AMERICAN RIVER



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Volume 6 Issue 17

Serving Citrus Heights, Fair Oaks, Carmichael, Orangevale & Gold River

First Edition for September 2011

Do More than Cross Your Fingers



It may be September, but the flood season is not far off. This is the time to prepare for potential disasters.

Northern California - This National Preparedness Month, the American Red Cross Capital Region Chapter is calling on families, businesses, schools and organizations to take steps now to become better prepared for the next emergency or disaster.

Disasters can strike at any time from earthquakes to wildfires to terrorist attacks like those that occurred on 9/11 ten years ago. National Preparedness Month provides our nation with the opportunity to both remember the victims and honor those who responded, and to make a renewed commitment to being better prepared for the future.

Emergency preparedness kits should include enough supplies for at least three days in case you have to evacuate. Water (one gallon, per person, per day), nonperishable food, a flashlight, battery-powered or hand-crank radio, extra batteries, a first aid kit, a 7-day supply of medications, a multi-purpose tool, sanitation and personal hygiene items and copies of important personal documents should go in every kit. The Red Cross also recommends having at least two weeks worth of supplies at home. A variety of emergency preparedness kits, first aid kits and other supplies are available at www. redcrossstore.org.

All members of the household should work together on an emergency plan. Designate a meeting place right outside your home in case of a sudden emergency like a fire. Each person should know how to reach other members of the household. The plan should also include an out-of-area emergency contact person, and a location where everyone should meet if they can't go home.

People should be informed about what types of disasters are most likely to occur where they live and how local authorities will contact you in the event of a disaster. First aid and CPR/AED training empowers individuals with the confidence and skills to respond to health emergencies in case advanced medical help is delayed. Visit www.redcross.org/training for details and to register.

"We have learned from previous disasters that the government, communities and organizations like the Red Cross will never be big enough to do it all in every disaster," Woods said. "Every person, business, school and house of worship must be prepared to take care of themselves and their neighbors in an emergency.'

Severe weather, power outages and water main breaks can happen anytime. Throughout the year, the Red Cross offers programs to help people be prepared. The "Do More Than Cross Your Fingers" campaign, featuring Jamie Lee Curtis, makes it easy for people to prepare for emergencies, starting with how to customize their emergency kits. The "Ready When the Time Comes" program trains employees from corporations and mobilizes them as a community-based volunteer force when disaster strikes. "Be Red Cross Ready" is a webbased interactive tutorial that teaches people how to be ready for emergencies.

In addition, because up to 40 percent of businesses fail following a manmade of natural disaster, the Red Cross developed the Ready RatingTM Program. Ready Rating (www. readyrating.org) is a free, self-paced, web-based membership program that measures how ready businesses, organizations and schools are to deal with emergencies. Members receive customized feedback on how they can improve their efforts. The program is designed for those who are in the beginning stages of planning for emergencies as well as those who have already done so and want confirmation on their preparedness level. It gives these groups ideas of what they can do to better prepare themselves for the next emergency or disaster.

People can contact their local Red Cross office or they can visit www.redcross.org to learn what steps they should take to be ready when emergencies strike.

Top Staff Appointed for Children's Museum



Sharon Stone Smith, Executive Director, (left) and Sarah Coffman, Director of Operations, are the first two staff members at the Sacramento Children's Museum in Rancho Cordova.

Rancho Cordova - The first two staff members of the new Sacramento Children's Museum are Sharon Stone Smith, Executive Director, and Sarah Coffman, Director of Operations.

Both women have impressive backgrounds in education, the arts and sciences, and children activities. And both are excited to be part of the opening of a new facility that is dedicated to children, 8 years and younger, and embodies learning while having fun.

Stone Smith was a member of Sacramento's Fairytale Town Board of Directors for seven years, serving as president in 2007. She began her career at the Institute of Contemporary Art in Boston, followed by a stint as the Associate Director at the Ocean Park Community Center in Santa Monica. She was Marketing Manager and Conference Director at the California Association for the Education of Young Children in Sacramento for six years. Stone Smith earned a M.S. degree in Non-Profit Administration from Case Western Reserve University and has a law degree from the University of San Diego School of Law.

Coffman, who will be in charge of the day-to-day operations at the Children's Museum, was most recently the Event Coordinator at the Children's Discovery Museum in San Jose, which according to Child Magazine is one of the top 10 children's museums in the U.S. Coffman was part of the development team at the Bear Valley Music Festival in 2006 and 2007. She is a graduate of San Jose State University with a B.S. degree in Recreation, Commercial Recreation, and Tourism and a minor in Hospitality

Management. "We look forward to overseeing this exciting new destination in our community where children and their parents, caregivers, and teachers can experience extraordinary learning experiences through play," said Stone Smith. "And we welcome teachers to schedule field trips and parents to plan birthday parties at this unique children's facility."

For additional information, please call (916) 638-7225 or go to www.sackids.org.

California Pays Tribute to the Victims of September 11

commemorate the 10-year anniversary of the tragic events of Sept. 11, 2001. California will join the nation in remembering those who lost their lives. Starting at 5:30 a.m. on Sunday, Sept. 11 on the West Steps of the Capitol, firefighters, police officers and members of the military will gather to pay tribute to those who were killed in the terrorist attacks in 2001. The public, and all firefighters, peace officers and

Sacramento Region – To military members are invited to join public safety and military members during the remembrance vigil.

At exactly 5:46 a.m. a moment of silence will be observed to mark the time the first plane crashed into the World Trade Center. Immediately following, the crowd will be ushered to one of three memorial sites on the Capitol grounds. Law enforcement officers will head to the Peace Officers Memorial at 10th St and Capitol Avenue, where the CHP and CalEMA will host

the reading of the law enforcement officer's names. Firefighters and military servicemembers will head to Capitol Park and their respective memorial locations, where CAL FIRE will host the reading of the firefighter's names and the California National Guard and Veteran's Affairs will host the reading of the names of those killed at the Pentagon.

Between the three memorial locations, all 3,014 names of those who died in the attacks on the World Trade Center and the Pentagon, or who were aboard American Airlines Flight 11, United Airlines Flight 175, American Airlines Flight 77, and United Airlines Flight 93 will be

The event is being organized by CAL FIRE, CHP, California National Guard, California Veteran's Affairs and CalEMA, with assistance from many other employee, local government and private groups.

Children's Museum in Rancho Cordova Opens

Rancho Cordova - The new Sacramento Children's Museum opened recently in Rancho Cordova. Designed for children, 8 years and younger, the new Children's Museum has seven fun and exciting exhibit areas that feature water, airways and raceways, a giant Lite Brite, and cultural activities in a rich physical environment.

In "Waterways", children can experiment with the flow of water, build their own boats, and create whirlpools. In "Airways", children and adults interact and explore how various objects are affected by air currents. "My Neighborhood" encourages role playing and celebrating unique family traditions and cultural awareness. Studio of the Arts" features dance, music, and handson art projects. "Baby Bloomers" is for babies and toddlers to enjoy

safe exploration. "The Museum is unique and unlike anything else in this region," said Sharon Stone Smith, the Museum's Executive

Director. "Children will have fun while learning about the arts, humanities, sciences, mathematics and culture.

The City of Rancho Cordova, the Junior League of Sacramento, and Roebbelen Construction are the Museum's Founding Partners.

The Museum will be open daily, from 9 a.m. to 5 p.m., Tuesday through Saturday and from noon to 5 p.m. on Sunday. It is located at 2701 Prospect Park Drive, Rancho Cordova.



Hearts for Parks Recieves Donation

this year's Gene Ahner Charitable Foundation Golf Tournament and the now-disbanded Gene Ahner Memorial Charitable Foundation are presented to Hearts for Parks (HfP), the non-profit organization associated with Sunrise Recreation and Park District (SRPD) in Citrus

The \$7,590.19 will be used to fund park activity scholarships for low-income children, including a day-long basketball clinic. In the photo are Kathy Cook (left), HfP President; Rita Perry, HfP Secretary; Alan Criswell HfP Board Member; Jean Duncan, HfP Treasurer; Marty Buell, SRPD Recreation Services Manager; Carole Ahner, widow of Gene

Citrus Heights - Proceeds from Ahner; Kenneth Mitchell, HfP Vice President; and Terry Jewell, Tournament Chair and retired SRPD District Administrator.

The late Gene Ahner was a longtime SRPD District Administrator, whose passion was to "keep kids in programs," according to Duncan, a long-time friend. During Ahner's tenure at SRPD, the number of parks grew from six to 27. Next year's Golf Tournament will be April 20th at Mather Golf Course. For more information regarding the tournament, contact Terry Jewell at (916) 624-2998 or at terryjewell@ sbcglobal.net.

For information about HfP scholarships, call (916) 725-0127 (916) 725-0198.



The Gene Ahner Foundation donates funds to Park District.

Happiness On Call

By Julie Parker

Philosophers, songwriters, poets and observers of life attempt to express or define it. Therapists and researchers attempt to analyze it. And the rest of us simply attempt to recapture it. Happiness is a concept which seems to be, at times, elusive.

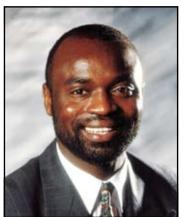
Is it possible for happiness to be easily accessible? Edwin Edebiri, MBA, of the I Am Happy Project,

A child of Nigeria, Edebiri was nine years old when he saw a plane flying overhead for the first time, and decided he was going to learn how to fly one. "The idea that something that big could fly in the air was fascinating.'

He also became enamored with a book that was gifted to him, "The Power of Positive Thinking." "It was given to me because I love reading, but I couldn't really read that book. It was just too advanced for me. It said anything you believe, you can achieve. That really stuck with me." He made a list of 101 things he wanted to accomplish.

He moved to the United States to receive a higher education, and during his college years, he did, indeed, receive his pilot's license, and ultimately completed the list.

While shopping in a Chico bookstore, he observed a couple having an intense fight. "I found myself in



Edwin Edebiri

front of this couple. I asked them, on a scale of 1-to-10, how happy they were. The number they gave me wasn't bad. I gave them each a sheet of paper and asked them to write three things they were grateful for and were happy about. They each wrote the same things, in the same order. The chances of that were phenomenal. I told them they should focus on what they have in common, instead of what they were fighting about. That was the beginning of the I Am Happy Project."

The Project brings happiness to children's hospitals, nursing homes and Veterans Halls, and has begun training students in junior high and high school on ways to be happy.

If a child learns how to appreciate happiness, he or she has a better chance of becoming a happy

and well-adjusted adult. After participating in classes with the I Am Happy Project, students have shown improvement in test scores, self-esteem and self-confidence, and experience a reduction of bullying (victim or perpetrator). "We encourage the students to keep a happiness journal. It is the ten days of happiness."

A few ideas to bring happiness into your life:

- Volunteer your time
- Create a list of all the things you are thankful for or that make you
- Be active and make healthy choices
- Create a goal or dream list and work on it/them diligently Three things that make Edebiri
- My family my wife and three children; 24, 22 and 15
- Working with kids
- Motivational speaking; knowing there's a transformation taking place inside of them is rewarding

"There is too much gloom and doom in the news," says Edebiri. "We are looking for more ways to help people focus on the positive side of life." To learn more about how you can sponsor happiness classes in a school, donate your time for the Project, or discover additional ways to experience more happiness in your life, visit iamhappyproject.org

Senator Gaines Responds to New Fire Tax Legislation

Sacramento – Senator Ted it is being dumped on the backs Gaines (R-Roseville) today (Sept. 2nd) issued a statement regarding the newest version of Senate Bill x1 7, which amends the fire tax to drastically increase costs.

"This is just as illegal as the first fire tax but this time they've taken off the gloves and really socked it to rural Californians. This is clearly double taxation and

of the people when the state has 12-percent unemployment and families are struggling just to make ends meet.

I will fight this in every way possible- as a legislator and as a private citizen- and want everyone who might get stuck paying this phony fee to get in the arena and fight it too."

To join this fight with Senator Gaines go to TedGaines.com, or call (916) 651-4001. Also let your elected legislators know.

Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, Amador, Calaveras, El Dorado, Lassen, Modoc, Mono, Nevada, Placer, Plumas, Sacramento and Sierra counties.

Sacramento County Teachers of the Year Announced

Sacramento Region – A French teacher from the San Juan Unified School District and a math and physics teacher from the Elk Grove Unified School District are the Sacramento County Teachers of the Year 2012, the Sacramento County Office of Education (SCOE) announced August 31 at a county-wide teacher recognition banquet.

Nicole Naditz, who teaches French at Bella Vista High School in the San Juan District, and Robert Brewer, who teaches mathematics and physics at Florin High School in Elk Grove, were selected from among 15 Sacramento area teachers to represent the county in the California Teachers of the Year

Sunday

Sept. 25th

competition.

Naditz and Brewer now are eligible to advance to the statewide competition, out of which five teachers will be chosen as California Teachers of the Year.

The five California Teachers of the Year are responsible for representing the teaching profession in a variety of settings and assisting their teaching colleagues in numerous ways throughout the calendar year of 2012. Their names and that of the one individual of the group selected as the state's nominee to the National Teacher of the Year Program will be announced later in the fall by the State Superintendent of Public Instruction.

All 15 Sacramento area teachers will be honored when the Sacramento Kings host the Golden State Warriors on Saturday, February 4, 2012 at Power Balance Pavilion. The Sacramento River Cats will also host a special Teacher Appreciation Night on Friday, April 27, 2012 when the River Cats host the Las Vegas 51s.

The Sacramento County Teachers of the Year Program is presented by the Sacramento County Office of Education in partnership with Maloof Sports and Entertainment, U.S. Bank, the Sacramento River Cats, the Intel Corporation Folsom and the Sacramento Scottish Rite Bodies of Freemasonry.



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Senator Darrell Steinberg

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Congressman Lungren: Reporting Home

Interview by Perry Hartline "Out of chaos comes order."

Dan Lungren represents the 3rd Congressional District of California. The district includes parts of Sacramento, Solano, Alpine, Amador and Calaveras Counties. He served as Treasurer and Attorney General for the state of California and is the author of California's landmark "Three Strikes Law." In 1998 he returned to private life. The terrorist attacks on 9-11 spurred him back to politics. He's serves on the Homeland Security Committee and House Judiciary Committee. He is the House of Representatives leader on immigration and intelligence

Hartline: Congressman Lungren, years ago you told Paul and me, "I'm a conservative first and a Republican second." I must say you were conservative before it was fashionable. Today you're part of the Congressional leadership. How's the view from the top? More importantly what's your view of the freshman class elected last November?

Congressman Lungren: I worked closely with the freshman when they came in. I was in charge of their orientation. I brought Frank Luntz as a speaker to help them to articulate their message. I tried to give them every tool at Congresses' disposal so they could keep the promises they made while campaigning. They've had to do something not government related to create jobs, to hold a business together, to start or expand a business. They bring an approach that is uncommon to Congress. They know how to run a business. They understand you can't keep spending more than you take in. They've felt the grip of government policy. My duty is to help them, to give them a chance to be effective in Congress. That's one thing. The other thing is...Look; I'm an old broken-down football player. I have bad knees to prove it, but I learned I was a team member. A team gets together to understand what your offense and defense should be. When the signals are called you try to run the play. You feel terrible if your quarterback throws an interception, but you also understand nobody's perfect. But if your quarterback purposely throws an interception or a lineman deliberately won't block to make another teammate look bad, I get

Hartline: Yeah? I'll bet you enjoy it because you have a gang of likeminded conservatives you can pass on the things you've learned without tossing-out principle.

Lungren: That's what I'm trying to do. But I must tell you this: three weeks ago I introduced Supreme Court Justice Antonin Scalia to a group of summer interns. I admire him greatly. He told them something very interesting. He said, "If I were to ask you what is it that protects your liberty or freedom more than anything else, most of you would raise your hands and say "The Bill of Rights." You would say First Amendment, Second Amendment and so forth. But I can show you other constitutions and bills of right and they sound far better than ours. The old Soviet Union had a great constitution, and you'd think they protected rights better than we do. The genius of our system is the structure of government established by the constitution. People in Europe have a tremendous difficulty trying to figure out our system. We're the only system with a bi-cameral legislature. In England they've got the House of Lords, but all they can do is require the House of Commons to vote on something a second time. Italy? Their upper-houses are honorific. There's no power there. No one understands why we have bi-cameral structure. In the parliamentary systems you can't be prime minister unless you're a member of the legislature. There's no differentiation between the legislature and executive branches. Our system's set-up to protect our freedoms so that no one person or party or faction, and no one branch of government has too much power. Frustration's built into the system to protect our freedom."

Sooooo, this year I've been frustrated. I remind myself that part of this is the plan of our founders. I think you have to understand that when you say, wait a second, why can't we require a balanced budget amendment? Why do we have to do nothing until the thing's passed? Why can't we have it adopted by the states? Why can't we impose

our plan on the senate? Because that's not how the system's set up, it's not the way the founding fathers wanted it. I remind myself of that, and I'm still frustrated because the last election made a statement as to where the people wanted to go. Unfortunately they didn't give us a majority in the senate. So they both reflect what the voters told them, and working within the system to move as far as we possibly can. The question being, do they want to go the way the president is pulling us or do they want to return to American exceptionalism? Yes, there's a built in frustration. You might say frustrations have come in spades this year.

Hartline: You've reminded me of something Fredrick Nietzsche the German philosopher declared in the Nineteenth Century. He said the mechanism for the destruction of the democracies was 'built in' and predicted that the Twentieth Century would be the bloodiest and most horrific century mankind has ever known. He was right. There's not been a catastrophe equal to World War Two. And we're still waiting to see how the democracies do. Look at the European models. They're having incredible financial problems compared to the American model. If he was right we'll see the destruction of the European model(s), and the survival of the frustrating, selfcorrecting American style.

Lungren: Nietzsche also said "Out of chaos comes order." But I wasn't elected to create chaos. I was hired to rattle cages and shake things up, but ultimately to ensure our system works.

Charles Another speaker, Krauthammer, told the freshmen congress, "I wouldn't call Obama a socialist, that's too broad a term. I'd say his model of governance is a European model. He's a classic democratic-socialist in the European mold." He went on to say our next election is extremely important because we're being forced to decide if we're going to adopt the European model. He's correct, that's why being in Washington today is invigorating. It's an existential moment in history – and not just American history, but the world's. The house Republican majority isn't so weak that we can't move forcefully, though we don't control the senate or presidency. Let me illustrate. I think the fact that we conservatives used the debt ceiling issue to focus America's attention to Obama's fiscal policy and the consequences of his irresponsibility. It was frankly a stroke of political insight. It was conditioned on spending cuts and serious steps toward spending reform. It's what John Boehner insisted on. It's remarkable that we got it. In the agreement there was no tax increase, \$917 billion in cuts beginning immediately, denying the president more than \$900 billion in debt-increase authority unless we have a second round of cuts worth 1.5 trillion dollars - and in addition we got an iron-clad obligation forcing the house and senate to vote on a constitutional amendment to balance the budget. We haven't had a vote on a balanced budget in 15

Hartline: Conservatives swore Republicans couldn't get a deal favorable settlement though they knew it was possible. They cited the Republican ability to wimp-out and lie down at the last minute. When they saw Boehner telling those kids [the freshman class] to "get their asses in line" the right exploded. The freshman class didn't get in line. They began working on what they wanted. When Boehner went back he was armed and ready to fight for the deal. He succeeded. Oddly, it looks as if this "new way" involved everyone in the Republican political perspective. That includes the chamber of commerce, business republicans, and golf Republicans in the east; people who are primarily socially and fiscally conservative and see imminent danger, because up until last year nobody showed fear or a sense of urgency about the economy. During this fight the Republicans gathered together. It was like the bar scene in Star

Lungren: Yeah! It did! Do you remember the fight we had over the CR [Continuing Resolution]?

Hartline: I certainly do.

Lungren: One of the first things we



Congressman Dan Lungren

voted on this year...and the criticism that, well, the eighty-eight billion dollar deal we got wasn't an eighty-eight billion dollar deal at all, it was in fact a thirty-seven billion dollar deal. You've got to understand, here's one of the extreme ironies that's rarely been mentioned. Remember when Boehner came up with his plan on this go around?

Hartline: Yes, of course. Nobody was happy with it.

Lungren: Right, he had to pull it back because the CBO [Congressional Budget Office] said the cuts were nothing. Remember?

Hartline: I don't, but I'll bet you

Lungren: Because they found that the amount of the CR was not \$37 billion in savings, it was over \$100 billion in savings. The impact on the programs in the future was greater than they thought it would be. What had happened was the Boehner Plan used the numbers everybody'd assumed the CR only saved 37 billion. When the CBO saw it they said, No! No! No! The impact is over \$100 billion, that's where the shortfall was in what he'd promised. Again he went back to the drawing board, made more cuts, and that's where we came up with \$917 billion in cuts from the first part of this agreement. We were working on a different baseline. No one's given him credit for the fact that it turned out to be more than we'd promised. So we took the plan, refigured and made more cuts. Boehner's not gotten credit for getting more than anyone expected from that CR.

Hartline: Ah, you're right - up to a point. I think people now recognize he got a good deal. He pushed something through that nobody thought possible. The Democrats are relentless in their need to tax and regulate in or out of power. They never let up. It would do Republicans good to be more relentless.

Hartline: Today 80% of registered Republicans and self-defined conservatives are opposed to the bill

Lungren: I know. You're right. It's

Hartline: And you think it's a good

Lungren: Well, if you don't accept Nietzsche's idea that out of chaos comes order it was a good deal. We have the obligation to govern in the two years before we can try to take the senate and presidency. I'm a traditional conservative. I believe you're obliged to pay your bills. The debt ceiling increase did that. This was debt already run-up - most of which I opposed when they were passed

Hartline: Are you certain a default would happen?

Lungren: I'm not certain of the date, but yes, there would've been a default.

Hartline: You're saying it definitely would've happened?

Lungren: Yeah, if we hadn't passed it the default is you have no authority to pay your bills - and we would've been forced to refuse him the authority to prevent the left from going wild. I don't think the president has the authority under the 14th Amendment as he claimed. Congress has the power of the purse, and that means you pay your bills.

Hartline: You're saying it would've been a technical default, correct?

Lungren: I am. It may not have happened August third, the date the financial people projected. The odd aspect to this is August itself. It's an acute draw month for the Treasury. Part of the money's mired in Social Security payments. That's not a gimmick created for this year's politics. August is just one of those unusual months when more money goes out than comes in. We'd

have a technical default running August through sometime in mid-September. That threat allowed us Republicans to negotiate.

Hartline: The imminent default helped the conservatives move the budget deal down field?

Lungren: Oh indeed! Better yet, this, a default, has never happened before.

Hartline: A lot of things that haven't been done before are getting done now-a-days.

A Tea Party member was outraged over baseline budgeting and how Republicans got nothing in this deal. I pointed out the Republicans got far more than they or anyone else thought they'd get. The Republicans appear to have triumphed for a change, and that appearance is almost good enough.

Lungren: See it as a twelve-round heavyweight championship fight. We've finished round one, and the taxpayers are ahead by points. Barely. We've got 11 more rounds to go. The question is, is the first round an indication of how the fight's going to go, or is it a fluke? That's important to know. The next question is will we go through with the one-point-two to one-point-five trillion cut before the end of the year? It'll be messy, dirty; there'll be no gloves - but I think we're going to win it. The way it's structured is that either we adopt what the committee reports to us or automatic sequestration takes place. Automatic cuts across the board in terms of domestic and... umm, then, it's defense. That's called 'Security' so it's DOD [Department of Defense], Department of Homeland Security, the State Department, all our Intelligence agencies.

Hartline: People won't accept cuts to our military.

Lungren: That's why we tried to make it so odious to the left, we'd do serious cutting in individual programs as opposed to across-the-board cuts. Those cuts will take effect unless we do the other. If that happens we'd have a wild debate on how much money we should increase defense. American people would get a clearly defined set of issues and disparate positions. Our system's great for self-correcting.

Hartline: You just knocked Nietzsche over. [laughter]

Publisher Paul: Which round will include baseline budgeting? Most people had no idea that baseline budgeting was part of the process. It's a shock to most Americans who are only now learning what it means

Lungren: It depends on what baseline budgeting you're addressing. Baseline is used for a couple of different reasons. Baseline's the term used for projections by the CBO. When the CBO scores a bill it must give congress an idea of what tax revenues and what spending will be - and what the deficit's going to be. They must go out five and ten years. They assume the laws will take effect as scheduled. The current baseline for revenues is the Bush Tax Cuts. They're going to expire. That's built into the baseline for revenues. For spending the CBO takes the current state of the law, with current spending, and project it

into the future.

In terms of baseline spending for programs based on percentage increases and current spending, one of the reasons we're adamant spending cuts must take place now, is that if you cut now it reduces the baseline in the future. That's why Boehner was so insistent. That's why instead of thirty-seven billion, it's one hundred billion-plus in savings rescued from the CR. It drove down current spending numbers, and when you project out you save far more than you thought possible.

That kind of baseline, if that's what you're referring to, is important whether you get cuts now or if you cut four or five years down the road. That's why projections of ten years and nine-hundred and seventeen billion dollars are based on cuts starting in this fiscal year and following through in the next. But the CR actually was for this fiscal year and that's why it had an impact in this fiscal year and the years thereafter. The other point is, if you're hunting for automatic spending, all that spending is based on formulas. If we don't jump in and wrestle with the underlying

formulas for mandatory spending programs such as social security and Medicare-Medicaid we'll will never control the budget. Because congress doesn't have to vote on it, the money automatically flows! That's why the cuts we're making now, or the restraints on future spending that we're creating now, are important. Those big ticket items are mandatory. Those are going to be vicious battles.

I don't know if I answered your question, but that's what we deal with. Projections are made with respect to it. Today those are the only things mandatory and automatic. All else is discretionary. Often times when congress deals with a CR or an Omnibus Spending Bill, your assumptions are baselines. It's crucial which baseline you use.

One of the arguments we had with Obama and his Democrats was that they had the spending from the TARP funds and stimulus programs and they increased spending [raises one hand above his head] way up here, and they want the baseline to stay up here too. We argued this was spending designed to heal unique wounds. When it's over the baseline must come down here. [moves his hand just above the desktop]. That's the big fist-fight we're having with this administration, and they've continually not stated as much, but that's what they want. That's why we in congress say let's go back to 2008-2009 numbers. In congress we're talking pre-stimulus funding levels, that if it's stimulus it goes up here, and comes back down here. They say, "goes up here, stays up

Hartline: I believe that's what Ron Paul was pushing. From baseline to projected spending so as to cut that projection or, in default, in order to get the money you could've cut say 5% in every department of government. It's a five percent government shrinkage immediately in order to pay...

Lungren: That **still** wouldn't have gotten us down where we needed to be

Hartline: Prove it.

Congressman Lungren: If we were to pay Social Security, Disability, Veterans care, and so-forth, to maintain the essential spending programs, we would be forced to cut every other aspect of government forty-percent. Now don't hold me to the number, but it's huge! If our current spending and a rate of increased debt of forty-cents per dollar, for each dollar we spend forty-cents of it we'd have to borrow. If we returned to a balanced budget today you couldn't imagine what the numbers would be like.

Publisher Paul: And every American's asking, why can't I do that?

Lungren: I know. And it's a fair question under these circumstances.

Hartline: Why not send *me* STIMULUS money?

Publisher Paul: Americans look at that two-thirds of government budget and having to pay more taxes, and they'd say why should I pay my credit card bill? Why should I pay my mortgage? Or even my

taxes? Let them come get the car.

Lungren: That's why we've got to get into the mandatory spending programs. People say, oh, just get rid of waste fraud and abuse. But that won't do it either. There are going to be tough questions on mandatory spending, primarily on the side of programs supporting medical care. Some political people say it can't be done

An interesting aspect of the Paul Ryan budget is that it assumes certain changes in Medicaid that would have an impact on medical expenditures, government paid or non-government paid. His argument is, and I think it's a good one, is that Medicare not only is affected by medical cost inflation, but it is a *contributor* to inflation by the way it's designed. Unless you change that mechanism in a way that it has a depressing effect on inflation in the healthcare arena costs will continue spiraling up.

Hartline: Why was the special commission created? Why this wisdom-chamber, this College of Cardinals, for Congress?

Lungren: It was to help us get the best deal we could possibly get under the circumstances. It didn't create

another stand-alone commission working outside the Congress. This is a structure of the Congress.

Hartline: It's non-binding?

Lungren: It's not, but it's part of Congress. Congress isn't giving it to some commission outside the congressional framework.

Hartline: Then it's not extracongressional?

Lungren: It's not. But if it doesn't deliver the spending restraints we want, it will illuminate and articulate the problems we're dealing with. Look, numbers are numbers. You can repeal most laws, but I don't know how to repeal the laws of economics, though Obama's working on it. I believe it'll define for the American people what the problems are, and how the two parties approach and solve problems.

Hartline: You're saying it will differentiate, define, Republicans and Democrats?

Lungren: Yes. I think it's very important slipping into an election year. People will see it and say, you know there is a dime's worth of difference between them! There's a significant difference in what Democrats and Republicans do! My vote is an endorsement of that political approach.

Hartline: Back to the special house committee, the Airborne Rangers of Congress. You understand that this great tribal council is seen as a Democrat Party ploy and an abdication by Republicans. It seems a way for congress to shirk its responsibility and accountability. That's why folks think it's a Democrat...

Lungren: Wow! If that was our intent we didn't do a good job. The committee must report to us by November twenty-seventh and we're to act on the recommendations by December twenty-third. That's just before Thanksgiving and right before Christmas. If we're trying to wiggle-out, we did a lousy job of it

Publisher Paul: Obama said when he gets back from vacation he'll have a job creation plan. What do you think's in it?

Lungren: Oh, come on! He'll call for a 'balanced approach,' whatever that is. Nobody's worried about a balanced approach, they want a balanced budget! I fear it'll be classic class warfare and division carried out in wavs we've never seen in our history. He won't be reaching out for change. I don't see him...ah...particularly interested in change. His default position is the European model. That means larger government and more spending. His answer to his failure with the stimulus is that it wasn't large enough! He has leftist economist, and former Enron advisor Paul Krugman's support on this.

Publisher Paul: He said on his non-political tour of the Mid-West all paid-for by us under-taxed taxpayers, that he'd deliver his job creation plan to the nation after his Martha's Vineyard vacation, right?

Lungren: He did say that we were doing well, that the stimulus worked until we...

Hartline: Until we hit some 'bad luck,' correct?

Lungren: Right. But at some point he must take responsibility for what he's done. He wanted and asked for the job - and he got it. Presidents get the glory when things go well and catch hell when they don't. He's been president for two-and-a-half years. He has an idea of what he wants to do, how he's doing and whether or not it's working. I don't think there's doubt that he thinks when you have a problem you throw more federal money at it. And if it doesn't work the first time, you throw more at it. If that doesn't work you throw even more federal money; to get the money you tax people, and you tax people, and you tax people. The prescription doesn't work, but he's committed to it. Unless he does a fundamental 180 degree turnaround I expect whatever plan he presents will be like every other plan, higher taxes for someone. Remember he's said six or seven times it's time to pivot to the issue of jobs. I guess we'll see the plan when he gets off Page 4 The Messenger





By Tim Kovar, Realtor/Broker, DRE# 01831154

Four Options

We've shared information about saving your financial future by empowering yourself with real estate knowledge. However, most of the terminology, process and consequences of falling behind on your mortgage payments is still a mystery to many. First, what are the homeowner's options?

Some parts of Sacramento have seen their home values decline as much as 60% from the price peak just a few years ago. This means that everyone who purchased a home in the last 8 years or so probably owes more than the home is worth. This is what we hear referred to as 'underwater' on your loan.

If someone owes more than the property is worth, and they need to sell their home, they are faced with 4 options. The first option is to pay off the loan from their savings account (in today's market very few can do this). The second option is to attempt a mortgage modification. This is where the homeowner negotiates with the bank to get them to reduce the amount owed. So far the banks haven't been very cooperative in this department. In fact, I do not know anyone who has had a significant modification. The third option is to let the bank foreclose. The problem with this option is that a foreclosure, like bankruptcy, will stay as a 'blemish' on your credit report for up to 10 years. In today's lending environment you will not be able to finance another home, or for some any loan, until the foreclosure drops off the credit report.

Additionally, depending on the type of loan, the banks have a right to recover their loss from you, up to years in the future – subject to statute of limitation laws. Yes, depending on your type of loan, the bank could actually sue you to recover the loss they took on your foreclosed or defaulted loan! Do you have a home loan that has exposed you to tens of thousands of dollars in potential loss? In our next column, short sales and how they work.

Arm yourself with real <estate> knowledge! Real estate, mortgage and other property questions can be emailed to tim.kovar@gmail.com or get immediate assistance by calling (916) 549-4340. Kovar Family Real Estate, DRE# 01831154.

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CLUES

agency

43. Russian governmental

44. One way to get to top

47. Poor neighborhood

50. Unoffensive manner

Merry Christmas to all...

53. Under this in court

55. One from Laos

52. "But I heard him exclaim.

57. Native American tradition

60. *It's often used in verb

he drove out of sight,

46. Trend-setting

48. Declare as true

ACROSS 1. Substitute for currency

6. Sound meant to scare

9. Third behind Bonds and

Aaron 13. 1836 Texas battle

14. Romanian monetary unit

15. Knight's breastplate

16. Most famous Bolshevik?

17. Food morsel

18. Turns sharply

19. *Small application toward or aimed

23. Poetic even 24. Thunderstorm sight

25. Beaver's creation 28. "Never" without n

30. Distant 35. "Without further

37. Miners' bounty, pl.

39. Make happy 40. Domestic animal shelter 41. Writer Asimov

of Aquarius 66. Relating to the ilium 68. Skirt shape 69. Overnight stop

63. Pepsi and Coke

form

70. Vigorous fight 71. *Way to be heard

72. Pecan. e.g.

73. Lock of hair

DOWN

1. Salt in Spanish 2. Ball of varn

3. Raia's wife

4. Polyimide or carbodiimide,

e.g. 5. Type of silk cloth 6. Pat dry

7. Poetic over

8. Money paid out 9. Samuel Adams, e.g.

10. "A Death in the Family"

author. James

11. Charlie "

12. It turns host into hostess

20. Short stanza at end of

25. Capital of Bangladesh

poem

22. Tov-maker

26. Infamous Nazi

27. Paisley, e.g.

24. Gamut

29. Gaelic

15. *Virtual you

56. Watcher

51. Tao follower

57. Gallup's inquiry 58. Medley

31. Directed, produced, written

38. John Galsworthy's Forsyte

-cross bicyclina

by Warren Beatty

32. Immature ovum

34. *Express outrage

49. Communist Zedona

54. Writer Clemens' nom de

36, 18-wheeler

story

45. *Surf

plume

42.

33. Longest human bone

59. Designer Vera

60. Belgian port 61. Low-cal

62. Grub 63. Metered ride

65. Wildebeest 67. Cosine

For Solution See Page 7



By Pastor Ray Dare

Have you realized yet that most of the major things in your life are out of your control? If you haven't figured that out yet, you soon will figure out that most of the major things in your life are out of your control. Because so much of your life is beyond your control, beyond your ability to manage, you feel stress and anxiety.

Stress is caused primarily by trying to control the uncontrollable; trying to manage the unmanageable. When you get stressed-out, you start to worry and worry is a form of control. I think if I worry about my finances, then my finances are going to get better. If I worry about my job, then maybe I won't get laid-off. If I worry about my future, maybe it'll turn out OK. The problem is, it doesn't work! Worry doesn't change a thing. Worry doesn't change the past. Worry doesn't change the future. All worry does is mess up today. It doesn't work, because so

Overcoming Anxiety

much of life is out of your control. On the other hand, things are not out of God's control. God is in complete control. There's nothing that God cannot do because He's the One who made it all in the first place. He's all-powerful; He can do anything He wants to. But how does that fact – that God is all powerfulaffect me? The Bible says, "God's great power is available to us who believe Him. It is the same mighty power that raised Christ." Ephesians 1:20 (LB). God makes His power available to you. You see, God didn't make you to live life by yourself – on your own power. That's why you get so tired all the time, so stressed-out. You try to go it alone, trusting in your own abilities to work things out, to control things. The Bible says that God's power is available to you, but there's a condition: You must trust Him. How do you know when you're really trusting God? When you're really trusting Him to help you? Simple, you stop worrying about it.

Anxiety is like a warning light. It's like a big, red, flashing light that says, "I'm taking over control here!" You assume a responsibility that God never intended for you to have. That's why worry causes such a negative effect on us physically and emotionally. Your body wasn't

designed to handle the stresses of worry. God designed you to depend on Him, to trust in Him. So when you worry, it takes a toll on your body. You get stomachaches, headaches, neck aches, insomnia and all kinds of other problems. Why? Because God didn't create you to worry about things, He created you to live in relationship with Him, trusting Him for those

things that are out of your control. God says, "Don't worry, because I am with you. Don't be afraid. I will make you strong and will help you. I will support you." Isaiah 41:10 (NCV) Let's get personal. What have you been anxious about lately? What is it that's out of control in your life? What is it that you need to trust God for? Your finances...a relationship ... your job...your kids? Would you agree that God has resources that you don't have? God says, "Don't be afraid, because I'm with you... I'm going to help you...I'm going to strengthen you...and I'll give you all the power you need". So whatever seems to worry you the most, whatever seems to be out of your control in your life, give it to God, because it's not out of His control.

See you soon, Pastor Ray

New Community Christian Church www.YourNewChurch.org



By Reverend Kevin Kitrell Ross

Generally speaking, people don't like to change. People feel like things ought to stay just the way they are. We work so hard to get things nice and neat and perfect. Don't we? And then here comes change! One of my challenges is to be able to celebrate change with people who don't seem so happy about changing.

In the world of materiality, the only consistency is change. Nothing in the material universe is permanent. I would venture to say that most of people's problems stem from their resistance to

However, most people don't resist what we label as, "good change". People resist what they call "bad change". A bad change is usually something that is outside of our comfort zone or sphere of influence. It's something that we feel uneasy with and that we avoid. For most people, death is at the top of the list of so called, "bad change".

When there is "bad change", there is some fear and pain involved and usually in that order. To continue with the example of death, the sudden interruption of the way things are causes some people an immediate shock to their system and a sense of panic. In fact, most people avoid the subject at all, feeling that speaking of it will bring it about.

What should perhaps be the most logical thing to accept about life is our own mortality. Just as autumn follows the summer, so does death follow life. Thus, what we must conclude from this is that change is good. Pain is an indicator that we are alive and that there is yet opportunity for growth.

on Change and Pain convince someone else of his victim-If life is a dynamic exchange of hood and for his need to receive justice give and receive, live and die, up and that only he can secure for himself, by down, joy and pain, to struggle with the

T.O.U.G.H. Talk

"Pain as a Pathway"

way things are is more than a personal

challenge. It becomes a futile attempt

What does, however, need adjust-

ing is our perception of how things

are, especially for those things that we

Many people learn the best when

they have experienced pain. Yet, the

price for the lesson is either physical

or emotional discomfort. Most of us

remember the age-old admonishment,

"don't touch the hot stove". For some,

it is not until they touch it themselves

In short, in life we will experience

pain and discomfort. Embrace them

and let it make you solid as oak. When

you and I want to build muscle in our

bodies, it requires that we exert more

physical exercise and strain on our

bodies than usual. However, what we

discover is that in order to build up the

muscle, we have to tear it down so that

it may be completely transformed. And

boy, aren't we in pain when this hap-

pens? However, this pain ultimately

leads to an energetic, muscular, and fit

Remind yourself of this when it

seems that the pain that you are experi-

encing is permanent. Pain is a temporal

pathway into greater life experiences.

change or pain is to recognize that this

experience has come to teach you, test

"Complaining and Crying"

an effective means for bringing about

positive change in their lives and in

the world. To complain is to express

pain, uneasiness and resentment.

Complaining withdraws power from a

person because he is using his power to

Some people feel that to complain is

you and eventually bless you.

To embrace your experience of

interpret as negative or bad.

that they learn not to do so.

at changing what requires no change.

not being a victim within. notion is to struggle with the entire uni-Complaining and whining deteverse, because our refusal to accept the

riorates your power. It also deteriorates the power of others with whom you interact and it works against your very body-your physical body as well as the body of your affairs.

There's a difference between "complaining about something" and "standing up for something". When you are standing up for a cause, you are presenting an organized plan for its resolve. You are providing alternatives for what you presently oppose and you are taking "right now" action to secure your vision.

For example, recently I took a trip to Venezuela to support my friend during a very critical election as they sought to bring about a more democratic country. There is great

discontent in Venezuela and the people are desperate for a new day. However, people were not making idle complaints and whining about the sad state of affairs. Instead, about a million and a half of us were in the streets marching, making our dissatisfaction known, but presenting an alternative form of government than the current administration.

More powerful than a complaint we made a statement. We took a stand. This is an example of how to express your dissatisfaction proactively and make the best use of your power at the

Kevin Kitrell Ross is the host of Design Your Life weekly radio program, online at www.unity.fm, every Wednesday at 10:00 a.m. He is also the Senior Minister/ Spiritual Director of Christ Unity Church of Sacramento, online at www.christunity.com . Feel free to join them for one of their two services 9:00 a.m. and 11:00 a.m. Christ Unity Church is located at 9249 Folsom Boulevard, Sacramento.



By Marlys Norris, Christian Author

This has nothing to do with honking your car's horn. So often we run into people who are able to "honk their own horn" on a regular basis and think nothing about it. Often times we come to care about these people while there are other times we recognize it as a problem with excessive pride. Prideful people are offensive to most of us and it is more like they are blowing their horn and think too highly about themselves and their accomplishments!

Then, there are those people who

Tooting Your Horn!

fear being prideful about their accomplishments remaining much too silent and say nothing. They actually cheat others from getting to really know them and possibly learning some valuable lesson that would enrich their lives. There are times when silence is certainly not golden!

Examining all these possibilities caused me to think about my own areas of weakness that have caused me to remain silent much too often. Personal embarrassment happens when I have been asked questions about myself, yet I find that expressing in the venue of writing comes easily. Possibly because it is never all about me but writing about the loving grace of God and all the wonderful things He has accomplished for all of us. In some cases when I re-read what is written it is like someone else has really written what I read and I am amazed. My response is always that the Holy Spirit of God has really inspired me what to write and inwardly I pray that someone

will be blessed. Scripture is my only authority for the way I live my life, not a denomination or a particular theology.

I call this a weakness within myself because although I have written seven (7) Christian books and been included in two other books by others, marketing and selling my books is the hardest thing I do. So, I have given many of my books away and my one desire is even if I sell none of them . . . at least one soul will accept Jesus as their personal Savior and enjoy the wonderful life God has provided for (us) because we love and know Him personally. My husband and I are madly in love with Jesus, the Savior of our Souls! Here's my TOOT FOR HIM! If I can counsel you, please contact me via e-mail.

Marlys Johnsen Norris, Author Marlys5934@sbc global.net "Intimacy Begins Going God's Way" "God Moves Mountains, It was a Miracle"

Grief Recovery Workshop

has a devastating impact on our ability to function. Even Jesus wasn't exempt when he lost his friend, Lazarus. "Jesus wept." (John 11:35). But there is help and hope. If you are ready to move beyond the death of someone you love, this workshop is for you. Topics include: What Is Normal Grief?, Staying Healthy, Family Dynamics, Being Alone, Returning to the Mainstream,

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Free to the public. Fair Oaks Presbyterian Church – Wells Chapel, 11427 Fair Oaks Blvd, Fair Oaks, CA 95628. Contact: Mary Rigney, Phone: (916) 967-4784, ext. 876, Website:

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Saint Francis Episcopal Church is holding its annual Spaghetti Dinner and Talent Show on Saturday, September 10th, 2011. Dinner will be served from 5:00 pm to 6:30 pm; the Talent Show from 6:30pm to 7:30pm. Tickets are \$20 for adults; \$10 for children 14 and under; \$120 for a table for 7. The church is located at 11430 Fair Oaks Boulevard.

Please call the church office at (916) 966-2261 for tickets.

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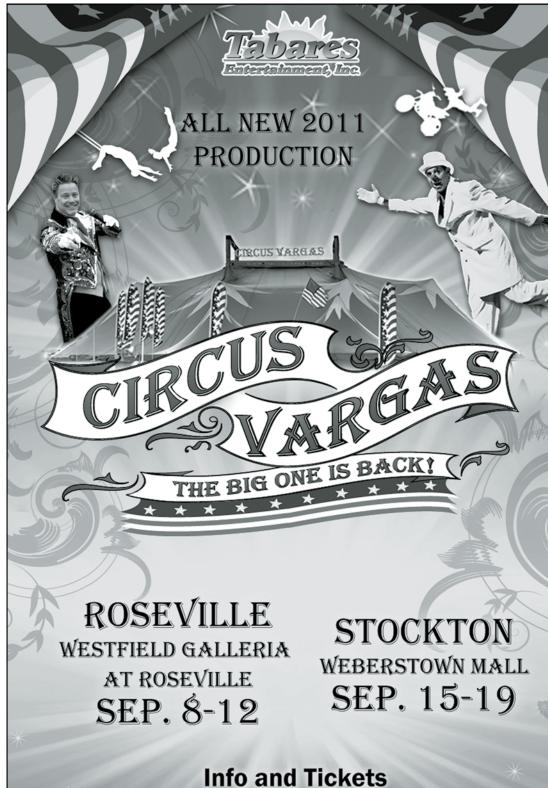
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Public Tours New Rancho Cordova Police Facility

Rancho Cordova – The Rancho Cordova Police Department hosted an Open House at the new Police Station on Wednesday, August 31st. The public toured the newly-opened building that is located at 2897 Kilgore Road from 3 to 5 p.m.

The ribbon-cutting ceremony took place at 5:30 p.m. Participating in the ceremony were be Mayor Robert McGarvey, Vice Mayor David Sander, and City Council Members Linda Budge, Ken Cooley, and Dan Skoglund. City Manager Ted Gaebler, Police Chief Doug Diamond, and Sacramento County Sheriff Scott Jones.

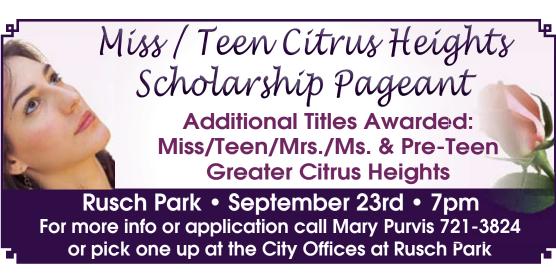
Also open during the tour was be the City's new Neighborhood Service Center at 2880 Gold Tailings Court that is across the parking lot

from the new Police Station.

The City purchased both buildings at different times several years ago and set aside financing for remodeling. The Neighborhood Service building houses the City's Code Enforcement and Animal Services Divisions. Both the Police Department and Neighborhood Services were formerly located in rented facilities.









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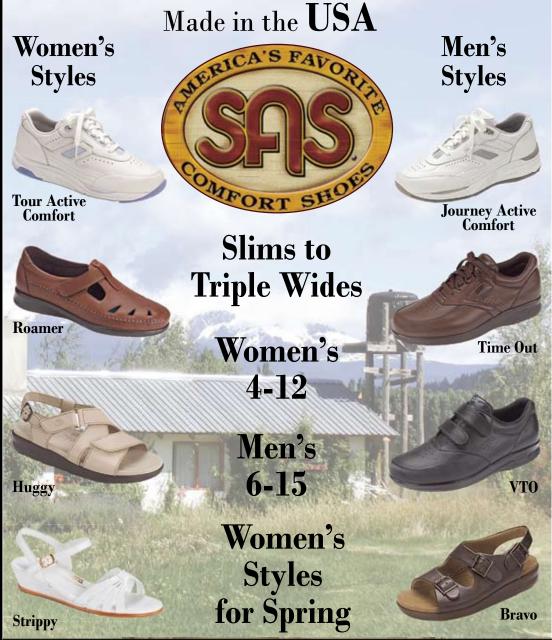




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Well, now there is an alternative. How about "The 100 Best Businesses to start when you don't want to work hard anymore?" Lisa Rogak has come up with some pretty nifty ideas in three different types of businesses:

1) Services: adventure travel outfitting, educational consulting, massage therapy, reunion planning.

POPPOFF!

with Mary Jane Popp

2) Retail-Oriented: classic car sales, antiques business, gourmet food store, used book dealing.

3) Create Products: custom clothing design, pet specialty manufacturing, cake decorating, furniture making.

It is a brief easy-to-digest book with each business listing a concise description, why it's perfect for middle-aged or retired people, skills and investment required, and where to find more information. Like... how about Pet Sitting Service? This is an entrepreneur who visits a client's home to take care of pets while the client is traveling. Not much in the way of skills needed other than it helps if you get along better with cats and dogs than people. Low investment, and people are taking more, briefer trips, and vacations. And they are treating their pets more like children. Hey, I'm one of those folks!

If you have a good stomach, how about the Pooper Scooper Business? You visit a dog owner's yard every week or so to remove dog waste from the yard. Low investment, but you do need a good sense of humor.

Do you cry at weddings? Perhaps you can make it a permanent business by being a Wedding Planner. You handle the planning and logistics for a wedding and all the details leading up to it. But you've got to be a good organizer with research skills, and a flair for negotiation and lots and lots of diplomacy.

Do you like to get into the good earth thing? How about Herb Farming? You grow herbs to sell to a variety of forms from potpourri to herbal cosmetics, and even loose, in bulk. Got to have a green thumb though.

Not every business is sexy. Some are frumpy, but hey, YOU DON'T HAVE TO WORK TOO HARD!!! Lisa gives you all the info you need to get started. So, if you have had it with that nine to five stuff, then "The 100 Best Businesses To Start When You Don't Want to Work Hard Anymore" is the key. Now I might consider the Cake Decorating biz, but knowing me, I'd probably eat up all my profits. Oh well, I know there's one out there for me! Happy Job Hunting! And, don't work too

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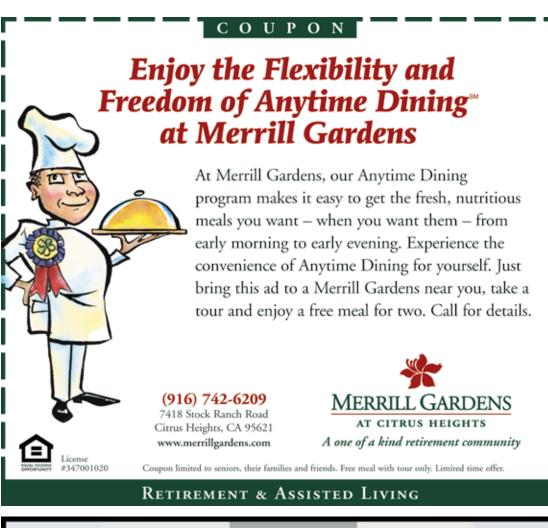
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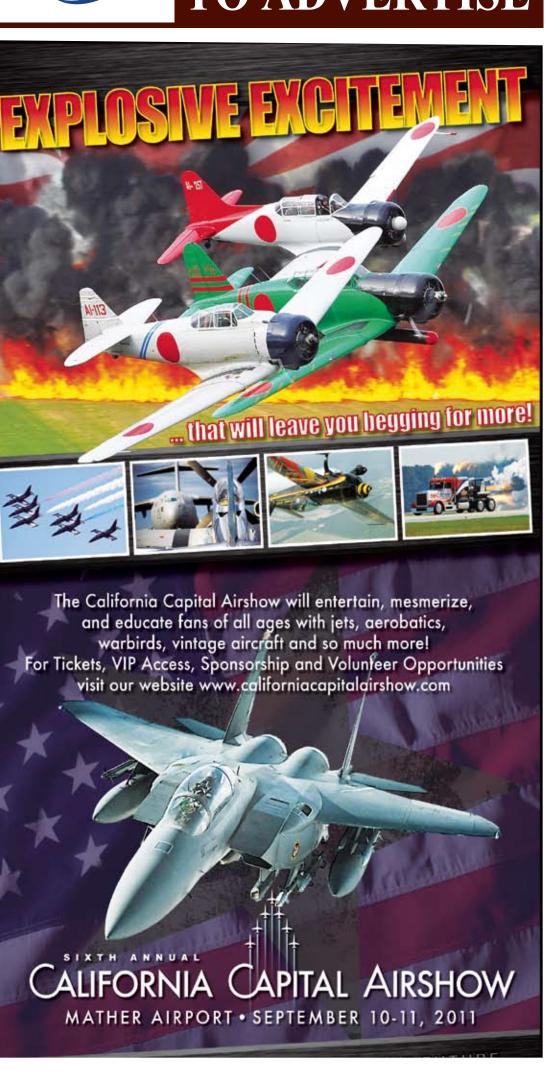
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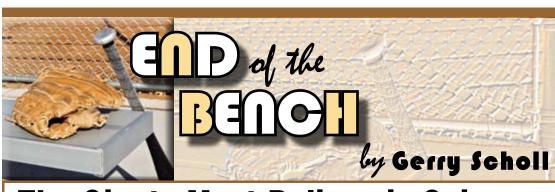
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The Giants Must Believe in Science

At this point in the Major League Baseball season the annual discussion of "Chemistry" pops up — which teams have it and which are lacking.

Of course, the winning teams have it and the losing teams don't. Teams hanging on the edge of a pennant race — such as your San Francisco Giants — are at the center of the debate.

Philadelphia, Atlanta Milwaukee in the National League have all but locked up playoff berths. Those teams sure have the chemistry. The Giants, trying to catch and pass the Arizona Diamondbacks, must restructure a winning formula through the final weeks to claim the last post-season spot.

San Francisco obviously had its atomic systems in order last season while winning its first World Series in The City. But the negative forces of professional sports have broken down the cohesion of that unit.

Trying to defend a championship introduces a unique pressure. No NL team since the '75-76 Cincinnati Reds has done it successfully. And, only the New York Yankees and Toronto Blue Jays have done so in the American League. The odds are greatly against a repeat.

Roster changes due to free agency, trades, promotions and demotions

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6 2 affected the composition of the club. Replacing the Edgar Renteria/Juan Uribe infield tandem with an aging Miguel Tejada, journeyman Mike Fontenot and sometimes youthful Brandon Crawford just didn't work out. Struggling, now Tejada seems to have checked out as a "team player." Hopefully, 2B Jeff Keppinger will fill the void.

But, certainly, the destructive abnormalities of injuries introduced into the equation have had the most profound effects. The catastrophic loss for the season of Rookie of the Year catcher Buster Posey ripped at the core of the team. Losing another "glue guy" in No. 2 hitter second baseman Freddy Sanchez for the season was a major blow.

A quick count reveals at least 18 players have spent significant time on the disabled list. Manager Bruce Bochy has seemingly turned in a new lineup on a daily basis. None of that does much for continuity. Still being in the race should be a surprise.

Chemistry: "Elements of a complex entity and their dynamic interrelation."

I guess bad elements can produce "bad chemistry."

The most positively charged particles on the Giants as they are

Sudoku

Puzzle on

Page 5

Enjoy

Sudoku

Every Week!

now are on the pitching staff. If they can get that group back together as they were, including injured closer Brian Wilson, perhaps that could recharge the team as a whole down the stretch drive.

A photograph in one newspaper showed three Arizona outfielders in a mid-air "bump" — joined as one molecule. The D-Backs have streaked past the Giants to the West Division lead.

These two forces will collide head on six times in September. The actions and reactions in those games should determine the ultimate outcome.

To prevail the Giants will have to make the proper adjustments in their structure to create a substance greater than its parts, as they did a season ago. They'll need "good chemistry" to produce a synchronicity of events such as last year.

Talent, good health, good luck, good rapport equals chemistry, equals winning.

Bochy should hold a closed door meeting and show his team a video of the team from Huntington Beach, Ca., winning the Little League World Series in walk-off fashion. Show the victory celebration. Now there's some bonding, some chemistry.





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Family Films

Dolphin Tale Opens Sept. 16, rated G dolphintalemovie.com

An introverted, 11-year-old boy (Nathan Gamble) befriends a dolphin injured by a crab trap. The interspecies bond inspires others to help save the dolphin by creating a prosthetic appendage to replace her lost tail. The movie is inspired by the true story of a dolphin named Winter who was rescued off the Florida coast and taken in by the Clearwater Marine Aquarium. Also starring are Harry Connick Jr., Ashley Judd, Morgan Freeman and, playing herself, the real Winter.

Johnny English Reborn Opens Sept. 16, rated PG johnnyenglishreborn.com

A generation too young to experience the British-bent humor of Rowan Atkinson as bumbling secret agency Johnny English will get its chance with this sequel set 8 years after the original hit comedy. The plot is standard stuff for the genre – assassins are determined to eliminate a world leader in order to cause global chaos - but with Atkinson, perhaps best known for his Bean character, nothing is ever standard. Adding to the fun, Pierce Brosnan, the actor who has played Johnny English's opposite, James Bond, is along for the ride.

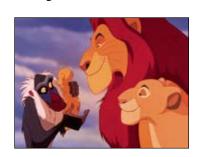
The Lion King 3D Opens Sept. 16, rated G disney.go.com/lionking/movies

No matter how many times you've seen The Lion King, nothing other than the initial uplifting reaction will likely compare to seeing it in 3-D. A special 2-week theatrical run this month will be followed by an Oct. 4 release on high-def Blu-ray and Blu-ray 3D. Can it really be 17 years since we first experienced the all-animal tale of a lion cub named Simba who must bear a horrible burden before a personal circle of life is complete in the Pride Lands? For those of us

feeling really old right now, I have just two words: hakuna matata.

Family DVDs

Barney: Big World Adventure - The Movie (ages 2-5, released Sept. 13. not rated): A hot air balloon ride to China. Spain and Kenva has Barnev and friends making new ones in this new



direct-to-video movie. Along the way they meet princesses and kings, musicians, magicians and artists. All good stuff. Grade: A



Care Bears: Share Bear Shines Movie (ages 2-5, released Sept. 6, not rated): So sugary it could cause cavities, this all-new CGI movie does deliver on teaching youngsters important lessons on friendship and teamwork. Share Bear and a Twinklet named Gleamer (does your tooth hurt yet?) travel to Glitter City (ouch!) where magical things happen to those who believe (oh the pain!). For the target audience, it's a slice of sweet heaven. Grade: B+

Dumbo (ages 4 and older. released Sept. 20, not rated):

Disney slaps the "classic" word on almost everything that comes on DVD and Blu-ray, but this time it's the real deal. The inspirational tale of a baby elephant who can fly is as riveting as it is sweet, and it has never looked or sounded better with all-new digital restoration and spruced up audio for a 70th anniversary edition. Grade: A+

MAD Season 1, Part 1 (ages 6-17, released Sept. 20, not rated): The wacky humor and biting pop culture parodies of the magazine have been successfully adapted to an animated sketch-comedy TV series. Thirteen episodes of the popular Cartoon Network show are now on DVD. Grade: A

Scooby-Doo! Legend of the Phantosaur (ages 5-10, released Sept. 6, not rated): The all-new original animated movie on the trail of a haunting that's terrorizing a group of paleontologists searching for ancient fossils. So much for a relaxing spa getaway for the young sleuths of Mystery Inc. Grade: A-

Spooky Buddies (ages 5-11,



released Sept. 20, rated G): The latest direct-to-video of Disney's "Buddies" franchise sends talking pups to a creepy mansion shrouded in mystery. There lives a villain named Warwick the Warlock (Harlan Williams), who the courageous canines must stop in order to save the world from his dastardly deeds. Cheaply done, but benign, clean family fare. Grade: B-

Star Wars: The Complete Saga (ages 9 and older, released Sept. 16, rated PG to PG-13): The double trilogy is finally being released in a high-definition home video format with this nine-disc Blue-ray box set. Bonus material includes a longlost deleted scene from "Return of the Jedi," which depicts Luke Skywalker assembling his new green-bladed lightsaber prior to storming Jabba the Hutt's palace, then stashing it in R2-D2's home. What makes this clip unique is it was cut after postproduction, making it a rare example of a cut scene with completed visual effects and music. Grade: A

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It's Easy, It's Simple, It's Coffee



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Remembering 9/11



This photograph was taken while on a visit to New York City just a short time before the September 11th tragedy. I flew to New York often on business and while on teaching schedules. When the Towers were struck that day, I watched with the rest of the world and did not know if any of my friends or students were a part of the horrific scene. On another trip back there in May after the attack the shock was still so evident on the faces of the good people of New York. As even more years pass and life goes on, let us not forget those who lost their lives, nor forget to offer our prayers for all those who suffered. Photo by Paul V. Scholl.

"We're On Our Way"

Commentary by
David L. Maggard,
President of the Board,
California Police Chiefs Association
and Sheldon Gilbert,
President of the Board,
California Fire Chiefs Association

Minutes before one of the World Trade Center towers collapsed around them, two firefighters from the initial wave to arrive on the scene exchanged the following over their walkietalkies:

"Chief, what stair you in?"
"South stairway Adam, South
Tower."

"Floor 78?"

"Ten-four, numerous civilians, we're gonna need two engines up here."

"All right, ten-four, we're on our way."

"We're on our way." Simple, direct, powerful. Those four little words speak volumes about the extraordinary heroism, bravery and determination demonstrated by the hundreds of police officers and firefighters who rushed into the chaos on September 11, 2001. Knowing the situation was bad – but amidst the panic and confusion, not fully aware of its enormity – they did what they were sworn to do: Get on their way as quickly as possible to reach those who needed their help.

That they did so without hesitation – and that firefighters and police officers in cities across our nation continue to do



so every day – at tremendous personal risk, commands our unending respect, admiration and gratitude.

While it has been 10 years since "the day that changed everything," the raw emotions that images and transcripts of 9-11 still bring to the surface make it seem like it was just yesterday. For those of us in public safety, it might as well have been, because we will never forget the enormous personal sacrifices our colleagues made that terrible morning.

New York City lost many,

many lives that day: more than 2,800 in total, including 343 firefighters and 72 peace officers. A few days ago, as we reflected on their courage in the face of the worst terrorist attack ever on American soil, we came across a quote from the widow of Battalion Chief Orio J. Palmer. Up until the very moment the tower came crashing down around him, Chief Palmer was organizing the evacuation of those injured by the airplane's devastating impact.

After listening to an audiotape of her husband's heroic efforts that was released in 2002, Mrs. Palmer said: "I didn't hear fear, I didn't hear panic. When the tape is made public to the world, people will hear that they all went about their jobs without fear, and selflessly."

In the decade since 9-11, police departments, fire departments and other public-safety agencies throughout America worked closely with county, state and federal departments. locally implementing policies and procedures that were enacted following creation of the Department of Homeland Security. Guided by our goal of enhancing public safety, we've focused our efforts on preventing terrorist attacks against vulnerable targets, and prepared rapid, coordinated, effective responses if and when an attack occurs.

While the terrorist attacks ushered in changes in the way public safety agencies operate, those changes were all based on something that will never change: our steadfast commitment to ensuring the safety of the citizens we are sworn to serve and protect.

As we observe the 10th anniversary of 9-11, it is with solemn reverence and gratitude to the fallen heroes who gave everything that September morning. Inspired by their sacrifices, we will echo their promise when called to duty:

"We're on our way."

JOBS! The Missing Component in Addiction Recovery!

By Don Troutman

It is common for people to believe that drug and alcohol addiction is a moral issue. The problem is that it is not necessarily so. No one knowingly uses a substance that will ruin their life and their families. All, if not most addicted people have someone in their life that considers them a valuable love one. I see addiction as a disorder (or disease) where if you take two people and give them a substance (drug or drink) and one says "this is very pleasurable" and the other says "this makes me feel bad". It's all about one's tolerance and affect the substance has had that will determine whether the person will indulge again. But a person does not consume knowing that it is going to be a problem. More likely the substance is a solution to a problem like shyness or fear. Becoming addicted is a process. Likewise, becoming un-addicted is a process.

Addiction is a BioPsychoSocial disorder where the addicted person suffers from obsession physically (Bio), mentally (Psycho) and socially. All three areas need to be address form one to become successfully un-addicted. The process of going to a detox for the physical obsession, a recovery home for the mental obsession and a sober living for the social obsession is called the continuum of care. The problem is that it is cut off short. The proverbial carrot for someone in recovery is life. A life they could not achieve when they were using! The missing component is a JOB!

If one is fortunate enough to acquire this combination of treatment and work the success rates for people becoming and staying clean and sober will soar. It is about one being able to become the commander of their own life and becoming a productive member of society where they are driven by success and self-esteem. Instead we take these folks and make felons out them so they cannot find meaningful employment. Our society dooms them to a life of destitution. Then we wonder why they go back to drugs and alcohol?

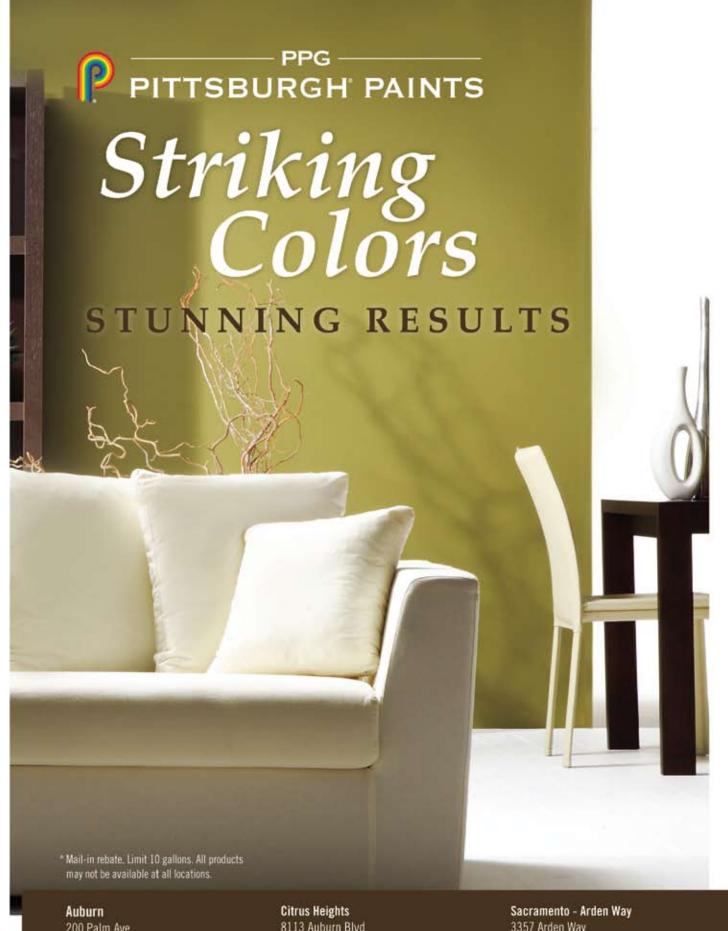


Don Troutman

By hiring a recovering drug or alcohol addicted person, a company is not only saving that person and the cost that person costs society, but possibly their family as well. Perhaps the cycle can be broken one family at a time by socially progressive companies hiring one recovering person at a time.

Why should a company hire a recovering person? One reason is that they will be getting a person who is motivated to succeed. This person will try harder than many others because they have more on the line. Secondly, if the person is actively in the continuum of care they are going to have multiple levels of accountability. One does achieve to do well when they are recognized for doing so. Another go reason for a company to hire recovering people is that most qualify for the 8850 tax credit. www.doleta.gov/business/ incentives/opptax/. Why not hire someone who is motivated to try and get a credit through the Work Opportunity Tax Credit (WOTC) for doing so.

With our economy looking so bad and our government budgets are out of control creating governmental funding streams for people to go to treatment is not sustainable. They go to treatment but what are they going to do then? How about they receive treatment and a job? Then they can support themselves and their families and have a decent life. Why wouldn't an employer want to get a tax credit for participating in that!



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