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M Citrus Heights Messenger

"Written by the people, for the people"

Volume 3 Issue 15

Serving the City of Citrus Heights and Sacramento County

First Edition for August 2013

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Man Up For a Rising Need



Man Up for a better tomorrow. Learn how you can positively impact a child's life at <http://www.ManUpCalifornia.com>

Across the state of California, Big Brothers Big Sisters agencies are in critical need of men, with boys making up 70% of the waiting list for mentors, and only three out of 10 inquiries to volunteer are men. The goal of the "Man Up California" campaign is to inspire, with humor and emotion, twice as many men to volunteer as the year prior.

SACRAMENTO REGION, CA (MPG) – This year, the Big Brothers Big Sisters Association of California (BBBSAC) is launching its first-ever statewide initiative centered on the recruitment of male volunteers to become Big Brothers. This inaugural campaign will be the first

time all 17 California agencies have worked together to leverage their collective reach, with the goal of significantly reducing the number of boys who are waiting for a Big Brother in California by recruiting twice as many male volunteers as the prior year.

Across the state, Big Brothers Big Sisters (BBBS) is experiencing a critical need for men to volunteer. The waiting list is nearly 70% boys, yet only three out of 10 inquiries to volunteer are men. Unfortunately, boys are waiting an average of 275 days before receiving a Big Brother.

"It's time for California to Man Up! It is our desire to give men a fun and easy way to help strengthen our communities by

providing boys a quality mentoring experience that is proven to help children who face adversity succeed in and out of school," said Tiffany Siart, President of BBBSAC. "This summer is the perfect time to Man Up and find out how rewarding it is to play sports, go on a hike, eat pizza, or share your interests with a child who needs some encouragement."

Boys served by BBBS are primarily children of single-parent, low-income, or active-duty military homes, or homes with an incarcerated parent. "I am a single mother. My son's father passed away last year, and he needs a male role model in his life now more than ever," explained

Jackie, a parent of a child on the waiting list in San Jose.

Due to complex circumstances, boys like Jackie's son are faced with a statistical spike in their likelihood to turn to drugs, alcohol, and violence in an effort to cope with increased stress in their lives. Parents recognize the proven benefits that come from having a caring role model in their lives, and many are reaching out for help. "My son could use a more positive male influence in his life," said Jennifer of her 10-year-old son. Mothers like Jennifer are seeking better outcomes for their sons and are looking to BBBS to partner with them to support their children.

Continued on Page 4

Rep. Bera Announces Wounded Warrior Position Available in His Rancho Cordova Office

SACRAMENTO REGION, CA (MPG) – U.S. Rep. Ami Bera, M.D. (CA-7) announced Friday, July 26, that the House of Representatives Wounded Warrior Program is accepting applications for a position in his district office in Rancho Cordova. He urged eligible disabled veterans in Sacramento County to apply.

"I recently had the incredible privilege of meeting with some of our troops in Afghanistan and was able to witness first-hand the bravery and professionalism of our American military," said Bera. "It is an honor to be able to add one of our nation's brave service members to my dedicated staff, and an excellent opportunity for the men and women who served our nation in the Armed Forces to continue their public service and learn about the options available to them as they transition to civilian life."

The available position is a field representative and caseworker who would be responsible for facilitating and coordinating responses to a wide range of requests received from military and veteran constituents. The employee would serve as a liaison between the Congressman's office and various veterans organizations in the district. A full job description can be found here.

The Wounded Warrior Program was established to create fellowships that provide employment opportunities within the House of Representatives. The fellowships will provide veterans with experience and exposure to ultimately broaden their scope of transition opportunities. Positions are available in Congressional district offices nationwide.

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Hot Jazz Jubilee Coming Labor Day Weekend

RANCHO CORDOVA, CA (MPG) – Hot Jazz Jubilee is almost here! Your Labor Day weekend will never be the same after you hear the great sounds that originated in the '30s and '40s. Louis Armstrong, Hoagy Carmichael, Pete Fountain, Duke Ellington, Benny Goodman, and many more will be re-created during this four-day music festival. In addition, there will be bands that play American roots Zydeco and Cajun, as well as the Big Band sound you grew up with.

The Marriott Hotel in Rancho Cordova will be home to 16 bands, six guest artists, and lots of



New-High Sierra

with a paid festival badge. Two bands will entertain you as you become re-acquainted with old friends. At 7 pm, five venues will open to the sounds of local favorites Sister Swing and the Hot Flashes.

Also being introduced to the California circuit is Meschiya Lake and the Little Big Horns, direct from New Orleans. Meschiya was named Female Singer of the Year in the Traditional Jazz category for the third year in a row. Her sound is true New Orleans with the '30s.

Big Mama Sue with the Eddie Erickson and High Sierra round out the start. Music until midnight will be in abundance, with the night closing out with Bob Draga and Friends in the Formaggio Bar.

The music picks up again on Saturday and Sunday at 9:30 am and closes at midnight. Be sure to catch the Doris Day tribute set for Saturday morning at 11 am. Rumor has it that Doris will be calling in by telephone



Bob Draga and Friends

to welcome the festival goers in attendance.

Several other special attractions will also be provided. Check out HotJazzJubilee.com for details, or call 916-822-2210.

Four-day badges are available at \$95. Rooms are available at the Marriott Hotel, but are going fast. The Hyatt House across the street has rooms starting at \$79 each, and so does the Holiday Inn next door.

Make plans now. Don't miss out on this Inaugural Festival! REAL JAZZ ... REAL FUN.



Jason Prof's Firehouse Lot

great music. Bring your dancing shoes because three of the largest venues have dance floors. We've also invited West Coast Swing, Lindy Hop, Bebop, and several other club dancers to entertain you. Lots of easy, free parking at the hotel will encourage more locals to attend.

Our party kicks off at 5 pm on Friday, August 30 with a poolside welcome party. There will be hosted hors d'oeuvres for all of those in attendance, along

4th Annual Veterans Appreciation and Resource Picnic on August 24



By Elise Spleiss

CITRUS HEIGHTS (MPG) – Citrus Heights and surrounding area veterans are looking forward to the 4th Annual Citrus Heights Veterans Appreciation and Resource Picnic to be held Saturday, August 24.

All active and retired veterans and their families are invited for a day of recognition, camaraderie, a great barbecue meal, invigorating patriotic music, over 50 veterans resources, and “Thank you” gift drawings. For the children, there will again be face painting by Mary Purvis’ Princesses and Ambassadors, and other youth activities.

The event is free for veterans and their families and will be held at Rusch Park, 7801 Auburn Blvd. at the Pavilion and Veterans Grove from 11 a.m. to 3 p.m. All veterans are welcome – anyone who has served in the military, whether or not they are formally “retired.” Overflow parking is available at the Fireside Lanes Bowling Alley next to the park on Auburn Blvd.

The program will include an honor guard, energetic renditions of patriotic songs by the Citrus Heights Community Marching

Band, recognition by the mayor, members of city council and other dignitaries, and representatives from local veterans’ groups. Picnic goers will enjoy music all day by an assortment of talented local musicians.

The GFWC Citrus Heights Women’s Club working with the Citrus Heights American Legion Post 637 and American Legion Auxiliary is sponsoring the event. Its goal is to recognize and honor the city’s active duty servicemen and servicewomen, and retired veterans of past wars and conflicts and their families.

Committee Chairman Carol Spiker is looking forward to a good turn-out this year, saying, “We’re excited to see this event grow from 200 in 2010 to an anticipated 650 this year.”

Last year, the veterans who attended ranged from WWI to Vietnam and all Mid-East conflicts. Our oldest veteran was 93 years old.

Two veterans’ resource providers will offer an added depth of service to our veterans this year. The Veteran’s Administration will have a larger presence, and Sacramento Gold Star Wives and Blue Star Moms are sponsoring an exciting project the public can

get involved in now.

A VA mobile health van will offer basic health services. Counselors will be available to explain benefits and enroll veterans in the VA system. Gold Star Wives and Blue Star Moms are widows and widowers of fallen warriors, and relatives of Service Members – veterans or Fallen Warriors. They will be collecting items of food, drinks, personal care, games, music, movies, and books to be sent to Afghanistan. A packing party of these items will take place at the picnic.

For a full “wish list” of needed items to bring to the picnic, visit sacramentobluestarmoms.org and click on “What is a Care Package?” For more information, contact Kimberly at 847-7973.

No successful event of any magnitude is possible without the help and support of its city officials, small and large businesses, and service organizations. We have an established group of supporters, but as our attendance grows, our need for additional sponsors grows. If you or your business or organization can help, or if you know of a veterans resource organization, call 751-1918 or visit citrusheights-womensclub@gmail.com.

Arcade Creek Park Preserve (ACPP): A First-of-Its-Kind Family Park Experience Coming to Citrus Heights

By Dave Mitchell with Elise Spleiss

CITRUS HEIGHTS, CA (MPG) – Something exciting is coming to Citrus Heights. On Sunrise Boulevard – steps away from restaurants, boutiques, and the Sunrise Marketplace, a dream awaits that will come alive in 2014. On a nine-acre piece of land, just out of sight of passersby, sits a piece of land still in its natural wild state, soon to be transformed for the public to enjoy.

Imagine a park setting where each member of the family can have a different experience. For some, stepping out of a busy daily routine to enjoy over a mile of nature-filled hiking trails just might meet the need. Those looking to work up a sweat and a bit more adventure will find eight gym-quality fitness equipment stations throughout the park. Some exercise equipment will be wheelchair-accessible. Boasting the first of its kind, ACPP brings this fun, free social fitness course environment to the great outdoors.

For the young at heart, ACPP takes full advantage of meandering Arcade Creek. Play pockets full of adventurous play structures running along the creek allow visitors to be anything but passive spectators.

And if this isn't enough, how about a ride through the trees on the area's first public zip line course? Two bridges will cross Arcade Creek.

The Plan also includes lighted looping multi-use trails, a shaded picnic area, pathway

seating, and an interpretive walk. Ten 18' x 24' signs will be placed in the parking lot and throughout the Preserve to educate users about wetland, oaks, birds, wildlife, urban interface, and plants found in the Preserve.

This dream has been a long time coming. When the Sunrise Recreation and Park District acquired Arcade Creek property in 2004, the surrounding neighborhood near Sayonara Drive was considered an under-served area for neighborhood parks within the District. The District adopted the Arcade Creek Park Preserve Master Plan in 2008, which incorporates ideas from an intensive community outreach process. This plan was approved at the July 21, 2009 County Board of Supervisors meeting.

Finally, in 2012, the City of Citrus Heights deeded over two parcels of property to the Sunrise Park District providing the remaining land needed to complete the project.

The Park District was successful in obtaining a park development grant to aid in the designing and construction of the main park features. Donations from the public in the form of a sponsorship program will fund the special features and amenities within the park.

The cost of this project is \$3.6 million. Following the bidding process in December of 2013, construction is scheduled to begin in March 2014 and to be completed in September 2014.

Be Part of the Arcade Creek Preserve Experience

As this development process continues, there is a way for the public to be a part of this exciting new project through a park sponsorship program. The District is looking for individuals or groups who would like to sponsor a specific features or amenities within the new park with sponsorship packages starting for as little as \$1,000 and up to \$100,000.

Donations of any amount will be accepted. Please contact the District at 916-725-1585 for more details.

To view planned features, visit “Sunriseparks.com” and follow the links to the Arcade Creek Park Preserve.

To be involved personally in this venture, mark your calendar for a fun day of park clean-up in preparation for construction. SOAR Neighborhood Association #10 is sponsoring a clean-up day on Saturday, October 12 to clear trees and brush from the land to prepare for construction. Families are urged to make this a family day.

When the park is dedicated in late 2014, these families can look back and say proudly, “I helped build this park.”

COMMUNITY MEETING: The District is seeking comments and suggestions from the community on Monday August 12, at 5:30 pm, at the Sayonara Community Center, 7836 Sayonara Drive, Citrus Heights. For information, contact Dave Mitchell at 916-725-1585. Check out the district website at Sunriseparks.com.

Wiffle Ball Fundraiser Tournament Aims at ALS

CITRUS HEIGHTS, CA (MPG) – Help fight Lou Gehrig’s Disease (also known as ALS) by attending the August 24th Wiffle Ball Tournament in Citrus Heights, at 6949 Larkspur Way! The tournament will last from 8 am to 3:30 pm.

Proceeds from the event will go toward sponsoring local resident Christine Slight and her team in the 9th Annual Ride to Help Defeat ALS, scheduled for Sept. 28, 2013 in Napa Valley.

Some of the funds will also be used to help 8-year-old Marco, Jr. – an 8-year-old boy battling neuroblastoma cancer.

Those wishing to participate are encouraged to do so. The cost is \$20/person, with 10 people on

a team. Participants each receive a T-shirt and free raffle ticket. A team may consist of men, women, teens, and children. The goal is to have 16 teams signed up by the date of the tournament.

Businesses who support the event will get media coverage for this event. The coverage should include business recognition. Every business that has donated funds will get a banner made with their logo. KSFM 102.5 of Sacramento and KHTK CBS Sports 1140 are entering teams.

A huge limo bus will be on display. It will be displayed because they are donating a trip in it for the raffle. We have multiple items to raffle off as well, which include a helmet with 27 NASCAR driver

autographs on it, including Dale Earnhardt Jr. and Jeff Gordon. We will have Bearpaw Boots, Photo shoot, wine and more as raffle prizes.

This should be a very fun filled day including a DJ- Harmon Entertainment, BBQ and three NASCARs that use to race on display.

Neuroblastoma is a rare solid tumor cancer that attacks the sympathetic nervous system. This type of cancer affects roughly 650-700 children per year in the US.

For more information contact Christine Slight by email at slightc@comcast.net or by calling 916-813-7851.

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Defenders of Freedom Care Package Donation Drive



Theo Povondra, a volunteer member of the local chapter of Defenders of Freedom, helps out at the DOF booth at last year's California State Fair, on "First Responders – Military Appreciation Day."

SACRAMENTO REGION, CA (MPG) – It has now been over a decade since U.S. troops first invaded Iraq, yet thousands of our young men and women are still deployed in the Middle East. Unfortunately, those of us who don't have loved ones there ourselves tend to sometimes forget this.

Luckily, however, there are many who are still very active in supporting our overseas troops with care packages and letters. Defenders of Freedom, based in Texas, is one of those groups. Almost six years ago, Maria Elena Szlachciuk started a local chapter of Defenders of Freedom (DOF), to help support not only our troops, but also their families here in the States. In addition, we help

support veterans who are no longer actively serving.

On August 9 and 10, DOF's local chapter is holding a care package donation drive at Cal Expo's main gate, 1600 Exposition Boulevard, Sacramento. Cash donations (to help offset mailing expenses) are always welcome, as well as item donations. Listed below are some of the most-needed items:

- CDs and DVDs
- Hand-held games (with batteries)
- Baby wipes
- Disposable razors
- Hand sanitizers (waterless)
- Foot powder
- Deodorant
- Cushioned socks
- Beef jerky

- Popcorn
- Granola bars
- Cereal
- Instant oatmeal
- Instant coffee

To support our troops with donations, please mark your calendars for:

August 9, 2013 – 11 am to 7 pm
August 10, 2013 – 9 am to 3 pm

Most packages now go to troops in Afghanistan, although some go to troops stationed in other countries as well, including Africa, Japan, Korea, Germany, and even bases here in the United States.

For more information, contact Maria Elena at cadefendersoffreedom@yahoo.com. You can also visit their website at www.DefendersOfFreedom-CA.us.

Honoring a Mighty Warrior

Commentary
 By Debbie Lee

Today is August 2nd. This day will never be the same for me. For most people it's just another sunny summer day filled with normal routines, but for me it will always be "that day." Aug 2nd, 2006 is a day that forever changed my life.

It was another sunny day in Arizona 7 years ago, but across the world in Ramadi, Iraq it was a different story. I couldn't even tell you what I did that day but that evening I was at my small group and we were celebrating my birthday which had been the week before.

Within 30 minutes life would change from cake, ice cream and receiving a gift of a Willow Tree Angel named "Courage" to using that courage to survive the most devastating moments of my life.

I arrived home to find my son Kristofer waiting on the sidewalk to inform me the Navy was there. I glanced at the two Navy Officers in their dress whites on my porch and fell into Kristofer's arms and cried "Noooooooooooooo!" I knew why they were there.

We entered the house and they tried to prepare me for what they were about to tell me. They had been in my home for about 30 minutes while Kris tried to find me.

"We can tell by being in your home you are a woman of faith and you are going to need to rely on your faith for what we are about to tell you. Your son Marc Alan Lee has been killed in Action." I couldn't breathe; I felt a pain in the core of my being that no parent should ever have to feel. I began to cry my river.

It's hard to believe it has been 7 years since that young man sacrificed his life defending his teammates, and our freedoms.

I still can't comprehend how you can fight in an intense fire fight for two hours, in extreme temperatures of 120 degrees, carrying 150-180 lbs. and still have the mental focus and strength to make the decision to do the right thing and risk your life for others. Courage like Marc

displayed doesn't just happen. It is engrained in you by your creator, it is the choice to follow the Biblical morals and values taught to you, it is the opportunity to practice in other difficult circumstances that life brings you or your BUD's instructors produce. Marc displayed physical and moral courage often witnessed on the battlefield, but courage need not be displayed only in the battlefields of combat as we fight and defend America and the freedoms we have been blessed with.

Our American History is rich in examples of patriots who displayed courage in numerous circumstances, willing to give everything if need be for what they believed in, to provide liberty and a better life to those they left behind.

There is a huge hole that is left from his absence. I will never share the dinner table with him, or feel his arms hug me in the way only a Mother and Son can hug, or see his smirky grin, beautiful brown eyes, dark curly locks, or experience his playful antics or hear his encouraging words. I won't get that dance at his wedding, or hold his children and watch them grow, or have him hold me or care for me when I get old.

Yet, there are so many blessings in the midst of this deep loss. Marc's sacrifice and his last letter home have inspired millions of people around the world. That young man is perhaps more alive in his spirit, that is still here, than he was in life.

I had no choice in the news that was delivered to me on Aug 2nd, but I did have a choice how I responded. God made it very clear to me that night as I read Psalms 27 that He was right there with me, He was my rock and my strength. "I would have lost hope if I had not believed I would see the goodness of the Lord in the land of the living. Wait on the Lord, be of good courage and he will strengthen your heart; wait I say on the Lord." Psalms 27:15&16

I had seen God do amazing things in my life and I had

confidence in Him that He would carry me through and be my strength. I chose to proceed through the grieving process and encourage and help others with the hope God gives me daily.

Marc's name means Mighty Warrior and today I remember him and as I do every day honor his courage and sacrifice. He left behind his weapon, his armor and his boots and laid down his baton which I picked up and carry on. To everyone who served and sacrificed for my freedoms and yours, I say "THANK YOU."

Marc's final gift to me was his teammates and I am blessed to have so many "adopted boys" and share their families and their love. God multiplied my family exponentially and I am a blessed woman.

So as you enjoy your sunny Aug 2nd and live your normal life and watch your children and grandchildren play today give them an extra hug, count your blessings, and remember our fallen warriors who sacrificed all of their tomorrows and hope for a future so you could enjoy today.

Remembering my son, my hero, my mighty warrior!

Debbie Lee, Gold Star Mother of Marc Alan Lee Spokesperson and Military Liaison, Move America Forward

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To sign up a deployed servicemember to receive a care package or to request care packages if you are a deployed servicemember, visit www.moveamericaforward.org or call (916) 441-6197.

Rep. Bera Announces Wounded Warrior Position Available in His Rancho Cordova Office

Continued from Page 1

According to the Wounded Warrior Program, applicants must have served on active duty since Sept. 11, 2001, have a 30 percent or greater service-connected disability rating, and have fewer than 20 years of service. In addition to a current resume, applicants must submit a copy of their DD214 and a VA letter confirming they have at least a 30 percent service-connected disability rating to housewoundedwarriors@mail.house.gov. They should not send

resumes directly to the office of Rep. Bera.

Interested veterans can visit www.cao.house.gov for more information.

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.

One of Bera's first acts in Congress was to help lead the

effort to pass the No Budget No Pay Act, which says if members of Congress don't pass a budget, they don't get paid. As a co-chair of No Labels' Problem Solvers, he's working with people from both parties to find bipartisan solutions to our nation's challenges. He and his wife Janine live in Elk Grove with their daughter Sydra. For more updates on Rep. Bera, follow @RepBera on Twitter, like Congressman Bera on Facebook, or visit <http://www.bera.house.gov>.



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So my family woke up one morning cold, and smelling a burning smell coming through the air ducts. Something was obviously wrong with the heater. I crawled around in the attic and pulled the panels off the heater and discovered the furnace was igniting and the burners were burning, but the blower wasn't blowing the hot air out. So, when I got to work, a coworker referred me to Capitol Mechanical. She is friends with the owners and said they do honest work, so I took a chance.

A tech came out and within ten minutes had the problem diagnosed. It was simply a burned up capacitor, a simple \$20 part. Talk about honest work, he could of told me it was the blower motor and charged me a bunch and I wouldn't have doubted it. I'll be calling Capitol Mechanical in the future if I need service or even a new system. Thank you guys! - **Jeremy M., Fair Oaks, CA**



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Angels for RJ Raise Cash for Surgery



Miss Teen Citrus Heights, Sonya De Berry, and RJ take a break from handing out 250 tri-tip and chicken dinners to hungry customers during the "Angels for RJ" fundraiser on July 28 at the Cattle Rustlers Steakhouse in Citrus Heights. A total of \$3,065 was raised through the meals and raffle drawings. Donations will help cover the \$65,000 co-pay for RJ's surgery to remove a pineal gland cyst, which has been growing in the middle of his brain for four years. Another fundraiser is scheduled for August 11 at Mandango's Sports Bar and Grill in Roseville. Contact 725-3647 for information.

BusinessCoach.com announces the new Small Business Coach Mastery Training System. Learn how to establish a highly profitable business as a business coach!

BusinessCoach.com, a global provider of business coaching training solutions has just announced the latest addition to their company's training programs known as the Small Business Coach Mastery Training System. This innovative home study product provides powerful tools, proven methodologies, and a roadmap for business professionals looking to enter the business coaching field either on a part-time or full-time basis.

"I understand the struggles that most people have in making a decision to leave the security of their regular jobs in order to enter into the coaching business, and I believe this product will enable them to ease into the coaching field with confidence," said Gary Henson, expert business coach, master trainer and founder of BusinessCoach.com. With almost 25 years of training both new and experienced coaches, as well as coaching business leaders and organizations, Gary is considered a worldwide industry expert and a thought leader in the business coaching field. This product has been designed as a result of numerous requests of corporate professionals wanting to enter the field of coaching. "We listened and are excited about this product and the opportunities it provides in today's economy," said Gary.

The Small Business Coach Mastery Training System provides a current and relevant library of tools to enable a business coach to assist their clients in most every area of their organization. These include marketing, sales, human resources, customer service, leadership and financial management tools to create transformation in an organization. While highly effective as a standalone training program, this valuable information is also included in all of BusinessCoach.com's live training programs.

BusinessCoach.com was founded in 1989 and headquartered in

Roseville California, provides a wide portfolio of business coach training solutions for both business coaches and organizations.

Gary Henson, Expert Business Coach and Master Trainer

Recognizing the transformational impact effective business coaching can have on an organization, Gary Henson is committed to helping business leaders and aspiring coaches achieve extraordinary business results. As President and Founder of internationally known BusinessCoach.com, his goal is to empower organizations and individuals to function at optimal levels. BusinessCoach.com was founded in 1989 and since then Gary has personally coached over 7,000 business leaders with impressive results. He has assisted business leaders to look at their businesses in fresh and different ways, resulting in 70% of his clients experiencing over 200% increases in sales or profits.



As a thought leader in the coaching industry, Gary is considered an expert in developing professional criteria for business coaching certification, having served on numerous expert panels for global coaching organizations. His professional background encompasses diverse and real world experience in corporate business settings along with experience as a business owner and leader.

As co-founder of *The Make a Difference Project*, a non-profit organization committed to ending domestic violence, Gary has dedicated his life to assisting others. With a life goal to donate 90% of his earnings to charity, he also volunteers his time to many charitable and spiritual organizations.

Gary is happily married to his wife Jenene and is a proud father of five daughters. He considers his family his most successful achievement in life.

Gary can be contacted through BusinessCoach.com or email him at gary@businesscoach.com



In addition to an outstanding track record of coaching success, Gary is also a Master Trainer for new and existing business coaches all over the world. His training methodology provides an effective formula for an individual to realize high levels of success as a business coach. BusinessCoach.com trains people on how to get started as business coaches and equips them with the right tools to become very skilled in the field of business coaching. When certified by BusinessCoach.com, you will be confident in your abilities and well prepared to attract and coach business leaders.



Man-Up For a Rising Need

Continued from Page 1

The "Man Up" campaign is harnessing the power of social and broadcast media to reach men where they live most. Through integrated touch points such as an interactive landing page, a social media campaign, and a YouTube series featuring official "Man Up" spokesperson, Bruce – a 13th century Scottish Warrior puppet – "Man Up California" is offering a new approach to recruitment.

To qualify as volunteers, individuals must:

- Be over 18 years of age.
- Have a valid Social Security number with no criminal background.
- Be available to volunteer for at least one year.

Men and Spanish-speaking volunteers, in particular, are in high demand.

Individuals who are not able to volunteer are being asked to consider donating to help sponsor a waiting boy, who will then be

carefully matched with a screened volunteer and receive ongoing support and access to events.

Big Brothers Big Sisters programs are based on a data-proven model focused on creating and sustaining strong and long mentoring matches. Long-standing research by Public Private Ventures – a national nonprofit research and program development organization – found that after 18 months of spending time with their "Bigs," the Little Brothers and Little Sisters – compared to those children not in the program – are: 46% less likely to begin using illegal drugs, 27% less likely to begin using alcohol, 52% less likely to skip school, 37% less likely to skip a class, and 33% less likely to hit someone.

Big Brothers Big Sisters Association of California consists of 17 BBBS affiliate agencies, serving 32 counties across the state of California. In 2011, BBBSAC served nearly 11,000 children

facing adversity with strong and enduring, professionally supported one-to-one relationships that change their lives for the better. Most children served by Big Brothers Big Sisters are in single-parent and low-income families, or households where a parent is incarcerated or has a parent deployed. As the nation's largest donor- and volunteer-supported mentoring network, Big Brothers Big Sisters makes meaningful, monitored matches between adult volunteers ("Bigs") and children ("Littles"). Big Brothers Big Sisters provides a system of ongoing evaluation and support that has been proven by independent studies to help families by improving the odds that "Littles" will perform better in school and avoid violence and illegal activities, and also have stronger relationships with their parents and others.

Learn how you can positively impact a child's life at <http://www.ManUpCalifornia.com>.

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Sacramento County DA Reports

Recent cases of interest

CASE: Angel Michael Rodriguez (08/02/13)

PROSECUTOR: Deputy District Attorney Aaron Miller, Career Criminal Prosecution Unit

District Attorney Jan Scully announced today that the Honorable David De Alba sentenced Angel Michael Rodriguez to 40 years to life in prison. On June 19, 2013, a jury convicted Rodriguez of second degree robbery. On November 14, 2011, Rodriguez entered the Bank of the West at Loehmann's Plaza wearing a disguise. He approached a teller who was counting cash from a deposit made the night prior, grabbed the cash and announced that he would shoot if anyone tried to stop him from leaving. Rodriguez was identified by two former acquaintances who called the FBI after seeing his image on the news the night of the robbery.

Rodriguez has seven prior robbery convictions from Oregon that span the 1970s through the 1990s. Rodriguez was sentenced under California's Three Strikes Law.

CASE: Uriel Ojeda (08/02/13)

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

District Attorney Jan Scully announced today that the Honorable Eugene Balonon sentenced Uriel Ojeda to 8 years in prison. On July 5, 2013, Ojeda pled no contest to molesting a 13-year-old child and admitted the allegation of substantial sexual conduct. The remaining charges were dismissed in the interest of justice.

Deputy District Attorney Allison Dunham stated, "This is a fair resolution of the case based upon the facts and circumstances. The victim and her family can move forward with their lives and be proud that they had the courage to report the abuse to the Sacramento Diocese and law enforcement."

CASE: Elvertis June Johnson (08/02/13)

PROSECUTOR: Deputy District Attorney Satnam Rattu, Career Criminal Prosecution Unit

District Attorney Jan Scully announced today that the Honorable Helena Gweon sentenced Elvertis June Johnson to 20 years plus 50 years to life in prison. On May 9, 2013, a jury convicted Johnson of two counts of armed robbery and possession of a firearm by a convicted felon. He was also found sane during the sanity phase of the trial and two prior strikes were found true.

The armed robberies occurred at the Bank of America located on Del Paso Road in January of 2007. Johnson's criminal history dates back to 1981, including felony convictions for burglary; purse snatching; multiple counts of robbery; possession of an illegal weapon; evading a peace officer reckless driving; and multiple parole violations.

CASE: Luis Prudente (08/01/13)

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

District Attorney Jan Scully announced that Luis Prudente was convicted by jury of first degree murder, assault with a firearm and automobile theft. The jury also found true the special circumstances that Prudente committed the murder to further the activities of a criminal street gang and that he committed the murder by shooting from a vehicle as well as firearms and great bodily injury allegations.

The jury was unable to reach a verdict on a second murder alleged against Prudente.

Prudente faces a sentence of life in prison without the possibility of parole. Sentencing is set for August 27, 2013 in Department 16 before the Honorable Marjorie Koller.

CASE: Dupree Pierre Barber (08/01/13)

PROSECUTOR: Deputy District Attorney Rod Norgaard

District Attorney Jan Scully announced today that 49-year-old Dupree Pierre Barber was convicted by jury for the first degree murder of Steve Ebert, who was a maintenance supervisor for the Cordova Recreation and Park District. The jury also found true the special circumstance allegation that Barber was lying in wait.

Barber shot and killed Mr. Ebert out of anger from being laid off from his job as an employee of the park district. On January 23, 2012, he approached his former boss as he was pulling into his work site at Hagan Community Park in Rancho Cordova around 6:00 a.m. and shot him six times with a handgun. Barber's damaged car was recovered close to the park, which contained the murder weapon.

Barber faces life in prison without the possibility of parole. Sentencing is set for August 28, 2013 at 1:30 p.m. in Department 19 before the Honorable Patrick Marlette.

CASE: Humberto Magdaleno Vasquez (07/31/13)

PROSECUTOR: Deputy District Attorney Kevin Jones, Special Assault & Child Abuse Unit

District Attorney Jan Scully announced today that Humberto Magdaleno Vasquez was convicted by jury of six counts of rape and forcible lewd and lascivious acts with a child under the age of 14. The jury also found true an allegation that Vasquez tied and bound the victim during one of the assaults.

Vasquez is a family member of the 12-year-old victim. On two separate occasions between January and June of 2012, Vasquez was alone in a house with the victim when he locked her in a bedroom and sexually assaulted her by force. In one instance, Vasquez interrupted the act to tie the victim's hands and feet before resuming.

Sentencing is scheduled for August 23, 2013 at 10:00 a.m. in Department 10 in front of the Honorable Greta Fall.

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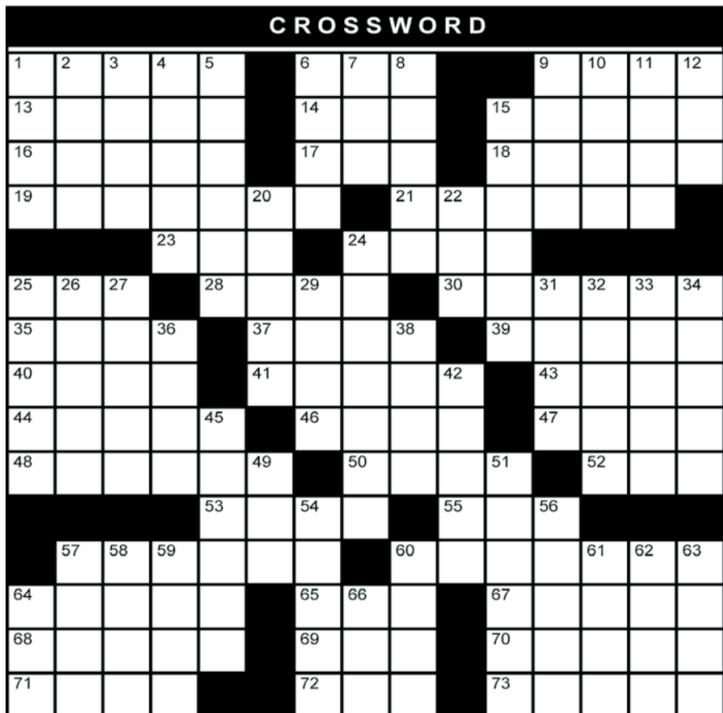
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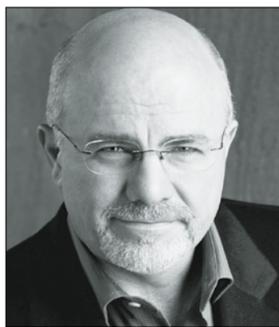
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CLUES

- | | | | |
|--|---|---|---|
| <p>ACROSS</p> <p>1. Coffee + chocolate</p> <p>6. Drunkard's sound?</p> <p>9. What little piggy did</p> <p>13. Makes eyes at</p> <p>14. Under the weather</p> <p>15. "The Graduate" or "Easy Rider"</p> <p>16. Un-written exams</p> <p>17. Downhill equipment</p> <p>18. Chilled</p> <p>19. "1960s Activists and agitators"</p> <p>21. State of good health and fitness</p> <p>23. Miner's bounty</p> <p>24. "Popular hairstyle"</p> <p>25. To eat a little at a time, as in hot soup</p> <p>28. Layer</p> <p>30. Devoid of reverence</p> <p>35. Bookkeeping entry</p> <p>37. "The ___ of the Game" TV series</p> <p>39. Denotes an accomplishment</p> | <p>40. Novice</p> <p>41. Ivan and Nicholas, e.g.</p> <p>43. Atmosphere</p> <p>44. Relating to the ilium</p> <p>46. On the cutting edge</p> <p>47. "Ngo Dinh ___"</p> <p>48. "The Party's Over" singer</p> <p>50. Excellent</p> <p>52. Get the picture</p> <p>53. "I read the ___ today oh boy"</p> <p>55. African grazer</p> <p>57. "Power plant"</p> <p>60. "Liverpool group, following "the"</p> <p>64. Luau greeting</p> <p>65. "Posion ___" covered by the Stones and the Hollies</p> <p>67. Beauty pageant wear</p> <p>68. Short African</p> <p>69. Butterfly catcher</p> <p>70. Cupcake topper</p> <p>71. Epic poem</p> <p>72. "Fancy that!"</p> <p>73. "Who ___?"</p> | <p>DOWN</p> <p>1. "Eagle's landing spot"</p> <p>2. Fairytale beast</p> <p>3. Bird's foot</p> <p>4. "Oscar winner" "___, Dolly!"</p> <p>5. Declare with confidence</p> <p>6. Middle Ages subj.</p> <p>7. Kind of person</p> <p>8. North face, e.g.</p> <p>9. Refuses to</p> <p>10. Bad to the bone</p> <p>11. Cote d'Azur locale</p> <p>12. Casual attire</p> <p>15. "Detroit's soul recorder"</p> <p>20. Deceive by a mock action</p> <p>22. "The Sixties, e.g."</p> <p>24. Large fleets</p> <p>25. "Greensboro Woolworth's event"</p> <p>26. Of service</p> <p>27. Jeopardy</p> <p>29. Comfort</p> <p>31. "Take a ___ off," sang The Band in '68</p> <p>32. Lady's pocketbook</p> | <p>33. Loose rocks at base of mountain</p> <p>34. State of dishonor</p> <p>36. Extinct flightless birds</p> <p>38. Therefore</p> <p>42. "The Playboy of the Western World" author</p> <p>45. "I Love You More Today" singer Twitty</p> <p>49. Adams ___ Beckham</p> <p>51. Related on mother's side</p> <p>54. Twist before hanging on clothesline</p> <p>56. Ancient city in Africa</p> <p>57. Let heads or tails decide</p> <p>58. "Woodstock's had a dove on a guitar"</p> <p>59. Electrical resistance units</p> <p>60. Eight bits</p> <p>61. Animal den</p> <p>62. European sea eagle</p> <p>63. Droops</p> <p>64. "You damn dirty ___," shouted Heston</p> <p>66. V</p> |
|--|---|---|---|

For Solution See Page 7



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

That's why you have health insurance

Dear Dave,
 Do you think having cancer insurance is a good idea?
 Brittany

Dear Brittany,
 No, I don't believe buying cancer insurance is a good idea. However, I do believe everyone needs health insurance. If you have a good health policy in place, it's going to cover you in the event you're diagnosed with cancer.

Lots of insurance companies offer these policies because cancer is such a scary thing. It's a hot-button topic, and many people have lost friends and relatives to cancer. I don't believe in cancer policies though. You need a good emergency fund of three to six months of expenses, long-term disability coverage and a solid health insurance plan.

My favorite health plan, and what I use personally, is the Health Savings Account (HSA). With an HSA you have money sitting there to cover some of the ancillary things. Most cancer policies won't cover alternative treatments and things like that, and lots of them are income policies, meaning they replace a portion of your income, but that's what disability insurance is for.

- Dave

Dave Says

Impulsive May Equal Homeless

Dear Dave,
 I moved to New Orleans four years ago for a job. I was let go and found a government job pretty quickly, but I'm ready for a change of pace. I'm thinking about using my two weeks of vacation to move and find something different in Austin, Texas. I have a little cash saved, but how much savings should I have in place for something like this?

Montgomery

Dear Montgomery,
 What you're describing may have sounded fun and cool to me when I was 20. But I made lots of really dumb mistakes back then, and it's definitely not the way I would handle things now.

Austin is a fantastic city. It's booming, the people are great and it's only about a day's drive from New Orleans. But going over there cold turkey with nothing but a little money in your pocket isn't a good idea. In other words, I'm not going to give you permission to be impulsive and unwise.

If I were you, I'd take those two weeks of vacation, go to Austin, and see if I could line up a job. In addition to that, use every waking moment you're not at work to scour job listings in and around Austin. Even if it's

an interim kind of thing or two part-time jobs, at least then you wouldn't have to burn through all of your cash. Montgomery, this is the very same advice I'd give my own son if he called me in this situation.

I love that you're taking charge of your life and looking to make things happen. Just make sure you use a little wisdom and some planning in the process. Never jump off the dock before the ship has arrived!

- Dave

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		8						3

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.

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For Solution See Page 7.

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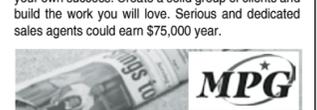
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Sudoku Puzzle on Page 6

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

Crossword Puzzle on Page 6

M	O	C	H	A	H	I	C	W	E	N	T	
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By Ronnie McBrayer

In American literature, the biggest religious pretender of all time is probably Sinclair Lewis' Elmer Gantry. While most of us have not read the book, we may remember the movie. The film was a 1960 masterpiece starring Burt Lancaster in an Emmy-winning role as the charismatic but corrupt evangelist.

Gantry begins his career in the early 1900s at a Baptist seminary in Kansas preaching at a little country church while trying to seduce the daughter of one of the deacons. Eventually he becomes a traveling evangelist who steals from the till, chases skirts, and stays drunk most of the time; but his preaching is phenomenal, so he always has a crowd.

After working his way through the Baptists and the Pentecostals, he becomes a Methodist, rising through the ranks until he is pastor of a huge church in New York City, and the president of the "National Association for the Purification of Art and the Press." Gantry drew larger and larger crowds, and would personally lead raids on the red-light districts, busting brothels, bars, and speakeasies.

He denounced all the other churches for their weaknesses, but was committing worse sins than the ones he was preaching

No More Show-and-Tell

against. As the old movie poster said, "Tell 'em Gantry...save 'em from sin. Just don't tell 'em about your own whisky and women."

Granted, the evangelist type is an easy mark. Public religious figures are easily labeled as "hypocrites and charlatans." Gantry wasn't the first and he certainly won't be the last. But his real wickedness was not his sins. We are all made of clay. It was his two-faced dishonesty.

He did what he did, not out of love for God, but out of love for the applause of the crowds. He did what he did out of pride, ambition, and self-glory. He was not performing for his Maker; he was performing for the audience. That is hypocrisy.

The word "hypocrite," in its original context, is not a negative description. It is a great old word right from the Greek and Roman theaters of ancient times that means "play-actor." A hypocrite was a person who played multiple roles on the stage. In one scene he or she played one character. Later, the actor would don a mask or a costume and play another character – maybe three or four different personalities on stage in a single night.

But over time a hypocrite came to mean a person who changed his or her mask depending on the circumstances. As Jesus used the word, a hypocrite was one who played to the crowd. He or she was someone who performed for the audience – like Elmer Gantry – and at points, like every one of us.

In the Sermon on the Mount, Jesus said that hypocrites

"receive all the reward they will ever get." If you play for the crowd, he inferred, if your ambition is to draw attention to yourself, then when you get it, you earned your pay. There is no further reward, benefit, or other prize. God has nothing for you but an empty hand.

Alternatively, Jesus offers a healthier way. "When you give," he says, "don't let your left hand know what your right hand is doing. When you pray, go to a closet and shut the door. When you sacrifice for a cause, don't broadcast it." In other words, keep your religious activities on the quiet side; as much as possible, keep it between you and God. Otherwise, you risk corrupting what would be a good deed.

No matter what it is: Missionary work, teaching, preaching, giving, praying, singing, organizing, helping – if it is done to impress or draw the attention of others, no matter how noble the act, it is wrong – for if it is not driven by love for God and neighbor, it becomes driven by pride and ego.

My friend Landon Saunders said it superlatively many years ago. Commenting on the religious tendencies for show-and-tell he suggested that we "Wear our religion like we wear our underwear; make it rarely visible." That's good advice, indeed.

Ronnie McBrayer is a syndicated columnist, pastor, and author of multiple books. You can read more and receive regular e-columns in your inbox at www.ronniemcbrayer.me.

Apple Fritter: The Fruit of My Choice

By Rev. James L. Snyder, D. Litt

Our country, so it seems, runs on choice. The more choices we have, the better we like it.

Most people in America pride themselves on the ability to make their own choices.

"Freedom of Choice" is the cry you hear all around our country these days. Yet most people do not have the freedom of choice they think they have. Somebody is influencing the choices they make without them realizing they are being influenced.

That is called marketing.

The Gracious Mistress of the Parsonage and I were watching television the other night, trying to watch a favorite TV program. Finally, from an end of the room that was not my end, came an exasperated sigh. I tried to ignore it, but you know how that works.

The exasperation seemed to accelerate and I knew that if I did not acknowledge it in some way, well, I think you know what would happen.

It was in the middle of some commercials, so I turned to her and said, "What's got you in such pain tonight?" At her age, I did not know if there was some medical something or other going on.

"These commercials," she moaned so painfully. "I can't stand all these commercials!"

I must say I was a little bummed out about all the commercials myself. I think every one-hour program is devoted to 30 minutes of commercials. Most of those commercials are for things I have no interest in. Or they are played at very inappropriate times.

It never fails that if we're having our supper while watching television, there are 79 commercials for diarrhea. Is this really a major problem in our country today?

Getting back to my wife and the commercials, I responded as cheerfully as I could: "Well, my dear, somebody has to pay for our television viewing privilege."

I felt a cold, yet burning, stare in my direction.

"Can't they run those lousy commercials when I'm not watching TV?"

Someone once said that silence is golden, and right then I cultivated a golden moment.

Commercials are a way in which manufacturing companies influence our choices. Every product has 100 different companies marketing the same product. I haven't done much research, but from the little I have done, I've discovered that the same company makes the same product but sells it under a different name.

There are two categories of products. There is the name brand, which costs a fortune. Then there's the generic brand, which is only a fraction of what the name brand costs. It's the same product, made by the same company, but advertised by different venues.

This is where choice comes in. Some people choose the high-priced product because they think it's better. Some of us choose the low-priced product because we know better.

One night as we were watching television, it seemed that most of the commercials had to do with dieting of some kind. There were high-calorie diets, low-carb diets, and diets that really did not make sense to me.

Watching all of those dieting commercials, I did not see one I would die for.

Every one of those commercials assumes everybody watching wants to lose 297 pounds. Personally, I have lost the same 5 pounds for over 30 years. I lose 5 pounds and then – by golly – three weeks later, I find those 5 pounds again, or at least they recognize me.

Anybody can lose weight; it is all a matter of choice. Personally, I do not plan to lose any sleep because I can't lose weight. I think it's going to be rather funny if, when we go to heaven, everybody is fat. Wouldn't that be something?

We plummet ourselves almost to death trying to lose weight, and get to heaven and everybody is fat.

It all boils down to choice. It all boils down to the fact that most people think they're making their own choices.

Those of us who are on the "husband" side of the marital equation know we do not make our own choices. Our choices are made for us by our "better half." Why do you think we get married?

My wife is a great one for fruit and vegetables. Every day of our life, there are fruit and vegetables. To mix things up a little bit sometimes, it will be vegetables and fruit.

She prepares the fruit and then invites me to make a choice. I'm sure she did not see all of this in any television commercial; at least I hope she hasn't. She is proud of the display of fruit choices she has for me.

She is also concerned about my diet – much more than I am. I don't think my diet is so important that both of us should be concerned about it. If she chooses to be concerned about my diet, that's her choice.

I choose to be a little more cavalier when it comes to dieting.

Actually, and don't tell her I said this, but my fruit of choice is the humble apple fritter. It has everything my heart desires and a few things my body desires, too.

I like what David said: "Delight thyself also in the LORD; and he shall give thee the desires of thine heart." (Psalms 37:4 KJV)

It is all a matter of choice – that is, making the right choice.

Rev. James L. Snyder is pastor of the Family of God Fellowship, P.O. Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 866-552-2543 or e-mail jamesnyder2@att.net. His website is www.jamesnyderministries.com.



By Karen Anderson

As I sit here feeling the morning cool breeze, I am reminded of the wonderful feelings that I have when I am walking close with God. It also reminds me, when God said in Genesis, "In the Garden of Eden God walked with Adam." I too, can have that same close and wonderful relationship. There are times, when I feel like I have lost the intimacy that Adam had with God. It saddens me that once again, I let it slip away. I have taken my hand out of His, and decided to go it alone.

How lonely a life that would be if He didn't call for me again? Remember, I am His daughter and I go running back to His arms willingly,

Cleansing Breeze

which are open wide to gather me up once again. I can do this often and He won't grow tired of it. It would be better, if I just kept my hand in His.

A life of negativity and overwhelm can turn a wonderful relationship into something that is uncomfortable and unwelcome. The awful relationship, reminds me of how icky I felt on those really hot triple-digit days. I didn't like it, and I wanted it over as soon as possible. I was watching every day for those cooler temperatures to finally arrive. I so looked forward to those wonderful breezes in the mornings and evenings.

In all your busyness of the day, remember you are in a spiritual battle, all day long, and your feathers are going to be ruffled and bent at the end of the day. Do like the eagle does each day, before he is lifted off his high perch by the wind currents. He puts every one of his feathers through a preening gland in his peak, to steam clean and refresh each

feather. If you are not spending time with God every day, then you are not prepared for what is ahead and you will be beat down by the storms and heat of the day.

Immerse yourself in God's Word, and walk together with Him in the Garden of Your Life. Your garden is around you in everything you see, feel, do, and hear. Put your hand back into His, knowing He will always walk with you. Just trust Him. Go and make a commitment to preen your feathers every morning, and expect His blessings as you walk with Him.

Karen Anderson is an accomplished speaker, author, and chaplain. Her latest books, "Nikki's Tail-Waggin' Lessons" and "The Little Book of BIG Thoughts Series" can be found on Amazon.com. Leave a message for Karen at www.doablesteps.com/contact or connect with her on Facebook at www.facebook.com/DoAbleSteps.



By Marlys Norris, Christian Author

Once you have accepted Jesus Christ as your personal Savior and Lord, you become one of His disciples. You are now saved for eternity! Grafted into His enormous family all over the world who follow God's instructions scribed in the Bible. Joy and a deep sense of belonging fills your being and you begin to tell your story to others. The adventure of walking with the Lord has begun and

Disciples

He has promised to never leave or forsake you. You learn about His love, grace and mercy and experience many answers to prayer as you talk to God about every incident in your life. He answers your prayers. You learn the Words of the Bible and they become "living words" in your heart and life as you become His Disciple.

Did you even imagine that your name would be included among the following? One by one Jesus chose His disciples, just as He has chosen you. First came John and James his brother, Sturdy sons of Zebedee. Andrew was next and Simon Peter, Fishermen of Galilee. Philip and his friend Nathaniel, sometimes called Bartholomew, Matthew who collected taxes and who wrote a gospel too! Next Thomas, he was the disciple who doubted until he put his

finger into the holes in his wrists after Jesus was resurrected and met them in the upper room.. Simon and another James and then the Judas who was faithful, Thaddeus was his other name. Last the Judas who betrayed Him and took 30 pieces of silver. These were the Master's chosen few, but we are His disciples when we do His will.

So may every action and deed of our lives bring honor and glory to a omnipresent loving God. And may the testimonies of our life reach into the hearts of those who are searching for meaning and purpose in their life. If I can help you, please contact me.

Marlys Johnsen Norris Award Winning Christian Author "Recipes for a Happier Marriage" Marlysjn@gmail.com

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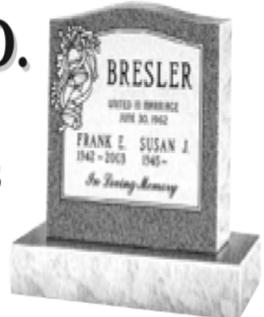
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By Pastor Ray Dare

Have you figured out that God's plan for your life is often different than your plan? Why? Because God has a better plan! The Bible says in Isaiah 55:8-9, "This plan of Mine is not what you would work out neither are My thoughts the same as yours. For My ways are higher than yours."

The problem is we think we know what's best, what's going to make us happy, so when we pray, we don't just ask God for something. We tell Him when we want it. We have all these specifics, and we get disappointed when God doesn't agree with what we want. God says, "Wait a minute, I've got a better plan! When I say 'no' to something you want, it's because I have a better plan." Hebrews 11 is the chapter of all the famous heroes of faith in the

When God Says 'No' to Your Prayers

Bible. It says, "These people were commended for their faith, yet none of them received what had been promised. *God had planned something better.*" Hebrews 11:39-40.

What do you do when God says, "No"? You must expect God to give you the grace to handle the "no." What is grace? Grace is the power to handle pain. Grace is the power to handle it when what you want doesn't agree with God. Grace is the power to do the right thing, even when you don't feel like it. Even the Apostle Paul did not always get all of his prayers answered. If anybody deserved to have his prayer answered all the time, it was Paul. He wrote most of the New Testament. Yet many times, God said to Paul, "No."

One time Paul had a handicap, a thorn in the flesh, and he says, "Three times I pleaded with the Lord to take it away from me but He said, 'My grace is sufficient for you for My power is made perfect in weakness.'" 2 Corinthians 12:9

When our plans don't line up with God's, we have to trust that

He has a bigger perspective, a better plan, a greater purpose. The Bible says it is God who works in you to will and to act according to His good purpose (Philippians 2:13).

Here's the question: What have you prayed for, and so far it hasn't happened? It just hasn't happened. Will you trust God and live for Him in spite of it? Knowing that He may be protecting you from an unforeseen problem that would devastate your life if He answered yes? Would you trust Him that the story isn't finished yet, the final chapter hasn't been written, and you can't see the end of your life yet? Will you trust Him that He's working in your life and that He knows what's best for you, even when you think you know what's best?

There's a verse, Psalms 9:10: "Those who know the Lord will trust the Lord." What does that mean? The more you know God, the more you're going to trust Him. The more you know God, the more you're going to know He has a better plan, bigger perspective, and greater purpose for you.

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SMUD Helps Truckers Plug In Instead of Idling Their Engines

Big rig plug-in program helps reduce harmful truck emissions and air pollution

SACRAMENTO REGION, CA (MPG) – At any truck stop, you'll likely find dozens of noisy diesel big-rig tractor-trailers, parked and idling for hours. Truckers typically leave the engine running while they sleep and rest to power the appliances that provide comfort inside the cab such as heating, air conditioning, and TVs. Truckers are required by law to have a 10-hour rest period for each 12 hours of on-road time.

The Sacramento Municipal Utility District (SMUD) is working with truckers and truck stop operators to achieve a clean-air alternative to truck idling. By providing utility power where big-rig drivers spend their rest period, truckers can plug in their rigs to electrical outlets and avoid idling their engines.

More than 30 electrical "shore power" hookups have been installed at the Sacramento 49er Truck Travel Plaza truck stop on Interstate 80, just west of the Interstate 5 interchange. When truckers turn off their diesel engines and plug into SMUD's grid to power appliances, harmful emissions are reduced and truckers save money.

SMUD has partnered with federal and state agencies to promote this new national effort to accommodate truckers with auxiliary power so they can reduce the idling of polluting engines.

About 10 years ago, SMUD began a pilot program to introduce truckers to plugging in their big rigs by installing 16 electrical "shore power" hookups at the 49er. The current 18-month demonstration project is intended to gather technical data and determine feasibility. If it works, the project will go commercial.

"Last decade, getting truckers to plug in instead of idling was challenging," said Tristen Griffith, President, Sacramento 49er Truck Travel Plaza. "A



Sacramento Municipal Utility District (SMUD) Program Manager David Hatfield inspects newly installed "shore power" electric hookups at the Sacramento 49er Travel Plaza, a truck stop near the interchange of Interstates 80 and 5. By providing utility power where big-rig drivers spend their rest periods, truckers can plug in their rigs to electrical outlets and avoid idling their engines. By doing so, truckers save money and harmful emissions are reduced.

lot has changed since then. We expect to see considerably more truckers plugging in now, and we're very proud to be a leader in this change for the better," said Griffith. "One of SMUD's core values is environmental protection," said David Hatfield, SMUD Project Manager. "SMUD sees projects like these fitting perfectly with our mission to keep the air our community breathes a lot cleaner."

Truckers save money using the new technology. Considering the price of diesel fuel – now at more than \$4 per gallon in California, staying cool and running appliances for 10 hours costs more than \$40, compared to about \$1 in electricity costs.

Engine idling has been standard practice in the trucking industry ever since drivers began lodging in their trucks during long-haul trips. Many trucks have sleeper compartments that resemble small apartments with most of the comforts of home. Idling the truck engine consumes about a

gallon of fuel per hour, producing significant amounts of carbon dioxide (CO2) and air pollutants such as nitrogen oxides (NOx), carbon monoxide, and particulate matter. It also makes a lot of noise that interrupts the restfulness of the rest period.

In the United States, trucks consume more than two billion gallons of fuel annually while idling, resulting in wasted energy and emissions of air pollutants that can be harmful to the environment and public health.

For every truck that eliminates idling, there is a savings of 580 pounds of NOx per year, based on an 8-hour per day reduction in run time. That's equivalent to the emissions from 116 passenger cars. When combined with other gases on hot, sunny days, NOx produces ground-level ozone, which can be harmful to the environment and to our health.

For more information about SMUD and its energy-saving and pollution-reducing programs and efforts, visit smud.org.



A Film Review by Tim Riley

WOLVERINE (Rated PG-13)

Hugh Jackman returns as the mutant hero, the titular character in "The Wolverine." The movie raises two questions: Why is he in Japan? Why does he still sport mutton chops?

When he's not baring his adamantium claws, Jackman's Wolverine is known as Logan. In what is the sixth film (counting spinoffs) of the franchise, Logan is first spotted looking like a homeless mountain man in the Alaskan wild, or maybe it's the Yukon. Whatever, it's some place cold and uninviting.

Living like a recluse in a cave, Logan communes with nature, even managing a peaceful coexistence with a grizzly bear companion. His solitary existence is disturbed by the appearance of reckless hunters bent on snagging a large, shaggy-haired ursine trophy.

Confronting the repugnant hunters at the town saloon, Logan reverts to his old superpowers to ward off his foes, drawing attention from the enigmatic Yukio (Rila Fukushima), who entices him to Japan. So we have the answer to the first question.

Memories of World War II are fresh in Logan's mind, as he remembers, while interned in a POW camp, saving the life of a young Japanese soldier during the atomic bombing of Nagasaki, and thereby revealing his miraculous self-healing powers.

Shifting to the present day,

Riley Reviews

"WOLVERINE" CLAWS ITS WAY TO TOP OF SUPERHERO ACTION HEAP

Logan has not aged, but the soldier he rescued, Yashida (Haruhiko Yamanouchi), is an elderly, extremely wealthy industrialist, now confined to his deathbed, wistfully hoping for immortality.

Logan's Wolverine, who does not age, possibly holds the key to a life without end, hence the interest by Yashida and assorted shadowy, mysterious figures, obviously connected to the Yakuza, to Logan's secret.

Lured by the curious Yukio to Tokyo, Logan ends up getting a scrubbing and makeover from geisha girls, but he keeps the mutton-chopped sideburns. The answer to the second question remains elusive and unknowable.

Dutifully paying his respects to the dying Yashida, Logan discovers that the industrialist's granddaughter Mariko (Tao Akamoto) stands to inherit his fortune, and as a result, her life is in serious danger.

For one thing, Mariko's father is a ruthless tycoon who is apparently involved with sinister forces that seek to take control, by force if necessary, of the Yashida financial empire.

A spectacular fight sequence with ninja warriors at Yashida's funeral service causes Logan and Mariko to go on the run, even hiding out for a time at a seedy hotel that caters to customers renting rooms by the hour.

Meanwhile, Logan is undergoing an existential crisis, evidenced by the frequent dream sequences in which his former lover, Jean Grey (Famke Janssen), a fellow mutant that he had to kill, reminds him of misfortune and tragedy.

More than troubling dreams

are at work. Logan is also consumed with thoughts that his immortality is a curse and a burden that hinders his ability to live a normal life, a thought more pressing now that his romantic feelings for Mariko have taken hold.

Due to other strange things going on, Wolverine finds his physical strength ebbing away, his superpowers gradually dwindling and his immediate ability to heal from all wounds no longer a given.

But before falling into a state of impaired faculties, Wolverine manages a spectacular fight to the death on top of a speeding bullet train with a Yakuza assassin.

With the train hurtling along the tracks and through tunnels at a speed of 300 miles per hour, the rooftop battle is skillfully staged and stunning for its heart-pounding suspense. This could be the film's best action moment.

Not so fine is the climactic battle scene inside Yashida's mountainous lair, where Wolverine must fight a giant robot. We've seen enough of this in films like "Pacific Rim," and, well, others I have already forgotten.

"The Wolverine" is filled with plenty of faceless villains, mostly ninja types who are fairly well disguised in their black robes and masks.

The most interesting bad guy is actually a femme fatale (Svetlana Khodchenkova), the blonde nurse who tends to Yashida but has a secret agenda. Though she is attractive, one would be advised not to kiss her.

Though it may not be saying much, "The Wolverine," even when it falters at the end, is one of the better superhero movies of the summer. That's mostly a credit to Hugh Jackman's nuanced performance.

A word to the wise: Be sure to stay for the credits. The future of the franchise hangs in the balance with a breathless teaser.

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Vegas is a Safe Bet for Vacationing Families



By Gold River Resident, David Dickstein

GOLD RIVER, CA (MPG) – Look beyond the sin of Sin City – the smut, the smoke, the drunks and, oh yeah, the gambling – and Las Vegas is actually a decent vacation destination for families.

Elaborate shows, circus acts, roller-coasters, aquariums and even dolphin encounters are all found on the famous Las Vegas Strip. True, a family can get all that at certain amusement parks, but what you won't get from, say, Sea World, is the larger-than-life razzle-dazzle that only Vegas offers. This is the town built by Elvis, Liberace, Frank, Wayne, Siegfried and Roy, after all, not that your kids ever heard of them.

Before making plans to pack up the clan and head to Southern Nevada, it should be noted that as sure as Bugsy Siegel didn't offer babysitting service when he opened the Flamingo in 1946, not every Las Vegas property lays out the welcome mat for families. Legendary real estate developer Steve Wynn has fathered two daughters, but at his posh flagship resort, Wynn, strollers are strictly verboten. Caesars Entertainment, owner of several mega-properties, "does not participate in marketing or presenting ourselves to people under 21," a spokeswoman said.

True that. At the company's Rio property, the wholesome Masquerade Show in the Sky that debuted in 1997 has since been sexed-up to attract a stronger adult demographic. Years before the Rio show went from G to PG-13, Treasure Island, also a Caesars property, replaced its family-friendly "Battle at Buccaneer Bay" spectacle with "Sirens of TI." The pirates didn't change much, but their enemy sure did. Cheerio British Navy, hiya hotties. This seductive scuffle happens four times nightly under the stars. But enough about the past.



In the rear of the Mirage is Siegfried & Roy's Secret Garden and Dolphin Habitat. General admission includes seeing the dolphins and entrance into the "Secret Garden," a provocative name for what is actually a small botanical garden with a modest zoo. Admission is \$19.95, \$14.95 for children 4-12.

This is Las Vegas we're talking about, and it implodes its history. So let's focus on today and where, at least for now, the "welcome" sign hangs for children.

Boasting the world's largest permanent big top and neon clown sign, Circus Circus literally bends over backwards for children. Acrobats and contortionists are just two types of circus acts that take center stage on the midway. On the pink and white property is Adventuredome, a 5-acre indoor theme park that draws around 3 million visitors annually, many enjoying the 25 rides and attractions with an all-day wristband for \$27.95, \$16.95 for children under 48 inches.

From front to back, Mirage has plenty for families to see and do. At the entrance an artificial volcano erupts several times nightly. Just inside the hotel, behind the front desk to be exact, is a 20,000-gallon saltwater aquarium that holds angelfish, tangs, puffer fish and other exotic aquatic life. In the rear is Siegfried & Roy's Secret Garden and Dolphin Habitat. General admission includes

seeing the dolphins (swimming and feeding only, no real shows here) and entrance into the "Secret Garden," a provocative name for what is actually a small botanical garden with a modest zoo. Admission is \$19.95, \$14.95 for children 4-12.

More saltwater – 1.6 million gallons more – is found inside Mandalay Bay at Shark Reef Aquarium, home to more than 2,000 animals representing 100 species, including 15 types of sharks. Admission is \$18 for



Circus Circus literally bends over backwards for children. Acrobats and contortionists are just two types of circus acts that take center stage on the midway. On the pink and white property is Adventuredome, a 5-acre indoor theme park that draws around 3 million visitors annually, many enjoying the 25 rides and attractions with an all-day wristband for \$27.95, \$16.95 for children under 48 inches.

adults, \$12 for children 5-12. The steel roller-coaster at New York-New York is arguably the best in town. Experiencing its 204-foot lift, 144-foot drop and vertical and dive loops costs \$14 with same-day re-rides \$7 and an all-day "Scream Pass" for \$25.

Non-acrophobic thrill seekers will go gaga over three rides at the top of Stratosphere's 1,149-foot tower. Just to get up there costs \$18, and with individual rides priced at \$15 each, buying a package is a smart bet.

Like a trip to the Big Apple, no visit to Sin City is complete without taking in a full-production show. Offerings favor adults, no surprise, but to think there aren't plenty of choices for families is as foolish as trusting that what happens in Vegas really stays in Vegas. That said, for budget-conscious families show tickets have sadly gotten out of hand throughout the city. Tix4tonight.com and its 10 locations in town take some of the sting out of the process, but we're still talking several Benjamins to get the roost into a featured show. Proof in point, Terry Fator, who was a nobody until winning "America's Got Talent," commands \$350 for four of the worst seats at his namesake theater at Mirage. It's a ventriloquist act, for gosh sakes.

Leave it to Las Vegas to figure out how to make serious money from those too young to gamble it away.



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Area Residents Gather for Special Presentation



In the wake of the July 15th break-in and robbery of the Citrus Heights Veterans Community Center at 6921 Sylvan Road in Citrus Heights, almost 100 Citrus Heights residents, veterans, city officials, and Sacramento County residents gathered for a special presentation on Friday, July 26. Rep. Ami Bera, M.D. (center, in white suit) visited the Center and presented owners Jim and Jean Rounsavell with a personal check for \$1,189 for their work with veterans. This amount represents 8.2% of Bera's salary, the same amount of the across-the-board federal budget cuts or "sequester." Bera, along with other members of Congress, have been voluntarily donating monthly to various charities of their choice since March. Photo courtesy of Office of Congressman Ami Bera

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with Mary Jane Popp

pressure and cholesterol, triggers inflammation and promotes blood clots. To better manage stress, try deep breathing meditation, yoga, and regular exercise.

3) **Eat more colorful fruits and vegetables.** Brightly colored fruits and vegetables contain plant pigments, which are rich in antioxidants. These antioxidants offer a number of health benefits. They can help fight free radical damage, support the health of your blood vessels, and reduce inflammation. Aim for 7-10 servings per day, and go for variety.

4) **Add plant sterol-fortified foods to your diet.** Plant sterols are naturally occurring plant compounds in nuts, whole grains, and vegetables that compete with cholesterol for absorption in the body. Research has found that consuming 0.8 grams of plant sterols daily can lower LDL by as much as 15%. It is almost impossible to get this amount from regular foods. You will now see foods fortified with plant sterols in your grocery store such as orange juice, milk, even tortilla chips and cookies, so you don't have to deprive yourself of your favorite foods.

5) **Avoid energy drinks.** These products are loaded with caffeine and sugar, both of which – in excess – can be hard on the heart and can cause racing heart and increased blood pressure. These products can also heighten stress and anxiety, causing sleep issues.

6) **Be cautious about OTC and allergy products.** Some products that are over the counter and available without a prescription can worsen heart conditions. For example, decongestants commonly used for managing cold and allergy symptoms can cause racing heart, increased blood pressure, and insomnia. A safer way to relieve congestion naturally is to use a neti pot or nasal wash with essential oils such as eucalyptus to dissolve mucus and clear your nasal passages.

7) **Laugh more** Laughing relaxes and expands blood vessels, which protects the heart. On the contrary, negative emotions such as anger, hostility, and pessimism are associated with increased heart disease risk.

combat fatigue include eating small frequent meals with slow-release carbs, drinking green tea, and having drinks/foods fortified with Ribose – a naturally-occurring carb that helps provide sustained energy, without any adverse effects on the heart.

That should get you started. If you want more information, you can check out her book *Saving Women's Hearts* for more details on how to stay healthy and happy and keep that ticker going strong! She's got a ton of articles on her website that just might give you the extra health info you need at www.sherrytorkos.com.

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A Lifetime of Well-Being

(NAPS)—One of the best things you can do for yourself, advises the Centers for Disease Control and Prevention, is make an appointment with a doctor to discuss what screenings and exams you need and when you need them.

For example, many doctors recommend that cervical cancer screening begin at age 21.

And, if you're at or near menopause, about 50 years of age, you should ask about a bone density test. Strong, healthy bones help support an active lifestyle.

You should have annual mammograms starting at 40, or sooner if your doctor recommends it. Standard digital mammography is a good way to test for breast cancer, but you may benefit from the latest technology—3D mammography. 3D mammography helps the doctor see through layers of breast tissue much more clearly, for a more accurate exam and fewer false alarms.

At any age, you should tell



New dimensions in mammography may help women live longer, healthier lives.

your doctor about:

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- Pain, dizziness, fatigue, problems with urine or stool or

menstrual cycle

- Depression, anxiety, trauma, or sleeping problems.

SUMMER SUN & FUN

Summer is a busy time for all of us ... especially moms who seem to be on the go all day and night. So how about some health tips for staying happy and healthy this summer and heading into back to school?

I turned to award-winning pharmacist **Sherry Torkos** for those tips on my POPPOFF Radio Show. Sherry is co-author of *Saving Women's Hearts* and combines both conventional and complementary medicine to achieve better health naturally.

Here are seven tips that just might do the trick for you this summer!

1) **Get another hour sleep.** Lack of sleep has been shown to raise blood pressure, trigger inflammation, and promote clotting and atherosclerosis. All of these factors raise the risk of heart disease. Aim for 7-8 hours of sleep each night. Make sleep a priority for better health.

2) **Stressless.** Stress is a powerful risk factor for heart disease. Stress impacts several risk factors for heart disease: it raises blood

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