



Carmichael Times

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Serving Carmichael and Sacramento County since 1981

August 1, 2012

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Peddler and Pooches a Carmichael Tradition

By Susan Maxwell Skinner

Q: What sallies forth with ten legs, two wagging tails, five wheels and three toothy grins?

A: Sal Maida and mates Mateo and Millie-Bee.

CARMICHAEL – The odd trio is beheld daily along California Ave, Carmichael. Barber Maida (77) is much admired by motorists who honk, stop and commend the National Guard veteran and pooches for their picturesque regime.

A combination of ambulant tricycle and child trailer allows outings for master and both best friends. Chihuahua Mateo leads the parade with a two-year-old's vigorous instance. Like a flame-haired Queen Boadicea in her chariot, Yorkie Millie-Bee brings up the rear. "She wants to go with us but can't walk far," explains her boss.

Maida claims the regime is good for all concerned. "I've lost weight and strengthened my core muscles," he says. "And fresh air is therapy." He opted for the three-wheeler after hip surgery. "It's lower than a regular tricycle so my balance is better." The doggies at first joined the stately progress on foot. When aging Millie-Bee developed mobility problems she had to be carried for much



Sal Maida and chums Mateo and Millie-Bee (in carriage) take to the tarmac on California Ave. The unique equipage is a daily wonder on Carmichael Colony lanes Photo by Susan Maxwell Skinner.

of the journey. "My wife Lynda had the great idea of getting the trailer," says Maida. "We lifted Millie-Bee on board in her bed. Off we went." As all observed, the Yorkie took to triking like,

well, a dog to a bone. "People often stop me and ask how I trained the two," says Maida. "I hardly needed to; they love it. Mateo likes to lead. Millie-

Bee enjoys the outing and the attention. Every time her leash appears, she heads for the trailer, eager to go. If I stop pedaling to talk to anyone for too long, she barks to get me going."

Gov. Brown Outlines Path for Bay Delta Plan

SACRAMENTO – California Governor Edmund G. Brown Jr., Secretary of the Interior Ken Salazar, and National Oceanic and Atmospheric Administration (NOAA) Assistant Administrator for Fisheries Eric Schwaab on July 25th outlined revisions to the proposed Bay Delta Conservation Plan (BDCP) that, along with a full range of alternative proposals, will undergo a rigorous public environmental review in the coming months.

In announcing the path forward for an enhanced BDCP process, the officials emphasized that California's water system is unsustainable from an environmental and economic perspective, and that the BDCP is a key part of a comprehensive solution to achieve the dual goals of a reliable water supply for California and a healthy California Bay Delta

ecosystem that supports the State's economy.

Population growth, habitat loss and ongoing threats to levee stability and water supply have crippled the California Bay Delta, threatening the health and economies of California communities. The revised approach, which is grounded in science, is designed to help restore fish populations, protect water quality, and improve the reliability of water supplies for all water users who receive deliveries from state and federal projects. It improves on key aspects of previous proposals and offers a strong governance model, financing options, a scientific review process and a steadfast conservation foundation for a new water conveyance facility to move water and help restore the health of the ecosystem.

"A healthy Delta ecosystem and a reliable water

supply are profoundly important to California's future," said Governor Brown. "This proposal balances the concerns of those who live and work in the Delta, those who rely on it for water and those who appreciate its beauty, fish, waterfowl and wildlife."

"As broken and outdated as California's water system is, we are also closer than ever to forging a lasting and sustainable solution that strengthens California's water security and restores the health of the Delta," said Secretary Salazar. "Through our joint federal-state partnership, and with science as our guide, we are taking a comprehensive approach to tackling California's water problems when it comes to increasing efficiency and improving conservation. Today marks an important step forward in transforming a shared vision into a

practical, effective solution. With California's water system at constant risk of failure, nobody can afford the dangers or costs of inaction."

"The status quo isn't working for fish, communities around or dependent upon the Bay Delta, economic development, or water resources management," said Dr. Jane Lubchenco, Under Secretary of Commerce for Oceans and Atmosphere and NOAA Administrator. "Our proposed changes to the BDCP reflect important improvements in shaping a comprehensive strategy to fix a broken system. Because this is a complicated issue and we do not have all the answers today, we will continue to evaluate and refine the proposal. We call upon the many participants throughout California to join us in staying focused on science-based solutions."

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Ballgowns Needed for Formerly Homeless Women to Wear at Annual Gala



A Women's Empowerment graduate displays the ballgown she received from a community member to wear to the annual fundraising gala. Photo courtesy of Women's Empowerment.

SACRAMENTO – Women's Empowerment is seeking used prom dresses, bridesmaid dresses or other formal gowns for formerly homeless women to wear

at this year's Celebration of Independence Gala. Plus-sized gowns are especially needed. Dresses can be delivered to Women's Empowerment, 1400

North C Street, Sacramento, Monday, Wednesday, Thursday and Friday, 8:30 a.m.-4:30 p.m. Hours on Tuesday are 8:30 a.m.-2:30 p.m. Dresses are needed by Aug. 10 to allow time for alterations.

"This is a chance for women in the community to let their old dresses take on new life as they strengthen a formerly homeless woman's independence and self-esteem," said Lisa Culp, Women's Empowerment executive director.

The 11th Annual Celebration of Independence Gala will take place 5:30-8:30 p.m., Oct. 4, at The Grand, 1215 J Street, Sacramento, and will feature a formal dinner, live and silent auctions, live music, and presentations from the graduates and local community leaders. Tickets are \$85. For an additional \$85, local residents can sponsor a graduate to attend

the gala. For tickets or sponsorship opportunities, call (916) 669-2307.

Women's Empowerment offers the only comprehensive job-readiness program in the Sacramento area designed specifically for women who are homeless and their children. The 2009 Nonprofit of the Year has graduated 939 homeless women and their 1,379 children. Last year, 94 percent of graduates found homes and 74 percent found jobs or enrolled in school.

The program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women's Empowerment is funded solely through private donations from the community.

For more information and to donate online, visit www.womens-empowerment.org.

Californians Consume 4th-lowest Amount of Energy Nationwide

SACRAMENTO REGION – Californians consume the 4th-lowest amount of energy per person nationwide, according to the nonprofit website EnergyTrends.org.

EnergyTrends.org is a project of the Lexington Institute, a think tank based in Arlington, Virginia.

"Americans' awareness and understanding of energy seem to be increasing, but major changes in energy consumption don't happen overnight," said Don Soifer, Executive Vice President of the Lexington Institute. "This year, increased use of natural gas in most of the Southeastern states was the strongest trend." Earlier this year, EnergyTrends released its first state letter grades for states based on renewable energy patterns. California earned a letter grade of B.

"It is our hope that the information on EnergyTrends.org will be useful for everyone from schools to elected officials to keep track of their state's critical energy consumption and generation patterns," Soifer said.

He noted that the research is based on 2010 energy data which was recently released by the U.S. Department of Energy. The website tracks vital indicators for energy and electricity use, as well as which fuels (like coal, natural gas or renewables) are used to generate electricity, and ranks states in each category. It also analyzes data from recent years, providing easy-to-read indicators to show overall trends.

For more information see EnergyTrends.org.

School Starts August 16th!

Families encouraged to beat the rush and register today

SJUSD Release – Be sure to spread the word, San Juan Unified starts school on Aug. 16, a week earlier than in previous years.

New resident families, and those wanting to transfer into the district, are encouraged to enroll their students today by visiting San Juan Central located at 3700 Garfield Ave., in Carmichael. Walk-ins are welcome. No appointment is necessary.

The center is open to enroll new students and out-of-district transfers Monday through Friday as well as every Saturday in the month of August. Summer hours are Monday, Tuesday, Thursday and Friday (except July 27) from 8 a.m. to 4:30 p.m., Wednesdays from 11 a.m. to 7:30 p.m., and Saturdays in August from 9 a.m. to 3 p.m. More information can be found online at <http://www.san-juan.edu/enrollment>.



REWARDS

Get More Mileage from Your Shopping Dollar!

SEE AD ON PAGE 11

“Miracle” Workers Prepare for Mall Start



Shopping mall owners Nancy and Allan Davis (center back) brought their development team to a recent Carmichael Chamber of Commerce meeting. Their presentation revealed plans to transform a shabby Fair Oaks Boulevard strip mall. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

CARMICHAEL – Milagro is the Spanish word for miracle. It is also the new name of the shopping center whose owners hope to breathe new life into central Carmichael.

The miracle is still a work – if not yet in progress – in preparation. Earlier predicted for spring of 2012, groundbreaking should now occur by Thanksgiving.

Mall owners Allan and Nancy Davis recently updated Carmichael Chamber of Commerce members on plans for the run-down Hillside Shopping Center (Fair Oaks Blvd and Marconi Ave). Long-time Carmichael residents, the couple purchased the 1970s mall late last year. Permits and other processes have taken longer than optimistically envisioned but the Davises hope to complete boulevard’s much-needed “miracle” in 2013. Designs will be ready for County inspection within two months, said their architect, Kenton Russell.

A wine-country theme, including a petite corner vineyard, has been finessed. The rebuilt center will draw eyes from the boulevard with a tree-lined avenue. As seen at the Fountains center in Roseville, rough-hewn stone, pillars and walls will offer variety in profile. Shade trees will be omnipresent. Outdoor and courtyard dining will be an attraction and a farmers market might be a regular tenant.

Architect Russell lamented delays but predicted the project would be a “win-win for everybody.” The new owners were not alone in visions for the four-acre property, he said. “Big-box companies wanted to bulldoze the site. In 30 years in this business, the Davises are my first clients who got involved in a project solely for the benefit of the community. It’s because they live in Carmichael.”

Milagro’s real estate broker Paul Frank said the development has garnered “a tremendous amount of interest” from the retailers. Milagro will offer

space for restaurants and a meeting facility. In the hope that bikes, buses and pedestrian energy will be more used, the County has allowed the developers to sacrifice some parking space for greater café-style seating area. Says investor Nancy Davis (daughter of the late building giant Joe Benvenuti): “When motorists go by, they should be attracted to a place where people are enjoying life. I want people to feel they’ll enjoy more than just shopping here.”

Built in the 1970s, the Hillside center has seen scores of businesses come and go. The mall’s unrelieved profile and poor street visibility is held to blame. Only three viable businesses remain: The Palace event center; the Reid Family Martial Arts studio and a breakfastery locally famed as the Waffle Barn. Milagro plans will keep these resilient tenants operating while their premises are face-lifted.

For information on the new center, call (916) 714-8012.

Path for Bay Delta Plan

Continued from Page 1

The elements of a preferred proposal include the construction of water intake facilities with a total capacity of 9,000 cubic feet per second — down from an earlier proposal of 15,000 cfs — operations of which would be phased in over several years and a conveyance designed to use gravity flow to maximize energy efficiency and to minimize environmental impact. Many other alternatives, including no conveyance facility, and facilities with capacities ranging from 3,000 to 15,000 cfs, will also be fully considered as part of the upcoming environmental review process.

Governor Brown and Secretary Salazar affirmed their commitment to continue working with water users, non-governmental organizations and local governments to achieve the co-equal goals in a manner that incentivizes reduced, efficient water use throughout California and that protects and enhances the unique cultural, recreational, natural resource, and agricultural values of the Delta.

Having identified the key elements of a proposal, the parties expect to issue a draft Bay Delta Conservation Plan and corresponding Environmental Impact Report/Environmental Impact Statement for public review this fall. In recognition that water supply reliability and affordability elements are vitally important to the public water agencies who are expected to pay for any proposed facilities, the state and federal agencies will work intensively with the public water agencies and other interested parties over the next 90 days to address these important questions. State and federal agencies will continue to refine the proposals announced today and will issue a major progress report after the completion of this initial work.

The proposal outlined is based on shared objectives, including:

- Science: In order to determine the benefits of additional habitat and Delta outflow to fish, the State and U.S. governments are developing a process, including independent scientific review, to ensure that science is playing a neutral and informative role in determining a way forward for the BDCP. All parties,

including water users, conservation groups and public agencies will be invited to fully participate in the process. Science will guide how to best restore the ecosystem and how much water can be exported.

- Conservation: The BDCP will contain biological goals and objectives to improve the status of a wide variety of listed species and species of concern under the Endangered Species Act, and will quickly implement new habitat projects in the Suisun Marsh and the Delta upon completion of appropriate environmental reviews.

- Cooperation and Governance: State and U.S. governments will work cooperatively with local water agencies, environmental organizations, and Delta governments and districts under a proposed governance structure to achieve an open, transparent, and inclusive process, allowing affected parties to play an appropriate role in the governance and implementation of the BDCP.

- Finance: State and U.S. governments are committed to the “user pay” principle, and the state and federal water contractors agree that the costs of the new water conveyance facility and associated mitigation of that facility will be paid through charges to the water users who would benefit from its development and operation. Habitat and other conservation measures in the BDCP would be financed in part by the contractors, but would mostly be paid by the state over a period of 40 years, with likely additional investment by the federal government through existing programs.

- Adaptive Management: The proposal reflects the shared commitment by state and U.S. governments to incorporate adaptive management to ensure flexibility as factors such as climate change, new invasive species, and unexpected prolonged drought continue to affect the biology and water supplies of the Delta.

- Sustaining Delta Communities: The State and U.S. governments recognize the need to preserve the unique communities and agricultural productivity of the Delta. State and federal agencies will continue investment in the Delta for flood protection, community development, and biological restoration.

- Protecting Upstream Water Users: State and U.S. governments will make sure implementation of BDCP will not result in adverse effects on the water rights of those in the watershed of the Delta, nor will it impose any obligations on water users upstream of the Delta to supplement flows in and through the Delta.

- Improved Water Management State-wide: State and U.S. governments will continue to explore new ways to satisfy competing water demands, including commitments to an Integrated Water Management approach, reducing water demand, increasing water supply, and improving efficiency of operations. The Metropolitan Water District of Southern California and the Santa Clara Valley Water District—the two largest urban regional water agencies—have committed to exceed the urban water savings target established in the 2009 Delta Reform Act by saving 700,000 acre-feet a year based on predicted future demands. This includes a commitment by Southern California to annually save more water through conservation and recycling than it receives, on average, from Northern California, as well as a commitment from the Santa Clara County Water District to meet Silicon Valley’s future increases in demand through conservation and recycling. With respect to agricultural water use, the Bureau of Reclamation has worked with local water agencies to invest close to \$50 million over the last eight years in efficiency improvements in California. Reclamation is now partnering with the Natural Resources Conservation Service to provide funding for projects that improve water management and create new supplies for agricultural irrigation. In the last two years, approximately \$15 million in federal funding has been invested in this effort. The State of California has invested more than \$47 million in similar programs since 2001.

For more information on the announcement, including a q&a document and information on how the proposal is expected to improve fish species, please visit: <http://baydeltaconservationplan.com>

Source: California Natural Resources Agency

www.CarmichaelTimes.com

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Upcoming Concerts Scheduled for John Skinner Band & Capitol Pops



Singer Susan Skinner is featured vocalist at the John Skinner Band's Fair Oaks and Carmichael concerts – and other performances listed below. Courtesy photo.

CARMICHAEL – A Carmichael-based variety dance band will feature in a 2012 series of free concerts in Carmichael, Fair Oaks and Sacramento areas. John Skinner's Band has packed local concert venues for over 30 years. Both Skinner and his vocalist wife Susan also volunteer with

the Capitol Pops Concert Band.

2012 performances for Skinner and Capitol Pops ensembles are as follows:

Thursday August 2: Skinner Band at Fair Oaks Village Park, 7997 California St, Fair Oaks; 7 p.m.

Sunday August 5: Skinner Band at Carmichael Park, 5750 Grant Ave; 6:30 p.m.

Sunday August 19: Capitol Pops at Carmichael Park; 6:30 p.m.

Thursday August 30: Capitol Pops at Fair Oaks Village Park; 7 p.m.

Saturday September 8: Skinner Band at Pioneer Park, 5100 Verner Ave (Sacramento); 4 p.m.

Sunday September 23: Skinner Band at Mission Oaks Community Center, 4701 Gibbons Dr (Carmichael); 2 p.m.

Sunday October 7: Capitol Pops and Joyous Brass at La Sierra Center, 5325 Engle Rd (Carmichael); 2:30p.m. Admission: \$5-\$8; children free.

Friday October 19: Capitol Pops, Citrus Heights Community Center, 6300 Fountain Square Dr; 7:30 p.m.

Saturday December 8: Capitol Pops at Rusch Park Gym 7801 Auburn Blvd c h; 7:30 p.m.

For further information, call (916) 481-0334 or visit www.skinnerband.com or www.capitolpops.org

Singles Safari Dance

CARMICHAEL – Christian Singles Network will host a Safari Dance for single adults Saturday, August 4, at Carmichael

Presbyterian Church, 5645 Marconi Ave. Carmichael. All ages are welcome to attend.

The evening features refreshments, a dance lesson in the Fox Trot by Janine Wright from 7-8 PM. included in the ticket price and DJ dance music of all types from 8-11:30 by DJ Gene Lane. The music, both recent and oldies, is a mix of rock and roll, ballroom, Latin, country and Christian music at all dances.

Dress casual, tropical, safari

theme or in animal print.. The ticket price of \$15 presale or \$20 at the door includes hors d'oeuvres, 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.

Christian Singles Network is celebrating its 20th Anniversary Party and Dance August 25th at the same location. CSN is Sacramento's oldest and largest Christian Singles group, holding weekly events, with dances

every month. 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 events including seminars, getaways, and parties and cruises.

"Live Well At Home" Celebrates



Speaking to attendees at the Live Well at Home one-year anniversary celebration, Sheri Peifer, Eskaton senior VP, who directs the home support program. Photo by Stuart Greenbaum, ESKATON.

By Julie Parker

CARMICHAEL "We closed our 30 year business [Town and Country Travel] a few years ago," says Claudette Ostrander. "Our social contacts across the world closed as well."

Her husband, Bill, nods in agreement. "All of a sudden, our world became a cul de sac. When you're older, it's very easy as little road blocks come up to just hibernate. The chair is comfortable, the TV's not too bad with cable, and you can just sit there. 'Live Well at Home' was an opportunity to enlarge and expand our social contacts."

Eskaton Foundation celebrated its one year anniversary of its successful program, "Live Well At Home," last week, which was attended by its members, and the community. The festive event included appetizers, wine, and lunch, as a pianist provided a melodic ambiance.

In addition to personal social

networking, Live Well at Home members enjoy the benefits of personalized transportation, a vetted vendor services program (e.g., personal fitness, pet care, housecleaning), a personal consultant for social activities, volunteer services, etc., free and discounted educational classes, and a home safety program (replacing smoke detector batteries, furnace filters, hard-to-reach light bulbs, etc.)

This hybrid program will result in a template that other elder assisted organizations might follow.

"Eskaton is unique," says Sheri Peifer, Senior Vice President of Innovation Strategic Development, "because we're not afraid to try new services, partnerships, and new opportunities." For example, it has partnered up with CareArchitecture, a technology company that meets the evolving needs of an aging population. Together, they are

designing a user friendly interface. "As more people become comfortable using the Internet, or want to navigate their services on line, that platform will be available."

Bill Ostrander appreciates the assistance he receives with his computer (IT), as well as window washing, and painting. "Eskaton put on a seminar on how to get rid of your stuff. The two things we use with Live Well at Home, more than any other, are the social and vendor services."

"Eventually," says Claudette, "one of us is going to the great beyond. It's a comfort to know that the one remaining will have a social network to call on. I think that's very, very important."

Learn more about the services and expansion plans for Eskaton's Live Well at Home program by calling 916-459-3220 or 866-ESKATON or clicking www.eskaton.org.



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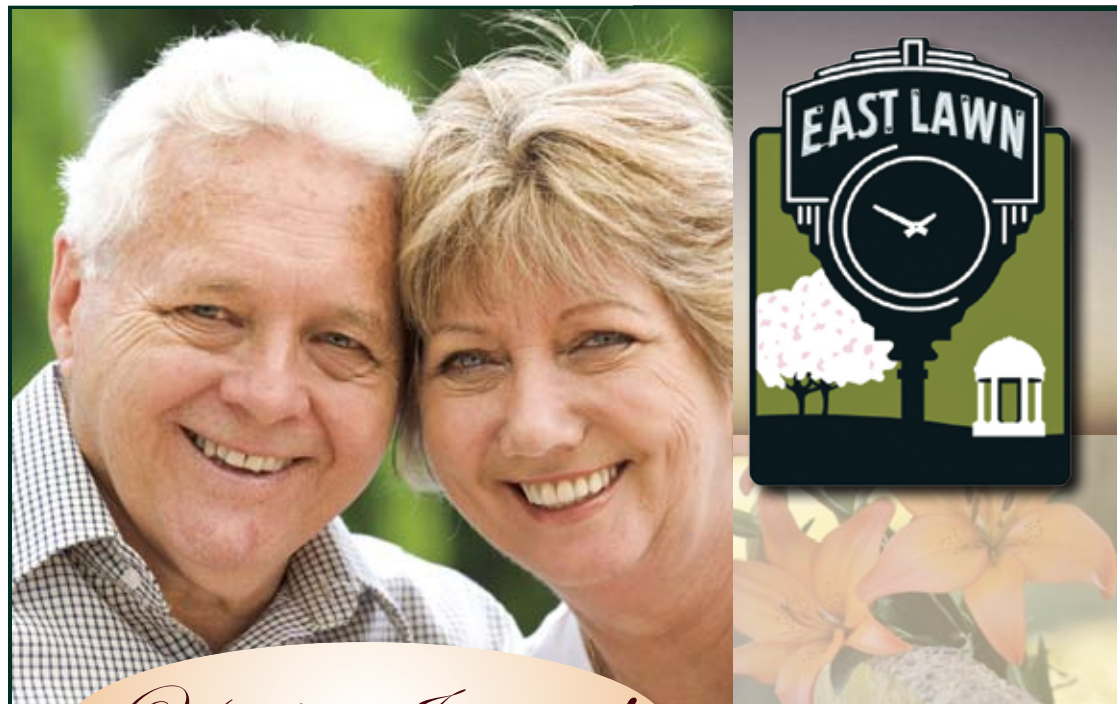


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CWD: Ratepayers Want to Know

Commentary by Jim Baker

Now that the CWD has passed what they called an 18% rate hike that later was renamed a "revenue increase", ratepayers have started to pay attention." This name change was forced on CWD when ratepayers found that the base rate, for a typical homeowner, had actually increased by 38%, not 18%, and ratepayers started showing up at water district monthly meetings to express their displeasure at this obvious semantic sleight of hand.

The original Proposition 218 Notice, approved by the Board of Directors, was mailed to ratepayers in October, 2011, is incomplete and misleading! Omitted the fact that the District assumed a \$2 million loan to complete previously future scheduled and budgeted projects. This liability put an additional burden of \$437,000 annually, bringing the districts total debt payments to almost \$2.5 million

dollars per year (that's approximately \$222 per ratepayer per year).

The reason for this borrowing was never made clear. The fight has continued in an effort to force transparency and accountability on the General Manager and Board of Directors for inconsistent reporting of facts and figures, as well as apparent fiscal mismanagement of projects. After eight months and four different accounting theories, the ratepayers are still not sure where and how the money was spent.

An "Ad Hoc Committee," made up of two C.W.D. Board members, made a presentation at the June monthly meeting which was supposedly going to "set the record straight." Irate ratepayers, after analyzing the contents of the presentation, appeared at the July meeting with many questions. One startling revelation: A single contractor was paid 4-1/2 times its original bid by using change orders and overruns!

Obviously, the Board is not adequately exercising its oversight responsibilities!

Ratepayers have a legal avenue by which they can force CWD to revisit the rate hike process and allow ratepayers to re-vote the issue. We need to gather 2,200 signatures to force a re-vote on the rate hike issue.

Citizens against giving more money without proper restrictions, oversight and integrity have the opportunity to sign an Initiative to stop this type of activity by the C.W.D. on:

Saturday, August 4, from 7a.m. to 3p.m. or Saturday, August 11, from 7a.m. to 3p.m. Hillside Shopping Center Parking Lot (Just south of Marconi on Fair Oaks Blvd., behind Walgreens)

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By Edwin Edebiri, MBA

Have you noticed that many large companies are moving away from "visit our website" to "download our app"? What exactly does this mean? Remember when email was the thing? Everyone used it. You'd get just a few a day and read every one of them. AOL "You've Got Mail!" became a familiar sound. Now we get thousands a day and most go to junk mail. Back then, email had a 90 plus percent open rate, today it is about 3 to 4 percent.

The same is happening with websites. People don't have time to "browse" anymore, and prefer using their mobile devices and social media to connect with the world. The world has gone mobile. More than half of Americans have smart phones, and of those, over 70% use them to surf the web, get information and stay connected daily. Back in the early days of the World Wide Web, having a website gave you a competitive advantage; today most small businesses have one. Mobile App is the new thing, with over 90 plus open rate. Surely having

Using Mobile Apps to Gain Competitive Advantage

an app gives you a competitive advantage in your market segment.

Some of the exciting features of business mobile apps include easy share or tell-a-friend; most small businesses rely on word of mouth referral for survival. Apps make it easy for those who download your app to share it with their social media friends. Apps also allow you to generate leads from those who download your app and people they forward it to. With apps, you have a direct connection with your customers and prospects as most people are within 9 feet of their mobile device at all times.

There are those who think things are going too fast, that they will just stick with their horse carriage (existing website), that is fine if you are in the tourist business in Old Sacramento and your customers are there. However, if your customers have moved on, you will have to meet them where they are. Check out the Penetration of Technology below. If you get stuck in one era too long, it becomes too expensive and inefficient to operate. In the 80s and 90s personal computing was the buzz, today it is mobile computing.

Majority of the small business Owners I spoke with told me that apps are for big businesses, that they are mostly for games and entertainment, or they are just too expensive. The result of these misconceptions is that the first set of business owners to use it will have a

competitive advantage in their industry and market. The world has gone mobile; to keep up with your customers and prospects you have to be where they are. Pinterest.com, a virtual pin board, is a great example. With only 10,000 members in the first 9 months in business, the launch of an iPhone app grew it to over 10 Million members the next 9 months. Apps don't only grow your business; they also make it more efficient. Instead of people calling to make reservation, they can do it on their apps, take a look at your menu and place the order on the way to your restaurant without taking up your employee's time. A Gym app can enable members to take a more active role in their progress and keep better record while allowing the company an easier way to communicate with members.

Edwin Edebiri is the Senior Consultant and Founder of Business Growth Experts LLC. BGE specializes in developing Mobile Apps and consulting for small to mid-size businesses. He can be reached at 530-204-3668 Edwin@BgExpertsLLC.com

You may download his app by scanning the code below.



California Republican Party Comments on Gov. Brown Downplaying State Parks Scandal

SACRAMENTO - California Republican Party Chairman Tom Del Beccaro responded on July 25th to a statement by Governor Jerry Brown that downplayed the importance of the growing state park scandal, calling it a "first":

"Brown's downplaying of the park scandal tells you just how cavalier he is with taxpayer money. That \$54 million could pay one month of mortgages for 28,421 Californians facing foreclosure.

"The governor's attitude toward our money is just one more reason we should vote down Brown's reckless tax increase."

Victim Dies From Crosswalk Collision

CARMICHAEL - On July 16, 2012, at approximately 10:00 p.m., Harison Long-Randall, a 21 year old from Grass Valley, and Gemily West, a 23 year old from Carmichael, were walking their four dogs on eastbound Engle Road at Garfield Avenue.

An unknown driver, driving a metallic light brown 1986 or 1987 Nissan Maxima, was traveling southbound on Garfield Avenue just north of Engle Road. As Randall, West, and the four dogs were crossing Garfield in the crosswalk, the

suspect vehicle struck a stop sign pole on the northwest corner of the intersection.

The suspect vehicle continued in a southerly direction striking Mr. Randall, Ms. West and the four dogs within the crosswalk. Based on the physical evidence collected at the scene, the suspect vehicle will have sustained moderate left front end damage consisting of a missing driver's side mirror and damaged left side running lights and turn signal lens. The driver fled the scene of the collision in the

suspect vehicle.

Randall and West were transported to Mercy San Juan Hospital with major injuries. All four dogs were killed as a result of this collision.

Harison Long-Randall died on July 29, 2012 at 0302 hours at Mercy San Juan Medical Center due to complications resulting from injuries he sustained in this traffic collision. Additional charges are being considered by the Sacramento District Attorneys office.



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The American People Deserve Better Than the Affordable Care Act

WASHINGTON, D.C. – Congressman Dan Lungren (R-Gold River, CA) voted July 11th to repeal the President's ill-conceived health care law. Following the bi-partisan repeal vote, Lungren had this to say:

"Our Nation's health care system is broken in many ways. Unfortunately, Obamacare's 21 taxes, cuts to Medicare, and incursion into the doctor-patient relationship is only accelerating the broken status quo. Americans deserve better than a bill that not only fails to address the critical health care needs of the country but also is a downward anchor on our economy. Today, I voted to repeal the President's health care law.

"I intend to work to replace this flawed law with real health care reform that cuts insurance costs, prevents the denial of medical care to individuals with preexisting conditions,



Congressman Dan Lungren

increases the number of medical doctors, accelerates accessibility to care, and protects the doctor-patient relationship. Unlike the President and his health care law, I believe the government should not and must not come between critical and personal health care decisions.

"Our Country faces the serious problem of Americans who are

uninsured or who face skyrocketing health care costs. We must address these issues with urgency and great empathy for those who most acutely feel the effects of our broken health care system. Sadly, however, the current law does not effectively or appropriately address these issues. The current law fails to slow down the unsustainable growth of health care and fails to adopt the necessary measures to preserve Medicare for future generations. And the long list of fees, regulations, penalties and taxes will do little to encourage job creation or remedy our serious fiscal situation.

"Common-sense, patient centered solutions are the course we need to take when drafting health care reform. The American people deserve better than the Affordable Care Act."

Source: Office of Congressman Dan Lungren

Sacramento's Newest Arts Facility Hosts 60 Chinese Teens

Chinese teens attend "American Immersion" 18-day camp expanding their English speaking skills through the arts.

SACRAMENTO – Hosting two international students is not that difficult for someone never having that experience. However, hosting 60 teens is a challenge and an experience few can claim to have done. Open for only one week, Sacramento's newest arts facility, the Fusion International Arts Center took on the challenge and will prove their success on August 2, 2012.

The Arts Center once housed the region's RC Crown Bottling Company and more recently Linn Furniture, a high-end furniture store. It's architectural design lent itself for an arts center featuring an art gallery, a performance/demonstration venue, and a free-form learning environment.

"We have a vision of making the Arts Center a 'go-to' place for children and adults to expand their artistic knowledge and skills," says Gayliene Crawford, the Arts Center's Executive Director. "So far, we have tremendous support from

the community, elected officials, and artisans throughout the region."

Measured at 18,500 square feet, the facility offers approximately 4,000 square feet for art exhibits, four unique atriums, reading/writing space, and a portable stage with seating for up to 400. In addition, its private parking lot also serves as an open patio for outdoor events.

"North Sacramento is very lucky to have such a venue with close proximity to Arden Fair Mall," adds Adrian Perez, the Arts Center Public Relations expert. "It is long overdue, and has something for all artists in the region."

CHINESE TEENS EXPAND THEIR KNOWLEDGE

Coming from Communist China, the 60 teens are expanding their ability to speak English using the arts as a teaching technique, while learning life in America. Their 18-day stay in Sacramento exposes them to learn how Americans live by

being matched with host-families living in Sacramento. During the weekday, the teens attend structured classes, take field trips, and practice performances as they ready toward their final day on August 2, 2012. In the evenings and weekends, their host families treat the teens to a variety of activities including barbecues, movies, and even the State Fair.

"Learning English through the arts are proven techniques and we use them so by the end of the camp they will have the ability to express themselves through performance," says Gayliene, a theater performance expert herself. "We are inviting the public to attend this performance on August 2, 2012, here in the Arts Center."

The Fusion International Arts Center is located at 501 Arden Way, Sacramento, California 95815. Current art displayed includes the works of world-famous illustrator Felipe Davalos and members of the United International Arts Association.

Suspect Arrested in Hit and Run Fatality

CARMICHAEL – On March 22, 2012, at approximately 5:45 p.m., Paul Pellandini, a 57 year old, and a friend, William Collins, a 54 year old from Carmichael had been visiting each other at Pellandini's residence on Winding Way just west of Carnegie Way. Pellandini lives on the north side of the Winding Way. After their visit, Pellandini walked Collins outside to his vehicle to say good-bye. As the two men were talking next to Collin's vehicle, a vehicle traveling westbound on Winding Way traveled onto the shoulder where the men were standing and struck both of them. Both men were thrown into the air and came to rest on the right shoulder. Pellandini's wife heard the sound of the impact and came outside and found her husband on the ground and immediately

called 911. Pellandini succumbed to his injuries at the scene. Collins was transported to Mercy San Juan Medical Hospital with major injuries but not life threatening.

CHP Investigators received numerous tips from Sacramento Crime Alert and information from witness/witnesses throughout this investigation. They were able to identify the driver as Steve Hernandez, a 38 year old from Sacramento, however, investigators were still in the process of locating the whereabouts of Hernandez.

On July 29, 2012, at approximately 5:15 p.m., Sacramento Police Department Officers were investigating a stolen vehicle and made contact with Hernandez. Based on their investigation, Hernandez was arrested for 10851 VC, 496 PC and an

outstanding warrant for a hit and run traffic collision from a 2010 incident in North Sacramento.

CHP Investigators interviewed Hernandez while at the Sacramento County Jail and he admitted to being the driver at the time of the collision stated above. CHP Investigators added the following charges to Hernandez: 192(c) – misdemeanor vehicular manslaughter, 20001 (b) (2)–felony hit and run, and 14601.2 VC–driving on a suspended drivers license.

Any additional information about this news release should contact Officer Dutton who will be available at the CHP North Sacramento Area business phone number of (916) 338-6710, Monday through Friday 8:00 to 5:00 p.m. After hours, or if urgent, please contact her by cell at (916) 955-3332.

CDPH Warns Consumers Not to Eat Gold Plum Candy Imported From Taiwan

SACRAMENTO REGION – Dr. Ron Chapman, director of the California Department of Public Health (CDPH) and state health officer, today warned consumers not to eat Gold Plum candy imported from Taiwan after tests conducted by CDPH found the products contained levels of lead that exceed the state's standards. Consumers in possession of the candy should discard it immediately.

Recent analysis of this candy by CDPH determined that Gold Plum candy contained as much as 0.29 parts per million (ppm) of lead. California considers candies with lead levels in excess of 0.10 ppm to be contaminated.

Gold Plum candy is sold in a 6-ounce package that has black, gold, green and orange stripes at the top and bottom. In the top right corner there is an image of a small girl with a white face and brown hair, wearing an orange outfit. The name 'Gold Plum Candy' appears in the lower left corner. The individually wrapped candy has various Asian characters on the wrapping.

Gold Plum candy is imported and distributed by Roxy Trading Inc., Pomona, CA, which has initiated a voluntary recall after being notified of the test results by CDPH. CDPH is currently working with the distributor to ensure that the contaminated

candies are removed from the market place.

Pregnant women and parents of children who may have eaten this candy should consult their physician or health care provider to determine if medical testing is needed. Additional product information is available on the CDPH website.

Consumers who find this candy for sale should call the CDPH Complaint Hotline at 1-800-495-3232. For more information about lead poisoning, contact your county childhood lead poisoning prevention program or public health department.

Sacramento County DA Report

Recent case of interest

CASE: IHSS/SEIU Protestors (07/26/12)

PROSECUTOR: Deputy District Attorney Allison Dunham, Adult Sexual Assault Unit

District Attorney Jan Scully announced today that her office has declined to file charges against the group of protestor cases arising out of protests over budget cuts to the In-Home Supportive Services (IHSS) program.

Scully stated that although the protestors technically violated the law by their conduct at the Capitol, they were not violent and did not resist arresting officers.

In this time of limited resources for the District Attorney's Office, the county, and the courts, these cases do not warrant prosecution and so prosecution is declined in the interest of justice.

Scully complimented the CHP on their professionalism in handling the protestors and stated the arrests were appropriate to address the protestors refusal to leave the Capitol building.

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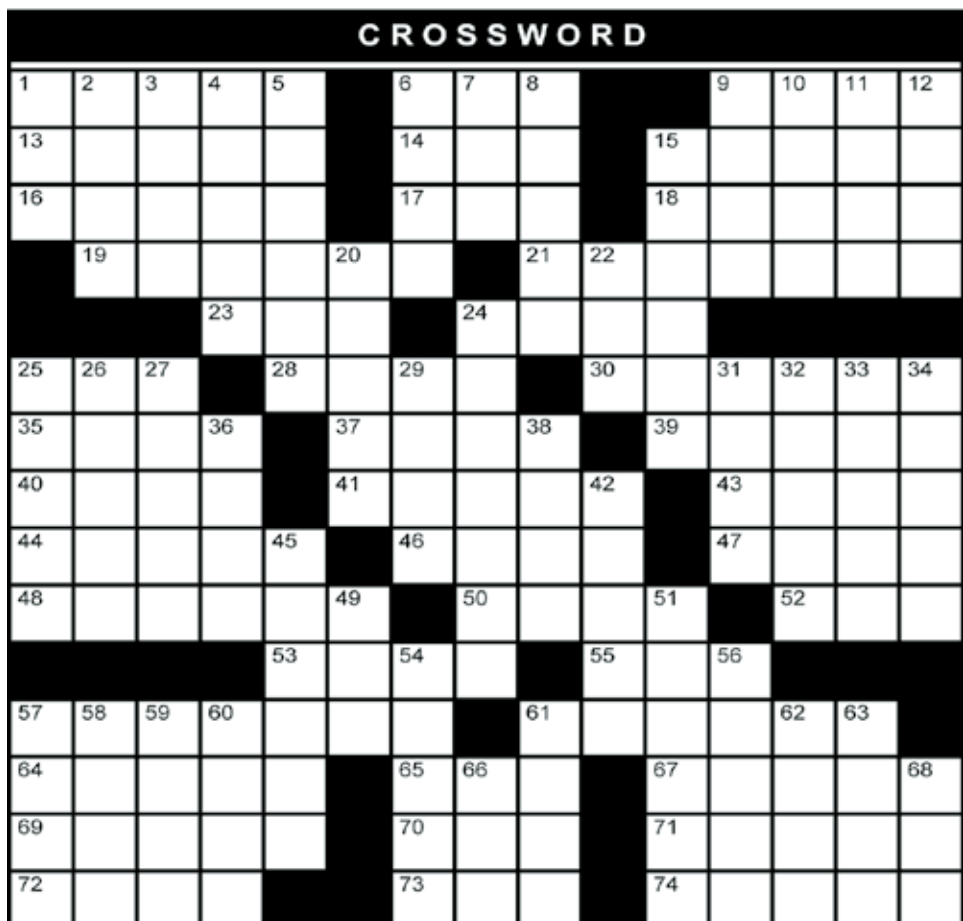
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CLUES

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|---|---|--|--|
| <p>ACROSS</p> <p>1. "Angela's _____" memoir</p> <p>6. Fairytale princess test</p> <p>9. Mark of a saint</p> <p>13. Musketeer's hat decoration</p> <p>14. TV classic "____ in the Family"</p> <p>15. "Vietnam's capital</p> <p>16. Like a beaver?</p> <p>17. Flying saucer</p> <p>18. Declare invalid, as in divorce</p> <p>19. Type of agreement</p> <p>21. "a.k.a. Magyarorszag</p> <p>23. Opposite of yang</p> <p>24. School project, e.g.</p> <p>25. Tube in old TV</p> <p>28. Dwarf buffalo</p> <p>30. A radio or television antenna</p> <p>35. Strikes with an axe</p> <p>37. Does something wrong</p> <p>39. Like a nose reacting to allergies</p> | <p>40. Hipbones</p> <p>41. Element Xe</p> <p>43. _____ Jim snack</p> <p>44. Connected series or group</p> <p>46. Farmer's storage</p> <p>47. Bristle</p> <p>48. Churchill's successor</p> <p>50. Your own identity</p> <p>52. Farmer's _____</p> <p>53. _____ A Sketch</p> <p>55. Part of a circle</p> <p>57. "a.k.a. Burma</p> <p>61. Growls angrily</p> <p>64. Pertaining to the ear</p> <p>65. "Without further _____"</p> <p>67. Hammering spikes</p> <p>69. Like the color of granite</p> <p>70. Nada</p> <p>71. Locomotive hair</p> <p>72. Wife of Hercules, goddess of youth</p> <p>73. Da, oui, or si, e.g.</p> <p>74. "Hosni Mubarak was its former leader</p> | <p>DOWN</p> <p>1. King Kong, e.g.</p> <p>2. Member of eastern European people</p> <p>3. Immense</p> <p>4. Manicurist's board</p> <p>5. "Home to Belgrade</p> <p>6. McCartney or Anka, e.g.</p> <p>7. Rudolph's friend Hermy, e.g.</p> <p>8. Hawaiian goodbye</p> <p>9. "_____ in there!"</p> <p>10. "_____ Karelnina"</p> <p>11. Frown</p> <p>12. Greasy</p> <p>15. Yearn</p> <p>20. Building extension</p> <p>22. "World's oldest surviving federation</p> <p>24. Caused by oxidation</p> <p>25. "It experienced a Cultural Revolution</p> <p>26. Rent again</p> <p>27. Short for "betwixt"</p> <p>29. Miners' bounty, pl.</p> | <p>31. a.k.a. Russell</p> <p>32. Scandinavian fjord, e.g.</p> <p>33. Hill or Baker, e.g.</p> <p>34. _____ Frank Baum</p> <p>36. First king of Israelites</p> <p>38. The only one</p> <p>42. Baseball Hall of Famer Ryan</p> <p>45. Becoming</p> <p>49. Approximated landing time</p> <p>51. "Home to famous bike race</p> <p>54. Patsy Cline hit</p> <p>56. Owner of famous online list</p> <p>57. TV classic "_____"</p> <p>58. Christmastime</p> <p>59. "United _____ Emirates</p> <p>60. "Tiny" Archibald</p> <p>61. Douses</p> <p>62. Monet's water flower</p> <p>63. Socially awkward act</p> <p>66. "_____ Hard"</p> <p>68. Scholastic aptitude test</p> |
|---|---|--|--|

For Solution See Page 7

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Saturday the 4th at 10:30 AM: Flying High Walk the Nature Preserve with a naturalist to discover the many species of birds that use this area. You may want to bring your binoculars (or borrow some from us). All ages welcome.

Sunday the 5th at 1:30 PM: Critter Corner – Meet several smaller animal residents at the Effie Yeaw Nature Center up close and learn what habitat and food they need to survive. All ages welcome.

Saturday the 11th at 10:30 AM: Your Art Saves Our Wetlands! – Sabreena from California Waterfowl will share biological specimens from ducks, swans and geese and instruct children ages 5-17 to draw a waterfowl. Find out how your waterfowl art helps

to conserve wetland habitats and the animals that live there.

Sunday the 12th at 1:30 PM: Critters of the River - Join us inside for a presentation on our local river wildlife. Enjoying viewing "biofacts" – items like skulls or feathers - and a live animal too. Fun for all ages.

Saturday the 18th at 10:30 AM: Beat the Heat - Join a naturalist for a morning stroll through the Preserve to learn about our local wildlife and how they survive the summer heat. All ages welcome.

Sunday the 19th at 1:30 PM: Tools & Toys - Join us inside to view replica Maidu artifacts made from the gifts of the earth and enjoy a traditional Maidu story. View the artifact items up close to discover what they are made from

and how they are used. All ages welcome.

Saturday the 25th at 10:30 AM: Plant Walk - Stroll through the Nature Preserve with a naturalist and learn to identify many of the common plants while discovering their traditional uses. All ages welcome.



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A Male Wood Duck on a Snag. Photo Terry Pappas (from website)

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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	9		1					
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	7	6				3		9
	4							7
3		9				4	1	
			9	3		7	2	
					1		4	
			7				9	6

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

Come back every week for Sudoku!



For Solution See Page 7.

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Debbie Gualco will present a Portrait Painting Demo September 12, 2012, 7 pm.

"Britta", by Debbie Qualco, Winner, Robert Evans Memorial Award

Magnum Opus XXIII August 7 - Sept. 1, 2012

WASH Inc. Annual Open Watercolor Exhibition "Go With The Flow 2012" - September 4 - 29, 2012

Hand Carry Entry Dates August 17-18, 2012. Download Prospectus from our website.

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"Cat House of Cards", by Gary Miller

No WASH Monthly meeting: Next Meeting September 10th

No NCA Monthly Meeting: Next Meeting September 12th

Oct 2 - 27, 2012
NCA "Bold Expressions"

Historically Low Housing Supply



Real Estate Data: The number of new escrows was up 8% in Sacramento County.

SACRAMENTO REGION - Saleable listing inventory in Sacramento, Placer, El Dorado and Yolo counties is all but gone. Industry veteran Pat Shea, President of Lyon Real Estate says, "We are currently among the lowest housing supply inventories the Sacramento Region has experienced in the past two decades and area interest rates remain the lowest since the mid 40's." With close to 25 years in the Sacramento area, Shea reports deep drops across the board.

Total active listing inventory on June 30, 2012 was 3,288 - a remarkable 54% lower than last year. The bank-owned or "REO" segment was down to 344 listings, 73% lower. Short-sale ended at 532 active listings, which was 73% lower than June 30, 2011. Significantly, even in the \$400,000 and above price point, where the region has been struggling to find able buyers, inventory dropped 20% to 1,145. Shea notes that "saleable" has some important qualifications that some properties just do not meet.

Specifically: the seller must have equity, be a bank; or can be approved for a short-sale; list price realistically maps to market activity; property condition is acceptable to lenders; seller needs to, or really wants to, sell; buyers are active in the price point.

"When we acknowledge the qualifications listed above and consider that approximately one-third of our 1.3 month supply of active listings is over \$400,000, it's fair to assume the listing cupboard is empty," says Shea. This shortage creates opportunity with local agents reporting multiple offers on every appropriately priced listing under \$400,000 and on many homes above that mark as well. Upper end areas such as Land Park, East Sacramento, Sierra Oaks and key neighborhoods in Placer, El Dorado and Yolo counties are experiencing multiple offers in all price points.

The number of new open escrows was up 33% year over year in El Dorado County, 12% in Placer County, 8% in Sacramento County and 5%

in Yolo County. Average Sales Price continued to see modest month over month increases in the 4 county area and when combined, finished 5% above June 30, 2011. Shea suggests that an unrelenting supply of ready, willing and able buyers, coupled with a nominal housing inventory, should continue to drive modest appreciation across the Greater Sacramento market area for the foreseeable future.

"Appreciation produces more inventory through equity sellers and subsequently more move-up buyers for the upper end market," says Shea. "It's a long, steady climb but all the evidence shows that Sacramento, Placer, El Dorado and Yolo counties are making significant progress."

Lyon Real Estate is the largest brokerage in the Greater Sacramento Valley and Foothills, serving the Greater Sacramento Area for six decades spanning a two-generation history. Lyon has nearly 900 agents in 17 offices throughout the five-county region.

Source: Runyon Saltzman & Einhorn



Announcements & Events

SUMMER CAMPS 2012

See website for info on:

- Summer Camp Registration and Waiver
- Start Your Summer Now Packet
- Summer Camp Field trips
- Summer Camp Frequently Asked Questions

POTTERY & ART CLASSES

Taught by Michelle Lueth

Location: Arts & Crafts Bldg., 7997 California Ave. in Fair Oaks

See website for more info.

YOGA FOR FITNESS & STEP AEROBICS

Location: Carmichael Park Vets Bldg.

Day/Time: Yoga W/F, 5:15-6:15pm

Step T/TH, 5:15-6:15pm

Dates: 7/17-8/31 or 9/4-10/19 (Fee: 1 day/wk, \$20; 2 days/wk, \$40; 3 days/wk, \$60, 4 days/wk, \$80.

Yoga for Fitness Class features strength, cardiovascular conditioning and flexibility components. Wear loose clothing, bring a towel, water and yoga mat (mats available for purchase). Step Aerobics Class includes cardiovascular and strength designed for both beginning and intermediate levels. Wear good shoes, bring water and a towel or mat.

See Community Events at our website for complete list of Summer Events!

SUMMER CONCERTS REVISED

Please note changes on schedule on website

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

Mission Oaks Recreation & Park District

Fall Motorcoach Fun

Autumn in Yosemite

September 19-20 • \$298/person • Deadline August 18

Sea & Savor Marin

Tuesday, October 23 • \$91/person • Deadline Oct 1

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Summer Preschool 2012

Register Online@morpd.com (Ages 3-5) Child must be 3 by June 1.

Monday, Wednesday, & Friday 9am-noon.

Session: August 6-24

With parent participation: \$90 • Without participation: \$120

Summer Dances

WEDNESDAYS: 7-9:30PM
JUNE - AUGUST • \$7/PERSON

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Cosmopolitan Cabaret • October 4 • \$53 • Deadline Aug 4

- Fairfield Western Railway • August 15 • \$20
- Grass Valley Marketplace • August 16 • \$22
- Old Sacramento Underground • August 30-\$35
- California Academy of Sciences • Sept 6 • \$23
- Coloma/Gold Hill • Sept 22 • \$33

MISSION OAKS RECREATION & PARK DISTRICT

Office Hours: 8 am-5 pm

Registration Hours:

8:30am-4pm Monday-Friday

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By Karen Anderson

Never Fear, FAITH is Here

put our trust in the government, our businesses, families, friends, churches, we will be sadly disappointed. We can only trust the one true Father—GOD. When we turn from fear towards faith, we can move mountains. I know I am using a lot of old sayings but they are true.

In the face of overwhelming financial and other problems, have you found yourself in a panic or are you trusting God? At this crunch time you need to be living moment-by-moment with Him. I, too, have to trust Him for everything, but in reality I would rather be in His capable hands than any place else. It is a haven of peace and rest. He promises to help you, so don't panic and just BELIEVE that God will answer. Remember He is a God of details and all you have to do is rest in Him He will come flying to your aid. Remember that His word

says that He is sufficient for all YOUR needs. All we have to do is thank Him and TRUST.

I encourage you to not give up hope and heart—follow God's vision for your life and you will be able to move from fear of falling apart during the recession to being faithful to God through this bump in the road. Would you rather depend on you and your own means or depend on God? My answer is I BELIEVE IN AND DEPEND ON GOD!

"Now faith is being sure of what we hope for and certain of what we do not see."

PASSAGE: Hebrews 11:1 (NIV)

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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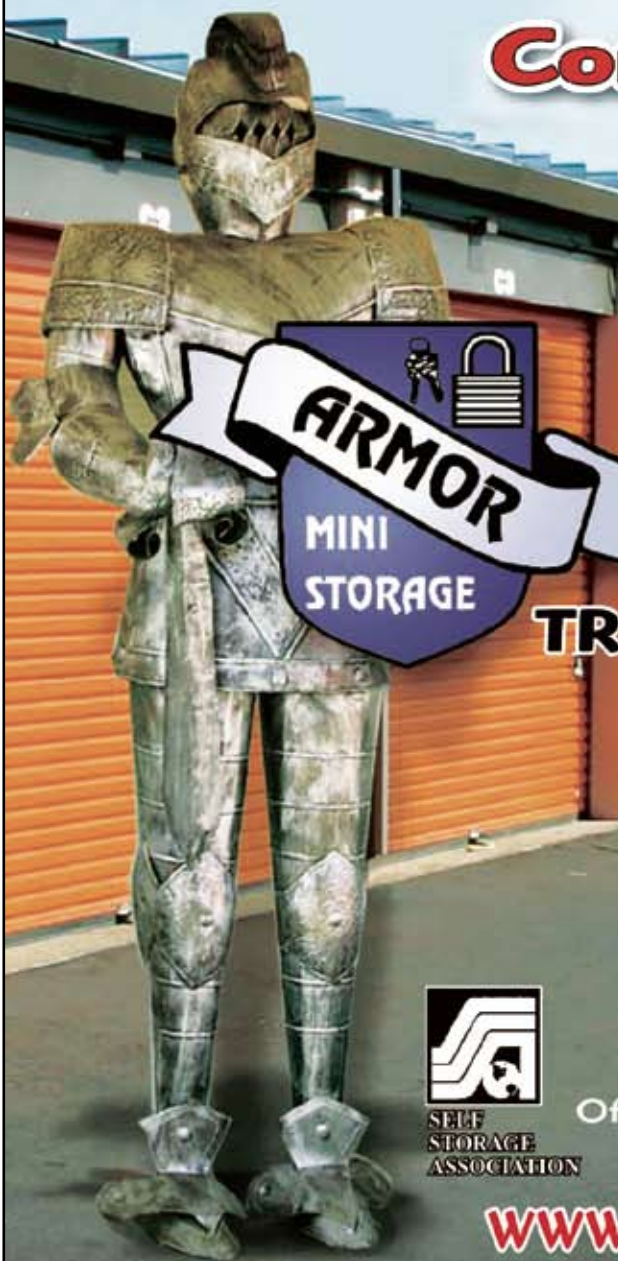
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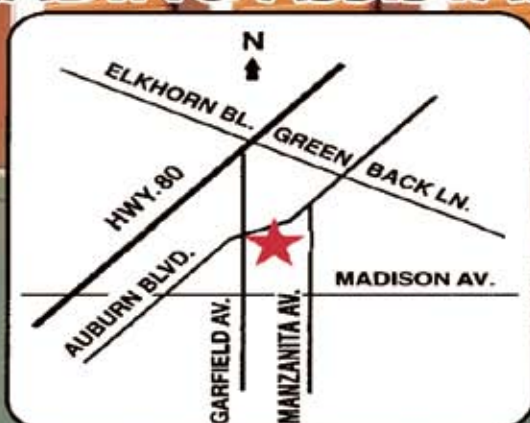


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Is the Higgs Boson All in Our Head?



Commentary by Eric Nelson

For all the fanfare we're hearing about the statistically confirmed discovery of the Higgs boson particle and what this discovery might tell us about the nature of the universe, there's at least one big question that remains to be answered:

Where did the thought of the

Higgs boson come from?

First, though, a quick primer:

The Higgs boson is an elementary particle and component of the Higgs Field, an invisible field of energy that spans the universe. This field uses the Higgs boson to interact with other particles. As these particles pass through the field, they are given mass and become heavier, just like someone swimming through a pool of molasses would feel heavier. This process causes the now-transformed particles to slow down, allowing other particles to latch on.

To put it a bit more dramatically, well-known futurist and theoretical physicist, Michio Kaku, wrote in a recent Wall Street Journal article that it's the Higgs boson that put the "bang" in the proverbial Big Bang.

"In other words, everything we see around us," says Kaku, "including galaxies, stars, planets and us, owes its existence to the Higgs boson."

To characterize this as a signifi-

cant find would be, quite literally, an understatement of cosmic proportions. And yet for all our ability to conceive of such particles and processes, the scientific community has yet to come up with a satisfactory explanation as to the structure and elements of consciousness itself.

"Consciousness cannot be perceived, but without it there is no perception," says physician-turned-mind-body-guru, Deepak Chopra. "It cannot be cognized, but without it there is no thought."

Even so, there are many these days, including Dr. Chopra, who think that consciousness – as imperceptible and inexplicable as it may be – is actually at the root of everything we experience. Not just what we think but what we see, what we feel – even our health.

In this context, then, one has to wonder if even the Higgs boson would exist without our thinking it existed in the first place. Could thinking differently – about ourselves, about others, about our

universe – cause us to see and to feel differently?

Nineteenth century spiritual and medical pioneer, Mary Baker Eddy, thought so. Long before the Higgs boson was even conceived, her own experiments led her to conclude that the inspired thought or consciousness "relinquishes a material, sensual, and mortal theory of the universe, and adopts the spiritual and immortal" – a process that she observed results in moral and physical transformation.

Years later, Dr. Herb Benson, founder of the Mind-Body Medical Institute at Massachusetts General Hospital and director emeritus of the Benson-Henry Institute, came to essentially the same conclusion.

In 2008 he, along with Dr. Towia Libermann, director of the Beth Israel Deaconess Medical Center, co-authored a study showing that what Benson calls the relaxation response – a physiologic state of deep rest elicited by practices such as meditation, deep breathing, and

prayer – influences the activation patterns of genes associated with the body's response to stress. In other words, different thought = different body.

Since then a number of other studies have documented how this relaxation response not only alleviates the symptoms of psychological disorders such as anxiety but also affects physiologic factors such as heart rate, blood pressure, oxygen consumption, and brain activity.

"For hundreds of years Western medicine has looked at mind and body as totally separate entities, to the point where saying something 'is all in your head' implied that it was imaginary," says Dr. Benson. "Now we've found how changing the activity of the mind can alter the way basic genetic instructions are implemented."

Which brings us back to the original – and still unanswered – question: Where did the thought of the Higgs boson come from? Does this particle exist only in our

mind? Can it be manipulated by our thoughts? Is it possible that matter isn't so much a thing as it is a perspective and, if so, could it be that by changing this perspective we might discover that man's essential nature isn't matter-based after all?

Maybe the most important thing we've learned with the discovery of the Higgs boson is that there are a lot more questions to be answered and a lot more discoveries to be made; discoveries of both cosmic proportion and, perhaps more importantly, spiritual dimension.

Eric Nelson is a Christian Science practitioner whose articles on the connection between consciousness and health appear regularly on a number of local, regional, and national web sites. 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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