



## “How Complicated Can it be?” Amanda Asks.

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# AMERICAN RIVER MESSENGER

Volume 8 • Issue 5

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

First Edition for March 2013

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## Decades of Flooding



Problems started early. January 10, 1995: View of 8500 Pershing Avenue, Fair Oaks, at Kenneth, Southwest Corner looking West. Photo Credit: Roberta Myers.

By Roberta L. Barth

FAIR OAKS, CA (MPG) As residents along South Fork Arcade Creek cope with flooding, a solution unable to initiate, sits inside Sacramento County offices because of a series of complicated issues that have persisted for 15 years.

The solution is a 13-million-gallon-detention basin slated for the Fair Oaks-based Gum Ranch at Kenneth and Madison avenues. If built, that basin would dramatically reduce flooding in areas that FEMA has designated flood zones along the creek, according to Mike Johnson, principal

engineer, Sacramento County Water Resources Department, who works on the county's general plan.

"Land, the size of Gum Ranch, typically absorbs an average of 2.8 million gallons of water for every inch of rainfall," Johnson said. "A detention basin is necessary to mitigate the run off that will happen when the ranch because a housing subdivision of impermeable surfaces, such as roofs and pavements causing rain to drain into the creek adding roughly 2 million more gallons of water into the creek for every inch of rainfall. But construction hasn't happened on Gum Ranch

so no basin yet."

The complications began in the late 1990s when opposition to the Gum Ranch development prolonged the planning-approval process for nearly a decade. In September 2006, the county board of supervisors approved the tentative Gum Ranch Subdivision Map, and then nothing happened. No building permits have ever been filed.

That could be because the property owners, Irving Gum and his wife, Claudia Gum, are purportedly leaving the farm to a nonprofit organization noted for its philanthropy projects. The Gums declined to comment.

"I don't want to think about any of this stuff anymore," Irving Gum said. "Between politicians, difficult residents fighting everything, and real estate people, I've been miserable!"

#### Who'll Stop the Rain?

The county's proverbial back is against the wall.

Currently, some 26-square miles of water drain into the South Fork Arcade Creek, and the flood season ranges from Nov. 1 through April 14, according to FEMA and the California-based Central Valley Flood Control Agency.

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### Rancho Cordova Employees Sponsor Annual Scholarship

RANCHO CORDOVA, CA – (MPG) Graduating high school seniors from the City of Rancho Cordova are invited to apply for the \$500 Community Pride scholarship that is funded and awarded annually by Rancho Cordova City employees.

Applications are available at the Rancho Cordova City Hall, 2729 Prospect Park Drive; the Neighborhood Services Center, 2880 Gold Tailings Court; and online at [www.cityofranchocordova.org](http://www.cityofranchocordova.org).

Applicants must have a minimum 3.0 grade point average and reside in Rancho Cordova. Other requirements include writing a 700-word essay about their student and community activities and their academic plans. Completed applications must be postmarked or delivered to the Rancho Cordova City Hall by 5 p.m. on Friday, April 5th. Entries will be judged by a panel of City employees and the winner will be announced at the end of April. The scholarship was established in 2009 to show City employees' support of youth and education in the Rancho Cordova community.

"Honoring a graduating senior is our special way to recognize and support City youth and education," said Lisa Brown of the City's Human Resources Department and a member of the Employees' Advisory Team that coordinates the scholarship. "We want to reward young people who have demonstrated attributes of good citizenship in our community by helping them achieve their higher education goals."

Last year's scholarship winner was Justin Wallace, who is now attending Loyola University in New Orleans. For more information about the scholarship, please call (916) 851-8740.

*Source: City of Rancho Cordova*

## County Fair Becomes Self-Supporting

SACRAMENTO REGION, CA- (MPG) When Pamela Fyock became chief executive officer of the Sacramento's County Fair last year, she said her goal for the 2012 event was to make the event self-supporting.

Not only did the 2012 Fair become self-supporting after losing State funding in 2011, but attendance shot up by 40 percent, surpassing all previous records in its 77-year history. Eighty eight thousand people attended the 2012 Memorial Day Weekend Fair.

According to Fyock, the annual County Fair is drawing increased attention across the region as progress is being made to make the event more relevant to today's urban children and families.

"In 1939, when the Sacramento County Fair first opened, FDR had just been reelected to his second term, the average California family income was about \$1255 a year and McClellan Air Force Base had just opened. It was absolutely critical that we re-think

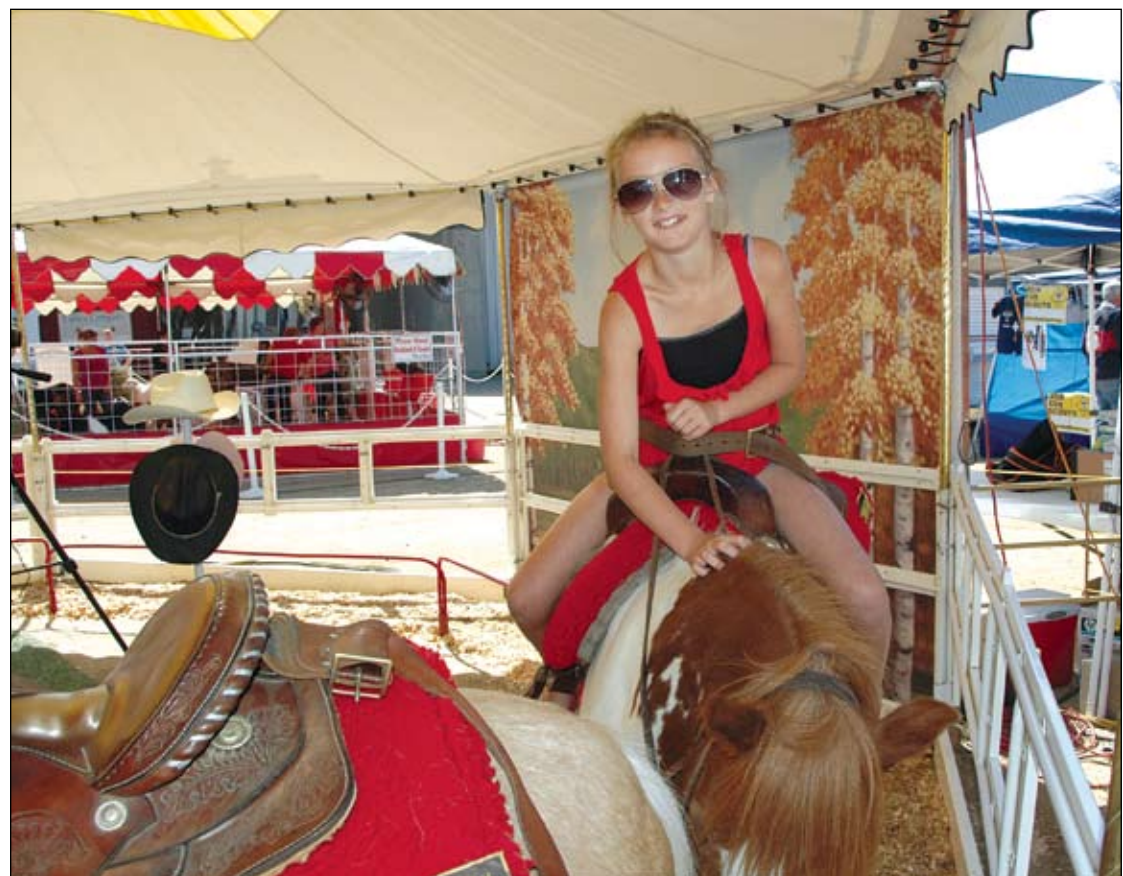
how we could integrate fresh, relevant educational exhibits about the region's agricultural history into the fair's attractions," said Fyock.

According to Fyock, one example of the progress being made in this arena is the County Fair's "Farm Garden in a Wheelbarrow" program. "There's no better time and no better place to educate children about the 'Farm to Fork' agricultural movement than in the formative years in grades Pre-K through 6," she said.

This project gives students in Sacramento County public, private and home school classrooms a cost-free opportunity to compete for prizes by planting, maintaining, and harvesting their own garden.

There's not even a need for a plot of land to enter this year's competition. Students and teachers can get all the supplies they need, including soil, a wheelbarrow, seeds and even

*Continued on Page 11*



Memorial Day magnet event for region's students, [parents and visitors] . Photo provided by Sacramento County Fair



# Fair Oaks Library Unveils New Families and Books Center on March 30

The Sacramento Public Library will host a community celebration of the new Families and Books Center, 12 noon, Saturday, March 30, at its Fair Oaks branch, 11601 Fair Oaks Boulevard, Fair Oaks.

The library branch's children's room will become the new Families and Books Center. The renovated area will feature a colorful play space, more room for young kids to

explore age-appropriate books, child-friendly book bins, and iPads with supportive literacy applications.

The March 30 family activities will include:

- 12 noon to 1 pm: Celebration cake cutting, light refreshments and an appearance by the Happily Ever Laughter Faeries.
- 1 p.m. to 1:30 pm: Musical performance by Mr. Cooper

- 1:30 p.m. to 2:30 p.m.: Children's craft activities provided by Resource Area for Teaching

The renovation is made possible through the generous support of the Rotary Club of Fair Oaks and the Friends of Fair Oaks Library. For details, telephone the Sacramento Public Library at (916) 264-2920 or visit [www.saclibrary.org](http://www.saclibrary.org).

# Governor Brown Releases 2012 Judicial Appointment Data

SACRAMENTO, CA – Governor Edmund G. Brown Jr. today released applicant and appointee data for the administration's judicial appointments.

Since Governor Brown took office, there have been a total of 1,168 applicants for judicial appointments and 90 appointments. Women accounted for about one-third of the applicant pool and more than 34% of Governor Brown's judicial appointees. Approximately 34% of the applicant pool identified themselves as American Indian or Alaska Native; Asian; Black or African-American; Hispanic; Native Hawaiian or Other Pacific Islander; or Other/Unknown and 37% of Governor Brown's appointees were from these groups in his first two years in office.

Like 2011, Governor Brown's 2012 judicial appointees included a number of notable firsts:



Governor Jerry Brown

- Halim Dhanidina, the first American-Muslim judge ever appointed in California
- Jim Humes, the first openly gay justice to serve on the California Court of Appeal
- Miguel Marquez, the first Latino justice to serve on the Sixth District Court of Appeal
- Rosendo Peña, the first Latino justice to serve on the

Fifth District Court of Appeal

- Chris Doehle, the first female judge to serve on the Del Norte County Superior Court
- Kimberly Colwell, the first openly lesbian judge to be appointed to the Alameda County Superior Court
- Mark Andrew Talamantes, the first Latino judge to serve on the Marin County Superior Court

This is also the first time in the state's history that a Latino/a is serving on all six Courts of Appeal in California.

Under SB 56 and SB 182, the Governor is required to disclose aggregate statewide demographic data provided by all judicial appointees by March 1.

Source: The Office of Governor Edmund G. Brown

# Quick Salvage Operations Save Home

SACRAMENTO, CA – Around 3am Metro Fire crews were dispatched to a reported structure fire with visible smoke and flames in the 7400 block of Santa Susana Way in Fair Oaks.

Metro fire Crews quickly arrived on scene to find flames from the roof. Immediately, Crews initiated an aggressive coordinated fire attack, including ventilation, search and eventually salvage and overhaul operations to minimize damage and effectively contain the fire to the attic space.

Twenty-four Metro firefighters

were involved in effectively stopping the lateral spread of this fire and ensuring no victims were trapped or lost in the structure. The quick response and coordinated efforts of the twenty-four Metro firefighters on scene resulted in approximately \$170,000 of property damage that was averted due to

initiating early salvage operations.

At the time of this release, no firefighters or civilians were injured and the cause of the fire is listed as undetermined.

Metro fire thanks those citizens that report signs of structure fires, further helping us maximize our resources better for the service of our communities.

For more information, check out [www.metrofire.ca.gov](http://www.metrofire.ca.gov) and sign up for our E-newsletter.

Source: Sacramento Metropolitan Fire District



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# ARC Professor Wins Award from Regional Business Education Association

SACRAMENTO REGION, CA – (MPG) American River College (ARC) Business Technology Professor Roietta Fulgham has received the Outstanding Postsecondary Business Educator Award from the Western Business Education Association (WBEA), recognizing excellence in her work.

Ms. Fulgham is a professor and co-department chair at ARC in the Business Technology Department. She is a certified business educator (CBE) and a certified administrative professional (CAP). She received her B.S. and M.S. degrees at Utah State University in Logan, UT. She has been a volunteer with the NAACP both in Utah and California and is an active member of Delta Sigma Theta Sorority, Inc. She also served



Professor Roietta Fulgham

as president of WBEA from 2011-2012.

This past November, Roietta was awarded the Outstanding

Business Educator award for the state of California. She has been teaching business subjects at the postsecondary level since 1971. WBEA is the western region of the National Business Education Association (NBEA). WBEA represents professionals involved in education for and about business, marketing, and related information technologies at all levels of education in public and private institutions.

Ms. Fulgham received her award at the WBEA Conference Feb. 17 in Ogden, Utah.

Founded in 1955, American River College is the largest institution of higher learning in the greater Sacramento area and a college of the Los Rios Community College District. For more information visit: [arc.losrios.edu](http://arc.losrios.edu)

Source: ARC News



Carol with her Dad James Rogers



*Here it is Spring again* and a new gardening season is starting. The days are getting longer and the weather is warmer. Well maybe. Early Spring can be cold, depending.

For a lot of people gardening can be a chore like cleaning the bathroom or washing the walls. For real gardeners, nature lovers, or people that live in the real world, gardening is a joy, an artistic endeavor and a way to connect to the living world.

I am a long time teacher of the way gardening can be fun. I have spent the last fifty years teaching people in nurseries, giving seminars and doing garden design for people. This column is dedicated to showing you how to have success gardening and learn to enjoy it.

Sacramento is blessed with one of the best gardening climates in the country. Yes, I know about Hawaii, Florida and San Diego but I also know about Nevada, North Dakota and New York. We are blessed!

Going outside now you should

see things starting to grow and bloom. If you are lucky there are some bulbs starting to break through the ground in your garden, maybe even blooming. Some of the camellias are starting to open. A few of the deciduous trees and shrubs are starting to stir. If your garden doesn't have anything happening now it should. It's too late to plant early spring bulbs now, but you have a calendar right? Mark down next October and get yourself down to the nursery and look for bulbs.

I am not a big fan of the traditional large daffodils and tulips because they tend have a life span of just a few years and then they dwindle. I prefer to plant some of the small flowered species Tulips, small flowered Narcissus (Daffodils) and a host of other naturalizing bulbs. These will last years and always surprise you when they come up!

Moving on to what you can do now. For me the least enjoyable task is weed control. The trick to

long term weed control is preventing weeds from seeding. If you are open to chemical weed control, kill the existing weeds, if not hoe them down and clean up. Immediately, put a two inch mulch of Mini or Micro Bark over the ground. No – two inch mulch is not a misprint. This will dramatically reduce the seedling weed invasion, and keeping the rest of the weeds OUT will be much easier. Remember, DO NOT allow weeds to seed.

This one project will simplify the rest of the gardening year. In my garden I mulch ALL the planting areas and renew every three to four years.

Next time I will be talking about how to make your garden interesting year round.

*Happy gardening,*  
*Jungle Jim*  
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# Fair Oaks Community Update

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.

## March Community Coffee Meeting

I will be holding another community coffee meeting this month on Wednesday, March 16, at 7:30 am at our regular meeting spot, Dianda's Italian Bakery and Café in old Fair Oaks Village. The featured speaker will be Lori Moss, the director of Sacramento County's Community Development Department that oversees planning and environmental review, code enforcement, county engineering plus building permits and inspection. The next meeting will be on May 15 at Dianda's and my guest that morning will be Sheriff Scott Jones. The 2013 meeting schedule is published on my webpage at [bos.saccounty.net](http://bos.saccounty.net).



County Supervisor  
Susan Peters

## Learn about the Criminal Justice System

Applications are now being accepted for the 2013 Citizens Academy, a 10-week course designed to provide an overview of the criminal justice system. The program is sponsored by District Attorney Jan Scully and supported by Sheriff Scott Jones along with the Sacramento Police Department.

The academy runs from April 9 through June 11 and involves weekly evening classes at the Sacramento Police Department

Headquarters plus field trips. Participants must be at least 18 years old and either live or work in Sacramento County. The deadline to submit an application is March 19.

For more information visit [sacda.org](http://sacda.org) or contact Cecile Velasco at 874-7428 or via email at [velascoc@sada.org](mailto:velascoc@sada.org).

## Visiting with Neighbors

On Wednesday, March 13, I will be in Fair Oaks attending the annual meeting of the Curragh Downs Homeowners Association that evening. If you have a Facebook account please check out my Facebook fan page and I invite you to like my page so you can be notified of my postings. I put information on my fan page periodically about district events, meeting and activities. The page can be found by searching for Supervisor Susan Peters within the Facebook site.

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at [susanpeters@saccounty.net](mailto:susanpeters@saccounty.net).



By Pastor Ray Dare

Easter is the greatest event that has ever been recorded. It is the most celebrated event in history. This year over a billion people around the world will celebrate Easter. The resurrection of Jesus Christ is more than just a nice idea – it's a historical fact. When Jesus rose from the dead, it was big news. The entire city knew about it and eventually the entire world would know. You may think, "Big deal...that happened two thousand ago...what does it mean to me today?"

**Easter means God keeps His promises.** Jesus made some outrageous and amazing statements while He was on earth. He said things like, "I am God...I am the savior of the world...I am the way the truth and the life...no one gets to heaven except through me." (See John 14:6) But then He said something else, He said, "I'm going to prove it." He said, "They're going to kill me, but in three days I'm going to come back to life." (see Mark 8:31) That's exactly what He did! God keeps His promises

# The Meaning of Easter

and He will keep the promises He's made to YOU. You can rely on Him.

**Easter means God is in control.** The religious leaders of the day thought they had done away with Jesus. But they forgot that God knows how to turn crucifixions into resurrections. Let me ask you: What needs to be resurrected in your life? What have you been worried about? Your finances? A relationship? Your health? A job? Your home? Whatever seems out of your control, turn it over to God, because it's not out of His control. If God can raise Jesus Christ from the dead, He can do anything in your life.

**Easter means God loves you.** You may think, "You don't know the type of person I've been." Your right, but God does. He knows everything that you've ever done and He still loves you. You may have known Him in the past and have turned your back on Him, but He still loves you. The Bible says, "God was using Christ to restore His relationship with humanity. He didn't hold people's faults against them." 2 Corinthians 5:19 God says, "I don't hold your faults against you." That means God wants a relationship with you. That's what Christianity is all about, a relationship with God, not a religion.

You're not reading this by accident. No, God knew before you were born that you would

be here in this moment. He planned to get your attention for just a few seconds so he could say this to you: "I've seen every hurt in your life, and I've never stopped loving you. You matter to me. I love you more than you will ever know. I made you to love you, and I've been waiting for you to love me back."

God wants a relationship with you. It doesn't matter what your background is. You may have a Catholic background, or some type of Protestant, or maybe you have no background of religion. It really doesn't matter, because God's not into religion, God's into relationships. He wants a relationship with you.

I would like to personally invite to be my guest this Easter Sunday at New Beginnings Church. We have two services to choose from: 9:30am and 11:00am. After our 11:00am service, will be having a huge Easter Egg Hunt for all the children. There will be food, fun and games. For more information call (916) 992-1997 or visit our website at [www.newchurchcomingsoon.org](http://www.newchurchcomingsoon.org).

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*Mike Webb is Founder of K.A.S.T.  
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57	58	59	60					61				62	63
65						66	67			68			
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72						73				74			

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CLUES

ACROSS

1. Squirrel away  
6. Young newt  
9. They put the bitter in beer  
13. Jousting pole  
14. Tap choice  
15. Bone-chilling  
16. Cast member  
17. Greater than the whole?  
18. Dismal  
19. \*Cotton gin inventor  
21. Do this for a waltz, e.g.  
23. \* \_\_\_ Isaac Newton  
24. Shirts on their backs, e.g.  
25. Farmer's \_\_\_  
28. Turkish honorific  
30. Lots  
35. Brother of Jacob  
37. Uh-oh  
39. Poet's "below"  
40. Slash mark  
41. Fine-tune  
43. A fit of shivering  
44. Sarong  
46. Therefore  
47. Connecting point  
48. Acquiesce

50. \* \_\_\_ Tupper, inventor of Tupperware  
52. Actor's domain  
53. "Null and \_\_\_"  
55. Payment for an eye  
57. \*Corn Flakes inventor  
61. \*Motorcycle inventor  
65. Eskimo boat  
66. a.k.a sodium hydroxide  
68. Pleasant Island  
69. Electron tube  
70. Goon  
71. Barry Bonds formerly was one  
72. Large pots  
73. Choose instead  
74. Wintery mix

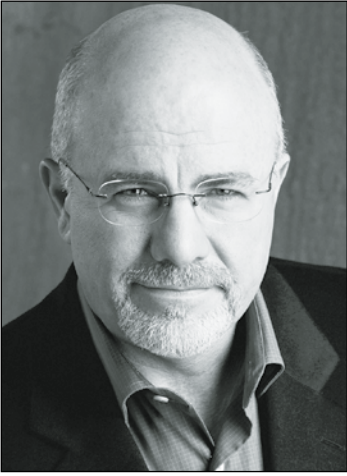
DOWN

1. Deli side  
2. Dash gauge  
3. Opposed to  
4. \*Alexander Graham Bell and John Boyd Dunlop  
5. Possible consequence of heavy lifting

6. No problem  
7. Common winter bug  
8. Time in Italian  
9. German title  
10. Cream-filled treat  
11. "La Vie en rose" singer  
12. Owned by the lord  
15. \*He saw the light  
20. Cereal killer  
22. Often preceded by a time period  
24. Gradually diminished  
25. \*Namesake of electric car maker  
26. Singular form of "asci"  
27. Indian cuisine staple, pl.  
29. \*Sewing machine inventor  
31. \* \_\_\_ Kamen, inventor of the Segway  
32. Chief port of Nigeria  
33. Short composition for solo instrument  
34. \_\_\_ music  
36. Instinctive motive  
38. It's a long story  
42. Land of "Gangnam Style"  
45. Conjure up

49. Clothe  
51. Pinocchio's fabrications  
54. Inuit shelter  
56. Modern letter  
57. Spiral-horned African antelope  
58. Arabic for commander  
59. He gets bigger share?  
60. Boys  
61. Adroit  
62. Molokai party  
63. Sea eagles  
64. \* \_\_\_ Handler, Barbie doll inventor  
67. Small dog's bark

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.

In-laws and Out of Debt

Dear Dave,  
I'm 27 and married, and we have two kids. I make \$90,000 a year, but we have \$80,000 in consumer debt—\$48,000 of which is in car loans. The rest is credit card debt. My wife's parents have offered to let us move in with them so we can get out of debt faster. Do you think this is a good idea  
- Kevin

Dear Kevin,  
If I were in your situation, I would *not* move in with the in-laws. You've got an absurd amount of money wrapped up in those cars. I'd sell the stupid things, start living on a budget and paying down debt, and keep my dignity.  
In my mind there are only two scenarios where you'd even consider taking the in-laws up on their offer. One is where they're absolutely wonderful people and you have a great, non-toxic relationship with them, where everyone involved knows their boundaries. Even then, I'd only consider this if it were for a very short, agreed-upon amount of time.  
The second scenario would be if moving in with the in-laws were the only way to accomplish your goal. And you don't pass

Dave Says

that test. You guys can get out of debt pretty quickly if you'll just lose these ridiculous cars! Think about it. If you had two little paid-for beaters, your lives would be so much different. You could even save a little money on the side while you were paying down debt and buy a better car as soon as the debt was gone.

If you can't tell, I'm pretty big on maintaining dignity. You might love your cars so much that you're unwilling to make the sacrifice. Not me. The money going into your automobiles is insane, and that's your biggest problem  
- Dave

**Dave's Thoughts on HARP**

Dear Dave,  
What do you think about the HARP program, and what exactly is it?  
- Ivy

Dear Ivy,  
The Home Affordable Refinance Program is designed for people who have made their payments on time but are underwater on their mortgages. Being

"underwater" means they owe more on their homes than the homes are worth. So basically it gives them the opportunity to refinance their home loans.

The HARP program is the only part of the Making Home Affordable program that actually worked. And to be honest, it has worked well. In contrast, the recent Home Loan Modification program is a piece of junk and all about political posturing. About 93 percent of the people who applied for a home loan modification didn't get one. It was just another case of the government pretending to do something.

I'd advise looking into the HARP program if you've got a good credit history and you're underwater on your current home. Lots of HARP program applications are being approved, and the deals are closing. That's what really matters when you find yourself in a situation like this.  
- Dave

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

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

Come back every week for Sudoku!

For Solution See Page 7.

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5	4	1	2	7	3	6	8	9
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Sudoku Puzzle on Page 6

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By Ronnie McBrayer

It “God said it, I believe it, and that settles it.” This slogan is one of today’s all too common bumper sticker defenses of the Bible. The phrase is sometimes amended to read, “God said it... and that settles it,” to reflect that personal belief is inconsequential in the matter.

Proponents of this view caricature the Bible as a divinely dictated book of statutes whose truth is crystal clear to anyone who has sense enough to simply read. Of course they fail to clarify that what they call the “truth” is their view of the truth, shaped by their unique set of circumstances, experiences, and presuppositions.

I often encounter fervent, sincere, Bible-believing people who say things like, “We need more of the Bible around here.” I don’t disagree, but the sense I get is that what some people really want are for their interpretations of the Bible to be upheld, validated, and shouted at everyone else in the room.

They want the preacher to hit all the hot buttons on all the hot issues – and hit these buttons with some zing – so that they can shout “Hallelujah, we are right and everybody else is wrong!” Then they can continue with business as usual, celebrating their own spiritual beauty and criticizing the ugliness of those with whom they disagree.

# God Said It... And That Unsettles It

Thus, “believing the Bible” can create hard-hearted, judgmental, graceless religionists who patrol society with their personalized weapons of rigidity and arrogance. In such cases, both belief and the Bible have been misappropriated. Christians can become “settled” for sure, but are simultaneously nothing like their namesake, Jesus Christ.

I think there is a more principled approach to dealing with the Scriptures (even if my suggestion is shaped by my own unique set of assumptions): What if we begin to read the Bible descriptively rather than just prescriptively? That is, what if the Bible describes the human search for the Holy – and the Holy’s interaction with the human – rather than simply prescribing religious behavior?

Such a change would allow us to be set free from stagnant dogma that “settles it,” and instead put us on a journey of faithful exploration. We could then read the Scriptures, not to confirm our righteousness and others’ wrongness, but looking for clues to how we can better know God.

After all, that’s what I believe the Bible is all about: God spoke through the lives, experiences, and writing of those who went before us, so we could know him. And he is best known in the person of Jesus. Everything before Jesus is prelude, everything we read about him is gospel, and everything we read after him is reflection.

So we can see that the goal of the Scriptures is not to give us

ideas about religion; not to help us form sharper or better doctrinal statements; or to build theological armaments against those who believe differently than we do, or to answer all of our questions. It is to bring us face to face with Christ, and to become like him.

Consequently, we must be cautious not to fall more in love with the statues of the Scriptures than the actual Subject of the Scripture. We must guard against being more committed to our presuppositions about God than the Person who came to show us who God is and who we can become. We cannot be more smitten with the Bible than we are with Jesus, as strange as that may sound, for that is nothing less than a subtle form of idolatry.

Our faith isn’t built on the Bible. It is built on a Person. There is only one foundation for Christian faith (the Bible says as much!), and that foundation is Jesus Christ. Upon him our faith rests, upon him the church is built, and he is what the Bible is about.

I’m not advocating setting the Bible aside, but to actually embrace it, and see to whom it points. This may be an unsettling way to approach the Scriptures, but being “settled” isn’t the point; knowing and becoming like Jesus is.

*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](http://www.ronniemcbrayer.net).*

# As Brilliant Schemes Go, Mine Didn’t

By Rev. James L. Snyder, D. Litt

Throughout the years, I have come up with a few schemes. None of which has ever done me anything good, and yet I still spend the energy to try to come up with one that will.

It all began quite innocently enough as a Christmas present. When it comes to shopping for Christmas presents I just flop triumphantly. I was not made to go shopping. When I get into a mall, I begin to feel the walls closing in on me. I develop a panic, begin sweating profusely and then head for my car without looking back.

About the Christmas present. Aha, that was the solution to my Christmas shopping and a brilliant scheme that would benefit both of us.

This past Christmas I purchased for my lovely wife a round-trip ticket to New York to visit her family for a week. A week of her enjoying her family and they reciprocating the enjoyment. I did mention it was a “round-trip ticket.” I do not mind sending her away as long as it includes a plan to return.

Now, the brilliant side of my scheme.

While she is in New York visiting with her relatives, I would be king of the castle. I have been looking forward to this for a long time. She gets to have fun with her relatives, and I get to have fun with myself.

For the week, I will turn our rather pleasant little domicile into a rip, snorting man cave. Ah, the thought of it was wonderful. The house would be mine for a week, and nobody would be supervising me. Nothing I like more than a week of no supervision. Oh sure, I could get into a lot of trouble, but what’s life for if we cannot sample a wee bit of trouble occasionally.

For one, I would be in charge of the menu for the week. I was really looking forward to this.

Before she left, my wife made me promise that I would eat my fruits and vegetables and I would have a balanced diet every day. With a twinkle in my eye, more twinkly than normal, I agreed to her stipulations. I had my diet already planned in my head.

For a whole week, there would be no such things as salads for every meal. How she can come up with the variety of salads she serves is beyond my aching head. She honestly believes that a salad makes the world go round. Now, no salads in this house, correction, man cave, for a whole week. I love it when a plan comes together.

I shall be faithful to the fruits and vegetable regimen she made me promise. After all, one woman’s vegetable is another man’s speculation.

My main vegetable of the week would be [drum roll] carrot cake. Don’t try to tell me carrot is not a vegetable. I will sick Bugs Bunny on you if you do. I plan to have a carrot every day of the week.

And for fruit? You guessed it. Apple fritters. You know the old saying, “An Apple fritter a day makes any man happy.” I have made every plan to be happy this week. I am not sure if the bakery is going to be able to keep up with my orders this week. A man has to have his fruit.

My basic philosophy during this week is summed up in the old saying, “The world could end at any minute. Eat dessert first!” My dessert of course is fruit by nature. A banana split. Any meal that begins with a banana split is going to be an awesome meal to be sure.

It was only Thursday when I became aware of something. There was this smell in the house. I looked into the kitchen area and

dishes were piled upon the counter. The table where I usually sit down to eat was filled with all kinds of stuff. I do not want to know what it was. I looked in the bedroom, the laundry basket was full and overflowing and I could not see the bed.

I thought to myself, why are these things piling up? They would not do that if my wife were here. Are they trying to embarrass me or what?

I stood in the kitchen with my hands on my hips and I was about to give this man cave a good piece of my mind. Then I stopped. At that moment, I realized I had become my wife.

Perhaps, and I am just making a suggestion here, I have gained a new appreciation for my better half. Things just do not happen around the house. Somebody has to make them happen.

By Friday, I had come to my senses and realized the old saying I did not quite appreciate until this week. “Two can live cheaper than one.” I am not sure about the cheaper part of it, but I know two can live cleaner than one, especially if that one is Yours Truly.

I thought of a Bible verse throughout the week, “Likewise, ye husbands, dwell with them according to knowledge, giving honor unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered” (1 Peter 3:7).

After all these years, I am just beginning to understand what it means to “dwell” with my wife.

*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](mailto:jamesnyder2@att.net). The church web site is [www.whatafellowship.com](http://www.whatafellowship.com).*



By Karen Anderson

It bothers me when I keep hearing others talk about how bad life is and everything is sooo tough. Now, don’t get me wrong, in this day and age life is a challenge. But where is your attitude getting you? The person that thinks this way has got to be the most miserable person alive. When everywhere all you see is doom and gloom, I believe that is all you will ever see. You may think you want something different but your mind and heart are not working together. God is telling me that He wants you to get the two connected. You also need to take control of that evil little organ in your body that has destroyed so many lives including your

# I’m Okay!

own...YOUR MOUTH. Yes, I will say it again; that mouth can either change your life forever in a positive way or it can keep you in that life of doom and destruction forever. That doesn’t sound very appealing to me. Which one do you really want?

We have all heard the statement when something goes wrong that “Murphy’s Law” strikes again. Here is what the law says, “Nothing is as easy as it looks, everything takes longer than you expect; and if anything can go wrong, it will—at the worst possible moment.” I saw where a writer had taken this “law” and changed it to be “God’s Law.” Now that is a novel idea to take a negative and turn it into a positive. Get the “Negative Nellie” out of your life forever. I think this is a really good exercise. Today, I want to you to write God’s Law for your life and change that sour attitude to a POSITIVE according to God. Here is a scripture to encourage you:

“A twinkle in the eye means joy in the heart, and good news makes you feel fit as a fiddle.”

Are there times when

“Negative Nellie” peeks out and causes you to become discouraged and you just don’t know what to do with her? Did you know that this is actually the enemy in women’s clothing to trip you up? Do as I do; find your special scripture, say it out loud and the enemy in all his disguises will flee from you! The other thing I will do is force myself to smile and say, “I’m Okay!” The trick is that you have to believe it. With God’s help and my believing Him with all my heart, I am truly OKAY.

What are you doing today to change your Negative Nellie attitude to a God-inspired attitude? Change your Murphy’s Law into a life following YOUR “God’s Law.”

Proverbs 15:30 (The Message)

*Karen Anderson is an accomplished speaker, author, and chaplain. Receive a copy of her latest book, “Nikki’s Tailwaggin’ Lessons” and “The Little Book of BIG Thoughts” series. Leave a message or questions for Karen through her website [www.doablesteps.com/contact](http://www.doablesteps.com/contact).*



By Marlys Norris, Christian Author

We really know so little about heaven because only a few have had experiences where they have visited there. God gave me a personal glimpse of its beauty. The transition from this life to the next will be in a twinkling of an eye. The beauty of this world will be bit a shadow compared to what we will see when we arrive in our eternal home.

Not only will we be in the presence of the Master-Creator of it all but, because of the work, life, death and resurrection of His Beloved Son, we will be like Him (1 John 3:2) Once we saw through a darkened mirror, ( 1 Cor 13:12) but now we will see and know all things clearly. The mystery of life and death will longer exist, we will know all things. We will see God as ONE (Father, Son and Holy Spirit) as He IS. We will instantly understand the “Trinity,” (How three could be One) completely. No longer do we have pre-conceived ideas of our own making about God, and what the Bible teaches and instructs. We know, we actually know!

No longer will we have unanswered questions. No longer do

# My Glimpse of Heaven!

we compromise truth or sit on fences wondering what is right and what is not right. We will just know! We know the true value of what we used to believe, and what we believe now, because all our beliefs have been transformed by the infinite power of our Creator and we become unified in spirit in all things.

An indescribable peace fills the atmosphere and enters our being. We rest, we trust and we worship, praise and glorify the Master Creator of it all. A love beyond any earthly love we have known and it penetrates deep into our souls. There are no words to express the emotion within our being. God has always known our thoughts. We communicate only “silent unspoken words of affection” to one another and understand completely every single word.

We enter God’s workshop called “heaven”. In one corner we see “prayer warriors” listening to the prayers of the saints on earth below and record them on a tablet. They stop periodically and are silent, but we hear their words uplifting the saints in prayer.

We enter another corner and see “angels” waiting anxiously for an earthly assignment to bring about a miracle in someone’s life. They are gently singing with their arms lifted in worship.

In the last corner we see people dressed like farmers. They are gathering beautiful flowers, seeds, bushes and various plants together and putting them in a

cart with wheels. It seems like they are the ones who tend to the natural beauty we saw as we crossed over the bridge where Jesus met us as we entered His eternal home.

Oh I forgot to mention? The beauty of what we called “nature” on earth is seen even more exquisite than we have ever seen on earth. The colors are so pure and perfect as we have never seen before The sky is blue, but as we walk or move through the air, brilliant colors form and dance around us. We are encircled by their beautiful varied hues as though they are caressing us with their beauty.

WE never feel alone, and the moment our thoughts of someone comes to mind, they miraculously appear in front of us. Sharing in our “silent unspoken words” , we talk about our new existence and new life with God. As naturally as breathing, we acknowledge His Glory and Praise Him continually.

We see the angels coming our way singing and exalting God. As they approach we see everyone coming out of their homes to join in. The burst of melody and music fill the air and we willingly and joyfully join in. Because of the love and faithful obedience of Jesus Christ to die for us we are “One” forever and ever (John 17)

*Marlys Johnsen Norris Seven Christian Books “God Moves Mountains, It was a Miracle!” Contact me: [Marlysjn@gmail.com](mailto:Marlysjn@gmail.com)*

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# POPPOFF!

with Mary Jane Popp

home, then we sit in the car, and we sit at our computers at work, back to the car and home again to park it in front of the TV set. Movement is minimal, and the body was not made for that life-style and doesn't like it.

In the past, we were mobile and active because we had to be. Now our low activity causes the muscles in our body to atrophy from the big muscles like biceps to structural muscles that keep your body properly aligned. It's actually pretty simple. When your muscles turn to mush, your body falls out of alignment, increases pressure on your joints, in the wrong way, and voila...PAIN!!!

Then we turn to surgery or pain meds, and the results are not encouraging. Patrick, a Division One college athlete with a degree in Kinesiology and Biomechanics has developed a program called Postural Alignment Therapy, PAT for short. PAT is physics-based and uses software to measure your individual alignment. Then that same software determines your misalignments and recommends specific exercises to correct them. Each person has a tailored exercise program that you do in the privacy of your own home for about fifteen minutes, twice a day, over a four-month period. After that, you transition into a maintenance program to fit your particular time commitment.

And here's the most exciting news. I have to tell you, it was a major surprise for me. Symmetry for Health has hit a home run for my situation. I began the program about three

months ago. Why? I was told by my docs that I was losing bone mass at a much too high a rate. My fear...osteoporosis. And I didn't want to take meds that have some possibly terrible side effects. I approached Patrick with my dilemma, and he said, "Let's give it a try." At about two months into the program, I took another test, and you are not going to believe what I discovered. My bone loss dropped in half, and I still had two of the four month program to go. I was thrilled, and so was my doctor. I know it works for me personally, and I think it might work for you too. You won't know til you try. And I can tell you, the exercises are not all that hard or painful.

I want to make a difference in your life, so I got Patrick to agree to give you a full evaluation and consultation absolutely free, if you mention POPPOFF. I am personally looking for a long-term solution without medication, and I think I've found it. You can too. Check out *Symmetry for Health* at [www.symmetryforhealth.com](http://www.symmetryforhealth.com) and then call Patrick at 916-467-7764 to make your appointment today. It's free! All you have to lose is your pain. I always want to keep you informed about new technologies to keep you pain free! I'll keep you up to date on my progress too! Pain is a warning! No pain is good health!!! Let's get there together!

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

## SYMMETRY

Do you suffer from chronic pain? Are you ready to conquer that pain once and for all? How would you like to get that done without medication, without manipulation, and without expensive equipment? According to **Patrick Mummy**, Founder of *Symmetry for Health*, you can get rid of that pain in your back, shoulder, hip, knee, headaches, migranes, TMJ, sciatica, and carpal tunnel. Sounds pretty amazing, right? Well, he wasn't finished. He added relief from joint injury, arthritis, bursitis, tendonitis, and fibromyalgia too. Now that was amazing to me when he appeared on my radio show POPPOFF. And here's what really added to my amazement, it's all physics based.

Patrick explained that *Symmetry for Health* is a beauty of form through balanced proportions, and retrains muscles that support your body's framework. Most modalities think back pain is a bone problem, but Patrick says it's actually a muscle problem that's caused by our modern lifestyle. But with our high tech world, how have we come to have so many problems with our bodies? Simple. Modern conveniences! We sit at

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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](mailto:gary@businesscoach.com)

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# Dare to Live Without Limits

## COMPASSION

by Bryan Golden



*“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.” -- The Dalai Lama*

Having compassion for others is essential if you are going to attract the things you want in your life. If you just care about your own needs, you will wind up repelling those people and circumstances you seek.

A compassionate person cares about other people. Whenever possible, a compassionate person tries to lend a hand to those in need. The person lacking compassion, views life as a competition where people have to fend for themselves. Their attitude is that if someone else has problems, that’s their problem.

Although each person has to take responsibility for his or her own life, and each of us should be self-reliant, we also have a responsibility to be of service to others. Compassion is trying to understand someone else’s circumstances along with a willingness to reach out to them. Just feeling sorry is not compassion.

There are many ways to show compassion. Some people donate money to organizations that support various causes from fighting poverty to medical research. This is certainly an effective way to show compassion. However, being compassionate is much more than financial generosity.

With some awareness, you can show compassion in many ways that will mean a lot to the other person. Your actions don’t have to be elaborate to be significant. But your actions do have to mean something to the other person. So you have to look for what is important to someone else, not what is important to you.

Unfortunately, some people feel that they know what is best for others. They may be well intentioned, but their efforts are viewed as intrusive or disruptive. Judging another person based on your preferences, experiences, or beliefs, is not compassion. To be compassionate, you must try to look at the world from the other person’s perspective, rather than your own.

Small gestures, at the right time, can mean the world to someone, even though to you the actions may be insignificant. Making yourself available for someone to talk to, being patient, sharing what you’ve learned from overcoming similar problems, running an errand, or giving a friend a ride, are just examples of what you can do.

When you show compassion, you help alleviate someone’s suffering. Additionally, you will also feel good. Being compassionate should never be done with any ulterior motive or expectation of reward or payoff.

When you genuinely care about the well being of others, you attract positive people and circumstances into your life. If you are callous, you will repel the positive and attract the negative. People who are uncompassionate are typically unhappy, with a miserable personality.

Having compassion should be a way of life. It only takes a little extra effort to make everyone’s lives brighter. Those who are generous with their time and emotions are invariably more satisfied than those who are not.

Being compassionate doesn’t take anything away from you, rather it provides you with a sense of satisfaction that is hard to get from anything else. Compassionate people have a limitless, priceless gift that can bring so much joy to others.

It’s not difficult to show compassion. All you have to do is listen to other people and be sensitive to their needs. You can even bring a smile to a stranger. Hold a door open. Let someone in front of you when on line. Help carry packages. There is no act too small to be helpful.

*NOW AVAILABLE: “Dare to Live Without Limits,” the book. Visit [www.BryanGolden.com](http://www.BryanGolden.com) or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at [bryan@columnist.com](mailto:bryan@columnist.com) or write him c/o this paper: ©2008 Bryan Golden.*

## City to Use Grant Monies to Ease Traffic at Mills Middle School

RANCHO CORDOVA, CA – (MPG) Traffic in front of Mills Middle School will be less frustrating for parents when they make left turns into the school’s driveway and parking lot during the next school year. The City of Rancho Cordova has been awarded a \$270,000 grant from the State’s Safe Routes to School Program to add a left turn signal light and a dedicated left turn lane in front of the school.

Currently because there is only a center turn lane and no traffic light, drivers wanting to turn left have to wait for a gap in oncoming traffic, often causing a long backup of cars when parents bring their children to school in the morning.


“Because they are frustrated with the congestion, some parents drop their kids off across the street and the children then have to cross busy Coloma Road to get to school,” said John Samuelson, the City’s Street Operations and Maintenance Manager who wrote the successful grant application. “The traffic signal and the dedicated left turn lane will allow drivers to more easily turn into the school driveway, making it safer for them and for the students.”

Construction and installation of the new light and turn lane will be done during the summer months and is anticipated to be completed when school starts in the fall.

The City received three additional Highway Safety Improvement Program grants for other improvements that will improve safety and the flow of traffic. Work is scheduled to begin this summer on installing a traffic light at the Aramon Drive and Coloma Road intersection and the installation of signal interconnect equipment that will coordinate the traffic signals along Coloma Road and improve the flow of traffic.

Next year, a traffic signal will be installed at the Douglas Road and Grantline Road intersection. For more information, please contact the Public Works Department at 851-8710.

*Source: City of Rancho Cordova*



# A Case in Point

## The Case of the Bad Brakes

By David Graulich, Esq.

President Harry Truman kept a sign on his desk that said, “The Buck Stops Here.” Truman believed that certain responsibilities were the exclusive domain of the President and could not be delegated.

California has a similar legal concept, although the phrase is less colorful than “the buck stops here.” Lawyers and judges call this concept “a nondelegable duty.” Here’s an example of how it works. I’m using fictitious names, but the story is based on an actual case called *Maloney v. Rath*:

Lucy brought her car to Fred’s Repair Shop to have the brakes overhauled. Lucy picked up the car, paid Fred for the work and drove around town without any problem.

About three months later, Ethel was driving to Raley’s for her weekly grocery shopping. She stopped in a left-hand turn lane on Sunrise Avenue to wait for the traffic signal to change. Lucy, en route to a yoga class, pulled into the left-hand turn lane behind Ethel. When Lucy stepped on her brake pedal, the brakes failed, and Lucy’s car collided with the rear of Ethel’s car. Ethel suffered neck and spine injuries and sued Lucy for damages.

After the accident, the brakes on Lucy’s car were examined by her insurance company. It was determined that the failure was caused by a hole in the hydraulic hose, which caused the hose to rub against the right front wheel. After three months of friction, the hose ruptured, without warning, and the brakes failed. That’s when Lucy could not stop her car and hit Ethel. The rubbing against the wheel resulted from the faulty installation of the hose at Fred’s when the brakes were overhauled.

Lucy’s attorney asked the judge to dismiss the case against her. Lucy neither knew, nor had reason to know, that her brakes were defective until the moment of the accident. The brakes had given no warning of their imminent failure. The hole in the hose would have been apparent only to a mechanic, not to the average person. Lucy was abiding by all traffic laws when she collided with Ethel and had a good faith belief that her car was fine. Why should Lucy, rather than Fred, be liable to Ethel?

Here’s where the nondelegable duty entered the case. The court’s decision was that Ethel definitely could sue Lucy for liability. The vehicle owner is liable for injuries caused by defective brakes – even if a service garage supposedly repaired the brakes but did a negligent job. California’s Vehicle Code imposes on the vehicle owner the duty to maintain the brakes in good working order, and that duty is nondelegable.

The law’s reasoning is based on a concern for public safety. If the work in question involves a grave risk of bodily harm or death, liability is assigned to the person who selects the contractor. The vehicle owner can select a reputable repair shop that provides a customer with indemnity (i.e., the repair shop will reimburse the customer for loss or damages resulting from the repair shop’s negligence.) Although Lucy may be liable to Ethel, Fred may be liable to Lucy.

There are other nondelegable duties in everyday life. A property owner has a nondelegable duty to keep his or her property reasonably free from hazards. An apartment building landlord has a nondelegable duty to keep the lobby, elevators and staircases safe. A trucking company is liable for the negligence of an independent contractor drivers if he or she causes a traffic accident. Surgeons have a nondelegable duty to remove sponges and clamps from the patient’s body when finishing an operation. The bottom line is that an improperly maintained car poses a grave risk of serious bodily injury or death. California courts say that the responsibility for minimizing that risk rests with the person who owns and operates the vehicle. To paraphrase Harry Truman: if your car has bad brakes, and those brakes cause an accident that hurts somebody, the buck stops with you.

*David Graulich, Esq. is an attorney with the Law Office of Jeffrey D. Fulton in Sacramento. David can be contacted at (916) 993-4900 or [dgraulich@jffulton-law.com](mailto:dgraulich@jffulton-law.com). He is available to speak to community groups at no charge. This column is not intended as an offer of legal advice. Contact a qualified attorney to obtain advice with respect to any particular issue or problem.*

## Casa Roble High School Holds Hot Cars and Chili Cook-off

ORANGEVALE, CA – (MPG) Casa Roble High School will be hosting its first ever car show and chili cook-off this coming March 16th, 2013. This will be a community, family friendly, event to support the schools Automotive and FFA programs.

A people’s choice category contest will be held and awards will be given in 6 divisions (Classics: 1960’s and older; Muscle Era: ‘61 to ‘79; OBD1: ‘80 to ‘95; 4X4/ Off-Roaders; OBD2: ‘96 and newer; Motorcycles).

Vehicles wanting to enter the contest will be asked to donate \$10 and those who would like to have Vendor Booths will be asked to donate \$50. No General admission will be charged.

For any questions, comments, concerns please contact Mitch Crowden [mcrowden@sanjuan.edu](mailto:mcrowden@sanjuan.edu) or myself Mariah Rowe [mariahcapri916@gmail.com](mailto:mariahcapri916@gmail.com) and for any information regarding the Chili Cook-Off please contact Stacey Dutra [sdutra@sanjuan.edu](mailto:sdutra@sanjuan.edu)



### Welcome to Poise Pageants!

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- ❖ Entrants must be single; never been married nor a parent.
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## Volunteers are Greatly Needed to Support our Outreach Program for Veterans.


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We provide in the field services for the homeless veterans and their families. We provide an alternative approach to PTSD with our unique Coaching program that gives the veteran behavioral tools to change their negative thinking caused by bio chemical addition and not be dependent on drugs or alcohol.

Forgotten Warrior is a 501 (c) 3 nonprofit organization committed to helping all veterans in need. Now that we are growing so fast we are in needed of your help to help, in office functions, such as promotional and public relation work, advocate to work with the homeless and disabled veterans. We need people that can do community fund raising events, and we really need of a Grant writer.

Call Wind at 916-969-4387 or office manager Monica at 916-728-8162 or email us at [windwalker1313@gmail.com](mailto:windwalker1313@gmail.com).

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Arden Playhouse

For Love or Money

“How Complicated Can it be?” Amanda Asks.  
Pretty Complicated, as it Turns Out!



Jerome (Eddie Madrigal, center), overwhelmed by his sudden popularity with everyone can't seem to get away from Paolo (Mark Stone), Amanda (Kris Hunt, seated), Trisha (Susan Wheat) or even Katrina (Tiffany McKinney, up right) in FOR LOVE OR MONEY now on stage at Arden Playhouse. Photos courtesy of Arden Playhouse - Michael Messmer

SACRAMENTO REGION – Arden Playhouse is pleased to present *For Love or Money*, a new play by Michael Messmer. For Love or Money is a fast-paced, classic farce, complete with lots of confusion, deception, and plans that go wildly haywire. We all know how one little deception can create lots of complications. But what happens when you have a room full of people engaged in little deceptions? Amanda is rich but pretends not to be when Paul, a man she almost married many years before, shows up pretending to be Paolo, an arrogant artist who hates rich people. And Jerome, a hypnotherapist who has planted some ideas, pretends not to know what could have gone wrong. Soon, everyone is trying to figure out what is going on. Whether it's For Love or Money, it makes for a wild romp with lots of laughs. Michael Messmer is one of Sacramento's most prolific comedy playwrights. He has written over thirty comedies, many of which have been performed at Arden Playhouse. He is a master of intelligent, peppy dialogue and action that keeps audiences entertained. *For Love or Money* boasts a great ensemble cast, including

Kris Hunt, Eddie Madrigal, Tiffany McKinney, Mark Stone and Susan Wheat. Show Times are 8PM Fridays and Saturdays - March 1, 2, 8, 9, 15, 16, 22, 23, 29, 30, April 5, & 6. Sunday Matinees 2pm. - March 10, 17, 24, & 31. 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.



Are Amanda (Kris Hunt, left) and Trisha (Susan Wheat) really fighting for Jerome's (Eddie Madrigal) attention or are they trying to find out what he's really up to in FOR LOVE OR MONEY now on stage at Arden Playhouse? Photos courtesy of Arden Playhouse - Michael Messmer



by David Dickstein

Family Films



**“The Croods”**  
*Opens March 28, rated PG*  
thecroodsmovie.com  
Set in the Croodacious era (don't bother looking it up), this is the computer-animated story of a caveman named Grug (Nicolas Cage) and his family who are forced to leave everything behind when an earthquake strikes their volcanic world. In search of a new home, Grug's reliance on old traditions doesn't help matters, especially in his relationship with his oldest daughter (Emma Stone), who falls for a charming nomad (Ryan Reynolds).

**Homeage Trailer “Jack the Giant Slayer”**  
*Opens March 1, rated PG-13*  
jackthegiantlayer.com  
Parents should be mindful of the rating; this isn't a child-friendly retelling of “Jack and the Beanstalk.” For the tween-plus crowd, however, intense scenes of fantasy action violence should carry this tale an ancient war that is revived when a young farmhand inadvertently opens a portal between this world and a long-lost race of horrifying giants. Jack must clean up the giant mess he started.

**“Oz: The Great and Powerful”**  
*Opens March 8, rated PG*  
ozthegreatandpowerful-movie.com  
We're off to see the wizard in this fantasy adventure inspired by L. Frank Baum's 1900 novel, “The Wonderful Wizard of Oz,” and set before the 1939 Judy Garland classic film -- so consider it a prequel to “The Wizard of Oz.” James Franco is Oscar Diggs, a corrupt, small-time circus magician who turns over a new leaf after helping the Land of Oz sort out who's good or evil among three witches (Mila Kunis,

Films and DVDs for the Whole Family



Rachel Weisz and Michelle Williams). Sam Raimi directs. **Family DVDs**  
**“Curious George Swings into Spring”** (March 12 on DVD, not rated): Spring is in the air, but George's excitement isn't shared



by Hundley the dachshund. Making matters worse, Hundley gets lost, and it's George, the Man with the Yellow Hat and others to the rescue. Bad dog! ... but a good hour-long, full-length feature. *Grade: A-*

**“An Easter Bunny Puppy”** (March 5 on DVD, not rated): The third in a series of canine-loving, low-budget, live-action holiday movies stars Kristine DeBell (yes, the same from the 1979 classic “Cheerleaders Wild Weekend”) and an adorable pooch named Russ who dreams of being the Easter Bunny for some dog-gone reason. *Grade: C*

**“Rise of the Guardians”** (March 12 on DVD and Blu-ray, rated PG): Not since “The Avengers” has such an esteemed team of superheroes been assembled to fight off evil. For this computer-animated visual treat, Santa Claus, the Easter Bunny, Jack Frost, the Sandman and

the Tooth Fairy join up against an evil spirit bent on overtaking the world by inspiring fear in the hearts of the world's children. Voice cast stars Chris Pine, Hugh Jackman, Jude Law and Alec Baldwin. *Grade: A-*  
**“Tom and Jerry: Pint-Sized Pals”** (March 5 on DVD, not rated): Fans of the longest-running cat and mouse game will revel in this two-disc collection of 30 shorts that yields 3 1/2 hours of cartoon fun. Personal favorite: “That's My Mommy,” featuring a sweet baby duckling named Quacker who mistakes Tom for his mother. Still holds up after 58 years. *Grade: A*



**“Wreck-It Ralph”** (March 5 on DVD and Blu-ray, rated PG): The Oscar-winning animated feature stars “Ralph,” a video game character (John C. Reilly). Ralph is tired of being the bad guy in his classic '80s arcade game, and when he doesn't return to his game as scheduled and starts visiting the worlds of other games, including a modern, first-person shooter game, he turns the entire structure of his arcade upside down. Also heard are Jane Lynch, Sarah Silverman and Jack McBrayer. *Grade: A*

Sacramento County Fair is drawing increased attention

Continued from Page 1

class curriculum materials to grow a winning exhibit from Sacramento County Fair office. This is another record, 180 teachers have signed up to grow a Farm Garden this year. “Up from 73 teachers when Fyock took over the Fair.” We work to get new teachers involved each year. The County Fair's Wheelbarrow program is designed to focus teacher, student and parent attention on the fundamental role that healthy food choices make in children's lives. “This is a program that helps children translate the buzzphrase ‘Farm to Fork’ into a real, hands-on learning experience. It's a fun-filled educational project that enables urban young people to appreciate the benefits of healthy, locally grown food. No where is this more important than in Sacramento County, the Farm to Fork Capital of America,” says Fyock. Using the materials provided by the County Fair, teachers create a hands-on, interdisciplinary experience for the children with a free, low-tech portable “wheelbarrow” garden. The curriculum guide offers a unit on plants, observation and journal writing tips, sample classroom experiments, and even research materials to help students learn about beneficial insects.

This year, the Sacramento County Fair will fund 180 Pre-K through 6th grade classrooms for this project. Each classroom is invited to display their wheelbarrow garden at the Sacramento County Fair where it will be judged. The top three gardens will be awarded prizes given directly to the classroom for further enrichment in the learning



Yes, Deere! Kids will have a great time at the fair. Photo provided by Sacramento County Fair

place. Each student receives a participation ribbon. Fyock went on to say “your first Fair ribbon is always the most special.” According to Fyock, the County Fair is actively seeking sponsors to assist with the funding for this program. “The County Fair has become an important Memorial Day event for parents and children. It offers visitors a patriotic way to acknowledge the region's agricultural heritage and an educational alternative to more costly, crowded weekend events. We're hoping businesses recognize Fair sponsorship opportunities an excellent chance to demonstrate their commitment to education,” she said. Restaurants, food service supply companies, organic farming, sustainable agricultural and gardening enthusiasts are encouraged to contact the Sacramento County Fair at (916) 263-2975 or e-mail pamealfyock@sacfair.com to learn more about sponsorship opportunities. This year's Sacramento County Fair will be held May 23-27 at Cal Expo.

Over 88,000 guests will enjoy the Sacramento County Fair May 23-27, 2013 on the grounds of Cal Expo. Close to 10,000 school children enjoy free educational school tours. Over 5,000 local residents compete for awards in the livestock and competitive exhibit programs. Kids under 12 enjoy free admission every day at the Fair. This year's theme is Let's Eat, Have Fun & Celebrate the Red, White, & Blue. Admission is only \$5.00 for adults, and children under 12 are always free at the Sacramento County Fair. Tickets will be available on-line at sacfair.com starting March 15. Pamela Fyock CEO Sacramento County Fair May 23-27, 2013 Look For a New Memorial Day Celebration Let's Eat, Have Fun & Celebrate the Red, White & Blue PO Box 15028 Sacramento, CA 95851 pamelafyock@sacfair.com 916-263-2975 Office 602-743-9990 Cell 916-263-2973 Fax www.SacFair.com Become our Friend on Facebook



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