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We Need A Return to Economic Growth

Commentary by
Brendan Minitier

Like a summer houseguest who overstays his welcome, the current economic climate just won't leave.

That was the message when the Labor Department recently announced that the unemployment rate had ticked up to 8.3 percent. Just days earlier, the Commerce Department reported that America's gross domestic product is growing at an annual rate of just 1.5 percent, as the debt crisis in Europe and looming end-of-year tax hikes continue to slow the recovery.

This is tough news to swallow, as we have long been accustomed to steady economic growth. From World War II until the current recession, the economy has grown, on average, about 3 percent a year. Occasional slowdowns have always been followed by periods of robust recovery and expansion, leaving most Americans today substantially better off than their parents and grandparents were.

Growth, to most Americans, is simply the natural state of the economy.

As we enter the heat of election season, Americans will find themselves faced with a decision between two theories of economic recovery. One says we should turn to government to provide for the people, to stimulate the economy by pumping money into the system. The other



Americans will find themselves faced with a decision between two theories of economic recovery.

says we should help Americans help themselves, and empower workers by finding new ways to unleash the creative potential of our entrepreneurs.

It's often assumed that federal spending will stimulate the economy. But there is mounting evidence that it can actually be harmful to economic growth. Half a century ago, economist James Buchanan, who would later win a Nobel prize, pointed out that government policies are often driven not by altruistic motives, but hidden incentives.

Government agencies, for example, have a strong incentive

to exhaust their budgets every year, even if they don't need to. Otherwise, lawmakers might cut those agencies' budgets the following year.

Meanwhile, firms in the private sector often seek and receive money from the government without creating real value. Dubbed "rent seekers" by economist Gordon Tullock, these organizations seek to profit through the political process, not by producing a better or cheaper product.

In a world of unlimited resources, this would not be cause for alarm. But in reality,

the public and the private sectors compete for the same financial and human capital. That is to say, they compete for the same pile of money and the same group of innovative entrepreneurs. So when the government spends a large sum of money — whether for stimulus or otherwise — there is that much less capital in the system for private entrepreneurs.

There is another way that government spending provides a disincentive to private industry. By offering a wide variety of programs from which businesses can profit, not by producing

better products but by currying political favor, it drains away talented entrepreneurs who would otherwise put their talents to work in the private economy.

After all, if profits are easy to make in government contract work, why spend the time and capital to develop the next innovation that could revolutionize an entire industry?

There is also a moral dimension to economic growth.

Jobs, of course, mean much more than just an income. They provide value and instill pride. They're an opportunity to live up to one's potential — to form the bonds that are vital to thriving in a free society. Merchants must build trust among their customers, and individuals must build a community with their neighbors.

That's why sustained growth is not just an economic privilege, but a social and moral imperative that enlivens our fellow citizens by freeing them from the economic despair of joblessness. Prosperity provides a better life for millions of Americans and hundreds of millions of people across the globe. There is a virtue to prosperity, as it inspires people, removes pressures that lead to embitterment, and allows us all to step back and get a healthy perspective on what is actually important.

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State Honors Don Troutman, Founder of Local Sober Living Program



Acting Director Michael Cunningham, CDADP, presents the 2012 Director's Award for Innovative and Effective Approaches to Recovery to Don Troutman, owner and founder of Clean and Sober Transitional Living in Fair Oaks. Photo courtesy of California Department of Alcohol and Drug Programs.

SACRAMENTO REGION — The California Department of Alcohol and Drug Programs (ADP) awarded the 2012 Director's Award for Innovative and Effective Approaches to Recovery to Don Troutman, founder and owner of Clean and Sober Transitional Living in Fair Oaks. The ADP Director's Awards, presented at ADP's statewide training conference on Aug. 21, recognize valuable contributions by individuals and organizations to the substance abuse prevention, treatment, research and recovery fields.

"Don's successful approach to sober living has put a new face on a concept that once was considered bad for a community," said ADP Acting Director Michael Cunningham. "Don has shown that successful recovery from substance abuse helps people return to productive lives that benefit their families and the community."

Troutman, a recovering alcoholic, has worked in the recovery field since 1989. He established a model of recovery residences that encompasses a continuum of care that includes clean and sober detoxification; clean and sober

recovery; and clean and sober living. A "peer management" model in his facilities allows the residents to govern themselves by creating rules as well as establishing consequences for breaking the rules. Troutman has been effective in educating policy makers in his community that people in recovery make good neighbors. The residents in Clean and Sober Transitional Living are even involved in community service.

Troutman supports the community in many ways. He served for two years as president of the Fair Oaks Chamber of Commerce and

is known for his good working relationships with policy makers. As a Vietnam veteran, he takes special interest in reaching out to military veterans.

The California Department of Alcohol and Drug Programs is responsible for administering prevention, treatment, and recovery services for alcohol and drug abuse and problem gambling statewide. A goal is to inform all Californians that alcoholism, drug addiction and problem gambling are chronic conditions that can be successfully prevented and treated.

"Moments to Remember" in Fair Oaks Village

By Susan Maxwell Skinner

FAIR OAKS — Opening a 2012 season this month in Fair Oaks Village amphitheater (7991 California Ave), The Best of Broadway's "Moments to Remember" musical revue will parade sequins, feathers and beads by the bucket load.

Most of all, the annual show gives exposure to undiscovered talent of Sacramento County and surrounding areas. Many cast members commute from the Bay Area, the Foothills and San Joaquin. This is family entertainment at its best; added enjoyment comes from a summer



night among the stars. Fair Oaks Village's crowing roosters will have some competition: the pro/amateur cast boasts fabulous voices and live musicians.



Best of Broadway singers and dancers will light up the Fair Oaks Amphitheater from September 14 to 30. Photos courtesy of Susan Maxwell Skinner.

A Sacramento tradition begun 39 years ago by director David L. MacDonald, the 120 volunteer performers. Costumers and technicians augment the formidable labor force. Musical

theater fans consider the show a must-see; this year's program offers vignettes from 20 shows -- old and new. Fair Oaks Theater Festival is co-producer.

Performances are presented on Fridays, Saturdays and Sundays; from September 14 to September 30.

Tickets are \$20; \$18 for seniors, students and \$15 for children. All shows begin at 7:30 p.m. Audience walk-ins are welcome.

For booking information, go to www.bestofbroadway.org or telephone (916) 436-6344.

Garden Club Hosts Arden Tour Convoy of Hope: Our Community Standing Together



Tropical plants and statues present a slice of Asia in Arden's Garden district. A September 15 garden tour includes MeThi James' yard, near Eastern Ave. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

CARMICHAEL – Though spring is the favored season for garden tours, a three-year tradition by the Arden Park Garden Club schedules its annual fundraiser safari this month. The September 15 event will invite vicarious green-thumbers into six Arcade homes.

"We choose September to be different," says tour organizer Virginia Cannon. "We catch the turn of the season; with some fall color." In pancake-flat Arcade, the show gardens are within a mile of each other and customers often walk or bicycle between locations. Cannon, whose home was featured last year, says the tour aims for relevancy within its community. Arcade gardeners typically have modest budgets and do their own digging. "We all love the magnificent gardens seen on some glamorous tours," she says. "But there's a huge amount of pride when you've achieved something yourself; instead of plunking down money

and having someone else do it. For our tour, we choose gardens where someone could see an idea and duplicate it in their own yard."

A case in point is Todd and Cathy Johnson's half-acre lot. For reasons of economy and botanical compassion, the Johnsons have given growing space to scores of unwanted plants. "About 80 percent of what grows here is has been dug up from other gardens," says businessman Todd. "I hate to see a healthy plant thrown away. A lady gave me two dogwoods she wanted to be rid of. I found the perfect place; they've since quadrupled in size and their flowers make a beautiful display. On the tour, I hope people will gain ideas about placement and what you can do with orphan plants. In a big yard, there is always a spot."

Nearby, Vietnamese-born gardener Me Thi James has established a palm-shaded refuge from Eastern Ave traffic.

Japanese maples provide russet lower contours and great clumps of bird of paradise flower in profusion. Stone lions crouch on the home's tiled portico. Asiatic lilies splash vivid color through flower beds. The gardener employs the contrast of hydrangeas and roses in her multi-cultural theme. "In my country we have many different flowers. Some don't do so well here," notes the former fashion designer. "So I do my best with what I can grow."

The six-garden tour costs \$10 in advance or \$15 on September 15. One of Sacramento's oldest garden organizations, the host club was established when settlement of Arden Arcade mushroomed after WW II. APGC now has 50 members and meets monthly at the Arden park Community Center, 1000 La Sierra Dr. Membership is \$20 per year. Club fundraising supports garden and nature related nonprofits in the area. For information on the tour, call (916) 487-5825.

SACRAMENTO REGION – "It was unimaginable," said Pastor Dan Axtell, of the traffic jam he encountered on his way to the first Sacramento Convoy of Hope in the early morning darkness of November 6th, 2010. "Cars were backed-up to the freeway trying to get into the parking lot at Cal Expo before the sun rose. It brought tears to my eyes and made me realize that there are a lot of people in our City that care about people in need." By the end of the day, more than 7,000 honored guests would be served by over 2000 volunteers a hot meal, given hair-cuts, groceries, bikes for the kids, family photos, a job fair, clothes and shoes.

The main stage brought a steady stream of entertainment and encouragement while the kids zone was buzzing with excitement over pony rides, bounce houses and carnival games. The following year, Sacramento Convoy of Hope



Hairstylist Malea Heim offers her services at last year's event. Photo courtesy of Sacramento Convoy of Hope. was breaking attendance records as more than 13,000 guests came to be served.

Sacramento Convoy of Hope is a grass-roots team effort that combines the resources of area churches, businesses and non-profits from as far away as Woodland and Auburn. Now, in its third year, the Sacramento Convoy of Hope is planned for September 15th, 2012 at Cal

Expo. Event Director, Robin Smith, says, "We expect this year's event to be even larger than last year."

The number of people who show up for services this year could be as high as 20,000. Sacramento, like much of the nation, is in the middle of an economic downturn that has pushed many who were on the financial edge, into the world of homelessness, despair and desperation. One little boy wrote on a prayer card, "Please pray for my family, that my mom and dad would stop fighting and that they would stop hitting me."

Sacramento Convoy of Hope is an opportunity to stand together with our own neighbors here in Sacramento who are in need. "Neighbor helping Neighbor" You can volunteer to serve on the web site at www.sacramentoconvoyofhope.org or call 916-549-9922. Donations of new clothing, shoes and bikes are welcome.

The Volunteer Center of Sacramento Needs Your Support

From the Volunteer Center

SACRAMENTO REGION - The Volunteer Center of Sacramento makes volunteering easy. How? We match you up with the perfect local non-profit organization that needs your help while fulfilling your passion to help others.

In addition to volunteer matching, we run several direct service programs such as BirthdayMAGIC, Adopt-A-Family, and our Family and Teen Friendly Events. BirthdayMAGIC provides birthday parties for children living in homeless shelters, Adopt-A-Family provides food and gifts to struggling families on Christmas, and our Family and Teen Friendly volunteer series offer short, easy volunteer events for volunteers of all ages who need to fulfill community service hours. All fantastic.

However, we're struggling and without enough financial support, sponsors and volunteers, our organization is in jeopardy. That's why, in our 50th Year of service, we've launched a "50Centsfor50Years" campaign. 50 cents, or perhaps a bit more, can make a difference. Contact Christine Wallace, Director of Volunteer Services, at cwallace@volunteersac.org or (916) 567-3100 to find out how.



Volunteers of all ages help others in many ways.

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SACRAMENTO - "The Reunion," a hilarious new play centering around the unresolved issues of four classmates attending their twenty-year high school reunion makes its premier performance on September 14th at the Geery Theater in Sacramento. The play written and produced by Carmichael's Alan Truax, is directed by Maggie Upton, also of Carmichael, and features local actors Amanda Goldrick, Daniel Sattle, Cynthia Speakman, Victoria Goldblatt, Michael Coleman, Melina Del Buono, and Eddie Madrigal. Additional performances will take place September 15, 16, 19, 21, 22, 23, 24, 28, 29. Evening shows begin at 8 p.m. and Sunday matinees begin at 3 p.m. The final performance on September 29th will begin at 5:00 p.m.

Originally written as a screenplay, the reunion story idea came to Truax after he and his wife attended her forty year high school reunion. According to Truax, "a couple of weeks after the reunion we were reminiscing about the event, and we made a comment about how one classmate looked so much older and stranger than everyone else. That led us to exaggerate the looks and actions of several other classmates, and all of sudden we couldn't stop laughing." The next day I decided I had the basis for a fun movie, and began writing the screenplay. But Truax makes it clear the story is total fiction, and only the close relation between the protagonist, her best friend and her mother, is based on reality.

Understanding the difficulty of having his screenplay made into a movie, Truax decided to convert "The Reunion" to a play. The initial conversion didn't take long, but getting the play's manuscript right for the stage took well over another year. With the help of Sacramento's own Playwrights Collaborative, a think tank and support group of actors, playwrights and directors who nourish new local plays and playwrights, Truax continued to modify, mold and tighten his play's manuscript, until it was ready for production. "Originally scheduled to premiere last February," Truax states, "I just couldn't find the right actors for my characters, so I cancelled the performances two weeks before rehearsals were to begin. This time around, however, I got very lucky, and was able to keep the same skilled director, and bring on board experienced and talented actors." Truax states that while it's taken him several years to finally have some of his stories' characters come to life, it has been worth the wait. "I get goose bumps watching these actors bring characters I made up seem real. I can't even begin to express how much joy that brings me."

Healthy Aging Begins With a Dose of Optimism

By Eric Nelson



My friend calls them "organ recitals" - those all-too-frequent occasions when our conversations with one another end up being nothing more than a depressing recap of bodily aches and pains. Although by no means restricted to one age group or another, experience would suggest that they're more commonly heard amongst the elderly.

As it turns out, though, this kind of gloomy chit chat belies the fact that most older Americans are actually quite optimistic about their future. Even about their health.

According to a survey conducted by USA Today, United Healthcare, and the National Council on Aging: More than 80% of those over 60 agree with the statement, "I have a strong sense of purpose and passion about my life and my future."

92% report that they manage their stress levels well.

80% are confident in their ability to manage their health conditions on their own, reducing their need to see a doctor.

But perhaps most surprisingly, more than 75% of those aged 60 to 69 - and a majority of those 70 and older - expects their quality of life, including their mental and physical health, to stay the same or get better.

Get better? Conventional wisdom would say, either these folks have no idea what it means to get old or they're on to something us "younguns" need to know about. What gives?

"When I called a couple of my favorite gerontologists to help me puzzle this out," writes New

York Times blogger Paula Span in her response to this survey, "they weren't really surprised; social scientists have known for years that older people, freed from the midlife stresses of work and child rearing, become happier. They call it the U-shaped curve: life satisfaction is greatest in people's youth and then again in old age."

Although Span cites a number of variables that might have skewed the survey, she also acknowledges that, "older people are better able to regulate their emotions, to focus on sources of pleasure, to maintain equanimity."

This ability to "maintain equanimity" is just one of many factors involved in reducing stress, which by itself accounts for anywhere between 60% and 90% of all doctor visits. It stands to reason then that someone who's feeling less stressed-out might also feel - and justifiably so - that his or her health is holding steady, maybe even improving.

Of course, it'd be a shame if we had to wait to slip through life's

U-shaped curve before gaining the confidence that our health might actually improve over time. Isn't there something we could be doing now, regardless of age?

For increasing numbers of people - old, young, and middle-aged - the ticket to living a healthier, stress-free life is meditation. Others, including myself, are finding that a prayer-based approach is what works best, relying less on the human mind to gain a sense of mental serenity and more on the stress-reducing, health-inducing assurances conveyed by the divine Mind.

"Let all that I am wait quietly before God [Mind]," it says in one of my favorite psalms, "for my hope is in him" (62:5).

Whether one's expectation of improving health is a natural by-product of no longer having to deal with the stresses and strains of kids and work, or something a bit more spiritually grounded, the benefits are undeniable. As this fact becomes more widely known, perhaps we'll have fewer organ recitals and more symphonies of health to look forward to in the future.

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



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Illegal Fire Tax Bills Arriving Now

By Senator Ted Gaines

Despite my efforts to stop it by referendum and legislation, the illegal fire tax is being assessed on more than 825,000 rural Californians starting this month, including 1,199 in Sacramento County.

This so-called fee was passed in 2011 to extract up to \$150 per habitable structure from property owners. The tax will not provide any more fire protection and will actually make it harder for local fire agencies to raise the money they need to keep people safe. It's a lose-lose proposition for the people in my district and for anyone concerned with public safety and the rule of law.

This tax should have been subject to a 2/3 vote in the legislature just like every other tax, but the Democrats called it a fee to get around that requirement. The Howard Jarvis Taxpayers Association is planning to file a lawsuit disputing the fee's legality and I hope it gets overturned as soon as possible.

Until that happens, though, the State Board of Equalization (BOE) has already begun mailing the first bills for the new fire



Senator Ted Gaines

tax this month and hopes to have all bills sent by December. The BOE has also begun mailing an advance notice to the affected property owners to warn them that the bills are coming, and to provide them with a brochure explaining the "fee."

No matter how many mailers or explanations or warnings any agency sends out, it doesn't make this tax any more right or more legal. It was, is and always will be a shakedown of rural property owners that takes their money every single year but gives them zero in the way of additional fire protection.

Wildfires are currently raging out of control across the North State and they won't be put out by the phantom protections promised in this bogus tax. We need more firefighters, bulldozers, trucks and the other equipment that does the hard work of fighting these wildfires and protecting us, our homes and our property. This tax leaves us no safer, only poorer and more skeptical than ever of a government that takes and spends taxpayer dollars with no regard to the law or to fairness.

I wanted to share with you several resources you can use to equip yourselves with information. Visit www.calfirefee.com to see if you live in a "State Responsibility Area" and will be paying this tax. For questions regarding your bill, contact (888) 310-6447. For more information regarding the Howard Jarvis Taxpayers Association efforts, visit www.firetaxprotest.org.

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

Sacramento Metropolitan Fire District Special Reports



Fire Destroys Mobile Home in Arden, Nobody Injured

ARDEN – On Sunday, September 9, 2012 at 4:30pm Metro Fire responded to a reported structure fire at 3440 Fulton Ave in Arden. Firefighters arrived to find heavy smoke and flame coming from the interior of a single-wide mobile home located to the rear of the Camellia Gardens Mobile Home Park.

Firefighters conducted an interior search and performed an aggressive interior fire attack. The home was vacant and the occupants were reportedly not inside when the fire occurred. The location of the home required firefighters to make an extensive hose lay from a hydrant on Fulton Ave, to establish

a continuous water supply. The fire destroyed the home and contents. However firefighters were able to contain the fire to the unit of origin and prevent the fire from spreading to neighboring homes. Nobody was injured in the blaze and the cause of the fire was undetermined after investigation.

Three Story Apartment Evacuated During Early Morning

ARDEN – On September 7, 2012 at 5:18am, Metro Fire responded to a reported structure fire at 3532 Watt Ave. Firefighters arrived at the Arcadia Apartments, a three-story apartment complex. Firefighters discovered a moderate amount of smoke coming

from a first floor hallway. Firefighters evacuated all floors of the apartment building and conducted a room by room search for occupants and fire. All occupants were evacuated safely and nobody was reported injured. Firefighters found a smoldering bedroom fire

in an unoccupied first floor unit. Firefighters extinguished the fire and used positive pressure, horizontal ventilation to remove smoke prior to allowing residents to reoccupy the building. The cause of the fire is under investigation but considered suspicious.

Drive-By Shooting

CITRUS HEIGHTS – On Friday September 7th, 2012 at approximately 1051 a.m., Citrus Heights Police Officers responded to the area of Kanai Avenue and Auburn Blvd, regarding a possible drive-by shooting into a vehicle. The victim in his early 20's, who resides in Antelope Ca, called 911 immediately after the shooting.

The victim was alert and talking when emergency personnel arrived on scene. The victim was transported to a local hospital where his injuries were believed to be serious, but non-life threatening. There were no other people injured during the shooting.

Witnesses in the area reported hearing multiple gun shots and observed a red compact passenger vehicle leaving the area at a high rate of speed. The suspects in the shooting have not been identified at this time. Investigators are on scene collecting evidence and talking to witnesses. Investigators are still trying to determine a motive for the shooting.

Investigators are asking anybody who may have information regarding the shooting, to please call the Citrus Heights Police Department at (916) 727-5500.

Sacramento County DA Reports

Recent cases of interest

CASE: Michael Walton (08/27/12)

PROSECUTOR: Deputy District Attorney Eric Kindall

District Attorney Jan Scully announced today that Michael Walton was convicted by jury for the murder of Christopher Milas, the attempted murder of William Simms, and for assaulting Bryan Victoriano, Deinga Miller, and Drake Kemp with a semi-automatic firearm. He was also convicted of being a felon in possession of a firearm and of possessing stolen property.

Walton shot the victims at an after-hours party on April, 17, 2011.

In a court trial conducted after the jury verdicts, it was also found to be true that Walton had a prior strike offense.

Sentencing is set for October 5, 2012, at 9:00 a.m. in Department 10 before the Honorable Greta Fall."

CASE: Edward Charles Gellock (08/24/12)

PROSECUTOR: Deputy District Attorney Allison Dunham, 916.874.6874

District Attorney Jan Scully announced today that Edward Charles Gellock was sentenced by the Honorable David De Alba to 200 years to life in prison for the rape and sexual assault of two women.

On April 2, 2011, Gellock lured a homeless woman into his apartment by promising her a warm and dry place to sleep. Once she was inside his apartment, he beat, strangled and sexually assaulted her. Just two weeks later on April 23, 2011, he beat, strangled, and raped his female IHSS (In-Home Supportive Services) worker.

Officers responded to Gellock's residence at the Ping Yuen Senior Apartments where he kept officers at bay by holding a Bic lighter to an oxygen tank, threatening to blow up the apartment if they came any further. The apartment complex was evacuated as a precaution. Ultimately, Gellock was apprehended and taken into custody.

Deputy District Attorney Allison Dunham states, "The victims in this case courageously faced their worst nightmare, a man who viciously and savagely attacked them. Now they can rest easy knowing their testimony helped to ensure he will never hurt another woman."

The Genealogical Association of Sacramento

will have its regular meeting on Wednesday, September 19th, at 12:30 PM in the Belle Coolidge Library located at 5600 South Land Park Drive. We will have our annual Sharing and Show and Tell, "What I Did This Summer". It is open to the public. Any questions, please call Melanie Howard 916-383-1221.

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SEPTEMBER 2012 ACTIVITIES

Free Presentations and Nature Walks

Abalone Necklace Making

Join us in the replica Nisenan Maidu village to polish your own abalone shell piece for a necklace. Children will need assistance from an adult.
Saturday the 15th at 10:30 AM

Critter Close Up

Meet a couple of small animal residents at the Effie Yeaw Nature Center up close and learn what habitat and food they need to survive. All ages welcome.
Sunday the 16th at 1:30 PM

Ethnobotany Walk

Take a guided plant walk with a naturalist and learn

to identify many of the common plants while discovering their traditional uses. All ages welcome.
Saturday the 22nd at 10:30 AM

Birds of Prey

Come in out of the heat for this program on raptors and view some raptor "biofacts." Meet a resident raptor from the Nature Center up close. All ages welcome.
Sunday the 23rd at 1:30 PM

Tracks & Scat

Stroll through the Nature Preserve with a naturalist and learn to identify the tracks, scat and other signs left

behind by resident wildlife. All ages welcome.
Saturday the 29th at 10:30 AM



2012
Sunday, October 7, 2012
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10-3 p.m.

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www.whhosts.com

World Heritage is a public benefit, non-profit organization based in Laguna Beach, CA.



CarmichaelTimes.com

DEFENSIVE DRIVING CLASS

Our next Defensive Driving Class will be held on 19 and 20 Sep 2012 from 0930 to 1330 hrs. Class is open only to military retirees/spouses and widows of retirees. Location of the class is the Aerospace Museum of CA on Freedom Park Drive, McClellan Park. Sign up must be accomplished in person in the Retiree Activities Office. For AARP members, cost is \$12. Non-AARP members, cost is \$14. Questions may be directed to our volunteer staff at 916-923-4979, Mon thru Thurs, 9 to 3PM.

Outdoor World

EARLY SUCCESS
Glassing known areas where deer feed late in the summer should produce some good buck sightings. Once you have spotted a buck you would like to hunt, patience will be important to early success.
Remember, during this time a buck's world revolves around feeding patterns. Because of this, he will likely show himself often in his favorite feeding areas for the first week of the season and during legal shooting hours.
Bucks on feeding patterns are extremely sensitive to a hunter's presence. Watch the feeding area from a safe distance until you have a good idea about how to move in closer for the shot. Remember, the path you take to and from your stand is crucial to remaining undetected for any length of time. You will probably only get a few good hunts in before the buck realizes you are after him and changes his pattern.

Walter Parrott is Member of the RedHead® Pro Hunting Team

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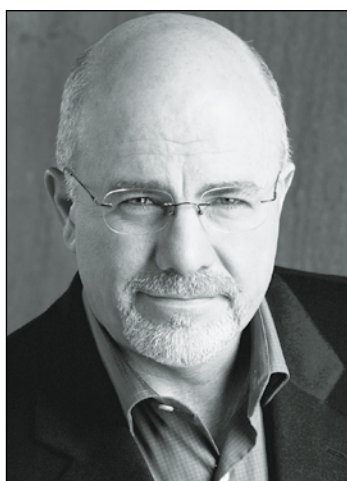
CROSSWORD grid with numbers 1-74 indicating starting positions for clues.

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CLUES

- ACROSS: 1. Fastener, 6. Hemey, e.g., 9. Thunderous character, 13. One who avoids company, 14. ___ Kilmer, 15. Southern chicken stew, 16. Grossly unconventional, 17. One of Bo Peep's flock?, 18. Daytime host, 19. *Peter or Lois or one of their children, 21. Onion-like bulb, 23. Blue feeling, 24. Better ___ Ezra, band, 25. DNA transmitter, 28. Alternative for Liz?, 30. *Todd or Tina or Timmy, 35. Right side of U.S., 37. Seed cover, 39. Like yellow polka dot bikini, 40. Musical finale, 41. Linear particle accelerator, for short, 43. Castle material, 44. Wrong, 46. *Heckle and Jeckle, e.g., 47. Test answer, 48. *'Rugrats' character, 50. As opposed to a wood, 52. Knightly title, 53. Affirm solemnly, 55. Former Soviet Socialist Republics, 57. *'Flintstones' neighbors, 61. *Surname of family in longest-running American sitcom, 65. It can melt, 66. Pine juice, 68. Lowest part of a ship, 69. Rooster to a farmer, 70. In the past, 71. Another spelling for Layla, 72. Low-cal, 73. Hitherto, 74. *Papa Smurf, e.g., DOWN: 1. Dutchman's wooden gear, 2. Frown, 3. Opposed to, 4. Feudal lord's property, pl., 5. Modular dwelling, 6. Two, e.g., 7. "___ & Order", 8. "Pound of ___", 9. Sound of a bell, 10. *Hank or Peggy or Bobby, 11. Butter substitute, 12. Smallest, as in litter, 15. Jimmy Carter product, 20. Vitruvian Man, e.g., 22. Mad Hatter's accessory, 24. "Into ___", 25. Summary, 26. Actress Watts, 27. Echo sounder, 29. Stumble, 31. Catch one's breath, 32. Approaches, 33. Boredom, 34. "Red ___", 36. Homework to a student, 38. Batman's cave, e.g., 42. Crocus, pl., 45. Downhill race, 49. The day before, 51. Jack is this and quick?, 54. Test format, 56. Pitch, 57. Iranian money, 58. Tangerine-grapefruit hybrid, 59. Cry plaintively, 60. A dull person, 61. See him run?, 62. Skidded, 63. Stare amorously, 64. Not far, 67. *'The Jetsons' were a Space ___ counterpart to 'The Flintstones'

For Solution See Page 7



Dave Says

percentage of your income. If you make \$60,000 or more, I'd probably say save up, pay cash, and keep the car. But if you're making closer to \$30,000 the answer is no.

- Dave

Fun to Date, But Not to Marry

Dear Dave,

I'm dating a man who is really exciting and fun, but he has well over \$100,000 in debt. He has nice cars, a boat and he travels a lot, and he does it all on credit. He wants us to get married, but his view of money worries me. What should I do?

- Vickie

Dear Vickie,

The fact that you're worried about this situation means you realize that fun and exciting don't necessarily translate into being wise. I'm sure he's a nice guy, but your concern tells me that you two are from completely different planets when it comes to handling money. And that can be a death knell to a marriage.

Disagreements over money and finances are the number-one cause of marital strife and divorce in North America today. Fighting over debt and the stress brought on by financial problems will take a heavy toll on any relationship. When you're not on

the same page with how to handle your money, you're not on the same page of life. How you spend your money says volumes about who you are, where your values lie, and what's important to you.

This guy is fun because he's impulsive and has a lot of toys. But the fact that he's gone into debt for this lifestyle also means he's a little boy and not a responsible man. And unless you guys can get on the same page with how money is handled, I would strongly advise not going forward with a wedding.

For this to get serious and turn into marriage material, one of you will have to change. Either he'll have to straighten up and start behaving wisely with money, or you'll have to agree to enjoy living deeply in debt.

- Dave

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

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"Visions" Open Photography Show Oct 30 - Nov 17, 2012
See website for more information about entries.

Carmichael RECREATION AND PARK DISTRICT



Announcements & Events

ADOPT-A-PARK WORKDAY
Dates: Saturday, September 29, 2012 8:30-11:30am
Parks scheduled to be cleaned include Jan, Odonnell, and Patriots Park
Sign-up with tracy@carmichaelpark.com

ELEMENTARY FLAG FOOTBALL
Dates: Saturdays, September 8th to October 6, 2012. Times: 10am - 12pm
Fee: \$55.00 per child

ELEMENTARY FLAG FOOTBALL
Program runs from the beginning of September to the end of October. Please check our registration form for more specific dates. Fee: \$90.00 per participant.
See website for more info.

Starting This FALL Residents of the Carmichael Recreation and Park District will now receive a 10% Discount on most Recreation Programs and Facilities!

For registration & other information call the District at (916) 485-5322 or visit our web page at www.carmichaelpark.com.

Carmichael Founder's Day
Saturday, September 22, 2012!

Mission Oaks Recreation & Park District

30TH ANNIVERSARY PARTY
Sunday, September 23, 2-4pm
John Skinner Band Music, Dancing, Refreshments!

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Ike's 100-year Dancing Feat



Century-old Isaac Ortiz celebrated his birthday at the Foothill Farms Community Center. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

CARMICHAEL – Dancing man Isaac “Ike” Ortiz turned 100 recently. He celebrated accordingly.

To a live band playing the “Cherry Pink” cha-cha in Foothill Farms, he took his favorite partner and began an all-night assault on the tiles. Said his 85-year-old wife Isabel: “this is what we love best. It keeps us young.”

For 30 years, the couple has been a familiar sight at Carmichael summer concerts. In matching outfits – no matter what

band is on stage — Ike and Isabel are first to the floor. Isabel’s smile and south-of-the-border jewelry flash; Ike is a debonair foil to her flamenco posturing. Other men may move faster but, in his signature fedora, Ike moves way cooler. “We hear the music and we just want to move,” says Isabel.

Born in Arizona, Isaac Ortiz lost his coal miner father at a young age. He was raised by his mother, who later brought him to California. After high school, work at building construction kept him busy until WW 2 began.

He served with the US Navy in the Pacific. After 1945, he began a long civilian career in hydraulic engineering at McClelland Air Force base, retiring in 1981. His sons, grandchildren, great-grandchildren — and a dance floor full of family and friends — helped celebrate his 100-year milestone at Foothill Community Center, near Carmichael.

The centenarian was too busy dancing for speeches. But he paused long enough to attribute his long life and health to “A good wife who never lets me sit still.”

Singles Denim Dance Sept. 15 in Carmichael

CARMICHAEL – Christian Singles Network, northern California’s largest and oldest Christian singles group, will hold a Denim Dance for Singles Saturday, September 15 at Carmichael Presbyterian Church, 5645 Marconi Ave.. All ages are welcome to attend, however most who attend are over 35 years. A dance for singles in their 20’s through 40’s will be held Sept. 30 in Roseville. Please call the number below to get on the email list for that event.

The Denim Dance begins when doors open at 6:45 PM with a dance lesson in the Traveling Four Corners and Virginia Reel 7:10-8:PM by dancing Dave, and DJ dance music

of all types from 8-11:30 by DJ Dale with Allstar Entertainment. The music, both recent and oldies, is a mix of rock and roll, ballroom, Latin, country and Christian music at all dances.

Dress in something denim like jeans or a denim vest or jacket/skirt, or just dress casual. The ticket price of \$15 presale or \$20 at the door includes hors d’oeuvres and dessert, non-alcohol beverages and the dance lesson. Volunteers attend free. Pre-sale dance tickets are available on line at www.christiansinglesnet.com, or at Berean Bookstore in Sacramento, or by mail through CSN, P.O. Box 909, Meadow Vista, CA 95722.

The group has sponsored retreats, cruises, seminars, concerts and weekly dinners and monthly dances the past 20 years Membership is not necessary to attend, although members get a \$5 discount at the door. All ages and all denominations are welcome CSN dances draw singles from the Sacramento, the foothills, and beyond to Reno and the Bay Area.

To receive more information about activities, or directions call the 530-878-8606. or the dance 24 hour event line at 916-658-0606. The website, www.christiansinglesnet.com, includes directions to the dance as well as information about upcoming event.

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SEPTEMBER 29, 2012 • AT 6PM

Jazz lovers will be able to enjoy a beautiful evening listening to Expressions of Smooth Jazz with Unity of Sacramento's own Chakra! Along with Chakra, we'll be featuring Chicago Jazz Artist and father of our Senior Minister, Michael Ross, who will entice you with his smoky, seductive selections from his latest CD, "A Special Thing." Listeners will be able to enjoy and travel through musical sounds that capture romance, the reminiscence of old school days and an adventure through a secret door of mystery with a groove.



Michael Ross

Michael Ross is a smooth jazz guitarist and vocalist of repute in the playing style of George Benson or Norman Brown. Michael's style and artistry have allowed him to perform with a number of great artists such as Najee, Angela Bofill, Patti LaBelle and Chaka Khan.



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By Karen Anderson

LET GO!

A twinkle in the eye means joy in the heart, and good news makes you feel fit as a fiddle.
Proverbs 15:30 (The Message)

There are other reasons that interfere with happiness. Think about those habits that disrupt your happiness. You may not realize that addictions and negative habits, no matter how simple or large, can stop the happiness that God has waiting for you. Be willing to let go of these addictions and take the next step. There are many addictions but you may have some others, maybe even some hidden ones that you don't want anyone to know about. These addictions can be as simple as too much TV or video games, excessive shopping, and I'm sure you can think of many more in your everyday life. You also have the more deadly ones like drugs, alcohol, cigarettes, and others. You may think you are happy with these

things in your life, but take any one of them away. Are you still happy? Or was your happy feeling based solely on the addiction. That is false happiness.

Why are you holding onto these destroyers of your happiness? Don't let these cause you to stumble, or worse, someone else. Remember, we are responsible for others who observe what we do. If you are not sure what to do about this...ASK GOD. Put your life up against God's Word. Let Him speak to your heart and then be willing to give up your addictions. THIS IS THE ONLY TRUE WAY TO HAPPINESS! Besides, wait until you see what He has in store for you to replace those negative addictions!

Karen Anderson is an accomplished speaker, author, and chaplain and has a local TV show, Move Your Mountains. Contact Karen at www.doab-lesteps.com, or 916-961-4765.



Dare to Live Without Limits



NOT HAPPY UNLESS MISERABLE by Bryan Golden

Believe it or not, there are some people who act as if they love to be miserable. It's as if they are only happy when problems exist in their lives. Identifying people like this is very easy, they complain constantly about the same issues, over and over. Moreover, rather than looking for or being open to solutions, they make excuses for why their circumstances can't be changed.

Ed, divorced after a 15 year marriage, is now in another relationship. Ed has a 10 year old daughter. Betsy, the woman he has been seeing for a couple of years, has a 12 year old son. Ed is always moaning about the way he is treated by Betsy. He complains to anyone who'll listen. Many of his problems with Betsy are very similar to the ones Ed had when he was married.

Jim is one of Ed's good friends. Ed is always bending Jim's ear with examples of how poorly Betsy behaves. Jim always listens to Ed's complaints and tries to offer Ed some helpful suggestions.

Jim responds to Bill, "Betsy is who she is. She is not going to change just because you want her to. You either have to accept Betsy as she is or end the relationship. Your incessant complaining isn't going to change anything. You just got out of

a marriage that had a lot of the same issues you are now having with Betsy. If you are unhappy and don't make some changes, nothing will be different."

Rather than being open to solutions, Bill has an endless list of excuses as why he won't take any action to resolve his problems. Among Bill's excuses are, "Betsy is just going through a tough period. I really care about Betsy. Betsy's OK, she just needs some more time."

Barbara is in her early forties and is still searching for what she wants to do with her life. For years she bounced from job to job. After she was laid off from her last position, Barbara started her own business taking care of other people's pets while they were away.

Barbara doesn't really like pet sitting but doesn't know what she would rather do. Although she has lots of ideas about what she likes, Barbara doesn't pursue any of them. Barbara talks to her friends about how frustrated she is with the lack of direction in her life.

Rather than exploring other avenues, Barbara prefers to complain. Her friends find that talking with her is like going in circles. The ideas and suggestions they offer to Barbara seem to be appreciated. However, the next time Barbara gets together

with her friends, she once again complains about the same issues. Barbara has an endless supply of reasons why various options won't work.

Barbara and Ed act as if they would rather have problems than solutions. They both are able to justify why their circumstances persist. They make excuses for why they don't or won't alter their behavior.

People who are not happy unless they are miserable do themselves a great disservice. It doesn't take much effort to make a positive change in one's life. Ironically, more energy is required to suffer than to change.

There is no reason for you to be miserable. Even if you are in a rut, you can get out. Improving your situation starts with a desire to do so. Then, make changes instead of excuses. It's well worth the effort. Being happy because you are happy is the best way to go.

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

Return to Economic Growth

Continued from Page 1

Americans can have the kind of growth we became accustomed to before the Great Recession, but our government must adopt economic policies that nurture — not disincentivize — private entrepreneurship.

The truth is that we don't yet know how fast the economy

could grow on a sustained basis if public policy were lined up with the right incentives. But we do know that a vibrant, strong, and free economy makes for a vibrant, strong, and free nation. By recognizing inefficiencies in the system and eliminating the transfer of resources from private industry to rent seekers, we

may finally find out how fast we can grow.

Brendan Miniter is Senior Editorial Director at the George W. Bush Institute and editor of "The 4% Solution: Unleashing the Economic Growth America Needs," published by Crown.

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- ❖ Mrs. / Ms. Entrants must be at least 18 years of age.

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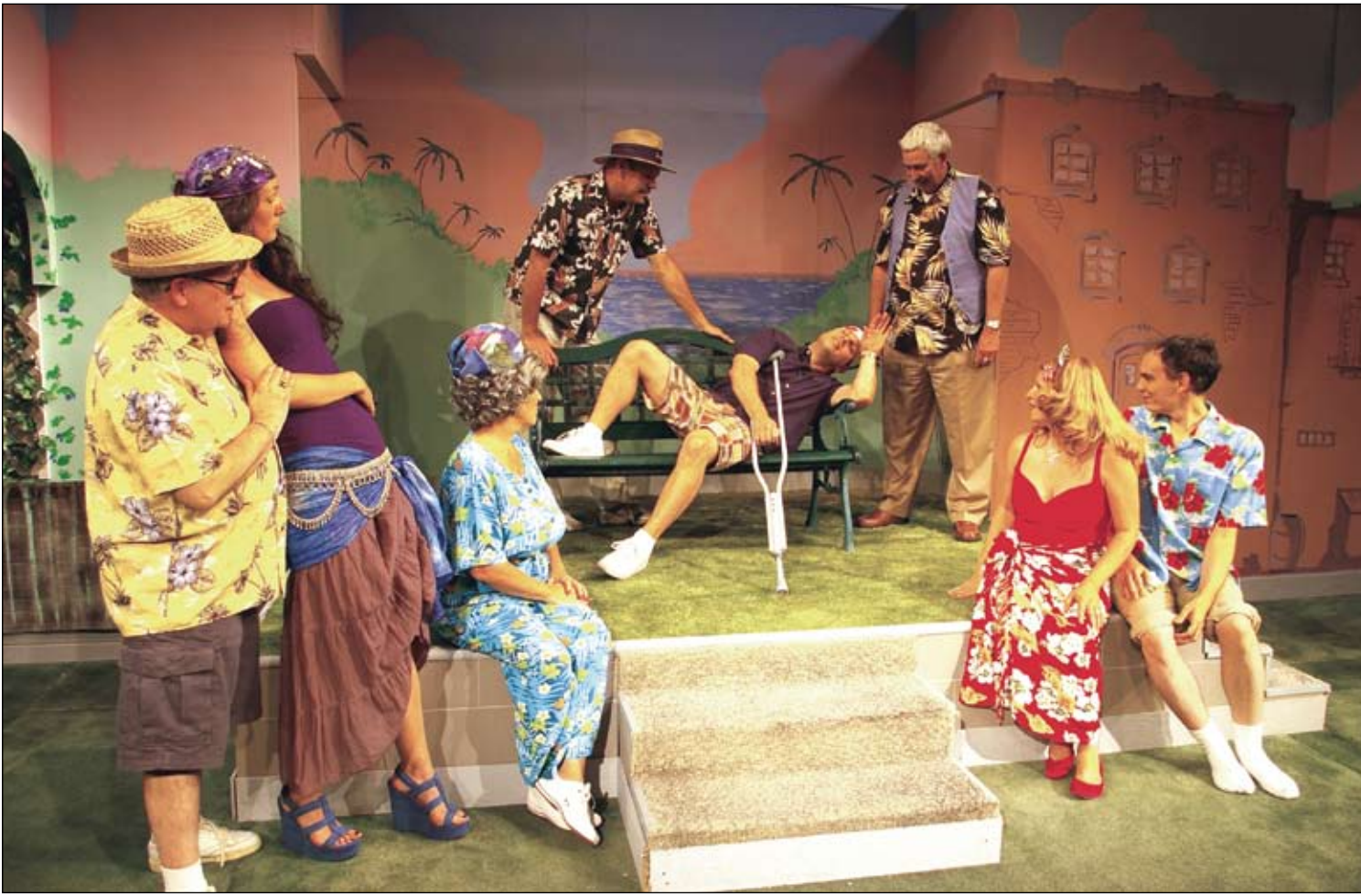
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Have You Ever Wondered Where The Term "Slapstick" Comes From??

Schemes and Scams of Scapan Adapted by Michael Messmer



Scapan (Vincent Keene, bench), supposedly mortally wounded, pleads for forgiveness from everyone before he dies including (from left) Leandre (Scott Plotkin), Zerbinette (Laura Hechel), Madame Argante (Keri Long), Silvestre (D. L. Shields), Geronte (Stephen Watson), Hyacinthe (Claire Langton) and Octave (Frank Hickox) in the Arden Playhouse production of Moliere's farce SCAPAN. Photos courtesy of Arden Playhouse, Michael Messmer.

SACRAMENTO REGION – Arden Playhouse is delighted to present the world's most famous farce, Moliere's SCAPAN. First produced in 1671, this wild comedy has seen thousands of productions since...with hundreds of adaptations including a

musical and a ballet. Audiences are captivated not just by the exuberant enthusiasm of the story but also by Moliere's genius for turning human flaws into riotous fun. Adapted and updated by producer and director Michael Messmer as the Schemes and

Scams of Scapan, this wild farce still rings with as much laughter as it did over 300 years ago. Okay, so we didn't update it that much...mostly Moliere's comedy is timeless and how often do you get to actually use real slapsticks in a show anymore?

Michael Messmer has been acting, directing, writing and producing in local community theater for over thirty years. Most recently he has written and produced a number of his own plays at Arden Playhouse, including Soap Solution, Witherspoon

Waltz, Wise Guise, Trust Me, and many more.

The ensemble of talented actors bringing The Schemes and Scams of Scapan to life include Keri Long (Madame Argante), Vincent Keene (Scapan), Claire Langton (Hyacinthe), Frank Hickox (Octave), D.L. Shields (Silvestre), Laura Hechel (Zerbinette), Stephen Watson (Geronte), and Scott Plotkin (Leandre).

Schemes and Scams of Scapan opens on Friday, September 14, 2012 with performances on Friday and Saturday nights at 8pm through October 20. Sunday matinees are at 2pm on September 23 & 30 and October 7 & 14.

All tickets are \$15 with a reservation and \$18.00 at the door. (Cash or check only.)

Tickets can be reserved by calling (916) 332-2582.

Arden Playhouse is located at 5640 Roseville Road, Suite D, Sacramento, and seats 150.

Arden Playhouse is a community theater dedicated to continuing its tradition of presenting entertainment in a casual setting.

For more information about Scapan or to find out about our group discounts, call the theater office at 332-2582, email admin@ardenplayhouse.com, arden@ardenplayhouse.com, or check the website ardenplayhouse.com.



Scapan (Vincent Keene, center) pretends to protect Madame Argante (Keri Long) from the threats of the wildman...actually Silvestre (D.L. Shields) in disguise...who wants to kill the woman who plans to ruin his sister's marriage in the Arden Playhouse production of Moliere's farce SCAPAN.

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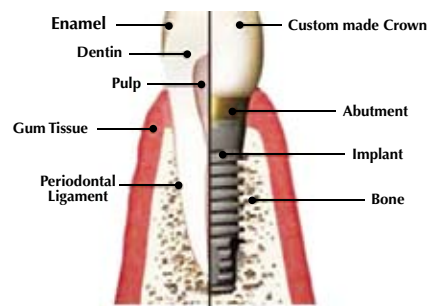
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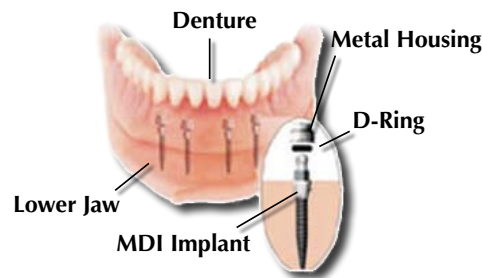
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