

# AMERICAN RIVER MESSENGER



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

Second Edition for August 2010

## The Sky’s the Limit at California Capital Air Show



Special VIP California Capital Air Show performers gala tickets are on sale now to the public. Photo provided by California Capital Air Show

*Sacramento Region* – The California Capital Airshow ([www.californiacapitalairshow.com](http://www.californiacapitalairshow.com)) is inviting the general public to attend its Saturday night performers gala. Dubbed "Sky's the Limit!" this year's exclusive event is open to the public and a portion of the proceeds will benefit the Children's Miracle Network. Guests can dine with their favorite pilot and spend an evening of fun with all of the Airshow performers surrounded by everything that flies – beautiful kites, hot air balloons, vintage aircraft and gorgeous cars! A limited number of tickets are available and are currently on sale for \$60 per person.

Gala attendees will enjoy an evening of wine and beer,

delicious food and live music. Numerous aircraft will be displayed, and guests can mingle



John Klatt will wow the crowd.

with Airshow performers including the lead pilots from the F-22 Raptor Demonstration Team, the U.S. Navy F/A-18C HORNET Tactical Demonstration Team, Michael Goulian ([www.mikegoulian.com](http://www.mikegoulian.com)), John Klatt ([www.johnklattairshows.com](http://www.johnklattairshows.com)), Kent Pietsch ([\[pietschaircraft.com/airshows\]\(http://pietschaircraft.com/airshows\)\), Melissa Pemberton \(\[www.sportsgal.com\]\(http://www.sportsgal.com\)\) and many more. The event will be held at the Mather Aviation Hangar, 10360 Macready Avenue, Mather Airport on Saturday, September 11 from 6:00–10:00 p.m.](http://www.</a></p></div><div data-bbox=)

The California Capital Airshow web site will be updated regularly with news, attraction information and more. Community members and attendees can also follow the Airshow on Facebook and Twitter (#calcapairshow).

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](http://www.californiacapitalairshow.com).

## State Fire Marshal Issues Mandate to Gas Station Owners

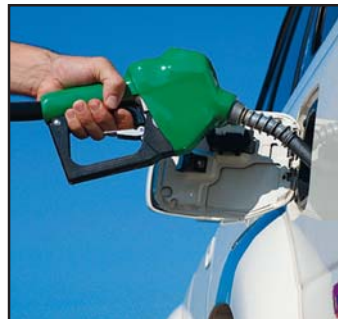
*From California Department of Forestry and Fire Protection.*

On August 23rd the California Office of the State Fire Marshal (OSFM) announced that it was mandating the removal of hold open latches on all Vapor System Technologies (VST) nozzles in approximately 3,000 gas stations statewide. The action taken today will ensure public safety and allow the gasoline stations equipped with VST nozzles to continue operating.

Some VST nozzles have allowed gasoline to be unexpectedly sprayed before the nozzle is inserted in the vehicle's gas tank. To date, 13 spraying incidents have been reported and confirmed by the California Air Resources Board (ARB). Seven of these incidents resulted in consumers being sprayed with gasoline.

In order to avoid the possibility of being sprayed with gas, it's very important for customers fueling with a VST nozzle take the following steps: Insert the nozzle into the gas tank BEFORE selecting the grade of gasoline; DO NOT insert any type of foreign object (gas cap, water bottle, etc) in the handle to keep the gas flowing; If you encounter a VST nozzle with the hold-open latch still in place, DO NOT use it.

Station owners or operators are



obligated to remove the hold open latches by October 15, 2010 in order to remain in operation.

ARB is currently working with VST and other manufacturers on replacement nozzles. When these replacement nozzles become available, they will provide the station owners the option of replacing their current VST nozzles with a nozzle that provides hold-open latches for their customers.

Average retail gasoline prices in Sacramento have fallen 4.9 cents per gallon in the past week, averaging \$3.06/g yesterday. This compares with the national average that has fallen 3.6 cents per gallon in the last week to \$2.72/g, according to gasoline price website SactoGasPrices.com.

Including the change in gas prices in Sacramento during the past week, prices were 6.4 cents per gallon higher than the same week one year ago and are 1.5 cents per gallon lower than a month ago. The national average has decreased 1.2 cents per gallon during the last month and stands 10.5 cents per gallon higher than this time one year ago.

## Sunrise Marketplace Has Appetite for New Eateries

*Citrus Heights* - In the last ten months, seven casual restaurants have sprouted up in the Sunrise MarketPlace Business Improvement District. The popular **Habit Burger Grill** started the renaissance late last year with a November opening in the Sunrise Village Shopping Center. Soon thereafter, the first northern California **Smashburger** opened right up the street in the new Sunrise at Pebble Beach center also occupied by AT&T. Both burger locations have experienced brisk traffic and loyal clientele despite the close proximity.

Just recently, the trendy yogurt shop **Pinkberry** swirled into a new locale near Chipotle and Panda Express, and **Urban Dog and Sausage** opened in Sunrise Village near the neighboring Olive Garden, Fuddruggers and Benihana Grill.

The “kissing cousin” to the popular **Zelda's Pizza** opens in early September. **Linda's Chicago Style Pizzeria** will now occupy a vacant space near Big 5 Sporting Goods. Owner/Manager Linda Ellington has 32 years in the business and brings her own brand of deep-dish pizza



Smashburger: Now serving hungry meat-eaters in Citrus Heights.

to the Citrus Heights area.

Still on tap this fall is a new **Buffalo Wild Wings** in Sunrise Hills, near Red Lobster and Chuck E Cheese, and **Panera Bread** will have a drive thru and dine-in restaurant, taking over the former Krispy Kreme location in Sunrise Festival Shopping Center. Nearby restaurants include Black Angus, La Taqueria, Elephant Bar and Red Robin.

“We’re pleased that so many new restaurants have chosen to locate in Sunrise Marketplace. It’s a real reflection that good things are happening here, even during tough economic times”,

says Sunrise Marketplace Executive Director Kathlynn Carpenter. Ms. Carpenter added that the newest additions “perfectly complement” the diversity of food choices and add to the notion that you can find just about every style of food in the 10-block corridor.

Sunrise Marketplace is a group of hundreds of stores, services and restaurants along Sunrise and Greenback. The business improvement district was incorporated in 1999 to assist in creating awareness and marketing the collective business area.

## Why Do They Do That? Understanding Symptoms and Behaviors

*Carmichael* – Aegis Living, a leader in senior living specializing in memory care services, is pleased to offer an opportunity to learn from one of the foremost educators and experts in the field of managing challenging behaviors in people with dementia, Ms. Teepa Snow. Aegis of Carmichael is presenting a workshop to help families recognize the difference between dementia and forgetfulness.

The public is invited to attend the free seminar which will be held at Aegis of Carmichael, 4050 Walnut Avenue in Carmichael on Monday August 30th from 9:00am until 12 pm. Please RSVP at (916) 972-1313 as space is limited.

Ms. Snow's presentation will include an overview of what dementia and Alzheimer's is and the normal and abnormal changes that take place

in the aging brain. She will discuss the common behaviors of people with dementia and the reasons behind them. Titled “Why Do They Do That? Understanding Symptoms and How to Respond,” the morning workshop will include interactive exercises designed to reinforce the importance of using proper communication techniques to achieve positive interactions for both the dementia patient and the loved one or caregiver. In the workshop she will demonstrate the effectiveness and value of using key communication strategies in creating positive outcomes in their interactions with their loved one.

Teepa is an occupational therapist currently working as a dementia care and dementia education specialist. She has an independent practice as well as clinical appointments with Duke University's School of Nursing

and UNC-Chapel Hill's School of Medicine. She provides educational and training sessions to organizations and providers throughout the U.S. and lectures for gerontology and health professional programs at colleges and universities across the country. She provides training and education for Alzheimer's Association and Alzheimer Society conferences, state health care provider organizations, professional association meetings, and caregiver programs and organizations.

Aegis of Carmichael is a senior retirement community offering assisted living and memory care

Services; one of 35 senior residences owned and operated by Aegis of Living. More information about Aegis of Carmichael is available at [www.AegisofCarmichael.com](http://www.AegisofCarmichael.com).

# Railroad Museum Offers Lots to do!

*Sacramento Region* – Old Sacramento is alive with action this Labor Day weekend with Gold Rush Days in high gear, the popular Old Sacramento Underground tour program in full swing, and lots of indoor and outdoor activities offered by the California State Railroad Museum. In fact, Railroad Museum visitors will enjoy two viewing opportunities of the classic 1946 classic MGM musical *The Harvey Girls*; a special visit, lectures and book signings by award-winning journalist and author Stephen Fried; popular excursion train rides and even discounted 2-for-1 museum pricing specials.

### Harvey Girls Classic Film Viewings

Visitors to Old Sacramento and the California State Railroad Museum are in for a treat when the 1946 classic musical *The Harvey Girls* — starring Judy Garland and Angela Landsbury — is shown inside the Museum’s big-screen East Theater. Two special screenings will be available on Saturday at 4 p.m. and Sunday at noon. Of special note to fans of the film: vintage memorabilia related to *The Harvey Girls* is part of an all-new exhibit “Rails & Reels: Hollywood, Trains and the Making of Motion Pictures” currently on display at the Museum.

### Special Visit, Lectures & Book Signings With Author Stephen Fried

Award-winning journalist Stephen Fried is making a special visit to the California State Railroad Museum for two days of programs inspired by his acclaimed new historical biography *Appetite for America: How Visionary Businessman Fred Harvey Built a Railroad Hospitality Empire that Civilized the Wild West*. Fried will speak both Saturday and Sunday and share the fascinating history of Fred Harvey and his famous waitresses known as the Harvey Girls. In fact, immediately following *The Harvey Girls* screening on Saturday, Fried will provide fascinating perspective about how the classic film incorporates both fact and fiction, and describe some of the behind-the-scenes drama during its filming. Then on Sunday at noon, Fried will introduce the second screening of *The Harvey Girls*. Afterward, he will give an illustrated lecture, highlighting the legendary life and entrepreneurial vision of Fred Harvey and explaining how he helped shape American culture and history. After speaking on both days, Fried will be available to sign copies of his new book that chronicles how Harvey’s family business—running restaurants and hotels along the Santa Fe railroad between Chicago and California starting in the 1870s—changed the way we eat, drink, travel and even the way we see America today.



Judy Garland “visits” Old Sacramento and the Railroad Museum.

### Steam-Powered Excursion Train Rides

The California State Railroad Museum’s popular excursion railroad — the Sacramento Southern Railroad — is in full operation with popular steam-powered train rides offered hourly on Saturday, Sunday and Monday from 11 a.m. to 5 p.m. Interested guests are treated to a scenic six-mile, 40-minute roundtrip excursion along the levees of the Sacramento River. Regular excursion train tickets are \$9 adults, \$4 youths (ages 6-17), ages 5 and under ride free. Tickets for excursion train rides (including first-class upgrades to ride on the beautifully restored El Dorado observation car) are available on a first-come, first-served basis starting at 10:30 a.m. at the Sacramento Southern Railroad ticket office, located on Front Street between “J” and “K” Streets.

### 2-For-1 Museum Pricing Specials

During the extended Labor Day weekend (Friday through Monday), guests can enjoy a Gold Rush-era value with entrances to two popular museums—the California State Railroad Museum and the adjacent Sacramento History Museum—for the price of one! Given the focus of The Sacramento History Museum is to explore, interpret and display the region’s history from the days before the Gold Rush to the present, it’s a great starting point to help understand how the area developed and grew to the vibrant community it is today. Special 2-for-1 museum cost is \$9 for adults and \$4 for children 6-17 years of age with children 5 and under free.

During Gold Rush Days, the California State Railroad Museum will remain open as usual each day from 10 a.m. to 5 p.m. There is no additional charge for the special film screenings of *The Harvey Girls* and lectures by Stephen Fried as these activities are part of the 2-for-1 admission pricing over the holiday weekend. Copies of *Appetite for America* are available from the Railroad Museum Store in advance (in person or online at [www.californiastaterailroadmuseum.org/store](http://www.californiastaterailroadmuseum.org/store)) or in person on Saturday and Sunday, September 4 and 5.

*Operated by California State Parks with financial assistance from the non-profit California State Railroad Museum Foundation, the California State Railroad Museum is open daily from 10 a.m. to 5 p.m. except Thanksgiving, Christmas, and New Year’s Day. Widely regarded as North America’s finest and most popular railroad museum, the complex of facilities includes the 100,000-square foot Railroad History Museum plus the reconstructed Central Pacific Railroad Passenger Station and Freight Depot, 1849 Eagle Theatre, and Big Four and Dingley Spice Mill commercial buildings in Old Sacramento. For 24-hour information, visit [www.californiastaterailroadmuseum.org](http://www.californiastaterailroadmuseum.org) or call (916) 445-6645.*

# Local Fire Season Heats Up

*by Trista Jensen, Communications & Marketing Director, American Red Cross*

*Sacramento Region* – With an active wildfire season looming, and local disasters including house and apartment fires occurring almost every day, the American Red Cross Capital Region Chapter is asking for the community’s support.

In the month of July, disaster volunteers in San Joaquin County alone responded to nine separate apartment fires providing emergency shelter, clothing, food, comfort items and emotional support for a total of 27 area residents. One particular fire displaced a woman who had just given birth the day before her apartment and all the baby’s belongings were destroyed by fire.

Though home fires happen throughout the year, we are quickly approaching the peak of the wildfire season which, across much of the country, runs from June through October. During this time of year, dry and windy conditions fuel these overwhelming disasters. When a wildfire starts, the devastation spreads quickly and blazes near residential communities lead to mass evacuations. Shelter, food and resources are needed immediately. As the Red Cross mobilizes supplies, they must also provide compassion and care to people who face losing everything.

The Red Cross needs your help now to ensure they can meet the needs of these people. Red Cross Disaster Relief services are free and available thanks to the generous support of the American people.

“The Red Cross spends about \$450 million a year responding to disasters across the country — floods, wildfires, hurricanes and home fires,” said Dawn Lindblom, CEO at the Capital Region Chapter. That includes the cost of the direct services to Red Cross clients — feeding, sheltering and emotional support — for the nearly 70,000 disasters the Red Cross responds to every year. It also includes the costs to maintain those things that help the Red Cross provide assistance to people in need, including warehouses, disaster response vehicles, volunteers, call centers, computer systems and paid staff ready to respond year-round. “If we didn’t maintain these resources 24-7, we couldn’t get help to people in a timely fashion. We’re asking people to click, text or call to support Red Cross disaster relief,” Lindblom shared.

People who want to make a contribution to disaster response can visit [www.redcross.org](http://www.redcross.org), call 1-800-REDCROSS to support American Red Cross Disaster Response or text REDCROSS to 90999 to make a ten dollar donation.

You can help people affected

## Eighth Annual Fair Oaks Dog Walk Announced

*Fair Oaks*—This year’s Fair Oaks Dog Walk takes place on Saturday, October 2, featuring a two-mile walk for dogs and their humans along the beautiful American River Parkway.

Along the way, attendees will enjoy free treats and water, live music, vendor booths and raffle prizes. The many fun events include doggie contests such as musical sit (canine version of

musical chairs) and the parade of pooches, many in unusual costumes!

Registration for this family event begins at 8:30 a. m. in the Fair Oaks Village Park and the walk begins at 9:00 a.m. The registration fee is \$10 for the first dog and \$5 for each additional dog. T-shirts are available to order with your pre-registration. Additional information and

by disasters like floods, fires, tornadoes and hurricanes, as well as countless crises at home and around the world, by making a donation to support American Red Cross Disaster Relief. Your gift enables the Red Cross to prepare for and provide shelter, food, emotional support and other assistance in response to disasters. Visit [www.redcross.org](http://www.redcross.org) or call 1-800-RED-CROSS. Contributions may also be sent to the American Red Cross Capital Region Chapter at 1565 Exposition Boulevard, Sacramento, CA 95815 or to the American Red Cross, P.O. Box 37243, Washington, DC 20013.


*The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies nearly half of the nation's blood; teaches lifesaving skills; provides international humanitarian aid; and supports military members and their families. The Red Cross is a charitable organization — not a government agency — and depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit [www.redcross.org](http://www.redcross.org) or join our blog at <http://blog.redcross.org>.*

online registration is available on the website: [HYPERLINK “http://www.fairoaksdogwalk.com”](http://www.fairoaksdogwalk.com) [www.fairoaksdogwalk.com](http://www.fairoaksdogwalk.com).

Proceeds benefit FORDOG (Fair Oaks Responsible Dog Owners Group), TEAM (Teaching Everyone Animals Matter) and the Fair Oaks Chamber of Commerce.


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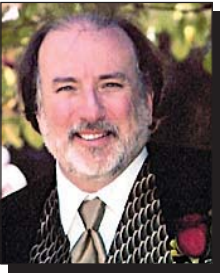
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# AMERICAN RIVER MESSENGER

*“Written by the people for the people”*



**Publisher—Paul V. Scholl**

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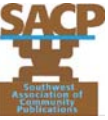


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## Widowed Persons Association of California, Inc.

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**Third Monday evening at 5:30 pm**

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*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.

# A Mother’s Loss Brings About Meningitis Awareness



**Rose Kewt, RN, of Voices of Meningitis**

*Carmichael* – As parents prepare for the upcoming school year, they should be thinking about vaccinations their child should receive, including the meningitis vaccine. Meningococcal disease is a serious bacterial infection that can cause meningitis and take the life of a child in just a single day. School nurses nationwide are urging parents to help protect their children against meningococcal meningitis by getting them vaccinated.

Local Carmichael resident Rose Kwett,

RN, has joined Voices of Meningitis, a national educational campaign of the National Association of School Nurses, in an effort to help raise awareness of this devastating disease in Sacramento County. “I lost my daughter MaryJo to meningococcal disease just before her 16th birthday. I believe MaryJo would still be here today if she had been vaccinated against this disease,” says Kwett.

By the age of 15, MaryJo was a well-traveled, vibrant, and intelligent girl. MaryJo celebrated life with family and friends and was off to a seemingly bright future; then catastrophe struck.

One Saturday morning, MaryJo began to feel sick – she complained of a sore throat and felt weak. Later that afternoon MaryJo developed a blotchy, purplish rash, a tell-tale sign of meningococcal disease, and was rushed to the hospital. Despite best efforts to save her, MaryJo died within 13 hours of her first symptoms.

“This disease is so scary because early symptoms are similar to those of common viral illnesses. I’m a registered nurse and I still was unable to tell that something was terribly wrong with my daughter until it was too late,” says Kwett. “I know firsthand how quickly meningitis can take a life. Other parents need to know that meningitis

can happen to anyone at anytime, even to healthy preteens and teens.”

Adolescents and young adults are at greater risk for contracting meningitis and are more likely to die than other age groups. The Centers for Disease Control and Prevention and other leading medical groups recommend vaccination for preteens and teens 11 through 18 years of age and college freshmen living in dormitories. Vaccination has been available for years and is a safe and effective way to help protect against meningococcal disease.

Since MaryJo’s death, Rose has made it her mission to raise awareness of meningitis. She conducts presentations at schools in northern California through her work with Meningitis Awareness Key to Prevention and Voices of Meningitis to help underscore the importance of vaccination. “I am sharing my story in the hopes of saving other families from experiencing the same tragedy my family has endured,” says Kwett.

To learn more about meningococcal meningitis locally please call the Sacramento County Department of Health & Human Services, Division of Public Health at (916) 875-5881 and visit [www.VoicesOfMeningitis.org](http://www.VoicesOfMeningitis.org) to learn more about the disease, and to hear from other families who have been affected by this disease.

# ‘You’re a Good Man, Charlie Brown’ Opens at the Fair Oaks Theatre Festival

*Fair Oaks*–The Fair Oaks Theatre Festival continues its season of outdoor theatre, music and laughter with a revival of the festival’s popular family favorite, “You’re A Good Man, Charlie Brown.” Most of the original cast for the show returns, only this time, Joe Hart will be sharing the role of Charlie Brown and will be giving the character a new twist by performing in a wheelchair. The wheelchair is a necessity for the actor, and director Bob Irvin felt it a fitting tribute to the character of Charlie Brown to keep Hart in the role to demonstrate Charlie’s undaunted spirit and

unflagging optimism in the face of naysayers (like Lucy van Pelt!). Michael Bowles, who recently appeared as Harpo in the festival’s production of “Minnie’s Boys,” will perform the role on alternate performances without the chair.

“You’re a Good Man, Charlie Brown,” a Tony-award winning musical that brings Charles Schulz’s loveable characters to life, features melodies both sweet and silly as it celebrates a day in the lives of Charlie Brown, Lucy, Linus, Schroeder, Sally and Snoopy. The musical numbers run the gamut from the whimsical to the hilarious and include “My Blanket and Me,”

“The Kite,” “The Baseball Game,” “Suppertime,” and “Happiness.” The curtain time of just over 90 minutes makes this lighthearted and fun musical comedy ideal for the entire family. Originally praised by Sacramento Bee theatre critic, Jim Carnes, who wrote “Fair Oaks Festival’s ‘Charlie Brown’ is all good no grief ” – this summer delight is not to be missed!

“Charlie Brown” run through September 12. For more information, call (916) 966-3683 or visit [FairOaksTheatreFestival.com](http://FairOaksTheatreFestival.com).

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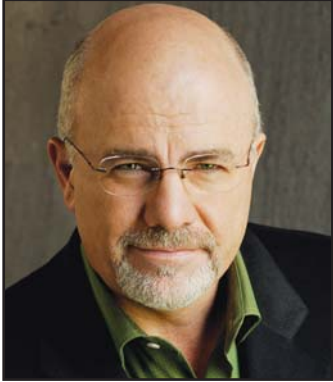
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# Dave Says



Dave Ramsey is a personal money management expert, popular national radio personality and the author of three New York Times bestsellers – *The Total Money Makeover*, *Financial Peace Revisited* and *More Than Enough*. In them, Ramsey exemplifies his life’s work of teaching others how to be financially responsible, so they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to others.

More or Less?

Dear Dave,

When, if ever, should your baby emergency fund be more than \$1,000? Is there ever a scenario in which it should be less?

- Sue

Dear Sue,

I always recommend that people who make \$20,000 a year or less

start out with a baby emergency fund of \$500. Almost anyone can scrimp and save up \$500 in a short amount of time, and this makes it easier for folks who don’t make a lot of money to have a safety net in place.

Is there a scenario where the baby emergency fund should be more than \$1,000? I guess if you were stuck in a situation where you had \$200,000 in debt and made \$60,000 a year, you might want to ratchet that amount up to \$2,000 or \$3,000. The reason? It’s going to take you several years to dig your way out, and that means you’re taking a chance on several years worth of emergencies!

If you’ve got a really unstable situation—like there’s a good chance you might lose your job—or an emergency already pending, you should delay starting the Baby Steps and pile up a bunch of cash. In a case like that, it just wouldn’t make sense to start a financial overhaul and be sitting there with only \$1,000 in the bank. If there’s a nasty storm coming, you need to work, work, work to get ready, and make sure you’ve got the biggest umbrella you can get!

Then, after you get past the bad stuff, you can push “play” on your Total Money Makeover. That’s when you’d pull your savings back down to \$1,000 and go into attack mode on your debt!

- Dave

**Unmarried Couples Combine Finances?**

Dear Dave,

Do you advise unmarried, long-term couples to combine finances to follow your plan, or should they move forward financially on an individual basis?

- Ashley

Dear Ashley,

I always answer questions like this based on what I would do in the same situation. I know the statistics on unmarried couples who live together, and the numbers show most of them don’t stay together. I’m not trying to be mean, but I want you to know the truth. Combining your finances when you’re not married could be a disaster. Pretending you’re married, but trying to keep your finances and other areas of your lives separate doesn’t work, either. I’ve been doing this for a long time, and I’ve met with an awful lot of couples in your situation. So, here’s my advice to you, Ashley. If you love this guy, and he loves you, then you need to get married. You may think that’s presumptuous, but you asked my opinion.

The idea that long-term, unmarried couples prosper financially and emotionally is pure mythology!

- Dave

*\*Please visit [www.davesays.org](http://www.davesays.org) for more financial advice.*



**LAW OF ATTRACTION**

Remember all the hubub about “*The Secret*”...you know...wish for it and it will come? Well, I was really skeptical about this because I firmly believe you need to get off your duff and go for it yourself. Then I interviewed **Sonia Ricotti** on my POPPOFF Radio Show, and she took a different spin on the law of attraction in her book “*The Law of Attraction Plain and Simple*.” She replaces metaphysical jargon with common sense savvy to create a refreshing path to happiness, and all in eleven steps. The Law of Attraction is a universal law. It means like attracts like. So let’s get in step with Sonia.

1) **Decide What You Want...**In order to truly manifest and attract all that you desire in life; you must first have a clear vision of what your greatest life would look like.

2) **Choose Your Thoughts and Feelings...**At first this might sound difficult to do, but by simply becoming aware of what you are thinking and

**POPPOFF!**

with Mary Jane Popp

feeling, you can redirect negatives into positive.

3) **Keep The End in Mind...**At the end of life, what do you want to be remembered for? What would they say at your memorial service?

4) **Remove Meaning...**Many people believe that the meaning they give to their life experiences is real. The truth is we choose how we interpret whatever we experience in life. You have the power to choose.

5) **Let Go...**Let everything that is currently happening in your life “be.” Accept your life exactly the way it is and the way it isn’t.

6) **Forgive...**Forgiveness is the key to emitting and creating positive energy. And, it’s one of the most difficult states to achieve.

7) **Unleash The Past...**By holding on to the negative feelings we have about our past, we limit our ability to become what we want to be.

8) **Be Grateful...**The energy you put out to the universe is the same as the energy you receive from the universe. Appreciate what you have. It puts you in a “feel good” mood.

9) **Choose Your Friends Carefully...**Do the people you surround yourself with elevate you? Are you inspired, joyful, and full of positive energy? Surround yourself with positive people.

10) **Connect Mind, Body, and Spirit...**Set aside time for you.

Meditation, exercise, wholesome nutrition, nature...all important to your well being.

11) **Allow It...**Feel it...believe it...achieve it. Become keenly aware. Be free of any negative energy and have no doubt it will come to you.

12) **Enjoy The Journey...**It takes practice, awareness, and time to master. As you become more aware, peaceful, and appreciative, you will discover the incredible people, situations, and experiences that miraculously come into your life.

And here are the final twelve tips to begin:

1) *Love Yourself.*

2) *Live in the moment.*

3) *Create a mastermind group.*

4) *Find a mentor.*

5) *Grow; grow; grow.*

6) *Embrace the fear.*

7) *Walk your own path.*

8) *Create an action plan.*

9) *Take action steps everyday.*

10) *Never give up.*

11) *Be a leader and elevate others.*

12) *Take the leap.*

Bottom line. It’s all up to you now! Go forth and prosper!

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

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# Sheriff’s Advisory Board Seeks Rancho Cordova Applicants

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<b>ARCO ARENA</b>	<b>OPENING NIGHT</b>	<b>SEPT. 10 11:00 AM</b>	<b>SEPT. 11 11:00 AM</b>	<b>SEPT. 12 11:00 AM</b>
	<b>TICKETS HALF-PRICE!*</b>	<b>7:00 PM</b>	<b>3:00 PM</b>	<b>3:00 PM</b>

\*Excludes Circus Celebrity. Front Row and VIP seats. No double discounts.

Buy tickets at [Ticketmaster.com](#), ARCO Arena Box Office or call 1-800-745-3000

<b>SEPT. 16 - 19</b>	<b>THU. SEPT. 16 ★ 7:00 PM</b>	<b>FRI. SEPT. 17</b>	<b>SAT. SEPT. 18</b>	<b>SUN. SEPT. 19</b>
<b>STOCKTON ARENA</b>	<b>OPENING NIGHT</b>	<b>SEPT. 17 7:00 PM</b>	<b>SEPT. 18 11:00 AM</b>	<b>SEPT. 19 11:00 AM</b>
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# Proposition Nine: All People Matter to God



by Reverend Kevin Kitrell Ross

During my interview process as a candidate for Senior Minister of Christ Unity Church of Sacramento, in a town hall setting, before the congregation, a woman who was at the point of tears said to me, “I’m a lesbian! What do you think about that?” In short, I responded to her, “it does not matter, what I think about you, it’s what you think about yourself that truly matters.” She was not satisfied with my reply and insisted that I let her know what would be my policy for her as a lesbian woman attending my (soon-to-be) church. Apparently, she felt unwelcome and rejected by other communities. In part, here’s what I said to her, “I see you as a spiritual being, on a spiritual journey, having a human experience no different than anyone else. By choosing to only identify yourself as a label, you limit yourself to everything that you perceive negative about that label. However, you are more than this label that you identify with, and even if you tried, you couldn’t dig yourself out of

my heart.” She was so moved that she cried tears of joy and embraced me later.

Whether it be race, gender, nationality, political affiliation, religion, creed, economic status, or sexuality, as a spiritual leader, it is not my place to use my position to deny someone access to the spiritual community, but rather to include them because of their uniqueness. I take issue with the Church being used to advance political agenda that abandon the fundamental premise that all men are created equal and are endowed with unalienable rights by their Creator. We need only revisit history to see how the Church has been misused to promote fear campaigns that have created the conditions for the perpetuation of socially unjust laws, violence, discrimination and backward practices that creates further division among people of diverse backgrounds. Now more than ever before, we, who are leaders of spiritual communities must build bridges of understanding and use our positions and pulpits to provide a place of refuge and neutrality for weary travelers seeking solace from fighting senseless social wars for human freedom.

As for me, I will hold to the high ideal that it is God’s will that every individual on the face of the earth should live a healthy, happy, and prosperous life. I see it as my responsibility to ensure that people are reminded of this each week, by offering messages that empower them to celebrate

who they are as individualized expressions of God. All people should be proud of who they are because when God was seeking a way to express, God chose their unique culture, ethnicity, sexuality, gender, and faith tradition through which to do so.

The place of the spiritual community is to support all people in their soul’s evolution. Therefore, what’s important is not what you identify yourself as being, but your “ways of being.” Love, compassion, responsibility, commitment, kindness, patience, selfless service, authenticity, and generosity of spirit are “ways of being” that when acted upon will heal our communities, cities, states, country and ultimately the world.

You see, no one should care if it’s a straight hand or gay hand that stops crime, or builds a Habitat home, or donates an organ, or provides clean water, or finds the cure to cancer, or ends a war, or saves the life of a drowning baby. When these ways of being are showing up in the world, so is God.

*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](http://www.christunity.com).*

# God Has A Bigger Plan



by Pastor Ray Dare

God always answers prayer, but not always in the way we want Him to answer. God has not said, “I will answer your prayers any way you want Me to answer them.” God answers prayer in three ways; sometimes God says “Yes”, sometimes God says “No” and sometimes God says “Wait, I have a bigger plan”.

In the Old Testament in the book of Daniel, there’s the story of three guys who are going to be thrown into a fiery furnace. I’m sure they prayed not to be put in that fire, yet God allowed them go through the fire. While in the fire, a fourth man was seen with them (Jesus) and the ropes that were binding them were burned off. God is bigger than your problem

and He wants to burn off the ropes that may be binding you.

God wants us to focus on our character while we want to focus on comfort. What is God’s purpose in your problems? He has many of them. But one of them is this next verse... 1 Peter 1:7 “*The purpose of these troubles is to test your faith as fire tests how genuine gold is. Your faith is more precious than gold.*”

God wants to test your faith. Sometimes He delays an answer and says, “Will you trust Me?” Sometimes God says no and says, “Will you still trust Me?” It’s like every parent has said to a child—sometimes when they say, “Why?” and you say, “Because I say so!” At that point you’re saying, “You need to trust me. I’m bigger. I’m wiser. I’m more experienced. I know more than you. I love you and I want what’s best for you. So you need to trust me.” We, as human imperfect parents, say that. Certainly we should be able to trust a perfect heavenly Father who says that.

I have no doubt that many of you are probably discouraged about something in your life. God is saying, “Will you trust Me? Will you trust My timing? My love? My purpose? My plan? My perspective? Will you

trust Me?” The antidote to discouragement is to look past your problems and realize that God is bigger than the problems. Realize that He has a bigger purpose and plan in it all.

If you want to be happy in life and you want to really want to have less stress and more peace, you’re going to have to come to grips with two fundamental truths. First, some things you’re never going to understand. You just need to accept it. There are some things in life you’re never going to understand until you get to heaven. Second, there are some things in your life that are never going to change no matter how much you pray, because God has bigger perspective.

So what do you do? Just give up praying? Of course not. You keep on praying but you live day by day saying, “God, I’m going to pray for this, but if You choose not to give it I’m going to still trust You and I’m going to still love You. You are bigger than my problems and You have a bigger plan and purpose in it for me.”

*See you Sunday, Pastor Ray  
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[www.YourNewChurch.org](http://www.YourNewChurch.org)*

# Seek and You Shall Find



by Marlys Johnsen Norris

The loving and merciful hands of God extend towards you and He speaks these words to every single soul on this earth. “You will seek me and find me when you seek me with all your whole heart” (Jeremiah 29:13) Ask, Seek and Knock and the door will be opened unto you. His magnificence will be revealed to you. God loves you!

There is nothing more wonderful than living moment by moment with

a consciousness of God’s indwelling presence. This happens when a person invites Jesus Christ into their heart and life. Once you “know” Him, He is with you, lean on Him, talk (pray) to Him and learn from Him. Empty ones self from those things that crowd Him out, so you can spend time in His presence and be empowered by His Spirit to make your world a better place.

You are significant to the God of the Bible. God knows all about you and exactly where you are every minute of every day. He knows about your hopes and dreams as well as your fears. He wants the best for you. He is *omnipotent*, all powerful and able to move a mighty mountain that hinders your life’s dream. He is a Father desiring success for His children. He is *omniscient*, He searches one’s heart and knows absolutely everything, understanding every motive behind every thought. (1 Chronicles 28:9) Everything we do is known to Him, whom one day we must give an

account. (Hebrews 4:13) Absolutely nothing is hidden from His eyes. God is *omnipresent*, everywhere and He lives in every believer. Our body is God’s temple. (1 Corinthians 3:16) and Christ dwells in our hearts through faith. (Ephesians 3:16,17) He is the same yesterday, today and tomorrow.

One can live an adventurous life to the fullest while enjoying His presence, guidance, and power. Being filled to a full measure of all the fullness of God (Ephesians 3:19) Allow God of the Bible to Light and Direct your path into a future that will be filled with His promised blessings. Become a recipient of His favor and blessings when obedient to follow His covenants, vows and Ten Commandments. His precepts lead to a happy life.

To God be all glory.

*Marlys Johnsen Norris,  
Christian Author  
[Marlys5934@sbcglobal.net](mailto:Marlys5934@sbcglobal.net)*

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# Carmichael Resident Joins United Way Board of Directors



Lupe Mercado of the United Way

SacramentoRegion—Lupe Mercado of Carmichael has been elected to the board of directors for United Way California Capital Region. Mercado is president of the Communications Workers of America Local 9421.

“We are fortunate to have top leaders who care deeply about this community,” said Steve Heath, president and CEO, United Way California Capital Region. “Each of our board members makes it a top priority to reach out to new people and link arms with partners so we can create lasting results in the areas of education, income and health.”

Mercado began her career with Pacific Telephone in 1979 in

Sacramento and has been a member of CWA local 9421 since the beginning of her career. As the company changed to SBC, and now AT&T, Mercado transferred to various departments and eventually to consumer markets where she held the title of bilingual sales and service representative serving Spanish-speaking customers. In January 2010, she retired from AT&T with 30 years of service.

Throughout her career, Mercado also was active with CWA as a union steward, chief union steward, vice president and as elected executive vice president for 12 years. She has served on bargaining committees for CWA/SBC, AT&T broadband/Comcast, Gordon and Schwenkmeyer Inc, since 2001. She has been appointed to the CWA National Committee on Equity and the National Constitution Committee. She also is labor representative for the California Community Colleges and Workforce Development Program.

Mercado has volunteered with WEAVE and Wellspring, and she has served meals to the homeless and tutored minority children in low-income neighborhoods. She lives in Sacramento with her husband of 30 years and their children Marcos,

Felicitas and Sofia.

Other new board members include: Leo Hamill with Wells Fargo Bank, Terry Myrrdin in the Secretary of State’s office, Vanessa Sheared with California State University Sacramento and Joyce Stone with Amador Child Care Council. In addition, five directors were elected to new terms: John Johnson recently retired from Intel Corporation, Bob O’Hollearn of Allied/Nationwide Insurance, Richard Pan with UC Davis Children’s Hospital, Kathie Sowa with Bank of America and Velma Sykes of Deon Taylor Enterprises.

United Way California Capital Region is the region’s leading provider of innovative solutions on the community’s most pressing issues, including high school graduation rates, household financial stability and obesity. Working with other nonprofits, businesses, donors and volunteers, United Way provides positive, measurable results on vital health and human services issues. Through new and traditional fundraising and mobilization programs, community members can give, volunteer and advocate in support of the causes they care most about, benefiting United Way and hundreds of nonprofits in Amador, El Dorado, Placer, Sacramento and Yolo counties. United Way is an independent, local affiliate of United Way Worldwide. For more information, visit [www.yourlocalunitedway.org](http://www.yourlocalunitedway.org).

# Obama Invites Confusion about His Faith

by Dr. Paul Kengor

*Editor’s note: This article first appeared in USA Today.*

The recent poll by the Pew Forum on Religion & Public Life is generating much discussion over its provocative finding that an increasing number of Americans (nearly one in five) believe that President Obama is a Muslim. The survey was completed before Obama’s recent comments endorsing the construction of a mosque near Ground Zero.

While this no doubt is a fascinating development, consuming most media coverage of the poll, and unprecedented in presidential history, the figure of greater interest to me—and not surprising—is the percentage of Americans unsure about whether Obama is a Christian, or, more generally, about his faith at all.

“[T]he proportion saying [Obama] is a Christian has declined,” reports Pew. “More than a year and a half into his presidency, a plurality of the public says they do not know what religion Obama follows.” Pew added: “Only about one-third of adults (34 percent) say Obama is a Christian, down sharply from 48 percent in 2009. Fully 43 percent say they do not know what Obama’s religion is.”

This confusion is not confined to Republicans. Pew notes: “fewer Democrats today say he is a Christian (down nine points since 2009).”

The numbers among Democrats are telling. Indeed, it’s easy for Obama defenders to lash out at this data as allegedly reflective of narrow-minded anti-Obama conservatives. In truth, there is confusion about what Obama believes because, in fact, there is—rightly so—confusion about what Obama believes.

**Uncertainty builds**

I say this as someone who studies faith and politics, and who has written books on the faith of Ronald Reagan, George W. Bush, and Hillary Clinton—books that hit upon the faith of just about every president.

For the record, in one of those books—the 2007 one on Hillary Clinton, who I described as a “lifelong, committed Christian”—I wrote briefly about an emerging political dynamo named Barack Obama. “Obama is a Christian,” I reportedly confidently, seeing no reason to say otherwise.

As November 2008 approached, I wrote similar things, though acknowledging the growing uncertainty about Obama’s beliefs.

I recall speaking at a church near Pittsburgh where one liberal couple practically jumped out of their seats when I dared mention a June 2008 Newsweek poll that found 12 percent of Americans believed Obama is a Muslim.

Those perceptions, already evident then, have only intensified. And for those Obama supporters enraged by this, please try to understand the legitimate confusion, including for someone like myself who carefully studies these things:

Generally, when it comes to faith, Americans accept whatever self-designation offered by a president, especially as his background leaves little doubt. President Jimmy Carter called himself a “born-again” Baptist from Plains, Ga., which the record easily supported. President Woodrow Wilson referred to himself as a Presbyterian in the “Reformed” tradition, and a mere cursory examination revealed precisely that.

Sometimes, we dig deeper. My experience in the case of Ronald Reagan is especially relevant now, as I’m being cited by liberals who point to Reagan’s infrequent church attendance as support for their insistence that Obama’s infrequent church attendance doesn’t mean he lacks faith. (Ironically, in the 1980s, it was liberals who questioned whether the president was really a Christian.) That comparison, however, is misplaced, for reasons that underscore the questions about Obama. Consider:

Reagan attended church his entire life, from the First Christian Church on S. Hennepin Avenue in Dixon, Ill. in the 1920s, to churches in Iowa in the 1930s, to varying churches in California from the 1940s through the 1970s, and again after his presidency. As a new president, he immediately began attending the National Presbyterian Church, present for all but one or two services prior to when he was shot by John Hinckley. I interviewed the pastor of that church, the Rev. Louis Evans, at length, plus other witnesses. Reagan’s attendance declined only after the assassination attempt. He cited security reasons, and the record supported his explanation. Beyond that, Reagan’s personal life, family background, writings, speeches, and much more, revealed a deep, pervasive Christian faith throughout his entire life.

**The record**

For President Obama, a similar evidentiary record does not exist. Unlike Reagan, Obama was not raised by an intensely pious mother, nor was there an extremely influential pastor in his adolescent years. As noted by an excellent Newsweek piece during the campaign, Obama was reared by a “Christian-turned-secular mother”—herself a product of “two lapsed Christian”

parents—and was the son of a “Muslim-turned-atheist African father” and a stepfather with a “unique brand of Islam.”

As Obama himself candidly admits, he meandered his way through Islam, Buddhism, Catholicism, Protestantism, asceticism, with, along the way, smatterings of Augustine, Graham Greene, and Nietzsche, just for starters.

Amazingly, the only Christian church to which Obama could have been considered a consistent member was the Rev. Jeremiah Wright’s church. And if we are to believe the disclaimers of Obama and his supporters, he rarely attended Wright’s services, and even more rarely listened or paid attention.

Likewise, Michelle and the girls have not attended church regularly, if ever. Newsweek reported a remarkable fact for a major presidential candidate who would win the presidency: “Obama is a little spiritually rootless again.”

Our puzzling president

All of this, from rare church attendance to the lack of other conventional displays of faith, has persisted well into Obama’s presidency. Think about the oddity of this one fact alone: The current president has neither a church, nor, to my knowledge, even a denomination. When I’m asked questions about his faith, by sincere people not looking to attack, I sincerely can’t give a good answer. It’s a problem I didn’t have with any of the Bushes, the Clintons, Reagan, Carter, and on and on.

In short, and I don’t mean this to be disparaging, with Barack Obama we are witnessing the most unconventional faith profile of a president in arguably 200 years. The assessment we’re getting from a curious public is not a crass misperception by a bunch of intolerants, but, rather, natural puzzlement.

Of course, it shouldn’t be difficult to rectify misperceptions. Throughout American history, presidents have been asked about their faith and sat for lengthy interviews sharing their thinking, explaining precisely what they believe. Why doesn’t Obama simply do the same? This isn’t rocket science.

Will some people still not believe him? Of course. But Obama’s problem isn’t a tiny fringe that believes he faces Mecca to pray five times a day, but an increasingly large number of Americans that aren’t sure what he believes. Until he makes that clearer, confusion will understandably reign.

—Dr. Paul Kengor is professor of political science at Grove City College and executive director of The Center for Vision & Values. His books include “God and Ronald Reagan,” “God and George W. Bush,” and “God and Hillary Clinton.”

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