



Just Plane Awesome!

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*A Dog's Love Heals
Both Mind and Body*

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AMERICAN RIVER MESSENGER

Volume 7 • Issue 17

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

First Edition for September 2012

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Inspiring Others to Action

RANCHO CORDOVA – Cancer Crushers is the name of the City of Rancho Cordova team for the American Cancer Society (ACS) Relay for Life on the weekend of October 6th and 7th at Mills Middle School. The City's team is only one team – the goal is to have 45 teams at this year's Relay.

In addition to Cancer Crushers' Relay exhibit which will include a dunk tank with some celebrity dunkees, the City group is sponsoring its 4th Relay for Life Bazaar on Friday, September 7th, from 11 a.m. to 2 p.m. in the City Hall parking lot at 2729 Prospect Park Drive.

More than 20 vendors will participate, selling gift and novelty items, jewelry, beauty products, educational toys, purses and bags, stationary, and cooking and baking supplies. Also on site will be gourmet food trucks.

"It's an opportunity for people to come out, have lunch, and shop for a cure," said Stacy Delaney, Administrative Assistant in the City Manager's Office.

Vendors pay for their bazaar site. In addition, some of the vendors donate all or some of their profits of the day to the cause.

Last year, Cancer Crushers raised \$4,883 of the Relay's \$36,500. All proceeds go toward cancer research and ACS programs such as "Road to Recovery" that provides rides to patients who have no way to get to cancer treatments and to "Look Good . . . Feel Better" where trained volunteer cosmetologists teach people how to cope with skin changes and hair loss during treatment.

City employees have various reasons for volunteering their time for the Rancho Cordova Relay. Denise Reese from the Building Division lost her "most favorite grandpa to lung cancer" when she was seven. Plus she said that in the last four years she has "lost four people to cancer and has two friends and a family member in the midst of



City of Rancho Cordova Cancer Crushers team. Front Row: Evelyn Richardson. Back Row: Maria Lopez (left), Lorianne Ulm, Esther Pinola, Stacy Delaney, and Denise Reese. Photo courtesy of Relay for Life.

their own battles with cancer." And just weeks after the last Relay for Life, Denise received her own diagnosis of melanoma. She is this year's Relay Event Co-Chair and the Team Development Chair.

Maria Lopez from the Public Works Department said that her dad was diagnosed with stage 4 pancreatic cancer in September 2008 and passed away the following month. "After his passing, I decided to become more involved in the ACS Relay for Life in his memory, to say thank you to all the caregivers, and to help find a cure for this awful disease," she said.

Evelyn Richardson, the City's Customer Service Specialist, said that she is proud to be part of this group that raises money for cancer research and patient assistance. In 2010, her father-in-law was diagnosed with melanoma which spread to his brain and he soon passed away. Her mother-in-law has survived

two different cancers; her sister-in-law who survived colon cancer and a brain tumor now has leukemia; and her mother has just been diagnosed with colon cancer.

Stacy Delaney from the City Manager's Office lost her "best friend since third grade" to breast cancer in 2009. Stacy became involved with Making Strides against Breast Cancer immediately after her friend's diagnosis and has continued as a team captain the last eight years. Her teams have raised more than \$21,000 to date. This year, Stacy was the Blue Ribbon/Pacesetter speaker at the Making Strides against Breast Cancer Kickoff Breakfast and Program. She has been part of the Cancer Crushers since 2008 because it's her "opportunity to remember those who died because of cancer, to honor the survivors and caregivers, and to hopefully inspire others to action by raising awareness and funds and never giving

up hope that a cure for cancer will be found."

Lorianne Ulm from the City's Planning Department participates because her father passed away from lymphoma cancer in 1998. "My mom has been in remission from colon cancer for the past four years," she said.

Esther Pinola from the City's Finance Department joined the Cancer Crushers this year not only because she had lost loved ones and friends to cancer but because she had watched what a difference the five members of the Cancer Crushers had accomplished and "I wanted to be a part of their team in the fight against cancer."

For more information about the Relay for Life in October, contact Denise Reese at relayforlifeofrc@yahoo.com. For information about the Relay for Life Bazaar on September 7th, contact Stacy Delaney at (916) 851-8878.

Whiskers and Wine Fundraiser to Benefit County Animal Shelter

*Supervisor Susan Peters
Encourages Public Support*

SACRAMENTO REGION – The public can demonstrate their support for Sacramento County's state-of-the-art Animal Shelter and at the same time enjoy a fun filled evening at the "Whiskers and Wine" event on Saturday, September 15. The fundraising event is being sponsored by the animal facility's nonprofit support group TEAM-Teaching Everyone Animals Matter – with corporate support from the law firm of Wilke Fleury, Zoe's Cruises & Tours, and K-HITS 92.1 FM.

"This is an opportunity to have fun and help the animals," says Supervisor Susan Peters. "The Department of Animal Care and Regulation makes a tremendous difference in the lives of animals that are lost, abandoned or subject to abuse. Support from the community can help supplement funding for the shelter's operations."

The fun at the Animal Shelter will start a 6 p.m. and tickets cost \$40 per person at the door but can be purchased in advanced for a mere \$30. Attendees will be able to enjoy a dinner catered by Chops Restaurant, wine tasting, music and a silent auction.

Tickets are available at all Sacramento County VCA Animal Hospitals, Western Feed and Pet Supply, and the Critter Outfitter Store at the Shelter.

More information can be obtained at visiting SacAnimalShelter.org, emailing TEAMwvEvent@yahoo.com, or calling 971-1167.

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New Law Requires Out-of-State Retailers to Collect Use Tax

SACRAMENTO – Beginning September 15, 2012, a new law takes effect (Stats. 2011, ch. 313 (AB 155) that expands the types of out-of-state retailers required to register with the California State Board of Equalization (BOE) and requires them to begin collecting and remitting use tax on sales of tangible personal property to California consumers. The law applies to out-of-state retailers that have substantial nexus with California consumers. This includes any

out-of-state retailer that has sold more than \$1 million to California consumers in the past year and has had more than \$10,000 in sales referred by an affiliate operating in California.

"This new law may require some out-of-state online retailers to start collecting tax, but others will remain completely unaffected," said Board of Equalization Member George Runner. "The good news is that rather than engage in a costly, drawn-out legal fight, Amazon.

com has decided to voluntarily invest in California and bring thousands of jobs to our state. I applaud their decision and hope other out-of-state companies will consider doing the same."

The BOE is sending letters to more than 200 out-of-state retailers notifying them about the new law. Retailers will be able to easily register online with the BOE's secure and innovative electronic registration system (eReg) and remit the tax collected by e-filing their returns. AB 155 does

not create a new tax — the California Use Tax has been on the books since 1935. It expands the types of out-of-state retailers required to collect the tax.

When AB 155 takes effect September 15, some additional out-of-state retailers, including Internet retailers, will collect the use tax at the point of sale, and California consumers will begin to see a tax on their bill. However, if out-of-state retailers do not collect the tax, California consumers must continue to

report and pay their use taxes.

Consumers can pay directly to the BOE using eReg or pay on their California income tax returns with the option of using the Use Tax Lookup Table.

AB 155 is expected to help the BOE collect tens of millions of dollars in use tax that will help pay for services such as public safety, schools and health care. The BOE does not have a precise estimate because AB 155 is a new law.

Source: BOE Newsroom

River Cats Playoff Tickets on Sale Now



SACRAMENTO REGION – Sacramento River Cats 2012 playoff tickets are on sale now, with four-game playoff packs available starting at just \$24. Individual tickets start at \$8 for advance purchases, and are available online.

The River Cats open the first

round of the playoffs at Raley Field on Wednesday, Sept. 5. Game two will be Thursday, Sept. 6, with games three, four and five to be played on the road at the home of the PCL North Division champions, Reno Aces.

The two potential home dates for the River Cats in the second

round of the playoffs are Tuesday and Wednesday, Sept. 11-12. Fans can purchase four-game "strips" of tickets to all four potential home playoff games or individual game tickets to select games.

To purchase 2012 Sacramento River Cats Season Tickets, Mini-

Plans and group outings, call the River Cats Ticket Hotline at (916) 371-HITS (4487) or visit www.rivercats.com. In their first 12 seasons, the River Cats have won two Triple-A championships, four Pacific Coast League championships and 10 Pacific South Division championships.

Just Plane Awesome



In addition to delighting crowds with his aerobatic feats, Weber is an accomplished musician. Photo by Paul V. Scholl.

By Julie Parker

SACRAMENTO REGION - What were you doing at age 13? Tim Weber would ride his bicycle down to Phoenix’s Turf Soaring School, where (pre-TSA) he could walk right up to personnel, help them wash airplanes, and whatever else they let him do. “It was awesome,” recalls Weber.

A year later, he was flying solo on a glider. He paid for lessons by working after school, weekends, and during the summer. “I traded ten hours of work for one lesson, which sometimes would be ten minutes. I still thought it was a great deal.”

Within a year after that, he was flying glider aerobatics, then performing competition aerobatics in powered airplanes. “I was too young to know any fear, and it was just a natural thing for me. Never got air sick.”

He now spends 20 weeks a year performing in air shows. His aircraft has included ultralights, WWII biplanes, the legendary Pitts Special, Russian YAK55M, Extra 300’s (one of Weber’s favorite aerobatic planes), and several types of jets, including the F-16.

“Wayne Handley and Sean Tucker are two guys I look up to. You always model yourself after

somebody that’s the best in the industry. Those two guys are as good as it gets.

The airshow community is an extended family. It’s an intense industry, and we share a bonding that no else can understand; sharing losses and successes together.”

In addition to delighting crowds with his aerobatic feats, Weber is an accomplished musician, supplying his own compositions to accompany his performances. (<http://vimeo.com/channels/timweberairshows>)

You can catch Weber’s Geico Aerobatics, Handley, and Tucker at the Seventh Annual California Capitol Airshow, Mather Airport, on September 7 and 8, 2012.

You’ll enjoy Thunderbirds, aerobatics, barnstorming, inspecting the underbelly of a cargo ship and other assorted aircraft, and the Kids’ Zone will be available for the younger crowd.

Although last year’s Reno air race tragedy may remain fresh in memories, it is important to understand that it was an air race, and Sacramento will be hosting an air show.

“An accident like that is impossible at an airshow,” says Weber, “because we’re not allowed to direct our energy towards the audience in any way, shape, or form. Pilots don’t fly over an

audience below 1,000 feet, and it can’t be aerobatic. We haven’t had a spectator get injured, or even scratched, in an airshow in over 50 years in this country. Safest country in the world for airshows.”

Over the years, Weber has received a lot of mail, and email from fans. The ones I’m always appreciative of are the ones from kids. Sometimes, it’s heart-breaking. I’ve had notes from kids saying, ‘I’ve been diagnosed with cancer, and I’m ten years old,’ and it’s written with crayons. ‘I know if you can do what you’re doing, I can make it through this.’ It breaks your heart.

But, there are people I met when they were little, that are now Air Force pilots who have stayed in touch with me. I love that. It’s the neatest part of this whole business. One kid I’m thinking of in particular was about 15 when I met him.”

If you’ve never attended an airshow, or are a longtime fan, the Capital Airshow is a treat for all.

Gates open at 9:00 a.m., and close at 5:00 p.m. All acts are scheduled for both days of the show. For ticket prices, parking information, and other questions, visit californiacapitalairshow.com.

Female Veteran Takes on 3,688 Miles for Charity

FAIR OAKS – Karen Bartlett a real estate agent with Keller Williams Realty and a disabled Veteran will be bike riding across the country alone starting on September 22nd at 8:30am from the Sacramento State Capitol and ending in Jacksonville Florida with one mission, to raise funds for Operation Homefront and KW Cares.

“I have thought about a cross country ride for 6 years. Once I realized that I could raise funds for a charity, the ride had purpose. It was no longer “maybe” it became “I have to” Karen stated enthusiastically.

Operation Homefront provides emergency financial and other assistance to the families of our service members and wounded warriors. In 2011, Operation Homefront met 155,984 needs for military families, including active duty, Guard and Reserve members from all branches of service.



Karen Bartlett

Since its inception, Operation Homefront has provided more than \$92 million dollars of funding to programs which benefit military families. Operation Homefront provides direct services to alleviate a military family’s or individual’s actual/complete emergency financial

burden, as well as counseling and/or recovery support. Emergency financial assistance is in the form of checks paid directly to mortgage lenders, auto mechanics, contractors, hospitals, doctors, dentists and other providers.

KW Cares is a 501(c) (3) public charity created to support Keller Williams Realty associates and

their immediate families with hardship as a result of a sudden emergency. Hardship is defined as a difficult circumstance that a person or family cannot handle without outside help.

The charity is the heart of Keller Williams Realty culture in action—finding and serving the higher purpose of business through charitable giving in the Market Centers and communities where Keller Williams’ associates live and work.

For more information please visit www.KarenPedals.com.

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DA Scully Urges Governor Brown to Veto SB 9

From the
Office of the District Attorney

District Attorney Jan Scully joins the California District Attorneys Association (CDAA) and elected DAs across the state in urging Governor Brown to veto SB 9, which would allow murderers who were under the age of 18 at the time of the crime, and who have been sentenced to life without the possibility of parole, to have their sentence modified to allow parole. After a similar bill failed in the previous legislature, SB 9 was passed in the Assembly by a single vote.

Scully noted that current law provides adequate safeguards against the abuse of the life without parole penalty for those under the age of 18. The penalty is only possible for those who were at least 16 years old at the time they committed murder.

Prosecutors have discretion whether or not to seek the penalty. Sentencing judges also have discretion not to impose it even when the proper charges and jury findings have been made.

Scully states that accountability is a central pillar of our criminal justice system. SB 9 would weaken that accountability for those, 16 years and older, who commit the worst crimes. Her letter states, “Juvenile murderers can be among the most hardened and calloused of killers.” Under SB 9, rapist murderers, gang murderers who coldly ambush their victims, robbers who execute their victims, and multiple murderers, are all eligible to have their sentence reduced. She goes on to cite three cases from the more than 260 defendants serving life without parole for special circumstance murders committed when they

were 16 or 17. The cases include 16-year-olds Daniel Russell and Calvin Pearson, convicted in Sacramento for murdering 90-year-old Marie Oliver in her home during a robbery.

Scully noted that 29 of the juvenile murderers serving life without parole were convicted of multiple murders. In addition, 27 were convicted not only of murder, but also one or more counts of attempted murder - additional victims who would be dead if the defendant’s actions had been as effectively deadly as his intentions.

The bill will also subject the families of murder victims to a multi-step process that could force them to relive the events, probably many times, traveling to and speaking at each subsequent parole board hearing if the court did modify a defendant’s sentence.

Governor Brown Announces Pension Reform Agreement

LOS ANGELES—Governor Edmund G. Brown Jr. outlined on August 28th a sweeping pension reform agreement that saves billions of taxpayer dollars by capping benefits, increasing the retirement age, stopping abusive practices and requiring state employees to pay at least half of their pension costs.

“These reforms make fundamental changes that rein in costs and help to ensure that our public retirement system is sustainable for the long term. These reforms require sacrifice from public employees and represent a significant step forward,” said Governor Brown.

“If the legislature approves these reforms, public retirement benefits will be lower than when I took office in 1975,” said Governor Brown. “Additional changes would require a vote of the people,” he added.

The pension reform agreement includes substantial benefit rollbacks for public employees. It requires all current state employees and all new public employees to pay for at least 50 percent of their pensions and establishes this as the norm for all public workers in California. Importantly, these new reforms eliminate state-imposed barriers that have prevented local governments from increasing employee contributions.

Further, it bans abusive practices used to enhance pension payouts.

“No more spiking, no more air

time, no more pensions earned by convicted felons,” said Governor Brown. “We’re cleaning up a big mess and the agreement reached with Legislative leaders today is historic in its far reaching implications.”

Public Employee Pension Reform Act of 2012

Caps Pensionable Salaries

Caps pensionable salaries at the Social Security contribution and wage base of \$110,100 (or 120 percent of that amount for employees not covered by Social Security).

Establishes Equal Sharing of Pension Costs as the Standard

California state employees are leading the way and are paying for at least 50 percent of normal costs of their pension benefits. Requires new employees to contribute at least half of normal costs, and sets a similar target for current employees, subject to bargaining.

Eliminates current restrictions that impede local employers from having their employees help pay for pension liabilities.

Permits employers to develop plans that are lower cost and lower risk if certified by the system’s actuary and approved by the legislature.

Provides additional authority to local employers to require employees to pay for a greater share of pension costs through impasse proceedings if they are unsuccessful in achieving the goal of 50-50 cost sharing in 5 years.

Directs state savings from cost sharing toward additional payments to reduce the state’s unfunded liability.

Unilaterally Rolls Back Retirement Ages and Formulas

Increases retirement ages by two years or more for all new public employees.

Rolls back the unsustainable retirement benefit increases granted in 1999 and reduces the benefits below the levels in effect for decades.

Eliminates all 3 percent formulas going forward.

For local miscellaneous employees: 2.5 percent at 55 changes to 2 percent at 62; with a maximum of 2.5 percent at 67.

For local fire and police employees: 3 percent at 50 changes to 2.7 percent at 57.

Establishes consistent formulas for all new employees going forward.

Ends Abuses

Requires three-year final compensation to stop spiking for all new employees.

Calculates benefits based on regular, recurring pay to stop spiking for all new employees.

Limits post-retirement employment for all employees.

Felons will forfeit pension benefits.

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BEGONIAS AHOY!
Plant Show and Sale – Sacramento
Saturday & Sunday September 8-9, 2012

SACRAMENTO REGION – The Sacramento Branch of the American Begonia Society invites the public to attend a spectacular Begonia Show and Sale on September 8-9, 2012 at the Shepard Garden and Arts Center, 3330 McKinley Blvd., Sacramento, CA, 95816. The show and sale will be open to the public from 10am-4pm on both days. Free admission and parking.

The show offers a rare opportunity to explore many varieties of gorgeous begonias grown by local growers. Plus over 1000 beautiful begonia plants will be for sale, most for only \$4-6 each. The sale plants will be unique species not typically available for sale in local nurseries. Seminars will be offered to teach the basics of begonia growing including soils, pruning, planting and grooming. A lovely planted terrarium will be raffled off at the end of the show. Raffle tickets are \$1.00 each.

“This is a must-attend event for any plant lover. It’s a fabulous introduction to the wonderful world of begonias and also provides a chance to start growing them at home,” said Joan Coulat, Show Chairman.

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

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

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


Mel Osborne
PRESENTER: Mel Osborne

Josh Tuttle
PRESENTER: Josh Tuttle

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**MONTHLY
MILITARY RETIREE/
SPOUSE MEETING**

Our next monthly meeting is scheduled for 11 Sep 2012. Meeting location is the North Highlands Park and Recreation District, 6040 Watt Ave, North Highlands 95660. Our meeting starts promptly at 1030 hrs. Our speaker is Suzi Vinci, Veterans Service Officer for the Disabled American Veterans organization. Come on out and enjoy a cup of coffee and some great fellowship. Questions can be referred to our volunteer staff at 916-923-4979, Mon thru Thurs, 9 to 3PM.



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Monster-sized bluegill are much like lunker largemouths. They haven't attained their size and weight by biting any and every bait that falls in front of them. A very big bluegill can be as difficult to catch as a 10 pound bass and will require the fishing skill needed to take any trophy fish.

The bull blues are often line and angler shy and bait wary, especially in clear water lakes and ponds. To catch these fish, use bait like crickets or worms, and present them as naturally as possible. Be sure to use small hooks, and bury those hooks inside the bait to make them invisible.

One trick is to use a clear bobber with no weight on 2 lb. test line. When the bobber hits the surface it will attract the fish to the naturally falling bait. If he doesn't hit it on the fall, when it reaches the bottom it will give him time to inspect it before he attacks and you set the hook.

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RANCHO CORDOVA
The City of Rancho Cordova invites the community to attend a public hearing regarding the Community Development Block Grant (CDBG) at the City Council meeting at 5:30 p.m. on Monday, September 17th at City Hall, 2729 Prospect Park Drive.

The City has received annual CDBG funding from the U.S. Department of Housing and Urban Development since 2006 and uses this funding to pay for needed infrastructure and neighborhood improvements as well as community planning and development programs and services.

The public hearing will give residents the opportunity to comment about the grant's 2011-12 Consolidated Annual Performance and Evaluation Report (CAPER), a document that describes the programs and activities accomplished during the 2011-12 program year. It is available for public review at Rancho Cordova City Hall (2729 Prospect Park Drive), Rancho Cordova Community Library (9845 Folsom Boulevard), and on the City's website at <http://www.cityofranchocordova.org/Index.aspx?page=86>. Resident feedback is necessary to fulfill the grant's citizen participation requirements and ensure the City will continue to

receive funding. Plus it helps the City identify what services are most important to residents and what addresses the community's biggest needs. In the 2011-12 Fiscal Year, Rancho Cordova engaged in a wide range of public service activities with the \$626,561 it received in CDBG program funds.

The funded programs served people with disabilities, seniors, homeless, and at-risk youth with essential and life-enhancing services.

"CDBG funded programs and services help promote a positive image of Rancho Cordova, while ensuring a safe, inviting, and livable community," said Reed Flory, the City's Housing Services Administrator. CDBG service providers and City officials will be at the public hearing and discuss how grant funding is used for the following City services:

- Emergency repair loan assistance to low-income homeowners to eliminate health and safety hazards in their homes.
- Inspection of rental housing units to require property owners to correct health and safety code violations.
- Infrastructure improvements, including construction of American Disability Act accessible sidewalks and ramps and

improvements to the White Rock Pathway leading to the light rail stop at Folsom Boulevard and Olson Drive.

- Senior nutrition services, including free meals and social activities.
- Counseling and housing referral services to homeless and near-homeless individuals and families.
- Affordable respite day care services for seniors with severe memory loss.
- Fair housing and counseling services such as assistance with housing discrimination and tenant and landlord issues.
- Youth support services, including one-on-one college preparation and short-term prevention services for youth who are at-risk of continuing cycles of poverty and violence. The public review and comment period begins August 31st and will end September 17th. If you would like to provide testimony but are unable to attend the meeting, deliver your written comments to the City Clerk's Office at City Hall prior to the public hearing and they will be made part of the public record.

For more information, contact the City's Housing Services Department at (916) 851-8700.

Source: City of Rancho Cordova.

FAIR OAKS - Attention golfers! There is still time to sign up for the 21st Annual Fair Oaks Chamber of Commerce Golf Tournament! It will be held Friday, September 14 at the popular Mather Golf Course. The athletic event will feature a four person scramble, a shotgun start at 8 a.m. and conclude around 12:30 p.m. for a lunch that includes Tri-tip, Chicken and Smoked Salmon. Additional highlights include a large raffle and a Hole-In-One contest for \$5000! Entry fee includes green fees, cart, lunch, tee prizes, and loads of fun! Online registration, prices and forms can be found on the Chamber website at www.fairoakschamber.com/ golf. Proceeds will support High School Golf Scholarships.

There will also be prizes for: Best Ball Scramble, Putting Contest, Best Ball Scramble, Closest to the Pin, Accuracy Drive, and First Prizes for Teams: All men, women, seniors and mixed.

For more information, call Tournament Chair, Doug Proctor, 916-965-8861 or the Fair Oaks Chamber office. 916-967-2903.

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By Ronnie McBrayer

When I was a young college student I had the opportunity to go with a friend to a “revival” in the town of Hollywood, Georgia. That’s right, there is such a place: Hollywood, Georgia. “On a clear night you can see all the stars,” the locals say (Go ahead and groan). In reality, Hollywood is more of a county crossroads than a mecca for the rich and famous. It has a diner, a church, and not much else.

In the South a “revival” has at least two very different things. First, it is a spiritual awakening, a holy renewal where those who have wandered from the straight and narrow return to the fold. Second, it is a church event, a scheduled series of meetings. So a “revival” can be something deeply spiritual that people pray for, and it is a traditional ceremony placed on the congregational calendar. Whether or not the two different meanings of this word cross paths is always up for debate.

This revival was the typical affair. It was a week-long gathering when people of the community crammed their families into the pews to sing rousing gospel songs, to hear the pleadings, exhortations, and condemnations of the best visiting evangelist the church could afford, and for everyone to have

A Hollywood Revival

an annual time of repentance whether they needed it or not.

As I made my way to the front door I passed by a long line of Harley Davidson motorcycles. These were not the Baby Boomer playthings so many graying men and women ride today as a hobby or youthful escape. No, these were hardcore, gang-style cycles.

And just inside the church, occupying the back pew, lo and behold, there sat the gang. Leather, studs, rippling arms, ponytails, tattoos: It was the complete Hell’s Angels package, sitting in a Baptist church in Hollywood, Georgia. Being a young, eager revivalist myself, I said to my friend, “Good. Maybe these heathen will get saved tonight.” And I meant it.

I sat several pews away from them and found myself piously praying for their salvation because I just knew they were seconds from splitting hell wide open. After the service got started, the pastor called on one of the deacons of the church to come forward and offer a prayer and word of introduction. One of those wicked bikers rose from his seat and started down the aisle.

At first I thought the call of his bladder had merely coincided with the pastor’s invitation. And being a biker and all, I was certain he was short on manners and he did not know that prayer time was an inappropriate moment to visit the latrine. When the big mountain of a man turned for the pulpit, my pulse quickened as I thought he was going forward to cause a disturbance.

He caused a disturbance alright, but not like I thought. This chaps-wearing biker with a beard to his waist was the aforementioned deacon. I found out later that this biker-deacon was a self-financed missionary to the road houses, biker bars, strip clubs, and truck stops of America.

Up and down the highways with his fellow laborers – his motorcycle gang – he rode his horse of steel and entered places that good Christian people would never be caught, not even to share the gospel. He went to places where people drank too much, showed too much skin, engaged in too much sensuality, and waged too much violence. But there he shared Jesus, led Bible studies, prayed for those who thought they didn’t have a prayer left, and even baptized a few souls in the truck stop showers when necessary.

I left that Hollywood church thinking that it would have been better to give the revival budget to this biker’s ministry rather than spending it on some flamboyant evangelist with a bouffant hair-do and expensive cuff links. And certainly I left with a lesson scorched deep in my conscience: Never point a finger or a prayer at those you consider sinners. They may be more holy than you can imagine.

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.

Solving the Mystery of Picking a President

By Rev. James L. Snyder

The Gracious Mistress of the Parsonage and I were casually sitting on the back porch enjoying our evening coffee together. Suddenly, the conversation turned to things political. This does not happen very often so at the moment I was a little surprised by this turn of current events.

My wife does not spend much time keeping up with political news or events. Therefore, I was a little surprised when she made some comments in this area. It began when my wife said, “Why is it every politician running for president insists that Washington is broken and they are just the ones to fix it?”

Well, she had me there. Most politicians worth their pork barrel payment have the audacity to believe they are political prophets able to see what is wrong with everything in this country, particularly those things in Washington, DC. Not only can they see what is wrong but also they know the exact way to fix it. However, no two solutions are alike.

They look at the Washington, DC area and view it as a fixer upper. Then they go around the country hammering away with the promise that they can fix it and fix it for good. All these politicians have “fixed” our government for sure, but not in the way they think. It is more along the line of when you take “Lucky” to the veterinarian to have him fixed. The results are the same in both situations.

Then my wife made this observation. “If these politicians are so all fired up about fixing problems, I would like to show them our plumbing problem.”

Of course, what my good wife does not realize is politicians can only fix hypothetical problems not real ones. And the more hypothetical the more eloquent they are in their speeches about it. Whenever you hear a politician

waxing eloquent in his speech you always know you are listening to an airbag.

It was my turn to astonish my wife.

“I have solved the mystery of picking the president of the United States,” I said rather arrogantly. I was waiting for her response. And I did not have to wait long.

“You what?”

Then I laid out for her my scheme for picking the president.

“It’s very simple. People pick a president about the same way they pick their nose.”

I knew from her astonished look I would have to explain what I meant. But it is true, nevertheless, picking a president is like picking your nose.

The first thing is that nobody gets to select the nose they will have for the rest of their life unless of course they submit to plastic surgery. I have seen some noses that if it were mine, it would not be mine for long. We may owe plastic surgeons quite a lot for saving the on looking public the excruciating pain of looking at ugly noses.

It is the same way nobody gets to choose the list of potential presidents they will have to decide on in the upcoming election. We all have to learn to live with the one or the other that has been given. Sad to say, in both areas, most of us have truly blown it.

In this area of picking, some do it openly and unashamedly. They do not care who sees them or hears them for that matter. They firmly believe as Americans they have the constitutional right to do this plainly and blatantly.

Of course, there are always those who deny they even have a nose let alone stooping to picking it in public. Some things, according to them, are better done in private, behind closed doors. Whoever invented “closed doors” has probably done society more benefit than any other invention. I

must admit with some people it is quite hard to ignore the fact that they have a nose. It is the most prominent feature of his or her face but everybody has the right to live in the wonderful land of denial.

Then I come to the more technical aspects of this matter of picking. Some prefer the left over the right while others prefer the right over the left. Then of course there are those who do both at the same time confusing everybody watching them.

It is very confusing talking with these people because one time they are on one side and the next time they are on the other side. I know both sides are equally significant but I hate being confused.

These, I think, would be called “equal opportunity pickers.” They do not prefer one side to the other but both sides, in their opinion, is good. It is hard to argue with logic like that. It is the same kind of logic that your wife uses when she asked you, “Does this dress make me look fat?”

No matter if you are picking the president of the United States or your nose, you always end up with the same thing.

There is only one selecting process that is devoid of any frustration at all. Jesus mentioned it, “Ye have not chosen me, but I have chosen you, and ordained you, that ye should go and bring forth fruit, and that your fruit should remain: that whatsoever ye shall ask of the Father in my name, he may give it you.” (John 15:16 KJV).

God’s choice has eternal ramifications.

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

Today we hear pastors of many different denominations talking about “Unity of our faith” in Jesus Christ, his life, death and resurrection being the central theme that unifies us as the Church. Another place during the end times, we are called the “Bride” of Christ and Scripture tell us that those who believe will be invited to the Lamb’s supper after we have put on white garments for the celebration. It is an exciting time to be a part of the Body of Christ (The Church) and to love and care for those in any denomination because we are “One” just as God is: the Father, the Son Jesus, and the Holy Spirit are “One”. Each having powerful roles, but equally important to reach, guide and teach us.

When I was young it was

Honoring God With Your Life

very confusing meeting people of different denominations and the demeanor they displayed was superiority over people who were not of their particular persuasion in a different denomination. It was hard for me to appreciate this attitude of superiority and it probably was the cause for me delaying the decision to accept Christ and becoming a part of any church. And this was evidenced by my own parents being brought up in two different protestant denominations prior to their marriage and never attending either for over eighteen years. I wonder if it could also be a cause for some people today delaying their decision to join some churches.

Occasionally I will hear someone knock another denomination and it makes me sick inside because it is a sinful and unloving act against God’s people that dishonors God Almighty.. I think about how God must feel when a person makes a statement against someone just because they are not of their persuasion spiritually. The central theme of all Christian churches surrounds

the birth, life, death and resurrection of Jesus Christ. Doesn’t the Bible clearly tell us to “watch our words” and one day we will be held accountable for every idle word we speak? (Matthew 12:36)

Our lives as believers are to please Almighty God! We are to be concerned and/or to mourn over the very same things that make God sad! Conviction is a good thing, because it cleanses the soul, changes the direction we are going and brings one closer to God. Thereby, Let us all be honoring Him with our lives.

My question for them involves asking” if” they even have known the words of Scripture that guide and direct lives to bring honor to God? They will never enjoy the love, joy and peace that come in really knowing God intimately. It’s Time... do not waste another day!

God yearns for you to love Him with your heart and soul, because that is how He loves you!

Marlys Johnsen Norris
First Book: “God Moves Mountains, It was a Miracle”
Marlysjn@gmail.com



By Pastor Ray Dare

Have you noticed how insecure and egotistical people have a hard time taking a joke? When you’re humble, you’re able to laugh at yourself; you’re able to take a joke. Egotistical people criticize much more than they encourage. They attack you, always on the offensive. They always want to get you involved in arguments. It seems like you can never just have a discussion with this person, it’s always an argument. The Bible says, “*Pride only leads to arguments...*” *Proverbs 13:10 (NCV)*

One of the keys to successful relationships is humility. What is humility? The Bible says in Romans 12:3, “*Don’t cherish exaggerated ideas of yourself or importance. But try to have a sane estimate of your capabilities...*” That means you come to terms with who you really are.

Humility helps relationships because you learn to accept your own humanity and the humanity of others. You accept the

How to Get Ego Out of the Way

fact that you are not perfect and you accept the imperfections in others. Did you know that the words ‘humility’ and ‘humanity’ and ‘humor’ all come from the same root word? Humility is, in essence, being in touch with your humanity. It’s realizing that you’re not God and you’re not perfect. And you stop taking yourself so seriously.

What’s the root of egotism? What causes egos to clash? What causes people to promote themselves? What cause people to brag and exaggerate?

Truckers tell us that the trucks which make the most noise on the freeway are the empty ones. A drum makes a lot of noise, because it’s empty inside. Egotism is an indication of emptiness on the inside. What’s the antidote? The Bible says, “*May you be able to feel and understand ... how long, how wide, how deep, and how high God’s love really is; and to experience this love for yourselves ... so at last you will be filled up with God himself!*” *Ephesians 3:18-19 (LB)* The antidote is to fill that emptiness with God’s love. To be filled up with God’s love.

When you let God fill that emptiness inside, you no longer need to run around the world trying to validate your worth, trying

to prove yourself. You no longer need to compete with other people. You no longer need the validation of others because you’ve experience God’s validation. Knowing that God loves you and that He accepts your imperfection and humanity relieves the need to be approved by others. You no longer need to posture yourself. You no longer need to prove yourself or promote yourself, to protect an image, to brag, boast or cover-up your flaws and faults. When you let God love you, you no longer need to drive a particular type of car or purchase things that say, “*Look at me, I’m okay!*” because you know God says you’re okay. The point is, loving others starts with understanding God’s love for you. Healthy relationships begin with a relationship with God. Accepting others begins with understanding how Christ has accepted you. Let God love you this week, develop your relationship with Him and He will help you to love others as well.

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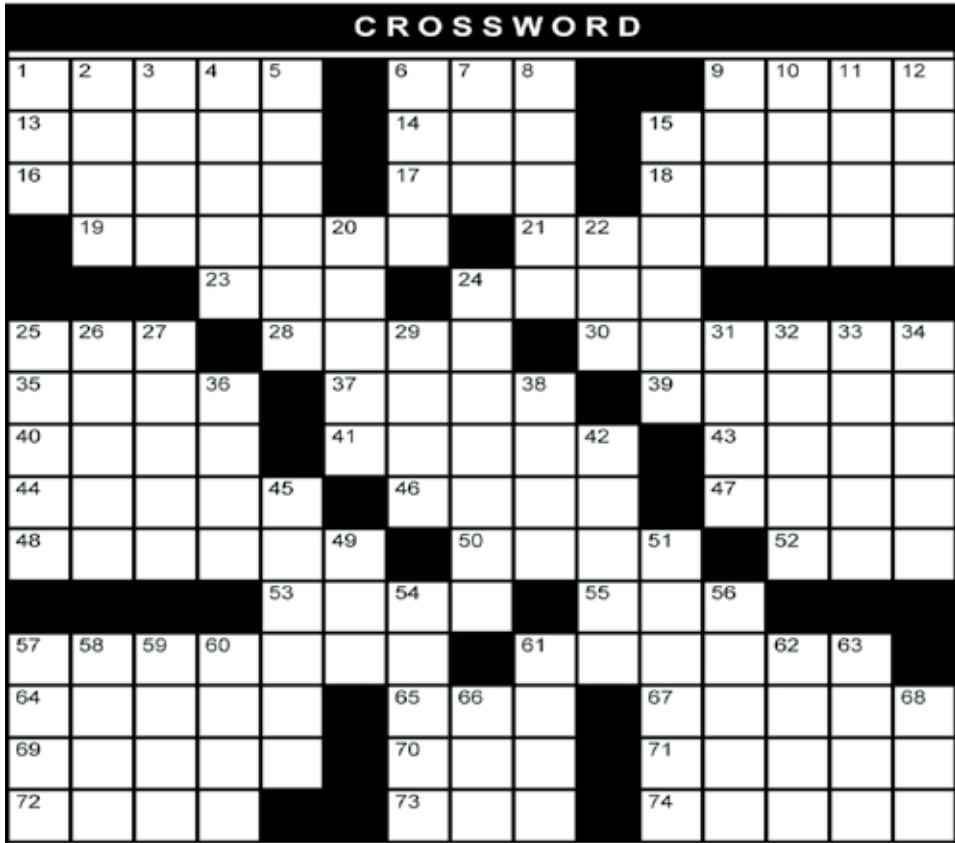
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CLUES

ACROSS

- 1. Writer ____ Asimov
- 6. *Quality of a football lineman
- 9. Shakespeare, e.g.
- 13. Stallion's cry
- 14. University of Rhode Island
- 15. Used in printing
- 16. Gymnast Comaneci
- 17. Man's tasseled hat
- 18. Unlace
- 19. FEMA help, e.g.
- 21. *He's now a Bronco
- 23. *Defensive ____
- 24. Deal with it
- 25. *It airs Sunday night football
- 28. Silage holder
- 30. *Last year's BCS runner-up
- 35. Having wings
- 37. *NCAA's initial ____-team playoff
- 39. Academy in Annapolis
- 40. Welt
- 41. Yesteryears
- 43. *1977 football flick, " ____ Tough"

DOWN

- 44. Type of acid
- 46. Manufactured
- 47. " ____ and proper"
- 48. Pollute
- 50. "The ____ Show" (1976-1980)
- 52. *Owner of a Lonely Heart" band
- 53. Film shot
- 55. Dog command
- 57. *Tide's color
- 61. Not very far
- 64. Raja's wife
- 65. Major time period
- 67. Water nymph
- 69. Beginning of illness
- 70. ENT's first concern?
- 71. Ownership document
- 72. Jolie's other half
- 73. *Conference of last 6 college champs
- 74. *Pittsburgh's " ____ Curtain"

DOWN

- 1. Overnight lodging
- 2. Make very hot and dry
- 3. ____-de-camp
- 4. *Quality of a good player
- 5. *Moves with each first down
- 6. It makes a car shine
- 7. Wrath
- 8. Most famous gremlin
- 9. Capital of West Germany, 1949-1989
- 10. Unfavorable prefix
- 11. Seabiscuit control
- 12. Small amount of residue
- 15. Go to NPR, e.g.
- 20. Enlighten
- 22. Suitable
- 24. Quality of a good soldier
- 25. Muslim ruler, respectfully
- 26. What scapegoat is given
- 27. Shorter than California
- 29. Used for weaving
- 31. *Tackler's breath?
- 32. Each and all

DOWN

- 33. Chinese silk plant
- 34. Takes off weight
- 36. *Nevada Wolf Pack's home
- 38. Do over
- 42. Touch is one of these
- 45. Starting time
- 49. One from Laos
- 51. *Brother of #21 Across is a leader of this team
- 54. Genuflecting joints
- 56. Loyalty to the loyal, e.g.
- 57. Farmer's output
- 58. Alternate spelling of #64 Across
- 59. In or of the present month
- 60. Athletic event
- 61. Narcotics agent
- 62. Evander Holyfield's ear mark
- 63. *Ivy League's Bulldogs
- 66. Charlotte of "Facts of Life" fame
- 68. Ctrl+Alt+ ____

For Solution See Page 7

Asante
Children's Choir
to Perform at
Northminster

SACRAMENTO REGION – The Asante Children's Choir, a 25-voice group from Burundi & Rwanda, is touring the US, and on September 16 they will sing at Northminster Presbyterian Church's service and give a concert after worship. This group is not just a group of children singing. They sing, dance, have incredible costumes, and are inspirational. The group is a nonprofit organization with the mission of supporting and educating disadvantaged youth and women in Africa. They do not charge for their performances but do ask for a love offering to help support their tour.

Northminster is fortunate to be one of the few churches in our area to have the opportunity to experience this group. For more information call (916) 487-5192 or visit northminsteronline.org. Event is scheduled for Sunday, September 16, 9:55 a.m.3235 Pope Avenue, Sacramento

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Too much paper and E-Waste
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ORANGEVALE – E-Waste and technology items will be collected and recycled free of charge! Shredding is \$8.00 per box (10"X12"X15") Equipment accepted: Monitors/TV, Desktop & Laptop computers, Notebooks, zip drives, hard drives, cell phones/telephones, VCRs, stereo equipment, speakers, keyboards, mice, PDA, digital cameras, printers, copiers, toner cartridges, laser multi functions, scanners, fax machines.

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Time: 10:00 AM – 02:00 PM
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END of the BENCH

by **Gerry Scholl**

Have No Pity on the Working Man

It’s the Oxymoron Holiday. Labor Day, and almost no one is working.

I am one of the exceptions... doing this. But this is a labor of love, so it doesn’t count. Have no pity on this working man.

The three-day holiday weekend (for most) is a good time to take a short break and a long, deep breath, just in case you are not quite ready for some football... and some more football... and some more and more and more...

Of course, we realize the football has already started. But the NFL preseason isn’t real football. And the first week of college games are usually pretty dubious affairs as well.

Thought defending national champion Alabama against No. 8 Michigan might be a game to watch. Recorded it. ’Bama blew ’em out, 41-14. Didn’t watch. Erased it.

That’s how most of Week One goes. The nine winners in the top ten in preseason polls crushed the opposition by a combined score of 392-142. It would have been more than a 30-point-average differential had not the Oregon Ducks removed their webbed feet from the throat of Arkansas

State after leading at the half, 50-10. None of that was very interesting.

It was a bit unnerving that the Andrew Luck-less Stanford Cardinal barely got by San Jose State, 20-17, and Cal’s enigmatic Bears fell to Nevada, 31-24, in the first game in renovated Memorial Stadium, disappointing a capacity crowd of 63,186. Go, Bears!

The real thing kicks in this coming weekend when the San Francisco Forty Niners open the season at Green Bay, Sunday, and the Oakland Raiders host San Diego on Monday night.

Facing a first-place schedule after winning the West and advancing to the NFC Championship Game while going 13-3 last year, the 49ers will be hard-pressed to duplicate that record this season. They must face top quarterbacks Aaron Rodgers (Packers), Drew Brees (Saints) and Tom Brady (Patriots) all on the road. The good news is that they will do so with a top-rated defense that returns all eleven starters.

The Forty Niners have risen from the depths of a 2-14 record just four years ago to being tabbed as a 7-1 probability to reach the Super Bowl.

“We must always be humble. We can’t get ahead of ourselves,” star tight end Vernon Davis said on a season preview show.

“You’re only as good as your last game,” said quarterback Alex Smith.

The Niners lost their last game, that NFC title game to the New York Giants, in disappointing fashion. So improvements had to be made.

It’s clear the defense will still be strong and deep. That unit led the league in takeaways and rushing defense a season ago, was a close second in fewest points allowed, fourth in total yards allowed and seventh in sacks. The pass defense was a middle-of-the-pack 16th, but with added experience and a full preseason with the coaching staff (something missing in the staff’s first year due to the lockout) it could be improved, making the total defense an ominous group.

The offense, which had its struggles on third down and in the Red Zone, and ranked 29th in passing yards, added multiple threats in the off-season, led by the signing of 35-year-old wide receiver Randy Moss (153 career receiving touchdowns, second all time to Jerry Rice at 197). Also added were WR Mario Manningham and RB Brandon Jacobs from the Giants, and draft picks RB LaMichael James (Oregon) and WR A.J. Jenkins (Illinois).

Led by QB Smith, who had a career year last season (99.7 QB-rating and only five interceptions, though just a modest 3,144 passing yards in a pass-happy league), and stars RB Frank Gore and TE Vernon Davis, along with rising stars WR Michael Crabtree and RB Kendall Hunter, the offense may be on the verge of surprising its many critics.

The Raiders, meanwhile, will be adjusting to new leadership since the passing of long-time owner Al Davis, including his son, Mark, new GM Reggie McKenzie and new head coach Dennis Allen.

Veteran QB Carson Palmer, who joined the fray during the season last year, said there is “a new energy...a different feel” around the Raiders. They will need it after setting a league record with 163 penalties in 2011.

They say they must play with more discipline and not beat themselves with penalties and mental errors. “The results will speak for themselves,” said Allen. We’ll see...

In the words of Forty Niner linebacker Patrick Willis, “Bring it on!”



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1) Look where you’re going. Name your desired outcome. Put pen to paper and record, specifically, where you want to go next in your career. Give yourself a date by which you want to accomplish this goal. Does your current position help or hinder you in reaching your goal? Writing your vision helps you articulate where you’d like to be and may help you identify why you’re stuck.

2) Name what’s stopping you. Write down the obstacles that are standing in your way. What’s bugging you about the

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with Mary Jane Popp

job? Take a few minutes to air all your grievances (to yourself) in writing. Next, organize them in three categories: those within your control, those you may be able to influence, and those out of your control. Put a big slash mark through the obstacles that are out of your control entirely. Now, brainstorm what you can do to overcome the remaining ones. Focus on what you can do, rather than what you can’t.

3) Adopt a new communication style. Pay attention to your own communication style. Are you assertive? Are you a quiet thinker and planner? Do you talk before you think? Next, pay attention to your boss’s style. If your boss is direct and “get it done” but you need time to process information and plan, you may come across to him or her a slow, procrastinating, or even resistant to feedback or authority. Modify your approach to match the boss’s style. Use the same words the boss uses, match the tone and approach to the degree you can. Mismatched communication styles lead to many misunderstandings.

4) Try on a new you. Trying different things to see what works and what doesn’t can be fun, if you take the attitude that this is an opportunity to learn. Seek outside experts or inside mentors to talk to about your options for change. Ask for advice and feedback on what you are doing right and where you might need to modify your behavior. To get new ideas and pick up tips, be


like a curious detective. Take a look around the culture...who succeeds and why. Try out a new behavior...such as coming in early, or volunteering for a hard task...and observe how others react and how it makes you feel.

5) Don’t be a Debbie Downer. Think the boss is a jerk? Hate the company culture? Can’t stand the people in the corner office? The more you tell yourself how horrible they are, the more you will respond negatively in your behavior. Remember that most people, including company leaders, haven’t had the chance to learn good leadership skills. They are often doing the best they can. Try to give them a break. Make it your job or your role to be helpful to them and to the company overall. If you just can’t stand the person or people in charge no matter what you try, it might be time to find another job. Remember that we often control the perception of people around us more than we think.

So, if you find yourself in a professional rut and think career-limiting behavior might be holding you back, consider these five tips and get all the details from **Beverly Flaxington** in **“Make Your Shift.”** Want to check out Beverly, then go to www.understandingotherpeople.com. And bets of luck to you in your dream adventures!!!

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

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

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For Solution See Page 7.



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by David Dickstein

Family Films

“Dread”
Opens Sept. 21, rated PG-13
dreddthemovie.com

Yet another superhero movie rolls out, this one set in the violent metropolis of Mega City One and featuring Judge Dredd, the comic book character last seen on film in 1995 with Sylvester Stallone as the gavel wielder tasked with ridding the city of thugs. Karl Urban (“Red”) wears the metallic robe this time and the main villain is a deadly drug epidemic that leaves users experiencing life in slow motion. It’s worse than it sounds, and clearly not for little ones.



“Finding Nemo”
Opens Sept. 14, rated G
findingnemo.com

If the 3-D reissues of “The Lion King” and “Beauty and the Beast” were huge hits over the past 11 months, we can only imagine the success of the third of five Disney and Disney-Pixar classics scheduled to go multi-dimensional. On the surface, the undersea “Finding Nemo” seems more fitting as a 3-D movie than the previous two and the upcoming non-digital “The Little Mermaid” (Sept. 13) and land-set “Monsters Inc.” (Jan. 18). It should be a visual delight retracing the remarkable journey Marlin and Dory take to P. Sherman, 42 Wallaby Way, Sydney.

“Hotel Transylvania”
Opens Sept. 28, rated PG
hoteltransylvania.com

Countless Dracula movies have been made, but here’s an animated one that has the world’s most famous bloodsucker as a

Films and DVDs for the Whole Family



papa. Adam Sandler lends his voice to an overprotective dad who builds a hotel to keep his daughter, Mavis, safe from living out her adventurous dreams. Dracula’s blood boils when an ordinary guy stumbles on the hotel and catches Mavis’ eye. Also seen, but not heard are Fran Drescher and Sandler’s “Grown-Ups” buddies Kevin James, David Spade and Steve Buscemi.

Family DVDs

“Barbie: The Princess & The Popstar” (ages 4-8, released Sept. 11, not rated): What does a princess do when she’d rather sing and dance than perform her royal duties? That’s an easy one when a pop star who looks like Princess Tori visits the kingdom and agrees to switch places. Throw in a magic secret and you’ve got a cheaply animated, yet watchable cartoon. *Grade: B-*

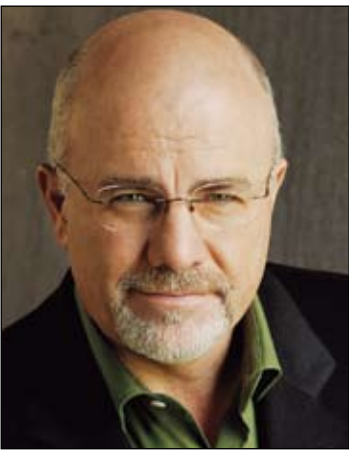
“The Avengers” (ages 11-17, released Sept. 25, PG-13): The baddies don’t stand a chance -- OK, maybe a teeny one -- against a team of superheroes made up of Iron Man (Robert Downey Jr.), The Incredible Hulk (Mark Ruffalo), Thor (Chris

Hemsworth), Captain America (Chris Evans), Hawkeye (Jeremy Renner) and Black Widow (Scarlett Johansson). This mega-hit from May ties together five earlier superhero movies, an unprecedented tactic that works. *Grade: A*

“Thomas & Friends: Blue Mountain Mystery -- The Movie” (ages 3-7, released Sept. 18, not rated): This direct-to-DVD movie centers on an engine lost on the island of Sodor. Thomas and his motorized mates track down clues to find the lost loco. DVD and Blu-ray bonuses include two karaoke music videos and an edutaining lesson on standard and narrow gauge engines. *Grade: B+*



“Tom & Jerry: Tricks and Treats” (ages 4-8, released Sept. 4, not rated): Classic cat-and-mouse fun is what this new Halloween-themed collection of 20 cartoons is all about. Covering ghoulish ground from Transylvania to Egypt, the seasonal DVD includes two cartoon bonuses. *Grade: B-*



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.

Fix it or sell it?

Dear Dave,
My old car has been having lots of problems lately. Do you have any advice on how to decide when it’s best to just fix an old car or get a newer one instead?

- Kristin

Dear Kristin,
This is a good question! Mathematically, the first thing to look at is the car’s worth if you don’t make repairs. Should you spend \$1,000 to increase the value of the vehicle \$500? Dumb question, right? At that point, you sell the car as-is and put the \$1,000 it would take to fix it toward something newer.

On the other hand, let’s say

Dave Says

you’ve got a little hooptie worth \$1,000 but by putting \$500 into it, you can have it up and running again. Suddenly it’s worth \$2,500. That’s money well-spent, because what you’ve done has significantly increased the value.

The other side is that at some point, the hassle factor of an old car can turn it into a money pit. If you can’t get anywhere because the car’s always busted, then you need to find something else for the sake of safety and reliability. If this happens, though, you should still pay cash for a better car. Even if you’re not taking a step up in price or fanciness, it’s still better than taking on a car payment. I’d walk or ride a bike everywhere before I did that!

- Dave

You lacked clarity

Dear Dave,
About 17 months ago, my wife and I allowed a lady who had lost her home to a fire to move into an empty house we own and had thought about selling. During that time she’s made no effort to pay rent. My wife wants to write it all off and just give her the house and title, but I think she owes us something for putting a roof over her head. What do you think?

- Thomas

Dear Thomas,
Honestly, I think you handled this situation poorly from

the very beginning. From what you’re telling me, you put her there originally on a charity basis, and now you want to change the deal. You didn’t say anything about giving her a house, but you didn’t set up a rental agreement either. And now you’re acting like she owes you 17 months of back rent. I don’t think so. I think that’s on you.

Now, you have some decisions to make. Were you providing free housing to someone who was struggling, or were you providing a free house to someone who was struggling? I understand this lady has experienced a terrible tragedy, but even with that, I’m not hearing lots of evidence that she’s moving toward gaining control and getting her life back together. You may be giving a drunk a drink, if after 17 months of this situation she’s not back on her feet again and out on her own.

If it were me, I’d sit down with her and have a gentle talk. Let her know the last 17 months were a gift, but you want to see her making her way and winning at life again. Set a reasonable time limit, whether it’s six months or even a year, and tell her you’ll be selling the house at that point. This is fair to her and to you guys as well.

- Dave

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

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Chakra

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Honorary Mayor’s Race... Into the Final Stretch!

FAIR OAKS - Candidates Kathy Jones and Marlena Smith are heading into the final stretch as they host their last two fundraising events, back to back, in their quest to become the next Honorary Mayor of Fair Oaks! If you haven’t had an opportunity to attend any of their events, now is your chance! They are open to the public.

Marlena Smith, AMP Marketing, will host a Spaghetti Feed, Friday September 7, from 6-9 p.m. in the Lower Level of the Fair Oaks Community Clubhouse, 7997 California Ave. It will feature live music, homemade Spaghetti, Meatballs, Salad, Bread, Dessert, Drinks and surprises. Cost is \$15 per person or \$25, couple.

Her charity is the Drowning Accident Rescue Team (D.A.R.T.), a non-profit, all volunteer organization whose mission is to save lives and recover property from the various rivers, lakes and waterways in and around Sacramento County. For more information or to purchase tickets: call (916) 420-9923 or visit: www.facebook.com/MarlenaForMayor.

Kathy Jones, Kathryn Jones Custom Gardens, will host an Ice Cream Social with Classic Silent Movies, a Raffle and a Live Auction of Delectable Baked Goods! It will be held Saturday, September 8, from 1:30-4:30 p.m. at the St. Francis Episcopal Church Parish Hall, 11430 Fair Oaks Blvd, Fair Oaks. Cost: \$10 per adult and \$5 per child.

Her project is: “Creating New Walking Paths in Phoenix Park.” The goal is to lengthen the existing hard surface path by ¾ of a mile, thereby making it easier to exercise year ‘round. It’s level and can also accommodate wheelchairs and walkers. For \$100, supporters can sponsor a portion of the path and their name will be posted. For additional information/event tickets: call (916) 962-0696 or www.kathyjones-honorarymayor.us.

Throughout the 34 years of Honorary Mayoral Races, candidates have raised well over \$250,000 for charities, community projects and the Fair Oaks Chamber in their efforts to make Fair Oaks a better place to live, work and do business.

Each dollar raised counts as One Vote. The candidate raising the most money (therefore receiving the most votes) becomes the Honorary Mayor of Fair Oaks. Vote early and often!

Half of the funds raised will be presented to the candidate’s charity or community project, and the other half will help support the Fair Oaks Chamber of Commerce. This will be done at the monthly Business Luncheon.

The race will conclude Wednesday, September 12 and the inauguration will be held that evening at the Mayors Reception/ Mixer at the North Ridge Country Club, 7600 Madison Ave, Fair Oaks. For further information, call the Fair Oaks Chamber, (916) 967-2903.

Source: Fair Oaks Chamber of Commerce

Free Happy Heart, Healthy Eating Day Event



Members of Girl Scout Troop 2153 planned the garden as a Girl Scout Silver Award Project. Photo courtesy of Helen Brewer, Public Information Office, City of Rancho Cordova.

RANCHO CORDOVA– Rancho Cordova – A tasty new activity has been added to the Sacramento Children’s Museum line-up. A fruit and vegetable garden has been planted just outside the backdoor by Lowe’s of Rancho Cordova. The Children’s Museum is located at 2701 Prospect Park Drive in Rancho Cordova.

To celebrate the new attraction, the Museum hosted a “Happy Heart, Healthy Eating Day” on Saturday, September 1st.

Activities included a “Happy Yogis” exercise class, a music and movement exercise class, Salad Spinner art, and financial health activities presented by Safe Credit Union. Dinger from the Sacramento River Cats was a special guest and Metro Fire equipment was on display.

“We are pleased to have the new garden activity. Not only will Museum attendees get to sample the garden’s bounty, but they will learn first-hand where some foods come from,” said Sharon Stone Smith, the Museum’s Executive Director. “Plus, it may encourage them to taste and eat some new vegetables.”

Members of Girl Scout Troop 2153 from Arden Park in Sacramento planned the garden in their quest for a Girl Scout Silver Award. Lowe’s of Rancho Cordova furnished and

planted the plants and seeds. Other Museum exhibits and activities include Waterways, Leo’s Market, Airways and Raceways, My Neighborhood, Studio of Arts, and Baby Bloomers, a special area for babies and toddlers. All exhibits are designed to nurture children’s imaginations, build their confidence and competence, and encourage them to test, tinker, laugh, create, and wonder!

For more information, call (916) 638-7225 or visit the Museum’s website at sacramentochildrensmuseum.org.

Source: City of Rancho Cordova

A Once-In-A-Millennium Event Celebrating The Year of The Dragon



SACRAMENTO – Ringling Bros. and Barnum & Bailey Presents DRAGONSSM is a once in a millennium event that honors The Year of the Dragon. Circus performers from the farthest reaches of the earth have assembled for Ringling Bros. Presents DRAGONS to showcase their astounding acts of bravery and astonishing athleticism. Ringling Bros.® Ringmaster Johnathan Lee Iverson presides over this fantastical celebratory tournament of circus champions that brings together mystic dragon lore with authentic circus feats. DRAGONS is a never-before-seen blend of legend and spectacle that can only be found at The Greatest Show On Earth!®

The anticipation builds throughout Ringling Bros. Presents DRAGONS as children of all ages bear witness to one phenomenal Ringling Bros. circus act after another, from Shaolin Kung Fu Warriors, charging Cossack riders, magnificent Asian elephants, fierce tigers to the frenzied Globe of Steel. As the audience observes these and even more real world displays that pay tribute to the dragon, their continued excitement will bring glimpses of the elusive beast. But, the big question remains; what will it take to lure a true dragon from its golden lair?

Guests should be sure to arrive early to join us for several exciting interactive elements before the show starts! Opening 90 minutes prior to each performance, all ticket holders are invited to tour the Animal Open House to get up-close with our amazing animals. Also one hour before showtime, check out the interactive All Access Pre-show, FREE admission with your ticket. Families can join Pre-show Host Andre McClain and participate in interactive experiences such as learning juggling and balancing skills, get performer autographs, see one of Ringling Bros. majestic Asian elephants paint a one-of-a-kind masterpiece and meet the Ringling Bros. Clowns, whose side-splitting spoofs, absurd antics and comical parody are guaranteed to keep audiences roaring with laughter!

“We are so excited and have been waiting for 2012, the Year of the Dragon, to arrive so that we could create a Ringling Bros. and Barnum & Bailey production of such magnitude that celebrates mystical dragon lore with genuine circus feats,” says Producer Nicole Feld.

“This is truly a once in a lifetime event where fantasy and real world legends literally collide at The Greatest Show On Earth!®, adds Producer Alana Feld.

For more information visit Ringling.com.

Source: Feld Entertainment

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- ❖ Entrants must be of good physical health and good moral character.
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Hosted by the City of Rancho Cordova's **Cancer Crushers**

A Team Event to Fight Cancer



By Eric Nelson

LOS ALTOS, CA, August 17, 2012 – His name is Juan Carlos – a rather distinguished moniker, to be sure, especially for a dog. But Juan Carlos is no ordinary dog. He’s been specially trained as a psychiatric service animal to provide emotional support to a friend of mine who suffers from severe anxiety, enabling her

A Dog’s Love Heals Both Mind and Body

to rely far less on drugs to keep her condition in check and a lot more on the unconditional love that dogs seem especially adept at providing.

As “touchy feely” as this may sound, there’s quite a lot of hard evidence to support the notion that love – both given and received by pooches and people alike – can have a measurable impact on our health.

According to Dr. Melissa Kaime, who oversees the Congressionally Directed Medical Research Program (CDMRP), “A recent survey showed that 82 percent of patients with [post-traumatic stress disorder] who were assigned a dog had a decrease in symptoms, and 40 percent had a decrease in the medications they had to take.”

In 2010 Drs. Craig T. Love and Joan Esnayra decided to take this research to the next level by initiating a more formalized study into the effectiveness of what are sometimes referred to as “guide dogs for the mind.”

“We’ve been developing the psychiatric service dog therapeutic model for about 12 years and we’ve worked with hundreds of people who have PTSD and we know that it works,” they said in a CDMRP press release. “We know from working with individuals that they are experiencing symptom reduction and they’re also using less PRN medication. And so, it’s really time to test this model scientifically.”

Whether Drs. Love and Esnayra will be able to determine why those patients with

canine companions enjoy better health remains to be seen. But perhaps some hint can be found in what one Vietnam vet said in a recent article from the Baseline of Health web site.

“I can talk with just about any social worker, counselor, my closest friend, a psychologist, [but] the dog looks in my eyes and seems to understand what my real basic need is. It’s that self-worth that makes me feel a private pride, something that I thought I’d lost a long time ago.”

While there are those who would describe this scenario strictly in biochemical terms, the fact of the matter is that people suffering from a variety of mental ailments are improving – both physically and spiritually

– simply through the expression of love, without experiencing any of the unsavory side effects associated with psychotropic drugs.

The question remains, however, as to whether love – self-worth, connectedness, purpose, whatever you want to call it – is something that can ever be adequately understood by medical science and, if so, effectively administered.

Perhaps the answer lies in gaining a better understanding of the source of love itself.

Although he’s not what one might consider your typical medical researcher, St. John might have uncovered this source some 2000 years ago when he wrote, “We love each other because he (God) first loved us” (1 John 4:19). This would seem

to indicate, then, that love is not merely a human emotion but a divine and, presumably, inexhaustible resource available to one and all, both to give and to get.

Juan Carlos included.

Eric Nelson is a Christian Science practitioner whose articles on the link between consciousness and health appear regularly in a number of local, regional, and national online publications, including The Washington Times. He also serves as the media and legislative spokesperson for Christian Science in Northern California (www.norcalcs.org). This article shared with permission by Communities @ WashingtonTimes.com.

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