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Citrus Heights Messenger

“Written by the people, for the people”

Volume 3 Issue 14

Serving the City of Citrus Heights and Sacramento County

Secomd Edition for July 2013

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Robbery of Veterans Center Brings Community Together



Seated left to right: Gail Barney, Dana Ferry, Stacy Brown, Jean Marie Stallberg Standing left to right: Vet Center owners Jim Rounsavell and Jean Rounsavell; Jerry Ray, JoAnne Schuster, George Entenden, Gary Brown Not pictured: John Barney, Fred Segur, Terry Smith, Elise Spleiss Carole Woodridge Photo Courtesy Elise Spleiss

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) – The July 15th overnight break-in of the recently opened Veterans Community Center on Sylvan Avenue was a surprise and a loss to new owners Jim and Jeanne Rounsavell. But they haven't skipped a beat in their work to help veterans. At 84, Jim Rounsavell has been the ongoing force behind this entire venture.

A volunteer opening the Center on Tuesday, July 16 entered the building to find the power cut, cabinets and drawers throughout the center open and emptied, and

over \$5,000 worth of audio-visual, office, and kitchen equipment – along with food and other refreshments – gone. It is not sure how the thieves gained entry.

Besides these items, over a dozen golf clubs – the tools of the trade for this 501(c)3 nonprofit – were stolen. The clubs help with therapy for veterans recovering from combat with Post Traumatic Stress Syndrome (PTSD) and Traumatic Brain Injury (TBI). The techniques used in the game of golf help patients focus on their game and can eventually help rewire their brains to go to a “happy” place of their own choice

in their minds rather than being dictated by their circumstances.

Much more of a loss than the replaceable food and equipment, was a file taken with information on potential donors the Rounsavells had been compiling for months. What could have been a devastating setback as the first mortgage deadline nears turned into a blessing with, according to Jim, “so many people calling in who appreciate the sacrifice made by our veterans and who want to help save the property.”

As a final insult to the veterans the Center serves, two flags – a certified official United States flag

and a California state flag that had each flown over the State Capitol and donated by California Senate President pro Tempore, Darrell Steinberg – were also taken.

But misfortune has a way of turning around when least expected. The people of Citrus Heights and Sacramento Valley have come to the rescue in a remarkable way during this trial.

Following the airing of the Veteran Center's plight on four major TV stations that Monday afternoon and evening, an amazing response by viewers quickly raised the spirits of the Rounsavells.

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‘Angels for RJ’ Fundraiser to Help Cure 11-year-old Citrus Heights Boy with Rare Brain Condition

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) – The public is invited to a fundraiser being held Sunday, July 28, to help RJ – a young man who was diagnosed with a pineal gland cyst in March 2012. Over the past year, the cyst has doubled in size, and without removal, a blockage will most likely occur that will keep cerebral fluid from flowing through his brain properly.

However, a ground-breaking, minimally invasive surgery is available that can save RJ's life.

RJ was an average active 7-year-old, a student at Mariposa Elementary School who loved swimming. This all ended when he began having terrible headaches, sleep apnea, and negative behavioral problems, which led his mother, Janice Kahaunaale of Citrus Heights, to seek medical help.

The tumor was discovered while RJ was in the process of being diagnosed with Asperger's Syndrome, a developmental disorder that affects a person's ability to socialize and communicate effectively with others.

RJ's parents, Robert and Janice Kahaunaale, owners of Gentle Touch Pet Salon in Citrus Heights, were forced to sell

their home in Citrus Heights and relocate to a rental in Loomis in order to save money for RJ's surgery.

No one could diagnose his condition until Robert found a video online from the television show, The Doctors. Dr. Hrayr Karnig Shahinian of the Skull Base Institute in Los Angeles was on the show describing a child with the exact symptoms RJ was experiencing.

Eventually, a friend wrote to Shahinian who promptly wrote back that the Kahaunaales needed to come see him. Local doctors recommended they wait to see how the tumor developed, but RJ's parents could not do that.

The pineal gland is located in the exact middle of the brain, and removal calls for the most dangerous of brain surgeries – “as deep as it gets,” as Shahinian said on The Doctors. This minimally invasive surgery removes the tumor from a “keyhole”-sized hole in the skull. Surgery takes under three hours to perform – far less than the nine hours typically spent on traditional surgery.

With the surgery, RJ's prognosis is full recovery. He could be out of the hospital within two days, and back to school within a month.

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Eleven-year-old RJ waits bravely as funds are raised to, as he says, “get this monster out” of his brain. One hundred percent of donations go directly towards his surgery and medical expenses. Photo courtesy Janice Kahauaneale

Former Superintendent Dr. General Davie, Jr. Returns to San Juan Unified as Acting Superintendent



Dr. General Davie, Jr. will be San Juan Unified School District's new acting superintendent.

CARMICHAEL, CA (MPG) – During a special meeting held July 17, the San Juan Unified School District's Board of Education appointed Dr. General Davie, Jr. as the district's acting superintendent. His appointment is effective immediately.

Davie is a familiar face in the San Juan Unified and Sacramento region, as the former superintendent of the district from 1998 through 2005. Since leaving San Juan, Davie has remained active in the education community, serving as interim superintendent in a number of school districts, consulting on education issues, and maintaining an active role in the San Juan Education Foundation, which raises funds to support San Juan Unified schools.

“We are pleased General Davie has agreed to help provide leadership as we prepare for the start of a new school year,” said Board of Education President Dr. Larry Masuoka. “General's familiarity with the district and community will help ensure a smooth start to the year and a continued focus on our community-developed strategic plan.”

“San Juan Unified has always been my home and I am pleased to be able to continue being of service to the students, families, and staff of the District,” said Davie. “We have world-class teachers and staff who have spent their summers studying, learning, and growing, and are ready to hit the ground running this August when students return.”

Current Superintendent Glynn Thompson has been on paid administrative leave since May 15, when the Board of Education launched an independent investigation into complaints filed with the Department of Fair Employment and Housing. That investigation remains ongoing, and Superintendent Thompson remains on leave.

“Our action today is solely about providing stability and leadership to our schools as we prepare for the 2013-14 school year. We eagerly await the outcome of the pending independent investigation and being able to take the appropriate actions to move forward permanently,” said Dr. Masuoka.

Davie's contract calls for him to receive \$850 a day in compensation, up to a maximum of 46 days. He will not be provided any health and welfare benefits, paid vacation, or sick days.

Source: SJUSD

What Home Health Services Does Medicare Cover?

By David Sayen

Medicare covers a variety of health care services that you can receive in the comfort and privacy of your home. These include intermittent skilled nursing care, physical therapy, speech-language pathology services, and occupational therapy.

Such services used to be available only at a hospital or doctor's office. But they're just as effective, more convenient, and usually less expensive when you get them in your home.

To be eligible for home health benefits, you must be under a doctor's care and receive your services under a plan of care established and reviewed regularly by a physician. He or she also needs to certify that you need one or more home health services.

In addition, you must be homebound and have a doctor's certification to that effect. (Being homebound means leaving your home isn't recommended because of your condition, or your condition keeps you from leaving without using a wheelchair or walker, or getting help from another person.)

Also, you must get your services from a home health agency that's Medicare-approved.

If you meet these criteria, Medicare pays 100 percent for covered home health services for as long as you're eligible and your doctor certifies that you need them.

For durable medical equipment (like a walker, wheelchair, or oxygen equipment), you pay 20 percent of the Medicare-approved amount, after you pay the Part B deductible (\$147 in 2013).

Skilled nursing services are covered when they're given on a



David Sayen

part-time or intermittent basis. In order for Medicare to cover such care, it must be necessary and ordered by your doctor for your specific condition. Medicare does NOT cover full-time nursing care.

Skilled nursing services are given by either a registered nurse or a licensed practical nurse under an RN's supervision. Nurses provide direct care and teach you and your caregivers about your care. Examples of skilled nursing care include: giving IV drugs, shots, or tube feedings; changing dressings; and teaching about prescription drugs or diabetes care.

Any service that could be done safely by a non-medical person (or by yourself) without the supervision of a nurse, isn't skilled nursing care.

Physical therapy, occupational therapy, and speech-language pathology services have to be specific, safe, and effective treatments for your condition.

Before your home health care begins, the home health agency should tell you how much of your bill Medicare will pay. The agency should also tell you if any items or services they give you aren't covered by Medicare, and how much you'll have to pay for them.

This should be explained by both talking with you and in writing. The agency should give you a notice called the Home Health Advance Beneficiary Notice before giving you services and supplies that Medicare doesn't cover.

What isn't covered? Some examples:

- 24-hour-a-day care at home
- Meals delivered to your home
- Homemaker services like shopping, cleaning, and laundry (when this is the only care you need, and when these services aren't related to your plan of care)
- Personal care given by home health aides like bathing, dressing, and using the bathroom (when this is the only care you need)

If your doctor decides you need home health care, you can choose from among the Medicare-certified agencies in your area. (However, Medicare Advantage plans may require that you get home health services only from agencies they contract with.)

One good way to look for a home health agency is by using Medicare's "Home Health Compare" web tool, at www.medicare.gov/HHCompare. This tool lets you compare home health agencies by the types of services they offer and the quality of care they provide.

For more details on Medicare's home health benefit, please read our booklet, Medicare and Home Health Care. It's online at <http://www.medicare.gov/publications/pubs/pdf/10969.pdf>.

David Sayen is Medicare's regional administrator for Arizona, California, Nevada, Hawaii, and the Pacific Territories. You can always get answers to your Medicare questions by calling 800-MEDICARE (1-800-633-4227).

Employers Catch a Break, But What About the People?

Commentary by
Senator Ted Gaines

After months of assuring the public that everything was right on track, the Obama administration turned 180 degrees this month and announced that it was suspending implementation of the "employer mandate" provision of the Affordable Care Act (ACA) for a year. They should not stop there. The troublesome "individual mandate" should be suspended as well and the whole rushed plan should be replaced with reforms that can give Californians better healthcare at a more affordable price.

First, the business mandate. Under the ACA, businesses with 50 or more full-time equivalent employees have to offer "affordable" health insurance to their employees or face a \$2,000 fine for each employee (excluding the first 30).

Employers have been screaming for months about the complex, confusing and costly implementation of the ill-conceived law. With the little information they did have, they ran the numbers and started cutting hours or laying off employees to avoid triggering ACA penalties. Early results pointed to a disaster for business and for low-income California workers.

I applaud the President for delaying the employer mandate and hope he delays it again – forever – then moves on to the individual mandate.

Under the individual mandate, people will face a minimum



Senator Ted Gaines

penalty of \$695 by 2016 if they do not purchase one of the costly plans required by the President's reforms.

And for Californians, it will be costly. Healthcare analyst Avik Roy writes in *Forbes* magazine that health insurance premiums in California will increase between 64%-146% under the ACA even though cost control was a central promise of the plan. Worse, the Administration announced last week that they will not verify incomes for the massive subsidies provided to help offset these costs, laying the groundwork for a vast, expensive entitlement program with no accountability.

Like businesses, individual Californians deserve at least a one-year break from the overpriced and coercive plan, but if we could get out from under it forever we could make changes right here in our state that would get more people better and cheaper care without signing over 15-percent of our economy to the government.

We could start by eliminating

any "standard benefit package" requirements and letting people buy customized plans that cover exactly what they need and nothing more; giving them the ability to purchase inexpensive plans from other states; and demanding transparency in hospital pricing.

These pro-consumer moves would lead to far greater competition and ultimately to lower costs and better service for everyone.

We should also free up everyone involved in healthcare delivery and payment – insurers, individuals, medical device makers, hospitals, pharmaceutical companies – from unnecessary regulations, so they can innovate and deliver new, improved services at a better value for consumers. It is greater productivity—not price controls—that will ultimately rein in healthcare costs.

If it's a good idea to suspend the business mandate for a year, it's a good idea to suspend the individual mandate for a year. People are just as confused and just as shell-shocked about the astronomical price increases as businesses are. In fact, it's a good idea to suspend it indefinitely until California gets the leadership in place that will try the many other reforms that can achieve the ACA goals of more and better care for less money.

Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties.

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Citrus Heights Messenger

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Subscriptions should be mailed to *Citrus Heights Messenger*, 7405 Greenback Lane, #129, Citrus Heights, CA 95610. Subscription rate is \$25 per year; \$30 per year in Sacramento and Sacramento county; \$40 per year outside Sacramento county. *Citrus Heights Messenger* is published twice monthly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@CitrusHeightsMessenger.com. Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 916-773-1111.

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*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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Robbery of Veterans Center Brings Community Together

Continued from Page 1

A steady stream of visitors wanting to know more about the Center, and offers of monetary donations, replacement items for what was lost, and future donations of time and services flowed in. Within hours of opening Wednesday morning, more food, drinks, and even golf clubs had arrived. The Citrus Heights Salvation Army made a generous donation of three sets of golf clubs.

In addition to these donations, and as a testimony to the positive power of media coverage, Rounsavell said he was stunned to receive over 100 phone calls with offers of help of all kinds. They did receive a TV, sound system, printer, and more DVDs and CDs to replace those stolen. One donor from El Dorado Hills arrived to deliver and even set up the new stereo system.

Kathy Kimler, a viewer who had seen the news story, stopped by on her way home from work to see how she could help. A long-time resident of Citrus Heights, Kimler – a financial educator at Well Fargo – offered her assistance on her off-hours, with things like setting up for events, office work, cleaning, and making phone calls. All of these are needs the Center has and will gratefully accept.

The thieves took what they could, but may have been interrupted during the theft as they left



Some of the items left behind. Photo Courtesy Elise Spleiss

an array of miscellaneous items lined up by the side door, ready to be loaded into their getaway vehicle. In one spot, a lone bottle of red wine sat in the middle of the floor near chairs and food remnants hastily abandoned.

Rounsavell said he was especially impressed by the quick response and investigation of the break-in by the Citrus Heights Police Department. Police Chief Christopher Boyd, investigating officers, and even Mayor Steve Miller promised this case would receive highest priority for recovery of the stolen items along with increased surveillance of the property. Finding and installing an alarm system is now the next order of business for the Center.

This event has brought the community together in another important way. On Thursday, July

18, interested parties came together to organize and delegate the many tasks and responsibilities required in running the Center to free up time for owners Jim and Jean to pursue fundraising and other administration duties.

Over a dozen people stepped up to take on the routine day-to-day tasks. Many more volunteers are needed; there is something to do to match every talent.

Presently the Citrus Heights Veterans Community Center is open Monday through Friday, 8 a.m. to noon, but with more volunteers, hours will be extended.

Those wishing to donate time, talent, monetary or other donations can come by the Center at 6921 Sylvan Road or call Jim Rounsavell at 916-757-9193. Mailing address is P.O. Box 322, Citrus Heights, CA 95611.

'Angels for RJ' Fundraiser to Help Cure 11-year-old Citrus Heights Boy with Rare Brain Condition

Continued from Page 1

However, the operation is \$160,000. Jan's insurance covers only \$95,000, leaving them to raise the remaining \$65,000. To date they've saved \$8,000.

The Cattle Rustlers Steakhouse and Saloon, located at 7040 Sunrise Boulevard in Citrus Heights (across from Food Max), is holding a fundraiser on Sunday, July 28 from 4:00

to 7:00 p.m. Tickets are \$12 for a full "take-home" tri-tip and chicken dinner. RJ will help hand out meals that evening, as his health allows.

Tickets may be purchased at Cattle Rustlers or Gentle Touch Pet Salon at 7044 Sunrise Blvd., also in the Food Max Shopping Center. A second fundraiser, a spaghetti feed complete with live music, will be held at

Mandango's Sport Bar & Grill in Roseville on August 11 from 4:00 to 8:00 p.m.

For information on these events or on how to make a direct donation to RJ's surgery fund, call 916-725-3647. RJ's website is www.angelsforj.org.

For more information on the pineal gland cyst removal procedure go to www.skullbaseinstitute.com/pineal-tumor.



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California State Fair’s Petting Zoo Shines



Commentary by
Kelly Davenport

SACRAMENTO REGION, CA – (MPG) Our California State Fair offers a most charming mainstay, the petting zoo, and this one is top notch. Clean and shady, this petting paddock is teaming with a wide variety of adorable and hungry animals who love to be pet. Filled with

a broad range of comical characters like a huggable fluffy llama to the bristly backed pot belly pigs, this diversity of barn yard to exotic animals, comingling together for the young and young at heart to enjoy, simply outshines any petting zoo I’ve ever seen. My animal loving kids insist our first stop must be the petting zoo. This year’s animal line up does not disappoint and includes fancy chickens, goats of all sizes, sheep, deer, a baby donkey (too cute!) and my all time favorite the wallaby.

As the official paparazzi and photographic historian of our family my job is to take an outlandish quantity of pictures of my children getting up close and personal with shoe lace nibbling deer! Having had a rural upbringing I am familiar with animals. The petting zoo



Ryan feeds Llama at the Petting Zoo. Photo courtesy of Kelly Davenport



A Wallaby at Sacramento State Fair petting Zoo. Photo courtesy of Kelly Davenport

reminds me that not all children are. These friendly animals offer a wonderful opportunity to get to know our barnyard friends and to experience the love and humor they so freely give.

Joy abounds in this petting paradise as a child giggles in delightful surprise. It seems a mischievous goat assertively gnaws on her t-shirt. She proceeds to find other animals who fancy shirts as food. And who knew wallabies loved ear scratches and chin rubs. These miniature marsupials have soft fur like a bunny and they love to sleep in little hanging sacks made available in the pen. Another scene simply melts my heart as I chance to witness a most adorable sleepy baby deer curled up in the lap of a young

boy. The deer, as trusting as the family dog, lounges lazily in the child’s arms while the boy combs its coat with one of the many animal brushes made available for use, both boy and

deer content. Encounters like these leave enduring impressions on us all for a love of animals that last a life time.

California State Fair’s petting zoo is a must! Pay the three

dollars, buy a cake cone full of food pellets and stay as long as you like. Perhaps you may bare witness to a few remarkable human / animal encounters of your own. As my boys and I left the paddock, reluctantly, I heard a young child declare, “Look mom, a wannabe,” as a wallaby bounces by and the mother replies. “What does he want to be?” The child answers, “A kangaroo, mommy.” Priceless!

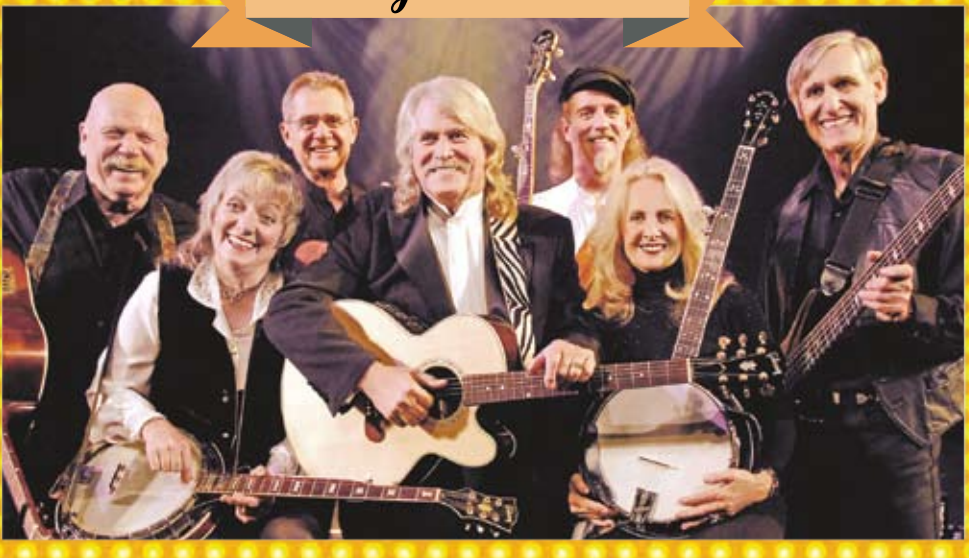
Kelly Davenport lives in Sacramento with her husband and two children. She is a part time instructor at Sacramento State University and is the author of a children’s book “Do Hotdogs Grow on Trees.” Available at Amazon.com or <http://tinyurl.com/nmjnsm>



A deer nibbles on Jason's shirt at the Petting Zoo. Photo courtesy of Kelly Davenport

The New Christy Minstrels

They’re Back!



This Grammy Award-winning American folk music group will perform two live concerts as fundraisers for the Fair Oaks Theatre Festival and the New Christy Minstrels Foundation.



Under the direction of Randy Sparks, the group has sold millions of records and launched the careers of several musicians including Kenny Rogers, Gene Clark, Kim Carnes, and Jerry Yester. Known for hits like “Green, Green,” “Saturday Night,” and “Today,” the group played to a sold-out house last year, so get your tickets early!

Tickets Prices:
All Seats

\$20

(no FOTF discounts apply)

**Saturday July 27th
& Sunday July 28th**

Fair Oaks Community Clubhouse
7997 California Avenue,
Fair Oaks, 95628

For Further Information: **916.966.3683**

FairOaksTheatreFestival.com
www.thenewchristyminstrels.com

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CASE: Tresa Bales-Sterba (07/15/13)
PROSECUTOR: Deputy District Attorney Kimberly Macy, DUI Vertical Prosecution Unit
District Attorney Jan Scully announced today that the Honorable Laurel White sentenced Tresa Bales-Sterba to the maximum possible sentence of 15 years in state prison. On May 14, 2013, Bales-Sterba pled no contest to gross vehicular manslaughter while intoxicated, felony driving under the influence of alcohol or drugs with injury, and all allegations of personally inflicting great bodily injury and causing bodily injury.
On October 5, 2012, Bales-Sterba was driving near Mariposa and Greenback Lane in Citrus Heights when she sped through a red light causing a crash that critically injured a 6-year-old boy, who died from his injuries three months later. His then 8-year-old brother was also injured, but later released from the hospital. The brothers were walking to school with their mother when the crash occurred. This case was prosecuted by the DUI Vertical Prosecution Unit. Funding for this program is provided by a grant from the California Office of Traffic Safety (OTS), through the National Highway Traffic Safety Administration.

CASE: Jose Constancio (07/12/13)
PROSECUTOR: Deputy District Attorney Sonia Satchell, Special Assault & Child Abuse Unit
District Attorney Jan Scully announced today that the Honorable David De Alba sentenced Jose Constancio to 55 years to life in prison. In April 2013, a jury convicted Constancio of four counts of sexual assault against a child 10 years old or younger.
Between January and April 2011, Constancio became a friend to a family that had agreed to provide him a place to live in exchange for handyman help around the house. He then sexually abused the family's 6-year-old daughter.

CASE: Jacory Brown (07/12/13)
PROSECUTOR: Deputy District Attorney Mike Kane, Gangs & Hate Crimes Unit
District Attorney Jan Scully announced today that the Honorable Sharon Lueras sentenced Jacory Brown to 7 years plus 89 to life in prison. In May 2013, a jury convicted Brown for the premeditated attempted murder of Nehemiah Johashen and Garvin Johashen as well as discharging a firearm at an occupied motor vehicle.
In November 2011, the victims and two other people went to the Carl's Jr. on Elkhorn Blvd. and Andrea Dr. They encountered Brown in a vehicle with two other people. As the victim's car left the parking lot and was getting on the freeway, the car Brown was riding in pursued. Once on the freeway, Brown's car pulled to the side of the victim's car. Brown then opened fire with a handgun, striking the victims and causing serious injury.

CASE: Angelo Wright (07/11/13)
PROSECUTOR: Deputy District Attorney Matt Chisholm
District Attorney Jan Scully announced today that Angelo Wright pled guilty to second degree murder and admitted to the personal use of a knife allegation.
On November 12, 2011, Wright murdered his 42-year-old mother, Lisa Marie Barber, in her apartment by stabbing her to death with a hunting knife. Wright and his mother had been estranged for years and recently reunited. Approximately one hour before her death, Ms. Barber confided in a friend that she suspected Wright was stealing her jewelry and that she intended to confront him about it. Shortly after, Ms. Barber was found on her bedroom floor by her father and a neighbor with numerous stab wounds to her neck and back. Her dying words to the neighbor were "Help me, my son tried to kill me." Sacramento sheriff's deputies and fire personnel responded immediately, but Ms. Barber had already expired. Wright fled the scene and turned himself in approximately 36 hours later.
Wright will be sentenced to 16 years to life in prison. Sentencing is set for August 27, 2013 in Department 63 before the Honorable John Winn.

Governor's Signing of Enterprise Zone Killing Bills

SACRAMENTO, CA (MPG) – Californians to Improve Enterprise, Employment and the Economy, (CIEEE) a coalition of workers, business owners and California residents concerned about attacks on Enterprise Zones, issued the following statement on July 11th regarding the signing of AB 93 and SD 90 – legislation disguised as reform that effectively eliminates local government's only remaining tool to drive job creation and economic growth.

"Governor Brown is making a grave mistake today by signing AB 93 and SB 90," said Craig Johnson, who also serves as President of the California Association of Enterprise Zones. "California's landmark Enterprise Zone program was created to generate economic development in some of the state's most economically distressed areas by helping minority and underserved communities spur private investment, retain employees and create jobs. Signing these bills eliminates the program and greatly affects millions of Californians who live in these regions as well as minorities, veterans, displaced workers, recipients of government assistance and others in need of jobs. "And while the Governor claims the bills will help create jobs and grow California's economy, analyses of current voucher data shows that less than 1 percent of the current vouchers would qualify under the new plan, which spells disaster for millions of hard working Californians.

"However, we are hopeful that the Governor and the Legislature can work together to develop legislation that will restore Enterprise Zones and ensure continued support for California businesses willing to invest in economically depressed areas, hire local residents, and help underserved communities."

For more information, visit www.enterpriseCA.org.

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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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Saturday, August 24, 2013

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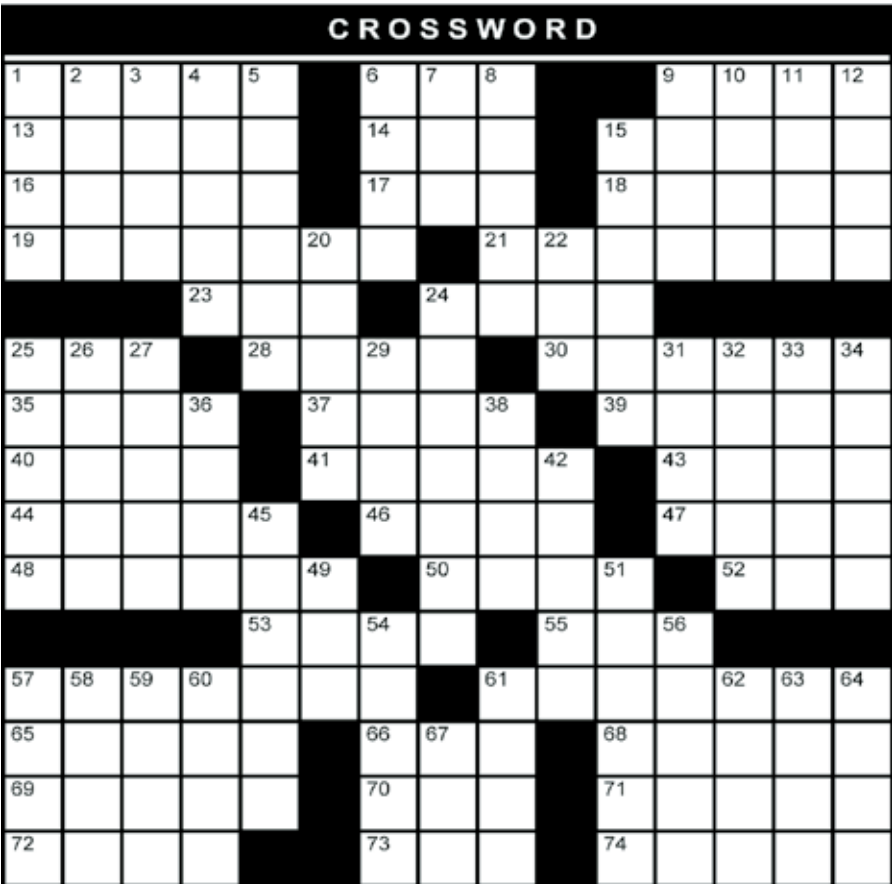
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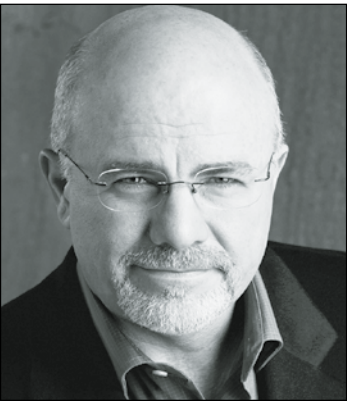
CLUES

- ACROSS

 - 1. Hospital's CAT and PET
 - 6. Deadeye's forte
 - 9. Song "Sixteen ____"
 - 13. Essay theme
 - 14. Often precedes "bum" or "bunny"
 - 15. Blender button
 - 16. Swelling
 - 17. *Princess fairy tale tormentor
 - 18. In pieces
 - 19. *Shooters and keepsies game
 - 21. *Roald Dahl title character
 - 23. It's often served at Thanksgiving
 - 24. Bad habit
 - 25. As opposed to a hook or cross
 - 28. Gauche or Droite in Paris
 - 30. Store in a silo
 - 35. Matured or cured
 - 37. Short for returned
 - 39. A hunter follows this
 - 40. "Ta-ta!" in Italy
- 41. Self described "King of All Media"
 - 43. Football great ____ Graham
 - 44. Clumsy one
 - 46. Black and white treat
 - 47. Makes lacework, intertwines
 - 48. Establishes
 - 50. All excited
 - 52. Get the picture
 - 53. *Told to go away in nursery rhyme
 - 55. Affirmative action
 - 57. *Double Dutch action
 - 61. Set the boundaries of
 - 65. Biblical patriarch
 - 66. Grassland
 - 68. *Harry Potter antagonist
 - 69. Bed on a ship
 - 70. Big galoot
 - 71. Wading bird
 - 72. Gaelic
 - 73. Over the top
 - 74. Must-haves
- DOWN

 - 1. Kind of cell
 - 2. Musical finale
 - 3. Rich Little, e.g.
 - 4. Not in my backyard, acr.
 - 5. Relating to a musical scale
 - 6. Nile reptiles
 - 7. *He follows Mike on candy box
 - 8. Dolphins' home
 - 9. South American Indian
 - 10. Face-to-face exam
 - 11. Egghead
 - 12. ____ good example
 - 15. Plate used to hold bread during Eucharist, pl.
 - 20. Eastern V.I.P.'s
 - 22. *Highest card in "War"
 - 24. One who is celebrated on special holiday
 - 25. *a.k.a. Knucklebones
 - 26. Catlike
 - 27. Knockout or dandy
 - 29. Obama's special power
 - 31. *Dick and Jane's dog
 - 32. I to Greeks, pl.
- 33. Fishes with a wormlike filament for luring prey
 - 34. Jagged, like a leaf's edge
 - 36. *Pencil-and-paper game
 - 38. Fortune-telling coffee remnants
 - 42. Nobody
 - 45. Switzerland metropolis
 - 49. What 49ers did
 - 51. *Little ____ Books
 - 54. Ice house
 - 56. Sad song
 - 57. Agree
 - 58. Substance abuser
 - 59. *Looney Tunes' Marvin was from here
 - 60. Goose liver dish
 - 61. Cuckoo
 - 62. Filly's mother
 - 63. Coffee choice
 - 64. Marines' toy recipients
 - 67. Chow down

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.

Giving from Grandfather's Wealth

Dear Dave,
My grandfather died about a month ago, and I recently learned that in his will he distributed his money unevenly between his children and grandchildren. I received significantly more than other members of the family, but I make \$140,000 a year. I'd like to give them some of my inheritance to even things out. How would you approach this?

- Kate

Dear Elena,
You're obviously unselfish and have a really good heart. But honestly, it was your grandfather's decision and his money to do with as he pleased. It wouldn't be wrong or greedy to simply keep what you have without worrying about it a second longer.

If some of your relatives are having financial troubles and you feel that making a gift of a portion of your inheritance will help, you can do that. With your income, it's probably not going to change your life in a big way. My advice would be to look at your relatives and their situations objectively and see if something like this would really be a blessing. Then, if your heart and your head still tell you it's a good thing, do it.

- Dave

Pension Solvency

Dear Dave,
My husband and I are trying to improve our financial situation

Dave Says

by following your plan. We were wondering where home improvements fall in the Baby Steps.
- Crystal

Dear Crystal,
In many ways, this would depend on your particular pension. Some pension funds are very well-run, very solvent and are in great shape. Others are poorly managed and not the type of programs in which you'd want to invest any of your money.

The biggest problem with a pension is that it's the property of the organization. If it's a union pension, it's not yours—it's theirs. All they do is pay you out of the fund. So if they go broke, you lose everything you had in there. If it's a business that has the pension, that makes them the owner—not you.

That's the beauty of the 401(k). You're the actual owner. If the company you work for goes broke or the union does a poor job of managing things, it doesn't harm your investment.

Don't misunderstand what I'm saying. There are good pensions and bad pensions, just like there are great managers and lousy managers. Just make sure you check into the solvency of the program before you put your money in there!

- Dave

U.S. Currency Deflation?

Dear Dave,
What do you think about

predictions of a major deflation of U.S. currency?

- Steven

Dear Steven,
I think woven into your question is another question: What do I think about the predictions of our economy completely collapsing? The truth is I don't believe for one second that our economy is going to completely collapse. Do we have some serious problems that should be addressed? Yes. Do we have politicians who are stupid and who don't want to address these problems? Absolutely. But does that mean the world is coming to an end? Of course not!

It does mean, however, that you and I need to demand that the people in Washington stop playing games and do their jobs. This ridiculous spending spree we've been on for years has to stop. Government spending on all levels—national, state and local—is ridiculously out of control.

I've heard end-of-the-world predictions most of my life. But the truth is, we're not going to see anything of that magnitude until Jesus comes back. No, I'm not going to predict or believe that the U.S. currency is going to collapse. Don't spend all of your time and energy worrying about conspiracy theories and doomsday scenarios. Spend it living life!

- Dave

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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.

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6	5	9	8	1	2	3	7	4
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4	3	1	9	6	7	5	8	2
2	1	8	3	7	6	4	5	9
9	4	6	2	8	5	7	1	3
3	7	5	4	9	1	2	6	8
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WIND: WEATHER ON THE GO

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By Ronnie McBrayer

For the last several months I have been keeping a regular appointment with an oncologist. I’m not the one receiving care, however. My friend has lung cancer, and I have been accompanying her as she receives weekly doses of chemotherapy.

These cancer treatments are administered in an “infusion laboratory.” If you have never been in one, and I hope you never have the occasion, they are all fairly uniform in design and purpose.

The “lab” is a simple room with comfortable, leather lounge chairs lining the walls. Each chair has an infusion pump that pushes what everyone prays is cancer-killing compounds through the body.

Competent, smiling nurses respond to the needs of the patients and the beeping machinery. Doctors float in and out of the room as needed. Faces grimace over the prospects of yet another needle stick; cancer war stories are told and retold; and blankets are handed out with sips of ginger ale and nibbles of saltine crackers to ease the nausea.

There are those tucked into those chairs who look well, and others who are obviously ill. There are those who have been making pilgrimage to the lab for years, and those who are

Fight On

newbies. Some are alone, and some are with friends or family. Some discretely hide their baldness and emaciation, and others wear the rigors of treatment like a badge of honor.

And when it comes to coping, the differences are manifold as well. Some are in shock over their prognosis. Some are depressed. Some have a stoic, Zen-like acceptance. Some keep smiling no matter what, and some are as mad as hell – at life, God, physicians – at anything or anyone who can be held responsible.

Then some patients have all these feelings simultaneously, jumbled together at once. Don’t be fooled: Coping with a major illness is not as orderly as textbooks led us to believe. It is a hot mess of total emotion when facing one’s personal mortality, and everyone who stands on that precipice feels everything at one point or another in the process – and sometimes these are all felt at once.

But for all the compare and contrast of these unique individuals, they are all held together by the solidarity of their battle. Through the blood, sweat, and tears they fight; they fight like gladiators in the arena. And gladiators they are, for they are desperately fighting for their lives. More so, they are fighting for what it means to be human.

As a hospital chaplain and pastor, I have visited countless bedsides, cancer wards, and infusion labs; never have I grown accustomed to the brutalizing effects of the disease on both body and spirit. Cancer, like

few other afflictions, does more than “steal, kill, and destroy” the physique. It attempts to deprive a person of his or her dignity. It endeavors to smother the internal flame and erase the spirit of the one who suffers.

So those fighting cancer (and other horrible illnesses) are not just fighting for a few more years. They are fighting for what it means to be a human being. They are marshalling all their grit and resilience (and something that borders on elegance), not just to stay alive physically, but to guard their very souls.

Oddly, this reminds me of legendary pacifist Pastor A.J. Muste. During the Vietnam War he stood in front of the White House night after night with a lit candle, in persistent and peaceful protest. A reporter asked him, “Do you really think that standing here with a candle can change the world?” Paraphrasing, he answered with a smile, “I don’t stand here with my candle to change the world. I stand here to keep the world from changing me.”

Those in the arena understand that physical life may be taken from them, but by God’s grace, no disease will ever rob them of their humanity, their identity, of their innate worth as unique creations of the Almighty. They understand that the fight may not change their prognosis, but the fight prevents the disease from changing them.

icated columnist, speaker, and author of multiple books. You can read more and receive regular e-columns in your inbox at www.ronniemcbrayer.net.

Of Course It’s Raining, I Just Washed My Car

By Rev. James L. Snyder, D. Litt

Last week, my wife made a request of me. She said, “Honey” Whenever my wife begins a sentence with “Honey,” I know I’m in for a sticky situation.

Honey comes from bees, and whenever she so addresses me, I know I be in trouble, and be sure there is a stinger in it for me—somewhere.

Looking out the window with her arms folded, which means she is thinking about some job around the house for Yours Truly, she said, “Honey, don’t you think you should wash the car?”

It never fails to rain right after I wash the car, and have to wash it all over again.

“You know, Dear, ” whenever a husband so addresses his wife, it always means he is trying to find some way out of doing her request, while making it sound like he wants to do it, “it’s a wonderful idea but it looks like it might rain. ” The key to this point is to put on a grimace and look up in the sky, in a thoughtful frame of mind.

“Yes, I think I saw a rain-drop. It won’t be long now.”

By Thursday, I forgot the car washing idea and was standing around our living room looking out the window. It seemed harmless enough.

Have you heard the old saying, “An idle husband is a wife’s workhorse.”?

I heard that familiar word, “Honey ...” And a streak of panic flowed through my body, freezing up every muscle I still had. “Honey, our car really needs a good washing.”

Before I could clear my throat, she added a phrase no husband wants to hear. “Don’t you agree?”

If I say, “No,” I’m in trouble. If I say, “Yes,” I’m in trouble.

I’m duped if I don’t, and doped if I do. How is a husband to win with the odds so stacked against him?

With a feigned meekness that would make St. Francis of Assisi envious, I said what all good husbands say under similar conditions, “Yes, dear.”

The next three hours found me outside, vigorously washing Old Nelly.

Just as I was putting the finishing touches on the wax job, I felt something cold on the back of my neck. At first, being engrossed in my chore, I did not pay any attention to it.

Then another—and another—and another. Then came the rain.

Glancing at my freshly waxed car, I saw drops of water cheerfully dancing on my mirrored hood. The thunder sounded like a heavenly giggle, and before I could make it to the door, I was completely drenched.

Ducking inside out of the rain, I was greeted by my wife

who calmly asked, “Oh, my. Is it raining?”

“Of course it’s raining,” I shivered, “I’ve just washed my car.”

As I was drying off, I chuckled to myself as a favorite Bible verse came to mind.

“And we know that all things work together for good to them that love God, to them who are the called according to his purpose.” (Romans 8:28 KJV.)

Two things in life are for certain.

1. Things will always fall apart.
2. God can always take those things that fall apart and pull them together for His honor and glory—come rain or shine.

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 him at jamesnyder2@att.net. His website is www.jamesnyderministries.com.

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By Karen Anderson

“It’s better to be a lion for a day than a sheep all your life.” – Elizabeth Henry

As a youngster, I remember hearing that as a Christian I needed be more reserved and not stand out and cause trouble. As I’ve matured, I realize what a false thought this really is. Now my feelings are, “Trouble! Come on, because God and me are ready ... ROAR!”

The other saying you may have heard is, “Well, you will just have to accept it.” WRONG! Acceptance doesn’t mean giving up and being a wimp. It means giving your all—hopes, dreams, sorrow, worries, and anything else you can think of to God.

In the movie Chariots of

Sometimes You Gotta Roar

Fire, Eric Liddell was a strong, muscular athlete who stood firm for his faith during the Olympics. He radiated God in the face of challenges and came out as God’s victor.

Here are some characteristics of the lion: protective, brave, courageous, willing to fight if needed, hunter, group pride, and a loner. The characteristics that jump out at me are brave, courageous, and being a loner. A loner doesn’t mean you shut yourself away from everyone. When situations arise, do you choose to be brave vs. timid, courageous vs. cowardly?

REMEMBER: In every situation in your life, God is there. Just ask Him. God’s Word says, “You’re blessed when you’re content with who you are—no more, no less. That’s the moment you find yourselves proud owners of everything that can’t be bought. You’re blessed when you get your inside world—your mind and heart—put right. Then you can see God in the outside world.” It can be very difficult

to succeed with this, but if you believe God can help you to achieve true contentment in your life, you will succeed.

I know I haven’t given you any personal story about being a lion, but I really don’t have to. You know when you have shown to be that lion and when you have been the lamb. You can be content in your life and know, according to God’s Word, that you will be blessed from the inside out. But there are times when God wants you to ROAR, so baby, roar ... “AND LET YOURSELF BE HEARD.”

PASSAGE: Matthew 5:5 & 8

Karen Anderson is an accomplished speaker, author, and chaplain. Her latest books, Nikki’s Tail-Waggin’ Lessons and The Little Book of BIG Thoughts (Volumes 1 and 2), 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

Do you know that your name is scribed in His book? You are on the heart of God and when you accept His beloved Son as their personal Savior and Lord, your name is scribed in His “Book of Life” forever. *“He loves you with an everlasting love.” (Jer.31:3)* You have become His precious child and God is watching over you. He will never leave or forsake you..

God does His best to reach everyone – but some reject Him, therefore the opposite is true.

For one who rejects the divine plan of God when the end comes, each of us will stand before Him and give an account of our lives and why we rejected His Son. *“And whosoever’s name is not found written in the book of*

Is Your Name Written in the Father’s “Book of Life?”

life will be cast into the lake of fire”(Revelations 20:15)

Life for every human being is no accident! God knew all of us before the foundation of the earth. We must remember God is our Creator. He is Holy and Just, the great I AM.. He formed each individual in their mother’s womb for birth to take place. And at the right specific moment in time called each one to be born-again and accept Jesus and their names are written in His “Book of Life!” Regardless of the event or their age or understanding, As God’s Holy Spirit moves in each life His “Agape Love and Grace” saves them to the uttermost for eternity. He guides one to “know and love” the Father, Son and Holy Spirit with their heart and soul.

Once a name is written in the “Book of Life” it will never be blotted out even when some step out of the will of God and go astray. However, they must realize it is their choice they cannot blame God for the end result! Going out of God’s will for their life, opens the door to the enemy of one’s soul. And he will bring

circumstances into a life that hinders their walk with God. He brings deceptions and false teachings that lead to a false god. He will do anything he can do to hinder the personal relationship with Jesus someone might have had before this decision. His tactic is always to cause a person to dishonor God and take away every soul he can from the Heavenly Father.

Beware, because one who strays too far from God into a sinful life will surely die early. God will shorten their days here on earth and take them “home” to heaven rather than lose them to His enemy. He loves each one of His children so much He doesn’t want to lose anyone. He loves completely! *“He always has your best interests at heart.”* (Jer.29:11) Listen, He is calling your name so please return to Him NOW!

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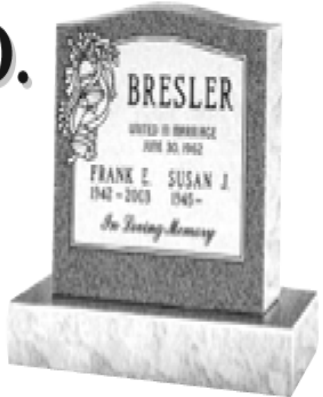
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By Pastor Ray Dare

Human nature tends to look at all the bad things in life, all the negative things.

Our society is this way; the focus is on all the bad things that are wrong. Bad news makes the headlines. But God says Christians are to be different. “Do everything without complaining or arguing, so that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you shine like stars in the universe.” *Philippians 2:14-15*

It is possible to short-circuit God’s blessing in your life by complaining. Complaining was the sin that kept the Israelites out of the Promised Land. God destroyed them in the desert. Why? Because they griped and complained. That’s how serious this sin is to God; it kept them

How to Conquer Complaining

from God’s blessing.

The Promised Land represents God’s best for our lives today. It’s possible to miss God’s best for your life by allowing yourself to get caught up in the downward spiral of complaining. It’s a negative mindset that must be avoided.

So, how do you do that? How do you conquer complaining? Here are three ways...

Recognize it as sin. Confess it and ask God to help you conquer it. How much time do you spend griping, grumping, complaining? You’ve got to admit it’s not right. Complaining isn’t just a bad habit; God says it is sin. It is serious and needs to be confessed.

Replace griping with gratitude. “No matter what happens, always be thankful, for this is God’s will for you who belong to Christ Jesus.” *1 Thessalonians 5:18 (NLT)* Many people want to know what God’s will is... here it is. “Be known for your gratefulness not your griping.” When you learn to be grateful in spite of circumstances, that is maturity.

Refocus your thoughts. “So we fix our attention, not on the things that are seen, but on the things that are unseen. What is seen lasts only for a time, but what cannot be seen lasts forever.” *2 Corinthians 4:17-18* Positive people realize that God is in control. God is fitting everything into a pattern, and He has a plan beyond my problem.

Resolve to speak only in a positive way. “Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.” *Ephesians 4:29* The Bible says that one day you are going to give an account of every idle word you say. Replace your criticisms with compliments.

When you become a positive person, you become a witness to the world. “Shine like stars in the universe.” *Philippians 2:15*

It’s our dream to be a church with the reputation “That’s where positive people go!” Every time you show gratitude, see positive, speak positively, or give a compliment, you are spreading love and conquering complaining.



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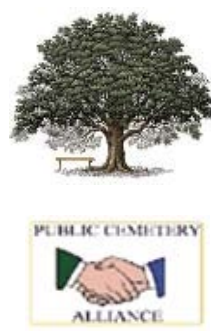
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A Case in Point
Wronged at Work!
**THEY WON'T
PAY ME FOR
VACATION DAYS**

By David Graulich, Esq.

Ahhh, the lazy, hazy days of summer, when workers’ fancies turn to vacation. Sunning on the beach, chilling in the mountains, mimosas in the morning, and Margaritaville at night.

I’m sorry to interrupt this lovely image, but I’m a lawyer, and that’s what lawyers do. Lawyers worry when everyone else is having fun.

Offer a lawyer a glass of Chardonnay on the sundeck, and he or she will respond, “If that glass breaks and someone cuts her foot on a jagged shard, you will be exposed to premises liability.”

Back to vacations. What happens if you accrue vacation days and then leave the job, either by choice or because you’ve been terminated?

Some private-sector employers in California claim to have a “use it or lose it” policy. They’ll only pay up to a certain amount for earned, unused vacation days. Any additional days are forfeited by the departing employee.

Is this policy permitted in California?

The answer is no. California’s labor laws specifically prohibit a “use it or lose it” policy on earned vacation days. You’ll find the law at Labor Code Section 227.3.

In California, vacation days are considered a form of deferred compensation. Once earned, they cannot be “unearned.”

To illustrate, let’s take the hypothetical example of Trevor, the local store manager for a large retail chain that has headquarters in Florida.

During his 12 years with the company, Trevor accrued nine weeks of unused vacation, mostly because he didn’t like being away from his store. Trevor was widely recognized as an effective manager

and team leader. He received several awards and was featured in the company newsletter, shaking hands with the beaming CEO.

In 2012, the company replaced the Northern California District Manager (DM), with whom Trevor had a good relationship, with a new DM, with whom Trevor argued constantly. Trevor thought the new DM was arrogant, insecure, and poorly versed in retail operations.

One day, Trevor got an email from corporate, instructing him to be at the store the next day at 8 a.m., before the store opened, to meet with the DM, the Regional Manager (both of whom Trevor knew), and a person from Human Resources (whom Trevor didn’t know).

The handwriting, as they say, was on the wall.

The next morning, the three visitors arrived a little before 8 a.m., looking grim and saying little. They directed Trevor into the manager’s office, where the HR Manager did most of the talking. She informed Trevor that he was terminated, effective immediately. He was to clear out his personal property, while the HR Manager watched, and then be escorted out of the store. His email, cell phone, and Internet access were already blocked.

The HR manager handed Trevor a sealed envelope with a dismissal letter (which gave no reason for his termination) and his last paycheck. Information on COBRA and his 401(k) investments were sent to his house a few days later.

That night, Trevor examined the paycheck and found that he had only been compensated for three weeks of vacation. When he inquired with HR, he was told that the company had a “use it or lose it” policy that

paid up to three weeks, and that his remaining six weeks were forfeited. Based on Trevor’s annual salary of \$50,000, he was out around \$5,700.

Even though the laws of Florida, where this hypothetical company is headquartered, don’t require the full payment of accrued vacation, the applicable law would be California’s, where Trevor was employed. Under California law, the company will have to pay Trevor for all nine weeks.

Labor Code Section 227.3 doesn’t apply to sick days, which are lost if not used. In addition, private-sector employers are permitted to limit the total amount of vacation time that employees can accrue and carry forward.

Payment for unused vacation qualifies as earned income and is subject to the same taxes and deductions as a standard paycheck. Fortunately, the IRS hasn’t figured out a way – at least not yet – to tax the enjoyment, happy memories, and other “psychic income” you gain while on vacation.

David Graulich, Esq. is an employment lawyer who represents employees. He helps clients with workplace problems such as discrimination, harassment, wrongful termination, and failure to pay overtime.

David welcomes comments and questions about Wronged at Work! and can be contacted through email, David@wrongedatwork.com or at (916) 880-0526. 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.



A Film Review by Tim Riley

PACIFIC RIM
(Rated PG-13)

Directing a sci-fi action adventure where giant robots clash with monstrous creatures from the center of the earth is a natural wish fulfillment for Guillermo del Toro.

A self-described “fanboy,” del Toro is within his element for directing “*Pacific Rim*,” which seems pitched to the sensibilities of Japanese cinema that celebrated such monsters as Godzilla and Mothra.

With the impending annual Comic-Con geek fest in San Diego, the Mexican-born filmmaker could arrive at the event as a conquering hero. Maybe he did in the past, and I am just not aware of it.

Set in the near future, “*Pacific Rim*” finds that the human race is at a critical crossroads, following apocalyptic attacks on coastal cities around the world, including San Francisco, Manila and Hong Kong.

Creatures emerging from the depths of the sea look like a mixture of dinosaurs, sea serpents, and horribly deformed alien creatures. These legions of monstrous creatures are known as Kaiju, the Japanese word for giant beast.

The monsters destroy bridges and tall buildings as if they were rambunctious kids knocking over building blocks or Legos. Goodbye, Golden Gate Bridge. Too bad they didn’t attack London because I would love

Riley Reviews

ROBOTS AND MONSTERS
CLASH WITH EXCITEMENT
IN “PACIFIC RIM”

to see a monster tangle with the London Eye.

To combat the Kaiju, a special type of weapon was devised: massive robots, called Jaegers (German for “hunters”), controlled by two pilots whose minds are synched via a neural bridge, called “*The Drift*.”

Unfortunately for mankind, the sea monsters keep mutating into every more powerful creatures, bent on nothing short of complete annihilation of the planet.

On the verge of defeat, the forces defending humanity have no choice but to turn to two unlikely heroes – a washed up former pilot (Charlie Hunnam) and an untested trainee (Rinko Kikuchi).

Hunnam’s Raleigh Beckett was a Jaeger pilot in the initial Kaiju wars when co-piloted a giant robot with his older brother on a mission that went badly.

After the death of his sibling, Raleigh had dropped out of the monster bounty hunting, doing odd jobs along the Alaska coast while others tried to figure out ways to fortify the coastal areas from the monster invasion.

As the world hangs in the balance, Raleigh is dredged out of retirement by his former commander, Stacker Pentecost (Idris Elba, a suitably no-nonsense tough guy), for a desperate play showdown with the Kaiju.

The problem, of course, is that it takes two to pilot the 25-story tall robots, and a pilot’s partner has to be someone with whom sharing your brain requires the utmost bond of trust and confidence.

Full of bravado and swagger,

Raleigh may be willing to put his life on the line despite any risks, but he’ll only do so on his own terms.

Meanwhile, Kikuchi’s Mako Mori is a beautiful Japanese martial-arts expert who’s a candidate for a robot pilot position, though she must first prove herself capable of enduring the intense training.

Known only to commander Pentecost, Mako’s past includes a dark secret about a childhood encounter with the Kaiju that still brings nightmares that must be purged from her memory. Interestingly, a red slipper is a symbol of the mental torment.

Not surprisingly, there is a severe competitive streak in the international cast of robot pilots, and after Raleigh and Mako tangle in a martial arts contest, they become partners in the robot called Gipsy Danger.

Del Toro has an affinity for Ron Perlman, having used him in his “*Hellboy*” films. Fittingly, Perlman’s Hannibal Chau is a sleazy black market operator in Hong Kong, selling the salvageable body parts of dead Kaiju.

More comic relief comes from a pair of wacky scientists, Charlie Day’s high-pitched voiced Dr. Newton Geiszler thinks he create a neural bridge with a Kaiju, while his partner (Burn Gorman) is just plain eccentric.

The success of the Jaeger program requires Raleigh and Mako to become a well-connected team. For his part, Raleigh is a loner who grapples with trust issues, and so it is no easy task.

Fans of this genre are anxious to move on from the obvious plot contrivances and get to the essence of what is expected from an action film with roots in the anarchic Godzilla genre.

“*Pacific Rim*” does not disappoint those who want to enjoy the spectacular clash of the titans, as robots and monsters bang away at each other with ferocious intensity.

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TAX HELP

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What is Taxable Income?

People always wonder about what is taxable and what not taxable income is. The IRS has issued one tip among a series of tips they typically issue every season. That tax tip is designated as taxable and nontaxable income. May be we should start with items that are not taxable. That it is an optimistic note to start with.

Is Child Support Taxable?

Child support has two parties. The part that gives and the part that takes. For the part that takes or the recipient of child support it is a non-taxable transaction. That means if the mother receives child support for her children she does not have to claim this as taxable income. The payer of the child support or the father in this case cannot claim a tax benefit either. So the government stands neutral on child support as far as collecting or paying money to taxpayers.

Is Inheritance Taxable?

Generally speaking inheritance is not taxable. If you inherit money above certain amounts the amount may be subject to estate tax, not income tax. For the difference between estate and income tax discuss this with your CPA or your tax attorney.

Sometimes you may inherit money from a 401k for example. That money was supposed to be

taxed when the deceased cashed it. The person who inherits this money would step in the shoes of the original owner and pay the tax on the 401 k. The rest of the money in the inheritance is tax free.

Are Damage Awards Physical Injury or Sickness Taxable?

Damage awards for physical injury or sickness is not taxable. Damage for mental anguish is taxable. Your CPA or tax attorney must read the contract awarding the damage in order to treat the amount you receive properly.

Are Gifts Received Taxable to Recipient?

They are not. The gift donor however is the one that should pay the tax on the gift. So before you give gifts to your children and someone else you need to consider the tax ramifications of doing so. One mistake I see often for self-employed who have more latitude for tax planning and income shifting opportunities (legally of course) is that they may give gifts that are not tax deductible to them but rather generate tax liability when in fact they can hire their children in the operation and pay them compensation that is tax deductible. So not only will they have a tax deductible cash outlay but they also reduce the tax liability on this amount since the children

are assumed to be in a lower tax bracket.

What About Proceeds From Life Insurance?

Typically an amount you collect from life insurance is not taxable. Most people think otherwise. So if you are the beneficiary of a life insurance policy and you receive the cash you don't have to report that cash as income. The only time life insurance proceeds are taxable is if it had a redeemable cash value that you redeem. Any amount beyond the cost in the policy is taxable.

Other Non-Taxable Income

There are other non-taxable income items such as welfare benefits, cash rebates from dealers and reimbursement for qualified addition expenses.

Summary: Child support, damages awards, inheritance, gifts and life insurance proceeds are examples of non-taxable income.

Dean has 30 years experience as a CPA and tax consultant and he is currently on two radio shows. He is the managing director of National Financial Advisors (NFA Tax Help), a national firm headquartered in Houston. He is also a Chartered Financial Consultant and Chartered Life Underwriter. He consults exclusively on tax matters particularly tax audits and tax collections at both the federal and the state levels.

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.



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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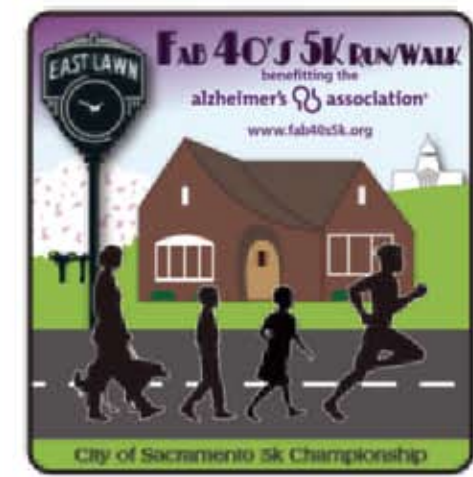




Print publications include: Carmichael Times, Citrus Heights Messenger, American River Messenger, Placer Sentinel. All other publications are online.

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PET LOVE

How much do you love your animal companions? If you're like me, they are my kids and I take full responsibility for their care. So, with the summer months upon us, and they have already been brutal, I wanted to share some practical tips from an expert I had on the **POPPOFF Radio Show** recently. **Petrendologist Charlotte Reed** told me that pets suffer the same problems that humans do, like overheating, dehydration, and sunburn. By taking some precautions, both you and your pet kids can enjoy the summer months. Charlotte abandoned her Wall Street Corporate Attorney life to devote a new life to helping her pets and ours. So here are a few tips to live by for summer and all year long.

1) Start your day by anticipating weather conditions: This helps us make more informed daily decisions, save money, and maybe help keep our pets cool, calm, and healthy. You need to know more than time and temp, but also barometric pressure as well as indoor and outdoor temps and humidity. Consider a Wireless Remote Temperature and Humidity Monitor that can help to remotely monitor ambient temperature and humidity levels that affect your

POPPOFF!

with Mary Jane Popp

pets via your smartphone, tablet, or computer.

2) Drinking Water: Water cools down the body and works to maintain a normal body temperature. Stainless steel water bowls and bottle keep the water cooler longer. Provide fresh water, leave on air conditioners and fans on low temps, and give outdoor pets proper shelters to protect them from the summer heat. Although, and these are my words...why would you even think of leaving your loyal pet friend outside when it hits 110 degrees and sizzles????



Pets suffer from the same problems that humans do, like overheating, dehydration and sunburn.

3) Grooming to keep cool: As we heat up, pet grooming becomes very important because you want your pet to feel and look their best, monitor flea and ticks, and help them stay clean. Purchase a pet shampoo that is all natural, free of harsh detergents and chemicals, and is specially formulated for soothing dry or irritated skin. Depending on your dog's coat, you may want to save some bucks

by giving your pet a DIY cut or by maintaining the fur between the pads. Search for a clipper kit and learn how to groom at home. But, my words again, be careful what breed you have. I have a Samoyed, and if I cut his hair short, he can get a sunburn and he can die from sunstroke. Check with your vet first. You may think you are helping your pet, and you may do damage.

4) Protection from the sun: Many people don't realize that dogs can get sunburns. It can occur on the bridge of the nose and tips of the ears as well as the belly, groin, and insides of the legs on light-colored and short-haired dogs because of the sunlight that reflects up from the sidewalk and hot sand on the beach. Use a sunscreen, specifically for use on animals, on your dog's nose and his ear tips. Caution when putting sunscreen on his underside because he might lick it off. A no-no.

5) Cool Bed: In the summer months, cushioned furniture and traditional dog beds can trap the pet's body heat, causing your dog to become overheated. A cooling mat can help by enabling them to stay comfortable and cool while reclining, indoors and out. Search for a lightweight and portable cooling mat that provides them with a soft, cool surface to lie on, by itself or place in their pet bed. The mat should support a pet's joints comfortable while not retaining body heat, be durable and wash easily.

6) Cooling Jackets can beat the heat: A cooling vest is a garment worn on the torso that helps

regulate body temperature in hot conditions. Most can be soaked in cold water, wrung out, and fastened around your dog. Evaporative cooling exchanges the dog's heat with the coolness of the stored water in the coat so they keep them comfortable and ready to walk, play, or run. Great for a trip on a boat or to the beach too.

7) When you leave your dog in the car: Although a controversial topic, unfortunately there are times when you have to leave your dog in the car...hopefully for a very short period of time. One example is if you are traveling solo and need to hit the bathroom at a rest stop where your dog may not be allowed. Consider custom-made screens to give you peace of mind and keep your pooch safe. You won't be worried about someone trying to steal your dog or his jumping out a window. My words again...find a place that is dog friendly.

8) Warm weather means more outdoor activities: Watch out for broken glass, chicken bones, rat poison, and leaking automotive coolant. In case of emergency, have a first aid kit accessible with your vet's telephone number. If your pet ingests something on the street, call your vet immediately.

9) Update identification tags: Address and telephone numbers should be legible should your pet become lost. In my, Mary Jane humble opinion, microchips are the best, especially when there are loud noises and fireworks going on that may terrify your dog. They can run terrified for miles and then they are lost. All shelters check to see if there is a microchip. Besides, and these are

my words not Charlotte's, why would you let your dog outside along when there are loud noises or anytime for that matter. Dogs are social animals and long to be with their people, not abandoned in the back yard while you watch tv inside.

10) Replace faulty equipment. Throw away worn leashes and collars. It only takes one time for your pet to become frightened and with one pull, he or she can be gone forever.

11) Maintain monthly Heartworm, flea and tick control programs. This is especially true if you take you dog with you camping.

12) Never leave your pet alone: Here's when I totally agree with Charlotte. In the car, he could suffer heat stroke. By the pool, she could drown. Left out in the yard or outside a store, she could be stolen. In a room with an open window, he could escape or fall to his death.

I know we could add a few more tips for you to consider, but this is a good Start. If you want to know more about Charlotte and what she has to say about our pet friends, go to www.charlottered.com. Remember, your pooch gives you unqualified love, and only asks for it in return. Show him or her you care and keep them safe this summer and every summer for as long as they live! This column is dedicated to my wonderful Encore and Misty and the love they share with us!

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



Reports from Citrus Heights Police Department

Auburn Oaks Stabbing

CITRUS HEIGHTS, CA (MPG) - On 07/22/2013 at approximately 9:53 A.M., Officers responded to the 7400 block of Auburn Oaks Court, regarding a possible stabbing. Officers arrived on scene and located one male adult victim. The victims injuries were believed to be non-life threatening. The victim was transported via ambulance to a local hospital. The victim's dog was also stabbed by the suspect during the incident. Animal control responded to the scene. The dogs injuries were also believed to be non-life threatening.

The investigation into the circumstances surrounding this incident is ongoing. The victim's information is not available for release at this time. The assault took place near the rear of the apartment complex. The suspect attacked the victim while he was walking his dog. The victim fought back during the attack and possibly injured the suspect. The suspect was not in custody at the time of this media release.

The suspect was described as a white male in his 50's, 6' 5", muscular build, with a shaved head. The suspect was last seen leaving the area on a bicycle. The Citrus Heights Police are asking anybody who may have information regarding the incident to please call (916) 727-5500. You can remain anonymous.



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