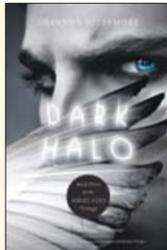




**Interview with Sharon Dittmore, Author of 'Dark Halo'**

Page 2



**PLUS: Assemblyman Ken Cooley to Host Free Tax Preparation Assistance Workshop**



Page 9

# M Citrus Heights Messenger

"Written by the people, for the people"

Volume 4 Issue 3

Serving the City of Citrus Heights and Sacramento County

First Edition for February 2014

**Chamber of Commerce Installs Officers and Presents Awards**



Page 2

**How to Give Up Control**  
Pastor Ray Dare



Page 9

**Bera and Colleague Respond to State of the Union Address**



Page 12

## Veterans Help Veterans at Toastmasters Club Anniversary



Gary Ferguson (2nd from left), founder of Pathways for Veterans, turns over newly restored school bell to Jim Rounsavell, owner of Citrus Heights Veteran's Community Center. Also pictured are veterans Mary Holly who discovered the bell, and her husband, Joe Holly. Photo by James R Morrison.

By Elise Spleiss

**CITRUS HEIGHTS, CA (MPG)** - Look for a 'new' bell to soon add to the historic appearance of the Citrus Heights Veteran's Community Center.

On January 17, 2014 the regular Friday morning meeting of the Citrus Heights "Skillbuilders" Toastmasters Club (which meets at the Sylvan Community Center located directly across from the Citrus Heights Veteran's Community Center), was beginning a celebration 25 years in the making. This meeting had a dual purpose. Dignitaries from

the community and veterans were present to congratulate the club on their anniversary and to make a special presentation that would benefit the veteran community and carry on the history of the old Sylvan School House, presently in the process of renovation.

Mary Holly, a retired Army warrant officer, and her husband Joe, also a veteran are both members of Skillbuilders. Active in the greater veteran community, they have long been involved with the work of Pathways for Veterans. Now a national organization, which originated in the Sacramento area, they "work

with returning veterans in an effort to overcome the individual tragedies of war, put loss and victim hood aside and move on with their lives, ultimately becoming fully self-expressed citizens."

The founder of Pathways, Gary Ferguson happened to be on hand earlier to receive an authentic vintage school bell from Mary, which she had rescued several years ago from a scrap heap on the California coast. The bell was to be donated to the Pathways Well Being Center. Here is where the story takes an interesting turn.

Pathways growth nationally

has caused them to move their center to a new larger location in Orangevale, CA, which has no place for the newly restored school bell. Now enters the Citrus Heights Veterans Community Center and its founder Jim Rounsavell. Rounsavell's own nonprofit, Veterans Golf Park for Disabled Vets, is headquartered in the old Sylvan School house. It has a bell tower with no bell. At this point the meeting became about veterans helping veterans.

In a ceremony prior to the

Continued on Page 2

**Legal Drama Sparks Arena Debates**

McGinness to Moderate Third Debate As Arena Issue Intensifies

**SACRAMENTO REGION, CA (MPG)** - The consequences of a June vote on Sacramento's arena funding will be the topic for Arena Debate 3, the third town hall discussion between John Hyde and R.E. Graswich. The debate takes place on Tuesday, February 11, at Belle Cooledge Library, 5600 South Land Park Boulevard, 7-8 p.m. Doors open at 6:30 p.m.

"The events unfolding around the arena petition are unprecedented," said Hyde, "and despite media attention, there's still a lot of misinformation circulating. It's critical that the community understands what's really at stake in this election."

Hyde is a former spokesperson for STOP (Sacramento Taxpayers Opposed to Pork), the group seeking to place the sports subsidy question before voters.

Graswich, former Special Assistant to Mayor Kevin Johnson and author of the new book on the Sacramento Kings, "Vagrant Kings," takes the opposite side, arguing against a public vote and citing the City Clerk's rejection of STOP's petition due to "major" legal flaws.

"The vote is a sham designed to kill the arena and run the Kings out of town," Graswich said. "Even if you don't like the Kings, you'd better know the consequences of sending the team and their \$1 billion investment down the river to San Jose or a more welcoming city."

Former Sacramento County Sheriff John McGinness will moderate Arena Debate 3, which is sponsored by Inside Publications. Former City Council members Lauren Hammond and Rob Fong moderated the first two debates.

Continued on Page 2

## Final State Water Action Plan Released: Outlines California's Near- and Long-Term Water Priorities

**SACRAMENTO, CA (MPG)** - As California experiences one of the driest winters on record, the California Natural Resources Agency, the California Environmental Protection Agency, and the California Department of Food and Agriculture released the final California Water Action Plan, laying out goals and vision for the next five years. The plan will guide state efforts to enhance water supply reliability, restore damaged and destroyed ecosystems, and improve the resilience of our infrastructure.

At the direction of Gov.

Edmund G. Brown Jr., a collaborative effort of state agencies, and nearly 100 substantive public and stakeholder comments formed a plan to set direction for a host of near- and long-term actions on water issues for the state.

"It is a tall order. But it is what we must do to get through this drought and prepare for the next," said Gov. Brown in his 2014 State of the State address.

The Governor's proposed 2014-15 budget lays a solid fiscal foundation for implementing near-term actions for the plan, recommending \$618.7 million

in funding for water efficiency projects, wetland and watershed restoration, groundwater programs, conservation, flood control, and integrated water management.

"As we work on emergency actions to manage through one of the driest winters on record, we are also taking proactive, long-term steps to prepare California for future droughts and flood," said Secretary for Natural Resources John Laird. "Each decade brings improvements, but also significantly highlights what we can do better. The California

Continued on Page 11



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## Citrus Heights Regional Chamber of Commerce Installs New Officers and Presents Its "Best of" Awards for 2013



Evan Jacobs, Incoming Chamber Board Chair with Best of the Best winners Robert Olivas and Rosalind Olivas, owners of Sylvan Corners Pet Hospital. Photo by Ron Cassity.

By Elise Spleiss

**CITRUS HEIGHTS, CA (MPG)** - "Navigating Change" was chosen as the theme for the 56th Annual Citrus Heights Chamber of Commerce Installation Dinner held on January 24, at the Citrus Heights Community Center.

The evening was a time for attendees to gather and get an overview of what Chamber and other community members have worked for and accomplished in 2013. Special recognition was given to those who have performed their duties with enthusiasm and an exceptional understanding of the community they serve.

Outgoing Chamber Board of Directors Chair, Christie Woodards, welcomed guests. The Pledge of Allegiance was recited, and the Citrus Heights Police Department did the Posting of Colors.

John McGinnis, former Sacramento Sheriff and now talk radio host for KFBK News Radio, emceed the evening.

Mayor Mel Turner installed the new 2014 Board of Directors and led them in their oath of office.

The "Best of Citrus Heights" awards to businesses were handed out. Voting by the community began online in October in 26 categories of retail, wholesale, services businesses and community non-profits. Among the winners were Dutch Brothers Coffee, Kniesel's Auto Service Center, Discovery Tree Schools and Costco Wholesale. For the entire list of winners, visit [BestofCitrusHeights.org](http://BestofCitrusHeights.org) (website and application created and maintained by Prestwood IT Solutions).

Chief Christopher Boyd of the Citrus Heights Police Department presented Officer

Chris Garbarini with the 2013 Police Officer Excellence Award. With almost eleven years of law enforcement experience, Boyd emphasized Garbarini's "preemptive approach to law enforcement", stating that, "in 2013 alone, he responded to more than 2,100 incidents, was involved in more self-initiation events than any other department member, and led the agency in arrests with a total number of 114." His efforts are credited for "measurably reducing crime in Citrus Heights."

Sacramento Metro Fire Chief Patrick Ellis awarded the Firefighter Excellence Award to Captain Kevin Wegener. Wegener was acknowledged for his active work with small businesses in the community, his 20 years of volunteering for many special duties, and initiating regular meetings and trainings that have greatly improved the performance of Station 23, where he is now assigned. "Wegener is not afraid to hold himself and others accountable...with an old school work ethic." As a testimony to his ability to earn and keep the trust of those he works with, when Wegener transferred, "his whole crew followed him to a new battalion." "That is a giant compliment and testament to his trustworthiness."

The Chairman's Award, a special award presented to a member by the outgoing Chair, went to Jeannie Bruins, Interim Chamber President/CEO. A member of city council, Bruins agreed to return to her former position of President/CEO in 2013. Woodards said, "Thanks to her diligence the Chamber has a renewed discipline and is in a great position to continue to provide excellent service to our members and the community as a whole."

The Ambassador of the Year is an award that is presented to the ambassador who achieves a consistently high level of service to the Chamber and its members. Presented by Woodards to ilene Martzen, an ambassador since 2011, Woodards commented on how Martzen works tirelessly not only interacting closely with prospective and new members, but continuing to help maintain members interest in the Chamber.

Bruins then presented Christi Woodards, Sunrise Mall General Manager, with the Business Person of the Year award. Following the passing of the gavel from Woodards to Evan Jacobs, of California American Water, Jacobs recognized Woodard's hard work and dedication in 2013 stating, "The Citrus Heights Chamber of Commerce has emerged from 2013 with renewed discipline and clear goals to improve the economic prosperity of our businesses, support the education of our kids and create connections that strengthen the community as a whole".

Newly installed board chair Jacobs then awarded the "Best of the Best" business in Citrus Heights" to Sylvan Corners Pet Hospital, which received the most votes overall in the Best of Citrus Heights polling.

It was an evening of community awards, good food, music and a silent auction. Prizes included Sacramento Capitols tennis tickets, a personal tour of the State Capitol and lunch with Assemblyman Ken Cooley, lunch with Sacramento County Board of Supervisors Roberta MacGlashan, and the ultimate prize, "The Citrus Heights Police Experience." ★

## Legal Drama Sparks Arena Debates

Continued from Page 1

Those debates, held in December and January in North Natomas and Pocket, were popular, energized events that addressed multiple issues surrounding public subsidies for sports facilities. Hyde and Graswich are the only community figures conducting public debates on the Sacramento arena topic.

The debates are free to the public, with news media and audience members encouraged to videotape and post the discussions. A portion of the hour will be devoted to

questions from the audience.

### EVENT DETAILS

Date: Tuesday, February 11  
Time: 7 - 8 p.m., doors open at 6:30 p.m.  
Location: Belle Cooledge Library  
Address: 5600 South Land Park Drive, Sacramento

### About Sacramento Arena Debate

In November 2013, Sacramento citizens R.E. Graswich and John Hyde announced a series of town hall debates and discussions on the proposed arena for downtown Sacramento. The town hall

meetings feature public discussions by Graswich, author, journalist and former Special Assistant to Mayor Kevin Johnson, and Hyde, who has served as spokesperson for STOP, which is seeking to place an initiative on the June 2014 ballot to require voter approval the arena funding. The events are free for the public and offer Sacramento residents an opportunity to hear both sides of this important issue - and ask the questions they care about. ★

Source: Bullet Marketing

## Veterans Help Veterans at Toastmasters Club Anniversary

Continued from Page 1

Toastmaster's meeting, Mary Holly was able to fulfill her promise as she presented the bell to Ferguson, who in turn turned it over to Rounsavell for the veteran's center. Following the presentation, Toastmaster's Area Governor, Larry Shields and Division Governor, Pat Knight continued the regular meeting with anniversary presentations and speeches recounting the history of the club and its members.

The Citrus Heights Veterans Community Center resides in the historic schoolhouse whose

picture appears on the official emblem for the City of Citrus Heights. An option from the traditional veteran's halls throughout the area, no alcohol is permitted, just hot coffee, snack, and camaraderie for those combatants who can no longer imbibe.

Skillbuilders Toastmasters originally chartered as the Birdcage Toastmasters in 1988. Toastmasters International is a non-profit educational organization that teaches public speaking and leadership skills through a worldwide network, explained Jay Dudley the current club

president. "Most people are afraid of public speaking and this really holds them back in their careers and in just presenting ideas effectively in their day to day lives. We get them over that shyness in a nurturing environment with mentors who most often become great friends", said Jay. Guests are welcome to visit and join the club, which meets every Friday at 7:30 a.m. at the Sylvan Community Center at 7521 Community Drive. To find a club in your area visit [www.district39.org](http://www.district39.org). ★

## Bring-A-Friend to Lunch Day

**CITRUS HEIGHTS, CA (MPG)** - The The All Season's Café at Rusch Park's Community Center will host "Bring-A-Friend to Lunch Day" on Wednesday February 19th, 2014 from 10:00 a.m. to 12:30 p.m. Coffee, raffle, games, lunch, and fun! Bring a friend or come meet new friends.

Adults 60 years of age or better are invited to join the All

Seasons Café at the Rusch Park Community Center located at 7801 Auburn Blvd., Citrus Heights, CA 95610. Special guest Vice Mayor Sue Frost from the City of Citrus Heights. For questions or to make reservations, please call (916) 801-7019.

The All Season's Café at Rusch Park is open regularly, Monday thru Friday from 9:00

am to 12:30pm. Come enjoy coffee, lunch and conversation! To make reservation, please call (916) 801-7019.

For seniors who are home-bound, home delivered meals may be available. For more information or to sign up, please call 444-9533. ★

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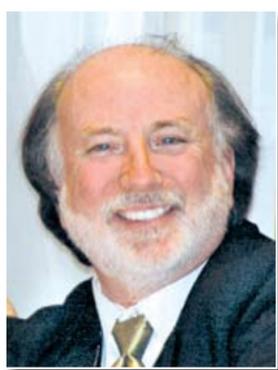
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# “The Eyes to See the Hidden Spiritual World”

## Interview with Shannon Dittemore



Shannon Dittemore

By Jane S. Daly

**CITRUS HEIGHTS, CA (MPG)**

- Shannon Dittemore has lived in Citrus Heights for most of her life. I recently caught up with her after her book launch at Barnes and Noble. *Dark Halo* is the third book in the *Angel Eyes* trilogy.

*Daly:* Shannon, tell me the book summary of *Dark Halo*.

*Dittemore:* It's the story of a girl who's gifted with the

ability to see into the spirit world, to see beings invisible to normal humans. In this book, she needs to decide if she's going to fight for what she's lost in the first two books. She's given the choice to not see the invisible, but in giving up her sight, she won't be able to see all the beauty surrounding her.

*Daly:* I know you have a busy family, two young children and you volunteer a lot of your time. How long did

it take you to write the book, and when do you find time to write?

*Dittemore:* I call it 'stealing moments.' I have three hours after I drop off my daughter for kindergarten. I use that time to stay in the story, to go back and do edits on what I've written the day before. I do my 'chunk' writing on the weekends or when the kids are in bed. Then I'll have two to four hours of uninterrupted time. I usually write, then walk around my cul-de-sac, then write some more, then walk. My neighbors think I'm nuts, but that's okay.

*Daly:* The battle between good and evil is a timeless story. What makes yours different?

*Dittemore:* As you know, angels and demons are very big right now in speculative fiction, especially in the young adult market. My books focus on the invisible world. While the story has a romantic element, there are bigger things at stake.

*Daly:* Would you let your kids read *Dark Halo*?

*Dittemore:* (Laughs) Yes, but not yet. The ideal age is thirteen and up. I'd say that parents should read alongside if their child is younger than that. I do touch on the issue of human trafficking, so parents need to be aware of what they want their kids exposed to.

*Daly:* What's it like to have three books published at such a young age?

*Dittemore:* Writers are an insecure bunch. I worry that all my stories have been told. I know lots of writers would kill to be where I am, but I ask myself if I have any stories left that are personal to me. I love getting emails from teenagers who've read my books, and I want this to be a career.

*Daly:* With that in mind, what's next?

*Dittemore:* My work in progress is a young adult detective novel, set slightly in the future. There's a speculative twist to it. My thief is stealing hearts. (spoiler alert!)

*Daly:* What advice would you give to an aspiring author?

*Dittemore:* Enjoy the time you have to write your first book. After you get that contract, you'll spend a ton of time doing things that have nothing to do with writing. You'll be marketing, selling, posting on Facebook, doing blog tours, book signings, and doing Tweet Chats. And you'll be working on your second novel at the same time.

*Daly:* What do you do for fun?

*Dittemore:* (Laughs) Well, I write. Oh, I love live theater. As a child, I wanted to be an actor. I did a lot of community theater stuff. Then I got married and didn't want to give up my nights, but I missed acting and storytelling and that creative outlet. When my youngest

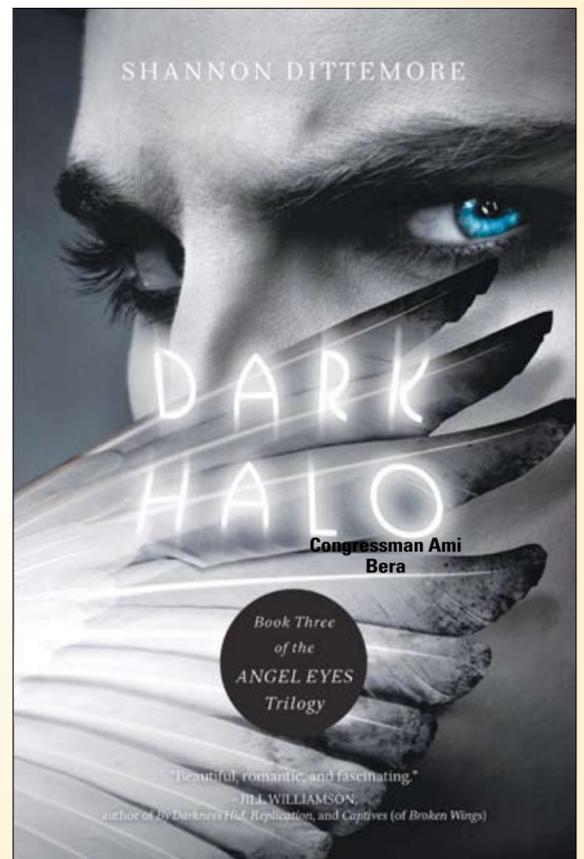
was two months old, I had 'a moment.' I was frustrated, and asked God, "How can I tell stories from home?" It was while walking my non-sleeping baby, I came up with the concept of a halo, which gave Brielle the eyes to see the hidden spiritual world.

I'm also excited to be helping with a mentoring program at my kids' school. I'll be working with sixth through twelfth graders by teaching them how to write

fiction, and introducing them to the publishing industry.

*Daly:* Thanks, Shannon, for taking the time to talk with me.

Her books, *Angel Eyes*, *Broken Wings*, and *Dark Halo* are available at Barnes and Noble, and on Amazon. Shannon's website is [shannondittemore.com](http://shannondittemore.com). You can also follow her on Twitter @shanditty



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# Hometown Hero



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Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Cabading is the son of Ronald Cabading of Citrus Heights.

He is a 2013 graduate of Mesa Verde High School, Citrus Heights.

*Source: Defense Media Activity*

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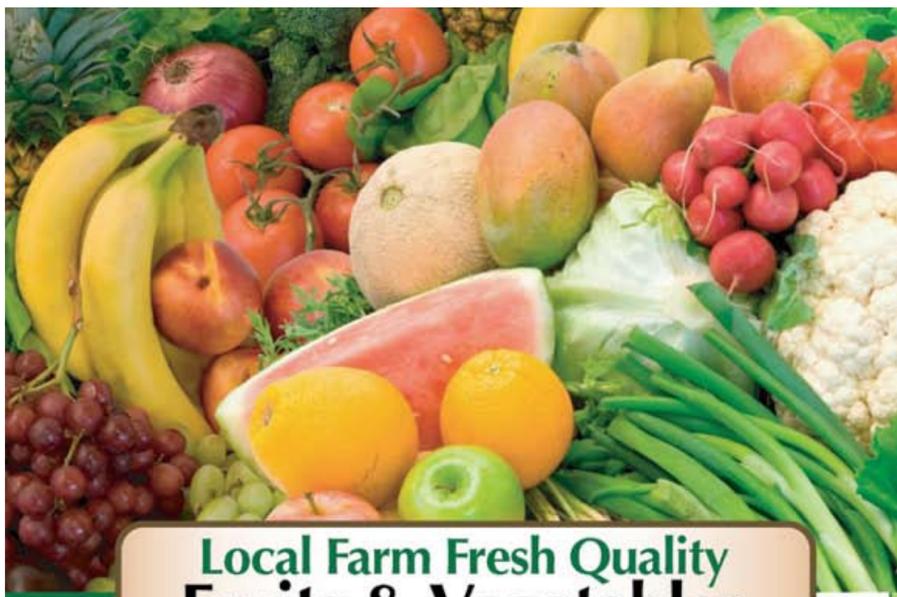
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# Sacramento County DA Reports



## Recent cases of interest

**CASE: Daniel Cory Clapp & Jolea Marie Clapp (01/31/14)**

**PROSECUTOR: Assistant Chief Deputy District Attorney Marv Stern, 916.874.6612**

District Attorney Jan Scully announced today the arrest of 11-year veteran California Highway Patrol (CHP) Officer Daniel Cory Clapp, stationed in Lassen County, and his wife, CHP dispatcher Jolea Marie Clapp, on five felony counts of workers' compensation insurance fraud.

Daniel Clapp filed his workers' compensation claim based upon injuries he allegedly received during a scuffle while making an arrest on December 27, 2011. Daniel and Jolea Clapp stated to the workers' compensation doctor that Daniel was unable to drive, lift heavy items, and that pain prevented him from performing his duties as a CHP officer.

The CHP's Internal Affairs Section, Workers' Compensation Fraud Investigation Unit, conducted surveillance on numerous occasions and observed Daniel Clapp camp, boat, swim and dive. In addition, he was observed driving for long periods of time and cutting and carrying firewood rounds 18" thick and 24" in diameter. Jolea Clapp often accompanied Daniel Clapp on these pleasure outings and would drive for him while in the local CHP jurisdiction and then change driver positions outside of the jurisdiction.

During medical visits in which Daniel Clapp complained of pain, Jolea Clapp forcefully corroborated her husband's accounts of disabling pain and his inability to perform physical activities that she was observed seeing him perform.

Both defendants are accused of conspiracy to make false statements in support of a workers' compensation insurance claim and making false statements about the true extent of Daniel Clapp's physical activities and abilities in order to obtain benefits. Daniel Clapp is additionally accused of perjury for false statements in a deposition.

The amount of the fraud is in excess of \$50,000 and the charges carry a potential state prison sentence of up to 5 years and a \$150,000 fine upon conviction. The defendants will appear in Sacramento Superior Court in early February 2014.

This case is being prosecuted by the District Attorney's Insurance Fraud Unit.

**CASE: Joseph Gannon (01/31/14)**

**PROSECUTOR: Deputy District Attorney Caryn Dubke, Elder Abuse Prosecution Unit**

District Attorney Jan Scully announced today that the Honorable Delbert Oros sentenced 22-year-old Joseph Gannon to 15 years in state prison. On December 5, 2013, Gannon pled to multiple felony charges, including first-degree residential burglary, assault on an elder adult causing great bodily injury, second-degree burglary and two counts of identity theft. Gannon also admitted a prior first-degree residential burglary conviction from 2009, a strike under the Three Strikes Law.

The morning of April 7, 2013, Gannon entered the home of a 68-year-old woman he knew while she slept. During the burglary, the victim woke up, saw Gannon, and ultimately recognized him to be the son of her former friend. Gannon then beat her with his fists and her cane while she laid in bed, causing head trauma, multiple lacerations, and fractures to her cheekbone and jaw. The victim required jaw surgery and suffered other permanent injuries.

Gannon fled the victim's home with two rifles, her purse, cash, jewelry, and other items. A short time later, he was captured on surveillance video in two Placer County businesses using the victim's credit card to make purchases.

Deputy District Attorney Caryn Dubke stated, "The defendant targeted someone he knew and thought would sleep through the burglary. This senseless beating robbed the victim of her independence and left her depressed, disfigured, and terrified. Today's sentence is appropriate for this cowardly and despicable crime against an elderly member of our community."

**CASE: Charanjit Sandhu (01/30/14)**

**PROSECUTOR: Deputy District Attorney Nancy Cochrane, Special Assault & Child Abuse Unit**

District Attorney Jan Scully announced today that the Honorable Eugene Balonon sentenced Charanjit Sandhu to 83 years to life in prison. On December 18, 2013, a jury convicted Sandhu on multiple charges of committing lewd and lascivious acts against minor female children.

After years of abuse, the victims bravely stood up against Sandhu and testified at trial even though they were fearful of him.

Deputy District Attorney Nancy Cochrane states, "I commend Sacramento County Sheriff's Detective Tony Saika and District Attorney Victim Advocate Rafaela Perez for their hard work in this case."



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### CLUES

- CROSSWORD**
- ACROSS
- "Love Me Tender" performer
  - "And She \_\_\_\_" by Talking Heads
  - "For Whom the \_\_\_\_ Tolls"
  - Wall coat
  - B&B, e.g.
  - \*He fell in love with a face "that launched a thousand ships"
  - February "People," e.g.
  - Parental involvement org.
  - Trojan War story
  - \*He fell in love with Little Red-Haired Girl
  - \_\_\_\_'s fee
  - Old age, archaic
  - Display displeasure
  - \*Bride and groom say their "I \_\_\_\_"
  - Choir voice
  - Part of Yugoslavia
  - Iris holder
  - Paleozoic and Mesozoic
  - The fourth prime number
  - Rigid necklace
  - Of the kidneys
  - Baseball points
  - Was attached
  - Jittery
  - It should be opened when starting a fire
  - Winslow \_\_\_\_ and Simpson
  - Back talk
  - "C" \_\_\_\_ la vie!"
  - EU currency
  - \*"Just an \_\_\_\_-fashioned love song"
  - \*Cyrano de Bergerac's love interest
  - \*Popular Valentine's

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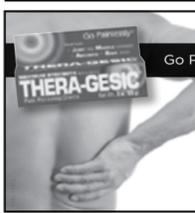
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**Sudoku Puzzle on Page 6**

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 4 | 5 | 2 | 7 | 3 | 1 | 8 | 6 | 9 |
| 1 | 8 | 3 | 9 | 5 | 6 | 2 | 4 | 7 |
| 9 | 6 | 7 | 2 | 8 | 4 | 3 | 5 | 1 |
| 8 | 9 | 4 | 3 | 6 | 5 | 7 | 1 | 2 |
| 2 | 3 | 1 | 8 | 4 | 7 | 5 | 9 | 6 |
| 5 | 7 | 6 | 1 | 9 | 2 | 4 | 3 | 8 |
| 3 | 1 | 5 | 6 | 2 | 8 | 9 | 7 | 4 |
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By Ronnie McBrayer

This year Bob Seger will celebrate his tenth anniversary as an inductee into the Rock and Roll Hall of Fame. The honor is his because of his hardscrabble, up-by-the-bootstraps life story; the way he can forge lyrics that are a combination of personal autobiography and everyman's experience; and of course, there is the legendary intensity with which he delivers his melodies.

Of equal legend are his songs: "Turn the Page," "Night Moves," "We've Got Tonight," and "Still the Same" – tunes that launched Seger to worldwide fame, carried him to the top of the charts, and gave many of us a soundtrack for our coming of age years.

My personal Seger favorite is "Like a Rock." Most people today associate this iconic song with Chevrolet pickup trucks. I associate the apropos lyrics with the evening of my high school graduation: "I stood there boldly, sweatin' in the sun, felt like a million, felt like number one; the height of summer, I'd never felt that strong, like a rock."

And then the refrain that Seger screams into the microphone, a refrain about himself as a younger man: "Like a rock, I was strong as I could be; like a

## Like a Rock

rock, nothin' ever got to me; like a rock, I was something to see; like a rock."

Seger captures the years of youth, perfectly. It is a time of unbridled optimism, strength, and arrogance. A young man or woman can do anything, be anything, try anything, and overcome anything. No challenge is too big, too tough, or too much – body and soul are as solid rock. Honestly, a young person needs this kind of bravado. He or she needs a kind of audacious swagger when life is just getting started. But he or she will also learn – life teaches everyone this lesson – that the do-everything, dare-anybody, defy-anything ability of youth, doesn't last.

We live a little while and experience a few disappointments. We bury loved ones, lose a job, a marriage, a house, a career, or a fortune. We are betrayed by a friend, a business partner, or a lover. We suffer, hurt, age, have our hearts broken, or muddle through a couple decades of muted frustration.

Then we learn, and this learning is as absolutely necessary as youthful strength, that we really aren't "like a rock" at all – at least not anymore. The challenges of life are indeed too big, too tough, and too much. We learn that life, like erosion, has a way of reducing the hardest stone into sand.

Admittedly, this realization might cause you to hit the booze or pills and collapse into a hopeless stupor – many past the prime of youth do exactly that.

But the recognition of weakness and personal limitation – that we won't always be "standin' arrow straight, chargin' from the gate, and carryin' the weight" – is not cause for despair. It is liberation.

It is deliverance from the "try-harder-and-do-more" life. It is a release from the gladiator's ethic of "I have to kill myself (or others) to overcome." It is freedom from the totalitarianism of "If it's going to be, it is up to me." In short, it is surrender, and surrender is true faith and true life.

"If you try to hang on to your life," Jesus said, "then you will lose it." This "hanging on" includes personal arrogance, strength, ambitions, and our self-reliant approach to life. We learn to let these go, not because we have hopelessly given up, but because we have given over. We have exchanged our failing abilities and life for the power of God and his life.

In the end, we won't always "stand boldly in the sun." We retreat into the darkness. We aren't always as "strong as we can be," because we face things in life that are stronger than we are. Our steady hands will grow shaky and our clear, bright eyes will grow dim. But it's all okay if we have learned to live differently, if we have learned to live a life entrusted to the Rock that is Christ. ★

Ronnie McBrayer is a syndicated columnist, pastor, and author. His newest book is "The Gospel According to Waffle House." You can read more at [www.ronniemcbrayer.me](http://www.ronniemcbrayer.me).

## At Least it's Not Snowing

Dr. James L. Snyder

If somebody gave out an award for grouchiness and downright cantankerousness, I am sure I would take top honors. Of course, according to the Gracious Mistress of the Parsonage, there is no honor in being grouchy or cantankerous nor is there room for it in our humble abode.

Most faults can be remedied if you know what to do about it. Then, there are those mistakes that no matter what you do, it still ends up being a mistake. My mistake was I exhibited my downright grouchiness and cantankerous spirit in front of my wife.

I know the marriage manual says there should be no secrets between husband and wife. Down through the years I have tried to maintain that part of the marital relationship, and I have done a good job thus far. What the manual does not say is, there are special times when a husband should not speak his mind in front of his wife. My wife constantly reminds me that God gave men, two ears and one mouth for a particular purpose, open our ears and shut our mouth.

It was so cold the little gray cells were shivering so much they were not functioning 100%. According to some people's opinion, it is a rare occasion when they do function 100%.

As I remember it, I was looking out our back patio window, watching it drizzle and shivering in the cold. If I need any defense on my side, I did not realize that in the same room was the Gracious Mistress of the Parsonage.

Enveloped in this aroma of sheer ignorance, I said out loud something to the effect, "I hate this cold weather!" Following that pointed observation, as I now reflect, I also growled most viciously.

It was then I heard a noise explode behind me.

"Well, at least it is not snowing! You should be grateful for that."

I swung around as quickly as possible, and there standing in all her glory with both hands firmly planted on her hips was my wife staring in my direction. The tone of her voice and her demeanor revealed I was in for one of her infamous lectures.

"Don't you know how lucky you are to live in a place where it doesn't snow and the temperature doesn't get below zero? Instead of complaining, you should be grateful for what you really have. Think of members of our family up north suffering in that freezing weather! Would you like to change places with them right now?"

Then she made a statement I am still mulling over. "Be thankful for what you don't have."

I must say she had a great

point there. Sometimes it is quite hard to be thankful for what you do not have when you are so caught up in the problems right in front of you.

In many ways, it is easy to be thankful for what you have in your hand at the time. The apostle Paul pointed this out in one of his letters. "And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful" (Colossians 3:15).

For most of us, being thankful does not come natural. It is something we have to work at on a daily basis. It has to go a step further.

Be thankful for what you do not have and you will be all that more thankful for what you do have.

Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 1-866-552-2543 or e-mail [jamesnsnyder2@att.net](mailto:jamesnsnyder2@att.net). His web site is [www.jamesnsnyderministries.com](http://www.jamesnsnyderministries.com). ★

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By Marlys Johnsen Norris, Christian Author

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## Genuine Love Only Comes From God

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## 'Spiritual Pregnancy' Author Shawn Tassone Rides Wave of Mind-Body Medicine



By Eric Nelson

At least a hundred years before health care reform became all the rage, religious reformer and medical pioneer Mary Baker Eddy spoke of a growing interest in "a higher mode of medicine."

Little did she know it would take so long for many of the changes she envisioned to find the broad support and practical application we're seeing today, particularly within the field of mind-body medicine.

Just one bit of evidence can be found in the publication earlier this month of "Spiritual Pregnancy," a book that superimposes Joseph Campbell's mythical "hero's journey" over the three trimesters of pregnancy, drawing special attention to the spiritual awakening that takes place throughout this process. During an interview last year, Shawn Tassone, one of the book's two authors, spoke about the unexpected and often dramatic nature of progress in all aspects of life, including medicine.

His inspiration came from an advanced math class he took where an exploration of S-curves taught him that the nearer ocean waves approach land, the closer they become, the larger they grow and the faster they move until, at last, they come crashing onto shore. Years later, he noticed these patterns appearing again, this time in his practice as an OB/GYN.

In 2002, Tassone and his wife began running a busy women's health clinic in Arizona,

a veritable proving ground for the latest advances in medicine. But in 2009, it was the advances being made in a different although related arena that led him to enroll as a graduate student in the College of Mind-Body Medicine at San Francisco-based Saybrook University.

It was at Saybrook that Tassone began working on a "narrative biopic" about Dr. Larry Dossey, best-selling author of a number of books on health and healing and the man widely credited with infusing the term "nonlocal mind" into the modern-day vernacular. Broadly defined, "nonlocal mind" refers to the presumed source of a variety of interactions that are beyond the comprehension of the physical senses, including intuition, synchronicity (simultaneous occurrences) and spontaneous healing. According to Dossey, it's this ability to affect physical cure for yourself and others by means of a singular nonlocal mind – or Mind for those who consider this a divine consciousness – that represents what he describes as the most advanced era of medicine.

"It makes sense to me that at some point that wave is going to break, or hit a break-point where nonlocal healing has to happen," said Tassone, relating this concept to his earlier research. "I don't think it's something that you can avoid."

"The question that I have is, has it been there the whole time and we just discovered it? Or is it something we invented? I would venture to say it's probably been there the whole time. We just weren't able to incorporate it."

As surprising and as futile as it may seem to people like Tassone, there are still quite a number of people doing all they can to keep this wave from reaching shore.

Last year he wrote a column for Psychology Today detailing a case of his involving a woman suffering from severe pelvic pain. Long story short, rather than operating on her, which was Tassone's first inclination, he chose an approach that dealt directly – and successfully – with the patient's troubled thought.

"What I discovered that day was the mind holds so much power over pleasure and pain," he wrote.

Unfortunately, the response he received from mostly women readers was so vitriolic, a number of comments had to be removed from the website.

"I got so distraught about all these threats because these women were saying to me, 'You are so wrong for saying that pelvic pain is all in your head,' said Tassone. "I wasn't saying that at all. In a way, it was almost worse than [the] response I get from doctors when I tell them about mind-body medicine."

"So, what I took away from that [experience] was that, even though there is definitely a physical and mental component to pain, we as a society are more geared to fix the physical and unconsciously ignore the mental, maybe because that's easier to deal with."

Despite this resistance, however, the wave that Mary Baker Eddy envisioned so many years ago keeps coming. Whether it's being propelled by people like Shawn Tassone, or the thousands if not millions of others who for years have recognized this connection between our thoughts and our physical well-being, it appears to be getting closer, higher, faster.

"The Bible says, 'Doctor heal thyself,'" said Tassone, "but I think that what it [should be] is, 'Patient heal thyself.'"

"If patients would make the transition themselves and push this issue, that's when I think that wave is going to crash." .H

Eric Nelson's columns on the link between consciousness and health appear weekly in a number of local and national online publications. He also serves as the media and legislative spokesperson for Christian Science in Northern California ([norcalcs.org](http://norcalcs.org)). This article originally appeared on [Communities@WashingtonTimes.com](http://Communities@WashingtonTimes.com) and is used with permission.

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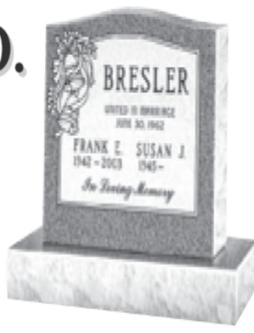
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## How to Give Up Control

your control.

On the other hand, nothing is of God's control. God is in complete control. There's nothing that God cannot do. He's the One who made it all in the first place. He's all-powerful; He can do anything He wants to. But how does the fact that God is all-powerful affect me? The Bible says, "God's great power is available to us who believe Him. It is the same mighty power that raised Christ." Ephesians 1:20 (LB). God makes His power available to you. You see, God didn't make you to live life by yourself – on your own power. That's why you get so tired all the time, so stressed-out. You are trying to go it alone, trusting in your own abilities to work things out, to control things. The Bible says that God's power is available to you, but there's a condition: You must trust Him. How do you know when you're really trusting God? How do you know when you're really trusting Him to help you? Simple, you stop worrying about it.

Worry is like a warning light. It's like a big, red, flashing light that says, "I'm taking over control here!" You assume a responsibility that God never intended for you to have. That's why worry causes such a negative effect on us physically and emotionally. Your body wasn't designed to handle the stresses of worry. God designed you to

depend on Him, to trust in Him. So when you worry, it takes a toll on your body. You get stomachaches, headaches, neck aches, insomnia and all kinds of other problems. Why? Because God didn't create you to worry about things, He created you to live in relationship with Him, trusting Him for those things that are out of your control.

God says, "Don't worry, because I am with you. Don't be afraid. I will make you strong and will help you. I will support you." Isaiah 41:10 (NCV) Let's get personal. What have you been worried about lately? What is it that's out of control in your life? What is it that you need to trust God for? Your finances...a relationship... your job...your kids? Would you agree that God has resources that you don't have? God says, "Don't be afraid, because I'm with you...I'm going to help you...I'm going to strengthen you...and I'll give you all the power you need" So whatever seems to worry you the most, whatever seems to be out of your control in your life, give it to God, because it's not out of His control.

Pastor Ray

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By Pastor Ray Dare

Have you realized yet that most of the major things in your life are out of your control? If you haven't figured that out yet, you soon will. Most of the major things in your life are out of your control. Because so much of your life is beyond your control, beyond your ability to manage, you feel stress!

Stress is caused primarily by trying to control the uncontrollable; trying to manage the unmanageable. When you get stressed-out, you start to worry and worry is a form of control. I think if I worry about my finances, then my finances are going to get better. If I worry about my job, then maybe I won't get laid-off. If I worry about my future, maybe it'll turn out OK. The problem is, worry doesn't work! It doesn't change a thing. Worry doesn't change the future. All worry does is mess up today. It doesn't work because so much of life is out of



## Riley Reviews

**EXCITING SPY THRILLS IN "JACK RYAN" REVIVE THE COLD WAR**

**JACK RYAN: SHADOW RECRUIT (Rated PG-13)**  
 A Film Review by Tim Riley

The brutal realities of war in the rugged terrain of Afghanistan, as told in "Lone Survivor," hits the audience right in the gut in this unvarnished tale of heroism and courage under the harsh light of Peter Berg's direction.

The director brilliantly captures the unforgiving essence of a Navy SEAL operation that went horribly wrong when a reconnaissance team of four brave soldiers became trapped under fire in the mountains of the remote Hindu Kush region of Kunar province.

Based upon the first-person account of Marcus Luttrell, "Lone Survivor," at least as a title, downgrades the element of suspense, but not enough that the ill-fated mission is relieved of all sense of shock and trepidation.

The opening scene is a fitting prologue that explores in excruciating detail the rigors of the intensely grueling training process, where only those with the greatest mental and physical toughness emerge as full-fledged SEALs.

The point of this exercise is to set the stage for what follows in 2005 when Marcus Luttrell (Mark Wahlberg) and three of his battle-ready fellow soldiers are dispatched on a mission to capture or kill a top Taliban leader responsible for slaying U.S Marines.

The other elite soldiers include

commanding officer Lt. Michael Murphy (Taylor Kitsch), gunner Danny Dietz (Emile Hirsch), and sonar technician Matthew "Axe" Axelson (Ben Foster), all of whom report to Lt. Commander Erik Kristensen (Eric Bana).

Character development is somewhat limited by the circumstances of the wartime setting. We get a glimpse of the camaraderie between the men at the base camp, mostly the usual male bonding and joking around, but not a lot of perceptive insight.

On June 28, 2005, the four-man surveillance team of Operation Red Wings boarded a helicopter so that they could be dropped into a remote mountainous area with the mission to identify Ahmad Shah, a high-level Taliban operative that the American military was most anxious to neutralize.

The four SEALs arrive safely on the ground, but soon discover that their radio equipment and satellite phone are not functioning regularly, leaving them isolated when having to make key decisions or relay vital information back to headquarters.

Another immediate problem is that three goat herders grazing their flock stumble upon the men's hiding place, plunging the mission into immediate jeopardy. The SEALs are forced to make an urgent life-and-death decision – how to treat the intruders under the rules of engagement.

In one of the film's most compelling scenes, the soldiers debate the choices facing them. Instantly, they know that protocol dictates they must release civilian noncombatants, but these

guys look more sinister and suspicious than simple farmers.

Still, killing the unarmed prisoners so that they could not alert the Taliban was morally objectionable, to say nothing of how the soldiers could be crucified by public opinion and the official rules if they killed innocent civilians.

Ultimately, the goat herders are cut loose, and the SEALs began an arduous climb to what they hoped would be safety. Soon, hellfire rained down on them. The Taliban, bolstered by more than a hundred fighters, launch an assault that results in an intense firefight from machine guns, mortars and rocket-propelled grenades. The Americans are seriously outnumbered and outmatched in firepower.

The SEALs hold off the enemy hordes for quite some time, a blood-splattered affair that puts the Americans in a courageous last stand that offers no way out since help is not imminently on the horizon.

Even when the cavalry arrives, in the form of an assault helicopter, the Taliban have already gained the upper hand and blast the rescue team out of the sky, killing another 16 Marines.

Even after falling down mountainous hillsides, pummeled by rocks and falling debris, Luttrell, badly wounded, miraculously escapes to small village where he's hidden by a tribe willing to stand up to the Taliban thugs.

For a war movie that seeks to put the audience in the thick of the action, "Lone Survivor" has adroitly accomplished the mission. Director Berg delivers an unflinching look at the brutality of warfare.

"Lone Survivor" is a significant war movie, and much like "Saving Private Ryan," it highlights the heroism of our soldiers. But it is also much like "Black Hawk Down" insofar as recalling very tragic circumstances of grueling combat.

## Assemblyman Ken Cooley to Host Free Tax Preparation Assistance Workshop



Assemblyman Ken Cooley

licensed accountants, talk about their tax liabilities, determine what tax deductions and credits they may be eligible for, and prepare to file their state and federal taxes.

"Each year, thousands of families forego important tax credits and deductions they are eligible for because they have never been given an opportunity to sit down with a tax professional," said Assemblyman Ken Cooley. "With the help of volunteer accountants, people in Citrus Heights will be able to talk one-on-one with these professionals and hopefully save a few thousand dollars on their taxes."

This free event is being hosted with the support of volunteer accountants from the California Society of Certified Public Accountants, and will take place at the Crosswoods Community

Center in Citrus Heights. People who plan to attend the event should bring their W-2 and other tax related documents.

*When:* saturday, february 15, 2014; 11:00 am – 3:00 pm

*Where:* crosswoods community center, 6742 auburn blvd., Citrus heights, ca 95621 (nearest cross street: van maren lane)

*What:* free tax preparation assistance workshop

Assemblyman ken cooley represents the 8th assembly district, which includes the communities of arden-arcade, carmichael, citrus heights, rancho cordova, rancho murieta, rosemont, and wilton. For more information, please visit <http://asmdc.org/members/a08/>

**CITRUS HEIGHTS, CA (MPG)** - On Saturday, February 15, Assemblyman Ken Cooley (D-Rancho Cordova) will be hosting a free tax preparation assistance workshop for people in the Citrus Heights area. Starting at 11:00 AM, the workshop will give local tax filers an opportunity to sit down with

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# POPPOFF!

with Mary Jane Popp

the body release chemicals that heighten your sense of well-being and pleasure.

4) Gain control of your "love muscle" and let go. Learning how to gain flexibility and strength in your love muscle (the internal pelvic muscles) allows you to let go of tension and tightness. Practicing the squeeze and release exercise will ground you in your body, heighten your sense of aliveness, and expand your lovemaking to new levels of ecstasy.

5) Eye-gaze into heaven. Looking into each other's left eye (corresponding to the right brain hemisphere) will give you access to being fully present with your partner and deeply connected to each other's soul.

6) Spoon to rejuvenate and reconnect after a hard day. In Tantra Nova, you will use spooning practices to nurture each other and as a form of communication. Spooning allows you to let go of interfering tension and harmonizes your moods.

7) Create fun and laughter. Laughter and orgasm originate from the same physical center in your body. Both initiate the release of endorphins. Make practices, such as expressive dancing or poetics improvisation part of your daily routine to set free your creative energies and experience joy.

8) Do the "Yab Yum": Run

love energy through each other's body. The human body runs on electricity.

Sit facing each other with your chests and bellies touching. Breathe together and align your partner's energy center which will deepen your connectedness and increase your sense of love and intimacy.

9) Be "hip" and get energized through hip rocking. Open physical and emotional blocks by lying on your back and practicing the hip rocking pelvic exercise. Push your lower back into the floor on the exhalation and arching the back on the inhalation which makes the hips rock and sets the energy free.

10) Practice "sex magic" to create what you want. Step 1: Focus on what you want in your life. Step 2. Raise your energy to a heightened state in your lovemaking session. 3. In that heightened state you will amplify your intention of what you want and open unexpected possibilities that you will translate into action.

The details are explained in Sexual Enlightenment' and you can also check out their website at [www.tantranova.com](http://www.tantranova.com). They have assisted more than ten thousand couples and singles in rekindling and expanding their love and relationships over the past decade. HAPPY VALENTINE'S DAY !!! ★

## SEXUAL ENLIGHTENMENT

Valentine's Day is just around the corner, so how would you like to revolutionize your love life? With ten simple steps Dr. Elsbeth Meuth and Freddy Weaver claim they can light up the passion for this special day and beyond.

They authored "Sexual Enlightenment: How to Create Lasting Fulfillment in life, love, and intimacy. So let's

1) Master your breathing and calm the unending chatter in your mind. Relax and breathe deeply into your belly to the count of four, and discover how mindful awareness of your breathing can silence the unending chatter in your mind.

2) Touch each other's heart through hand-on-heart connection. By touching your partner's heart with your hand and synchronizing your breathing, you feel a sense of soothing and a state of calm.

3) Kiss often to awake the endorphins. Tantra nova practices that involve kissing, especially the upper lip, make

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Did you ever wonder why choppy water usually makes walleye fishing better—especially during bright, sunny days?

Much has been written about how walleyes react to light. In general, they are more active during periods of low light. Also a surface chop diffuses light.

On the sunniest of days, a slight chop will decrease underwater light intensity at least a little bit, and that is going to make walleyes more active. It might even cause them to use shallower water longer, and that will increase your fishing options.

So when you're planning your next walleye trip, check the weather forecast. If it's going to be sunny and breezy, your chances of catching fish are going to go up.

*Gary Parsons is a Member of the Bass Pro Shops' National Fishing Team*

For more tips, log onto [basspro.com](http://basspro.com) and click on News & Tips

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# Final State Water Action Plan Released: Outlines California's Near- and Long-Term Water Priorities

Continued from Page 1

Water Action Plan gives us clear focus and vision for the next five years."

Final revisions to the draft plan, released in October, include an expanded section on drought response and a new effort focused on better management of Sierra Nevada headwaters that helps water storage and quality, and ecosystems. Public comment on the draft plan made it clear that California must better understand the economic and ecological harm of sustained dry weather. The Governor's proposed budget would provide \$472.5 million in Proposition 84 funds to the Department of Water Resources (DWR) for integrated regional water management. The bond funds would leverage local and federal investment in projects that reduce demand, build supply, and offer additional benefits such as wildlife habitat and flood management. The budget also placed immediate emphasis on water and energy use efficiency and wetlands and coastal watershed restoration to further support the resiliency of water supply and ecosystems during this dry weather period.

The governor's budget also would allow DWR to better monitor the groundwater

resources that provide more than one-third of California's supplies in dry years, and supports the development of a state backstop for sustainable groundwater management practices by the State Water Resources Control Board, should local efforts to do so not materialize.

"Together, the Governor's proposed budget and this finalized plan provide the State with practical solutions to the state's most critical problems; the proposals on groundwater are a good example," said Cal/EPA Secretary Matt Rodriguez. "Data collection and monitoring are crucial to sustainable management of our unseen but incredibly important aquifers."

All of the near- and long-term actions in the plan center on sustaining supplies of water for people, the environment, industry and agriculture. This year's severe dry conditions highlight the stakes. Drought threatens to force the fallowing of hundreds of thousands of acres of farmland, throw thousands of people out of work, and potentially raise supermarket food prices.

"Our severe dry conditions are alarming for California's agricultural industry," said California Department of Food and Agriculture Secretary

Karen Ross. "In the near term, we must do all we can to keep our fields productive. In the long term, we have a once-in-a-generation opportunity to make the investments that will allow us to stay productive in the face of a changing climate."

Key actions identified in the Plan include:

- Make conservation a California way of life.
- Increase regional self-reliance and integrated water management across all levels of government.
- Achieve the co-equal goals for the Delta.
- Protect and restore important ecosystems.
- Manage and prepare for dry periods.
- Expand water storage capacity and improve groundwater management.
- Provide safe water for all communities.
- Increase flood protection.
- Increase operational and regulatory efficiency.
- Identify sustainable and integrated financing opportunities. ★

Source: Dwr Natural Resources Agency News

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# Bera and Republican Colleague Offer "No Labels" Response to State of the Union Address

WASHINGTON, DC, (MPG) - Congressman Ami Bera, M.D. (CA-7) joined his fellow No Labels Problem Solver Republican Congressman Chris Gibson (NY-19) to deliver the No Labels State of the Union response, featured on Real Clear Politics.

Bera and Gibson wore orange lapel pins to the State of the Union to identify themselves as No Labels' Problem Solvers, a group of more than 70 Members from both parties working across the aisle to build trust and find



Congressman Ami Bera

common ground. They have signed on to the No Labels campaign to create a national strategic agenda—a shared vision for this country that's based on goals that both sides of the political divide develop together before the hard work of policymaking begins.

Watch Bera and Gibson deliver the No Labels State of the Union response.

"Tonight, President Obama called for a year of action," said Bera. "We agree. This should be a year of action. But in our

democracy, no one branch of government can act alone, nor should they. The president needs to work together with both parties in Congress, and we're ready to work with him... If we want our country to work again, we don't just need a year of action. We need a government of collaboration."

No Labels is a grassroots movement of Democrats, Republicans and independents dedicated to a new politics of problem solving. The organization has already attracted more

than half a million citizens across the country, as well as 88 members of Congress -- Republicans, Democrats, and independents -- who are members of the No Labels Problem Solvers coalition. The congressional coalition, which meets regularly, is the only forum for bipartisan problem solving on Capitol Hill. No Labels has proposed numerous common-sense reforms and legislative initiatives including No Budget, No Pay, a version of which was passed by Congress and signed into law last year.

Congressman Ami Bera, M.D. represents Sacramento County. Born and raised in California, Bera is a physician and the only Indian American currently serving in Congress. He's fighting to rebuild an economy that works for middle class families and to reduce our country's debt in a responsible way. For more updates on Rep. Bera follow @RepBera on Twitter, like Congressman Bera on Facebook, or visit <http://www.bera.house.gov>.

From the office of Ami Bera

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