

Carmichael Times

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Serving Carmichael and Sacramento County since 1981

September 5, 2012

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Just Plane Awesome



In addition to delighting crowds with his aerobatic feats, Weber is an accomplished musician. Photo by Paul V. Scholl.

By Julie Parker

SACRAMENTO REGION - What were you doing at age 13?

Tim Weber would ride his bicycle down to Phoenix's Turf Soaring School, where (pre-TSA) he could walk right up to personnel, help them wash airplanes, and whatever else they let him do. "It was awesome," recalls Weber.

A year later, he was flying solo on a glider. He paid for lessons by working after school, weekends, and during the summer. "I traded ten hours of work for one lesson, which sometimes would be ten minutes. I still thought it was a great deal."

Within a year after that, he was flying glider aerobatics, then performing competition aerobatics in powered airplanes. "I was too young to know any fear, and it was just a natural thing for me. Never got air sick."

He now spends 20 weeks a year performing in air shows. His

aircraft has included ultralights, WWII biplanes, the legendary Pitts Special, Russian YAK55M, Extra 300's (one of Weber's favorite aerobatic planes), and several types of jets, including the F-16.

"Wayne Handley and Sean Tucker are two guys I look up to. You always model yourself after somebody that's the best in the industry. Those two guys are as good as it gets.

The airshow community is an extended family. It's an intense industry, and we share a bonding that no else can understand; sharing losses and successes together."

In addition to delighting crowds with his aerobatic feats, Weber is an accomplished musician, supplying his own compositions to accompany his performances. (<http://vimeo.com/channels/timweberairshows>)

You can catch Weber's Geico Aerobatics, Handley, and Tucker at the Seventh Annual California

Capitol Airshow, Mather Airport, on September 7 and 8, 2012.

You'll enjoy Thunderbirds, aerobatics, barnstorming, inspecting the underbelly of a cargo ship and other assorted aircraft, and the Kids' Zone will be available for the younger crowd.

Although last year's Reno air race tragedy may remain fresh in memories, it is important to understand that it was an air race, and Sacramento will be hosting an air show.

"An accident like that is impossible at an airshow," says Weber, "because we're not allowed to direct our energy towards the audience in any way, shape, or form. Pilots don't fly over an audience below 1,000 feet, and it can't be aerobatic. We haven't had a spectator get injured, or even scratched, in an airshow in over 50 years in this country. Safest country in the world for airshows."

Over the years, Weber has received a lot of mail, and email

from fans. The ones I'm always appreciative of are the ones from kids. Sometimes, it's heart-breaking. I've had notes from kids saying, 'I've been diagnosed with cancer, and I'm ten years old,' and it's written with crayons. 'I know if you can do what you're doing, I can make it through this.' It breaks your heart.

But, there are people I met when they were little, that are now Air Force pilots who have stayed in touch with me. I love that. It's the neatest part of this whole business. One kid I'm thinking of in particular was about 15 when I met him."

If you've never attended an airshow, or are a longtime fan, the Capital Airshow is a treat for all.

Gates open at 9:00 a.m., and close at 5:00 p.m. All acts are scheduled for both days of the show. For ticket prices, parking information, and other questions, visit californiacapitalairshow.com.

Carmichael Oaks to Host Annual Alzheimer's Fundraiser

CARMICHAEL - Carmichael Oaks Senior Living will be hosting their 4th annual Alzheimer's Association fundraiser, BBQ, Beer, & Boogie event with co-host the Kiwanis of Carmichael. The event will be held on Friday September 21, 2012 from 5-8pm at St John's Catholic Church, 5751 Locust Ave in Carmichael. The annual event serves to raise funds for the Alzheimer's Association WALK TO END ALZHEIMER'S. The WALK is the nation's largest event to raise awareness and funds for Alzheimer care, support and research.

Carmichael Oaks would like to extend an invitation to their families, friends, neighbors, and businesses in the community to help raise funds for this worthwhile cause. Virginia Stone, marketing director for Carmichael Oaks is very passionate about this event. "My own mother suffers from this crippling disease. You may also know someone personally affected, so please join us for a fun filled evening. It is a great way to show your support for the cause".

Enjoy great food, drink, and entertainment featuring Rotary Rooters band. In addition, there will be a silent auction and raffle. Ticket price for the event is \$30 in advance or \$35 at the door. For more information or to purchase tickets, please call 944-2323.

Carmichael Oaks Senior Living, located at 8350 Fair Oaks Blvd, has been part of the Carmichael Community for over 30 years, offering seniors Independent, Assisted and Memory Care Living. Please visit our website at www.carmichaeloaks.com for more information.

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New Law Requires Out-of-State Retailers to Collect Use Tax

SACRAMENTO - Beginning September 15, 2012, a new law takes effect (Stats. 2011, ch. 313 (AB 155)) that expands the types of out-of-state retailers required to register with the California State Board of Equalization (BOE) and requires them to begin collecting and remitting use tax on sales of tangible personal property to California consumers. The law applies to out-of-state retailers that have substantial nexus with California consumers. This includes any

out-of-state retailer that has sold more than \$1 million to California consumers in the past year and has had more than \$10,000 in sales referred by an affiliate operating in California.

"This new law may require some out-of-state online retailers to start collecting tax, but others will remain completely unaffected," said Board of Equalization Member George Runner. "The good news is that rather than engage in a costly, drawn-out legal fight, Amazon

com has decided to voluntarily invest in California and bring thousands of jobs to our state. I applaud their decision and hope other out-of-state companies will consider doing the same."

The BOE is sending letters to more than 200 out-of-state retailers notifying them about the new law. Retailers will be able to easily register online with the BOE's secure and innovative electronic registration system (eReg) and remit the tax collected by e-filing their returns. AB 155 does

not create a new tax - the California Use Tax has been on the books since 1935. It expands the types of out-of-state retailers required to collect the tax.

When AB 155 takes effect September 15, some additional out-of-state retailers, including Internet retailers, will collect the use tax at the point of sale, and California consumers will begin to see a tax on their bill. However, if out-of-state retailers do not collect the tax, California consumers must continue to

report and pay their use taxes.

Consumers can pay directly to the BOE using eReg or pay on their California income tax returns with the option of using the Use Tax Lookup Table.

AB 155 is expected to help the BOE collect tens of millions of dollars in use tax that will help pay for services such as public safety, schools and health care. The BOE does not have a precise estimate because AB 155 is a new law.

Source: BOE Newsroom

River Cats Playoff Tickets on Sale Now



SACRAMENTO REGION - Sacramento River Cats 2012 playoff tickets are on sale now, with four-game playoff packs available starting at just \$24. Individual tickets start at \$8 for advance purchases, and are available online.

The River Cats open the first

round of the playoffs at Raley Field on Wednesday, Sept. 5. Game two will be Thursday, Sept. 6, with games three, four and five to be played on the road at the home of the PCL North Division champions, Reno Aces.

The two potential home dates for the River Cats in the second

round of the playoffs are Tuesday and Wednesday, Sept. 11-12. Fans can purchase four-game "strips" of tickets to all four potential home playoff games or individual game tickets to select games.

To purchase 2012 Sacramento River Cats Season Tickets, Mini-

Plans and group outings, call the River Cats Ticket Hotline at (916) 371-HITS (4487) or visit www.rivercats.com. In their first 12 seasons, the River Cats have won two Triple-A championships, four Pacific Coast League championships and 10 Pacific South Division championships.

Carmichael Resident Painter Wins Nationwide Art Contest



Art from the Heart: "Flowers in Bloom" by Alice "Penny" Alton. Photo courtesy of Bernadette Bell.

CARMICHAEL – Alice "Penny" Alton, 91 years of age, and a resident at American River Care and Rehabilitation Center located on Fair Oaks Blvd. in Carmichael, recently won in a nationwide art contest with her painting, "Flowers in Bloom."

The work was first selected as the California region's winner then went on to have her painting selected as one of four paintings to represent the national winners in the painted/drawn category. Alton shares this achievement with just four other national winners from Alabama, New Hampshire and Massachusetts, who also were selected for their artwork.

SunBridge Healthcare sponsors the nationwide art contest annually to honor the artistic talents of its residents nationwide. This marks the 13th annual Art from the Heart contest, sponsored by SunBridge Healthcare, operator of skilled nursing centers in 25 states. Ms. Alton has painted her entire life and fashions herself an impressionist painter of landscapes, flowers, and people. She was a published artist formerly living in New York, where she studied fine art. Commenting on her artwork,

Alton said she painted the blossoming flowers because she also wants people to blossom, bring joy to others, much like painting brings to her.

"This contest creates an opportunity for our residents to showcase their artistic talents and award them for their efforts," said Eric VanWalleghem, administrator at American River Care and Rehabilitation Center.

All residents from any of SunBridge's nursing centers are eligible to submit artwork in three categories: Painted/Drawn, written and handcrafted. American River Care and Rehabilitation Center offers both short-term rehabilitation therapy as well as long-term skilled nursing for up to 126 resident and patients. The center has served the community of Carmichael for 44 years since first opening its doors as a healthcare provider in 1968.



By Pastor Rich Reimer

This month my wife and I reach our 35th wedding anniversary. So, I think I have some credibility to speak on the subject of marriage. So here goes. One of the secrets to a lasting marriage is developing the mindset of service. The Bible says "through love serve one another." Galatians 5:13. Serve one another means husband serve your wife and wife serve your husband. A few years ago, I started telling couples standing before me in a wedding ceremony this secret. I say to them in front of all their family and friends. "Try to 'out serve' each other every day." Mutual service really does change the dynamic in any marriage.

My ax to grind is not with women but with the "allAmerican" male who somehow grows up in our culture believing that the woman they marry is to do all the

"Through Love Serve One Another"

servicing. "She is to service me". I have a word for that mindset but it can't be printed. Thus in far too many marriages, even those in the church, I see men who are like dependent children. The women wait on them hand and foot and all they feel obligated to do is bring home the proverbial "bacon". Bringing home a paycheck is great and indeed a biblical responsibility (1 Timothy 5:8). But, men, there is more to marriage than making money or making love.

Frankly men, your wife needs your help! She needs help with parenting your children. She needs help cleaning your house and doing your laundry! Yes, most couples eventually divide the chores, but men, let's not be arrogant or too proud not to do those things that our wives do and vice versa. Serve your wife every day. Look for ways to make her life easier. Make living with you easier. Lighten her load. Take some of her stress and don't keep score. You have made a commitment to her in your vows and it ought not to matter one bit if you do more for her than she asks or expects. You promised to give

her 100%...so give it by serving. My awakening to this secret came to me a number of years ago when my three children were still in elementary school. A family emergency called my wife out of the country and left me in charge of everything for 3 weeks! It made me realize how much she did and how little I was actually doing in keeping our family together. Since then I have served her with a deep sense of gratitude and I will be in her debt until the day I die. I keep trying to "out serve" her but rarely feel that I have succeeded. Oh, I do have my days of selfish indulgence, times when I watch all my taped car shows. But I keep alert for things that need to be done around the house and I do them without asking because they need doing. We do have a "honey do" list that helps me remember sometimes.

So men and women, there's my two cents worth on one secret to a long marriage. Try to "out serve" each other every day.

Rev. Richard P. Reimer, Pastor American River Community Church 3300 Walnut Ave., Carmichael

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POPOFF!

with Mary Jane Popp

all your grievances (to yourself) in writing. Next, organize them in three categories: those within your control, those you may be able to influence, and those out of your control. Put a big slash mark through the obstacles that are out of your control entirely. Now, brainstorm what you can do to overcome the remaining ones. Focus on what you can do, rather than what you can't.

3) Adopt a new communication style. Pay attention to your own communication style. Are you assertive? Are you a quiet thinker and planner? Do you talk before you think? Next, pay attention to your boss's style. If your boss is direct and "get it done" but you need time to process information and plan, you may come across to him or her a slow, procrastinating, or even resistant to feedback or authority. Modify your approach to match the boss's style. Use the same words the boss uses, match the tone and approach to the degree you can. Mismatched communication styles lead to many misunderstandings.

4) Try on a new you. Trying different things to see what works and what doesn't can be fun, if you take the attitude that this is an opportunity to learn. Seek outside experts or inside mentors to talk to about your options for change. Ask for advice and feedback on what you are doing right and where you might need to modify your behavior. To get new ideas and pick up tips, be

like a curious detective. Take a look around the culture...who succeeds and why. Try out a new behavior...such as coming in early, or volunteering for a hard task...and observe how others react and how it makes you feel.

5) Don't be a Debbie Downer. Think the boss is a jerk? Hate the company culture? Can't stand the people in the corner office? The more you tell yourself how horrible they are, the more you will respond negatively in your behavior. Remember that most people, including company leaders, haven't had the chance to learn good leadership skills. They are often doing the best they can. Try to give them a break. Make it your job or your role to be helpful to them and to the company overall. If you just can't stand the person or people in charge no matter what you try, it might be time to find another job. Remember that we often control the perception of people around us more than we think.

So, if you find yourself in a professional rut and think career-limiting behavior might be holding you back, consider these five tips and get all the details from Beverly Flaxington in "Make Your Shift." Want to check out Beverly, then go to www.understandingotherpeople.com. And bets of luck to you in your dream adventures!!!

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

SHIFT FOR SUCCESS

You know what you want to do, and you have defined success for you. Then why can't you lose that extra ten pounds or make that career change? All you have to do is change your behavior, but easier said than done. You have to know how. That's where Beverly Flaxington comes into the picture. Business Coach, Behavior Expert, and Hypnotist, she tells you how in "Make Your Shift." There are five powerful moves you can make to get where you want to go. So let's go.

1) Look where you're going. Name your desired outcome. Put pen to paper and record, specifically, where you want to go next in your career. Give yourself a date by which you want to accomplish this goal. Does your current position help or hinder you in reaching your goal? Writing your vision helps you articulate where you'd like to be and may help you identify why you're stuck.

2) Name what's stopping you. Write down the obstacles that are standing in your way. What's bugging you about the job? Take a few minutes to air



Dr. Bob Graykowski



A Frightening Epidemic

Obesity is a well-known risk factor for cardiovascular disease, Type 2 diabetes and hypertension in adults. In recent years, it's become equally widespread in children.

At Chiropractic USA Vitality center we teach optimal nutrition and promote regular exercise habits which are the key to lifelong wellness. That's why it's important to teach children this information early on in life. If you need motivation to keep your family focused on optimal health read on to learn more about the health consequences of obesity in children.

Spinal Strain

Over the last two decades childhood obesity has risen 30%. Even just a few extra pounds can put unnecessary strain on the spine. This is particularly dangerous for children, as it sets them up for a lifetime of back and neck issues. Statistics show that childhood spinal conditions have also increased in direct proportion with increased obesity.

Bad Habits Start Early

A study of 27,899 children, born in the United States associated rapid weight gain during the first four months of life with an increased risk of overweight status at age seven years. This pattern was independent of birth weight and weight attained in the first year of life.

"There is substantial evidence that obesity in childhood lays the metabolic groundwork for adult cardiovascular disease. Furthermore, a 55-year, follow-up study showed that adults who were overweight in adolescence had an increased risk of morbidity and mortality from cardiovascular diseases, independently of adult weight."

Childhood Obesity

If you are Good

"If you are good, mommy will give you a cookie." Using food as a reward or pacifier is a tempting trap to fall into. Why? Because it works! But this short-term fix sets a child up for a lifetime of nutritional failure. Food should never be used as a reward or punishment ("You'll get no dessert unless you eat those peas!") Youths who view food as reward or punishment carry those mental images with them for the rest of their lives. Psychologists have discovered that this negative imaging spawns eating disorders ranging from overeating to anorexia. Instead of using food as a reward, focus on healthy activities. Reward good behavior with a trip to the zoo, a nature-trail walk, roller skating, swimming or other physical activity.

Self-Concepts

Children who should be out playing tag or kickball at recess are sidelined because they can't keep up and classmates' taunting can be brutal. The negative self-concepts seen in overweight adolescents appear to be fully developed in girls as young as five years of age, according to a recent report.

Happy Homes Help

Studies show that children with troubled home lives have more eating related disorders than those living in happy homes. Regular home cooked family dinners have been shown to create healthier well rounded children lowering obesity.

The Skinny on Bedtime

A Japanese study involving 8,941 children - all of whom were three years old - found that children who don't get enough sleep tend to put on more weight than children who spend adequate time with the sandman.

Ration the Electronics!

Many of today's youngsters spend more time sitting in front of television screens and computer games than they do playing outside with friends. Instead of running and jumping themselves, they manipulate animated video-game figures to run and jump.

This inactivity adds pounds very quickly. Children with sedentary lifestyle burn fewer calories than those who are

active. Pulling the plug on your television doesn't have to be an all-or-nothing proposition. Simply rationing its use can produce substantial results. You can also get a bit creative: purchase an exercise bike and encourage your child to pedal through his or her favorite program!

Diabetes

Type 2 diabetes, also known as Adult Onset, is increasingly affecting obese children.

Between one-fifth and one-fourth of all obese youths may have impaired glucose tolerance, according to the latest studies. Impaired glucose tolerance is a precursor of Type 2 diabetes.

If your child is overweight, talk to your Doctor about scheduling a glucose tolerance test. Impaired use of glucose is considered a precursor to diabetes. Symptoms of the disease include fatigue, blurred vision, excessive thirst, excess urination and cuts that won't heal. A lesser-known symptom is chronic urinary tract infections.

Learn Prevention

It has become an urgent issue for Doctors to educate the community about the steps to prevent Obesity, Diabetes and early warning signs of Cardiovascular disease. Our mission is to change the health and healing of families in our community. Call today to find out which wellness workshop is best for you to learn the NEXT best step to your health and Vitality.

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The show offers a rare opportunity to explore many varieties of gorgeous begonias grown by local growers. Plus over 1000 beautiful begonia plants will be for sale, most for only \$4-6 each. The sale plants will be unique species not typically available for sale in local nurseries. Seminars will be offered to teach the basics of begonia growing including soils, pruning, planting and grooming. A lovely planted terrarium will be raffled off at the end of the show. Raffle tickets are \$1.00 each.

"This is a must-attend event for any plant lover. It's a fabulous introduction to the wonderful world of begonias and also provides a chance to start growing them at home," said Joan Coulat, Show Chairman.

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Thursday, November 29, 2012 - 11:30 a.m to 12:30 p.m.
LOCATION: St. Francis Community Hall
6700 Verner Ave., Sacramento, CA 95841 (I-80 @ Greenback)
RSVP to LISA WEST @ (916) 732-2020

Please note - this is not a sales seminar. "The Privilege of Planning" is a 30-minute presentation followed by a question and answer period. It will focus on the importance of getting your family involved in the entire process of advance funeral planning and all of the options available. Done properly - at the right time and in the right way - pre-planning can become a privilege instead of a chore. Get valuable information on Veteran's benefits, cremation and burial options and receive a FREE Emergency Planning Guide. Come and learn the steps you can take now to make sure those you care about are always cared for.

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Sacramento County DA Report

A recent case of interest

CASE: Phillip 'Mohammed' Jackson (08/31/12)
PROSECUTOR: Deputy District Attorney Hilary Bagley Franzoia, 916.874.9832

District Attorney Jan Scully announced today that Phillip 'Mohammed' Jackson was sentenced by the Honorable Pamela Smith-Stewart to one year in county jail and five years formal probation for his felony conviction of animal cruelty.

During the evening of October 21, 2011, Jackson carelessly drove off in his truck after arguing with a friend. His female dog "Lovely" had been tethered but not contained in the bed of his truck. It is assumed that Jackson inadvertently dragged Lovely a far enough distance for her to sustain abrasions to her legs, paws, stomach and chest exposing deep tissue, tendons, and bone. Miraculously, Lovely was alive when Jackson dropped her off at a friend's house and refused to take her to a veterinarian. At that time, he expressed that he knew Lovely was dying. Over the next 2 days, Jackson continued to refuse to provide any veterinary care upon being requested to do so by his friend.

Sacramento City Animal Care and Regulation was called on October 23, 2011 to pick up Lovely. Upon their arrival, she was barely alive, infested with maggots and severely infected.

The Animal Care officer rushed Lovely to their closest clinic. Due to her severe injuries and sepsis, the city veterinarian immediately provided Lovely with what Jackson refused to provide over the previous 48 hours, a humane end to her horrendous suffering.

Deputy District Attorney Hilary Bagley Franzoia states, "Many owners recognize and appreciate a moral obligation to their animals. The law also imposes an obligation to lessen or end their needless suffering. This obligation extends to any owner, who, by some careless action, generates an obvious slow and painful death of their animal. Under the law, owners are not allowed to ignore the suffering of their animals, even when euthanasia is the only option to end excruciating suffering and death."

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SEPT. 13 7:00 PM	SEPT. 14 7:00 PM	SEPT. 15 11:00 AM 3:00 PM 7:00 PM	SEPT. 16 1:00 PM 5:00 PM

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 Additional fees may apply.

MONTHLY MILITARY RETIREE/ SPOUSE MEETING

Our next monthly meeting is scheduled for 11 Sep 2012. Meeting location is the North Highlands Park and Recreation District, 6040 Watt Ave, North Highlands 95660. Our meeting starts promptly at 1030 hrs. Our speaker is Suzi Vinci, Veterans Service Officer for the Disabled American Veterans organization. Come on out and enjoy a cup of coffee and some great fellowship. Questions can be referred to our volunteer staff at 916-923-4979, Mon thru Thurs, 9 to 3PM.

Carmichael Cactus and Succulent Society

Meeting 9/6 10am
 Carmichael Park Clubhouse,
 5750 Grant Avenue
 Carmichael, CA 95608

Bob Hamm presents "Caudiciform Begonias and Less Common Succulents"

Questions: 916-729-3475

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.

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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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Outdoor World

ELK SENSES

If you ever wondered how good an elk's eyesight is, try crossing an open meadow or walk along a ridge with the sky behind you. They will spot you a mile away. In the timber, though, and dressed in full camo, you can almost reach out and touch them. The eyes of an elk are quick to pick up movement, but unlike a whitetail, an elk quickly ignores the movement.

An elk's ears work very well too. That is to your advantage when you are calling elk but not when you are trying to sneak up close to one. They will ignore natural sounds like branches snapping, but let a harsh fabric rub against brush or your binoculars clank against your bow or gun, and it's goodbye elk.

When you take into consideration tricky mountain winds and thermals that carry your scent to the elk's excellent sense of smell, no wonder the elk is one of the hardest animals on earth to harvest. If you want to be successful, remember all the elk's senses.

Jim Ryan is a Member of the RedHead® Pro Hunting Team

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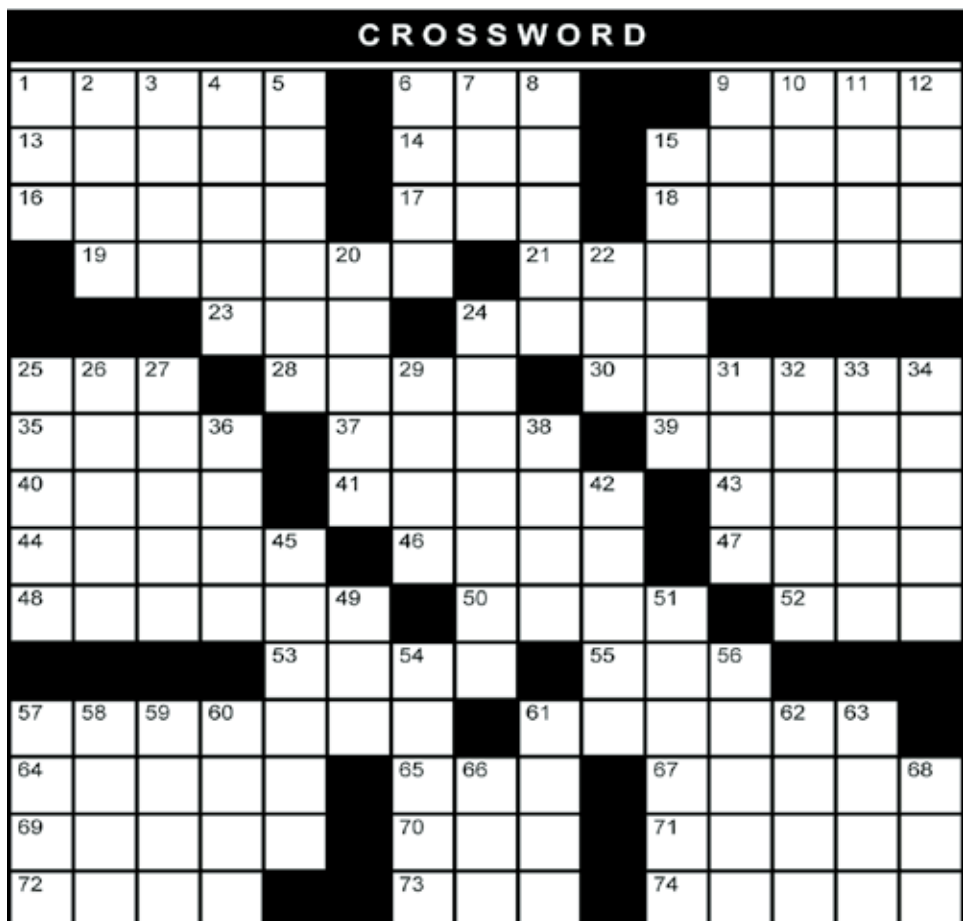
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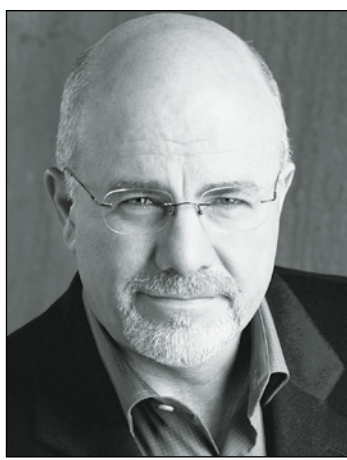
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CLUES

- ACROSS**
- Writer _____ Asimov
 - *Quality of a football lineman
 - Shakespeare, e.g.
 - Stallion's cry
 - University of Rhode Island
 - Used in printing
 - Gymnast Comaneci
 - Man's tasseled hat
 - Unlace
 - FEMA help, e.g.
 - *He's now a Bronco
 - *Defensive _____
 - Deal with it
 - *It airs Sunday night football
 - Silage holder
 - *Last year's BCS runner-up
 - Having wings
 - *NCAA's initial _____team playoff
 - Academy in Annapolis
 - Welt
 - Yesteryears
 - *1977 football flick, " _____
- DOWN**
- Overnight lodging
 - Tough*
 - Type of acid
 - Manufactured
 - _____ and proper"
 - Pollute
 - *The _____ Show" (1976-1980)
 - *Owner of a Lonely Heart" band
 - Film shot
 - Dog command
 - *Tide's color
 - Not very far
 - Raja's wife
 - Major time period
 - Water nymph
 - Beginning of illness
 - ENT's first concern?
 - Ownership document
 - Jolie's other half
 - *Conference of last 6 college champs
 - *Pittsburgh's " _____ Curtain"
 - Make very hot and dry
 - _____de-camp
 - *Quality of a good player
 - *Moves with each first down
 - It makes a car shine
 - Wrath
 - Most famous gremlin
 - Capital of West Germany, 1949-1989
 - Unfavorable prefix
 - Seabiscuit control
 - Small amount of residue
 - Go to NPR, e.g.
 - Enlighten
 - Suitable
 - Quality of a good soldier
 - Muslim ruler, respectfully
 - What scapegoat is given
 - Shorter than California
 - Used for weaving
 - *Tackler's breath?
 - Each and all
 - Chinese silk plant
 - Takes off weight
 - *Nevada Wolf Pack's home
 - Do over
 - Touch is one of these
 - Starting time
 - One from Laos
 - *Brother of #21 Across is a leader of this team
 - Genueflecting joints
 - Loyalty to the loyal, e.g.
 - Farmer's output
 - Alternate spelling of #64 Across
 - In or of the present month
 - Athletic event
 - Narcotics agent
 - Evander Holyfield's ear mark
 - *Ivy League's Bulldogs
 - Charlotte of "Facts of Life" fame
 - Ctrl+Alt+_____

For Solution See Page 7



Dave Ramsey is America's most 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 EntreLeadership. The Dave Ramsey Show is heard by more than 5,000,000 listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

Fix it or sell it?

Dear Dave,
 My old car has been having lots of problems lately. Do you have any advice on how to decide when it's best to just fix an old car or get a newer one instead?
 - Kristin

Dear Kristin,
 This is a good question! Mathematically, the first thing to look at is the car's worth if you don't make repairs. Should you spend \$1,000 to increase the value of the vehicle \$500? Dumb question, right? At that point, you sell the car as-is and put the \$1,000 it would take to fix it toward something newer.

On the other hand, let's say you've got a little hoopie worth \$1,000 but by putting \$500 into it, you can have it up and running again. Suddenly it's worth \$2,500. That's money well-spent, because what you've done has significantly increased the value.

The other side is that at some point, the hassle factor of an old car can turn it into a money pit. If you can't get anywhere because the car's always busted, then you need to find something else for the sake of safety and reliability. If this happens, though, you should still pay cash for a better car. Even if you're not taking a step up in price or fanciness, it's still better than taking on a car

Dave Says

payment. I'd walk or ride a bike everywhere before I did that!

- Dave

You lacked clarity

Dear Dave,
 About 17 months ago, my wife and I allowed a lady who had lost her home to a fire to move into an empty house we own and had thought about selling. During that time she's made no effort to pay rent. My wife wants to write it all off and just give her the house and title, but I think she owes us something for putting a roof over her head. What do you think?
 - Thomas

Dear Thomas,
 Honestly, I think you handled this situation poorly from the very beginning. From what you're telling me, you put her there originally on a charity basis, and now you want to change the deal. You didn't say anything about giving her a house, but you didn't set up a rental agreement either. And now you're acting like she owes you 17 months of back rent. I don't think so. I think that's on you.

Now, you have some decisions to make. Were you providing free housing to someone who was struggling, or were you providing a free house to someone who was struggling? I understand

this lady has experienced a terrible tragedy, but even with that, I'm not hearing lots of evidence that she's moving toward gaining control and getting her life back together. You may be giving a drunk a drink, if after 17 months of this situation she's not back on her feet again and out on her own.

If it were me, I'd sit down with her and have a gentle talk. Let her know the last 17 months were a gift, but you want to see her making her way and winning at life again. Set a reasonable time limit, whether it's six months or even a year, and tell her you'll be selling the house at that point. This is fair to her and to you guys as well.

- Dave

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

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Come back every week for Sudoku!



For Solution See Page 7.

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ELEMENTARY FLAG FOOTBALL
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DA Scully Urges Governor Brown to Veto SB 9

From the Office of the District Attorney

District Attorney Jan Scully joins the California District Attorneys Association (CDA) and elected DAs across the state in urging Governor Brown to veto SB 9, which would allow murderers who were under the age of 18 at the time of the crime, and who have been sentenced to life without the possibility of parole, to have their sentence modified to allow parole. After a similar bill failed in the previous legislature, SB 9 was passed in the Assembly by a single vote.

Scully noted that current law provides adequate safeguards against the abuse of the life without parole penalty for those under the age of 18. The penalty is only possible for those who were at least 16 years old at the time they committed murder.

Prosecutors have discretion whether or not to seek the penalty. Sentencing judges also have discretion not to impose it even when the proper charges and jury findings have been made.

Scully states that accountability is a central pillar of our criminal justice system. SB 9 would weaken that accountability for those, 16 years and older, who commit the worst crimes. Her letter states, "Juvenile murderers can be among the most hardened and calloused of killers." Under SB 9, rapist murderers, gang murderers who coldly ambush their victims, robbers who execute their victims, and multiple murderers, are all eligible to have their sentence reduced. She goes on to cite three cases from the more than 260 defendants serving life without parole for special circumstance murders committed when they

were 16 or 17. The cases include 16-year-olds Daniel Russell and Calvin Pearson, convicted in Sacramento for murdering 90-year-old Marie Oliver in her home during a robbery.

Scully noted that 29 of the juvenile murderers serving life without parole were convicted of multiple murders. In addition, 27 were convicted not only of murder, but also one or more counts of attempted murder - additional victims who would be dead if the defendant's actions had been as effectively deadly as his intentions.

The bill will also subject the families of murder victims to a multi-step process that could force them to relive the events, probably many times, traveling to and speaking at each subsequent parole board hearing if the court did modify a defendant's sentence.

Governor Brown Announces Pension Reform Agreement

LOS ANGELES—Governor Edmund G. Brown Jr. outlined on August 28th a sweeping pension reform agreement that saves billions of taxpayer dollars by capping benefits, increasing the retirement age, stopping abusive practices and requiring state employees to pay at least half of their pension costs.

"These reforms make fundamental changes that rein in costs and help to ensure that our public retirement system is sustainable for the long term. These reforms require sacrifice from public employees and represent a significant step forward," said Governor Brown.

"If the legislature approves these reforms, public retirement benefits will be lower than when I took office in 1975," said Governor Brown. "Additional changes would require a vote of the people," he added.

The pension reform agreement includes substantial benefit roll-backs for public employees. It requires all current state employees and all new public employees to pay for at least 50 percent of their pensions and establishes this as the norm for all public workers in California. Importantly, these new reforms eliminate state-imposed barriers that have prevented local governments from increasing employee contributions.

Further, it bans abusive practices used to enhance pension payouts.

"No more spiking, no more air time, no more pensions earned by

convicted felons," said Governor Brown. "We're cleaning up a big mess and the agreement reached with Legislative leaders today is historic in its far reaching implications."

Public Employee Pension Reform Act of 2012

Caps Pensionable Salaries

Caps pensionable salaries at the Social Security contribution and wage base of \$110,100 (or 120 percent of that amount for employees not covered by Social Security).

Establishes Equal Sharing of Pension Costs as the Standard

California state employees are leading the way and are paying for at least 50 percent of normal costs of their pension benefits. Requires new employees to contribute at least half of normal costs, and sets a similar target for current employees, subject to bargaining.

Eliminates current restrictions that impede local employers from having their employees help pay for pension liabilities.

Permits employers to develop plans that are lower cost and lower risk if certified by the system's actuary and approved by the legislature.

Provides additional authority to local employers to require employees to pay for a greater share of pension costs through impasse proceedings if they are unsuccessful in achieving the goal of 50-50 cost sharing in 5 years.

Directs state savings from

cost sharing toward additional payments to reduce the state's unfunded liability.

Unilaterally Rolls Back Retirement Ages and Formulas

Increases retirement ages by two years or more for all new public employees.

Rolls back the unsustainable retirement benefit increases granted in 1999 and reduces the benefits below the levels in effect for decades.

Eliminates all 3 percent formulas going forward.

For local miscellaneous employees: 2.5 percent at 55 changes to 2 percent at 62; with a maximum of 2.5 percent at 67.

For local fire and police employees: 3 percent at 50 changes to 2.7 percent at 57.

Establishes consistent formulas for all new employees going forward.

Ends Abuses

Requires three-year final compensation to stop spiking for all new employees.

Calculates benefits based on regular, recurring pay to stop spiking for all new employees.

Limits post-retirement employment for all employees.

Felons will forfeit pension benefits.

Prohibits retroactive pension increases for all employees.

Prohibits pension holidays for all employees and employers.

Prohibits purchases of service credit for all employees.



By Karen Anderson

ANTICIPATION OF WONDER

In your imagination, go further than what I have described, because God is so much bigger and grander than any fjord or mountain top. You should stand in awe and wonder at how 'BIG' your God is. All creation declares who He is and there is no excuse not to believe He is who He says He is.

GOD'S EXISTENCE...

"For since the creation of the world God's invisible qualities—His eternal power and divine nature—have been clearly seen, being understood from what has been made, so that men are without excuse."

You may have an understanding of God, but when you open up to His magnificence, you cannot help but be humbled and grateful for whom God is. Don't

let anyone, even yourself, talk you out of knowing, and really experiencing God. I am not talking the head knowledge of Him but a heart and soul knowledge. REALLY KNOW GOD! You should be saying statements like..."God is who He says He is and He can do what He says He can do." Now it is your turn to JUSK ASK Him to be with you forever. Holding His hand, now take your next step into the life of wonder and awe knowing God is beside you all the way.

PASSAGE: Romans 1:20 (The Message)

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.

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Print publications include: Carmichael Times, Citrus Heights Messenger, American River Messenger, Placer Sentinel. All other publications are online.

Citrus Heights Scholarship Pageant

- Miss entrants must be at least 16 to the age of 27.
- Teen entrants must be at least 13 to the age of 16.
- Entrants must be single; never been married nor a parent.
- Entrants must be of good physical health and good moral character.
- Mrs. / Ms. Entrants must be at least 18 years of age.

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A Once-In-A-Millennium Event Celebrating The Year of The Dragon

SACRAMENTO – Ringling Bros. and Barnum & Bailey Presents DRAGONSSM is a once in a millennium event that honors The Year of the Dragon. Circus performers from the farthest reaches of the earth have assembled for Ringling Bros. Presents DRAGONS to showcase their astounding acts of bravery and astonishing athleticism. Ringling Bros.® Ringmaster Johnathan Lee Iverson presides over this fantastical celebratory tournament of circus champions that brings together mystic dragon lore with authentic circus feats. DRAGONS is a never-before-seen blend of legend and spectacle that can only be found at The Greatest Show On Earth!®

The anticipation builds throughout Ringling Bros. Presents DRAGONS as children of all ages bear witness to one phenomenal Ringling Bros. circus act after another, from Shaolin Kung Fu Warriors, charging Cossack riders, magnificent Asian elephants, fierce tigers to the frenzied Globe of Steel. As the audience observes these and even more real world displays that pay tribute to the dragon, their continued excitement will bring glimpses of the elusive beast. But, the big question remains; what will it take to lure a true dragon from its golden lair?

Guests should be sure to arrive

early to join us for several exciting interactive elements before the show starts! Opening 90 minutes prior to each performance, all ticket holders are invited to tour the Animal Open House to get up-close with our amazing animals. Also one hour before showtime, check out the interactive All Access Pre-show, FREE admission with your ticket. Families can join Pre-show Host Andre McClain and participate in interactive experiences such as learning juggling and balancing skills, get performer autographs, see one of Ringling Bros. majestic Asian elephants paint a one-of-a-kind masterpiece and meet the Ringling Bros. Clowns, whose side-splitting spoofs, absurd antics and comical parody are guaranteed to keep audiences roaring with laughter!

“We are so excited and have been waiting for 2012, the Year of the Dragon, to arrive so that we could create a Ringling Bros. and Barnum & Bailey production of such magnitude that celebrates mystical dragon lore with genuine circus feats,” says Producer Nicole Feld.

“This is truly a once in a lifetime event where fantasy and real world legends literally collide at The Greatest Show On Earth!®, adds Producer Alana Feld.

For more information visit Ringling.com.

Source: Feld Entertainment



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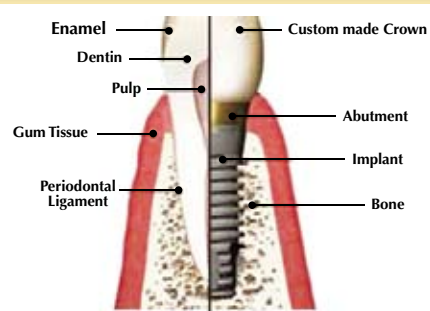
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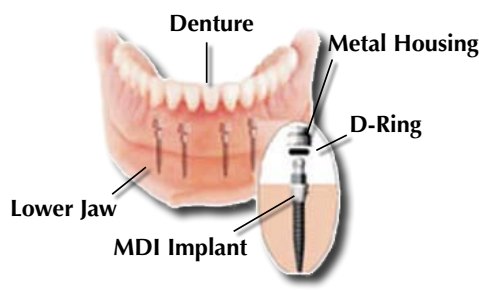
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