

AMERICAN RIVER

M E S S E N G E R



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Volume 5 Issue 17

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

First Edition for September 2010

Capital Airshow Announces Historic Gathering



Event to make aviation history, as there hasn't been this many P-38s in one location in over 60 years.

Sacramento Region – The California Capital Airshow (CCA) today, August 31st, announced that it will host every flying Lockheed P-38 Lightning remaining in the United States, as well as the pilots and ground crew who flew and cared for these rare aircraft on September 11 and 12, 2010. Drawing the attention and attendance of WWII veterans and their families from all over the United States and of photographers from seven countries, this is truly a historic event.

“The CCA is truly honored and humbled to be hosting such a remarkable event in partnership with Lockheed Martin (www.lockheedmartin.com), the Reno National Championship Air Races (www.airrace.org), the P-38 National Association (www.p38assn.org) and the 475th Fighter Group Historical Foundation,” said Darcy Brewer, executive director of the California Capital

Airshow. “We have set out to create an outstanding occasion to showcase the airplane and pay tribute to the designers, manufacturers, maintainers, and the brave aviators who trusted their lives to the ‘Forked-Tailed Devil’.”

There has not been such a gathering of Lightnings in over 60 years, and because of the high operating costs of the aircraft, coupled with the dwindling numbers of men and women originally associated with the P-38, it is very likely that such an event will not happen again.

P-38 pilots, F-35 Lightning II pilots, the Fork-Tail Devil’s organization and up-close and personal access to the P-38s, including ‘Glacier Girl’, ‘23 Skidoo’, ‘Thoughts of Midnight’, ‘Tangerine’, ‘Ruff Stuff’, and Allied Fighters No. 981. Additionally, representatives and displays from Lockheed Martin, the company that designed and

built the revolutionary P-38, will also be in attendance and available at the P-38 National Association pavilion.

This is a once-in-a-lifetime opportunity, and the attention it will generate will help provide the means to continue to tell the story of this unique aircraft, while reinforcing its significance as one of the most innovative and important designs in the history of manned flight.

“Each one of these airplanes, and the men associated with them, has a story to tell, and our venture will provide the opportunity for those tales of valor, sacrifice, and heroism to be shared with young and old alike, to make their honor and courage tangible to this generation and those to come. As you well know, sadly, the numbers of these honorable men and women are dwindling at an alarming rate. With over 300 P-38 veterans from WWII planning on attending,

this event will ensure that their memory will never be forgotten,” added Brewer.

To sponsor or provide financial support to help defray the costs associated with this opportunity, please contact CCA headquarters at (916) 876-7568.

The Airshow website will be updated regularly with news, attraction information and more. Established in 2004, the California Capital Airshow has become one of the largest and highly-respected shows in the nation. As part of its community relations, the non-profit organization has awarded over 70 scholarships to deserving students from our region with an interest in aviation, aerospace, aeronautics and related fields. For more information about the California Capital Airshow, please visit www.californiacapitalairshow.com.

Get Your Flag Ready!

**Please join America in this
“FLY THE FLAG Campaign”**

On Saturday, September 11th, 2010, an American flag should be displayed outside every home, apartment, office, and store in the United States. Every individual should make it their duty to display an American flag on this ninth anniversary of one of our country’s worst tragedies. We do this honor of those who lost their lives on 9/11, their families, friends and loved ones who continue to endure the pain, and those who today are fighting at home and abroad to preserve our cherished freedoms.

In the days, weeks and months following 9/11, our country was bathed in American flags as citizens mourned the incredible losses and stood shoulder-to-shoulder against terrorism. Sadly, those flags have all but disappeared. Our patriotism pulled us through some tough times and it shouldn’t take another attack to galvanize us in solidarity. Our American flag is the fabric of our



country and together we can prevail over terrorism of all kinds.

So, here’s what we need you to do ... (1) Take a moment to think back to how you felt on 9/11 and let those sentiments guide you. (2) If you are so moved, fly an American flag of any size on 9/11.

Thank you for your participation.
God Bless America !!!

Agreement Signed for Services at Gibson Ranch

Sacramento Region – In an effort to provide seamless and ongoing services to residents who board their horses at Gibson Ranch, the County has entered into an agreement with the Grace Foundation to provide temporary horse boarding management to begin September 1. The Grace Foundation, a well-known equine rescue and rehabilitation facility located in El Dorado Hills, agreed to manage the program after the former concessionaire terminated its contract with the County.

The agreement with the Grace Foundation is short-term, conditioned to last for six months. Sacramento County has released a request for proposals seeking an operator who can manage the entire Gibson Ranch which includes 350 acres of parkland, the horse boarding facility, a nature preserve and picnic areas. The

deadline for the request for proposals is September 3. The County is looking to have a new operator in place by the first of the year.

The Grace Foundation agreement is a Fee for Service agreement. The County chose to execute a Fee for Service agreement because of the short-term nature of the agreement. The maximum amount of the agreement is \$73,000 for six months of service. Revenue from horse boarding will help offset costs of feed and the Grace Foundation’s management services.

To view the agreement between Sacramento County and the Grace Foundation and the request for proposal document visit www.sacparks.net. Gibson Ranch is operating under limited hours and will close on Labor Day, September 6, for the winter.

STAR Shows Gains in San Juan Unified School District



STAR results provide important data that can be used to improve our practice of teaching and learning.

Citrus Heights – Results from the Standardized Testing and Reporting (STAR) program released in August show strong gains in English-

language arts performance at grades 5, 8 and 9, mathematics in grades 5, 7, and Algebra 1, grade 8 social science and high school world history, and a

narrowing of the achievement gap in science for students with disabilities, English learners, Hispanic students, African American students, and low socio-economic students.

“Improvements in STAR results are always encouraging and our dedicated teachers, staff, students, and families should all be proud of the accomplishment,” said San Juan Unified School District Superintendent Dr. Pat Jaurequi. “Though STAR results are just one of the many measures we use to determine student achievement in San Juan Unified, they provide important data that can be used to improve our practice of teaching and learning.”

Compared with last year’s results, the number of students scoring proficient or advanced in English-language arts for grades 5, 8, and 9 grew by four percent, six percent, and three percent

respectively. However, the percentage of students scoring proficient or advanced in English-language arts at grades 2, 3, and 4 fell by three percent, four percent, and three percent respectively. The drops come after results in 2008/09 showed growth of five percent or more in grades 2, 3 and 4.

“San Juan Unified is investing heavily in early literacy skills with a focused implementation of community-developed and results based strategic plan” said Chief Academic Officer Glynn Thompson. “While we certainly work toward improvement each year it is not unexpected to see small declines this year at grades 2, 3, and 4 after showing strong growth in 2008/09.”

In mathematics no grades showed significant declines while the number of students scoring proficient or

advanced in grades 5, 7 and 9 increased by five percent, six percent, and three percent respectively. Significant improvement was also seen in Algebra 1 with the number of students scoring proficient or advanced increasing by three percent.

Performance on science tests remained comparable to previous years on each of the grade level exams given to grades 5, 8 and 10. On individual course exams, a three percent gain was shown in the number of students testing proficient or advanced in Earth science while the number fell by five percent in physics. In 2008/09 the District had seen an 11 percent increase in students scoring proficient or advanced in physics.

“Closing the achievement gap is essential if we are truly to be a community that cares about the success of

all students. While the results we see from STAR in science are encouraging this year, we still have much more work to be done,” said Thompson.

History-social science is tested in grades 8 and 11 and in world history. The percentage of students scoring proficient or advanced in grade 8 grew by five percent and by 3 percent in world history. This year’s results continue a trend in the last several years to see steadily increasing performance in history-social science.

Principals, teachers, and staff will analyze results for each school site and use the data to support continued improvement of teaching and learning in the District. Parents and community members can see state, county, district, and school level results on the California Department of Education’s Web site.

Buffalo Wild Wings Opens in Citrus Heights



Buffalo Wild Wings celebrates opening by giving away free wings for a year to first 100 guests.

Citrus Heights— Sept. 2, 2010: Buffalo Wild Wings, winner of scores of best wings and best sports bar awards, is opening its location in Citrus Heights at 6301 Sunrise Blvd. on Monday, Sept. 13. The restaurant seats a total of 331 guests and will employ 140 Team Members.

To celebrate the new opening, the sports grill and bar will be offering free wings for a year* to the first 100 guests in line for the restaurant’s 11 a.m. opening. To receive free wings for a year, local wing fanatics are encouraged to arrive early and must remain present until the doors open to receive the prize.

“We are very excited to be bringing the Buffalo Wild Wings experience

to Citrus Heights, and we look forward to becoming part of the community by offering free wings for a year to dedicated wing fanatics,” said Kathy Benning, Executive Vice President, Global Marketing & Brand Development for Buffalo Wild Wings. “We have had tremendous turnout for our Free Wings giveaways, with Buffalo Wild Wings fans often camping overnight to guarantee their spot in line. We’re looking forward to an equally enthusiastic opening here in Citrus Heights.”

Buffalo Wild Wings is the destination for wing fanatics and sports fans alike and continues to prove to its guests again and again that “You Have to Be Here®” to experience the

food, the sports and the fun, energetic atmosphere, with big screens and wall-to-wall HD TVs for ultimate event and sports viewing.

Its boldly flavored menu includes boneless wings, specialty burgers and sandwiches, ribs, finger foods, wraps, salads and Naked Tenders®, but the main attraction continues to be Buffalo NY-style chicken wings.

Buffalo Wild Wings is an inviting neighborhood destination with widespread appeal and is the recipient of dozens of “Best Wings” and “Best Sports Bar” awards from across the country. There are currently over 690 Buffalo Wild Wings locations across 43 states.

Will Governor Refuse to Represent the Will of the People of California, Again?

Ultra Liberal Bills, Passed Legislature, Now Go To Gov. Schwarzenegger

By Yolanda Knaak

Four ultra liberal bills passed the California State Legislature. **SB 906**, changes marriage to “civil marriage”. **SB 1460** provides financial aid for illegal aliens. **SB 543** provides mental health treatment for minors without parental consent. **SB 810** establishes a new state bureaucracy for a single-payer health plan.

SB 906 which is already on the governor’s desk, changes marriage to “civil marriage”, inserting the new term in various places in the family code. The author of this bill is Mark Leno who previously authored several failed same-sex marriage bills. This new bill SB 906 lays the groundwork for legalizing same-sex marriage in the future. Prop 8, marriage between a man and a woman, passed with a majority of the people’s vote and thus is the will of the people. The California State Legislature should have respected the will of the people and opposed this bill. Will Governor Schwarzenegger respect the will of the people and veto it?

SB 1460, financial aid for illegal aliens, is a bill that is also on the governor’s desk. It requires the California State University System and California community colleges to offer grants, scholarships, and loan programs to some students who are in this country illegally. In the light of the state’s fiscal instability, passing this bill through the legislature was irresponsible, now we will see what Governor Schwarzenegger does.

SB 543, mental health treatment for minors without parental consent is also on the governor’s



Governor Schwarzenegger

desk. This bill authorizes a minor as young as age 12 to consent to mental health treatment or to residential shelter services without the consent of a parent, if the minor is “mature enough” in the opinion of a “professional person” (as defined in the bill). This bill undermines parental authority and unless parents have been accused of abuse or present a threat to the health and safety of a minor, they must be contacted prior to professional treatment. It is shocking that this bill which tramples on parent’s rights, passed the State Legislature, will Governor Schwarzenegger stand up for parental rights and veto the bill?

SB 810 is a bill that establishes a new state bureaucracy and imposes single payer healthcare, it prevents any health care service plan or health insurance policy except for the new California Health Insurance System Plan. This bill has passed the State Legislature and could go to the governor at any time. SB 810 would ruin the

health insurance industry, and could cause financial ruin for the state, because any government provision must be paid for by raising taxes or charging fees. Again in the light of the state’s fiscal instability, how could the State Legislature pass this bill? And more importantly, will Governor Schwarzenegger veto it?

These four ultra liberal bills are on the verge of becoming law. **SB 906**, which creates “civil marriage” and lays the groundwork for same-sex marriage. **SB 1460**, that provides financial aid for illegal aliens, which could cause financial ruin in our state. **SB 543** which allows minors to access mental health care without parental consent and thereby tramples on parental rights. Then lastly, **SB 810**, which establishes a new state bureaucracy, imposes single payer health-care and thereby could cause financial ruin in our state.

Remember that we have a representative government and our elected officials want to hear from their constituents. If you want to make your views known, contact Governor Arnold Schwarzenegger, his phone # is: 916-445-2841, his fax # is 916-558-3160 and his address is: State Capitol Building, Sacramento, CA 95841.

Yolanda Knaak has a Masters Degree from UCLA in Nursing and works as a Home Health Nurse. She also is an elected member of the Republican Central Committee. She regularly writes for Messenger Publishing Group on political matters. For comments or questions: Contact YolandaKnaak@hotmail.com.

One Percent Transaction Tax is Proposed?

President Obama’s finance team is recommending a transaction tax. His plan is to sneak it in after the November election to keep it under the radar. This is a 1% tax on all transactions at any financial institution i. e. Banks, Credit Unions, etc.. Any deposit you make, or move around within your account, i. e. transfer to, will have a 1% tax

charged.

If you pay check or your social Security or whatever is direct deposit, 1% tax charged. If you hand carry a check in to deposit, 1% tax charged, If you take cash in to deposit, 1% tax charged. This is from the man who promised that if you make under \$250,000 per year, you will not see one

penny of new tax. Keep your eyes and ears open, you will be amazed at what you learn.

Some will say aw it’s just 1%. Remember once the tax is there they can raise it at will and it’s 1% on every single transaction.

See <http://www.standard.net/node/44797>

AMERICAN RIVER
MESSENGER

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Publisher–Paul V. Scholl

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Be sure to place in the subject field “Attention to Publisher”.
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Association of
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Newcomer’s Buffet
& Social

Any and all widows or
widowers may attend

Third Monday evening
at 5:30 pm

In the private dining room at the Plaza Hoff Brau, corner of El Camino and Watt Avenues; cost varies as the choice is from a no-host buffet menu.

This is a public service to all widows and widowers and there is no charge to attend the social other than the meal they chose.

Sunday Support

Any and all widows or
widowers are invited

Every Sunday from
3:00 pm–5:00 pm

In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Avenue, Suite D-18.

Realizing how difficult it is to go into new social situations when one is first widowed, the Widowed Persons Association of California encourages widowed men and women to come to Sunday Support each Sunday from 3:00 pm–5:00pm with some going to dinner as a group following the session. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service by WPAC. Participants do not need to be members and there is no charge.

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The BeMoneySmartUSA Foundation, a local non-profit training organization located in Carmichael has just opened a very "special" certified farmers market that not only supports the non-profits fundraising needs to provide financial and entrepreneurship education programs for youth in the community, they have also established a venue to support local teens with job opportunities! Through

“Working at the Farmers Market has helped me learn how to talk to people confidently and practice the value of good customer service”, says Alexandra, 15, who works in Communications and has participated

“Building relationships with the customers is really important for creating a warm and friendly experience”, says Austin, 17, who works as the Market Coordinator and has attended five BeMoneySmartUSA workshops. Austin continues explaining the wonderful feeling of satisfaction he gets when customers and farmers are benefiting equally from the community Market, while also supporting a good cause. “At the end of each market day, we (BeMoneySmartUSA) collect produce from the farmers and vendors who donate (upon our request) several pounds of fresh produce to give away to other youth and family charities,

"My daughters attended the BeMoneySmartUSA summer camp programs for both business and finance this past summer, and I was

A large display of fresh vegetables, including leafy greens, broccoli, and cauliflower, arranged on a wooden stand at a market stall. The vegetables are piled high and appear very fresh. In the background, a person is visible behind the stall, and the structure of the market is partially visible.

BeMoneySmartUSA has definitely created a "special" kind of Farmers Market that offers so many wonderful benefits to the community and for our youth. With programs like these, our teens will have an opportunity to gain job experience, earn a wage and develop confidence and a sense of

BeMoneySmartUSA Foundation is a Carmichael based local non-profit training organization specializing in Youth Financial and Entrepreneurship Education programs. We work with schools, youth organizations, churches, and businesses to provide FREE workshops and camps for youth ages 8 to adult. For more information please visit us on the web at www.bemoneysmartusa.org . If you would like to support or sponsor a program please contact us at info@bemoneysmartusa.org or call (916) 806-3989.

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On the 2nd Sunday of each month VFW Post 2324 hold a Pancake Breakfast from 7:30 am to 12:00 pm in the back of Carmichael Park 5750 Grant Avenue.

Price \$5.00 for Adults and only \$3.00 for Children. Come One Come All!

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ACLU Again Refuses to Ask U.S. Supreme Court to Review Ten Commandments Case



Romances, marriages and divorces all hatched in this Laverne and Shirley scenario. Metzinger's happiest



Crestview memories include leading a women's team that nailed a league championship 30 years ago. "My children and their children bowled here," she recalls. "You didn't have to spend much money. Bowling was something parents could do with all their children. Keeping score of games taught my kids to apply their math. They also learn manners and

social skills. It brought them confidence—to compete in a sport and see themselves improve.” Metzinger insists her favorite pastime is not doomed to vanish. “It’s in hiatus,” she says. “People my age are giving it up but, across the nation, in-school bowling programs are increasing. Through these, the sport will eventually make a good resurgence.”

Located on the second floor of the Grayson County, Kentucky, courthouse, the "Foundations of American Law and Government Display" includes the Ten Commandments, Magna Carta, Mayflower Compact, Declaration of Independence, Bill of Rights, Preamble to the Kentucky Constitution, Star-Spangled Banner, National Motto, and a picture of Lady Justice, with an explanation of the significance of each. The purpose of the display is educational and is intended to reflect a sampling of documents

The case began in 2002 when the ACLU filed a lawsuit against Grayson County and a federal judge ruled against the display. Mathew Staver, Founder of Liberty Counsel and Dean of Liberty University School of Law, presented the winning oral argument on behalf of Grayson County in April 2009 at the Sixth Circuit Court of Appeals. The display is identical to the displays at issue in the ACLU's lawsuits against McCreary and Pulaski Counties in Kentucky, which Staver argued at the U.S. Supreme Court in 2005. Also in 2005, this same Sixth Circuit Court of Appeals upheld the same Ten Commandments display in Mercer County, KY, which Liberty Counsel also defended. The Sixth Circuit governs Kentucky, Ohio, Tennessee and Michigan. Notwithstanding this identical and controlling precedent, the federal judge entered a permanent injunction against the

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11:00 AM	11:00 AM	11:00 AM	11:00 AM
3:00 PM	3:00 PM	3:00 PM	3:00 PM
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SEPT. 16 - 19



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Women Partnered with Asperger Men

Free Support and Education Group

Sacramento Region – On Tuesday September 14, and continuing monthly on the second Tuesday, from 7:00 to 9:00 p.m. a free support and education group will be held for women who are partnered with men who have Asperger Syndrome. The group will be co-led by psychotherapists Marilyn Perry, MFT, PhD, and Sally Watkins, LCSW, as part of the Sacramento Asperger Syndrome Information and Support groups that meet at the U.C. Davis M.I.N.D. Institute, 2825 50th St., Sacramento, CA 95817. More information is available by calling Sally Watkins, LCSW, 916-939-8249.

Asperger Syndrome is diagnosed in four males for every female and is a neurobiological disorder that affects social interaction and communication. For more information about parent and caregiver and groups for adults affected by Asperger Syndrome, go to www.Sacramentoasism.com.

Please note that the Sacramento Asperger Syndrome Information and Support groups are not affiliated with the U.C. Davis M.I.N.D. Institute



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Marlys Norris, Christian author

by Marlys Norris

God’s presence is all around and He knows everything about us. We have no secrets from Almighty God and His Spirit is forever working in our lives in one way or another. Too often our view of God is much too small and we neglect to see or understand His holiness and awesome magnificence. We simplify His majesty instead of recognizing all He has created that we enjoy. His greatness is magnified in our understanding and knowledge as one grows closer to Him into an intimate and personal relationship through His Holy Word and prayer becoming

The Inner-Life of A Believer

more aware as He answers.
God doesn’t test us to find out things about us. He tests us so we can find out about ourselves and see within who we really are. Hopefully this is when we recognize areas that need correction and change and we are willing to work on them. This attitude pleases God as we submit to His loving correction. Our real self is within and our inner life is what is most important to God.
It is first in the inner life that we make a decision to submit to the perfect will of God and commit ones life to follow His teachings. Whatever we decide to do, God knows the motives of our heart and why we are doing anything! God will reward good motives and actions. If we are doing something for recognition and praise of men, we have received our reward already. When one tries to get noticed, appreciated on their own, it’s their reward already. No reward is waiting in heaven for one who has already received it. God tells us to build-up our treasures in heaven. “Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal. For where your treasure is, there your heart will be also.” (Matthew 6:19-21) Treasures are more than possessions! Ones’ conscience and heart needs to always be tender towards God. He alone is to be our true treasure.
God loves and approves a person who needs no recognition for their good works. They are building up their reward in heaven. One who gives honor and glory to God for what-ever is accomplished understands the purpose for which we all were born.
Marlys Johnsen Norris, Author
Marlys5934@sbc global.net
“Intimacy Begins Going God’s Way”
“God Moves Mountains, It was a Miracle”



by Reverend Kevin Kitrell Ross

Recently, I was shooting a television special in Kansas City. During one of the segments, I took some questions from the audience. A young man about thirty-something confessed to having a problem with procrastination and wanted to know how he could breakthrough it. He admitted to being extremely fortunate and talented but he simply never finished anything that he started. He knew this was getting in his way and he was ready for a change.
Admittedly, I was a bit perturbed because he was clearly a healthy, intelligent, able-bodied young man, who seemed to be just plain lazy. While I couldn’t know that for sure, it definitely appeared that way. What is more disturbing is the fact that this young man thought that his procrastination only impacted him. He did not realize that procrastination is a selfish act that ultimately has a negative impact on a variety of relationships. It even robs God!
When I responded to the young man, I said to him, “Did you realize that when you procrastinate you are not only blocking your own potential, but you are delaying God from having expression in some unique way through you? When you are busy somewhere putting off your creativity, your bright ideas, your passion to contribute, you are also holding up God from improving our world, by means of you?”
Can you relate to this young man? If so, know that procrastination is a curable dis-ease. It can be cured by recognition, choice, action, and accountability.
1. Recognize who are what you are. You are a unique way that God seeks to express in this world.
2. Choose today to breakthrough those tired, lazy, and apathetic feelings, by caring enough about others and the world around you to bring to life the best that you have to offer.
3. Activate or Stagnate. Get in action

Are You Robbing God?

today without further delay. Start by taking action on the one thing that you avoid the most. Refuse to be defeated by it and make consistent and continuous progress towards it, until you accomplish it.
4. Get an accountability partner. Find someone that you would never break your word to and ask them to hold you accountable for achieving your goals.
The young man immediately felt a shift and told me how empowering this perspective was for him. Today you too can undo the “divine delay” by selling your real estate in the “nation of procras” and moving forth with purpose toward the fulfillment of your divine potential. Remember, “God can only do for you, what God can do through you.”
Kevin Kitrell Ross is the new Senior Minister and Spiritual Director of Christ Unity Church of Sacramento, located at 9249 Folsom Boulevard, Sacramento, California 95826. Service times are 9:00 a.m. and 11:00 a.m. each Sunday. All are welcome. For more information about Christ Unity Church, visit www.christunity.com.

Bella Vista High School Band’s 9th Annual Community Field Show

A Special invite from Bella Vista HS Boosters

Fair Oaks – We cordially invite you to attend Bella Vista High School Band’s 9th Annual Community Field Show on Saturday, September 25th at 6:00 PM. We would be honored to have you join us for an evening of music and enjoy the band’s first performance of Toro! Hamburgers and hotdogs, fresh from the barbecue, will be available for purchase, along with beverages and other delicious snacks. Dessert will be served as a way to thank you for your support. There is no charge for admission.
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by Pastor Ray Dare

Many people feel like their lives are out of control. You may feel this way... “I am a victim of my circumstances! What can I do? I feel powerless to change my situation. Just about the time I make ends meet, somebody moves the ends!” You walk up to somebody and say, “How you doing?” What do they say? “I’m doing ok, under the circumstances...” When I here that I want to say, “What are you doing under them?” Somebody said, “Circumstances are like a mattress. If you’ll get on top you’ll rest easy. If you get under them you’ll suffocate.” A lot of people are under their circumstances. The fact is we can’t control our circumstances, but we can control how we respond to them. It depends on where you are.
The fact is, everybody’s got difficult circumstances. You’ve got them. I’ve got them. It’s a part of life. If you don’t have any problems, check your pulse. People who don’t have problems are over at Mount Vernon.
Yet God wants us to live each day with confidence in spite of our circumstances. Webster defines confidence as “the state of being certain, the assurance that one will act in a right way, a relation of trust...”. That’s the way God wants us to think about Him. You learn to trust Him in spite of your circumstances.
A guy goes out mountain climbing and falls off a cliff. Part way down he grabs on to a ledge and looks down—it’s 1000 feet down! He looks back up, it’s 2000 feet back up! He thinks, “How am I going to get out of this?” He starts praying, “God, please help me!” A voice from heaven comes down, “Trust me! Let go and I will catch you.” He looks up and says, “Is there anybody else up there?”
You may feel like you’re hanging from a ledge today and you see no way out of your present difficult circumstances. God says, “Let go... Trust Me.” See, our real problem is what we do with our circumstances. We get under our circumstances when we try to solve them on our own power and our own strength. How do you know when you’re trying to solve your problems in your own strength? You start to worry. Worry is a form of control. You get

Conquer Your Circumstances

stressed out and you get sick and tired. You get sick and tired of being sick and tired! You begin to suffocate under the circumstances.
Many feel that God is upset with them when they have problems. “God must be mad at me!” But that’s not true. “Friends, when life gets really difficult, don’t jump to the conclusion that God isn’t on the job...” I Peter 4:12-13 (Msg) The truth is God doesn’t cause your problems (we do a good enough job of that ourselves). He wants to help you conquer your circumstances as you trust in His love.
“Who shall separate us from the love of Christ? Shall trouble or hardship...? No, in all these things we are more than conquerors through him who loved us.” Romans 8:35-36(NIV) This verse says “We are more than conquerors.” Are you conquering your circumstances? As you put your life in God’s hands and rely upon His love and power, as you let go and trust Him to care for you, nothing can devastate your life. No matter how dark the situation is, God can turn it around.
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Ringmaster Johnathan Lee Iverson to Wow Sacramento Fans of the Circus



Sacramento Region—Johnathan Lee Iverson is back once again to welcome Children Of All Ages to The Greatest Show On Earth. A multi-talented performer and an exceptional vocalist, Johnathan will once more don the iconic top hat in Ringling Bros. and Barnum & Bailey® Presents Barnum’sFUNundrum!SM, a production that celebrates the extraordinary legacy of the greatest showman on earth! And in following the tradition of P. T. Barnum’s pursuit for global and fascinating talent, Johnathan who had been selected as the first African American and youngest Ringmaster in Ringling Bros. history, returns to pre-side over this historical edition.

A New York City native, Johnathan began performing at age 11 with the world-famous Boys Choir of Harlem. For seven years, he was intensely trained in all forms of music including classical, jazz, hip hop, and gospel. Johnathan experienced a string of unforgettable, inspiring moments as a member of the Boys Choir, which included being awarded the lead tenor for the choir, singing at the intermission for Luciano Pavarotti’s Concert

in Central Park, performing in alive show on Broadway for two weeks, and winning second place in the Lena Horne Vocal JazzScholarship.

Johnathan graduated from the University of Hartford’s Hartt School in May 1998 with a degree in voice performance, and shortly after his graduation, Johnathan was invited to begin his professional entertainment career with the 129th Edition of Ringling Bros. and Barnum & Bailey. Johnathan couldn’t refuse the offer and felt his prominent role in the show was an unbelievable dream come true.

Jonathan toured with Ringling Bros. all around the United States, and his charismatic charm and his incredible voice caught the eye of Barbara Walters, who named him one of the ten most fascinating people in 1999. Jonathan’s continuing passion for performance and his drive for excellence earned him an invitation back to perform with the 131st and 133rd Editions.

After three consecutive tours with The Greatest Show On Earth, Johnathan left to pursue other performance opportunities, but continued

to work with Ringling Bros. for special events. Johnathan performed in several Off Broadway productions including Carnival, Showboat, The Magic Flute, and Dreamgirls. He also did commercials for Jeep, Six Flags Great Adventure and Casual Male XL, as well as some singing with the USO Liberty Bells of New York, voice overs for a new animated feature entitled Eloise, and a bit of freelance journalism under his pen name J. Frederick Baptiste/Johnathan Baptiste.

Johnathan is honored to return to Ringling Bros., and can’t wait to take audiences on a funtastic excursion aboard the circus train to amazing places near and far on his quest to create The Greatest Show On Earth.

“I am grateful to be a part of this celebration and to be a part of this great American treasure.Nothing can compare to this job. Being a ringmaster is truly thrilling,” exclaims Johnathan.

Joining Johnathan on the rails is his wife and fellow performer Priscilla, whom he met and married while previously touring with Ringling Bros., and their children Matthew Felipe and Lila Simone.

Circus Brings Double Decker Trapeze



The Flying Caceres’ are the third flying trapeze troupe in the 140 year history of Ringling Bros. to attempt the quadruple somersault, the most difficult trick in trapeze arts. The troupe made history by successfully catching the “quad” during the opening run of Barnum’s FUNundrum!SM

Sacramento Region – Third-generation circus performer, George Caceres and his high-flying trapeze troupe, The Flying Caceres, amp up the intensity for their return to The Greatest Show On Earth. Having first amazed audiences with their unique double-decker trapeze in Ringling Bros. and Barnum & Bailey Presents OVER THE TOP, the troupe is back for Barnum’s FUNundrum!SM to perform higher and more difficult stunts including a female double somersault. The Flying Caceres, the third flying trapeze troupe in the 140 year history of Ringling Bros. to attempt the quadruple somersault, the most difficult trick in trapeze arts. The troupe made history by successfully catching the “quad” during the opening run of Barnum’s FUNundrum!.

“The quadruple hasn’t been accomplished in 30 years and it’s a dream for every trapeze artist to perform it and we hope to be remembered for doing it for this historical edition,” exclaims flyer, Ivo Silva Jr.

The Flying Caceres troupe was first formed by George’s father, Miguel, when he and his wife Luz came from Colombia, South America to join the 112th Edition of Ringling Bros. and Barnum& Bailey. An accomplished trapeze artist, Miguel is highly respected within the circus world. He achieved

a great feat while touring with The Greatest Show On Earth considered impossible for all but a few; Miguel caught the legendary triple somersault as well as the triple and one-half somersault consecutively in each performance during the duration of the entire tour.

It was inevitable that George would follow in his father’s footsteps. George began training on the trapeze at the age of four, and was the youngest trapeze artist ever to have participated in The International Circus Festival in Monte Carlo. It wasn’t long before he became one of the youngest people ever to catch a triple somersault George, who has been “flying” for over 25 years has molded his body for life in the air. “It takes dedication, preparation, and paying attention to the small things that keep your body healthy,” explains George.

An innovator like his father, George developed, and built a portable version of a trapeze rig that could only be used in a permanent establishment. The rigging that is four feet taller than the average trapeze setup, allows the troupe to have as many as four of the seven members flying vertically and diagonally at the same time – two on high bars and two below – while the remaining three are busy preparing for the next incredible aerial feat.

“We represent a new generation of flyers who are pushing the limits of what’s been done,” explains George. “Ours is probably the most difficult and intricate flying act in the world. Every moment is critical for us which means that everyone has to stay focused,” he notes.

George is proud and feels that he and his troupe pay homage to Jules Leotard, the inventor oft he flying trapeze 150 years ago, “We are the only flying act today that still performs trapeze in the manner it was invented. Not many realize that the catcher wasn’t invented until a few decades after the trapeze,” explains George.

George will be touring with Christina Cantlin, Daniel Simard, Ivo Silva Jr., Ivo Silva Sr. and Ingrid Silva, all of whom were personally recruited by George himself. George’s mother, Luz, who currently is the head of wardrobe for this tour of Ringling Bros., also travels with the unit. Each member of the troupe is excited to be on the new tour with Ringling Bros., George affirms, “The performance is the high; the opportunity to do the impossible before thousands of people is an amazing feeling. Everyone in the group has a burning desire to be here and our act will definitely have the crowd wanting more.”

Garrison Keillor Plans Rare Sacramento Appearance



Garrison Keillor

Sacramento Region—Fahn & Company proudly presents “An Evening With Garrison Keillor” on Thursday, September 23rd at the Sacramento Community Center Theater. Reserved seats for this intimate engagement are on sale now.

This beloved author, storyteller and humorist has written for The New Yorker, penned a screenplay, written countless newspaper columns and has more than a dozen books to his credit. But Keillor may be best known for his enormously

popular and award winning radio show, now in its 36th season, “A Prairie Home Companion”, heard every week by millions of fans worldwide.

Don’t miss the chance to see Garrison Keillor at the Sacramento Community Center Theater, Thursday, September 23, 2010 at 8:00 pm. All seats are reserved and are on sale now at the Sacramento Convention Center Box Office, 1301 L Street, online at www.tickets.com or charge by phone at (916) 808-5181 or (800) 225-2277.

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Mountain Lions Players Engage Youth at the Boys and Girls Club



Cameron Colvin and Willie Glasper of the Sacramento Mountain Lions pose with youth from the Boys and Girls Club. Cheerleaders Veronica Nitz and Kristina Johnson joined in the fun.

Sacramento Region – Sacramento Mountain Lions cornerback Willie Glasper and wide receiver Cameron Colvin visited the downtown Sacramento Boys and Girls Club on Friday, August 13. The event took place at noon and was well attended by youth, staff and Sacramento Mountain Lions fans. “We would do anything for the kids,” Glasper said.

Colvin, who lost both of his parents at a young age, was excited with how the event came together.

“I’m willing to do whatever it takes to uplift the community and children because I understand what it is like to not have mentors,” Colvin said. “And a little motivation is always needed.”

Glasper and Colvin played catch, billiards and talked one-on-one with

youth at the center. Devon Bryant, Director of Programs and Afterschool Services for the Boys and Girls Club, was very happy with the time that the players got to spend with the kids. “Their coming here and engaging on this level like they did today is really unique. They have made these kids fans for life,” Bryant said.

Colvin, a Northern California native, stared at powerhouse De La Salle High School in Concord, CA. He was rated as one of the nation’s best prep wide receivers during his time there. He went on to a successful career at The University of Oregon but was sidelined midway through the 2008 season due an ankle injury. Colvin then participated in training camp with the San Francisco 49ers

but did not make the team.

Glasper played with Colvin at both De La Salle High School and Oregon. While at De La Salle he accumulated Parade, SuperPrep and Prepstar All-American accolades, was the unanimous No. 1 prep cornerback candidate in the West (according to SuperPrep) and was rated as the sixth-best cornerback in the nation by TheInsiders.com.

Two Mountain Lions cheerleaders, Veronica Nitz and Kristina Johnson, also attended the event. The two had a wonderful time playing basketball and interacting with all the youth.

Mountain Lion season tickets are available at: www.tickets.com or Mountain Lion Ticket Office at (916) 383-LION (5466).

SPCA Fundraiser “Putting on the Dog”

Gold River – Kay Burton’s Bow-Wow Beauties will hit the doggie runway on Saturday, September 18, at 11:00 am, in Gold River next to Hallmarks.

Rick Johnson, SPCA Executive Directive, will be the guest emcee for the event. Anything can happen when a large variety of dogs, all sizes and breeds are dressed in the latest canine fashions. The pet’s performance and raffles highlight the SPCA annual fundraiser. Bel Air Market will be serving hotdogs, chips & sodas for \$2.00. Doglicious Treat Bags will distributed by Treads “N Treats Pet Supply & Boutique. Western Feed will be giving samples of Pet Foods. Jamba Juice will be passing out cups of their drinks.

Admission is \$5.00, children & doggies free.



PHOTO COURTESY OF RICK JOHNSON, EXEC. DIRECTOR, SPCA

Kay Burton originated the pet show and fundraiser fifteen years ago. For more details, please call 635-5590 or e-mail Kayburton1@comcast.net.

Kay Burton is a longtime columnist and supporter of the SPCA and other rescue groups. To share your family pet story with our readers, email: Kayburton1@comcast.net.



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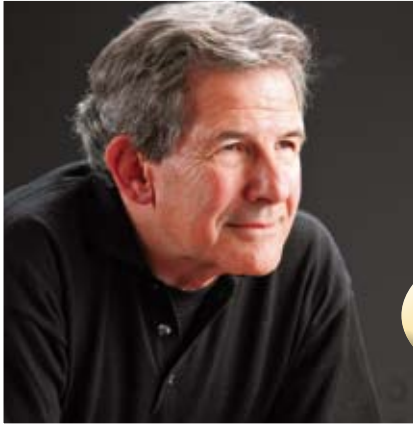
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SPIRITUAL PARTNERSHIP:
THE JOURNEY
TO AUTHENTIC POWER

Gary Zukav, author of 4 consecutive New York Times bestsellers including *The Seat of the Soul*, is making a rare visit to Sacramento for a presentation on *Spiritual Partnership: The Journey to Authentic Power*, the title of his latest work. Zukav’s life-changing seminar will be held at Christ Unity Church (CUC) on Sunday, September 12 at 2:00 PM at 9249 Folsom Boulevard, (one block east of La Riviera Drive). “Gary Zukav is one of the nation’s leading thinkers and empowering speakers,” said Kevin Ross, CUC’s Senior Minister. “We are honored to host him in the Sacramento region.”

“Spiritual partnerships are not exclusively for couples in marriage or relationships,” explains Zukav, who says relationships of substance accelerate spiritual growth. “They can be created in families, between friends, in the workplace – anywhere two or more individuals decide to create a relationship as equals.” A frequent guest on the *Oprah Winfrey Show*, Zukav has six million copies of his books in print and translations published in twenty-four languages.

- Who:** An afternoon with Gary Zukav, New York Times bestselling author
- When:** Sunday September 12th, 2010 from 2:00 – 4:00 PM
- Where:** Christ Unity Church, 9249 Folsom Boulevard (off Highway 50 and Watt Avenue and East of La Riviera).
- Why:** Christ Unity Church generously shares portions of the proceeds of ticket sales with Frances House and Youth at Risk, as our commitment to empowering our community.

Tickets: Available at Christ Unity Church and online at www.christunity.com or at the door.
General admission–\$35



POPPOFF!

with Mary Jane Popp

MEDICAL MYTHS THAT CAN KILL YOU

Getting the right kind of information seems to be swimming in a sea of misinformation these days, so when I had the opportunity to interview **Dr. Nancy Snyderman**, NBC's Chief Medical Editor on the POPPOFF Radio Show, I was all ears and taking notes as fast as I could. From the Today Show, Dr. Snyderman sets the record straight in **"Medical Myths That Can Kill You"** and the 101 Truths That Will Save, Extend, and Improve Your Life. And the truths she passed on to me really had me going.

Here are some of the myths that are really surprising:
1) *Annual Checkups are Obsolete...* Dr. Snyderman explains the importance of seeing your physician on a regular basis. She provides charts for men and women, and yes, they are different like regular screenings

- for mammograms to colonoscopies.
2) *Vaccinations are just for kids... Vaccines have medical value throughout our lives and should not be forgotten when childhood is left behind.*
3) *Doctors don't play favorites... that's what you think. There are disparities based on gender, income level, race, and more. It's imperative to find the right doctor and demand respect.*
4) *Only old people get heart disease and strokes...High cholesterol, diabetes, high blood pressure, stress, lack of exercise, and obesity all lead to heart disease and stroke at any age.*
5) *We're losing the war on cancer... We know more about cancer than ever before and treatment is shifting away from, not just trying to cure it but control it as well.*
6) *Natural means safe...Natural substances can be dangerous or even deadly.*
7) *You can just snap out of mental illness...Mental disorders like depression and anxiety are illnesses, and you are no more responsible for them than you would be if you had diabetes.*

There's lots more in the book too, like unfiltered coffee can clog your arteries. Seems that filtering removes

a natural compound that can increase levels of artery-clogging LDL cholesterol in your blood. How about donating blood may reduce your risk of heart disease. It actually helps rid the body of excess iron. Ladies, listen up to this one. Bone density tests may be relatively worthless. Tests are not reliable enough yet. Feed a cold, but don't starve a fever. Your body needs nutrition at all times for healing. Remember mom saying don't read in dim light because it can ruin your eyesight? I do, but Dr. Snyderman told me dim light has no permanent effect. Where is your medicine cabinet? Is it in the bathroom? Well, maybe you should move it because humidity and temperature changes can age medicines prematurely. There are so many more enlightening tidbits that can change your life and lifestyle. With some thirty years experience as a physician, Dr. Snyderman brings us not only knowledge, but practical application from the questions she had from her own patients. You can also check out her website at www.bewell.com and look out for those **"Medical Myths That Can Kill You."** I sure will!!!

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



by David Dickstein

Family Films

Legendary
Opens Sept. 10, rated PG-13
legendarythemovie.com

A book-smart teen joins his school's wrestling team in hopes of reuniting his mother (Patricia Clarkson) and estranged older brother 10 years after the death of his father, a legendary all-state grappler. The family drama stars John Cena, a WWE professional wrestler who has made an impressive transition to acting.

Logan
Opens Sept. 10, rated PG
loganthemovie.com

In an age when YouTube and Flip cameras are making anyone a filmmaker, perhaps a movie about a 13-year-old boy having a "seemingly impossible idea to make a film" isn't that far-fetched. But that's the premise of this small-budget movie guided by the message that you must believe in yourself whatever the odds.



You Again
Opens Sept. 24, rated PG
facebook.com/youagainmovie

Jamie Lee Curtis hopes to go 3-for-3 doing Disney movies playing a mother whose engaged son is about to make her relations

Films and DVDs for the Whole Family

with her high school nemesis. Making things more interesting, and comical for us, is the enemy's niece, the fiancé, was the high school arch enemy of the fiancée's sister. Sounds confusing, but also sounds like a farce rich with laughs. Kristen Bell and Sigourney Weaver co-star..

Family Home Entertainment



Babies (ages 7 and up, Sept. 28, PG): This visually stunning documentary simultaneously chronicles from delivery to first steps four lives among Earth's newest human inhabitants: Hattie in America, Mari in Japan, Bayar in Mongolia and Ponijao in

Namibia. Keeping this from being G-rated are labor room scenes and material nudity. Grade: A

Iron Man 2 (ages 12-18, Sept. 28, rated PG-13): Like its exhilarating and highly entertaining 2008 predecessor starring Robert Downey Jr. as the playboy super hero, the sequel also boasts plenty of explosive action. Unfortunately, it's what made the original so great that gets blown up worst. The interesting characters, exciting plots and sustained whimsy are missing, making for one rusty Iron Man. Grade: C

Mickey Mouse Clubhouse: Road Rally (ages 3-5, Sept. 7, not rated): Preschoolers join Mickey and his pals on a car race through the desert, mountains and jungles for an edutaining trip familiar to viewers of the Disney Channel program. Bonus features include a brand new episode titled "Pluto Lends a Paw." Grade: A

Preschool is Cool: Counting with Elmo (ages 3-6, Sept. 14, not rated): Learning numbers is fun and musical when Prof. Grover has trouble remembering what each number is and Elmo saves the digit-driven day. Youngsters can count on many "Sesame Street" friends taking part in this edutaining title. Grade: A-





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Citrus Heights Police Dept. Announces Promotions



Commander Thomas Chaplin

City of Citrus Heights – Chief Christopher W. Boyd is proud to announce the promotion of Thomas Chaplin to Commander. Commander Chaplin began his career with the Citrus Heights Police Department as a founding member of the agency in 2006. Commander Chaplin has 21 years of experience in law enforcement having served 11 years with the Sacramento Police Department and 5 years with the California Department of Justice prior to joining the Citrus Heights Police Department as a Lieutenant. During his time with the Citrus Heights Police Department, Tom Chaplin has a track record of achievement and success. For the last several years, while serving as the Lieutenant, he has been responsible for running the departments Investigations Division and overseeing many

of the most critical incidents and cases. Most recently, Commander Tom Chaplin helped to create and form the new Citrus Heights Police Activities League. This significant accomplishment will have a positive impact within the community and local youth. Commander Chaplin has also worked hard to spearhead the department’s youth and family services program and the highly successful juvenile diversion program. As an active member of the Citrus Heights Community, Commander Chaplin serves as a member of the local Rotary Club and also participates with the Sacramento areas Crime Alert program, helping to capture wanted persons. Tom Chaplin joins the department’s Executive team as Patrol Commander with great experience, proven dedication and strong support.



Lieutenant Doug Fletcher

City of Citrus Heights – Chief Christopher W. Boyd is proud to announce the promotion of Doug Fletcher to Lieutenant. Lieutenant Fletcher began his career with the Citrus Heights Police Department as a founding member of the agency in 2006 as the Senior Detective Sergeant. Lieutenant Fletcher has 26 years of experience in law enforcement, 22 years served with San Rafael Police Department. He has a rich background and valuable experience in a variety of specialty positions within law enforcement. These specialties include special weapons and tactics (SWAT), Problem Oriented Policing, and Criminal Investigations

with an emphasis in violent crimes, narcotics and gangs. Most recently Lieutenant Fletcher has directed the daily operations of the Special Investigations Unit (SIU) while also overseeing the department’s Property and Evidence unit. The SIU team, has worked with numerous regional task forces throughout the Sacramento area to combat crime. The team has been highly successful in solving a multitude of crimes and raising the quality of life for the community by taking criminals off the street. Doug Fletcher is highly regarded and joins the ranks of the department’s Command staff as a Patrol Lieutenant.

The Community salutes the Citrus Heights Police Department on a job well done!

St Mel’s Parish Center Holds Ground Breaking for New Parish Center



Before and After: Above – the old house. Below – after the house and the trees have been removed.

Fair Oaks – St Mel’s Parish will be hosting a ground breaking ceremony on Sept 12th at 1pm. The event will be held at the site of the building site, near the corner of Sunrise and Sunset. St Mel’s Church was established in 1933. The first church still stands, which is a renovated home, at the corner of Grand Avenue and Bridge Street in old Fair Oaks.

The church and school moved to the current site at Pennsylvania and Sunset in 1959. A larger church was built in 1971 to accommodate a larger and growing community. That was the last major structure added to the complex until now. The New Parish Center will update and modernize the facilities and it is long overdue



A handful of the 120 performers in the Best of Broadway strut their stuff during rehearsals. A Sacramento tradition for 37 years, the show begins an eight performance season in Fair Oaks on September 17.

Tickets will sell out fast, so get yours soon!

Front page photo is of performer Kathryn Skinner
Photos and Article by Susan Skinner

Something to Sing About: Best of Broadway Veterans Kick Off 2010 Season in Fair Oaks Village

Sacramento – From grade-schoolers to semi-pros, the 120-plus cast of Sacramento’s enduring Best of Broadway show all have something in common. The stars in their eyes outshine sequins on costumes sewn for the show’s September 17th opening at the Fair Oaks Village amphitheater (7991 California Ave, Fair Oaks).

Previously staging his 37-year old show in high school auditoria and community theaters, founder/director David L. MacDonald is sanguine about

this year’s production (titled “Shining On”) debuting under the stars. “We face new challenges in doing such a big, fast-moving show in the open air,” he says. “But we love the village atmosphere of our new location. Being in a community that shows such support for the arts is a breath of fresh air for the whole production.”

The Fair Oaks Theater Festival organization is co-producing the rhinestone behemoth. Its eight performances of Broadway song and dance hits will close the

2010 festival season at the community amphitheater. Director MacDonald promises: “If you like ‘America’s Got Talent,’ wait till you see Sacramento’s undiscovered talent burst on stage.” Indeed, several national stars first found their singing chops under MacDonald’s aegis. Movie star Molly Ringwald went straight from this production to the San Francisco spotlight in “Annie.” Teal Wicks, the recent lead in Los Angeles and San Francisco productions of “Wicked” was a

former Best of Broadway singer. What MacDonald launched 38 years ago as a fundraiser for a local boys’ home is now a much-lauded Sacramento tradition. A massive curtain call for volunteerism, the series owes its existence to thousands of donated hours. Only the orchestra gets paid. Box office profits go to local charities.) Tickets are \$20 per person. For booking information, call (916) 436-6344 or visit www.bestofbroadway.org



Bob McLaughlin, 97, and his good friend Lisa Kopochinski with Popsy Doodle (in her pink sweater) and Duke. Photo by Renee Morales.

It’s not every day you meet a 95-year-old walking down the street. But that’s just what happened one somewhat chilly day back in

November 2008. I was out for my usual Saturday morning walk, with my 11-year-old daughter and five-pound Chihuahua, on our way to Starbucks, a favorite haunt of mine for the past decade. An empty foreclosed house caught my attention. Being a journalist and, hence, inquisitive by nature, (although my mother and husband prefer the term “nosy”) I decided to investigate what the property had to offer. As I turned around, after peering in the front window, an elderly gentleman in a feathered fedora and with a black schnauzer in tow, came walking up the street towards us. Just when I thought I would be lectured on trespassing, I attempted to extract myself from what would certainly be an unpleasant interchange, brandished the biggest smile I could and chirped, “Hi!” Before I could make my getaway, this gentleman said “hi” back and challenged me to guess his age. Guess I wasn’t in trouble after all. With a sigh of relief, I replied, “I don’t know. Eighty-five?” “Nope,” he replied. “Ninety-five.” That moment was the start of a wonderful friendship that has endured the past 18 months—full of hours of conversation, hundreds of cups of tea, countless cookies and peanut butter cups, delicious lunches at Hof Brau and some great dinners at Red Lobster and the Buggy Whip. What can I say about Robert D.

McLaughlin? Well, for starters, I think he is Superman. He is one of the most interesting people I have ever met and there isn’t much he doesn’t know. He’s a walking, talking history book. Born December 13, 1912 in Hope, ND, his birthplace is only 170 miles from my hometown of Winnipeg, Manitoba. Quite interesting when you consider the millions of people in this state and how few I have met from the northern states even after living here for 19 years. Bob is nearly 50 years older than me and, while the age difference is obviously apparent, it’s not as apparent as you might think. Ours definitely is not a grandfather-granddaughter relationship (even though my own grandparents were born in 1913 and 1914 respectively.) We are simply friends and the half-century difference doesn’t make an ounce of difference. We talk together as friends, joke as friends and tell each other things just as friends do. What amazes me is his life experience and ability to tell me about them. I mean, who has driven a brand new 1936 Ford V8 right off the showroom floor and is still around to brag about it? Who can tell you, from personal observation, that General Patton was a pompous ass. (These are my

By Lisa Kopochinski

words. Bob is too polite to say that, although his description of George pretty much summed this up.) Who can tell you they recall seeing the Queen of England—when she was a princess yet!—riding around in a jeep in Manchester, England during WWII? And, who can talk about their war bride, Joyce, who sailed across the Atlantic at the young age of 20 to start a new life with a new husband in a new land? Chutzpah like that is rare today. I have also had the pleasure of meeting Bob’s kids, Pat and Bob, and their spouses, Larry and Jane, all who have been nothing but gracious towards my daughter Renee and I. If it were me—and some strange woman suddenly appeared in my dad’s life—I probably would have interrogated her about her intentions and scared her off. But no, the “kids” have been so nice to me that I am looking forward to Bob’s 98th birthday party this December when I can see them all again. It’s no wonder I consider Bob to be Superman. Though blind in one eye and quite deaf, I hope to be as spry as he is at 80—never mind 97! So many people half his age can’t walk the daily mile he does with his best friend Duke. This formidable duo is a force to be reckoned with as they make their way around the

neighborhood each and every day, rain or shine. Like his owner or “daddy” (as Bob prefers), Duke is the sweetest thing. At first I think he just tolerated the visits from me and my unruly and neurotic Chihuahua Popsy Doodle. Ever the gentleman—like Bob—Duke has allowed this creature to invade his home, eat his food and drink his water, without as much as a growl. As a result, I actually think the two have formed a bond, which is no small feat considering that Popsy’s personality leaves a lot to be desired. No “Miss Congeniality” is she! But you should hear her howl in the car as we pull up to Bob and Duke’s house. My diminutive she-devil gets so excited that she transforms herself into a toy-sized coyote, only to be met by an equally enthusiastic canine with his own shrill set of vocal cords. Bob likes to say these are “love calls.” As for vocal cords, did I mention that Bob and I like to sing together? We should cut a CD. So far we have conquered “Blueberry Hill” and “We’ll Meet Again.” Next up is “Buttons and Bows.” Yes, I hope our relationship endures for many more years. After all, we need a repertoire of at least 15 songs for our debut album.