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# M Citrus Heights Messenger

*“Written by the people, for the people”*

Volume 3 Issue 16

Serving the City of Citrus Heights and Sacramento County

Second Edition for August 2013

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## Citrus Heights Citizen's Police Academy Shares Wealth of Information

*By Elise Spleiss*

CITRUS HEIGHTS, CA (MPG)-If you cringe every time you pass one of the eight red light cameras in Citrus Heights, have ever called 911 from your home or car, seen a K-9 demonstration, noticed increased graffiti in your neighborhood, or just wondered how safe you really are living or working in Citrus Heights, the Citrus Heights Police Department (CHPD) has a program for you! It's the Citrus Heights Citizen's Police Academy (CPA), and it just graduated its ninth class of 21 students on August 7 at the Community Center.

Citrus Heights is a city of 90 thousand residents living and working within 14 square miles. CHPD is a young police department, hitting the streets on June 26, 2006. Since then, only the best candidates, with extensive training and experience spanning every phase of police work are considered and invited to join the force. Ongoing training for officer at all levels is mandatory.

For nine weeks, three hours a week, students learned about 'everything police,' the lighter side of the work along with the dark side, from the perspective of the officers, the residents, and even the crooks! It is hoped that armed with new knowledge of the workings of their police force, graduates will pass along what they have learned to friends, co-workers and fellow residents.

Along with the traditional lecture and Power Point, students met and watched their K-9 protectors in action, sat on a motorcycle, aimed the 'aging' radar and new Doppler laser guns at speeding cars, and learned how to dust for and lift their own fingerprints from a Coke can.

For braver souls, there were a large variety of sizes and shapes of police and other



From left to right: Chief Christopher Boyd, Officer Kristopher Frey, (below him is) Commander Gina Anderson, CSO Larissa Wasilevsky, (in the very back row with the glasses on is) Commander Daman Christensen, (on the right) Reserve Police Officer Chrystal Buechner, (and to the right of her) is Officer Michael Wells. Photo courtesy of Citrus Heights police Dept.

tactical weapons, bulletproof vests, shields, and door and window entry devices available to touch, hold and in some cases, just attempt to lift.

Participants went on field trips to Folsom Prison and Mule Creek Prison in Amador County. Sitting in to observe a 911 shift with Dispatch and traffic ride-alongs are also available to graduates.

Of note, the award winning Community Oriented Policing (COPP) and Problem Oriented Policing (POP) programs are two of the most innovative and successful programs, which work with the community and other resources to handle challenging problems that arise in Citrus Heights.

Other 'fun facts' about the CHPD:

- There are NO ticket quotas, quotas are illegal
- On a busy day, 911 Dispatch can get 450 calls in 24 hours; the January flood in Citrus Heights brought in 350 calls in 2 hours.
- The new Doppler laser speed guns are 'target specific' and can record speeds from 6-100 feet away
- Red light cameras can take a photo of a car going 100 mph
- Donuts are out, bagels and tea are in.
- Reporting a false emergency is a crime
- Police dogs are NOT attack dogs. It's all a game to them; they don't know whoever they

are chasing just stole something.

- Police dogs run on pure energy, and live for their throw toy as reward.
- When K-9 officers go home with their handlers after their shift they become 'just' the family pet.
- A dog's nose is over 200 times more sensitive than a human
- One dog can do the search job of 10 officers, saving \$7,500 vs. an officer's pay, freeing them to do more important work.
- An officer may take 40 minutes to locate drugs, an item or a suspect. A dog can locate in seconds; they smell on a molecular level, can smell skin falling from a suspect step by step.

Finally, Volunteer coordinator, retired Sgt. Eric Mattke, an enthusiastic leader of all things volunteer at the CHPD invited graduates to now consider volunteering. At present, 40 volunteers are performing a myriad of tasks, both within the police station and in the field. Last year 14,641 hours were donated, or the equivalent of seven full time positions, a savings of \$31,500 to the City.

Future articles will look at SWAT, CSI, gangs and trips to Folsom Prison and Mule Creek Prison.

For information on future academies contact Larissa at 727-5879 or "lwasilevsky@citrusheights.net"

## Citrus Heights Soccer Club Opens Season



CITRUS HEIGHTS, CA (MPG) – The Citrus Heights Soccer Club kicked off its 2013 season on August 17th. The fields were full of excited young soccer players from all over town. The event started with each team lining up for a short parade in front of moms and dads, grandmas and grandpas and

family members.

This year's opening day included a number of supporting sponsors having booths, vendors with activities for children, food vendors and fundraisers.

Councilwoman Sue Frost got up early to give a short speech on this Saturday morning, along with

hundreds of others to give their support to the boys and girls participating in the soccer league.

Over 425 children participate in the CH Soccer Club season.

Check out their web site at [www.chsoccer.org](http://www.chsoccer.org) to become a league sponsor or to become a volunteer.

**Come out to  
watch another  
exciting season  
of CH Soccer!**





# One Hundred Years of History: The Roots of San Juan Unified School District and Creation of San Juan High School —Part 1

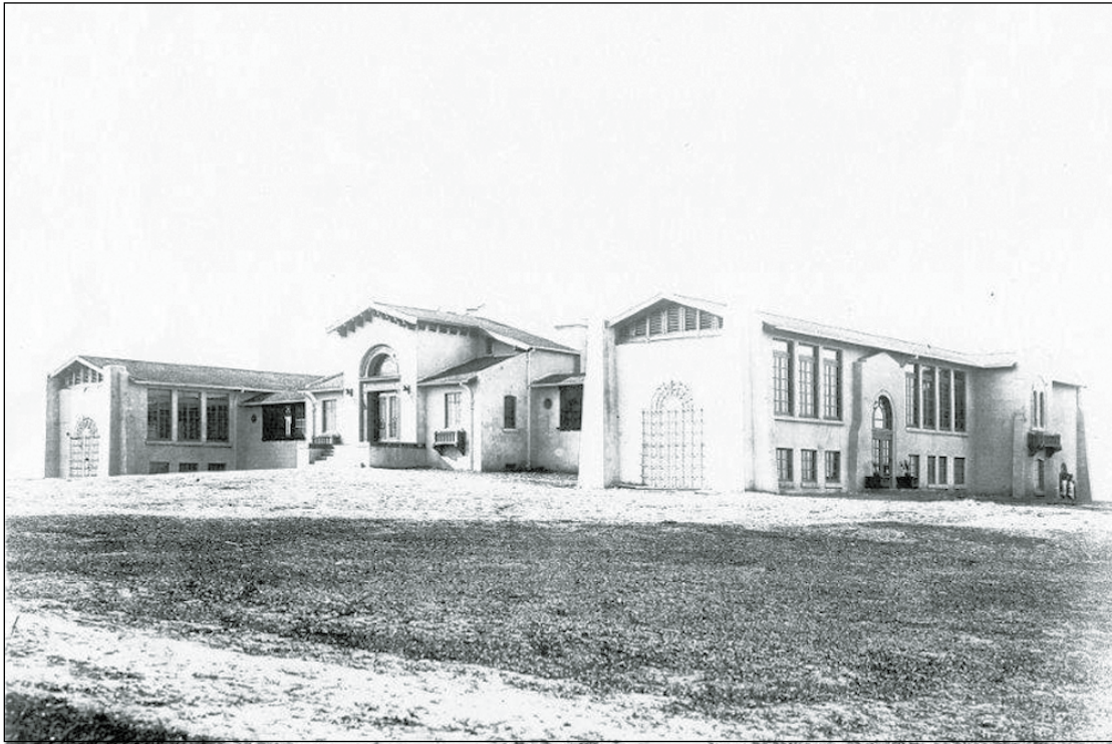
By Dick Cowan, President, San Juan Alumni Association

CITRUS HEIGHTS, CA (MPG) – This is the first in a series of articles exploring the past, present, and future of San Juan High School in Citrus Heights.

The area encompassing what is now known as the San Juan Unified School District was a far different place in 1913 than it is today. The major livelihood for families was agriculture – most farms were family-owned and family-operated. The family’s members, including school-age children, made up the major labor contribution to the success of the farm. Yet in another way, the area had a trait that continues today – a commitment to quality education for the area’s children.

The Sylvan Elementary School District had been formed in 1863, only 14 years after the gold rush, replacing informally run schools that had been set up earlier. The (note the spelling used then) Roberts, Fair Oaks, Orange Vale, and San Juan (later named Carmichael) Elementary School Districts were formed a few years later. But a dilemma faced the area’s elders.

What about high school for their children? If the patriarch of a family was 60 years old in 1913, he had seen in his lifetime the coming of the railroad, telegraph, telephone, automobile, and airplane. It would have been readily apparent that the family’s children in this new technological 20th century would need more education than the elementary level. But Sacramento High School was a 2-1/2 hour buggy ride each way – too far for daily commute. If a family wanted high school for its children, it faced the dilemma of boarding them in Sacramento with other



The area encompassing what is now known as the San Juan Unified School District was a far different place in 1913 than it is today. The major livelihood for families was agriculture—most farms were family owned and family operated. This is the original San Juan High School as it looked in 1913. Photo courtesy of San Juan High School Alumni Archives.

families, losing their children’s valuable work on the farm before and after school.

The need for a local high school was compelling. So, on February 28, 1913 the Folsom Telegraph newspaper reported, “Petitions are being circulated in Fair Oaks, Orange Vale, and Sylvan Districts asking the supervisors to call an election for voting on the proposition of a union high school....” The petition drive was successful, and an election was scheduled for June 28, 1913.

On July 11, 1913, the Telegraph reported, “At the election recently held in the Fair Oaks, Orange Vale, Roberts, Sylvan, and San Juan School Districts on the matter of forming a union high school district, the vote was unanimous in favor of the proposition, not a negative vote being cast.” With this 165 to 0 vote, the area and education

offering of elementary and high school education that became the San Juan Unified School District became official.

On July 28, 1913, the County Superintendent of Schools called for a board member from each of the five elementary districts to a meeting. They were F.H. Sargent, Fair Oaks; J.L. Patterson, Orange Vale; G.E. Feters, San Juan; J.F. Close, Roberts; and Adolph Van Maren, Sylvan. The five elected J.L. Patterson as president.

The Telegraph later reported, “Routine business was transacted and adjournment was taken to August 2nd at Fair Oaks when applications for principal were considered and a selection was made. Thirty applications for that place, which pays \$1,500 a year, were received, and E.C. Overholzer was chosen for the coming year.”

The October 3, 1913, Folsom Telegraph reported “The new

San Juan Union High School opened at Fair Oaks, Monday September 22nd, with most encouraging prospects.” The Fair Oaks Elementary School had offered the second floor of its school for the first high school classes.

Think of that: From June 28th to September 22nd, a school district was formed, a staff was hired, a temporary location was located, and classes began. Could we do that today? What a fine legacy our founders gave us with their commitment to quality education and a drive to work together to provide it.

In June of 1914, the first San Juan diploma was awarded to Gertrude Jeraud of Fair Oaks (who later became Mrs. A.G. Broadley).

NEXT TIME – Where to build the new high school?

## Governor Brown Signs Assemblyman Cooley’s Business Fee Transparency Bill

New law ensures access to fee requirements and schedules for businesses

SACRAMENTO REGION, CA (MPG) - On Monday, August 19th, Governor Jerry Brown signed into law Assembly Bill 393 (Cooley) - requiring the Governor’s Office of Business and Economic Development (GO-Biz) to provide small businesses with an online location where they can find information on mandatory fee requirements and schedules so that start-ups and established small businesses can budget accordingly throughout the year.

“One priority for a healthy business is the ability to plan,” said Assemblyman Ken Cooley. “Licensure costs and other fees are usually manageable, if the owners can anticipate them and plan for their eventual payment. Protecting the health of our business community sustains jobs in our community.”

Authored by Assemblyman Cooley, AB 393 requires the State’s GO-Biz website, starting on January 1st, 2014, to provide businesses with electronic, downloadable copies of all state licensing, permitting, and registration applications and fees they are required to complete and pay.

“Business licensing and monitoring is necessary in keeping our State’s workforce and consumers safe, but because of a lack of transparency doing business in our state has become burdensome and costly for many,” said Cooley. “This bill’s passage will make doing business in California easier and less time consuming, giving business owners/operators

more time to focus on developing their staff and selling their products and services.”

AB 393 was a bipartisan piece of legislation sponsored by the California Small Business Association and supported



Senator Ken Cooley

by the California Chamber of Commerce, California Manufacturers and Technology Association, and the National Federation of Independent Business among many other statewide business groups and also by the Carmichael, Citrus Heights, and Rancho Cordova Chambers of Commerce.

Assemblyman Ken Cooley represents the 8th Assembly District which includes the communities of Arden-Arcade, Carmichael, Citrus Heights, Rancho Cordova, Rancho Murieta, Rosemont, Wilton and other portions of unincorporated Sacramento County.

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# Education Committee School Supply Drive



The principals of each school accepted the donation at a Chamber of Commerce luncheon on August 9. (L-R): Principal Alicia Legarda, Lichen Elementary. K-8 Nathan Huynh, Lichen K-8 Principal Candice Flint, Mariposa Elementary Principal Tanya Reaves, Arlington Heights Elementary In background, chamber members, Ruth Artates, and Carol Spiker. Some donated supplies are shown below.



The Citrus Heights Regional Chamber of Commerce Education Committee kicked off their annual School Supply Drive in July. Chamber businesses collectively donated a total of nearly \$3,000 worth of supplies Lichen Elementary, Mariposa Elementary and Arlington Heights Elementary schools. Costco, a chamber member, generously donated 100 backpacks. Armor Mini Storage and Lucky Derby Casino are also hosting fundraisers with proceeds to benefit the work of the Education Committee. For information: 916-747-6444.

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*A Case in Point*  
**Wronged at Work!**  
**CAN THEY FIRE ME BECAUSE I'M PREGNANT?**  
*By David Graulich, Esq.*

Cynthia got pregnant. Then, she got fired. Next, she got a lawyer.

Cynthia was marketing director for Gosharooney.com, an Internet retailer that sold children's clothing. (The names of both Cynthia and Gosharooney are fictional.) Cynthia was admired by her co-workers for her dedication and leadership skills.

When Cynthia learned she was pregnant in October 2012, she immediately provided Gosharooney with notice of her anticipated leave. She continued to work long hours and set a demanding pace for herself and her marketing group.

Gosharooney expanded too quickly and ran into hard times. During January 2013, its stock price declined by 80%. The CEO was terminated, and the Board of Directors hired a new chief executive who was known as a turnaround expert. This incoming CEO brought along an aggressive marketing consultant; the two men had worked together at a previous company. The consultant clashed constantly with Cynthia on budgets and personnel decisions. Cynthia suspected that the consultant was angling to force her out of the company and take her job.

The new CEO began expressing doubts about Cynthia's performance, attitude, and attendance. He put three of Cynthia's reports on the spot by asking them whether she was a "team player." On several occasions, he commented to Gosharooney's management group that her attendance record was "spotty" and that she seemed to be "checked out."

In March 2013, the company announced a 20% reduction-in-force (RIF). About 30 people

were fired, including Cynthia.

Cynthia hired a lawyer who specialized in employees' legal rights and sued the company for pregnancy discrimination. Gosharooney's lawyer argued that Cynthia's termination was a consequence of the RIF and was unrelated to pregnancy. The company's attorney filed a motion for summary judgment (i.e., the attorney asked the judge to dismiss Cynthia's case and throw it out of court before a trial even started).

What's the likely outcome of this hypothetical case?

The names of Cynthia and Gosharooney.com are fictitious, but otherwise I've based this situation on an actual case, *Kelly v. Stamps.com* (2006). In this decision, a California appellate court ruled in favor of Megan Kelly, a marketing executive who was seven months pregnant when she was fired. The court permitted her lawsuit for pregnancy discrimination to proceed against her former employer, an Internet company that sold postage online.

The court ruled that the CEO's comments about Kelly being "checked out" could refer to some combination of Kelly's commitment to take the maternity leave, and a temporary diversion of her attention due to her pregnancy.

Furthermore, the court rejected the company's argument about a reduction in force. An employer's freedom to consolidate or reduce its work force, said the court, doesn't allow it to use the RIF as "a convenient opportunity" to get rid of protected workers.

California statutes and their federal counterparts are designed to protect employees and job applicants who are pregnant.

California laws are found within the Fair Employment and Housing Act. Federal law is part of Title VII of the Equal Rights Act and is known as the Pregnancy Discrimination Act (PDA).

These laws say that it is unlawful to harass or discriminate against a woman because of pregnancy, childbirth, or a medical condition related to pregnancy or childbirth. Since only females become pregnant, a claim for pregnancy discrimination is also a claim for gender discrimination, and the same legal analysis is applied to both claims.

One aspect of California's law is vital to women who work for a small employer (i.e., fewer than five employees). Typically, companies with fewer than five employees are exempt from FEHA regulations. However, a California court ruled that pregnancy discrimination is also prohibited by Article I, Section 8 of the California Constitution. This Constitutional provision enables a victim of pregnancy discrimination to sue her employer, even if the company would be too small for enforcement under FEHA.

*David Graulich is an employment lawyer who represents people who have been wronged at work. He helps clients with problems such as discrimination, harassment, and retaliation. David welcomes questions about Wronged at Work! Contact him at David@wrongedatwork.com or (916) 966-9600. Disclaimer: This column is not intended, and should not be construed, as an offer of legal advice. Consult a qualified licensed attorney for counsel on a specific legal problem.*

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

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BusinessCoach.com was founded in 1989 and headquartered in

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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.



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.



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



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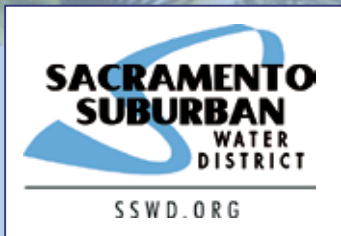
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# Fair Effective Tax Rates Could Re-ignite Small-Business Job Creation

Commentary by John Kabateck, NFIB/CA Executive Director

American small-business owners are rightly proud of their reputation as the nation’s leading job creator. But their ability to create jobs is complicated by the federal tax code burden they face.

Today’s federal tax code is so complex and unfair that 91 percent of owners surveyed recently by the National Federation of Independent Business said they have given up trying to wade through the IRS maze. They now turn to professionals to sort things out.

Angered and frustrated, Main Street proprietors have had it with a tax system loaded with inconsistent tax provisions and tweaked with endless changes that prevent them from planning future business steps while also increasing their compliance costs.

What’s more, they say it’s discriminatory and unjustifiable that the federal government has created a tax system that favors certain industries and types of businesses over others. That’s why NFIB and several other leading business organizations have forged an alliance to battle for reform that could result in tax rate equity.

The Coalition for Fair Effective Tax Rates is working to build broad support for meaningful reform, specifically a simpler and fairer tax code that will end the punishment of



John Kabateck

smaller businesses whose tax bills are often proportionately higher than companies many times their size.

Size matters in legislative circles. Larger businesses have more financial resources, tax experts and legal lever-pullers devoted to twisting the 73,954 page law to their benefit. Not so for most small firms which file as individuals and thus are unable to reap the benefits major industries enjoy such as corporate carve-outs that drastically reduce the final, or effective, tax rate.

According to the Small Business Administration, small businesses pay \$1,584 per employee for tax compliance and the cost of complying with the tax code is 67 percent higher for a small business as

compared to the cost of compliance for a larger business.

That’s why 85 percent of small-firm owners say Congress should replace the tax code with a system that is fair for all and rational. More than three-fourths of those polled called for a code with fewer preferences in exchange for a lower rate, while seven-in-10 said any revisions made should lower the overall tax burden on Main Street.

For millions who own and operate the nation’s increasingly vulnerable small firms, what’s important is “what you pay at the end of the day.” They aren’t hoping for big-ticket tax breaks or special handouts.

Small-business-friendly tax reform should deliver fair effective rates that will fire up the Main Street job-creating machine and stoke the economy.

The time has come for tax fairness.

For more than 70 years, the National Federation of Independent Business has been the Voice of Small Business, taking the message from Main Street to the halls of Congress and all 50 state legislatures. NFIB annually surveys its members on state and federal issues vital to their survival as America’s economic engine and biggest creator of jobs. NFIB’s educational mission is to remind policymakers that small businesses are not smaller versions of bigger businesses; they have very different challenges and priorities.

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\* Through June 20, 2013, 295 program participants have saved a total of \$302,652.26 for an average of \$1025.94.



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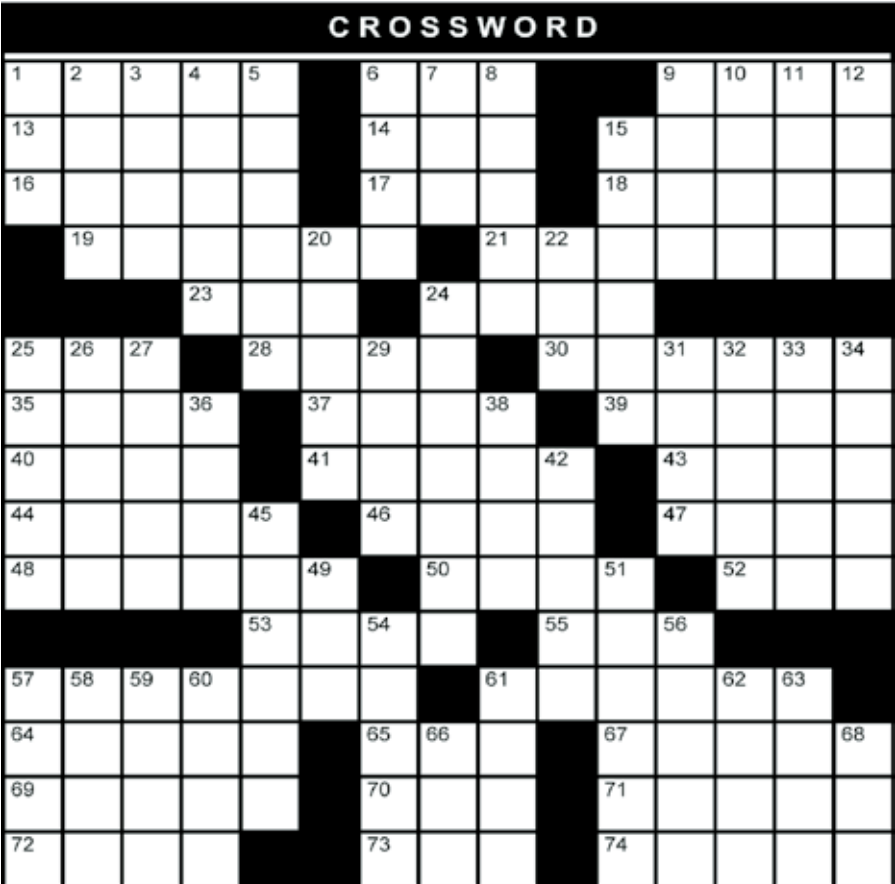
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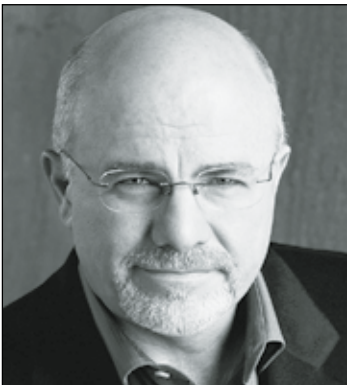
CLUES

- ACROSS

  - 1. He had no cause?
  - 6. Also
  - 9. Captain \_\_\_\_
  - 13. Napoleon's stay on St. Helena, e.g.
  - 14. Aggravate
  - 15. It killed the radio star?
  - 16. Serving of parsley
  - 17. Actress \_\_\_\_ Thompson
  - 18. More ill
  - 19. Trying experience
  - 21. "Geographia" author
  - 23. "Mouth to a river, e.g.
  - 24. Call someone
  - 25. PC "brain"
  - 28. Stupor
  - 30. "Gobi or Kalahari, e.g.
  - 35. Os in XOXO
  - 37. Livens up
  - 39. Pang
  - 40. "Capri, e.g.
  - 41. Anklebone
  - 43. Shamu
  - 44. Nigerian money
- 46. Dharma teacher
  - 47. Chinese restaurant staple, pl.
  - 48. Founder of Scholasticism
  - 50. Winningest Super Bowl coach
  - 52. Marble \_\_\_\_
  - 53. First in baseball, e.g.
  - 55. Distress signal
  - 57. "Tallest mountain
  - 61. "Deepest lake
  - 64. Japanese-American
  - 65. American Gas Association
  - 67. Like unspoken agreement
  - 69. Garment enlarger
  - 70. Octopus' defense
  - 71. Olden day anesthetic
  - 72. It shows ownership
  - 73. Poe's "The Murders in the \_\_\_\_ Morgue"
  - 74. High-pitched
- DOWN

  - 1. Hi-\_\_\_\_
  - 2. Montreal baseballer
  - 3. Ethiopian currency
  - 4. Omit or suppress
  - 5. "On a map
  - 6. Cash cache
  - 7. Bonanza find
  - 8. Similar to giraffe but smaller
  - 9. Tarantino's " \_\_\_\_ Bill"
  - 10. Not in action
  - 11. Believe
  - 12. Nemo's forgetful friend
  - 15. Shrinking \_\_\_\_
  - 20. To modify a book into a screenplay, e.g.
  - 22. Slight amount
  - 24. Get off an airplane
  - 25. "Most populous country
  - 26. South Korean port
  - 27. a.k.a. Tangelos
  - 29. Eagerness
  - 31. " \_\_\_\_ me the money!"
  - 32. It may get you to first base
  - 33. \* \_\_\_\_ Mountains
- 34. Flirt
  - 36. Bone-dry
  - 38. Form of wrestling
  - 42. Chip dip
  - 45. Even though
  - 49. No \_\_\_\_
  - 51. Hang around
  - 54. Up or down step
  - 56. Type of edible ray
  - 57. "National Velvet" author \_\_\_\_ Bagnold
  - 58. "Tropical rainforests contain ninety percent of the world's \_\_\_\_ species
  - 59. " \_\_\_\_ quam videri" or "To be, rather than to seem (to be)"
  - 60. Instrument type
  - 61. To be very hot
  - 62. Yearm or pine
  - 63. Told an untruth
  - 66. Bearded antelope
  - 68. Give it a go

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 **EntreLeadership**. 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.

Not Enough Down Payment?

Dear Dave,  
When is it okay to purchase a house without making a 20 percent down payment?  
- Hannah

Dear Hannah,  
When you're willing to pay private mortgage insurance (PMI). And that's not something you want to do. PMI costs about \$75 a month per \$100,000 borrowed. So, if you borrow \$200,000 on a home, and you don't put down at least 20 percent on the transaction, you'll have to pay out an extra \$150 a month as part of your mortgage payment. Private mortgage insurance does nothing for you except pay your mortgage company in the event they have to foreclose on you and they lose money. PMI is foreclosure insurance that protects the lender, and you get to pay for it if you don't make a 20 percent down payment. In the scenario I mentioned before, that would be an additional \$1,800 a year on a \$200,000 loan. In a sense, that's an extra 0.9 percent on your interest rate. That's what it feels like.

So you can see that PMI is not a positive thing. Often, a first-time homebuyer will purchase a house with 10 percent down, then pay the other 10 percent as quickly as possible in order to get rid of the PMI. Stay away from it, Hannah. It's nasty stuff!  
- Dave

Dave Says

Loving Your Friend Enough for the Truth

Dear Dave,  
I have a close friend whose 17-year-old daughter is going to college to become a high-school band director. Her daughter wants to take out student loans to attend an expensive private school, and tuition alone over four years will cost \$100,000. I feel this is a really bad idea, but I don't know how to talk to her about this.  
- Natalie

Dear Natalie,  
I'm sure your friend and her family are nice people. But what we've got here is a little teenage girl who has her heart set on something, and no one has told her no in awhile. You're getting ready to help introduce a new word into her vocabulary, because what you've described to me is stupid. Listen, I love high school band directors. It just doesn't make sense to spend over \$100,000 on a degree to become one. Most of them make about \$30,000 a year, so the return on investment for this kind of thing is terrible. It doesn't matter if you're a band director, English teacher, or a doughnut shop owner; you need to figure out what you're going to make versus what you spend to get there.

I'm sure you'll find a nice way to say it, but basically, your friend needs to grow a backbone and tell her daughter no.  
- Dave

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

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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.

Business & Service Directory

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### Sudoku Puzzle on Page 6

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5	4	2	8	9	7	1	6	3
3	9	6	5	2	1	8	4	7
6	3	1	9	8	2	7	5	4
7	2	9	4	1	5	3	8	6
4	8	5	3	7	6	9	2	1
9	6	8	7	5	3	4	1	2
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### Crossword Puzzle on Page 6





By Ronnie McBrayer

There is an old story about a monastery that fell on hard times. Once it had thrived, but over the years it had become so decimated that only a few old monks were left living in an even older house. People no longer came there to be nourished spiritually, and only a handful of the brothers shuffled through the cloisters.

Deep in the monastery woods was a little cabin where an old rabbi occasionally came to fast and pray. No one ever spoke with him, but whenever he appeared the word would be passed from monk to monk: “The rabbi walks in the woods.” And, for as long as he was there, the monks would feel blessed by his presence.

One day the abbot decided to visit the rabbi and open his heart to him. As he approached the hut, the abbot saw the rabbi in the doorway. It was as if he had been awaiting the abbot’s arrival. The rabbi stood with his arms outstretched in welcome. Though they had never spoken, the two embraced like brothers.

The two entered the hut and simply sat in the stillness. Then the rabbi began to weep. The abbot covered his face with his hands and began to cry too. The

## The Rabbi’s Gift

two old men sat there like lost children, crying their hearts out, filling the hut with their shared pain and tears.

When the tears ceased, the rabbi lifted his head and spoke, “You and your brothers are serving God with heavy hearts,” he said, “and I know you have come to ask a teaching of me. But it is the same in my town. Almost no one comes to the synagogue anymore.” Very little else was said.

When the time came for the abbot to leave, he embraced the rabbi once again and said, “It has been a wonderful thing that we should talk after all these years. But is there nothing you can give us that would help us save our dying order?” The rabbi paused and said quietly to the old abbot, “Well, there is one thing I have to tell you: One of you is the Messiah.”

The abbot left without a word and without ever looking back. The next morning, the abbot called his monks together. He told them he had spoken to the old rabbi from the woods, and then he looked at his assembled brothers and said bluntly, “The rabbi said that one of us is the Messiah.”

In the days and weeks that followed, the old monks began to think about the rabbi’s words and wondered whether it could actually be true – the Messiah is one of us?

Thinking like this, the old monks began to treat each other with extraordinary respect on the off chance that one of them just might actually be the Messiah.

And on the off, off chance that each monk himself might be the Messiah, they began to treat themselves with extraordinary respect.

A gentle, warm-hearted, concern began to grow among them which was hard to describe but easy to notice. Over time, as people visited the beautiful forest in which the monastery was home, they sensed the extraordinary respect that now began to surround the old monks and seemed to radiate from them.

There was something strangely attractive, even compelling, about it. Hardly knowing why, people began to come back to the monastery more frequently to picnic, to play, to meditate, and pray. They began to bring their friends to show them this special place, and their friends brought their friends.

Then it happened that some of the younger men who came to visit the monastery started to talk more and more with the old monks. After awhile, one asked if he could join them. Then another. And another. Within a few years, the monastery had once again become a thriving order and a light to the community, thanks to the rabbi’s gift – a gift that taught them to look at and love others, expecting the very best.

*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](http://www.ronniemcbrayer.me).*



By Marlys Norris, Christian Author

Dear Ones,

Please forgive me, but I love you and am concerned about any problems you may have within your relationship. Marriages all have issues that never seem to be resolved, and at some time in the marriage we realize this. Neither party is willing to “give in” and lose their position of feeling they are “right.” This is not a “victory,” believe it or not!

Ultimately, the issue is tabled, but it remains like a “thorn in our side.” Men especially have a problem with this because their ego is involved and bringing it up or trying to resolve only causes another argument – so why bother? No one wins in this situation but in all marriages we must agree to disagree on some things.

When children enter the picture, more decisions appear to divide a couple because each one believes their family values and what they were raised with are the only “right” ones. Each has the idea that their way is the only way of “perfection.” Again – WRONG!!

The purpose of marriage is to

## Love Isn’t Love Until It Is Given Away!

“give and take” – to blend the best of both ideas together and appreciate making a brand new set of “bookends” that hold your marriage together. The Bible says we become “One” and we actually blend our old set of values and modify them to make them meaningful to both partners in a marriage. Time to forget trying to change your partner!

Love is accepting the way God has made each other! Once a couple realizes this, marriage will become a joy, and the love for one another grows and develops the way God has intended. Each one is significant, and each learns to appreciate their differences and to respect and honor them.

Every baby is formed in their mother’s womb by God. God had a plan for each one of us before the foundation of the Earth, one designed perfectly to get to “know and love” Him. God loves each of you with an everlasting and magnificent unconditional love – a love beyond any love you have ever known or will know. Yes, you may have enjoyed your parents’ love, but God’s love is far greater, and love within a marriage can and will be much more.

He desires for you to “KNOW HIM AND LOVE HIM” more than you do today when you actually blend together. From the minute you were born, he has allowed circumstances to teach you many things. God used your parents and then, he used circumstances which you possibly have not liked. Those circumstances have built into your life character values to match His own. Yes, Christ-like character

and values!

And that is why, when your love for one another created a little baby, His hand was on you both. Your baby is the “most precious child” and a “gift from God.” This birth brought even more circumstances into your lives to “draw you even closer to God” than you would have been if your precious darling had been born perfect. But you see, dear ones, PERFECT! Perfect to cause you to forget your stubborn natures every minute you express your love and hold in your child in your arms they feel that love from you both – but if your child senses division for any reason, fear threatens their well-being.

Stop and think! YOUR CHILDREN ARE MORE IMPORANT than any issue that divides you!

Your partner and child are perfect for you, and through them you have been drawn closer to God who loves each of you to the utmost. BELIEVE ME! So love one another that way.

God is watching and waiting for you to feel that love from one another as you once did several years ago. When it happens, your love will satisfy the longing in each of your hearts, but each of you must do your part. Please God before you satisfy that fleshly nature of self! Bring joy to the heart of God.

*In His Magnificent Love Always, Marlys Johnsen Norris Christian Author of 7 Books including Award Winning “Recipes for a Happier Marriage” [Marlysjn@gmail.com](mailto:Marlysjn@gmail.com)*

## The Age-Long Query: Who Am I?

By Rev. James L. Snyder

Last week I was tootling along without a care in the world. Actually, I did have several cares but I was ignoring them as much as possible. My basic philosophy is this, the more you ignore something the less you have to deal with it. This, however, does not apply to the Gracious Mistress of the Parsonage.

Experience has taught me one lesson concerning women, especially wives. They will not stand to be ignored, particularly by their husbands. I have learned the less attention I pay to my wife the more I pay in other areas of life, if you know what I mean.

So, ignoring the cares I had last week, I was caught off guard when I received a letter from my credit card company. This was no friendly, “how are you,” kind of a letter. Nor was it a cheery birthday greeting. I cannot tell you how many times I have reminded them of my birthday but to date they have not picked up on my hint.

The ominous letter I did receive informed me that along with millions of other customers my identity had been stolen. The letter went on to assure me I had nothing to worry about and they had the situation well in hand.

That is easy for them to say. They know who they are but what about me? When I got the letter I ran to my bathroom and looking into my mirror – nothing! My identity was indeed gone.

I assure you I will worry until I get to the bottom of this. I will not rest until I know exactly who I am and my identity is fully restored. Of course, there is one problem here. What if when I do recover my identity I don’t like myself? Can I exchange it or get my money back?

For some reason the personal information of millions of people had been lost or stolen from the security of my credit card

company, which begs the question, how secured is my personal information?

While I am in the begging mood, another question comes to mind. If someone has stolen my identity, who in the world am I? And, how do I reclaim my identity?

As a young person whenever my mother was upset with me about something I had done or did not do, she would always look at me and ask, “Who do you think you are?”

If anybody in the world should know who I am it would be my mother. And if she he was wrestling with the same question I was wrestling with, how in the world could I ever come to grips with my personal identity?

It is hard enough discovering who you are without somebody casting dispersions upon that very thing. Perhaps my mother and I could work together in solving this problem. After all, two heads are better than one, unless one does not know who he is.

I have spent years trying to find myself. Once I thought I found myself but it turned out to be an old pair of socks I lost three years prior.

My problem is compounded by this one thing, I did not really know who I was before my identity was stolen. I had my suspicions, of course. However, somewhere in the back of my mind, I really could not come to grips with who I really was in this world.

In the course of time, (actually it was a four-course lunch) I have come to several conclusions.

First, I am a man. What kind of a man, is anyone’s guess this point. The truth is that at the root of everything I am, I am a man.

Second, I am a husband. This, of course, is the most baffling of my identity. What it means to be a husband differs from wife to wife. Fortunately, for me, I have

only one wife, but even her idea of a husband changes from one moment to the next. I am never sure what she expects of me as a husband. Once I thought I had it all figured out but someone, I am not mentioning any names, changed the rules.

Third, I am a father. As a father, my role consists of bankrolling the childhood adventures of my children; financing their higher education career, hoping they get married before my money runs out. To this day, I am not sure if I made it or not.

Fourth, I am a grandfather. This is the most well defined role I have. The great thing about being a grandfather is, nobody expects much from us. Our role is covertly to help our grandchildren make the lives of their parents as tempestuous as possible. Revenge is sweet when laced with jellybeans. Sugar highs are a grandfather’s best retaliation.

The most important thing about my identity quest is, I am a Christian. This undergirds everything else I may or may not be. My Christianity is the foundation upon which everything else is built.

I take comfort in the Bible; “These things have I written unto you that believe on the name of the Son of God; that ye may know that ye have eternal life, and that ye may believe on the name of the Son of God.” (1 John 5:13 KJV).

When my identity is rooted in believing in Jesus Christ, everything else in my life falls into place.

*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 [jamesnsnyder2@att.net](mailto:jamesnsnyder2@att.net). His website is [www.jamesnsnyderministries.com](http://www.jamesnsnyderministries.com).*



By Karen Anderson

*Anything I’ve ever done that ultimately was worthwhile... initially scared me to death. -- Betty Bender*

There are times when I just feel like curling up and staying in my safe, secure place. No worries, no fears, and no challenges can get me there. Sometimes I fool myself into thinking this safety will give me a real sense of peace, but it doesn’t. You know why? God wants me to grow in my faith-walk and journey with Him. Did you know it is okay to be scared?

## It’s Okay To Be SCARED!

The great thing about this fear is that you are never alone. He won’t let you go. Go ahead – feel scared. I may feel that way when I say to God, “I AM WILLING.”

God will many times push me beyond my comfort zone. I don’t want to be there, but I’m obeying my Lord and Savior. He knows what is best for me, even though I’m scared. He reminds me in His Word, “*God has not given me a spirit of fear, but one of power, love, and a sound mind.*” What a comfort that verse is. Does it always take away the fear? Not initially.

When I meditate on His Word, I receive His peace and comfort. I know then that everything will be fine. The only thing I have to do at that moment is trust Him and take the next step, no matter how timid I may feel inside. Now instead of moving forward with uncertainty, I can walk and be free from the fear within. Thank you,

God, for loving me so much that I don’t have to be scared to death of the unknown.

So, my friends, don’t be timid, scared, or even shy when God is in your formula. Even though you may be walking into the unknown, it really isn’t the unknown because God knows. All you have to do is trust Him, believe Him, and walk with Him hand-in-hand. Can you do it now?

For me, I will always say, “**I AM WILLING.**”

PASSAGE: 2 Timothy 1:7 (New King James)

*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](http://www.doablesteps.com/contact), or connect with her on Facebook at [www.facebook.com/DoAbleSteps](http://www.facebook.com/DoAbleSteps).*

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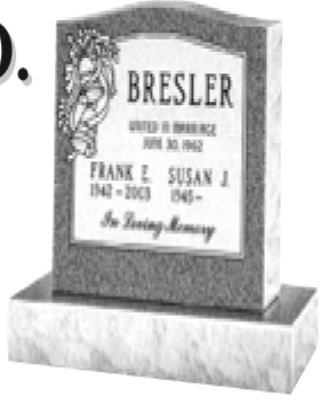
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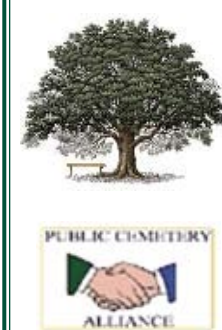
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By Pastor Ray Dare

There's a book called, *Games Christians Play*. It's an interesting book that deals with games Christians play in the name of the Lord. I want us to look at the deadliest game — the game of playing God. We play this game *when we judge other people*. "Do not criticize one another, my friends... God is the only lawgiver and judge. He alone can save and destroy. Who do you think you are, to judge someone else?" James 4:11-12 (TEV) Scripture does say in some places that we are to judge certain things, but there are many places where it says it is wrong to judge; where God says, "Don't do this."

"You judge those who do wrong, but you do wrong yourselves. Do you think you will be able to escape the judgment of God?" Romans 2:3 (NCV) People have a tendency to judge others yet excuse their own imperfection. How do we do that? We do that by re-labeling our sins. "I'm not a gossip, I'm just sharing a concern." "I'm not negative, I'm just realistic." "I'm

# How To Quit Playing God

not critical, I'm discerning." Different terminology, but it all means the same thing — you're playing God.

"The words of a talebearer are as wounds, and they go down into the innermost parts of the belly." Proverbs 26:22 (KJV) That's what gossip does, it wounds and separates the closest of friends. There is a natural innate ability of gossip or slander to capture curiosity. Yet this is the sin, the sin of judging other people, having a self-righteous attitude, being critical, being judgmental, Jesus condemned more than almost any other sin.

"Therefore judge nothing before the appointed time. Wait until the Lord comes. He will bring to light what is hidden in darkness and will expose the motives of men's hearts." 1 Corinthians 4:5. What they're doing may seem wrong to you, but you may not have all the facts. Your understanding is limited. You can guess but you don't know. Even if you are right, you're still wrong, because you judged with limited understanding. You wait for the appointed time and leave the judging up to God.

How do you break the habit of judging, critical analysis, gossip or slander? "If you love someone you will always believe in him, and always expect the best of him." 1 Corinthians 13:7 (LB) Love thinks no evil, but believes the best in every person. You remember there's a higher law that YOU are breaking when you judge another person, the law of love. "Above all, love each other deeply... love covers over a multitude of sins." 1 Peter 4:8 (NIV)

Sure people sin. And you may think — "That person shouldn't get away with that!" Your judgment may be justified. But let me tell you something greater, there's a principle greater than judgment: the principle of Mercy. "Mercy triumphs over judgment" James 2:13. They may deserve judgment, but would you like God to give you what you deserve? Aren't we all in the same boat? If Mercy has triumphed over judgment in your life, then you ought to be merciful to others. If you want God's mercy, you must be merciful. It's not in your job description to judge people. God has not commissioned you to talk to everybody about everybody else. For your own sake quit playing God.

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# Be Happy



Kris (Katie Pratt, left) and Sally (Keri Long) are not sure what to do about the unconscious Marcy (Laura Hechel) in the Arden Playhouse production of BE HAPPY. Photo courtesy Michael Messmer

By Micheal Messmer

SACRAMENTO REGION, CA (MPG) – Have you ever really thought about happiness? Or maybe you shouldn't think too much about it...because that's what's happened to Bruce Carver. And now he's thinking about ending it all...simply because he can't figure out what it means to be happy. Then he encounters a thief with a degree in philosophy. Really. And the game is afoot.

Arden Playhouse is delighted to present BE HAPPY a devastatingly comic exploration of almost every idea anyone has ever had about what it means to be happy. And what can happen to people who over-analyze things until they become totally confused.

In another original comedy by Michael Messmer, you have to wonder if he's channeling Woody Allen or just poking fun at people who may be too smart for their own good. The talented ensemble includes Blake Flores as Bruce, Keri Long as Sally, Katie Pratt as Kris, and Laura Hechel as Marcy.

8PM Fridays and Saturdays - August 23 thru September 28



Kris (Katie Pratt, left) and Sally (Keri Long) are not sure what to do about the unconscious Marcy (Laura Hechel) in the Arden Playhouse production of BE HAPPY. Photo courtesy Michael Messmer

\*except 8/30 & 8/31.

Sunday Matinees 2pm. - - September 8 and 15. \*Note: there are no performances Labor Day Weekend.

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

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

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

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

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

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# An Exciting Year in Belgium: Thanks to Rotary Youth Exchange!

By Anne Hively

ORANGEVALE, CA – (MPG) Casa Roble graduate, Donna Mohr, returned to the Orangevale Rotary Club on Friday, August 9, to thank the Rotarians for sponsoring her as their outbound Rotary Youth Exchange (RYE) student to Liege, Belgium (August 2012 to July 2013). After spending nearly a year in Belgium, Donna had many amazing stories to tell and wonderful slides to show of the exciting, cultural adventure she had experienced.

As is common with the RYE rogram, Donna lived with 3 different host families during her 11 month stay in Liege, located in a French-speaking province of Belgium. Donna attended a local high school along with nine other RYE students from all over the world. Immersed in “français” at home and at school, Donna became more and more confident and fluent in the language and at home in the new culture.

Thanks to the many unique excursions and activities organized by her host families, school and host Rotary Club, Donna experienced Belgian culture and history first hand. England, France, Italy, Holland – Donna had many opportunities to travel both in Belgium and beyond with Rotary and her school. Donna especially enjoyed cooking for her host families and new friends: sushi, enchiladas and nachos, a complete Thanksgiving dinner! Orangevale Rotary looked forward to reading her very colorful monthly reports!



Before returning home Donna Mohr applied for and was awarded the very special honor of serving as an “ambassador” for the province of Liege.

Before returning home Donna applied for and was awarded the very special honor of serving as an “ambassador” for the province of Liege. As evidenced by Donna’s very exciting presentation to Orangevale Rotary, she is thrilled to be promoting Belgium and the province of Liege, let alone the Rotary Youth Exchange program! Ambassador Donna will be joining Orangevale

Rotarians Ann Hively and Bryan Daniel at an informational meeting on the RYE program at Casa Roble on September 18 (at lunch in room B-4). Come learn more about the very exciting, successful RYE program and how to apply. Parents are certainly welcome! For more information, contact Ann Hively: ahively1310@sbcglobal.net.



KICK-ASS 2 (Rated R)

Just in case it wasn’t obvious in the original, the R rating achieved by the comical superhero franchise “Kick-Ass” has been attached for a purpose. Notwithstanding the lead characters being teens, this is not a family film.

Arguably, the thrust of “Kick-Ass 2” appears even more intense and over-the-top than the first, though there was something completely shocking about a foul-mouthed pre-teen vigilante superhero in Hit Girl the first time around.

Chloe Grace Moretz’s Hit Girl is now in high school, watched over by her guardian, a police officer (Morris Chestnut), who insists that she hang up her uniform to be a normal teenager, known only by her given name of Mindy Macready. Of course, that’s not part of her plan.

Meanwhile, Hit Girl’s partner in crime-fighting, Kick-Ass (Aaron Taylor-Johnson), now a high school senior, has also put away his green and yellow spandex uniform. But Kick-Ass inspired a motley crew of masked vigilantes to continue the efforts to battle the bad guys.

Mindy tries to fit in with the school’s clique of popular girls, even trying out for the cheerleader squad. Her acrobatic moves, inspired by Hit Girl’s martial arts skills, make the other contestants look inferior.

Of course, the cool kids are, in fact, the mean girls, and they are just like the obnoxious students in Lindsay Lohan’s “Mean Girls,” and to a lesser extent, “Clueless.”

At school, Kick-Ass is Dave Lizewski, a rather nerdy fellow who’s bored by his mundane life, so he starts patrolling the streets with Justice Forever, a fearless group of urban watchdogs fronted by Colonel Stars and Stripes (Jim Carrey).

Members of the colonel’s squad of masked crime-fighters include Dr. Gravity (Donald

## Riley Reviews

SUPERHERO  
“KICK-ASS 2” STORY  
GETS COMIC, BRUTAL  
AND NASTY

Faison) and Night Bitch (Lindy Booth), an ordinary girl by day and a Catwoman-like sexy figure by night.

For a movie that contains some very graphic violence and brutality, the comic element springs, in part, from the transition of Christopher Mintz-Plasse’s Red Mist character of the first film into a full-blown super villain who goes by a moniker not printable in a family newspaper.

For the sake of clean language, we’ll go with Red Mist’s given name of Chris D’Amico, who still nurses a desire for revenge for the death of his father at the hands of Kick-Ass. After the accidental death of his mother, Chris inherits a fortune.

With seemingly limitless funds, Chris acts like a spoiled rich kid as he hatches an evil scheme to recruit the scum of the earth into a super villain’s army. His best conscript is Mother Russia (Olga Kurkulina), a truly frightening psychopath.

As to be expected, there is climactic showdown between the Justice Forever good guys and the villains. The best thing about “Kick-Ass 2” remains the sweet yet tough appeal of Hit Girl.

### TV UPDATE – STARZ ORIGINAL PROGRAMS GROW AS LOSSES MOUNT

During the recent national TV press tour, Chris Albrecht, CEO of the Starz cable channel, announced a goal for 2014 to air more than 50 hours of original programs.

Starz has had critical, if not financial, success with several original series, including “Boss,” starring Kelsey Grammar as a ruthless Chicago mayor, and “Magic City,” starring Jeffrey Dean Morgan as the owner of a ritzy Miami Beach hotel during the early 1960’s.

At a press conference on July 26th, Albrecht answered a question about a possible third season for “Magic City” only by saying that there many “surprises left in the last three episodes” and that Starz is “evaluating all

the options” with “Magic City.”

Little more than a week later, Starz announced that they would not order a third season of “Magic City.” Listening to TV executives is a lot like trying to figure out what politicians are really saying.

Albrecht dropped another clue on the TV critics when he said in his answer about the fate of “Magic City” that they had a couple of surprises in store “so I can’t reveal too much other than you’ll have the answer to your question soon.”

Okay, he was at least right about the last part, knowing soon, that is. So while we may never be able to check into the Miramar Playa again, there will be other new programs.

Interestingly, Albrecht also revealed a second season pick up for “Black Sails,” based in part on fan reaction at Comic-Con to a viewing of the first episode. And in 2014 there will be a second season of “Da Vinci’s Demons.”

Palace intrigue is always good for TV programs. Just ask Showtime about “The Tudors.” Launched this month, “The White Queen” is a limited ten-hour series based on Philippa Gregory’s best-selling novel “The Cousins’ War.”

“The White Queen” is set against the backdrop of England’s War of the Roses, but it is told through the eyes of three main female characters as they manipulate behind the scenes for the throne of England.

The year is 1464, before the Tudor dynasty, and war has been ravaging throughout England over who is the rightful King. It is a bitter dispute between two sides of the same family, the House of York and the House of Lancaster.

There may not be a sequel to “The White Queen,” but Philippa Gregory continues to be a prolific writer about medieval British royal history, so the source material will be available for several new series.

I know little about the finances of cable networks, but it is obvious that programs like “Magic City” and “The White Queen” have tremendous production costs, which must be recouped.

If the audience for a Starz original series does not grow over time, the financial losses continue to mount, which has factored into whether series stay or go. Starz is committed to keep searching for the right balance.



## STRESS PANDEMIC

Are you going crazy over problems at your job? How about that relationship that seems to be going into the dumpster? And what about that driver who cuts you off, and you blow your stack?

That’s called stress. I can name many more things that can really get to you on any given day. So would you be surprised if I told you there’s a stress pandemic? More importantly, what if I told you that stress can cause major diseases, ranging from heart conditions to cancer, as well as sadness and anger? As a result, we often become depleted and unproductive.

Got your attention yet? Well, it should. Why? Because it can become life-threatening!

So I was happy to have Paul Huljich on the PopOff Show, who explained his 9-step lifestyle plan for preventing and controlling stress in his book Stress Pandemic. I really wanted to take notes on this one because I’ve had top docs from around the world, from traditional to alternative, and they all agree that stress is a major problem!

Paul, now a blogger for Psychology Today.com, offers a prescription for reducing stress in your life and for living a balanced life that gives you more energy, happiness, and fulfillment.

In the book, he shares his story of how he crashed and burned at age 45. Worth \$100 million as a pioneer of the world’s organic food movement, and having a beautiful wife and three young boys, didn’t protect him from stress.

He had a mental breakdown and lost most of the life he had worked relentlessly to build. Gone was his wealth. Gone was his wife. Gone was the respect of his children, friends, and colleagues. Gone was his dignity, sense of pride, and control of his

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with Mary Jane Popp

life. But he never lost the will to fight back, and he eventually found a way to handle what was happening to him.

Now, 14 years later, he is back and wants to help others. He spends most of his time in New York, but still visits his native New Zealand, and is the founder of a U.S. non-profit organization dedicated to helping others stay mentally healthy. His story is incredible, but I wanted to share an abbreviated version of his 9-step plan with you.

Paul emphasizes that change will not happen overnight, but once you make the commitment to change, you’ll begin to see results in 30 days. So here are the steps:

1) TAKE CHARGE – Accept the need for change and recognize the “old you” causes stress. Know that you deserve well-being and balance. Take responsibility for making changes by making time to put those changes in practice. Renew your commitment every time you slip and fall.

2) KICK YOUR BAD HABITS – Acknowledge which habits are unhealthy, addictive, and harmful. Gradually decrease your dependence on these habits and resolve to overcome with coping mechanisms, beginning with one habit at a time.

3) LEARN TO SAY NO – Learn to say “no” to demands and requests that are not in line with your true desires. Don’t commit to obligations that you don’t have the necessary time and energy for.

4) AFFIRMATION – Spend time daily to focus on your affirmations (positive statements about who you are), saying them to yourself and feeling them working in your mind and on your body.

5) EXERCISE – Exercise regularly – ideally with a 60- to 80-minute walk outdoors each morning, free of all distractions, allowing yourself time and space to reflect. Where possible, spend 15 minutes a day “earthing,” that is connecting to the earth’s natural surface with your skin (by standing or walking barefoot).

6) NUTRITION – Change your eating habits by eliminating toxins from your diet, including foods containing refined sugar, artificial colors or flavors, junk

food, caffeine, and alcohol. Avoid processed foods, and minimize dairy intake and red meat or pork products. Avoid seafood that contains high levels of mercury. Choose organic foods wherever possible, and drink plenty of purified room-temperature water. Start your day with exercise and a vegetable juice cocktail.

7) SLEEP – You need to follow certain healthy patterns with regard to sleep, including getting seven-and-a-half to nine hours of sleep each night. This ensures maximum recuperation and healing of the body and mind. Avoid sleeping pills.

8) THE POWER OF AWARENESS – Be mindful of your thoughts and desires, and their likely consequences. Become more aware of what you’re holding on to, and see if you can begin to forgive yourself and love yourself. Allow yourself to embrace the present moment, enjoying fully what life has to offer here and now.

9) DON’T GIVE UP – You have the power to move forward in your life. Allow yourself time to break bad habits and form new ones that are positive. Nurture your flame of hope, and maintain your commitment, regardless of the challenges you encounter.

Well, there you have the short version. Some of these may seem like common sense, and others, perhaps a stretch. But why not give them a try?

According to Huljich, “The nine steps are your armor and tools for dealing with the stress pandemic,” and “Each one of us is a powerful warrior in the coliseum of life. These steps equip us well for our challenges.”

Stress Pandemic is based on his real-life experiences, exhaustive research, and consultation with medical professionals. Stress can manifest in many ways and can have serious physical and psychological consequences. Although stress is a natural part of life, Paul says the number of people experiencing increased levels of it is alarming, approaching a pandemic.

Check out Huljich’s website at [www.stresspandemic.com](http://www.stresspandemic.com). Changing your life with ideas is what we try to do on POPPOFF all the time. Stay well and don’t stress! Live life for today!



## TAX HELP

*from a Tax Pro*

Dean Alexander Sr.

## Citizens Tax Problems Stem From Fanaticism

Fanaticism is a child of dogma and creed. Fanaticism has written more than half of world history. Dogma sits at the top of killing and distortions. Have a belief, a strong belief but let me run. It flips to the good and the bad. And I am not sure where it is going. Belief is in charge of many a good, just as it is in charge of historical ills. Taxes are no exception. They were born for the good of the society. Now they are a burden on the freedom and sanity of unsuspecting citizens.

After an evolution of no taxes to a lot of taxes, then less taxes to more taxes again, there is a debate about raising taxes along the ideological lines or economic and social creeds. The Democrats generally believe that “the rich should pay more”. The Republicans believe that the poor or those who get should “get less”.

The whole debate was caused by the need for money, the national debt. When you personally lack money before you look for a job or assuming that ability to get a second job is not flexible, you tend to look at your expenses. If you drive a Mercedes maybe you buy a cheaper car. If you go on vacations frequently you may reduce that

number. This in essence means you treat yourself as less affluent.

If you apply this to the nation, regardless of economic theories and social dogmas, one must in earnest think that we are acting as though we were richer than our reality. So perhaps if we spend so much on social programs maybe we need to say we cannot afford it. This should be after all citizens pay an honest and honorable share to help others.

What is the honorable share is possibly the crux of the debate. The Islamic empire in its heyday relied for its expansion on two and a half per cent tax rate or what they call they Zakat. So why do we need forty per cent and we still face economic problems of distribution and allocation? There is an identity problem. We must look in the mirror and see what we are doing. If it is a case of irrational and reckless endeavors and expenses we say that needs to stop. And I do believe it is a case of reckless behavior and my evidence is the high tax rate that does not quench the appetite of those who do not see the big picture.

And what is the big picture? The big picture is that we are all citizens governed by a machine called the

government. We must restrain this machine from intruding on our liberty. Including in the definition of liberty is aborting the ability of an authority that to levy coercive fines (taxes) because of the transgression of power. Now they are tinkering with reducing corporate taxes on big companies and increasing the tax rate on people with lesser income.

You are talking about a warped logic and intellectual bankruptcy. If your loyalty diverts form the truth, to that extent you draw a picture of buffoonery and disbelief. Those who have no goals can as they say be taken anywhere. Now again back to the belief, the good one, if we don’t think of the honest role of government in our life we will be dominated by the large government apparatuses such as the IRS, the immigration and homeland security to name a few.

Maybe we are not calling for anarchy because in the end it is impractical, but we call for a government role that does not diminish the liberty of citizens and does not sacrifice the needy in the process. Liberty and justice are our guidance to a balanced society and governed government.

Dean Alexander is president of NFA Tax Help and has been helping taxpayers with their tax problems for over 30 years. His company website is [www.resolvemytaxes.com](http://www.resolvemytaxes.com)



# 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 service-women, 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](http://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 [citrusheightswomensclub@gmail.com](mailto:citrusheightswomensclub@gmail.com).

# Women’s Empowerment receives \$110,000 For Health Programs

SACRAMENTO REGION, CA (MPG) – The California Wellness Foundation recently granted \$100,000 to Women’s Empowerment to be given over two years to fund its health programs for women who are homeless and their children. Women’s Empowerment also received a \$10,000 grant from Kaiser Permanente for its Wellness and Recovery substance abuse education and support groups.

“Women and children who are homeless have numerous health needs, from basic women’s health exams to dental care and wellness and recovery support groups,” said Lisa Culp, executive director, Women’s Empowerment. “We are grateful to The California Wellness Foundation and Kaiser for recognizing these important needs that are often barriers to women finding jobs so they can support their families.”

Women’s Empowerment’s health programs address women’s and children’s myriad health needs, connecting them to dental care, physicals, well woman exams, HIV

testing and care, eye exams and glasses, smoking cessation, substance abuse treatment and groups, health care enrollment, health education and more. The nonprofit weaves fitness components into its job training programs, including trips to the gym and walking groups, as well as yoga for its Wellness and Recovery groups for women with a history of substance abuse.

Kaiser’s grant to Women’s Empowerment helps fund the nonprofit’s two Wellness and Recovery groups – one for current students and one for graduates of the program. In the groups, women are educated about the effects of substance abuse and the roles of family members and others in drug dependency. They learn to take action and create a self-care plan to avoid relapse.

“Many government agencies and nonprofits have lost funding for substance abuse education and prevention programs, so we stepped in,” Culp said. “Substance abuse is a root cause of homelessness and must be addressed

in order for women to break the cycle of homelessness for themselves and their children. We are grateful that Kaiser chose to fund this important program.”

Women’s Empowerment offers the only comprehensive job-readiness program in the Sacramento area designed specifically for women who are homeless and their children. The 2009 Nonprofit of the Year has graduated 1,064 homeless women and their 2,092 children. Last year, 89 percent of graduates found homes and 78 percent found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women’s Empowerment is funded solely through private donations from the community. For more information and to donate online, visit [www.womens-empowerment.org](http://www.womens-empowerment.org).

Source: Kristin Thèbaud Communications

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