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Olympic Moment*

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AMERICAN RIVER MESSENGER

Volume 7 • Issue 15

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

First Edition for August 2012

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Deserve Better



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Keep All Eyes on the Sky

SACRAMENTO – The United States Air Force Thunderbirds Jet Demonstration Team will rock the skies of Sacramento headlining the California Capital Airshow (CCA) this September 8th and 9th at Mather Airport. Fans will be captivated by an array of equally exciting, thrill-seeking military jets, gravity-defying aerobatic performers and the rumble of historic aircraft that will make children of all ages scream with excitement.

“This year’s Airshow will have you on your feet begging for more! The Thunderbirds performance is precision flying at its best, but the show certainly doesn’t stop there,” said Darcy Brewer, executive director of the California Capital Airshow. “No matter what aircraft is screaming through the skies over Mather Airport, it is always thrilling, but more importantly, it’s something you actually get to experience – you get to see the aircraft, explore the planes both inside and out, and personally talk to the actual pilot or crew member of the airplane that literally just took your breath away.”

In addition to the Thunderbirds, CCA will showcase thrilling jets, world-renowned aerobatic performers, and warbirds and vintage aircraft that will mesmerize and inspire both young and old to dream big. Performers include (but not limited to):

*USAF Heritage Flight – F-16
Falcon and P-38 Lightning
Sean D. Tucker – Team Oracle*



California Capital Airshow announces exciting 2012 performer and aircraft line up.
Photo courtesy of California Capital Air Show.

*Tim Weber – Geico Aerobatics
Kent Pietsch – Jelly Belly
Barnstorming
Bill Braack – USO Smoke N’
Thunder Jet Car
Eddie Andrieni Mustang
Superbatics
West Coast RaVens 16 Ship
Formation Team
F4U Corsair Aerobatics
Red Stars Precision Warbird
Team*

And, literally ‘tons’ of military jets including assets from Travis

and Beale AFBs

“Airshow fans will enjoy an action packed weekend both on the ground and in the air. Every gravity-defying maneuver, fly-over and aerobatic performance will impress you, enchant you, and leave you speechless. It’s going to be an incredible show!” continued Brewer.

General Admission tickets are now available online and can be easily purchased at the Airshow web site or at all SAFE Credit

Union branch locations throughout the region. Also available online are VIP and upgraded ticket options, as well as family and hotel packages.

For updated news, attraction information, details and more visit the Airshow web site <http://www.californiacapitalairshow.com>. Fans can also follow the Airshow on Facebook and Twitter.

Source: Strong Communications

Grange Breakfast Supports Relay for Life

From Orangevale Grange

ORANGEVALE – On August 12, Orangevale Grange # 354 will hold its regular breakfast. For \$5 per adult, your meal can consist of scrambled eggs, ham, the Grange’s famous Biscuits & Gravy, Grange French Toast, all you can eat plain pancakes and a beverage (Coffee, OJ, Milk, Hot Chocolate, Tea, Water). The price for young people varies by age.

“This month’s Grange

Breakfast is kind of special because a number of our members will be cooking up lunch on Saturday and breakfast on Sunday at the Fair Oaks Relay for Life at the Waldorf School! Doing two breakfasts on one weekend is a stretch, but the opportunity to serve those raising money to save lives is too good to pass up!” reports Leslie Parker, breakfast committee chairman and Grange Vice President. “Our Certified Grange

Garden Produce Stand will be open at breakfast too! We invite everyone to ‘come on down’ for a good meal and to take home some produce for dinner.”

The Grange Breakfast is held every second Sunday of every month from 8:00 a.m. to 10:30 a.m. at the Grange Hall at 5807 Walnut Ave, Orangevale, 95662.

Established in 1910, the Orangevale Grange, a non-partisan, nonprofit fraternal organization, is part of the oldest

agricultural and rural community service organization in the Nation. Locally, it is the oldest service organization in the town of Orangevale. For over 100 years, Grange members have been active in the community, not only participating in many community activities and events but sponsoring them as well. For more information on the Orangevale Grange, visit their website at www.OrangevaleGrange.org

Brown Uses Money to Keep Parks Open

SACRAMENTO – Governor Edmund G. Brown Jr. recently pledged to work with the California State Legislature to direct millions of dollars in state funds to keep parks open, fix serious park maintenance problems and match donor contributions. He also thanked all Californians who have contributed time and money to save state parks.

“Much remains to be done to keep our parks open,” said Governor Brown. “The disclosure that the Parks department had millions in additional revenues is mixed—it’s better to have more money than less, but it’s totally unacceptable for Parks personnel to squirrel away public funds. I extend my deepest appreciation for the donors who have come to the aid of our parks in this time of need. I ask

for their patience as we take all necessary steps to make sure this never happens again.”

Specifically, Governor Brown called for the \$20 million from the State Parks and Recreation Fund (SPRF) to be used to:

Make critically needed maintenance fixes to keep parks from closing—for example, fixing water and waste treatment facilities that, if left as-is, will cause park closures.

Establish a matching fund for contributions, so that donors know every dollar they give will go further.

The State Parks and Recreation Fund is one-time funding that can only be used for one-time costs.

The Governor is also seeking a \$10 million appropriation from Proposition 84 funds for

immediate maintenance projects.

“We are grateful for our generous, committed donors. I can’t thank them enough,” said California Natural Resources Agency Secretary John Laird. “The good news is we will have more to spend on parks this year. The bad news is the problem is much bigger than that. State parks will still have over \$1 billion in deferred maintenance and ongoing costs.”

To ensure more sound and accountable financial reporting, the Department of Finance is requiring all departments to follow new procedures to reconcile and confirm balances between the Controller’s Office and the Governor’s budget. In addition to implementing these new procedures, the Department of Finance’s Office of State Audits

and Evaluations is conducting a thorough audit of all Parks fiscal actions.

Investigations into the Parks funds are ongoing. On July 20, the California Natural Resources Agency announced that the Parks department had not reported \$20 million in the State Parks and Recreation Fund, and \$34 million in the Off-Highway Vehicle Fund, to the Department of Finance. The Attorney General launched an investigation at the request of Governor Brown, who ordered a full Parks department audit by the Department of Finance. The Governor also accepted the resignation of then-Parks Director Ruth Coleman, appointed a new acting interim director and directed the dismissal of three senior Parks employees.

Californians Consume 4th-lowest Amount of Energy Nationwide

SACRAMENTO REGION – Californians consume the 4th-lowest amount of energy per person nationwide, according to the nonprofit website EnergyTrends.org.

EnergyTrends.org is a project of the Lexington Institute, a think tank based in Arlington, Virginia.

“Americans’ awareness and understanding of energy seem to be increasing, but major changes in energy consumption don’t happen overnight,” said Don Soifer, Executive Vice President of the Lexington Institute. “This year, increased use of natural gas in most of the Southeastern states was the strongest trend.” Earlier this year, EnergyTrends released its first state letter grades for states based on renewable energy patterns. California earned a letter grade of B.

“It is our hope that the information on EnergyTrends.org will be useful for everyone from schools to elected officials to keep track of their state’s critical energy consumption and generation patterns,” Soifer said.

He noted that the research is based on 2010 energy data which was recently released by the U.S. Department of Energy. The website tracks vital indicators for energy and electricity use, as well as which fuels (like coal, natural gas or renewables) are used to generate electricity, and ranks states in each category. It also analyzes data from recent years, providing easy-to-read indicators to show overall trends.

For more information see EnergyTrends.org.

School Starts August 16th!

*Families encouraged
to beat the rush and
register today*

SJUSD Release – Be sure to spread the word, San Juan Unified starts school on Aug. 16, a week earlier than in previous years.

New resident families, and those wanting to transfer into the district, are encouraged to enroll their students today by visiting San Juan Central located at 3700 Garfield Ave., in Carmichael. Walk-ins are welcome. No appointment is necessary.

The center is open to enroll new students and out-of-district transfers Monday through Friday as well as every Saturday in the month of August. Summer hours are Monday, Tuesday, Thursday and Friday from 8 a.m. to 4:30 p.m., Wednesdays from 11 a.m. to 7:30 p.m., and Saturdays in August from 9 a.m. to 3 p.m. More information can be found online at <http://www.sanjuan.edu/enrollment>.

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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 Third District, which includes the unincorporated community of Fair Oaks.

Alcohol & Crowd Control On The Parkway

In past years holiday weekends were major problems along the American River because of fights, profanity and littering fueled by excessive alcohol consumption. The Board of Supervisors restored decorum by implementing an alcohol ban starting on Labor Day weekend 2006 which is also applicable for the weekend of Memorial Day as well as the Fourth of July.

Last month a large crowd of party-going rafters converged upon the American River Parkway through the use of social media resulting in

problems similar to those in the past before the holiday alcohol ban. Fortunately law enforcement, rescue personnel and our Park Rangers had learned about the affair in advanced and were prepared for the event, which apparently had been organized to avoid the holiday alcohol restriction.

This disturbing episode required utilizing extra resources to manage and control the crowd as well as to clean up the trash left along the river. The likelihood that another event could occur necessitates Sacramento County have the ability to deal with these spontaneous events created through social media in order to maintain order as well as ensure everyone can safely enjoy the river.

A report on available options to address the issue is expected to be presented to the Board of Supervisors during a workshop in August. No date has been formally set as of yet but the Board's agenda is posted online by the Clerk of the Board prior to every meeting. You can check each meeting's agenda online at sacounty.net by clicking on the "Public Meetings" button to see when the workshop will be held. Reports, materials, etc. related to agenda items are also available online for viewing.

Visiting With Neighbors

During July I had the pleasure of visiting with the Fair Oaks Rotary Club and providing its members an update on activities

at the County. Earlier this month I had the opportunity to speak to the Keller-Williams Realty Group of Fair Oaks giving them a report on County activities.

I also will be holding "Office Hours" this month during the Concert in the Park in Fair Oaks Village on Thursday, August 16. The music starts at 7 pm featuring Jay Paulis' Society Band performing jazz, swing, show tunes and more.

I will have a table at the concert from 6 to 7 pm and invite all residents to take the opportunity to come by and discuss any items of concern or interest before the music starts. No appointment is necessary and visits will be handled on a "first come basis."

Community Coffee Meetings

I will be holding my community coffee meeting on August 15 at Dianda's Italian Bakery and Caf , 10131 Fair Oaks Boulevard in the Village at 7:30 am. Sacramento County's transportation director will be the guest speaker. The Community Coffee Meetings have been an on-going tradition in Fair Oaks dating back to when the late Dave Cox was on the Board of Supervisors and are open to the public. The complete schedule for 2012 is available on my webpage through sacounty.net.

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

The American People Deserve Better Than the Affordable Care Act

WASHINGTON, D.C. – Congressman Dan Lungren (R-Gold River, CA) voted July 11th to repeal the President's ill-conceived health care law. Following the bi-partisan repeal vote, Lungren had this to say:

"Our Nation's health care system is broken in many ways. Unfortunately, Obamacare's 21 taxes, cuts to Medicare, and incursion into the doctor-patient relationship is only accelerating the broken status quo. Americans deserve better than a bill that not only fails to address the critical health care needs of the country but also is a downward anchor on our economy. Today, I voted to repeal the President's health care law.

"I intend to work to replace this flawed law with real health care reform that cuts insurance costs, prevents the denial of medical care to individuals with preexisting conditions, increases the number of medical doctors, accelerates accessibility to care, and protects the doctor-patient relationship. Unlike the President and his health care law, I believe the government should not and must not come between



critical and personal health care decisions.

"Our Country faces the serious problem of Americans who are uninsured or who face skyrocketing health care costs. We must address these issues with urgency and great empathy for those who most acutely feel the effects of our broken health care system. Sadly, however, the current law does not effectively or appropriately address these issues. The current law fails to slow down the unsustainable growth of health care and fails

to adopt the necessary measures to preserve Medicare for future generations. And the long list of fees, regulations, penalties and taxes will do little to encourage job creation or remedy our serious fiscal situation.

"Common-sense, patient centered solutions are the course we need to take when drafting health care reform. The American people deserve better than the Affordable Care Act."

Source: Office of Congressman Dan Lungren

Patricia Diane "Trish" Scholl

August 2nd, 1958 – August 6th, 2009

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Arts Come Alive in August

RANCHO CORDOVA – The paintings are hung and the musical instruments finely tuned for what is evolving into “August is Art Month” in Rancho Cordova.

Opened Monday, August 6 at Rancho Cordova City Hall, 2729 Prospect Park Drive, was “Genesis,” an exhibit of fine art by Rancho Cordova artists. An artist reception, open to the public, is slated for 5 to 9 p.m. on Thursday, August 23. The show will be open through Monday, September 24.

Flexing their fingers for a “Pops in the Park” concert is the Rancho Cordova River City Concert Band, which will be offering a free performance at 7 p.m. on Friday, August 10 at Village Green Park, 3141 Bridgeway Drive.

Even children have something special to celebrate as Rancho Cordova artist Linda Nunes will be at the Sacramento Children’s Museum from 9 a.m. to 5 p.m. on Saturday, August 18 for special, creative time for kids alongside a professional artist.

“There has been a lot of work going on behind the scenes since the beginning of the year to bring focus to the arts and local artists in Rancho Cordova,” said Shelly Blanchard, executive director of the Cordova Community Council, which is guiding the effort. “I think everybody will be amazed by the artistic talents that live among us.”

“Genesis” is a collection of approximately 50 works by 18 Rancho Cordova artists selected from respondents to a “Call for Artists” conducted by the Cordova Community Council. The name “Genesis” was selected for this inaugural show because organizers believe it is “just the beginning” of arts appreciation in Rancho Cordova. Artwork in the show ranges from watercolors to oils, abstracts to more conventional pieces. Pottery and assemblage work is exhibited in a first floor display case with art-work presented on walls around City Hall.

Glass droplets are hung from the ceiling in a work titled “50 Raindrops,” and the artist, Mark Roffe, will be playing acoustical guitar in the background during the August 23 reception. Patrons of the event are First Bank, Cordova Community Council, and City of Rancho Cordova.

Other artists featured in the inaugural show are Rory Adams, Sharon Adams, Susan Cervantez, Katie Fleming, Aileen Florentz, Mary Fowler, Judy Gustafson, Paul Kneece, Barbara Little, Scottie Moore, Rocio Moran, Sumithra Palanisamy, Michelle Scott, Yoly Petra Stroeve, Kandi Thompson, Rick Sloan, and Linda Nunes.

Nunes will also be featured at the “Meet the Artist” event at the Sacramento Children’s Museum on Saturday, August 18. She will be sharing art tips with kids and their parents and sharing her whimsical children’s series of paintings that includes a star struck bunny, elegant parade of bugs, and noble giraffe, among others. Normal Children’s Museum admission rates apply.

But if the halls are alive with color and beauty, the amphitheater will be alive with the sound of music on Friday, August 10 at 7 p.m. when the Rancho Cordova River City Concert

The Law of Unintended Consequences: Many More Lawsuits



However, if an initiative is written by a trial lawyer you might want to take a closer look. I certainly understand that people want to know whether the food they buy contains genetically engineered ingredients, but there are two things about this initiative that make me wonder whether this is about knowing what is in your food or actually just a method of creating more ways for trial lawyers to sue.

First, if this initiative was about informing consumers about ingredients, why does it exempt milk, cheese, eggs, beef, pork, chicken, alcohol and food sold in restaurants? It seems strange that the author claims to want to prompt a serious discussion about food yet some of the products people are most concerned about are exempted.

Second, buried deep in the initiative under the “enforcement” section is one of the oldest trial lawyer tricks of the trade: a private right of action, which allows any person to file a lawsuit alleging a violation of this initiative. No government agency will enforce this initiative; it will be a group of lawyers. And what is even more stunning is that, in the words of the initiative, the individual who sues, “shall not be required to allege facts necessary to show, or tending to show, lack of adequate remedy at law, or to

show, or tending to show, irreparable damage or loss, or to show, or tending to show, unique or special individual injury or damage.”

What does that exactly mean? It means lawyers can sue anyone selling food without showing that they even violated the law. Under the guise of informing consumers about their food, lawyers wrote this initiative to create a new way to sue small businesses, small family farmers and small grocers. Plaintiffs’ attorneys will use this law to file lawsuits and force these small businesses into quick settlements.

We have seen this already with predatory lawsuits alleging violations of the Americans with Disabilities Act. We wanted more access and instead we have gotten more lawsuits. We saw this with Proposition 65. We wanted clean drinking water and instead we have gotten a bunch of trial lawyers shaking down small businesses for quick settlements.

The last thing California needs right now is more lawsuits. Our state is reeling from one of the worst economic periods in its history. Court funding has been slashed. This initiative means one thing: more lawsuits.

This is just another vehicle for greedy trial lawyers. You have a right to know.

DA Jan Scully Announces New Crime Lab Director

From the Office of the District Attorney

District Attorney Jan Scully announced today the appointment of Jill Spriggs as the new Director of the District Attorney’s Laboratory of Forensic Services.

Ms. Spriggs began her forensic science career in Arizona in 1989. She joined the Sacramento County District Attorney’s Crime Lab in 1992, where she worked in biological and DNA analysis.

In 2001, she moved to the California Department of Justice forensic lab system as an assistant lab director, advanced to become a lab director, and then assistant bureau chief. In 2008, she was appointed Chief of the Bureau of Forensic Services for the California forensic lab system. She is the current president of the American Society of Crime Laboratory Directors (ASCLD), and also serves on the board of ASCLD/Laboratory Accreditation Board, which accredits forensic labs worldwide.

DA Scully states, “The excellent reputation our Crime Lab has both locally and nationwide has enabled us to attract such a highly qualified new director. I am confident that with Jill Spriggs’ leadership and our outstanding Crime Lab team, we will continue our tradition of providing superior forensic lab analysis that serves the District Attorney’s Office as well as the entire criminal justice community in our region.”

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First California Fatality from West Nile Virus in 2012

SACRAMENTO – An 88-year-old woman from Kern County is the first reported fatality from West Nile virus (WNV) this year, Dr. Ron Chapman, director of the California Department of Public Health, announced August 3rd.

“This unfortunate death reminds us that we must protect ourselves from mosquito bites to prevent West Nile virus and other mosquito born infections,” Chapman said. An increase in WNV activity has occurred earlier this year compared to last year, he added. To date in 2012, ten human cases of WNV from five California counties have been reported. Last year at this time there were seven human cases and no deaths. During all of 2011, 159 human cases and nine fatalities were reported. Increased activity is also being seen in other parts of the United States.

Nationwide, 241 human cases were reported to the Centers for Disease Control and Prevention as of August 1, 2012. This is the highest number of cases reported through the end of July since 2004. WNV is transmitted to humans and animals through a mosquito bite. Mosquitoes become infected when they feed on infected birds.

The risk of serious illness to most people is low. However, some individuals – less than 1



percent of those infected – will develop serious neurologic illness such as encephalitis or meningitis. Individuals 50 years of age and older have a higher chance of getting sick and are more likely to develop serious symptoms.

Studies also show that those people with diabetes and/or hypertension are at greater risk for serious illness. Chapman said California residents are very good at protecting themselves from mosquito bites for planned events like camping, however we tend to have a false sense of security in our own backyards.

The most effective way for individuals to prevent exposure to mosquito bites and West Nile virus is to remember the “Three D’s”:

1. **DEFEND** – Use an EPA-registered insect repellent with DEET, picaridin, oil of lemon eucalyptus, or IR3535 according

to label instructions. Repellents keep the mosquitoes from biting you. DEET can be used safely on infants and children 2 months of age and older.

2. **DAWN AND DUSK** – Mosquitoes that carry WNV bite in the early morning and evening. It is important to use repellent and wear clothing that reduces the risk of skin exposure to mosquito bites during this time. Make sure your doors and windows have tight-fitting screens to keep out mosquitoes. Repair or replace screens with tears or holes.

3. **DRAIN** – Mosquitoes lay their eggs on standing water. Eliminate all sources of standing water on your property, including buckets, old car tires, and pet bowls. If you have a pond, use mosquito fish (available from your local mosquito and vector control agency) or commercially available products to eliminate mosquito larvae.

California’s West Nile virus website includes the latest information on West Nile virus activity in the state. Californians are encouraged to report all dead birds and dead tree squirrels on the website or by calling toll-free 1-877-WNV-BIRD (968-2473). www.cdph.ca.gov

Source: California Department Of Public Health

Sprinkler Extinguishes Fire But Creates Extensive Water Damage

RANCHO CORDOVA – On July 30, 2012, at 11:04 PM Metro Fire crews were dispatched to a report of water coming from a building at 3045 Fite Circle in Rancho Cordova at River City Millwork, Inc.

Crews arrived to find a large commercial tilt up building with water flowing under the doors. Metro Fire crews forced entry inside to find a small extinguished fire at a work station of the cabinet manufacturing business with an activated sprinkler head. The building was unoccupied upon Fire Department arrival. Metro Fire crews shut off the sprinkler system and stopped the water flow.

Crews removed most of the standing water on the ground reducing the level of damage to inventory. Additionally crews moved several cabinets and cabinet-making material onto wooden blocks to prevent further damage. “Fortunately a working sprinkler system prevented the fire from growing, however the system was not monitored and a considerable

amount of water was able to flow creating considerable damage” said Metro Fire Battalion Chief Chris Siler.

A passerby noticed the water flow and called 911. The building was reportedly unoccupied for hours and it is estimated that water was flowing from the open sprinkler pipe for some time causing tens of thousands of dollars of damage before the fire department was notified. Nobody was injured in the fire and the cause is under investigation.



Dare to Live Without Limits

CAUTION

by Bryan Golden



*“I bargained with life for a penny
And life would pay no more
However I begged at evening
When I counted my scanty store
For life is a just employer
He gives you what you ask
But once you have set the wages
Why, you must bear the task
I worked for a menial’s hire
Only to learn dismayed
That any wage I had asked
of life
Life would have willing paid.”*
- Jessie B. Rittenhouse

People often ask too little from life because they are cautious. Their reasoning for this is the desire to stay safe. Caution can keep you from getting hurt. Being extra cautious is often stated as a reason to avoid something new. Caution can also be used as justification for being indecisive.

If caution is overly exercised, you will miss opportunities. Undue caution causes paralysis by analysis. In this syndrome, a person is so consumed with avoiding mistakes that they are unable to make any decision at all.

When used appropriately, caution plays a valid role in decision making. When misapplied, caution is used as an excuse for inaction. In order to succeed, it’s important to use caution wisely.

People are overly cautious when they consistently fear the worst. Caution, when taken to an extreme, even prevents someone from leaving their home. Caution must be balanced with reason to keep it from being a detriment to your success.

The other end of the spectrum is being reckless. Reckless people don’t care about potential risks. They rarely plan for the future. The reckless individual acts as if they are not at all concerned about the consequences of their actions. For example, a reckless person will risk their life savings at a casino or drive drunk.

You want to use caution to your advantage. In order to do this, you have to be able to perform a realistic risk / benefit analysis. Consider the worst case scenario, along with the chances of it occurring. Life is not risk free, but most of the situations we worry about never come to pass.

There is no way 100% safety can ever be guaranteed. Whenever you attempt something new, evaluate the potential benefits compared to the risks. Perhaps you are unhappy at your job. You would really like to work someplace else but are concerned you may not find another satisfactory position.

The overly cautious person wouldn’t bother looking for other employment. Their caution will cause them to stay where they are rather than risk something worse. A person who is realistic about the potential of a better job realizes that even if a new job doesn’t work out, there are many other opportunities for employment. Subsequently, they will look for something else instead of suffering.

Caution causes people to settle for less than they really want. They convince themselves circumstances could always be worse. Although this belief is technically true, it doesn’t lead to happiness and a high quality life.

Appropriate caution can also prevent you from squandering your future in favor of a short term, temporary gain. “I don’t know why I did that, I must not have been thinking,” is a statement you don’t want to be making. The carpenters saying, “measure twice, cut once,” contains much wisdom.

Reaching your goals always involves some degree of risk. However, the degree of risk is reduced by your preparation, determination, hard work, and positive attitude. Use caution to avoid needless risks which offer little or no reward. You also want to avoid risks where success is based on luck. Don’t let caution keep you from getting all you want from life.

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

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NFIB Endorses Prop 32

SACRAMENTO – On July 30th, the Yes on Proposition 32 campaign, supporting the Stop Special Interest Money Now Act, welcomed the endorsement of the National Federation of Independent Business/California, the Voice of Small Business in California and across the nation.

The National Federation of Independent Business (NFIB) is the nation’s leading and largest organization representing only small businesses in Washington, D.C. and all 50 state capitals. In California, NFIB represents almost 20,000 entrepreneurs across the state. Founded in 1943 as a nonprofit, nonpartisan organization, NFIB gives small and independent business owners a voice in shaping the public policy issues that affect their business.

NFIB/California joins Democrats for Education Reform (DFER) California, former state Senator Gloria Romero, former U.S. Secretary of State George Shultz and a growing grassroots coalition of voters, taxpayers, and small businesses in support of this initiative that will fundamentally reform the state’s campaign finance system—a system at the root of Sacramento’s dysfunction.

“California’s political system isn’t working because the politicians we elect only work for the most well-funded special

interests. While big corporations and labor unions always get what they want, small businesses and individual Californians find themselves on the losing end of new regulations, higher taxes and declining government services,” said John Kabateck, Executive Director, NFIB/California.

“Proposition 32 offers voters an opportunity to win back elected officials from the special interests that control them with their money and make politicians pay attention to California’s needs again. As the Voice of Small Business in California, we’re strongly urging Californians to vote Yes on Prop 32 because it cuts the powerful money tie between special interests and politicians and returns power back to the voters.”

Small businesses make up 99.2 percent of all businesses and create two-thirds of all net new jobs. They represent the majority of job creators and contributors to our economy and yet are dismissed or ignored by politicians who are more beholden to the influence and money of big labor and big corporations

According to the nonpartisan Fair Political Practices Commission, the top 15 special interest groups have spent more than \$1 billion on influencing the political process in California over the past ten years while the

state’s fiscal and economic climate has reached historic lows.

According to Maplight.org, in the 2010 election cycle, 79% of campaign contributions made to California’s legislators came from donors who live outside their districts. During that legislative season, the San Jose Mercury News found that more than 40% of the legislation introduced in Sacramento is written by special interest lobbyists, and these bills are much more likely to become law.

Proposition 32 addresses the problem of special interests across the board by curbing special interest power and taking money out of politics. It will:

1) *ban direct corporate and union contributions to state and local candidates*

2) *ban contributions from government contractors to elected officials who control contracts awarded to them*

3) *ban automatic deductions by corporations, unions and government of wages to be used for politics, instead requiring annual consent of the employee*

Prop 32 implements these reforms evenhandedly, without exception. It will appear on the November 2012 ballot.

For more information on the initiative, please visit www.yesprop32.org.

Veterans Offered Paid Training in Fisheries Monitoring

SACRAMENTO – United States military veterans interested in becoming involved in fish habitat restoration and monitoring can join a new California Conservation Corps veterans crew based in Humboldt County.

The CCC’s Fortuna Center is offering paid training to veterans between the ages of 18 and 27 with an honorable discharge or general discharge with honorable conditions. National Guard members under part-time status may also be eligible. Deadline for applications is Tuesday, September 4.

The fisheries projects are funded by the CCC and by the National Oceanic and Atmospheric Administration,

which is also providing training and education. Additional training as well as project locations will be provided by the Department of Fish and Game. The work is expected to take place in Humboldt, Mendocino and Del Norte counties.

Projects will focus on salmonid habitat monitoring in coastal watersheds, where veterans will help collect ecological data to assess the effectiveness of habitat restoration techniques. The veterans will be provided with technical training to conduct spawning, habitat, topographical and diving surveys.

After six months involved in fisheries work, veterans will have an opportunity

to work on CCC trail-building and forestry projects. The CCC experience can provide entry into jobs with local, state and federal resource agencies.


For details on joining the fisheries crew, contact the CCC’s Tina Ratcliff at (916) 341- 3123 or tina.ratcliff@ccc.ca.gov.

The California Conservation Corps is a state agency in which young men and women sign up for a year of natural resource work and emergency response. Since the CCC was established in 1976, more than 115,000 young people have been a part of the program.

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By Ronnie McBrayer

My uncle Joe was a pastor. I would stay with him and my aunt from time to time, where they lived in a tiny church parsonage. Today, churches have gotten out of the parsonage business for the most part, and that’s a good thing. No one wants to live with the ghosts of all those dead preachers in an old house that notoriously lacks maintenance anyway.

Uncle Joe’s parsonage fit that bill perfectly. It had low ceilings, matted, yellow, shag carpet as deep as a wheat field, and in the center of the living area – the only heat for the entire house – an upright gas heater with the little blue flames dancing behind a ceramic grate. The combination of these things (the low ceiling, shag carpet, ghosts of former pastors, and dry gas heat) caused the house to be so sufficiently charged with static, it could set off an electroscope.

I would walk around the house in my tube socks, sliding like I was wearing snowshoes, building up an electrical charge. Then I would wait for my sister or brother to walk by. Unknown to them, not only was I ready for discharge, but I had a paperclip from my uncle’s study that I had unwound so that it was a long thin, metal conductor.

As they unwittingly walked

There is Electricity in the Air

by, if I was stealthy enough, I could just touch the bottom of their earlobe with my home-made electrical probe. It was like reaching out and taking hold of the hem of Jesus’ garment. The power surged through with three inches of blue flame.

This made for especially interesting gatherings at dinner time. Uncle Joe always had us stand around the table and say grace. Most of the time we held hands or even held on to one another, grabbing arms and shoulders, hugging the whole time; I remember once he even shed a tear because there was “so much love in the room.”

It wasn’t love. It was electricity. My siblings and I were constantly touching one another to ground ourselves, afraid of being shocked by the other and even more afraid of picking up a spoon with the static still attached to our sleeve.

I wish church was more like that. No, I’m not talking about the mischievousness of children, though some of the more stoic congregations I have encountered could stand a good dose of mischievousness. Nor am I talking about yellow shag carpet. A few congregations need to be told that “Harvest Gold” went out of style more than three decades ago.

I’m talking about the spark; the sense and knowledge that there is a power in the room, a power that animates, moves, and stirs us. It is something far more than emotionalism, histrionics, or

religious sentiment. It is a desire for the living Presence that will not allow us to sit still or remain where we are.

It is no wonder why some people won’t go to church; it is because they have already been to church, and have found it to be as lifeless and dead as a dodo. There is no passion in the pew or in the pulpit; the liturgies and songs are without spirit; and it often appears as if the leaders and participants don’t believe – not remotely – in what they are saying or doing. Worshipers are left to snooze at their leisure with hardly a spark to wake them.

Annie Dillard, that exquisite wordsmith, recognized the same. She said of those of us who casually enter our church sanctuaries each week, “Does anyone have the foggiest idea what sort of power we so blithely invoke? Or, as I suspect, does no one believe a word of it?”

“It is madness to wear ladies’ straw hats and velvet hats to church; we should all be wearing crash helmets. Ushers should issue life preservers and signal flares; they should lash us to our pews...For the waking God may draw us out to where we can never return.” To this, I say “Amen,” and let the awaking begin.

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.

Local Church Appreciation Day announced for Sunday

By Rev. James L. Snyder

It is funny where you pick up an idea. I know I was not born with a truck full of ideas like some people. Take, for example, the Gracious Mistress of the Parsonage. She has more ideas than you can shake a stick at, and believe me; I have shaken many a stick at her, behind her back, of course.

I have to scrap around for an idea and then when I do find one I am so exhausted from the search that I am not sure what to do with it.

Then an idea comes looking for me. That is a strange phenomenon.

I was watching the news with my wife when we heard the lead story of the day about the Chick-fil-A appreciation day. I’m not sure I know all the political ins and outs of that sort of thing. Everything seems to have some kind of political overtone to it these days.

What was once a matter of morality has become a matter of policy. Politics have invaded every aspect of our life, and I am so looking forward to heaven where, someone told me and I cannot reveal the source, but the word is out, there are no politics in heaven.

Whenever you have an opportunity to go out and buy some chicken, I say take it. It was not hard to convince my better half to go out for supper. We do not do it too much anymore. What with the traffic and the finances, it hardly seems worthwhile. That is why I always brag on my wife’s cooking.

“Oh, boy,” I will say after a meal, “you can’t get anything this good at some restaurant.”

She smiles, but I suspect she knows what I am saying.

Well, we did try to go to Chick-fil-A but we could not get within 17 blocks of it. It seems everybody and their third cousin was out getting chicken for supper.

Oh well, you cannot participate in everything, but at least we tried.

As we circled the block for the 19th time, the idea came to me. If we can have a Chick-fil-A appreciation day because the head of the company said he believed in some traditional values, then why can’t I?

I believe in everything traditional. I am the most traditional person you will ever meet. Before there was a me, there was not much that was traditional. I go back so far I can remember when dirt was clean.

I want the whole world to know that I believe in tradition and I am not just fiddling on the roof.

I know it is old fashion but I believe in the Bible. If it is in the Bible, I believe it, although I must confess I do not understand everything in the Bible. But then, nobody understands everything in their world. The smartest person knows he does not know everything. I built my life upon the values stressed in the Bible and I take it as the Word of God.

I believe in singing hymns in church. Most people in America have never heard a hymn let alone singing one in a congregational setting. If you would go to the average person on the street corner and ask what their favorite hymn was, they would not know what you are talking about.

I know tradition is old-fashioned, but I still embrace it. If it is traditional, I probably believe it.

Some people believe that if it is new, it is okay and if it is old, throw it away. Experience teaches us that it is the exact opposite.

Take medicine for example. Sure, many people have benefited from modern advancements in medicine. I am appreciative of every advancement. But then, if medicine has made such inroads into our culture why are more and more people sick? Why are the

hospitals full and overflowing? Why are there not enough doctors to take care of all of the sick?

I am thankful for what medicine has done, but for every cure it achieves, three more diseases pop up sticking out their tongue.

Yes, I believe in tradition.

Most people are traditional in many areas of their life. Do you realize that it was traditional for your great, great, great grandfather to drink water? It was traditional for your great, great, great grandfather to go to sleep at night... To get up in the morning... And the list goes on and on.

Those things, which are traditional, are those things that have endured the wearing element of time.

In light of all of this traditional head-wagging, I want to propose another appreciation day. This coming Sunday I declare it to be Local Church Appreciation Day. Everybody who believes in traditional values will show up at the church of their choice and make their vote count.

I know it will be a shock and we run the danger that many church ceilings will cave in, but I think it is worth the risk. Of course, there is the possibility that when many pastors see their sanctuary filled with people they will pass out in sheer shock.

In the meantime, I am going to stick to what the Bible says here regardless of what happens. “In everything give thanks: for this is the will of God in Christ Jesus to you-ward” (1 Thessalonians 5:18 KJV).

Every Sunday should be local Church Appreciation Day.

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 jamesnsnyder2@att.net. The church web site is www.whatafellowship.com.



By Marlys Norris, Christian Author

A week ago I went with a friend to a Bible Study from a different church south of us and heard a pastor’s wife do the teaching. She talked about hearing the voice of Shepherd and the impact it has had on her own life. As her teaching expanded I learned something I should have understood before. She talked about our body being the temple of the Holy Spirit and we should “never” verbalize words against it because it dishonors God. Wow that was a mouth full for me. How many times have I been unhappy with my looks, etc. and most likely said something negative.

She further emphasized that

Taking Authority in Jesus’ Name!

when we speak negative words about our body negative words affects our “immune system.” Is it any wonder the drug industry is so large with people taking medicines prescribed by doctors — rather than finding out what is really causing the problem. That was a biggie! I would rather have had a doctor be sincerely interested in getting me well and direct some better habits and give me a book about foods that would help me. Continuing she said that even words said in jest or gossip about someone negatively, actually comes back to affect us. Now, spiritually I am sure we all have understood this in one form or another but this really opened another door for me of understanding the “miracle workings of the Lord.”

God is hindered by the smallest amount of “unbelief” we have in our minds or hearts to answer our prayers. We know that don’t we? We MUST BELIEVE HE WILL ANSWER. If we go back to our negative responses after we have

been prayed for, we are demonstrating a “spirit of unbelief” and God will not answer. When we ask Him for a miracle in our lives this is what we should say, “In the mighty power, authority and righteousness of Jesus Christ I ask for a complete healing.” And/or removal of a problem or event, etc. I know you know this — but may it ring something more true within you to receive His Blessing in your life.

Last week I had a horrible pain in the front bone of my leg and could hardly stand or walk the other day. I did this and within minutes, I was healed completely.

Please go to the Lord and do it for yourself today. Believe.... sometimes it is hard to do for ourselves—we need to recognize HIS POWERFUL LOVE FOR US. With God nothing is impossible!

Marlys Johnsen Norris God Moves Mountains, It was a Miracle (True story about my brother’s kidnapping) Marlysjn@gmail.com



By Pastor Ray Dare

God always answers prayer, but sometimes there’s a delay in receiving the answer. God hears our prayer immediately. There’s no delay in how long it takes for your prayer to get to God. It is there instantly. But sometimes He delays the giving of the answer for a period of time and that is one of the hardest things we have to learn.

As a parent, the hardest concept for my kids to learn was the difference between “no” and “not yet”. That was hard for them to understand. When they were younger, they’d say, “Daddy can I have a cookie?” I’d say, “No, not right now.” They might throw a fit because they think I’m never going to give them a cookie. Why? Because immature people don’t understand the difference between “No” and “Not yet.” A mark of maturity in the Christian life is this: How long can you wait? That’s a mark of maturity in life. Babies always have to have it right away, but a mature person can wait.

I talked to a person once who

God’s Delays Are Not God’s Denials

said, “I tried prayer. I prayed for two weeks and nothing happened so I’ve given up on prayer. I’ve lost my faith in prayer.” No, you haven’t lost your faith. You’ve lost your patience. You spell faith — PATIENCE. Faith is patience.

Why does God delay answers to our prayers? Usually it’s because He needs to prepare us first. He needs to get us ready. He wants to bless us and in order to give that blessing to us, He has to prepare us for it. My 14 year old son comes to me and asks, “Dad can I drive the car?” I say, “Not at this time, but someday. When you grow up and you’re mature and you’ve learned how to drive, then you’ll get the request answered, but not yet, because you need to grow up.” God often waits for us to grow up.

You think, “But if God sees everything I’m going through and if God really cares about me, why doesn’t He work things out for me?” That’s a legitimate question. The answer is, He usually wants to change you first. He wants to change your attitude. After you’ve learned the right attitude, then God’s free to go to work on the problem. God is more interested in making you mature than He is about making life easy. So He starts by saying, ‘You get your life changed

and then I’ll help you work on the problem.’ Instead of going out and saying, “Lord, change this situation!” start by saying, “Lord, change me.” “Lord, change me in this marriage and not my spouse.” “Lord change me in this job problem.” Once you’re in line, then God can go ahead and answer.

The fact of the matter is this: God is never late. His timing is perfect. We may think He’s late but He’s never late. God’s delays are not God’s denials. “Not yet” does not mean “No”. What do I do when the answer is delayed? I keep on praying until I get the answer, until I get assurance of the answer or until God reveals to me that it’s not His will.

What you need to remember is God loves you more than you’ll ever know and He knows what’s best for you. He knows when you’re ready for the answer; He knows when you can handle it. Trust in His timing and know that God’s delays are not God’s denials. God is working behind the scenes to bring things together and God is working in you.

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1. Alligator's milieu

6. Semicircular mountain basin

9. *Many baseball teams wear it on their chests

13. Ringworm

14. Big Island flower necklace

15. Long backless sofa

16. Antonym of afar

17. Estimated arrival

18. What racers do on CBS

19. *The goal is strikes

21. *a.k.a. Ringer

23. ____ Paolo, Brazil

24. Select

25. Shel Silverstein's poem " ____ Constrictor"

28. Elevated state

30. More agitated

35. " ____ the Lonely," song

37. Daytime TV program

39. Jawaharlal ____

40. Make a reference

41. ____ Island, NY

43. Cause of Titanic's demise

44. Paint layers

46. * ____-Pitch Softball

47. Slovenly person

48. Make wealthy

50. They oppose the yeahs

52. Fast-food staple

53. Pull one's leg

55. Writer Harper ____

57. *Played on grass

61. *Infield

65. Romulus' twin

66. *Free throw value

68. *Me and Bobby ____"

69. Part of eye containing iris, pl.

70. Mother Teresa, e.g.

71. Spooky

72. Declare untrue

73. NYC time

74. Olden-day movie form, pl.

DOWN

1. Back wound

2. A drunk

3. Afresh

4. Fast interruptions

5. One rejected

6. Horsefly

7. ____ bar

8. *Dolphin home

9. Trunk extension

10. *Shape of an American football

11. Fixed look

12. Singles

15. Make dark

20. Neil Diamond's "Beautiful ____"

22. Part of a play

24. Military group

25. *Another form of bowling

26. It can be a tear-jerker

27. Sacrificial spot

29. *Subject of "A Good Walk Spoiled"

31. Beaks

32. Often found under books

33. *E in baseball box score

34. *Named after school of same name

36. Giant Himalayan?

38. Site of Learning Tower

42. PDA pens

45. Ski downhill

49. Gardener's tool

51. *a.k.a. Seam bowler in cricket

54. Do penitence

56. Master of ceremonies

57. Foul substance

58. French dream

59. Black cat, e.g.

60. Wharf built parallel to shoreline

61. Fender-bender damage

62. Fiona or Shrek, e.g.

63. He took a giant leap

64. Sandra and Ruby, actresses

67. National University of Singapore

For Solution See Page 7

Lay Off the Bottle

Commentary by
Jeff Feldman
Blue Ridge Press
Reprinted by permission

What consumer beverage out-sells milk, beer and soda, costs more than a gallon of gasoline, and is now being banned from sale in some U.S. National Parks? If your answer was bottled water, give yourself a prize. And for many good reasons, it's time to lay off the bottle!

First off, what marketers claim is pristine and healthy is not what it seems. Nearly half of all bottled water is filtered tap water. This includes Coke's Dasani and Pepsi's Aquafina. Both are 100 percent "pristine" municipal tap water. These companies bottle taxpayer-supported, low-cost city water and sell it back to consumers at huge profits.

Others, like Nestle's Poland Spring and Deer Park, bottle spring water cheaply sucked from small town aquifers across America, sparking outrage and legal battles over corporate theft of public municipal water rights. Studies reveal that your water at

home is likely just as pure, clean and healthy (and significantly less expensive) than bottled water. The industry is largely self-regulating, with the FDA exercising minimal oversight over bottled water quality and safety.

Unfortunately, advertising trumps truth: bottled water sales set an all-time record in 2011. We bought 9.1 billion gallons of the stuff! What began as Perrier's niche market in the 70's, is now a moneymaking behemoth and environmental catastrophe. Of the 80 million disposable water bottles emptied every day, only about 20 percent get recycled; the rest end up in the waste stream (bad!) or as litter (worse!).

Many tossed bottles find their way to the Pacific Ocean's floating plastic "Garbage Island". When you consider that all those bottles are made from crude oil, then the Pacific's watery trash heap – bigger than Texas – becomes the world's largest oil spill.


What's a thirsty American to do? The same thing hikers, bicyclists and birders have been doing for decades – carry a reusable water bottle! Klean Kanteen,

SIGG, and Camelbak all make good ones. Reusable bottles annihilate the argument that plastic bottles are a more convenient way of getting your recommended eight glasses of liquid refreshment daily.

If the quality of your home tap water is questionable, try a range of filtering options – from filtering pitchers, to faucet-mounted models or whole-house systems. All ensure quality drinking water.

Consumer demand propelled the rise of bottled water. Declining demand will be its demise. Come on people... are we so blind, so easily fooled, so lazy? Are we so eager to spend our money and scarce resources? This one seems like a no-brainer. Simple economics, better health, and environmental well being all demand that it's time we lay off the bottle!

Jeff Feldman runs GreenPath Consulting, a green building consulting firm in Shepherdstown, WV. Reach Jeff at GreenPathConsulting@gmail.com. ©2012 Blue Ridge Press.



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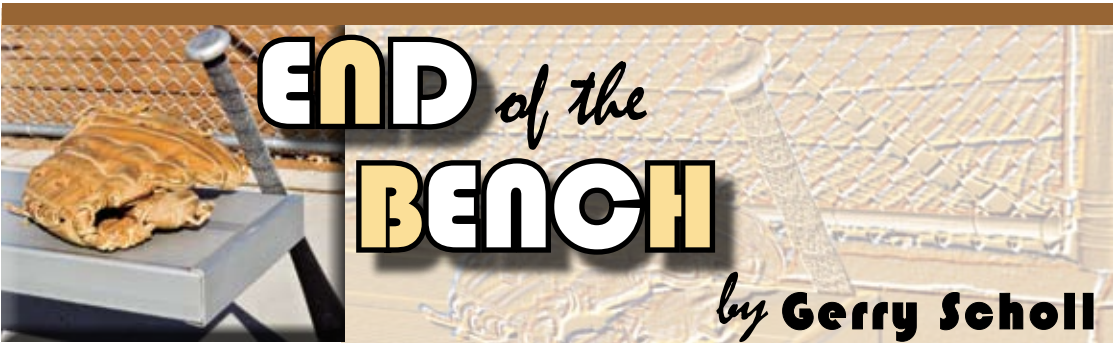
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Celebrate, But Not Too Soon

The other day some young major-leaguer hit a big home run and was all but doing cartwheels as he rounded first base. The overly-exuberant rookie simply could not contain his excitement.

The opposition didn't care much for his celebratory antics. Later in the game, one of his teammates was plunked with a pitch in retaliation for showing up the pitcher. One of the unwritten rules of baseball had been violated.

Baseball should learn something important from the 2012 Summer Olympics — the celebration "is the thing!" One of the most enticing elements of the Games for millions of viewers around the globe is the celebration.

People love the raw emotions that emerge during Olympic competitions. The Olympians have trained for years toward reaching their full potential at their crafts. Participation in an event may last just minutes, or seconds, and the sudden outcome usually produces unbridled response. Both successes and disappointments are celebrated as honest displays of the human condition.

The television audience eats

it up. NBC delays broadcasting many events until prime time because the nature of the Olympics is so attractive to the non-traditional sports demographic. Families, moms, kids and casual sports fans are drawn to the Olympic celebration.

These fans enjoy watching the young gymnasts shrieking and crying, the relay swim quartets in their group hugs, the runners embracing after the race has been run, the victors waving their countries' colors and waving to their loved ones in the stands. The excitement and joy are true. The winners' celebrations aren't meant to demean the other competitors.

Kirani James of Grenada shared his victory in a semi-final heat in the men's 400-meters with Oscar Pistorius of South Africa, who finished last, by exchanging name tags afterward. Pistorius, a double amputee, competed with artificial legs and carbon-fiber "cheetah" blades. Both victory and participation were celebrated.

Baseball purists refer to "the code." Fans couldn't care less about a pitcher's damaged pride. The home run is one of the most exciting plays in baseball; celebrate it.

Enough with the old school stoicism in baseball. If a pitcher doesn't want a young punk hitter showing him up, he shouldn't serve up fat home run pitches to him. There used to be complaints about Barry Bonds standing at home plate admiring his round-trippers. Same deal. So what. It's not like these guys are going to the mound and getting in the pitcher's face singing, "Nanner, nanner, nanner!"

And besides, two of the most recognizable baseball clips of all time are Kirk Gibson's famous pinch-hit homer in the '88 World Series against the A's when he pumps his fist repeatedly rounding the bags, and Carlton Fisk's World Series blast in '75 when he waves the ball fair and jumps around down the first base line.

And then there's football. The "celebration penalty" in the college game may be the most ludicrous rule of all. The point of the game is to score touchdowns... and you get penalized if you get a little too excited when you score one!

But, be careful out there — don't ever celebrate too soon.

How many times have you seen a basketball team grinning and high-fiving on the bench when it seems to have an insurmountable lead, only to collapse and blow the game?

It was a forgone conclusion that McKayla Maroney would win the gold in the vault in these Olympics, but a rare fall left her with silver. Many predicted these would be the Ryan Lochte games in men's swimming. He's done well, but hasn't dominated.

Look out San Francisco Forty Niners. So many are forecasting a Super Bowl victory on the heels of last season's impressive 13-3 record and a narrow defeat in the NFC Championship Game. Not so fast; look at that schedule.

And, whatever you do, don't give a game ball to your starting pitcher when you take him out in the seventh inning of a World Series game with a 5-0 lead, assuming the victory is well in hand. Thanks, Dusty Baker, that one from 2002 will hurt Giants fans forever.

The Genealogical Association of Sacramento

will have its regular meeting on Wednesday, September 19th, at 12:30 PM in the Belle Coolidge Library located at 5600 South Land Park Drive.

We will have our annual Sharing and Show and Tell, "What I Did This Summer".

It is open to the public. Any questions, please call Melanie Howard 916-383-1221.



TEN PROMISES

What makes for a solid marriage or relationship? Could it be making promises and actually keeping them? That's the key says **Charles Baird** in his book *"Ten Promises"* Every Man Should Make and Keep. It's how to create the ideal relationship. Sounds simple, but it takes real commitment because, according to Charles, when you break a promise, you not only destroy a part of your relationship, you destroy a part of the goodness that lives inside of you and part of the man you should be. Baird added in my conversation with him on POPPOFF, that the following promises must be indelibly burned into any covenant you share with your wife. So here is how it goes. I promise...

1) I will place no one before you. You make a commitment to place your wife and family before all other wants and desires. You promise to work at your relationship, communicate with each other, and sacrifice when necessary for the sake of your marriage.

2) I will not make you an active widow. This is a promise not to let any activity diminish the quality of your relationship. You will not let

POPPOFF!

with Mary Jane Popp

sports, friends, games, drinking or any other function damage your marriage.

3) I will not abuse you. You will make a vow to limit your marital disagreements to civil discourse. You will learn ways of setting into motion a disagreement protocol to limit the damage caused by nuclear warfare.

4) I will remember special days. You pledge never to forget her special days: birthdays, anniversaries, holidays or any other day special to her. This promise is one of the most important because it gives your wife something special to look forward to when life becomes a little harsh and perhaps a little unbearable.

5) I will honor you. This means in all aspects of your life. Respect is a large part of honor. When you disrespect your wife and family, you are acting dishonorably.

6) I will not steal your joy. You vow to always be concerned for your wife's wellbeing. You vow to make every effort to understand her emotional needs and concerns.

7) I will not commit adultery. You will learn the destructiveness of adultery. This nemesis has destroyed more relationships than any other marital adversary. It is the most difficult to fight and the most difficult from which to recover.

8) I will not be selfish. You will discover the destructiveness of selfishness in any respect. Selfishness with possessions, money, time work, home or life can be destructive to your marriage.

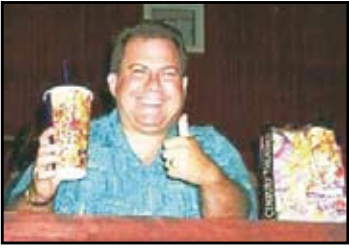
9) I will not belittle you. We stress the importance of family gatherings, how important they are and how important respect for your wife is during these gatherings. If your family has little or no respect for your wife, your marriage is in for some stormy weather, especially, if her in-laws are a big part of your life.

10) I will make every day a honeymoon. Is this possible? Yes, it is. The challenge here is to keep the same or even greater level of intimacy after years of marriage that you enjoyed during the first year. A great deal is mental gymnastics. If you tell yourself you are happy in your relationship, if you tell yourself your wife is beautiful and desirable, you will be better equipped to make this vow a reality. You will be creating positive thoughts relative to your marriage. However, if you convince yourself your wife is less than desirable or that she does not possess the qualities you find necessary in a wife, you will find only discontent, dissatisfaction and destruction.

We are all looking for happiness. Once you realize you and your wife share mutual goals, the path to joy and passion should be but a step away. Take the step. It's all in "Ten Promises" and all up to you. Check out www.tenpromises.com for more information. Just keep in mind; you can make your marriage something special!!!

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

Films and DVDs for the Whole Family



by David Dickstein

Family Films



"Diary of a Wimpy Kid: Dog Days"
Opens Aug. 3, rated PG
diaryofawimpykidmovie.com

The brand of slapstick gags that worked well for the first two installments continues in this third film adaptation of Jeff Kinney's popular children's books. Greg (Zachary Gordon), the diary-keeping wimpy kid, and his best friend Rowley are in for the worst summer of their lives, bouncing from misadventure to misadventure at a country club, the community swimming pool and a summer lawn mowing job. .

"The Odd Life of Timothy Green"
Opens Aug. 15, rated PG
disney.com/oddlife

From the studio that made a real boy out of a wooden marionette comes this modern-day fantasy about a married couple who are unable to have children of their own, but one magically grows from the ground and becomes the talk of the rural town. Jennifer Garner stars as a mom whose son grows leaves from his body, making one wonder if this little sprout grows to become the Jolly Green Giant.

"ParaNorman"
Opens Aug. 17, rated PG
paranorman.com

No doubt inspired by "The Sixth Sense," this animated

feature centers on an oddball boy who sees dead people. He can also speak with them, a skillset that will come in handy if Norman is to rid the town of a centuries-old curse that has zombies, ghosts and witches running amok. The moronic mortal grown-ups the kid has to deal with don't help with the task of ghoulish-busting. Australian-born Kodi Smit-McPhee voices Norman while Casey Affleck, Jeff Garlin and Tempestt Bledsoe lead the adult cast.

Family DVDs



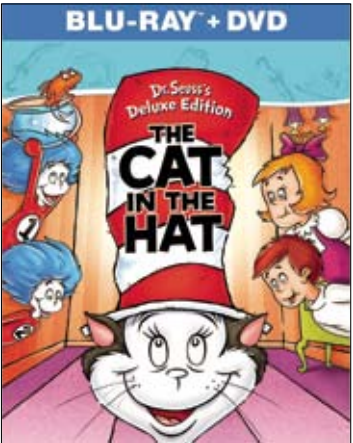
"The Adventure Time: The Complete First Season"
(ages 6-14, now available, not rated): Few cartoons on TV meant for children are entertaining to grown-ups as well, but this commercially and critically successful Cartoon Network hit certainly is. Stories are thin, but it's hard not to be drawn in by the drawn Finn, a human boy in his early teens, and his best friend Jake, a magical talking dog with powers to stretch and change shape. Season 1 has 26 episodes, some of them gems worthy of the show's Emmy nomination. Grade: A

"The Amazing World of Gumball: The DVD"
(ages 6-14, released Aug. 28, not rated): With Season 2 underway on the Cartoon Network,

the dozen episodes of the debut year can be had on a disk that showcases the charming, heart-felt and comical animated series out of the U.K. Front and center is Gumball, a mischievous 12-year-old boy filled with melodrama and optimism. Sounds contradictory, but so is the entire nutty program, that, surprisingly, is watchable by adults without cringing. Grade: A-

"Angelina Ballerina: Dreams Do Come True"
(ages 4-8, released Aug. 21, not rated): This all-new, feature-length movie has Angelina winning a "Big Dreams" competition as well as a place in the junior ballet company. Stressing over which to choose, she solicits the help of family and friends, and ultimately discovers what matters most to a little mousling. Good messaging. Grade: B

"Dr. Seuss's The Cat in the Hat"
(ages 2-6, released Aug. 7, not rated): The good news is this isn't the live-action turkey starring Mike Meyers. The better news is this is the animated classic that has been digitally remastered. The best news is the rainy day frenzy in the house of Dick and Sally comes with two additional Seuss semi-classics: "Daisy-Head Mayzie" and "The Hooper-Bloob Highway." Grade: A



"Tiny Toon Adventures: How I Spent My Vacation"
(ages 3-7, released Aug. 21, not rated): Higher production value than standard TV animation, the touch of Steven Spielberg (executive producer) and a slew of Emmys led to this full-length movie originally released in 1992 and now available on DVD. It was the first direct-to-video animated release in the United States, in fact. Cute stuff featuring young versions of classic Looney Toons animal characters. Grade: A-

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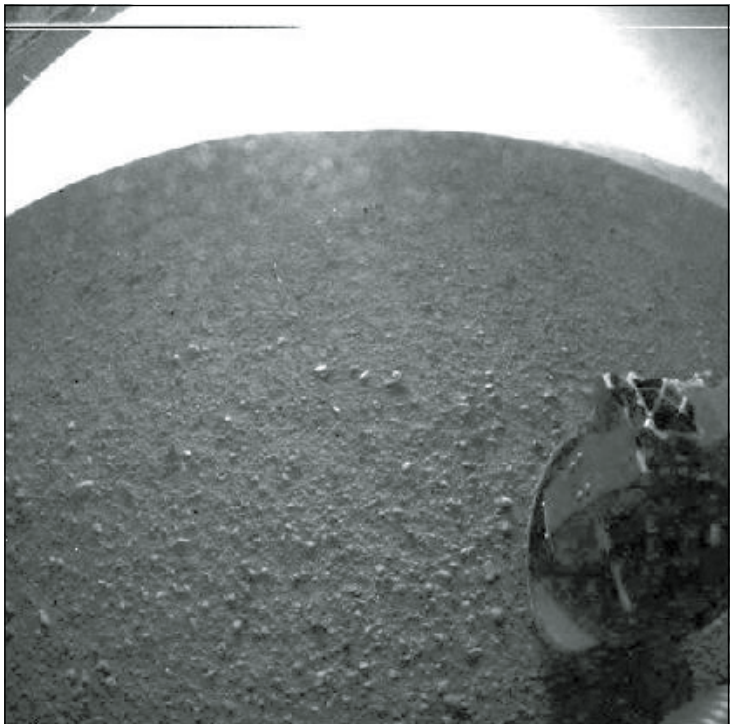
Curiosity’s First Photos

MARS (August 6th, 2012) – This is one of the first images taken by NASA’s Curiosity rover, which landed on Mars on the morning of Aug. 6. It was taken through a fisheye wide-angle lens on the left “eye” of a stereo pair of Hazard-Avoidance cameras on the left-rear side of the rover.

The image is one-half of full resolution. The clear dust cover that protected the camera during landing has been sprung open. Part of the spring that released the dust cover can be seen at the bottom right, near the rover’s wheel. On the top left, part of the rover’s power supply is visible.

Some dust appears on the lens even with the dust cover off. The cameras are looking directly into the sun, so the top of the image is saturated. Looking straight into the sun does not harm the cameras. The lines across the top are an artifact called “blooming” that occurs in the camera’s detector because of the saturation. As planned, the rover’s early engineering images are lower resolution.

Larger color images from other cameras are expected later in the week when the rover’s mast, carrying high-resolution cameras, is deployed. *Image Credit: NASA/JPL-Caltech*



Behold Mount Sharp! This image taken by NASA’s Curiosity shows what lies ahead for the rover – its main science target, Mount Sharp. The rover’s shadow can be seen in the foreground, and the dark bands beyond are dunes. Rising up in the distance is the highest peak Mount Sharp at a height of about 3.4 miles, taller than Mt. Whitney in California. The Curiosity team hopes to drive the rover to the mountain to investigate its lower layers, which scientists think hold clues to past environmental change.

This image was captured by the rover’s front left Hazard-Avoidance camera at full resolution shortly after it landed. It has been linearized to remove the distorted appearance that results from its fisheye lens. Image credit: NASA/JPL-Caltech

Upcoming Concerts Scheduled for John Skinner Band & Capitol Pops



Singer Susan Skinner is featured vocalist at the John Skinner Band’s Fair Oaks and Carmichael concerts – and other performances listed below. Courtesy photo.

CARMICHAEL – A Carmichael-based variety dance band will feature in a 2012 series of free concerts in Carmichael, Fair Oaks and Sacramento areas. John Skinner’s Band has packed local concert venues for over 30 years. Both Skinner and his vocalist wife Susan also volunteer with the Capitol Pops Concert Band.

2012 performances for Skinner and Capitol Pops ensembles are as follows:

Thursday August 2: Skinner Band at Fair Oaks Village Park, 7997 California St, Fair Oaks; 7 p.m.

Sunday August 5: Skinner Band at Carmichael Park, 5750 Grant Ave; 6:30 p.m.

Sunday August 19: Capitol Pops at Carmichael Park; 6:30 p.m.

Thursday August 30: Capitol Pops at Fair Oaks Village Park; 7 p.m.

Saturday September 8: Skinner Band at Pioneer Park, 5100 Verner Ave (Sacramento); 4 p.m.

Sunday September 23: Skinner Band at Mission Oaks Community Center, 4701 Gibbons Dr (Carmichael); 2 p.m.

Sunday October 7: Capitol Pops and Joyous Brass at La Sierra Center, 5325 Engle Rd (Carmichael); 2:30p.m. Admission: \$5–\$8; children free.

Friday October 19: Capitol Pops, Citrus Heights Community Center, 6300 Fountain Square Dr: 7:30 p.m.

Saturday December 8: Capitol Pops at Rusch Park Gym 7801 Auburn Blvd c h; 7:30 p.m.

For further information, call (916) 481-0334 or visit www.skinnerband.com or www.capitolpops.org



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.

Making the Right Choice

Dear Dave,

I’m a landlord in New York, and I’ve always felt it’s not a good idea to rely entirely on previous landlords for referrals on prospective tenants. Do you have any tips for selecting good renters?

- Jean

Dear Jean,

I think you’re on the right track. Most landlords aren’t thorough enough with the screening process. You can’t get to know someone without spending some time with them and digging into their personalities and backgrounds a little.

I have several rental properties, and here are a few tricks that work well for me. I always pull a credit bureau report on

Dave Says

prospective renters. I also get a big deposit up front. I spend quite a bit of time talking to them one on one, as well, so with all this they’d have to be a pretty good con artist to get past me.

Another thing I do is to drive by the place they’re currently living. I like to see what condition the house is in, and if they keep the yard maintained. To me, this is a great indication of how responsible they are and how they would treat my property. It’s not a bad idea to get some proof of them having made previous rental payments on time, either.

In some ways it’s a leap of faith any time you sign an agreement with a new tenant. But there are things you can do in order to make a more informed decision as to whom you’re doing business with. And who knows? Lots of renters appreciate knowing they have a landlord who handles things in a professional manner. Maybe these suggestions will help you both feel a little more at ease.

Good luck, Jean!

- Dave

What the Law Will Allow

Dear Dave,

A debt collector has been calling members of my family to get information on me. She has identified herself as collector, and I want to pay what I owe, but is it legal for them to do this? If not, what can I do to make them stop?

- Katherine

Dear Katherine,

No, it isn’t legal. If she identified herself in any way as a debt collector, and spoke with anyone but you about your debt, she has broken federal law. This is a violation of the Fair Debt Collection Practices Act. You need to file a complaint with the Federal Trade Commission (FTC) against this collector and her company.

I would also advise recording the conversation the next time they call. Just tell them at the beginning that you’ll be taping any interaction you have with them from that point forward, and tell your relatives to do the same thing. That way, you’ll have proof of their misbehavior to hand over to the FTC or the attorney general. You might even be able to get this crooked collector shut down.

Don’t get me wrong. It’s perfectly okay to collect a debt. If you’re a creditor or collector, it’s simply money that’s owed to you, and you deserve it. But you must do it within the confines of the law, and you *should* do it within the confines of good taste. If you owe money, you should be honorable enough to pay what you owe. But this kind of behavior is just harassment and intimidation. Don’t let them get away with it, Katherine!

- Dave

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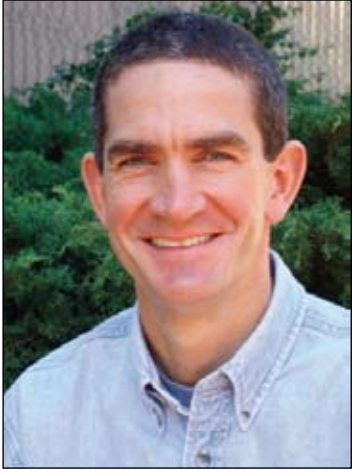
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My Own (Health-Inducing) Olympic Moment



By Eric Nelson

This summer in London an estimated 10,500 athletes from around 200 countries will compete in 26 sports for over 900 bronze, silver, and gold medals. Although the Olympic Games have just gotten underway, the next couple of weeks are certain to provide many unforgettable memories for millions of people watching around the world.

But for me, regardless of what happens in London, one Olympic moment will always stand out above them all.

It was in Atlanta, 1996. Standing in line at a concession stand at the Opening Ceremonies – just after ordering a hot dog and a Coke – the most surprising thing happened. A man I’d been chatting with in line handed his credit card to the cashier and said “Let me buy you dinner.” He was a local and wanted to make sure that as a visitor I felt welcome.

I don’t remember this guy’s

name. I can’t even recall what we talked about. All I remember is his simple yet impressive display of generosity.

Although picking up the tab for someone’s meal may pale in comparison to, say, Michael Phelps’ record-setting 16 gold medals, what this man did points to a quality of thought that could very well improve the health and well being of all those millions of people watching the Games on TV.

Ask social psychologist, Elizabeth Dunn, and she’d probably say it already is.

Dr. Dunn, along with two of her colleagues from the University of British Columbia and one from the University of Groningen in the Netherlands, conducted a study to determine the mental and physical impact of generosity. A game was played in which each participant was given ten dollars and told that they could either keep the money themselves or give any portion of it away.

“What we found, was that the more money people gave away, the happier they felt,” said Dr. Dunn in a podcast interview for Scientific American. “Conversely though, the more money people kept for themselves the more shame they experienced.”

That covers the mental aspect of generosity. But what does it tell us about physical health?

“The more shame people felt, the more we saw their cortisol levels rise,” Dr. Dunn continues. “This is important, because

cortisol is thought to explain some of the links that we’ve seen between stress and disease. So we know that over time elevated levels of cortisol cause wear and tear on the body.”

Strip away the scientific jargon and you’re left with a simple yet equally scientific truth, first articulated some 2000 years ago: “He that soweth sparingly shall reap also sparingly; and he that soweth bountifully shall reap also bountifully” (Second Corinthians 9:6). In other words, what you give is what you get in return, not the least of which is a happier, healthier body, all without the use of drugs or fear of harmful side effects.

Time and again since my visit to Atlanta in ’96, I’ve seen in my own experience that what the Bible says and what Dr. Dunn is finding out in her research is true: The more generous I am, the better I feel; a lesson that is certain to stick with me for many years to come.

And to think, it all began while waiting in line for a hot dog and a Coke.

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



TAX HELP from a Tax Pro

Dean Alexander Sr.

How to Get Tax Relief for Inherited Property

There are two issues that one has to deal with when we receive inheritance. The first is an estate tax issue and the second an income tax issue and they are not one. You may be exempt from one but subject to another.

The two usually work against each other. Maybe the mechanics of the events will illustrate the point. Rich Uncle dies and leaves you a piece of land worth three hundred thousand dollars. The first question that people usually ask, or hopefully they will ask is: Am I going to pay estate tax on this money?

Clients that I come in contact with usually ask me how much income tax am I going to pay because I inherited the property. They think that inheriting this property is a taxable event, and a taxable event in their mind means income tax. They don’t differentiate between income tax and estate taxes. In 2011 property inherited up to one million dollars would be exempt from income taxes.

Notice that I said that you inherited property worth three hundred thousand dollars. How did you determine this amount? And what is the big deal about this amount anyway? You may determine this amount by looking up the county tax roll for that year or if the amount is large it could be determined by an appraisal.

This amount can cause you a tax

problem if you don’t pay attention. This amount will be your basis if you sell the property two years from the time you inherited it. Basis is something like your purchase price. You will be regarded as if you purchased the property for three hundred thousand dollars. So if you sell it for three hundred and fifty dollars, your gain is fifty thousand dollars.

When do you value the property? You can value the property the day you inherit it or any other date within six months from the date of death. Why the choice? Like I said the value of the property at the time of inheritance will determine your basis (think of cost).

So the higher the basis the better off you are. In the example above, if your basis at the time of death was three hundred fifty thousand instead of just three hundred your gain on the sale of the property would have been zero. So the higher the basis the better tax relief or tax help you get from the valuation.

Remember when I said above that the estate taxes and the income taxes work in the opposite direction? Now it is time to explain. As I said above to avoid income taxes upon sale property that you inherited you would want to push the value up. The higher you push, the higher the amount it cost you to purchase the property (I am

using the analogy of purchase). And the higher the cost, the less income taxes.

But can we push the price up forever? Not quite. As I said above, you had a limit of exempt estate taxes. If you push the value above the one million to avoid income tax, you will fall into the net of estate taxes. Any amount above the million will be taxed at 55%. So the best tax resolution is one that has to weigh both considerations.

If you find yourself owing back taxes as a result to your inheritance, you may be able to negotiate an IRS settlement such as offer in compromise or an installment agreement. But you must ask your CPA or IRS tax attorney to take some sort of initiative to avoid collection actions such as levy or garnishment against you because of the tax debt.

Summary: The best tax resolution for inheritance is to balance the estate and income tax consideration. You can even negotiate an offer in compromise for the new tax debt.

Dean has 30 years experience as a CPA and tax consultant and he is currently on two radio shows. He is the managing director of National Financial Advisors (NFA Tax Help), a national firm headquartered in Houston. He is also a Chartered Financial Consultant and Chartered Life Underwriter. He consults exclusively on tax matters particularly tax audits and tax collections at both the federal and the state levels.

The Sacramento Suburban Writers Club (SSWC)

General meeting will be held Monday, August 13, between 7 & 9 pm. The Crossroads Christian Church on 5501 Dewey Drive in Fair Oaks, is the place to get involved with published and aspiring writers. Guest speaker and author Cindy Munoz (aka: Loucinda McGary) will be featured. General public welcome. See www.sactowriters.com for details.

Case of Interest

DATE: August 6, 2012
CASE: SSD Deputy Kelly Smith

District Attorney Jan Scully announced today that 43-year-old Kelly Curran Smith was sentenced by the Honorable Kevin McCormick following her convictions for identity theft and unlawful possession of a controlled substance. While a deputy with the Sacramento County Sheriff’s Department, Smith

befriended the 90-year-old victim. Smith ordered and acquired Hydrocodone (Vicodin) using the victim’s prescription information she obtained during a visit.

Smith has enrolled in a drug diversion program on the unlawful possession of a controlled substance charge. She was placed on five years of probation and ordered to serve 120 days on the identity theft charge.

Shepherd’s Inn Restaurant Fire: Arson Suspected

RANCHO CORDOVA – On Monday August 6, 2012 at 4:42 am Metro Fire responded to a reported structure fire at the Shepherd’s Inn Restaurant, a historical structure built in the 19th Century. Crews arrived to find a working fire in a storage shed and exterior wooden staircase

built over the shed located at 11275 Folsom Blvd. Fire crews quickly extinguished the fire and checked the interior and attic of the building for fire extension. The fire was contained to the shed and exterior of the building and fire damage was estimated at \$12,000 with an estimated \$900,000 of property

saved. Nobody was injured in the fire and the cause of the fire is still under investigation. However a preliminary fire investigation found indications that this fire was intentionally set. Anyone with information regarding this fire is encouraged to contact Metro Fire at 916-859-4300.

Small Business IRS Tax Workshop (Presented in the Russian language)

RANCHO CORDOVA – Owners of small businesses and others interested in starting a new business are invited to attend a workshop offered by the Sacramento Works Business Information Center to learn strategies to grow their business and manage their tax responsibilities. The workshop is scheduled for:

- August 23, 2012
 - 9:00 a.m.–1:00 p.m.
 - Crossroads Diversified Services, 9300 Tech Center Drive, Suite 160, Sacramento, CA 95826
- FREE workshop that illustrates in a practical manner how the federal and state tax systems apply to small business ownership. This is recommended for

all people currently operating a small business or interested in starting one, including sole proprietorships, partnerships, LLCs, and corporations. Workshop is presented by a California Enrolled Agent with materials from the IRS. For more information, call (916)248-8626

Fabric Event Fundraiser for Ovarian Cancer Education

SACRAMENTO REGION– Attention quilters and crafters! The Sacramento Chapter of the National Ovarian Cancer Coalition(NOCC) is offering a variety of fabrics for their annual fundraiser.

This event will be held at Carmichael Presbyterian Church, 5645 Marconi Avenue, Carmichael, on August 24th from 1-6 pm and August 25th from 10-1 pm. Proceeds benefit NOCC, whose mission is

to raise awareness and promote education about Ovarian Cancer. Suggested donation is \$2.00 per yard. For further information call (916) 497-1420.

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