



Natural Pest Control

Pest control is always on any gardener's mind. In today's environmentally conscious world, organic pest control is of major interest.

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Volume 34 • Issue 37

Serving Carmichael and Sacramento County since 1981

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Never, Ever Forget



One last look of the Twin Towers and the New York City skyline from the Staten Island Ferry just a few months prior to 9/11. Photo by Paul V. Scholl

Commentary by
Paul V. Scholl, Publisher

The Call

It was a very deep sleep. After working a long night and into the early morning hours, I was out hard.

The telephone kept ringing and ringing. "Hello".

"Are you watching the TV? You are not going to believe what's happening."

They knew I traveled often to New York City to teach classes, going there three to four times a year for week-long trips. They knew I had many friends and students there.

The first televised scenes were absolutely awful, knowing how many people in my life lived near the scene and worked within just a few blocks of the Twin towers.

As I watched the atrocity unfold with the rest of the world I

thought I was watching friends being burned to death. I thought I was watching people I loved and cared for deeply being crushed under the weight of those falling buildings.

As with the rest of the nation, the thoughts were that there are ten of thousands of people in those buildings right now! That they weren't filled with workers that morning is in itself a miracle.

Days went by wondering who had been killed or in the very

least deeply affected by the act of war. Unable to reach anyone by telephone, it was sit, and wait, and pray.

Some of my friends were emergency workers and were on the scene at Ground Zero. It took months for them to even be able to talk about it. They were never the same, with "life" being taken out of them. Those relationships are all but gone.

In May of the following year I made one more trip to New York

to offer my grief counseling services to any and all friends and students. We had a few group sessions where the impact of that day was as certain as an Upper Eastside rush hour.

For about two years prior to 9/11 I had recurring dreams where I was in a large city, covered in soot and smoke and could feel the rumbling of the street under me. I was helping

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Divas Come Home to Roost

Broadway stars will open Fair Oaks shows

By Susan Maxwell Skinner

FAIR OAKS, CA (MPG) – Half a dozen celebrity performers whose careers were nurtured by David L. MacDonald's Best of Broadway will return to Sacramento for the show's 40th anniversary production.

Stellar on Broadway, Teal Wicks (30) and Dina Morishita (37) will offer volunteer performances for the annual review that begins on September 13 at Fair Oaks Village Amphitheater. El Camino High graduate Kate Levering (34) won a Fred Astaire Award for her lead performance in the Broadway show "42nd Street" and is now the star of the Lifetime Channel's "Drop dead Divas." She will join MacDonald's cast on September 20 and 21. Another returning star is former Sheriff's deputy Matt McGoldrick, who has toured with Disney's "Beauty and the Beast." Cruise line dancer Sid-



A former lead in the Broadway touring cast of Miss Saigon, Dina Morishita (pictured with her infant son Wyatt) appears in Best of Broadway on September 27, 28 and 29. Photo Courtesy Best of Broadway

ney Kinderman has jumped ship to support the anniversary show and Sacramento Kings hooper Ariana Hirschfeld has also rejoined the pro-am cast.

Their efforts are seen as tribute to director and mentor MacDonald. "He was a huge part of my career," said Morishita. "His Best

of Broadway planted the seeds of wanting to perform in me."

While B.O.B.'s 140-stong cast has endured months of run-throughs, the returning divas will deliver numbers from their signature shows with little local rehearsal. Says director MacDonald: "They all need minimal

preparation. They know their material and they're certainly over stage fright by now."

Dina Morishita lives in Los Angeles with husband, singer/playwright Welly Yang. She graduated from Kennedy High and attended Sacramento State until winning the Broadway National touring production lead in "Miss Saigon." A mom of two, Morishita has also toured as Eponine in "Les Miserables" and played Princess Jasmine in Disney's "Aladdin."

Singer/TV star Kate Levering has just given birth to a son and may restrict her contribution to simply greeting September 20 and 21st audiences. "She one of our most successful cast members," approves MacDonald. "Audiences will love to see her."

Manhattan-based Teal Wicks went to high school in Natomas and continued musical studies at U.C. Irvine. Fresh from touring as ingénue Catherine in "Pip-



Carmichael native Kate Levering conquered Broadway and now has her own TV show. Photo Courtesy Best of Broadway

pin," she scored the "Wicked" lead in Los Angeles and in San Francisco. Wicks then reprised her Elphaba role for over a year in Broadway's legendary Gershwin Theater. She also starred in

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Never, Ever Forget

Continued from Page 1

someone who was traumatized from an accident or something. I had thought it was a future scene from being in San Francisco after a big earthquake. That seemed plausible, as I had been through a number of California quakes, including the last big one in 1989. I must have had the dream two dozen times, the same dream, over and over.

After 9/11 those dreams stopped. It was then I realized I had witnessed the horror through the eyes of my friends months in advance.

One of my friends, John, a steward on one of the Staten Island ferries, met with me for lunch many years later in downtown Sacramento. He was on his way to moving permanently to Seattle. To hear his story of

being on the ferry in the middle of the bay watching the towers as they fell was beyond moving. He just couldn't take living in the City anymore.

This day in history seems now to be a footnote. To me, it's personal. It was the day the world changed forever, and not for the good. It is one of the driving forces that leads me to bring commentary to the readers of my newspapers that hopefully educates them to what is really happening in our country and what is being done by our government to restrict the populace of our great nation.. All in the name of terrorism.

Our country is asleep. SAFE is killing us. The patriot is the enemy and the enemy is glorified. The game continues. There is more than one "blue pill".



The bravest of the brave. Photo by Paul V. Scholl

We stop looking for the truth because we want to finish the

next level of some stupid video game. We stop looking for the truth because our favorite team is on T.V. in five minutes.

We stop looking for the truth because if we find it we will have to deal with it. We will actually have to become personally responsible and force a change from this path of a rotting nation and become better neighbors, co-workers and friends.

9/11 should be an annual wake up call for every American to re-dedicate themselves to bettering our community and our nation for ourselves, our loved ones, and the future Americans yet unborn.

We have a greatness within us. 911 should not be a distress call, but a wake up call from a long and very deep sleep.

Bev's Angel Project Classic Car Show Spectacular



Bev's Angel Project Inc. is a nonprofit organization that provides items for needy families during the Christmas season. Photo courtesy Bev's Angel Project

CARMICHAEL, CA (MPG) - Bev's Angel Project's Annual Nifty 50's Classic Car Show is Saturday, September 21st in the Carmichael Oaks Shopping Center at the corner of Marconi and Fair Oaks Blvd., 9:00 a.m. to 3:00 p.m. Entry fee is a new unwrapped toy(s). There will be raffle prizes, baskets raffle, free coffee and donuts, a hot dog lunch for participants, people's choice award, and live rock and roll music provided by Todd Morgan and the Emblems from 10:30 a.m. to Noon. This is their kick-off to their gift collecting for the holiday season.

Mrs. Claus and her helpers visit school classrooms, hospitals, crisis nurseries, Mustard Seed School for the homeless, Children's Protective Services, and Alta Regional Center. Schools served by Bev's Angel Project include Garfield Special Ed. preschool, Cameron Ranch, Carmichael, Dyer Kelly, Ethel Phillips, Hillsdale, and F. C. Joyce Elementary Schools, Starr King/Ralph Richardson Center,

Churchill Middle School, and Mira Loma High School. They also assist St. John's Shelter for Women & Children, St. Mathews Presbyterian Church, and Sacramento Sheriff's Department.

If you would like to support this project and donate toys or other items needed, please call 402-7202 or email to topcrdrv1@comcast.net.

Bev's Angel Project Inc. is a nonprofit organization that provides items for needy families during the Christmas season. Each year Bev's Angel Project serves over 3,000 children and families providing them with homemade blankets and quilts, stuffed animals, wrapped toys, gloves, hats, stuffed stockings, games and puzzles.

The continued success of the Angel Project would not be possible without the generosity of those that donate their time, as well as receiving monetary donations. Thank you and "Angel Hugs" to all of you who continue to support this project.



Grieving New Yorkers and visitors honored the fallen at the memorial walls surrounding Ground Zero over the following months. I read through every name on the list searching for the names of friends. A miracle, not one was listed. Photo by Paul V. Scholl

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Publisher, Paul V. Scholl

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Carol with her Dad James Rogers



Natural Pest Control

Pest control is always on any gardener's mind. In today's environmentally conscious world, organic pest control is of major interest. Organic Pest control includes prevention, biological control and organic pesticides.

Prevention:

Prevention includes choosing what you grow to reduce potential problems. It includes things like growing mildew resistant rose varieties, nematode resistant tomatoes, planting so there is a lot of air movement around your plantings to reduce fungus disease and insect populations (this allows predator insects to get at the pest).

Sanitation is also an important part of prevention. By reducing the chance of infestation you reduce the incidence of disease. Don't use diseased or insect ridden garden materials in compost piles. Clean up all dropped fruit and flowers and get rid of old rose foliage after the winter prune.

Pest Predator:

The most important of these are: Ladybugs, Praying Mantis,

Lacewings, Beneficial Nematodes, Encarsia Wasp and Predator Mites. Lady bugs can work in Aphid control, Praying Mantis eat larger flying insects, Lacewings control Aphid and similar insects. Beneficial Nematodes kill grubs in the soil, Predator Mites control two Spot Mite and Encarsia Wasp control Aphid and Ash White Fly.

Lady bugs and Praying Mantis are available during the spring. The rest may be ordered on line. My personal favorite for Aphid control are Encarsia Wasp. These are minute wasps about the size of fine ground pepper and they lay an egg in an Aphid and eat them from the inside. Best of all is they permanently establish themselves.

Organic Pesticides:

Organic Pesticides include natural materials such as Horticultural Oils to control sucking insects such as Scale, White Flies and Aphid. Oils also control many insect eggs when applied in winter.

Natural materials also include Copper, Sulfur and Lime Sulfur used as fungicides. These are best used as preventatives rather than eradicants. There is also a new

organic fungicide called Serenade (this is an extract from a special bacillus) that helps control a broad range of funguses.

The Slug & Snail control called Sluggo also comes under the category of natural materials and is generally accepted as an organic pesticide.

Other Organic Pesticides include what are called Botanicals. These are plant extracts. Nicotine has been one of the most effective; not used now because of its extreme human toxicity. Rotenone, Pyrethrum, BT, and Neem are botanical pesticides that are available for many sucking and chewing insects.

All these pest controls are allowed under most organic gardening regimes. In any case they are easy on the environment.

Happy gardening,

Jungle Jim

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Announcements & Events

Adopt a Park Day

Join us on Saturday, September 14 from 8:30am-11:30am for Adopt a Park Day! Meet up on site with district staff!

Designated Parks will be: • Patriots Park • Jan Park • O'Donnell Park • Jensen Botanical Gardens - 9am-1pm

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How often do you crave something sweet?

While we are consuming record amounts of sugar per day and suffering the health consequences, sweet is actually an important nutrient and part of our overall balance.

The average American consumes approximately 21.4 teaspoons of sugar a day. That averages 130 pounds of sugar per person per year! The American Heart Association recommends that women get no more than 6.5 teaspoons of sugar while men get no more than 9.5 teaspoons per day. Imagine sitting down to a meal and consuming 7 teaspoons of sugar at each meal! Just some of the devastating effects are high blood sugar, elevated blood pressure, diabetes, circulatory challenges, obesity, tooth decay, behavioral changes, increased triglycerides, and a contributor to chronic disease. While most people are aware of the devastating effects of too much sugar, sadly, most are completely unaware of the sheer volume of sugar in their daily diets.

According to Ayurveda, when we consume more sugar than our body can metabolize, our body transforms it into Ama (toxins) which pollute our blood, tissue, and vital organs. This results in overall poor health, elimination problems, a weakened immune system, and increasing our chances of chronic diseases. By cutting out or drastically reducing your consumption of sugary foods and foods high in refined carbohydrates, you will almost certainly notice an improvement

Sweet and Sugar Are Not the Same

in energy, immunity and overall health.

The first taste we develop is the taste for sweet. Of the six vital tastes, the sweet taste is actually nourishing and growth producing. It helps build and repair tissue and is the predominant energy in most foods. Sweet is primarily proteins, carbs, and fats. Nearly all staple foods, vegetable oils, nuts, sugars and syrups, dairy products, and meat are classified as sweet tasting. Provided such foods are not consumed in excess, they are nourishing, but they can also be fattening and congesting. Sweet foods can contribute to mucus formation and eventually to phlegm and coughs. So while sweet tasting foods are stabilizing, tonifying, and calming—and absolutely necessary, they are contraindicated once the optimum level of consumption is reached. We are reaching this level far faster than we realize. The surprise for most people is when you combine the total number of sweet foods AND the sugar consumed in a day, the total amount is staggering. I have worked with individuals that the amount of sweet and sugar consumed is over 85% of their daily diet. Simply modifying their sweet intake and balancing the six vital tastes has done wonders for their overall health and energy.

So while sweet foods are one thing, sugar foods are quite another. Sugar had become a game of hide and seek as it is consistently labeled creatively. Here is just a few:

- Evaporated Cane Juice
- Barley malt syrup
- Sucrose • Corn syrup
- Barley malt extract
- Corn sweeteners • Malt
- Beet juice • Dextrose
- Malt syrup • Maltose Succanat
- Fructose Maltodextrin
- Maple syrup
- High fructose corn syrup
- Invert sugar • Brown rice syrup
- Turbinado Sugar • Aspartame

It is important to remember, that a balance in all the six vital tastes keeps us healthy. In fact, for those seeking a boost in energy, it is often more effective

to eat something very spicy that liberates stored sugars than to wolf down a chocolate bar.

At Chiropractic USA, we see all too often the toll that too much sweet consumption has on our lives. While there are a multitude of strategies to reduce our imbalance, the first is to simply be aware. Read the labels and evaluate your overall sweet consumption in a day.

DO

- Plan your meals AND your snacks.
- Shift your diet to whole grains (the amount of grains consumed in a day should be no larger than your fist.), legumes, nuts and seeds, and fresh whole fruits and vegetables. This absorbs more slowly and eliminates peaks and drops in blood sugar and reduces your cravings.
- Include all six colors of the rainbow in your daily diet.
- Eat your main meal at lunch time and a lighter meal before 7pm.
- Get enough rest.
- Turn off the TV (you'll move more and snack less).
- Move a minimum of 20 min every day (walking is great for everyone!).
- Remove nervous energy and sit in quiet for at least a few minutes each day while taking deep cleansing breaths.

Avoid

- Having too few (and the wrong kind) of calories.
- Do not skip meals (especially breakfast)
- Eating too late
- Ignoring liquid calories
- Refrain from substituting foods for emotional needs

At our "Sugar free families" class we teach our patients valuable tools and strategies to remove sugar and keep the sweet! Join our upcoming program and learn more. Discover more about our community office; Fan us on Facebook www.facebook.com/chiropracticUSA!

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Picture courtesy of Susan Maxwell Skinner

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2 Tablespoons honey (use local and unprocessed if possible)
3/4 cup corn flake crumbs (I use sugar and gluten free- Nature's Path Organic Corn Flakes)

Directions

Blend peanut butter and honey.
Stir in 1/2 cup corn flake crumbs.
Form into 24 small balls and roll in remaining corn flake crumbs. Chill

Note: This recipe is easy to double (in fact I quadruple it because my family loves them!)



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A Special Article by Tim Riley

Riley Reviews

COMEDY LOOMS LARGE FOR FOX NETWORK SERIES IN FALL TV SEASON

network this fall, and yet when speaking to TV critics during the recent press tour, Kevin Reilly, president of Fox Entertainment, had not much to say, other than to answer critical questions about "Dads."

In fairness, Reilly did lump the comedy "Brooklyn Nine-Nine" with the mystery-adventure drama "Sleepy Hollow," noting how "surefooted these two shows are right now, right out of the gate."

Well, this was a rare occasion when a TV network executive was not engaging in hyperbole or deception. The aforementioned shows may be two of the best new series on the schedule.

Part of the FOX strategy is to create a strong comedy block on Tuesday nights, leading off with

the half-hour new series "Dads" and "Brooklyn Nine-Nine" during the eight o'clock hour and ending with returning comedies "New Girl" and "The Mindy Project."

Unlike the practice of the other major networks to launch new series during the traditional Nielsen week starting September 23rd, FOX begins a week earlier, so look for the new Tuesday night comedy block to premiere on September 17th.

The spirit of "Barney Miller" lives within the new comedy "Brooklyn Nine-Nine," set in the police workplace where a diverse group of colleagues get a new captain, Andre Braugher's Ray Holt, with a lot to prove in a far-flung district in the New York borough of Brooklyn.

Evident from the pilot episode, the key to the mayhem in the Brooklyn precinct is Andy Samberg's Detective Jake Peralta, a gifted investigator with the best arrest record among his colleagues, but also a carefree goofball studiously oblivious to the usual norms.

A stickler for rules and regulations, Captain Holt's arrival as the commanding officer at the

Nine-Nine precinct puts a crimp in Detective Peralta's jocular style, attempting to force him to now follow standard decorum and even wear a tie to work.

Samberg is hilarious in his efforts to not-so-subtly undermine authority while continuing to be an outstanding police officer, and his eagerness to nab crooks is fueled by a dogged competition with his comely colleague, Detective Amy Santiago (Melissa Fumero).

The ensemble comedy features interesting characters, such as Joe Lo Truglio's Detective Charles Boyle, a brilliant but bumbling workhorse who pines for the abrasive, opinionated Detective Rosa Diaz (Stephanie Beatriz), with whom he stands no chance at all.

Chelsea Peretti is the eccentric and self-absorbed civilian officer manager Gina Linetti, and the always wonderful Terry Crews is Sergeant Jeffords, a linebacker of a man who lost his nerve after his wife had baby twin girls named Cagney and Lacey.

I predict "Brooklyn Nine-Nine" is FOX's new comedy hit, but Kevin Reilly spent precious time at the press conference defending some offensive aspects of "Dads," another comedy from the creators of "Family Guy."

Seth Green and Giovanni Ribisi are two successful guys in their mid-30s whose lives get turned upside down when their inappropriate and pain-in-the-neck patriarchs move in. Gifted actors Martin Mull and Peter Riegert, playing their dads, may not save this show from early demise.

Another comedy, not scheduled until later in the fall season, is

"Enlisted," an irreverent military-themed comedy (shades of "M.A.S.H.") about three brothers on a small Army base in Florida and the group of misfits who surround them.

Geoff Stults is the natural born leader, Sergeant Pete Hill, who was on a path for a huge military career until one mistake overseas got him booted stateside, where his two younger brothers are stationed.

With its goofy, sarcastic sensibilities, "Enlisted" looks like a potential winner. It may even shape up to have some of the Army humor reminiscent of "Sgt. Bilko," the great vintage TV series starring Phil Silvers, not the middling Steve Martin movie of the same title.

The FOX team gave us a military cap emblazoned with the title of the show, but this small gift has not affected my judgment on "Enlisted." I just tell you this as a matter of full disclosure.

Now that we have run down the list of new comedies, let's focus on a show of a different nature, one that Kevin Reilly rightly described as a winner "right out of the gate."

That show, to premiere on Monday, September 16, before being moved to a Friday night slot, is "Sleepy Hollow," a modern-day version of Washington Irving's classic novel in which Ichabod Crane is resurrected and plunged 250 years into the future.

In the FOX version of "Sleepy Hollow," Tom Mison's Ichabod Crane is a Revolutionary War hero who is brought back to life in the contemporary world of the Hudson Valley, where things are

different than envisioned by the Founding Fathers.

Revived alongside Ichabod Crane is the infamous Headless Horseman who is on a murderous rampage in the present-day Village of Sleepy Hollow, creating a major catastrophe for the local police force.

Of course, no one believes Ichabod's tales of America's past and dire warnings about the Four Horsemen of the Apocalypse, but young cop Abbie Mills (Nicole Beharie) has had her own supernatural experiences and she teams up with Ichabod to embark on a mission to stop evil.

Judging by the pilot episode, "Sleepy Hollow" looks like it will draw a fan base of the younger male demographic and those who enjoy supernatural mysteries and adventure.

Waiting in the wings for a midseason replacement is "Almost Human," a science-fiction action-packed police procedural set 35 years in the future, when police officers are partnered with highly evolved human-like androids.

Karl Urban plays a detective who survived a horrific attack and wakes up after a 17-month coma to find he can't remember much, is outfitted with a prosthetic leg and suffers from mental atrophy and depression.

Nevertheless, instead of being on disability, he rejoins the police force, though he must be partnered, much to his displeasure, with a robot.

I have not seen a pilot of this show, but I am already thinking "Robocop." We'll wait and see.



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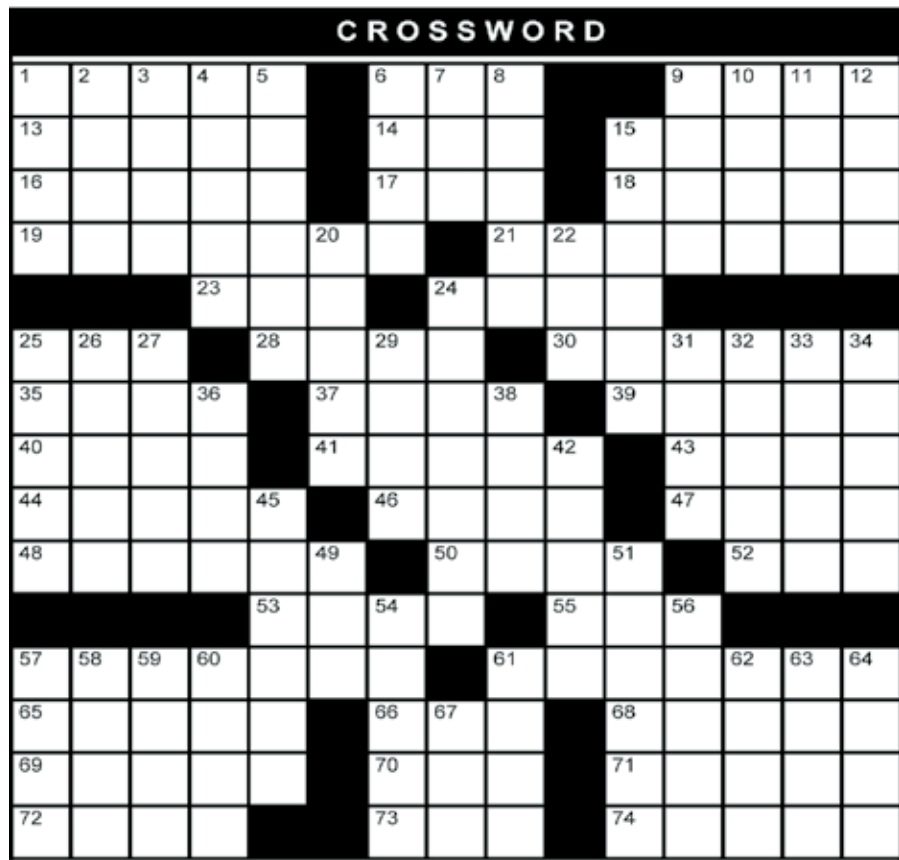
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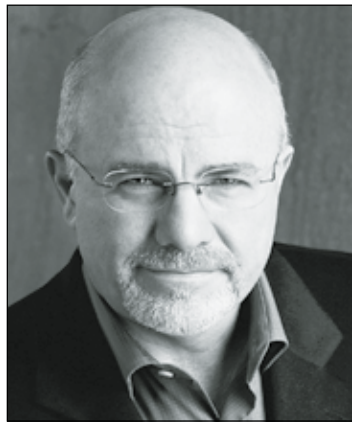
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|--|---|---|
| <p>ACROSS</p> <p>1. "It reads music on CDs</p> <p>6. "___ a Wonderful Life"</p> <p>9. Praise or glorify</p> <p>13. Domicile</p> <p>14. "The One I Love" group</p> <p>15. Rid of impurities</p> <p>16. Medical helper</p> <p>17. Schiller's "___ to Joy"</p> <p>18. Light-footed</p> <p>19. *Stone's Oscar winner</p> <p>21. *1985 London/Philadelphia Fundraiser</p> <p>23. "The ___ of All Fears"</p> <p>24. Ancient colonnade</p> <p>25. "Simon & Simon" network</p> <p>28. "___ Was a Rollin' Stone"</p> <p>30. *MTV first began asking artists to do this in 1989</p> <p>35. Nuclear fission chemist Otto ___</p> <p>37. Suspend</p> <p>39. Muse of love poetry</p> <p>40. UN civil aviation agency, acr.</p> <p>41. Befuddle</p> | <p>DOWN</p> <p>1. Often covered with a shade</p> <p>2. Cain's brother</p> <p>3. "Diet Coke</p> <p>4. Written corrections</p> <p>5. Recover</p> <p>6. Caddie's offering</p> <p>7. *One excellent adventurer</p> <p>8. Extract (metals) by heating</p> <p>9. Winter Olympic sport</p> <p>10. Cantatrice's offering</p> <p>11. Tangerine and grapefruit hybrid</p> <p>12. A good one of these is often rewarded</p> <p>15. Royal court dance</p> <p>20. D-Day beach</p> <p>22. Debtor's note</p> <p>24. Slang for urban miners</p> <p>25. *Tiananmen Square country</p> <p>26. *Star of 1984's "Footloose"</p> <p>27. Disreputable</p> <p>29. *Shoulder accessories</p> <p>31. "The ___ and Cons of Hitch Hiking"</p> <p>32. Cleansed</p> | <p>DOWN</p> <p>33. Wombs</p> <p>34. *Soviet leader, affectionately</p> <p>36. *Won French Open in 1983</p> <p>38. Glamorous</p> <p>42. Jean-Jacques Rousseau's character</p> <p>45. They're denoted in red</p> <p>49. "The ___" charted with "You Better You Bet" in 1981</p> <p>51. *Puzzle game</p> <p>54. *Molly Ringwald films are full of this teen worry</p> <p>56. Seize the throne</p> <p>57. Leave at the altar, e.g.</p> <p>58. Dwarf buffalo</p> <p>59. Sour milk sign</p> <p>60. Actor Kristofferson</p> <p>61. Take out, as in dragon</p> <p>62. October birthstone</p> <p>63. Greek cheese</p> <p>64. Three of these in a yard</p> <p>67. Always, in verse</p> |
|--|---|---|

For Solution See Page 7



Dave Ramsey is America's trusted voice on money and business. He's authored four New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover and EntLeadership. The Dave Ramsey Show is heard by more than 6 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

Serious Talk Time

Dear Dave,
My wife and I make together about \$100,000 a year, almost \$50,000 in an IRA and no debt except for our home. The problem is I've had several health issues lately, and we've diverted a lot of money we'd put into saving and investing toward medical bills. We also have two kids in high school who want to go to college. Do you think we should cash out the IRA to help send our boys to school?
— Jeff

Dear Jeff,
You guys make \$100,000, and expenses at a good in-state school would be roughly \$17,000 a year. If I were you, I'd trim the household budget and make the kids get to work. Look around and see what you can sell, too. There's no reason you all can't pull together and cash flow an education for these guys. Providing an education for your kids is a noble pursuit, but you're low on money right now because of health problems and medical bills. You didn't do anything wrong to create this scenario. It was just a case of life happening. So, you shouldn't feel ashamed to sit down with your kids and say, "Okay, serious talk time. You guys know what's happened recently, so if you want to go to college,

Dave Says

you need find a good, affordable institution and start applying for every available scholarship. You also need to plan on working after school and on weekends - now and when you're off at college - and saving money like crazy. Your mom and I will help out some, but we all have to pull together to make this happen."

There's a better way to do this than borrowing money and going into debt. There will be times when it's not easy, but walking around with student loans hanging over your head - or nothing set aside for retirement - is no fun, either!
- Dave

Big Car Debt, Small Income

Dear Dave,
My mom has about \$35,000 worth of debt from a \$17,000 car and \$18,000 in student loans. She makes \$20,000 a year. How can she get out of this mess?
- Christina

Dear Christina,
No one needs a car that's worth nearly all of their yearly income. That's just ridiculous. If you listen to me on the radio, I'm sure you've already heard me say what I'm about to say now—sell the car! That will get rid of almost half her debt, then

find her a little \$2,000 beater to drive until she can save up for a better car.

Remember this simple rule: Never buy a car that costs more than half of your annual income. Also, never go into debt to buy a car. Automobiles go down in value like a rock, and you never want that much money wrapped up in something that's depreciating.

We also have an income issue here. Your mom has to do something in the short term to get her income up and pay off debt. A part-time job nights and weekends would be a really good idea. Then, she needs to address her long-term situation with an eye toward a decent job. Whether it's more formal education or technical training in a particular field, she needs to find a career that will significantly increase her income.
- Dave

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

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1	4	3		7	
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	3	8	7	2	
		3		1	4
6	7				9
		9			
	9		8	6	5

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

Come back every week for Sudoku!

For Solution See Page 7.

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Sacramento County DA Reports Recent cases of interest

CASE: Ramona Sarcadi (09/06/13)

PROSECUTOR: Deputy District Attorney Ron Linthicum, Special Investigations Unit

District Attorney Jan Scully announced today that the Honorable Jack Sapunor sentenced Ramona Sarcadi to 2 years and 4 months state prison. Sarcadi had previously pled guilty to two counts of grand theft, one count of filing a false tax return and admitted a special white collar crime allegation, making her eligible for a state prison commitment.

Between October 10, 2008 and June 3, 2010, Sarcadi was employed as an office manager for Capitol Reconstruction. While in this position of trust, Sarcadi wrote at least 127 fraudulent checks to herself, her friends and her family members. Sarcadi inflated her own paycheck and fraudulently used the company's credit card. The total loss to Capitol Reconstruction was over \$180,000. Sarcadi also filed a fraudulent tax return in that she failed to report money she had received from her crimes. As part of the settlement, one of the recipients of money taken by Sarcadi paid \$40,000 in restitution to the victim.

This case was investigated by Sacramento Police Detective Claressa Wilson and District Attorney Investigator R. A. Allen.

CASE: Adam Bill Ranlett (09/06/13)

PROSECUTOR: Deputy District Attorney Allison Dunham, Special Assault & Child Abuse Unit

District Attorney Jan Scully announced that Adam Bill Ranlett was convicted by jury of child molestation with the use of force on two separate victims.

Ranlett sexually assaulted a 7-year-old family member and a friend's 12-year-old daughter.

Deputy District Attorney Allison Dunham states, "Both victims bravely faced their abuser by testifying in this case and have ensured that he will never harm another child again."

Ranlett faces a possible sentence of 90 years to life in prison. Sentencing is set for October 4, 2013 in Department 29 before the Honorable Timothy Frawley.

CASE: Shane Vicars (09/06/13)

PROSECUTOR: Deputy District Attorney Shauna Franklin, Special Assault & Child Abuse Unit

District Attorney Jan Scully announced today that the Honorable Emily Vasquez sentenced Shane Vicars to 26 years in prison. On February 8, 2013, a jury convicted Vicars on 13 counts of committing lewd or lascivious acts with a child under 14 years of age.

Vicars was a former after school teacher at Sierra Oaks Elementary School. The two young male victims were attendees of that program.

Deputy District Attorney Shauna Franklin states, "Thanks to District Attorney Victim Advocates Colette Brown and Ann Tran, the victims and their families received the support they needed throughout the difficult criminal justice process."

CASE: Ricky Sims (09/05/13)

PROSECUTOR: Deputy District Attorney Thien Ho, Gangs & Hate Crimes Unit

District Attorney Jan Scully announced today that Ricky Sims was convicted by jury of attempted murder and making criminal threats. The jury also found true firearm and gang allegations.

Sims is a validated member of the Oak Park Bloods. On April 12, 2013, he shot at a rival Crips gang member five times, hitting him once in the arm. Sims shot the victim because he was wearing all blue in Oak Park Blood territory. At the time of the shooting, there were a number of young children playing nearby. Sims also threatened to shoot and beat a second victim.

Sentencing is scheduled for October 4, 2013 in Department 15 before the Honorable Kevin McCormick.

CASE: Luis Prudente (08/27/13)

PROSECUTOR: Deputy District Attorney Michael Kane, Gangs & Hate Crimes Unit

District Attorney Jan Scully announced today the Honorable Marjorie Koller sentenced Luis Prudente to life in prison without the possibility of parole plus an additional 42 years to life.

On July 24, 2013, a jury convicted Prudente of first degree murder, assault with a firearm and automobile theft. The jury also found true the special circumstances that Prudente committed the murder to further the activities of a criminal street gang and that he committed the murder by shooting from a vehicle as well as firearms and great bodily injury allegations.

CASE: Corey Anderson (08/23/13)

PROSECUTOR: Deputy District Attorney Rochelle Beardsley, Major Narcotics Unit

District Attorney Jan Scully announced today that the Honorable Kevin McCormick sentenced Corey Anderson to 19 years in state prison after pleading to charges of transporting cocaine, cocaine sales, being a felon in possession of a firearm and child endangerment. Anderson also admitted to a prior drug sales conviction, a prior strike and an out on bail enhancement.

On August 24, 2012, Corey Anderson and his brother, Cushi Anderson, were pulled over in a vehicle stop. A search of the car revealed over 27 grams of cocaine, two pounds of marijuana, \$2,000 cash and narcotics sales paraphernalia.

On September 13, 2012, a search warrant was executed at the home Corey Anderson shared with his girlfriend and her five-year-old child. Inside the residence, detectives found 124.6 grams of cocaine, 20.43 grams of black tar heroin, 1076.69 grams of marijuana, 21 grams of MDMA, a loaded .25 caliber handgun and narcotics sales paraphernalia. All of the drugs were accessible to the five-year-old child.

Carmichael Chamber Welcomes Fresh and Tasty Treats

By Linda Harper
MPG New Business Reports

CARMICHAEL, CA (MPG) - Carmichael Chamber of Commerce members welcomed Al Esquivel and Fresh and Tasty Treats to the business community with an official ribbon cutting ceremony, on Thursday, August 29.

Opening four Franchises under one roof is quite a feat. But Al Esquivel, owner of Fresh and Tasty Treats, has mastered the business in grand style. Having worked as a Franchise Consultant, Al decided to take the leap into Franchisee status, housing different, but complimentary entities to provide something for everyone.

Yo-Good frozen yogurt, topped with dazzling fresh fruit is a favorite of all ages. Its proprietary combination of healthy ingredients makes it a flavorful alternative to ice cream.

Juice Zone, with its fresh raw juice smoothies, spreads perpetual sunshine into every serving. Only fresh fruit combined with other natural, healthful ingredients are used in creating Juice Zone smoothies.

Small Cakes, blended to order cupcakes are a special bakery dessert created for any occasion. Creative flavors, quality ingredi-



Fresh and Tasty will provide four different entities under one roof. Along with Fresh and Tasty, Al Esquivel will provide Yo-Good frozen yogurt; Juice Zone with their fresh raw juice smoothies and Small Cakes serving up cupcakes. Photo courtesy of Fresh and Tasty Treats

ents & friendly service behind a shiny, glass counter will provide you with a fine cupcake experience. Whether you buy one small cake for yourself or a dozen to share with your office, you'll be back for more Small Cakes.

Tasty Image uses an innovative method to create personalized gifts and party favors for any occasion. The magic of "Chocolography" puts your favorite photograph on chocolate to pro-

vide a unique, memorable and edible gift. Items available to order either in the shop or online, include framed photographs, assorted truffles, chocolate greeting cards, sports trading cards and even chocolate business cards.

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Congressman Bera calls for investment in Sacramento County infrastructure

SACRAMENTO COUNTY, CA (MPG) - Congressman Ami Bera, M.D. (CA-7) called for investment in Sacramento County infrastructure recently, after touring several local transportation projects with representatives from the Sacramento County Department of Transportation (SACDOT), the Sacramento Area Council of Governments (SACOG), Operating Engineers Local 3, and Laborers Local 185. The tour featured recently completed, active, and planned transportation projects near or along Highway 50 in the Rancho Cordova area.



Congressman Ami Bera

"Our infrastructure in Sacramento County is in dire need of improvement," said Bera. "In our region, nearly 3.4 million trips are made over structurally deficient bridges every single day and the deteriorating state of the levees is also extremely serious. These improvements need to be made, but not only will they keep our families safe, they will also put Californians back to work and reinvigorate our economy."

Bera highlighted the Partnership to Build America Act of 2013 (HR 2084), as a smart way to make these kinds of needed infrastructure upgrades. A bipartisan bill Bera has co-sponsored, the Partnership to Build America Act, would help pay for our fast-deteriorating infrastructure like roads, bridges,

and levees, without increasing the nation's debt or raising taxes. Instead, it gives companies that bring foreign earnings back to America a tax savings if they invest in a new, U.S. infrastructure fund. If passed, it would create significant American jobs in the short-term and help U.S. competitiveness in the long-term.

The sites Bera visited included:

- Hazel Avenue at State Route 50 Interchange
- Estimated completion 2018 - 50 percent unidentified funds
- Hazel Avenue Phase 1 - American River Bridge
- Completed 2010 - 39 percent federal funds
- Hazel Avenue Phase 2 (Madi-

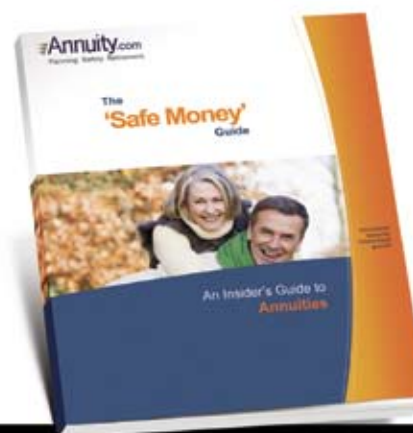
- son Avenue to US Highway 50)
- Estimated completion 2015 - 68 percent federal funds
- SACOG programmed \$10m in regionally-controlled federal funds towards this project.
- Hazel Avenue Phase 3 (Madison Avenue to US Highway 50)
- Estimated completion 2017 - 65 percent unidentified funds
- Fair Oaks Blvd Safety Improvements Project
- Completed 2010 - 90 percent federal funds
- Watt Ave @ US 50 Interchange
- Estimated completion 2014 - 12 percent federal funds
- SACOG programmed a total of \$18.4m in funds towards this project a combination of regionally controlled federal funds and State Bond funds.
- The project was also an example of a strong partnership between SACOG, SacDOT, and the Sacramento Transportation Authority to prepare a final funding package.
- Watt Ave Light Rail Transit Grade Separation
- Completed 2009 - 61 percent federal funds

Congressman Ami Bera, M.D. represents Sacramento County. For more updates on Rep. Bera visit <http://www.bera.house.gov>. Source: Office of Ami Bera

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Overcoming feelings of failure and discouragement

There are songs and stories that resonate with us. These stories or songs put into words our deepest feelings. Hearing such stories and songs encourages us because we know that someone else has been where we are emotionally or spiritually.

One such story found in the Bible speaks to me about overcoming feelings of failure and discouragement. In Luke 5 Jesus is speaking the word of God to a crowd gathered on the shore of a large lake. The crowd was so large and kept pressing him toward the water so he got into one of the fishing boats moored there and had the owner push



Commentary by
Pastor Rich Reimer

him out a little way from land. I believe this action allowed his voice to be heard clearer and farther away.

When Jesus had finished his talk, he said to the owner of the boat, "Put out into the deep water and let down your nets for a catch." To which the fisherman replied, "Master, we worked hard all night and caught nothing, but at your bidding I will let down the nets."

There it is. Here is a man who has failed and is feeling like a failure. Here is a man who has fished all night and caught nothing! He is tired! He is stressed! He has just finished cleaning up

his equipment and is ready to go home and sleep or drink his discouragement away. The last thing he wants to do at that moment is to re-launch the ***** boat and fish during day light hours when he knows from experience that the fish won't be biting! Physically and emotionally he is beat. His motivation to fish is zero.

If you are human you know exactly how this fisherman feels. You've been there. You've bought the t-shirt. Perhaps your "there" right now?

There was only one person who successfully motivated this dejected fisherman to try it

again. It was the person of Jesus, who challenged him with a simple request. Jesus wasn't known for his fishing expertise but he was someone that this fisherman respected and took seriously.

We all have days and moments when we lack motivation, when we just don't feel like trying "it" again. But then we read something, or hear some song on the radio or talk with someone who gives us a tiny bit of hope to keep on trying. In this case it was Jesus.

The fisherman got his equipment together, re-launched his boat and let down his nets and suddenly there was a huge catch,

so many fish that his nets began to break and he had to call on another boat to assist him. Cast your net, keep trying, and believe that there is someone who can and will fill it. Jesus is that someone for me. If I keep on casting my net, doing what I know I ought to be doing, I have hope that Jesus will fill it. What is the "boat" you need to re-launch? What are the "nets" you need to cast out into deep water?

Reverend Richard Reimer,
Lead Pastor American River Community Church 3300 Walnut Avenue Carmichael, CA. 916-483-3465



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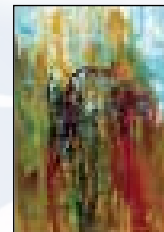
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Divas Come Home to Roost

Continued from Page 1

debut New York stagings of "Dr Jekyll and Mr Hyde."

A vignette performance in Dave MacDonald's Fair Oaks show, she says, "is a small way to give back. The musical shows I did for him were an inspiration. They introduced me to theater."

Says MacDonald: "Even when these performers were beginners, everyone sensed their focus. They had masses of ambition and, more importantly, they knew their dreams would demand sacrifice. I've since seen them on Broadway stages. They are serious names in the work they love. All will all pay their

own travel expenses and perform gratis. I feel humble to think their careers began with me and that they've come back for our anniversary production. It's great for my other cast members to see such success stories. It shows that dreams have no limit."

Best of Broadway's opening night is September 13. Shows run Fridays, Saturdays and Sundays until September 29. The Fair Oaks Amphitheater is at 7991 California Ave. Tickets are \$20; \$18 for seniors and students; \$15 for children. All shows begin at 7:30 p.m. For booking information, go to www.bestofbroadway.org or telephone (916) 296-6311



Teal Wicks flew to fame as heroine Elphaba in the Broadway hit "Wicked." Now based in New York, she returns for a Best of Broadway performance in Fair Oaks on September 15. Photo by Susan Maxwell Skinner

Railroad Museum Presents "Trains & Tripods"

SACRAMENTO COUNTY, CA (MPG) - Lights, Camera, Action! Back by popular demand, the California State Railroad Museum is proud to host a unique "Trains & Tripods Photo Opportunity & Lighting Seminar." The two-part program includes an optional seminar on existing light photography and a photographers-only photo session inside the visually-enticing museum before it opens to the public for the day.

Amateur photographers of all skill levels can choose to attend one or both of the activities. Conducted by former Sacramento Bee photographer and Canon USA consultant Dave Henry, the fast-paced and

information-packed lighting seminar is scheduled for Friday evening with the "bring your own tripod" photography opportunity scheduled for Saturday morning. Space is limited to 50 participants and advance registration for "Trains & Tripods" is required. All photographers are required to sign a release of liability and a "not for commercial use" clause. For more information or to register, interested photographers are encouraged to call 916-445-7387 or visit www.csrnf.org.

The Trains & Tripods Photo Opportunity & Lighting Seminar is scheduled for Friday, September 20 and Saturday, September 21, 2013, Friday - 5:30 p.m. to

8:30 p.m. (Photography Seminar), Saturday - 7 a.m. to 9:30 a.m. (Shooting Workshop). Cost is \$35 per person Friday night seminar, \$35 per person shooting workshop or \$60 per person for both.

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. For 24-hour information, visit www.csrnf.org or call (916) 445-6645.

Source: T-Rock Communications

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Every Thursday from 3 to 7:30 pm (through November 14th)

Sacramento Midtown Farmers Market ★ NEW!
2020 J Street (Between the STANF Native American Health and Bioware buildings)
Every Saturday from 8 am to 1 pm - all year round, rain or shine

Fair Oaks Plaza Park Farmers Market
7003 Park Drive, Fair Oaks (Old Fair Oaks Village)
Every Wednesday from 3 to 7 pm (through November 13th)

Mather VA Hospital Farmers Market
10535 Hospital Way, Mather
Every Wednesday from 9 am to 1 pm (through November 20)

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