings you or your BUD's instructors produce. Marc displayed physical and moral courage often witnessed on the battlefield, but courage need not be displayed only in the battlefields of combat as we fight and defend America and the freedoms we have been blessed with.

Our American History is rich in examples of patriots who displayed courage in numerous circumstances, willing to give everything if need be for what they believed in, to provide liberty and a better life to those they left behind.

There is a huge hole that is left from his absence. I will never share the dinner table with him, or feel his arms hug me in the way only a Mother and Son can hug, or see his smirky grin, beautiful brown eyes, dark curly locks, or experience his playful antics or hear his encouraging words. I won't get that dance at his wedding, or hold his children and watch them grow, or have him hold me or care for me when I get old.

Yet, there are so many blessings in the midst of this deep loss. Marc's sacrifice and his last letter home have inspired millions of people around the world. That young man is perhaps more alive in his spirit, that is still here, than he was in life.

I had no choice in the news that was delivered to me on Aug 2nd, but I did have a choice how I responded. God made it very clear to me that night as I read Psalms 27 that He was right there with me, He was my rock and my strength. "I would have lost hope if I had not believed I would see the goodness of the Lord in the land of the living. Wait on the Lord, be of good courage and he will strengthen your heart; wait I say on the Lord." Psalms 27:15&16

I had seen God do amazing things in my life and I had

confidence in Him that He would carry me through and be my strength. I chose to proceed through the grieving process and encourage and help others with the hope God gives me daily.

Marc's name means Mighty Warrior and today I remember him and as I do every day honor his courage and sacrifice. He left behind his weapon, his armor and his boots and laid down his baton which I picked up and carry on. To everyone who served and sacrificed for my freedoms and yours, I say "THANK YOU."

Marc's final gift to me was his teammates and I am blessed to have so many "adopted boys" and share their families and their love. God multiplied my family exponentially and I am a blessed woman.

So as you enjoy your sunny Aug 2nd and live your normal life and watch your children and grandchildren play today give them an extra hug, count your blessings, and remember our fallen warriors who sacrificed all of their tomorrows and hope for a future so you could enjoy today.

Remembering my son, my hero, my mighty warrior!

Debbie Lee
Gold Star Mother of Marc
Alan Lee
Spokesperson and Military Liaison
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BusinessCoach.com announces the new Small Business Coach Mastery Training System. Learn how to establish a highly profitable business as a business coach!

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

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

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

BusinessCoach.com was founded in 1989 and headquartered in

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

Gary Henson, Expert Business Coach and Master Trainer

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



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



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

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

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

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



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A Film Review by Tim Riley

WOLVERINE

(Rated PG-13)

Hugh Jackman returns as the mutant hero, the titular character in "The Wolverine." The movie raises two questions: Why is he in Japan? Why does he still sport mutton chops?

When he's not baring his adamantium claws, Jackman's Wolverine is known as Logan. In what is the sixth film (counting spinoffs) of the franchise, Logan is first spotted looking like a homeless mountain man in the Alaskan wild, or maybe it's the Yukon. Whatever, it's some place cold and uninviting.

Living like a recluse in a cave, Logan communes with nature, even managing a peaceful coexistence with a grizzly bear companion. His solitary existence is disturbed by the appearance of reckless hunters bent on snagging a large, shaggy-haired ursine trophy.

Confronting the repugnant hunters at the town saloon, Logan reverts to his old superpowers to ward off his foes, drawing attention from the enigmatic Yukio (Rila Fukushima), who entices him to Japan. So we have the answer to the first question.

Memories of World War II are fresh in Logan's mind, as he remembers, while interned in a POW camp, saving the life of a young Japanese soldier during the atomic bombing of Nagasaki, and thereby revealing his miraculous self-healing powers.

Riley Reviews

"WOLVERINE" CLAWS ITS WAY TO TOP OF SUPERHERO ACTION HEAP

Shifting to the present day, Logan has not aged, but the soldier he rescued, Yashida (Haruhiko Yamanouchi), is an elderly, extremely wealthy industrialist, now confined to his deathbed, wistfully hoping for immortality.

Logan's Wolverine, who does not age, possibly holds the key to a life without end, hence the interest by Yashida and assorted shadowy, mysterious figures, obviously connected to the Yakuza, to Logan's secret.

Lured by the curious Yukio to Tokyo, Logan ends up getting a scrubbing and makeover from geisha girls, but he keeps the mutton-chopped sideburns. The answer to the second question remains elusive and unknowable.

Dutifully paying his respects to the dying Yashida, Logan discovers that the industrialist's granddaughter Mariko (Tao Akamoto) stands to inherit his fortune, and as a result, her life is in serious danger.

For one thing, Mariko's father is a ruthless tycoon who is apparently involved with sinister forces that seek to take control, by force if necessary, of the Yashida financial empire.

A spectacular fight sequence with ninja warriors at Yashida's funeral service causes Logan and Mariko to go on the run, even hiding out for a time at a seedy hotel that caters to customers renting rooms by the hour.

Meanwhile, Logan is undergoing an existential crisis, evidenced by the frequent dream sequences in which his former lover, Jean Grey (Famke Janssen), a fellow mutant that he had to kill, reminds him of misfortune and tragedy.

More than troubling dreams

are at work. Logan is also consumed with thoughts that his immortality is a curse and a burden that hinder his ability to live a normal life, a thought more pressing now that his romantic feelings for Mariko have taken hold.

Due to other strange things going on, Wolverine finds his physical strength ebbing away, his superpowers gradually dwindling and his immediate ability to heal from all wounds no longer a given.

But before falling into a state of impaired faculties, Wolverine manages a spectacular fight to the death on top of a speeding bullet train with a Yakuza assassin.

With the train hurtling along the tracks and through tunnels at a speed of 300 miles per hour, the rooftop battle is skillfully staged and stunning for its heart-pounding suspense. This could be the film's best action moment.

Not so fine is the climactic battle scene inside Yashida's mountainous lair, where Wolverine must fight a giant robot. We've seen enough of this in films like "Pacific Rim," and, well, others I have already forgotten.

"The Wolverine" is filled with plenty of faceless villains, mostly ninja types who are fairly well disguised in their black robes and masks.

The most interesting bad guy is actually a femme fatale (Svetlana Khodchenkova), the blonde nurse who tends to Yashida but has a secret agenda. Though she is attractive, one would be advised not to kiss her.

Though it may not be saying much, "The Wolverine," even when it falters at the end, is one of the better superhero movies of the summer. That's mostly a credit to Hugh Jackman's nuanced performance.

A word to the wise: Be sure to stay for the credits. The future of the franchise hangs in the balance with a breathless teaser.

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