

ATTITUDE AND ACCOMPLISHMENT

“Man’s rise or fall, success or failure, happiness or unhappiness depends on his attitude, a man’s attitude will create the situation he imagines.”

- James Allen

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PLUS:
**Time Capsule is a
Chance to Touch
the Future**

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AMERICAN RIVER MESSENGER

Volume 8 • Issue 8

Serving Fair Oaks, Gold River, Rancho Cordova & Sacramento County

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direct link to our online edition!

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Job Loss Predicted Under New Tax



The HIT is a new tax in the Patient Protection and Affordable Care Act (PPACA), which, beginning in 2014, will impose over \$100 billion in new taxes on the small business community, their employees and the self-employed over a decade.

SACRAMENTO REGION, CA – (MPG) California may lose more than 26,000 jobs as a result of a little known provision of the new healthcare law called the Health Insurance Tax (HIT). A study released today by the National Federation of Independent Business (NFIB) Research Foundation showed total employment in California will decline by between 14,322 and 26,296 by 2022 because of the increased costs associated with the HIT.

California’s overall gross domestic product will also be reduced as a result of the tax. Over the next decade, cumulative lost sales among small businesses will be at least \$8.9 billion.

“Businesses in California are struggling under unprecedented costs from taxes and regulations. We need to do all that we can to increase jobs,

not reduce them,” said John Kabateck, NFIB California director. “This destructive tax simply must go, if we are ever to return to the thriving culture of growth and entrepreneurship that Californians once knew.”

The HIT is a new tax in the Patient Protection and Affordable Care Act (PPACA), which, beginning in 2014, will impose over \$100 billion in new taxes on the small business community, their employees and the self-employed over a decade. The tax targets the fully-insured market, where many small businesses purchase their health insurance, and will ultimately be passed on to consumers in the form of higher premiums.

Former Congressional Budget Office Director Douglas Holtz-Eakin estimates the HIT will increase premiums on insurance policies purchased in the fully-insured market by

\$5,000 over the next decade. Eighty-eight percent of small businesses purchase their insurance in the fully-insured market.

Bipartisan legislation to repeal the HIT was introduced in February in the House of Representatives by Reps. Charles Boustany (R-La.) and Jim Matheson (D-Utah), and this month in the Senate by U.S. Senators John Barrasso (R-Wyo.) and Orrin Hatch (R-Utah).

The BSIM is a dynamic, multi-region forecasting model that analyzes the impact of policy “shocks” on the economy and is unique in ability among models to forecast the economic impact of such policy on U.S. businesses differentiated by size of the firm. For this purpose, the BSIM adhered to the Small Business Administration definition of “small business” as firms with fewer than 500 employees.

The full report is available at <http://www.nfib.com/hitcost>.

NFIB is the nation’s leading small business association, with offices in Washington, D.C., and all 50 state capitals. Founded in 1943 as a nonprofit, nonpartisan organization, NFIB gives small and independent business owners a voice in shaping the public policy issues that affect their business. NFIB’s powerful network of grassroots activists send their views directly to state and federal lawmakers through our unique member-only ballot, thus playing a critical role in supporting America’s free enterprise system. NFIB’s mission is to promote and protect the right of our members to own, operate and grow their businesses.

Source: www.NFIB.com/newsroom

Cooley’s Bill to Save State’s Mobile Field Hospitals Advances



Assemblyman Ken Cooley

RANCHO CORDOVA, CA – (MPG) Assemblyman Ken Cooley’s effort to help strengthen California’s preparedness for natural disasters and catastrophic events moved forward today with bipartisan approval of AB 355 by the Assembly’s Governmental Organization Committee. AB 355 will restore funding to the 2013-14 budget year to continue to maintain three mobile field hospitals in California, strategically placed throughout the state for rapid deployment.

“Scientists forecast California will almost certainly experience a devastating earthquake over the next 30 years,” said Assemblyman Cooley. “In a state of 37 million, the capacity these hospitals offer to establish 600 hospital beds in any area within 72 hours of a disaster occurring is a key part of preparedness. It is our responsibility to be ready for the inevitable.”

California established its mobile field hospital program in 2006 by purchasing three, 200-bed mobile hospitals. The hospitals were fully maintained until the 2011-12 budget year, when budget constraints eliminated the program’s funding. The program survived for the last two years via a short-term solution, which can no longer continue, and now risks permanent decommission.

“California will be hit by natural disaster in the future — that’s a certainty — and the mobile field hospitals could be a critical asset to the State of California as an integral part of the response and rebuilding,” said Chris Van Gorder, president and CEO of Scripps Health.

Continued on Page 5

Second Wave Results of Regional Texting and Handheld Cell Use Campaign Announced

SACRAMENTO REGION, CA (MPG) – Law enforcement in the Sacramento region recently concluded the second of three waves of their special high visibility driver hand-held cell phone and texting enforcement campaign, “Phone in One Hand. Ticket in the Other,” and the results are in.

The California Office of Traffic Safety (OTS) announced that 4,750 drivers were cited for texting or talking with a hand-held cell phone between February 25 and March 10. This total compares to the first wave of the special enforcement efforts

November 29 to December 9 of last year, during which 3,008 were cited.

“With better weather and more enforcement days, we expected more citations compared to last December,” said Christopher J. Murphy, Director of the California Office of Traffic Safety. “What we really hope to see is a drop in cell phone related crashes in the coming year, along with the suffering and tragedies that go with those crashes.”

“Phone in One Hand. Ticket in the Other” is a year-long enforcement campaign to reduce distracted driving on roadways

in the Sacramento region. This was the second of three maximum enforcement periods in a pilot program using the region to test tactics that may be employed nationally in the future. OTS was awarded \$600,000 in federal funds for these special high visibility law enforcement operations. The last special enforcement wave will be conducted June 17-30, 2013.

The California Office of Traffic Safety, the California Highway Patrol, and the 37 local police departments from Modesto to Marysville, Vallejo to South Lake Tahoe that partnered in this

latest effort are also joining with hundreds of law enforcement agencies across the state in April for National Distracted Driving Awareness Month.

“Between this special regional enforcement and April’s statewide high visibility enforcement, Sacramento area drivers can’t miss the “Phone in One Hand. Ticket in the Other” message,” said Murphy.

Distracted drivers talking on a hand-held cell phone or texting receive a first-time ticket costing a minimum of \$159, with a second offense costing \$279. The goal of the special enforcement

operation is not to issue citations, but to raise awareness of the dangers of distracted driving and to keep drivers from being distracted by their phones in the first place.

Turn off your phone and/or put it out of reach

Include in your outgoing message that you can’t answer while you are driving:

Don’t call or text anyone at a time when you think they may be driving

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

Mountain Mike's of Fair Oaks Moves to New Location



FAIR OAKS, CA – (MPG) Mountain Mike's Pizza which has been at the corner of Madison and Fair Oaks Blvd. for the last twenty years has moved to Madison and Sunrise, in the Trader Joe's Shopping Center.

Pal and Soni Grewal have operated the Mountain Mike's and through the encouragement of friends and customers have decided to make the change. They held their Grand Opening of the new location on Monday, April 8th. Opening prayer was given by Pastor Cliff Graves of Fair Oaks Presbyterian Church The ribbon cutting was

performed by Pal and Soni Grewal. Jan Bass Otto, Executive Director, Fair Oaks Chamber of Commerce and Kathy Jones, Honorary Mayor, represented the Chamber and Fair Oaks.

Pal and Soni have been active in the community especially when it has to do with helping children and youth. They have been of benefit to Bella Vista High School and to the Fair Oaks Presbyterian Upward Sports program as well as other sports and youth organizations in the community. Mountain Mike's does fundraisers and has a meeting room. They encourage the

opportunity to meet with organizations in the area to see how they can assist.

Pal and Soni came here from India and are grateful to the United States for the opportunities that they would not have had in India. They have worked hard to raise their two sons to respect others and to be good citizens. They have been and will be a positive influence to the community. Best wishes to them and Mountain Mike's Pizza.

Pal and Soni look forward to you stopping by and meeting them in their new location.

Bodacious Booksale BANG! Over 4,000 Books on Sale to Public

ORANGEVALE, CA – (MPG) A library patron asked for book titles with the word BANG! Of the many found, the following three titles say it all, creating a warm chuckle at the Orangevale library:

Book title #1 BANG!
Book title #2 BANG! BANG!
Book title #3.....naturally in American hyperbole-style: BANG! BANG! BANG!

Too funny and too good to pass up, the Friends of the Orangevale Library is going for it and calling this year's fundraiser: THE BODACIOUS BOOK SALE BANG!

It will be held at:
Divine Savior Church 9079 Greenback Lane, Orangevale, 8:30am- 5:00pm, Thursday, May 2, 2013
8:30am – 5:00 pm, Friday, May 3, 2013
8:30am – 12:00 noon Saturday, May 4, 2013

Come! Get some BANG! for your bucks- over 4,000 books to choose from: bestsellers, mysteries, cooking and crafts, history, self-help, parenting, humor and more.

Lots of children's books— videos, DVDS , CDS and jigsaw puzzles too! Fantastic

Bargains... Books from 50 cents to \$5.00

Get a BANG! BANG! free gift from the awesome Boutique when you join the Friends of the Orangevale Library.

Make a BIG BANG, do your gift shopping for the year—birthdays, Holidays, weddings, etc. Support the wonderful library we have and keep the dream alive for the long-awaited new library (101 years, exactly) to be built adjacent to Orangevale Parks and Recreation on Hazel.

All proceeds benefit the Orangevale Library.

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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.

DONATED VEHICLES BENEFIT ANIMAL SHELTER

You can now donate cars, trucks, vans and RVs to benefit Sacramento County's Animal Shelter. A donated vehicle is tax deductible and can help supplement funding for the Department of Animal Care and Regulation which makes a tremendous difference in the lives of animals that are lost,

CARMICHAEL COMMUNITY UPDATE

abandoned or subject to abuse. For more information go online to animalcare.saccounty.net or call toll free 1-800-240-0160.

FIESTA DAY OFFICE HOURS

Fiesta Days in Fair Oaks Village will be held during the weekend of May 4-5 and activities include a parade, the one-of-a-kind Toilet Bowl Race, and a classic car show. It should be a lot of fun so save the dates on your calendar.

On that Saturday, May 4, I also will be holding "Office Hours" during the morning in the village and will have a table in front of Dianda's Italian Bakery and Café after the parade until approximately noon. Residents are welcome to drop by and chat. No appointment is necessary but visits will be handled on a "first come basis."

For more information about Fiesta Days, please visit the Fair Oaks Chamber of Commerce online at fairoakschamber.com or call 967-2903.

SHERIFF SCOTT JONES TO SPEAK

Please join me 7:30 a.m. Wednesday, May 15, at my Fair Oaks Community Coffee Meeting featuring Sheriff Scott Jones as the guest speaker.

This meeting will be held at the Fair Oaks Water District's conference room, 10326 Fair Oaks Blvd. near Winding Way, which is a different location than our usual gathering spot at Dianda's Italian Bakery and Café.

The meeting starts sharply at 7:30 a.m. and I will give a brief update on Sacramento County activities then introduce Sheriff Jones followed by questions and answers.

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

THE 64TH ANNUAL 2013 Fair Oaks Fiesta Days

MAY 4 - 5
In Fair Oaks Village

Plaza Park 10219 Fair Oaks Blvd. (Off Sunrise & Winding Way)
Information www.fairoakschamber.com (916) 967-2903

FREE General Admission
Theme: Mardi Gras

Fun For the Whole Family

May 4th & 5th

Children's Park

Food Vendors • Children's Games Entertainment • Rides Toilet Bowl Race

Saturday May 4th

10:00 a.m. Parade

FREE Parking & Shuttle

Sunrise & Winding Way

Sunday May 5th

Classic Car Show

9:00 a.m. - 3:00 p.m.

Sunday May 5th

Sun Run

Registration at 7:00 a.m. Race begins at 8:05 a.m.

Sponsored By The Fair Oaks Chamber Of Commerce and the Fair Oaks Recreation & Park District

If you or your organization is interested in participating, applications are available at the Fair Oaks Chamber Office, 10014 Fair Oaks Blvd, or by calling 967-2903.

Publisher, Paul V. Scholl

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AMERICAN RIVER MESSENGER

"Written by the people, for the people"

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Fiesta Days is Coming!



Come and enjoy lots of family fun! There is also a huge Classic Car Show of over 200 cars! Photo by Paul Scholl

FAIR OAKS, CA – (MPG) What Fiesta Days is returning to Fair Oaks Village with a weekend of fun, entertainment, great food and hot cars!

The 64th Annual event will be held Saturday, May 4 and Sunday May 5 in Fair Oaks Village. It

features a parade starting at 10:00 am, a popular children’s play, “Cinder Ella” in the amphitheatre at noon on May 4th. The event also features a one-of-a-kind Toilet Bowl Race beginning at 1:30 on Saturday.

Vendors, concessions, and

a children’s area with bounce houses and games at to the fun for the entire family all weekend long.

The Sun Run kicks off Sunday morning, with registration beginning at 7:00 am. There is also a Pancake Breakfast and a huge Classic Car Show of over 200 cars!

A free shuttle to the event is provided across Sunrise Blvd. at Scandinavian Designs. Admission is free, so come and enjoy lots of family fun!

For further information contact Event Chairperson Stacy Flascher, State Farm-Flascher Insurance Agency 916-967-7764. For the Classic Car Show Chairperson contact Rand Jacobs, R.K. Jacobs Insurance Services at (916) 966-3733. For booth information contact the Fair Oaks Park District at 916-966-1036.

Source: Fair Oaks Chamber of Commerce

Live from Rancho Cordova City Hall

RANCHO CORDOVA, CA – (MPG) Mayor Linda Budge is hosting a video series that provides an insider’s look at the latest information from City Hall.

Each week, “Live from City Hall” introduces projects, events, and civic information relevant to Rancho Cordova residents and the business community.

The three videos have received about 250 viewings and focused

on the City’s 10thAnniversary celebration, spring cleaning opportunities, and a tour of Rancho Cordova City Hall.

“Rancho Cordova City Hall is the civic heart of our community, where citizens should be able to come together and communicate with Council Members, with City Staff, and with each other,” said Mayor Linda Budge. “These videos

will provide weekly information about current events at their Rancho Cordova City Hall.”

Videos debut on the City YouTube page at www.youtube.com/user/cityofranhocordova and the City website under the Social Media Center at www.cityofranhocordova.org.

Source: City of Rancho Cordova

Time Capsule is a Chance to Touch the Future

RANCHO CORDOVA, CA – (MPG) What aspects of Rancho Cordova today do we want remembered on the City’s 50th Anniversary in 2053?

Citizens are asking this question as they brainstorm what memorabilia should be sealed inside the City’s 10th Anniversary time capsule.

“Preparing a time capsule is like writing a letter to our future,” said Mayor Linda Budge. “We want to be thoughtful about the contents to ensure future generations know that Rancho Cordova was an innovative and visionary community at age 10, taking care of its past and taking care of its future.”

Selected items will be displayed during anniversary events, and then will be sealed in a container and buried at Kilgore Cemetery with a marker: “Here lies Rancho Cordova History” and a proposed date for opening the time capsule.

- Time capsule suggestions made-to-date include:**
- A menu from a popular Rancho Cordova restaurant
 - T-shirt or keepsakes from signature community events
 - Rancho Cordova Police Officer’s badge
 - Rancho Cordova street sign
 - All-America City banner
 - 2013 Cordova High School

yearbook and/or Lancer gear

City flag flown over Rancho Cordova City Hall

July 1, 2013 copy of the local newspaper

A map of Rancho Cordova, and 50-year projections from City Planners

An item from the Rancho Cordova Chamber of Commerce 50th Anniversary

What is your suggestion?

Submit your idea at www.RanchoCordovaAnniversary.com or in writing to: Rancho Cordova Time Capsule, 2729 Prospect Park Drive, Rancho Cordova, CA 95670.

Source: City of Rancho Cordova

Rancho Cordova Branding Survey Launches Resident Feedback Requested

RANCHO CORDOVA, CA – (MPG) Residents are invited to share their opinion about Rancho Cordova in a 15-minute survey as part of the City’s branding campaign. The City is collaborating with a national branding company on a research-based project to help develop a “marketing brand” – a competitive identity for promoting economic development and tourism.

Residents are invited to take the online survey at www.cityof-ranhocordova.org that includes multiple choice questions such as “select a word/phrase from the list below that describes Rancho Cordova” and “select Rancho Cordova’s greatest assets from

the list below.”

The survey is available in English, Spanish, and Russian. Hard copies of the survey are available at Rancho Cordova City Hall, 2729 Prospect Park Drive.

In February, Rancho Cordova businesses had the opportunity to participate in a survey designed especially for them. However, businesses that didn’t have a chance to respond then are encouraged to provide feedback through the current survey.

Rancho Cordova Mayor Linda Budge encourages all residents and businesses to participate and contribute vital input to the branding campaign.

“It’s important that all our residents take the opportunity to be involved in creating an exciting brand that can be used by businesses, residents, tourism, and community groups,” she commented.

Individual survey responses will remain confidential and help the City focus its branding efforts by understanding how residents and employees perceive Rancho Cordova as a place to live, visit, and conduct business.

Please contact Ashley Downton in the Public Information Office at (916) 851-8723 for more information.

Source: City of Rancho Cordova

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Fair Oaks Chamber of Commerce Business Luncheon

Learn How “SCORE” Can Help Your Business

FAIR OAKS, CA – (MPG) The guest speaker this month is Keith Walter, a representative of the Sacramento branch of SCORE. SCORE is a national organization of retired executives, supported by the SBA, serving small businesses with FREE expertise and advice on running a successful business - for start-ups and mature businesses. The meeting will be held Thursday, April 18 at Noon at the Fair Oaks Community



Clubhouse, 7997 California Ave, Fair Oaks.
The meeting is open to

the public and reservations are necessary. Cost is \$17 for members with reservations, \$20 at the door without, and guests and future members. The entree is Hawaiian Teriyaki Chicken with Rice Pilaf. Deadline is April 15.
To reserve, call the Chamber office, 967-2903, respond to this email or for your convenience - register online at <http://www.fairoakschamber.com/member-benefits/chamber-luncheons/>.



By Pastor Ray Dare

You may not know how to answer that question if you don't understand grace. Grace is God giving to you what you don't deserve: His love, His forgiveness, His acceptance. Grace is the central theme of the New Testament. If you don't get anything else get this, God loves you unconditionally. That's called grace.
Legalism and perfectionism are based on the fear of God rather than the love of God. You may think, "But doesn't the Bible say the fear of God is the beginning of wisdom?" Yes but you must understand what that word "fear" means. Proverbs 9:10, "*The fear of the Lord is the beginning of wisdom....*" The word for "fear" means "reverence" or "to be in awe of". God doesn't want you to be afraid of Him; He wants you to love Him. Jesus didn't say if you're afraid of me you will keep my commandments (John 14:15)

Does God Like You?

He said if you **love me** you will keep my commandments. One of the greatest emotional hang-ups that people have today that causes more misery, more fear, more heartache and more depression than anything else, one that you might be dealing with today, is perfectionism. What is perfectionism? It's trying to gain and maintain the approval of God, the approval of others and maybe even the approval of you, by trying to be perfect. You have this constant feeling that you don't measure up. You go through life giving it your best shot and always feeling that you come up short. Like you're not good enough and you feel like a failure. Then you start thinking, "What's the use...If God demands perfection why even try?" The Christian life becomes a frustrating rather than fulfilling; it becomes a burden rather than a blessing. It's no wonder some people avoid God; they have a misconception of Him.
Every basic problem of man comes down to a misunderstanding of who God is, what God is like and what God has promised to do in your life. Some people see God as a cruel and unreasonable judge. We've been conditioned by a performance-oriented culture and we've transferred that over to God. We invent an un-pleasable

God that cannot be satisfied no matter what we do, because you don't understand grace yet. Life's greatest burden is trying to measure up to a standard that God has already said no man can measure up to. Trying to get what God says you already have in Christ. Trying to become what God says you already are: loved, accepted, and forgiven when you open up your life to Jesus Christ and make Him your Savior and the manager of your life.
If you've never opened your life to Jesus Christ, do it right now. Say, "Jesus I realize that I can't live a perfect life and that's why I need you in my life; that's why I need your grace. I don't understand it all but I believe you love me and I want a relationship with me. I want to love you back and I want to have a relationship with you. I confess that I'm not perfect and ask for your forgiveness and grace in my life. Help me to understand your grace and love better, in Jesus name, amen."

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Sacramento County DA Reports

Recent Cases of Interest

CASE: Rosemary Eusted (04/12/13)
PROSECUTOR: Deputy District Attorney Quirina Orozco, Special Assault & Child Abuse Unit
District Attorney Jan Scully announced today that Rosemary Eusted was convicted by jury of 17 counts of lewd and lascivious acts with force against a child under the age of 14. Eusted began continuously molesting two female family members in November of 1997 at her Rio Linda home. The victims were 6 and 7 years old at the time. They did not report the sexual abuse for several years out of fear of retaliation and further physical abuse. In May of 2005, Eusted was convicted of two counts of child molest in Placer County. In that case, her victims included her ex-boyfriend’s three daughters whose ages ranged from 5 to 10 years old. These victims traveled from Twin Falls, Idaho, Red Bluff and Marysville to testify in the Sacramento County case. Deputy District Attorney Quirina Orozco states “This trial brought together a tragic sisterhood of young girls who banded together to stand empowered in the face of their abuser. The defendant robbed them of their innocence, dignity, and the sanctity of their childhood. For the first time, each victim finally had the opportunity to look her in the eyes and say ‘You cannot hurt me anymore.’” Eusted faces a possible maximum sentence of 425 years to life in prison. Sentencing is set for May 10, 2013 at 9:00 a.m. in Department 31 before the Honorable Michael Kenny.

CASE: Ramces Orellana (04/10/13)
PROSECUTOR: Deputy District Attorney Timothy Carr, Special Assault & Child Abuse Unit
District Attorney Jan Scully announced today that 40-year-old Ramces Orellana was convicted by jury of 13 counts of committing lewd and lascivious acts on a child under 14. Orellana was the live-in boyfriend of the victim’s mother. He molested the young girl when she was between the ages of 11 and 12. Orellana will be sentenced on May 17, 2013 at 10:00 a.m. in Department 11 by the Honorable Trena Burger-Plavan.

CASE: Jermaine Campbell (04/03/13)
PROSECUTOR: Deputy District Attorney Kevin Greene
District Attorney Jan Scully announced that the Honorable Cheryl Chun Meegan sentenced Jermaine Campbell to life in prison without the possibility of parole, plus 25 years to life. Last month, Campbell was convicted by jury of first degree murder, first degree robbery, the personal use of a firearm and the special circumstance of committing a murder during the commission of robbery. In October 2010, Jermaine Campbell and Jonathan Hudson shot and killed 54-year-old James Walker while robbing him. Sheriff’s deputies found Mr. Walker sitting in the driver’s seat of his taxi cab and he was pronounced dead at the scene. Jonathan Hudson was convicted by a separate jury of first degree murder, first degree robbery and was found to have been armed with a gun. Hudson’s sentencing is set for April 26, 2013 in Department 18 of the Sacramento Superior Court.


CASE: Charles Gaskin & Sandra Sheaves (03/27/13)
PROSECUTOR: Deputy District Attorney Valerie Brown, Homicide Unit
District Attorney Jan Scully announced today that Charles Gaskin pled no contest to the first degree murder of Neil Hayes. He also admitted an enhancement for the use of a deadly weapon. Gaskin’s wife and co-defendant, Sandra Sheaves, pled no contest to a felony charge of being an accessory to murder. She also admitted an enhancement for misuse of information obtained from the Megan’s Law website. In June 2009, Neil Hayes was released on parole and contacted Charles Gaskin, whom he had met while they were incarcerated at the same prison. Gaskin and Sheaves let Mr. Hayes stay in their garage as he had no permanent residence. Sheaves accessed the California Department of Justice’s Megan’s Law website and found that Mr. Hayes was a registered sex offender. Sheaves showed the information to Gaskin, who is a member of the Peckerwood white supremacist gang. On July 1, 2009, Gaskin and Sheaves confronted Mr. Hayes in the garage and Gaskin repeatedly hit him in the head with a large rock. Gaskin then wrapped duct tape around his mouth, bound his hands behind his back and wrapped him in garbage bags. Gaskin and Sheaves drove to Placerville and dumped his body in brush alongside a remote road. Gaskin faces a mandatory sentence of 25 years to life in prison, plus one year for the weapon enhancement. Sheaves faces a sentence of 8 years in prison, which she will automatically be allowed to serve in county jail under realignment. The defendants will be sentenced on May 3, 2013, by the Honorable Sharon Lueras.


Cooley’s Bill to Save State’s
Mobile Field Hospitals Advances

Continued on Page 1

Van Gorder is considered an expert in mobile field hospital operation, having been involved with Scripps in the response to both Hurricane Katrina and the Haiti earthquake. “The flexibility of the mobile field hospital is not well understood. It can be deployed in a variety of ways, depending on situation and need. Just like we have military, law enforcement and fire resources held in reserve, we should do the same with medical resources and mobile field hospitals.” Based on the Uniform California Earthquake Rupture Forecast (UCERF) model, California has over a 99% chance of experiencing a magnitude 6.7 or larger earthquake during the next 30 years. During the same time period, the probability of having a magnitude 7.5 or higher earthquake is 46%. “It is not a question of ‘if’ California will face a catastrophic natural disaster, but when,” continued Cooley. “Mobile field hospitals are an integral part of disaster preparedness and I thank the committee members for recognizing their importance.” For more information, please visit <http://asmdc.org/members/a08/>. Assemblyman Ken Cooley represents the 8th Assembly District which includes the communities of Arden-Arcade, Carmichael, Citrus Heights, Rancho Cordova, Rancho Murieta, Rosemont, Wilton and other portions of unincorporated Sacramento County.

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CLUES

ACROSS

1. Debra Messing's NBC show

6. Distress call

9. Pack down

13. *Coat used by army starting in Korean War

14. It can be electric

15. Of the kidneys

16. E.T., e.g.

17. *Progressive or Victorian one

18. O. Henry's specialty

19. *a.k.a. "Father of U.S. Constitution"

21. *Underground Railroad conductor

23. Presidential election mo.

24. Arizona city

25. Auction call

28. Poet ____ Angelou

30. *George W. Bush is the ____ son of George H.W. Bush

35. Keats' works, e.g.

37. Magnifying glass

39. Eastwood's ____ Harry

40. Hippocrates' promise

41. Monument to Buddha

43. Steam engine fuel

44. Of them

46. Prayer leader in mosque

47. Upper hand

48. "The Green ____"

50. Any thing

52. Ever, to a poet

53. Chapter 11 issue

55. Cranberry habitat

57. *Site of first shot of Civil War

60. New Hebrides

64. Something unusual, perhaps worthy of collecting

65. Exclamation of surprise

67. Back of mandible

68. Comprehend

69. Waste of time, in text lingo

70. Sheep-like

71. Not working

72. Clinton ____ Rodham

73. Dog-____ book

DOWN

1. Unsubscriber's focus

2. ____ fide, in bad faith

3. Desert-like

4. Coil of yarn

5. Type of horse-drawn carriage

6. Espied

7. "____ the fields we go"

8. List of candidates

9. *FDR was only president elected to more than two

10. Dwarf buffalo

11. *Father of American Education, Horace ____

12. Layer

15. Like risqué entertainment

20. Stretched circles

22. "It's no ____!"

24. Free from slavery

25. *Lincoln's assassin

26. *Known for potatoes, it achieved statehood in 1890

27. Block

29. Supposed giant Himalayan

31. Vegas cube

32. Wear away

33. "All the world's a ____"

34. *Tippcanoe's running mate

36. Leg bone

38. Quarrel or argument

42. Single-cell protozoan

45. Grass valued for hay for cattle

49. Driver's aid

51. *Non-interference doctrine creator, 1823

54. *1954 Board of Education opponent

56. Tropical fruit

57. Voiceless consonant

58. Europe/Asia mountain divide

59. ____ en scene

60. *15th Amendment subject

61. Gulf V.I.P.

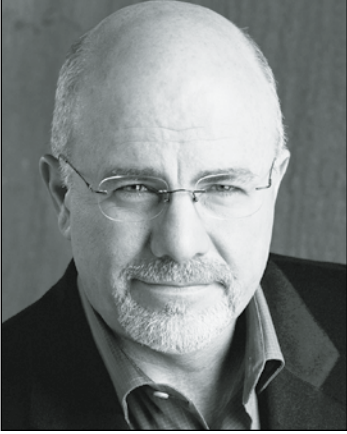
62. Ditty

63. CPO in auto industry

64. Computer-generated imagery, acr.

66. Garden cultivator

For Solution See Page 7



Dave Ramsey is America's most 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 5,000,000 listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

Don't Ask for a Murphy Visit

Dear Dave, Is there ever a time you should dip into emergency fund savings in order to pay off your home early?

- Eric

Dear Eric,

The only time I would advise this is when your emergency fund is too big, and you have a very small amount left to pay on the house. Keep in mind that your emergency fund should be three to six months of expenses, not three to six months of income. Besides, paying off the house doesn't fall into the category of an emergency. The fact that you have to pay for your house doesn't catch anyone by surprise.

I understand it can be very tempting to throw a bunch of money at your house, get rid of the mortgage payments, and own it outright. But I wouldn't drain my emergency fund to make it happen—even if it meant being completely debt-free sooner. Life happens, and the moment you write that big check and weaken your emergency fund, the central unit will go out, the roof will spring a leak, or you'll have major repair issues with a vehicle.

When you do things like that,

Dave Says

you're just begging for Murphy to come visit. And that's not my definition of financial peace!

- Dave

Too Much for Date Night

Dear Dave,

My husband and I have a baby and are trying to live on a budget and pay off about \$14,000 in debt. He wants to spend \$100 a month for a date night, but I think this is too much under the circumstances. I'm a stay-at-home mom right now, and after taxes he makes about \$3,200 a month. What do you think?

- Ashley

Dear Ashley,

You win on this one. If you'd told me you guys make \$150,000 a year, then I'd say he was being completely reasonable. But with your income and a lot of debt to boot, it sounds like he's just looking for an outlet to spend some money. The good thing is you're working together and beginning to take this personal finance thing seriously. You're just a little bit apart on the particulars in this area.

I think you back this amount down to \$40 or \$50 for now.

That's plenty for a reasonable dinner and perhaps a baby sitter for a couple of hours. If you have family or friends nearby, you might not have to figure baby-sitting expenses into the equation at all. Keep in mind, too, that going out on a date doesn't have to mean spending money. Years ago, when my wife and I were broke, we did tons of stuff that didn't cost a dime. Picnics in the park or a pretty hike through the woods are great ways to spend time together while keeping the pocketbook in your pocket.

Be creative and make sure you find ways to have "us" time on a regular basis. But you're right on this one, Ashley. You can go out and have plenty of fun together without spending a lot of money!

- Dave

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Real Estate Out of State



By Ronnie McBrayer

There is a Zen parable about a man who surprised a sleeping tiger while walking through the jungle. The ferocious animal pursued the man, causing him to throw down his bag and walking stick, as he ran for his life. With the tiger tightly on his heels, the man came to a steep cliff. He saw a vine dangling over the edge, quickly grabbed it, and began shimmying down the vine just narrowly escaping the teeth of the tiger who now leered hungrily at him from the rim above. This put the traveler in a real predicament. He was high in the air with no place to go. The vicious tiger was overhead; jagged rocks were below; and he was clinging to a vine that was not nearly long enough to lower him to the ground. Then, as if things could not be direr, a mouse emerged from its den and began to nibble at the vine. At this precise moment the traveler saw a perfect, plump strawberry right there within arm’s reach, growing out of the face of the cliff. He picked it, ate it, and exclaimed, “Wow!!! That is the best strawberry I’ve ever tasted in my entire life!” The story ends there (leaving the man hanging in a lurch),

The Power of Now

but the lesson keeps going: If the man had been preoccupied with the rocks below (his possible future), or the tiger above (his past troubles), or the mouse chewing away at the vine (his vanishing present), he would have missed the strawberry within the present moment. He would have missed the joy of now. Now: There are few words with more potency but hardly a word more fallow or underutilized, because most of us do not live “in the now.” We don’t even aspire to live in the broader category of “today,” having trading the present for a regretful past or a fearful future, a trade that leaves no life left to live. Those of us who have fixed our eyes on the rearview mirror feel the days gone by slashing angrily at our heels with the unanswerable questions of regret. Where did my life go off the rails? How could I have made such terrible mistakes? What could I have done differently? Why hasn’t God (or my parents or my spouse or my employer) treated me fairly or at least as well as others? Such questions only end with inadequate replies, proving the axiom true: “There is no future in the past.” But there is no future in the future either; not a view of the future that is tainted with fear! Yet, countless people live their lives in a hypothetical time machine, always worrying and fretting over a distant yet to come that might never materialize. These future-fearing people fill

the air with their own questions, questions that usually begins with the words, “What if?” What if I lose my job? What if I am diagnosed with cancer? What if I run out of money? What if the economy collapses? Again, such questions can’t be answered. They can only rob the worriers of the time they have today. And of course there are those who are preoccupied with the future differently. They aren’t worried. They are enthused. They have schemes and plans for tomorrow, but tomorrow never comes. They say things like: “I’ll do it one day (whatever ‘it’ is). Life will be better next week...next month...next year...next decade. Eventually I’ll get around to it. In the end I will achieve my goals.” But in the end, the end comes far too soon, and all the best-laid plans never materialize. If we are engrossed with the snarling monsters of our past, obsessed with the fearful uncertainties of tomorrow, or spend our precious few days prepping for an ethereal future, this much is certain: We give away today; we miss the now. Right now might not be your greatest moment, but now is all you have. Give now all you have, and you might be surprised at the joy you will discover. *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.*

We Never Needed Arm Guards, We Had Mrs. Ammon

By Rev. James L. Snyder, D. Litt

The Gracious Mistress of the Parsonage and I were watching television listening to a news report and I simply broke out into laughter. “What are you laughing at?” my wife asked. “I’m just thinking of Mrs. Ammon. When I went to school we didn’t need any armed guards, we had Mrs. Ammon and nobody crossed her.” The news report went on to say how they were trying to put armed guards at every school in our country. I suppose that is a good idea, I do not know all the ins and outs of the politicalness of that report. Everything these days seems to have some kind of a political angle to it. Now that political angle is intruding itself into the public school system. This is all an attempt to protect our school children. I am all for that.

I was thinking, however, that when I was a youngster we did not need that sort of thing. We had Mrs. Ammon and her infamous hickory stick. Very few people remember a time when a teacher had, as one of her tools for education, a hickory stick and knew how to wield it, and wield it they did. Somebody may ask how I know about that. Very simply. I am the product of a teacher wielding the hickory stick. It is hard now to remember the occasion that called for the application of that hickory stick. Actually, there was more than one occasion calling for such teacher and student interaction. The old saying was that our teacher would apply the “Board of Education” to the “Seat of Learning.” Believe me when I say, I earned a degree in that. Somebody will say, “Things have changed.” I will agree that things have changed, but most things have

not changed for the better. Back in “the day” when I was a member of the public education system, the teachers were in charge. A basic rule in our house prevailed, “If you get a paddling in school, you get a paddling at home.” It was assumed the teacher was right. I distinctly remember my first interaction with my teacher in this regard. How can you forget such a thing? At that time, teachers were too busy to put up with any kind of fooling around in a classroom. Do not get me wrong, my teacher made it fun most of the time. For the ones who, like me, took it too far, she knew how to stop it dead in its tracks. “Mr. Snyder,” the teacher would say in a very stern tone of voice. “Is that you making all that noise?” I knew what was to follow. “Mr. Snyder, please go to the principal’s office and I will join you shortly.” Oh boy. Those familiar words bring back haunting memories of my visit to the principal’s office. You can be sure; Mrs. Ammon would not come into the principal’s office, spank you and then go back to her class. On some occasions, I would have preferred her to spank me and get it over with. The first thing she had to do was explain to me why what I did was wrong and disruptive to the class. Then, she had to explain to me how this paddling I was about the cat was going to hurt her more than it did me. For the life of me, I could never figure out where it hurt her more than it did me. I knew exactly where it hurt me and for the rest of the day it would be quite difficult for me to sit down in my chair. Not only did my posterior glow in pain, but the snickers of my fellow students were even worse. At the time of the application of the hickory stick, I really did

not like Mrs. Ammon. Looking back, I have a different perspective. I now know that she really had an interest in me as a person. She was trying to discipline me in ways in which I needed discipline from someone like her. Years later, I went back and visited my old teacher, Mrs. Ammon. I took to her some books I had written and published. She said she remembered me, I really do not know if she did or not. I had to do one thing and that was to thank her. “I want to thank you, Mrs. Ammon, for teaching me to read and to write.” Then I handed her my books. She seemed to be so very happy, but not as happy as I was. This teacher made a difference in my life that I did not realize until I was older. One thing Mrs. Ammon taught me was that I should not get away with anything. There is a moment of accountability everybody must face. Mrs. Ammon was making sure that I was facing up to the realities of life before I did too much damage to my life. It is sad that the politics have taken over our education system today. It is sad that we do not have any Mrs. Ammons with their hickory sticks. When I think of Mrs. Ammon I think of what Solomon writes, “He that spareth his rod hateth his son: but he that loveth him chasteneth him betimes” (Proverbs 13:24 KJV). It is my opinion that we need more Mrs. Ammons in our school classrooms and less, a lot less, politics.

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



By Marlys Norris, Christian Author

Prayer incorporates personal communication with the Almighty to help you walk in God’s perfect will for your life. It indicates sincere intent and surrender to be in His will while on your journey to walk with Him seeking His divine guidance. All things need circling prayer around them for God’s power to answer anyone’s prayers. Every decision one makes needs to be surrounded, covered and bathed in prayer before undertaking anything. It is a time when one can tell God everything! It isn’t that God doesn’t know it already — He wants to know that one desires His

Circle Life With Prayer!

presence in any situation. So, if a mountain (problem) needs to be removed God will do it and bring about the answer to prayer. Miracles do happen when God is in it! When the Son of God (Jesus) walked the earth, He continuously performed all kinds of miracles: from turning water into wine; raising the dead, healing the sick; removing demons from man and woman; feeding the hungry; walking on water; calming a storm; telling the fishermen where to find the fish; increasing bread to feed hundreds of people; teaching about the love, grace and mercy of God: prophesying about His own death and ultimate Resurrection. Then before His death on the Cross, Jesus spoke unbelievable words that should stir our faith and witness to others about Him when He said, “those who believe and follow me — would

be able to do what He did and even greater things.” Even, greater things?? Greater because His Holy Spirit resides within and enables those who believe. Oh God protect us from becoming prideful and egotistic — when you choose to use us to do those greater things. May we give all Glory and Honor only to you. We love you Lord and we appreciate ALL you have done for us. “And this is my prayer for you: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and blameless for that (glorious) day of Jesus (Christ’s return).” (Philippians 1:9-10) *Marlys Johnsen Norris Award Winning Christian Author Marlysjn@gmail.com First Book: God Moves Mountains, It was a Miracle*



By Karen Anderson

“STOP IT! Stop it right now!” *You are putting way too much pressure on yourself. Why do you feel if it is not perfect you have failed? You are not a failure, you are beautiful and successful in everything you put your mind, heart, and hands to.”* How many times have you put yourself down because your home or business projects, thoughts, what you say, writing, or anything you do doesn’t measure up to your standards? I hate to tell you this, but your standards are not as important as God’s. Stay focused on the fact that God sees you as precious. Measure your actions according to His Word and what He wants for you, not from your limited human perspective. Human perspective is flawed, and will leave you feeling useless and unworthy. First, I want you to ask yourself these questions: Do you believe God is who He says He is? Can God do what He says

You’re Not Perfect

He can do? Is God perfect? Did He create you? Your answer to all these questions had better be YES. If they are not, you and I need to talk. You are missing out on the most wonderful and meaningful relationship that you will ever have in your life here on earth. Now back to the questions... If you believe that God created you, how can you think less of yourself when things are not perfect? You just agreed that God is God, and there is no doubt about it. Can you see God’s work in your life? Do you think God breaks promises? He wouldn’t be much of a God if you couldn’t count on Him 100%. His Word says, “For since the creation of the world God’s invisible qualities—His eternal power and divine nature—have been clearly seen, being understood from what has been made, so that men are without excuse.” I want you to contemplate on this. Now answer this question: God made you unique, right? God has a purpose for your life. When you get upset with yourself, do you put yourself down, or even call yourself dumb or stupid? How dare you say anything like that! I personally believe when you do that you are sinning against God. He made you and as I said before, you are precious to Him. The Word says, “As you come to Him, the living Stone - rejected by men but

chosen by God and precious to Him.” You will never be perfect because the only one that is perfect is God. You will never measure up to Him. The blessing is that even though you and I can never measure up to God, we can have a very close and special relationship with Him. If you haven’t made that commitment by accepting the precious gift of His son’s life; it is time. Remember, Jesus took your place so that you could have an intimate relationship with His father, God. Instead of being upset that you are not perfect, get on your knees and thank God that He wants to be your Father and care for you. Every day, when I wake up, I am thankful for a day that God will walk with me hand-in-hand. He will walk with you too... JUST ASK. Now enjoy your life with Him, even in times of your imperfection. Remember, you are perfect through His son, Jesus Christ. Passage: Romans 1:20 1 Peter 2:4 *Karen Anderson is an accomplished speaker, author, and chaplain. Women’s Retreat planned for March 2014 at www.renewingyourspiritretreat.com. Receive a copy of her latest book, “Nikki’s Tail-Waggin’ Lessons.” Leave a message or questions for Karen through her website www.doablesteps.com/contact.*

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INFLAMMATION INQUIRY

Here’s a ‘did you know’ fact that floored me. Did you know that medical researchers have found that heart disease, diabetes, cancer, obesity, arthritis, depression, asthma, and even allergies have all been linked to elevated levels of inflammatory markers in the body? That’s the bad news I got from Dr. Aimee Shunney, Naturopathic Physician and health educator on my POPPOFF radio Show recently. But here’s the good news. Dr. Shunney says, “Chronic inflammation perpetuated by poor diet, sedentary lifestyle, and unrelenting stress, may be the single greatest threat to patient health.” But never fear, the good Doc says these issues can actually be fixed. Dr. Shunney revealed her five most effective recommendations for decreasing inflammation and moving towards optimal health:

1) *Eat a whole foods anti-inflammatory diet:* What we put in our mouths is the foundation of our health. When it comes to inflammation, an anti-inflammatory diet is essential. This includes

POPPOFF!

with Mary Jane Popp

removing foods like refined grains and sugar, and including foods like vegetables, legumes, and fish, and anti-inflammatory spices like garlic and ginger. It also includes identifying and eliminating food allergies and food sensitivities, best done with an elimination and challenge diet.

2) *Increase your activity level:* Having extra weight on us increases inflammatory markers in the body AND exercise releases anti-inflammatory chemicals in the body, making regular activity a win-win in the inflammation game.

3) *Get adequate sleep:* Sleep is the time when the body recovers from the day’s stressors. Those who report more sleep have better health overall. Some of our best sleep happens before midnight, so getting to be by ten or eleven pm is a great step towards optimal health. Adequate sleep also allows the body to handle stress better, which decreases inflammatory markers in the body.

4) *Include activities that calm down your stress response.* We do so much in our daily lives that keeps us in constant motion. Taking the time to slow down helps calm and balance our nervous system, thereby decreasing inflammation. These activities include yoga, tai chi, qi gong, meditation, prayer—ultimately, anything that gets you to a quieter place. Joy, gratitude, and optimism have also been shown to

benefit our health!

5) *Use anti-inflammatory supplements:* Scientific research has shown that the omega 3 fats from fish oil are highly anti-inflammatory due in part to their ability to slow down the body’s production of chemicals called prostanooids, which when produced in excess increase inflammation in various tissues and organs. Tumeric, ginger, garlic, rosemary, glucosamine, and quercetin are also known for their anti-inflammatory properties and can be taken in supplement form.

Are these all the answers? Probably not, but it’s a start with tools we have control over for the most part. There is, of course genetics and a myriad of other conditions, but if we can get a handle on some of the issues, it’s a good start. I know it’s so easy to throw out the big BUT, like, ‘but I have work to do’ ‘but I have a family to care for,’ but it’s so complicated.’ BUT, if you don’t start somewhere, you’ll get nowhere BUT sick! It’s one step at a time to good health! Check out Dr. Shunney’s website for more great info on inflammation and staying well the natural way at www.drshunney.com. Naturally, it’s the right thing to do!

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

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Rock man meets Mayor. Rancho Cordova Mayor Linda Budge (left) admires an alabaster bust carved by sculptor Max Stockinger. The piece was among works by 29 artists forming a City Hall exhibit. Photo by Susan Maxwell Skinner.

Rock Man Meets Mayor

By Susan Skinner

RANCHO CORDOVA, CA- (MPG) “I’m not one for bare walls,” said Rancho Cordova City Mayor Linda Budge. “So I’m loving this exhibition. It really brightens up City Hall.” Mayor Budge referred to a display of paintings, drawings, photographs and sculptures now enhancing Rancho Cordova’s civic headquarters. The exhibition’s name defines the content: “Faces” — more than 60 of them. Many-media portraits by 29 area artists give voice to the power of a pretty (or otherwise) face. The impact is colorful, amusing and thought-provoking — as are written comments from the artists themselves. Sculptor Max Stockinger’s alabaster bust of a man with pompadour is called “Yes Man.” Beside it, the creator defines self and inspiration: “I am, as are all of us, unique,” he writes. “I am inspired by being alive.”

Sponsored by the Cordova Community Council, “Faces” continues until June 15 in the City Hall. Address: 2729 prospect Park Drive. Anyone may visit during office hours. Admission is free. For information, call (916) 273 5704.

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ATTITUDE AND ACCOMPLISHMENT by Bryan Golden



“Man’s rise or fall, success or failure, happiness or unhappiness depends on his attitude, a man’s attitude will create the situation he imagines.” - James Allen

Attitude always precedes accomplishment. Also, attitude always precedes failure. So what’s the difference? Your mind doesn’t discriminate as to a positive or negative attitude. All your mind cares about is your attitude, whatever it may be. It’s your attitude that attracts what you think about and drives you to transform your thoughts to reality.

Some people say they will have a good attitude once circumstances get better. If this is how you think, you will be waiting a very long time because attitude is a cause, not a result.

There are those who try to accomplish something positive with a negative attitude. Although their goal may be admirable, their attitude makes it virtually impossible to make it happen. As a result, their attitude will suffer. They become disappointed and disheartened. Rather than resolving to redouble their efforts and continue, they can excuse giving up because they tried really hard but things just didn’t work out.

People will further justify a negative attitude with a variety of explanations. These may include “I’m not lucky,” “It’s not meant to be,” “It’s not for me,” “I really didn’t want it anyway,” “The odds were against me,” “I didn’t have enough support,” “I didn’t know what I was doing,” “It was too difficult,”

“I didn’t have enough money,” “I didn’t have enough time,” “I didn’t know the right people,” or “It isn’t that easy to succeed.”

It’s easy to come up with a multitude of reasons to rationalize failure. The specific reason is irrelevant. All excuses serve to feed a negative attitude. Instead, of putting your effort into formulating reasons to fail, why not conceive just one reason to succeed? One reason to succeed will energize your attitude, enabling you to overcome obstacles that would otherwise stop you.

Individuals who are successful believed they would succeed before they even started. They have a clear picture of their destination. To an outside observer, it may seem as if they have no chance of success. But in their mind, failure is not an option.

Conversely, someone who doesn’t believe success is possible will never achieve it, regardless of how hard they try. The reason is that their lack of belief programs their brain to prevent the achievements they desire.

Your accomplishments will always correspond to your mindset regardless of the effort you expend. Always maintain an awareness of your attitude. If you are frustrated with your progress, honestly examine your beliefs. Do you have an unconditional conviction that what you want is

possible? If you don’t, you must discover why, and then make any necessary mental adjustments, before success will be possible.

A lack of burning desire for what you want will have a negative impact on your attitude. Perhaps you have become frustrated by less success than you expected. Discouragement also diminishes your attitude.

The formula for attitude leading to success is simple. Start with a burning desire to attain your goals. Have a rock solid belief that you will succeed. Be willing to put in whatever effort is required. Don’t allow failure to be an option. Never, ever give up. Recharge your attitude regularly with positive input. Don’t listen to anyone who tries to discourage you.

Today is a great time to assess and tune-up your attitude. You can accomplish anything you want only when you truly believe you can. Since your attitude is completely within your control, you can set it to bring you all you really want.

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@columist.com or write him c/o this paper. ©2008 Bryan Golden.

The Screwtape Letters Returns to Region



Brent Harris stars as “Screwtape” in the SCREWTAPE LETTERS. Photo courtesy of Scott Suchman.

SACRAMENTO REGION, CA – (MPG) THE SCREWTAPE LETTERS, the provocative and wickedly funny theatrical adaptation of the C.S. Lewis novel about spiritual warfare from a demon’s point of view, will return to Sacramento for two performances only, after selling out in March of 2012. The limited engagement will run at the Sacramento Community Center Theater, 1301 L Street in Sacramento, Saturday, May 4 at 4 p.m. and 8 p.m.

The National Tour of THE SCREWTAPE LETTERS kicked off after a hit nine-month run at the Westside Theatre in New York City. Prior to that, THE SCREWTAPE LETTERS was a sold out hit in Chicago and Washington D. C. where it ran for a combined eight months.

Presented by Fellowship for the Performing Arts, THE SCREWTAPE LETTERS is produced and directed by award-winning actor Max McLean who created the role in New York.

Associated Press calls THE SCREWTAPE LETTERS “Devilishly funny!” “Sly, funny, handsomely produced...the devil is an equal-opportunity entertainer!” says The Washington Post. “This is a show...if you’ll pardon the expression—without sin. Lewis plays the English language like a fine tuned instrument!” exclaims DCist.com. The Boston Globe raves that it is “Engrossing and entertaining!” and The Chicago Tribune says THE SCREWTAPE LETTERS is “Very smart...richly rewarding...exuberant theatricality!”

THE SCREWTAPE LETTERS creates a topsy-turvy morally inverted universe set in an eerily stylish office in hell, where God is called the “Enemy” and the devil is referred to as “Our Father below.” The play follows His Abysmal Sublimity Screwtape, Satan’s top psychiatrist (due to his profound understanding of human nature), and his slavish creature-demon Toadpipe, as they train an apprentice demon, Wormwood, on how to ruin the life and damn the soul of an unsuspecting human on earth.

Screwtape is portrayed by award winning actor Brent Harris, who played Scar in the National Tour of The Lion King, Lucifer in Dr. Faustus, Iago in Othello, Salieri in Amadeus, Olivier in Orson’s Shadow, Atticus Finch in To Kill a Mockingbird, and the title role in Macbeth. He is regularly seen in many of America’s great theatre companies such as American Repertory Theatre, Seattle Rep, Denver Center Theatre, Oregon Shakespeare, and D.C.’s Shakespeare Theatre Company.

Along with The Chronicles of Narnia (including The Lion, The Witch and The Wardrobe), The Great Divorce and Mere Christianity, THE SCREWTAPE LETTERS is still one of Lewis’ most popular and influential works. The book’s piercing insight into human nature and the lucid and humorous way Lewis makes his readers squirm in self-recognition made it an immediate success. When first published in 1942 it brought worldwide fame to this little-known Oxford don

including the cover of Time Magazine.

The idea for Screwtape first came to Lewis after listening to Hitler’s Reichstag Speech on July 19, 1940, while it was simultaneously translated on BBC Radio. Lewis wrote “I don’t know if I’m weaker than other people, but it is a positive revelation to me how while the speech lasts it is impossible not to waver just a little... Statements which I know to be untrue all but convince me...if only the man says them unflinchingly.”

Lewis dedicated it to his close friend J. R. R. Tolkien who had expressed to Lewis that delving too deeply into the craft of evil would have consequences. Lewis admitted as much when he wrote “Though I had never written anything more easily, I never wrote with less enjoyment . . . though it was easy to twist one’s mind into the diabolical attitude, it was not fun, or not for long. The work into which I had to project myself while I spoke through Screwtape was all dust, grit, thirst, and itch. Every trace of beauty, freshness, and geniality had to be excluded.”

THE SCREWTAPE LETTERS is produced by New York City based Fellowship for the Performing Arts. Max McLean serves as the Producing Artistic Director. McLean, along with Jeffrey Fiske, wrote and directed the theatrical adaptation. Executive Producer and General Manager is Ken Denison of Aruba Productions. Scenic Design is by Cameron Anderson, Costumes by Michael Bevins, Lighting Design by Jesse Klug, and Original Music and Sound Design by John Gromada.

The performance schedule for THE SCREWTAPE LETTERS is Saturday, May 4 at 4 p.m. and 8 p.m. Tickets are \$39 - \$59. There are a limited number of student seats for \$25 (student ID required). For groups of 10 or more (including student groups) call 866.476.8707.

To purchase tickets, visit www.ScrewtapeonStage.com, call 916.808.5181 during regular business hours or 800.225.2277 after hours, or visit the Community Center Theater Box Office, 1301 L Street, Monday through Saturday 10am-6pm, and 60 minutes prior to performance start time.



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FAIR OAKS CEMETERY MEMORIAL DAY AND AVENUE OF FLAGS CEREMONY

The Fair Oaks Cemetery District and the Memorial Day Ceremony Committee are finalizing plans for one of the most popular and inspiring Memorial Day ceremonies in the area.

The Fifteenth Annual Memorial Day and Avenue of Flags Ceremony will be held Saturday, May 25, at the Fair Oaks Cemetery, located at 7780 Olive Street, Fair Oaks. The formal ceremonies start at 10 AM.




This year's theme is to honor "Our National Cemeteries", with the emphasis on Hawaii's Punch Bowl. The Punch Bowl is a cemetery located in Honolulu, Hawaii that serves as a memorial to those men and women who served in the U.S. Armed Forces.

Dedicated on Sept 2, 1949, approximately 53,000 WWI, WWII, Korea, Vietnam veterans and their dependents have been interred. It is administered by the National Cemetery Administration of the U.S. Department of the Veteran Affairs and is listed on the National Register of Historic Places.

The Fair Oaks Cemetery will be decorated with hundreds of flags lining its roadways as "The Avenue of Flags." They will be adding more names to the Veterans Memorial Wall. The Honored Main speaker will be Allen Hearl, Retired Navy Chaplin.

A formal Color Guard and Rifle Salute Team will provide military honors and assist with the laying of the wreath at the memorial in honor of over seventeen hundred veterans who are buried in the cemetery.

Chairman of the Fair Oaks Cemetery District Memorial Day Committee, Tom Askins will be the Master of Ceremonies. The musical program will be provided by the American Veterans Band, conducted by Warren "Bud" Turner.



Harley's Lucky Day

Arden Playhouse

"Can Things Get Any Worse?" Harley Asks. *The Answer is Yes, in Harley's Lucky Day*

Harley's Lucky Day by Michael Messmer Directed by Blake Flores



Art (Andy Anthony, right) is warned by Julie (Keri Long) about where he put his hands in the conga line led by Sharon (Vanessa Voetsch) with Harley (Scott Plotkin) and Crazy Maggie (Patty Thiel) following in the Arden Playhouse production of HARLEY'S LUCKY DAY. Photo Courtesy of Arden Playhouse. Photographer Michael Messmer.

Harley is a brilliant accountant who has been trying to work out his life on a balance sheet. On the negative side he was fired many years ago because he reported some accounting irregularities. He was a whistle-blower. Turned out hardly anyone wants to hire someone like that. When he couldn't get a job his wife divorced him. Some brilliant accounting software, he designed, was stolen by a company. He's broke. Most of his furniture has been repossessed. He thinks his girlfriend left him. He bought a gun but couldn't afford the bullets. It is one negative after another, on the balance sheet of life.

And then Crazy Maggie breaks in to his house. She just escaped from the state mental hospital where she was being kept because she killed any man who found her attractive. First thing she asks Harley when she sees him, while pointing a gun at him, is "Do you think I'm attractive?" Can things get any worse?

An attempt by his girlfriend to get his mind off his problems with a little romance flops. A scheme planned by his best friend, Art, goes wildly wrong. And Maggie takes everyone hostage. It looks like things are going from bad to worse.

And yet, this turns out to be a great day as a wild series of events, the wacky wisdom of a crazy woman, the care and concern of a girlfriend and friends all help Harley to stop thinking about himself and his problems long enough to find a little joy in life. And one final, unexpected prize...truly makes this HARLEY'S LUCKY DAY.

8PM Fridays and Saturdays—April 19, 20, 26, 27, May 3, 4, 10, * 17, 18, 24 & 25.

Sunday Matinees 2pm.—April 28, May * 12, & 19. *Note: there are no performances on 5/5 and 5/11.

All tickets are \$15 with a reservation and \$18.00 at the door. (Cash or check only.) Tickets may be reserved by calling (916) 332-2582.

Arden Playhouse is located at 5640 Roseville Road, Suite D, Sacramento, and seats 150.

Arden Playhouse is a community theater dedicated to continuing its tradition of presenting entertainment in a casual setting.

For more information about Harley's Lucky Day or to find out about our group discounts, call the theater office at 332-2582, email admin@ardenplayhouse.com, arden@ardenplayhouse.com, or check the website ardenplayhouse.com.



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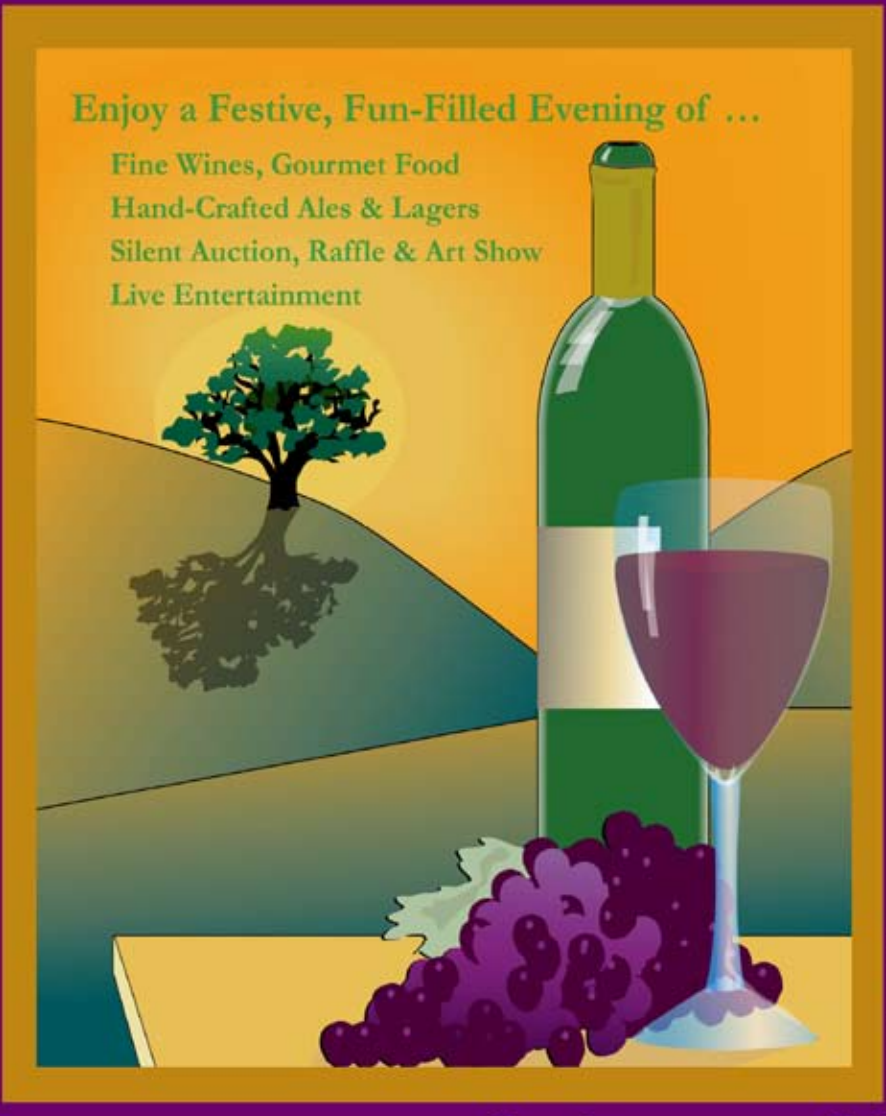


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Women’s Empowerment Graduates 26 Formerly Homeless Women from Job-Readiness Program

First Class to Graduate from New Facility



Graduates of Women’s Empowerment’s Session 50 cheer and listen to a fellow graduate share her story last week. Women’s Empowerment offers the only comprehensive job-readiness program in the area designed specifically for women who are homeless.

SACRAMENTO REGION, CA – (MPG) More than 200 community members witnessed 26 women who were homeless two months ago graduate from the Women’s Empowerment job-readiness program last week, most of them with homes and jobs. Session 50 was the first to complete classes at the nonprofit’s new, expanded facility on North A Street.

“These women were in some of the darkest times of their lives when they walked through our doors,” said Lisa Culp, executive director. “But they faced their fears and pain together, creating a support system that will not break. With that strength in place, they developed solid job skills and are either employed or well on their way to securing

a job or enrolling in school.”

The graduates’ mentors and families attended the graduation where each graduate shared her story and future plans through poetry and speeches centered around the theme, “New and Different With Eyes Wide Open.”

“When I came to this program, I needed just one person to believe in me,” said Debbie Tulysewski, graduate. “Now I know – that person is me.”

Each woman received a new, donated handbag filled with a day planner and other items designed to help her succeed. The bags and reception were sponsored by Zonta Club of Greater Sacramento.

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 1,036 homeless women and their more than 2,000 children. Last year, 89 percent of graduates found homes and 78 percent found jobs or enrolled in school or training. 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



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

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

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


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

BusinessCoach.com was founded in 1989 and headquartered in

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

Gary Henson, Expert Business Coach and Master Trainer

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





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

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


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

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







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



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