

AMERICAN RIVER

M E S S E N G E R



Princess Diana Remembered

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Volume 6 Issue 16

Serving Citrus Heights, Fair Oaks, Carmichael, Orangevale & Gold River

Second Edition for August 2011

Breaking Barriers with Music



SCSO's Donald Kendrick conducts the annual community sing-a-long "Summer Sing". Photo by Julie Parker

By Julie Parker

Sacramento Region – Conductor Donald Kendrick leads the attendees through stretching and vocal exercises. "Now, say 'I really love to sing' like Julia Childs." The Sanctuary of St. John's Lutheran Church is suddenly filled with the unique intonations of the famous chef. Rustling sheet music follows as Kendrick guides a run-through of an atypical sing-a-long planned for the evening – Brahms: Requiem (in German). His hands and arms fluidly surf the raised energy in the room, directing and orchestrating voices to majestic octaves.

The annual event was "Summer Sing," presented

by The Sacramento Choral Society & Orchestra (SCSO), to which singers from local churches and communities are invited to participate. It's an opportunity for SCSO to reach out to the community and introduce themselves to potential memberships.

Barbara Haig, a recent member, says, "It's a nice mix of people, from those who have been with them from the very beginning and the people who are just coming in. Everybody is really friendly and welcoming. I've been very impressed by the work ethic of everybody in the chorale. They're extremely professional and really dedicated to getting the music correct."

"Choral singing continues to be the most popular form of participation in the performing arts." (The Chorus Impact Study 2009)

SCSO consists of 180 singers and a 55-member professional symphony orchestra. Per Chorus America, SCSO is the only community chorus in the United States to have a Collective Bargaining Agreement with its own orchestra.

"We have very accomplished people," says James McCormick, SCSO Board President. "We have a great music librarian, who is the organist at Fair Oaks Presbyterian. We have music teachers. They read music really well. Somewhere

in their past, they wanted to make a living, but knew that it wasn't realistic, so we gave them an avocation to do it."

In a small town near Ontario, Canada, McCormick's grade school teachers taught the students how to read music. "There was this one old nun had more rhythm than anybody I know. She taught me piano." He sang in the church choir and was an organist, playing at weddings and funerals, and accompanied the high school choir.

At the University of Toronto, he received a double degree in Music and Literature, lived in Southern France for a year, and founded a high school music program at St. John's College in Canada. One year, he took students up to the Northwest Territories on a music exchange. He later received a doctorate at Louisiana State University in Baton Rouge, and taught at CSUS' Music Department for ten years.

SCSO's Music Director, Donald Kendrick, started the graduate program in choral conducting at CSUS, and acts as Head of Choral Activities. His credentials include the American Conservatory of Music in Chicago, the New England Conservatory of Music in Boston, Stanford University and the Eastman School of Music, and he has performed at Carnegie Hall.

"Mr. Kendrick is very well liked and very well respected," says Haig. "Everybody wants to do their very best so that he's pleased. He is very positive and encouraging, which I think really motivates people further. It's a really happy symbiosis that takes place."

Continued on page 12

More Speed Enforcement Coming to Citrus Heights

Citrus Heights – As part of an ongoing traffic safety campaign, the Citrus Heights Police Department is conducting additional speed and muffler enforcement throughout 2011 as part of a grant awarded to the Citrus Heights Police Department by the California Office of Traffic Safety. In 2010, 287 collisions resulted in someone either being injured or killed within the City of Citrus Heights.

Of those 287, 120 (42%) were speed related. Speed is the most commonly reported contributing factor in reported injury collisions. As part of the grant, Citrus Heights Police identified areas within the city with a large number of speed related collisions. In response to this, the Citrus Heights Police Department has been deploying mobile speed trailers to provide visual feedback to motorists regarding their speed. In addition to the speed trailer deployment, additional officers have been assigned to enforce speed laws in these areas and also throughout the entire city. The speed trailers are a reminder for motorists to slow down and also allow the Citrus Heights Police Department to evaluate their effectiveness. Through education and enforcement, the department is hoping to reduce the number of persons injured from speed related collisions.

In addition to speeding, excessive noise from motor vehicles pose a health, welfare, safety, and quality of life issue here in Citrus Heights. The department recognizes this, and has implemented a program to provide additional vehicle noise enforcement throughout the city. Officers have received additional training in muffler and loud noise violations and are issuing citations when appropriate. Vehicles with a suspected noise violation are issued citations for correction to be signed off at Citrus Heights PD



or the State Bureau of Automotive Repair. The grant provided the department with equipment to measure noise levels to ensure compliance. "The City of Citrus Heights deserves to have streets that are safe, quiet, and healthy," said Christopher J. Murphy, Director of the California Office of Traffic Safety. "Speeding is an on-going problem that has to have constant enforcement to keep in check. The noise and air pollution from broken or modified exhaust systems impacts the health of everyone."

Another aspect of the grant where special attention will be focused is in the area of motorcycle safety. Statistics have shown that motorcycle collisions pose a much higher risk of injury to involved parties, particularly the motorcyclists and passengers they may carry. Even more dangerous are situations involving intoxicated operators.

In 2010, the Citrus Heights Police Department investigated 23 injury collisions involving motorcycles. Nearly 35% of those involved speed as the primary factor leading to the collision.

Source Citrus Heights Police Department

STAR-Studded Evening Supports Education

Celebrities who got their start in San Juan schools will help celebrate excellence in education at the fifth annual Evening with the STARS gala on September 30, 2011, at Arden Hills Resort Club & Spa, hosted by the San Juan Education Foundation.

Journalist/author Joan Lunden (a Bella Vista graduate), Olympic swimmer Debbie Meyer (a Rio Americano graduate), and Hollywood car "King of Customizers" George Barris (a San Juan graduate) will be inducted into the STARS Hall of Fame.

Emmy Award winning comedian Jack Gallagher will entertain with his special brand of humor and serve as Master of Ceremonies, keeping the event lively and fun.

The STARS Hall of Fame recognizes alumni who have distinguished themselves in their profession as well as given back to the community by supporting youth. Previous honorees include journalist Lisa Ling and baseball great Dusty Baker.

Arden Hills Resort Club & Spa will provide five star catering, and attendees will dance under the

stars to stellar music provided by SJUSD musicians. Several top area wineries will sample wines, and live and silent auctions will help raise money for San Juan classrooms.

The San Juan Education Foundation is an independent, non-profit organization formed as a link between the community and San Juan schools. The mission of SJEF is to support innovative learning programs with a focus on science, technology, arts, and reading for students (STARS).

Tickets for the event can be purchased online at www.sanjuanfoundation.org.



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Stop Meth Not Meds



By Bettie Cosby
President and CEO – Citrus Heights Regional Chamber of Commerce and William C. Seiffert, Chairman – Citrus Heights Regional Chamber of Commerce

Citrus Heights – We've all seen the headlines – serious and significant impacts on those families and communities stemming from illegal methamphetamine production and abuse. And the greater Sacramento area is not impervious to the state's meth crisis and its impacts to communities across our region and state.

It is critical we support tools that will help to curb illicit meth production. Meth producers need

to be stopped from obtaining ingredients to produce the drug and law enforcement needs help tracking meth manufacturers to shut down dangerous labs before they become an even bigger threat.

However it is important that solutions to stop meth production balance the rights of law-abiding citizens to access the common and over-the-counter medications they need.

This month, the legislature has the opportunity to stop meth producers from illegally purchasing pseudoephedrine (PSE), which is a key ingredient that can be diverted to manufacture methamphetamine, while balancing the needs of consumers by passing Assembly Bill 1280 (Hill). This legislation will block attempts to purchase more than the legal amount of PSE-based medicines, instantly and at no cost to taxpayers.

AB 1280 requires every retailer and pharmacist in the state to participate in a real-time, stop-sale system if they wish to sell safe and effective products containing PSE. The system links every attempted sale in California on a 24-7 basis and indicates a "stop sale" if the purchaser has exceeded the legal limit. This is legislation that is embraced by retailers, the business community, consumer advocates and many in the law enforcement community and provides a common sense

and proven approach to stopping meth producers and protecting consumers' access to the medications they need.

This is why the Citrus Heights Regional Chamber of Commerce supports the legislation and encourages its passage.

And this is not some hypothetical solution. The 19 states that have adopted or implemented electronic stop-sale technology prove that it's working. In the eight states that have had the system in place long enough to track sales, a real-time, stop-sale system blocks nearly 126,000 grams of illegal pseudoephedrine sales per month.

Real-time, stop-sale technology also ensures and protects consumer privacy. Here is how: while the law would provide law enforcement with a record of purchase attempts to help officials identify meth cooks and ultimately, meth labs, the purchase data—already required under federal law—is available only to police and sheriffs. Consumer privacy would never be compromised. No excuses. No exceptions.

In fact, the real-time, stop-sale system complies with the Criminal Justice Information System and the National Information Exchange Model, which is audited by the FBI annually and employs a Certified Information System Security Professional on staff.

Princess Diana Remembered

Citrus Heights – New Zealand-born Susan Maxwell Skinner joined the royal press retinue for Diana’s wedding to Prince Charles in 1981. For the next eight years, she traveled with the Wales family. She will have on display her “Dianabilia” collection and be offering many stories about her experiences.

Maxwell Skinner has written three books on Diana. Now living in the Sacramento area, she is regarded as an expert on the Diana phenomenon and speaks nationally on the subject. She was recently featured in The Learning Channel’s documentary about royal memorabilia.

The event is to be held Saturday September 3 from 2:00 to 4:00 pm at Merrill Gardens at Citrus Heights, 7418 Stock Ranch Road, Citrus Heights. Call (916) 725-7418 for more information. Please bring your own items of royal memorabilia and hats are encouraged, but optional.



Score a Job – Not a Scam: BBB Advises Job Hunters on Phony Job Postings

Looking for a job? You’re not alone. With unemployment at a soaring rate of 9.2%, according to the U.S. Bureau of Labor Statistics, many job hunters are turning to online job boards to post their resume and search for jobs. Better Business Bureau (BBB) is warning job seekers to proceed with caution before sharing their personal qualifications for jobs found online.

The Internet provides an opportunity for ID thieves and scammers to take advantage of eager job seekers. It’s becoming common for scammers to lure in potential candidates with phrases like, “Get rich quick – without even leaving your home!” all in the hopes of getting their personal information. Craigslist, Monster.com, Careerbuilder.com and Facebook are all breeding grounds for scammers.

“Job seekers need to be on the look out for potential scams. Before posting your resume to a career site or inquiring about a job, make sure you know with whom you are dealing,” said Gary Almond, president and CEO of the BBB serving Northeast California. “Many job scammers are having candidates set up direct deposit

accounts as part of the application process and making it seem as though it’s naturally part of the process to get an interview—when it’s absolutely not.”

BBB advises job hunters to be on the look out for these red flags when conducting their job search:

Employer emails are rife with grammatical and spelling errors. Most online fraud is perpetrated by scammers located outside the U.S. When one’s first language is not English, it is often evident in a poor grasp of the language. Look for poor grammar and the misspelling of common words.

Emails purporting to be from job posting websites claiming there’s a problem with a job hunter’s account. After creating a user account on a site, a job hunter might receive an e-mail saying there has been a problem with their account or they need to follow a hyperlink to install new software. Phishing e-mails like this are designed to convince readers to click a link within the message to fix the issue, but actually take them to a website that will install malware or viruses on their computer.

An employer asks for extensive personal information such as

social security or bank account numbers. Some job seekers have been surprised to learn they landed a job without an interview. However, when the employer asked for personal information in order to fill out the necessary paperwork suspicions were raised. Regardless of the reason given by the employer, a job applicant should never give out his or her Social Security or bank account number over the phone or by e-mail.

An employer offers the opportunity to become rich without leaving home. While there are legitimate businesses that allow employees to work from home, there are also a lot of scammers trying to take advantage of senior citizens, stay-at-home moms, students and injured or handicapped people. Job hunters should use extreme caution when considering a work-at-home offer and always research the company with the BBB.

An employer asks for money upfront. Aside from paying for a uniform, it is rarely advisable for an applicant to pay upfront fees for a job.

The salary and benefits offered seem too-good-to-be-true. Phony employers might brag about exceptionally high salary potential and excellent benefits for little experience in order to lure unsuspecting job hunters into their scam.

The job requires the employee to wire money through Western Union or MoneyGram. Many phony jobs require the prospective employee to cash a check sent by the company through the mail and then wire a portion of the money on to another entity. Reasons given for this requirement vary from scam to scam. The check might clear the employee’s bank account initially, but will eventually turn out to be a fake. The consumer is then out of the money wired to the company.

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Chautauqua Playhouse has opened the first show of its 35rd season, the farcical comedy DRINKING HABITS by Tom Smith on August 19th at the Playhouse. The show will run on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through September 25th. All performances will be held at the Chautauqua Playhouse, 5325 Engle Road in the La Sierra Community Center in Carmichael. Admission is \$19 general and \$17 students, seniors, children and SARTA members.

Appearing in “Drinking Habits”:
(L) Alison Whismore, Dawn Towle, T S Hamilton

Accusations, mistaken identities, and romances run wild in this traditional, laugh-out-loud farce. Two nuns at the Sisters of Perpetual Sewing have been secretly making wine to keep the convent’s doors open, but Paul and Sally, reporters and former fiancées, are hot on their trail. They go undercover as a nun and priest, but their presence, combined with the addition of a new nun, spurs paranoia throughout the convent that spies have been sent from Rome to shut them down. Wine and secrets are inevitably spilled as everyone tries to preserve the convent and reconnect with lost loves.

The production is directed by Diane Bartlett and features Alison Whismore, Bob Nannini, Andrea Kersten, TS Hamilton and many other popular Sacramento actors. Set design is by Rodger Hoopman with costumes by Eileen Beaver. Lighting design is by Don Myers.


Information and tickets are available through the Chautauqua Playhouse website: www.cplayhouse.org or call the box office at (916) 489-7529, during business hours.

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Playoff Tickets on Sale as River Cats Battle for Division Title

Sacramento Region – Playoff tickets are now on sale for the Sacramento River Cats, who currently hold a 9.0-game lead over the Las Vegas 51s in the Pacific Coast League South Division. With 22 games remaining in the regular season, fans should secure their Pacific Coast League playoff tickets early. Tickets are now on sale at the Raley Field Ticket Office, www.rivercats.com/playoffs and www.ticketmaster.com. Individual game tickets are available as well as full six-game playoff strips, which provide the best value.

The River Cats “magic number” to clinch their 10th division title in 12 years is 14 (“magic number” refers to the number of River Cats victories needed to clinch the outright division title). The River Cats have won a



remarkable four PCL Championships (2003, 2004, 2007 and 2008) and two Triple-A Championships (2007 and 2008) in the franchise’s first 11 seasons.

Should the River Cats qualify for postseason play, the team will host games 3, 4 and 5 (Sept. 9, 10 and 11) of the five-game Pacific Conference Championship Series at Raley Field (Games 4 and 5 if necessary). Games 1 and 2 would be played on the road.

If the season ended today, the River Cats’ first-round opponent would be the rival Reno Aces (Triple-A affiliate of the Arizona Diamondbacks), who own a 5.5-game lead in the North Division.

If the River Cats advance to the PCL Championship Series (also a best-of-five format) they would again host games 3, 4 and 5 (Sept. 16, 17 and 18) at Raley Field (Games 4 and 5 if necessary). Games 1 and 2 would be played on the road. If the River Cats were to win this series and be crowned Pacific Coast League Champions, they would then play the International League Champion in the Triple-A Baseball National Championship Game in Albuquerque, NM, on Tuesday, September 20.

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STATEPOINT CROSSWORD • THEME: FAMOUS INVENTIONS

CROSSWORD

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21. "Cyrus McCormick's invention"
23. Brooks or Gibson, e.g.
24. Small stream
25. Sometimes hard to find in city
28. Traditional spot for an earring
30. Front of a building
35. Like dental surgery
37. Vagrant
39. 13 in baker's _____
40. Average

DOWN

41. Hill or Baker, e.g.
43. Just below roof
44. Gives off
46. ___ drab
47. Wedding cakes often have more than one of these
48. Leader of a Muslim state
50. Russia's Peter the Great, e.g.
52. "___, the Beloved Country"
53. Hippocrates' promise
55. Theatrical prompt
57. Not dense
60. "Allen/Gates invention"
64. Wallop
65. Neither
67. Dam
68. Affected by wear
69. Masseuse's office
70. African chieftain
71. Movie "The Way We ___"
72. Clairvoyance
73. Form of Japanese poetry

DOWN

1. 50 percent
2. "An invention usually starts with a good one"
3. Serengeti sound
4. Biblical Abraham's original name
5. "Father of Genetics"
6. One turns green with it?
7. "Me," in Paris
8. Wombs
9. Fish found off Atlantic coast of U.S., aka porgy
10. Decrease gradually, often precedes "down"
11. Short for engineer
12. Just a ___ bit
18. Sometimes comes tossed
20. Often comes with a lei
22. Rudolph's friend Hermey, e.g.
24. Resurrection of the dead
25. Ratio of hypotenuse to opposite side of right-angled triangle
26. Scent
27. Russia's St. _____ Cathedral

29. "Character Q provided great inventions to him"
31. "Inventor of revolver"
32. Pre-life
33. Postpone
34. Diary item
36. Lesotho money
38. "Inventor of 'hoisting apparatus'"
42. Olden day calculators
45. Not quite a spoon and not quite a fork
49. ___-been
51. Streamlet
54. Past, present or future _____
56. Organ swelling
57. If it fits...
58. She survived her infamous husband Henry VIII
59. Bane of teenager's existence
60. Tortilla sandwich
61. Baker's baker
62. Song "Eight Days a ___"
63. "Que sera ___"
64. "Huge network"
66. Roman goddess of plenty

For Solution See Page 11



By Reverend Kevin Kitrell Ross

“Most people work just hard enough not to get fired and get paid just enough not to quit.” –George Carlin

TGIF! Thank God It’s Friday has become a common expression among most Americans to describe the overall experience of their work week. The translation usually means, “I am so glad to be off from this stressful, unsatisfying job for the next two days!” Friday for most American companies, is also pay day. Rather than heading to the bank on Fridays, people are bolting to the bars, the clubs, or any place to escape a work week from hell.

Of course, I am speaking in sweeping generalities and could not possibly account for every working American. However, health statistics show that the average American suffers from heart attacks between 8:00 a.m. and 9:00 a.m. on Monday mornings en route to stressful jobs that make them miserable.

So why all the stress at work? There are several reasons people are stressed at work. They include low pay, poor management, untidy and disorganized facilities, poor employee morale, unreasonable performance expectations, and perhaps, most important of all, people simply don’t want to be there.

When a person is unable to find for himself a compelling reason for investing his time and energy on a job, he automatically creates within himself an unconscious resentment toward it. This resentment leads him to becoming increasingly sensitive to his work environment and more easily irritated than usual. He views his work as an obligatory chore, the environment as a containment, his co-workers as co-underdogs and his management, slave-drivers.

T.O.U.G.H. Talk at Work

Of course, this is in the worst case scenario. Nineteen century writer Maxim Gorky concurs: “When work is a pleasure, life is a joy. When work is a duty, life is slavery.”

“Truth or Consequences”

Many of my clients who seek out my coaching services are those who feel trapped in jobs that they can’t stand or for which they are simply not compatible. Connie, one of my clients, is an attorney by profession, but only because her father wanted her to be one. She sought me out to help her realize her true life’s dream of being a television producer for public TV. As we worked toward helping her make the transition, Connie described how very draining it was for her to go to work and said that she was really at the firm for the money and for no other reason.

Everyday she came to work not wanting to be there, with increasing case loads, and with her partners becoming increasingly more impressed with her work and eager to make her partner. She told me that just coming to work each day was making her sick and nauseous.

On the other hand, Connie would light up every time I would have her share with me her heart’s true vision. She would come totally alive as if she could actually see it. I had no doubt that she belonged in television, because of her incredible passion for creating documentaries that tell the stories of people who achieve great success while overcoming tremendous odds.

Connie didn’t know how she was going to face her partners and announce she was leaving in two weeks. She could stay there for the money and suffer silently, or she could tell the truth and tread out into the deep, risky waters of public broadcasting.

The price Connie would pay for not acknowledging her true dream would far outweigh the money she would make if she stayed put. But like so many others, maybe even you, Connie didn’t have the courage to make the choice without help.

“Facing the Music”

Are you at a point in your life

where you feel you are at a crossroads in your career or business and find yourself afraid, intimidated, or a bit weak in the knees to tell your boss or business partner(s) the truth?

It may not be a terminal decision, but it may be that you have to blow the whistle on someone, fire a subordinate or evaluate your superior. Whatever the case may be, it’s going to take you mustering the inner strength to have that T.O.U.G.H. talk and do so without burning a bridge.

While it’s important to tell the truth, it is also important to do so without the intent of harming another person. Therefore, standing up for yourself does not equate to standing on someone else’s foot. It simply means standing on your own two big spiritual feet and truthfully communicating your truth with the intention of making things clear, and not “telling someone off”.

The following steps will assist you in walking through the process with as little difficulty as possible:

- 1) Clearly identify what the challenge is you’re having in the workplace and with whom.
- 2) Determine for yourself exactly what you want.
- 3) Write it down.
- 4) Visualize everything going better than you imagined it could.
- 5) Rehearse your lines with someone who loves you.
- 6) Schedule an appointment or select the best time to have your T.O.U.G.H. talk at work.
- 7) Have the T.O.U.G.H. talk.
- 8) Evaluate your performance and your results.
- 9) Reward yourself for your efforts and courage.

Kevin Kitrell Ross is the host of Design Your Life weekly radio program, online at www.unity.fm, every Wednesday at 10:00 a.m. He is also the Senior Minister/ Spiritual Director of Christ Unity Church of Sacramento, online at www.christunity.com . Feel free to join them for one of their two services 9:00 a.m. and 11:00 a.m. Christ Unity Church is located at 9249 Folsom Boulevard, Sacramento.

Of Boxes and Baggage



“Keeping the Faith”
By Ronnie McBrayer

As I sit down at my keyboard to pound out this week’s column, there is a moving truck parked in my driveway. Most of my family’s earthly belongings are already loaded, and we are down to computers, televisions, and mattresses on the floor.

My kids love it. They say it is like camping, though I’ve never camped with so good a Wi-Fi signal (and I have never written a column while sitting “criss-cross-apple-sauce” in the kitchen floor, all chairs, tables, and desks now placed on the truck).

Our move is a migration of several hundred miles to be closer to aging parents/grandparents. They need a little more help these days, and we are happy to lend a hand. We are excited about our new home and energized about the future, but our hearts are fractured a bit as we leave friends and familiarity. It is a fusion of so many emotions.

One thing, in the midst of all this emotional and transitional upheaval, is certain however: I despise the actual act of moving. There are boxes to pack (only to be unpacked later), furniture to disassemble (only to be reassembled in a matter of days), cabinets to clean out (how did all of

it fit in there!), an attic to expunge (why did we keep all this junk!), and more heavy-lifting than any human being should ever be subjected.

The situation is complicated further by the varying approaches my wife and I take to moving. My spouse tends to keep everything, never knowing when she might need it in the future. I prefer to get rid of everything not used in the last three months, so a great deal of energy is spent on this tug-of-war instead of loading boxes.

I adhere to a wonderful proverb that our Czech friend Alana shared in the midst of these moving days. She said, “In my country we have a saying: ‘The best move is a fire.’” I chuckled when Alana first shared this. After consuming a mega-bottle of Ibuprofen for my sore back and shoulders, I understand the wisdom of her words.

Moving is hard; physically, emotionally, or spiritually. We settle into the usual state of affairs, lulled into contentment with the way things are, and we rarely move/change/grow without somehow being compelled into it. Sometimes the compulsion to move comes to us as a gentle nudge, like a youngling pushed from the nest (or the declining health of parents), an opportunity to grow and mature.

Sometimes we re-sort and change our lives because of a major crisis: A divorce, a pink slip, a sickness, or a financial collapse. And sometimes we get knocked off of dead center like a smack of lumber to the head – we change, simply because we have

no other choice.

The truth is few of us would grow toward maturity without such pressure. The effort it takes to work through all of our stuff is just too back-breaking. For our attics are filled with stowed away anger, resentment, and unforgiveness, kept in mothballs because we cannot bear to let these go.

Into the basements of our hearts we have shoved our hate, fear, and distrust toward God, and we have locked the door, never wishing to handle these things again. And our cupboards and closets are running over with unresolved regrets, personal disappointments, and the tyranny of “what-might-have-been.”

Pushing the analogy to its limits, the moving truck into your future is plainly not able to hold all of your junk. To move on, all of these stores and stocks have to be dealt with. Yes, I think the Czech proverb is correct; we would all prefer a fire. That would be easier. Just start life fresh and clean, without all the boxes, baggage, disassembly and disorder.

But a do-over is not one of our options. We must begin with where we are, with who we are, and with what circumstances we have been blessed or cursed, and from there move into the future. It’s not easy, but it is the only way.

Ronnie McBrayer is a syndicated columnist, speaker, and author. His books include “Leaving Religion, Following Jesus” and “The Jesus Tribe.” Visit his website at www.ronniemcbrayer.net.

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By Marlys Norris,
Christian Author

The Holy Spirit gives enabling power to live the Christian life and have an effective prayer life. Evidence of the infilling of Gods Spirit is a “passion within” for the lost souls who still have not yet made a decision to accept Jesus Christ as their personal Savior and Lord.

The Holy Spirit gives unction and

Infilling of the Holy Spirit

understanding of the Word of God (Bible) and the Scriptures “come alive” in their personal life as they live-out and claim the promises of God. The Holy Spirit is the One of the trinity (He was with the Father and Jesus when they created heaven and earth) that draws the unbeliever to Jesus Christ. He is a lifelong teacher of those who already do believe and He is always active from the beginning of time. The drawing to the absolute truth of the Bible happens as He draws a seeker and reveals God’s plan of redemption through Jesus Christ. Jesus is the baptizer in the Holy Spirit and with this new infilling come the gifts of the Spirit to serve as stated in Scripture.

All gifts are valuable and needed in the church (the Body of Christ) just as all members of our body are

needed to be a whole person. But the greatest of all gifts is LOVE, (1 Corinthians 13) unconditional love that is able to love the unloving. Caring for people, who do not fit into ones lifestyle or status of living – persons in need of physical, spiritual and mental healing. For if we cannot love our brother whom we do see, how then, can you love God whom you have not seen?

Reverence for God, Father, Son and Holy Spirit include: honor, praise, enjoyment, worship, adoration, admiration, praise, devotion, esteem, defer to, revere, and abiding love.

Marlys Johnsen Norris, Author
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Sudoku Puzzle
on Page 5

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CSLB Revokes License of Once-Prominent Area Restaurateur and Developer

Sacramento Region – The Contractors State License Board (CSLB) officially revoked the license of Stonegate Construction, Inc.’s license (#766777) on August 12, 2011. Stonegate Construction President and Responsible Managing Officer Abolghassen “Abe” Alizadeh signed and accepted the terms of a stipulated settlement agreement on August 5, 2011, in response to a CSLB investigation that concluded Alizadeh had diverted construction funds, and failed to pay subcontractors and materials suppliers.

As part of the agreement, Stonegate Construction’s license is revoked for at least one year. Before the license can be reinstated, or another license issued to Alizadeh, he must:

- Pay CSLB for the cost of its investigation and enforcement (\$16,386.05);
- File a disciplinary bond valued between \$15,000 and \$125,000 for at least two years; and
- Prove that restitution has been made to subcontractors, or demonstrate that these debts were resolved civilly or successfully discharged in bankruptcy.

CSLB opened its investigation in 2009 after complaints were filed by more than 20 subcontractors and materials suppliers who had not been paid. CSLB partnered with the Franchise Tax Board, Board of Equalization, Employment Development Department, and Division of Labor Standards Enforcement, to whom Alizadeh also owed millions in unpaid fees and taxes. Alizadeh was arrested in January 2011 on grand theft and other felony charges related to that part of the investigation.

“CSLB hopes this sends a clear message that there will be serious consequences for licensees who do not follow state laws,” said CSLB Registrar Steve Sands.

“Mr. Alizadeh must be held accountable for these violations of state contracting and other laws before he is ever allowed to contract again.”

The Contractors State License Board operates under the umbrella of the California Department of Consumer Affairs. More information and publications about hiring contractors are available on the CSLB website or by calling 800-321-CSLB (2752). You can also sign up for CSLB email alerts at www.cslb.ca.gov. CSLB licenses and regulates California’s more than 300,000 contractors, and is regarded as one of the leading consumer protection agencies in the United States. In fiscal year 2010-11, CSLB helped recover nearly \$45 million in ordered restitution for consumers.

*Source: V.Stromberg
CSLB Public Affairs Office*

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A Case in Point

The Case of the Hidden Camera

By David Graulich, Esq.

Somebody was stealing the inmates' money.

Between February and April 1993, the Sacramento County Sheriff's Department was missing \$1,124 in cash that was the property of inmates. The money had been stolen from a small cashier's office in the main county jail's booking/release area. Cash belonging to a newly-admitted inmate was stored with the cashier until the inmate was released from jail, when an officer returned the money.

In addition to officers assigned to the cashiers' office, the area was accessible to a number of civilian employees and to inmates who worked on a cleaning detail.

To catch the jailhouse thief, a concealed video camera was placed in the cashier's office. Managers, supervisors and some jail staff were the only ones aware of the camera. No warrant was obtained.

On the second day of surveillance, two officers in the cashier's office noticed something sticking out of a vent and discovered the camera. They removed the camera and reported the discovery to their union, the Sacramento County Deputy Sheriffs' Association. The Association then sued Sacramento County.

The Association claimed that the hidden camera violated protections against unlawful search and seizure in the Fourth Amendment of the U.S. Constitution. Additionally, the Association argued that the hidden camera violated the California Penal Code, which prohibits invasion of privacy, and was an unlawful intrusion into the plaintiffs' seclusion.

The key issue was this: did the officers have a reasonable expectation of privacy while on duty, with the door closed, in the cashier's office of the county jail?

During trial, one officer testified that used the cashier's office for playing cards, balancing his checkbook, checking statistics for a fantasy football league, and undoing his pants so as to tuck in his shirt. A second officer testified that he used the office to drop his pants and adjust bandages around a knee injury. Although the camera had no audio capabilities, all plaintiffs who testified made a point of asserting they used the office for private conversations.

Sacramento County won the first round. The trial court granted the County's motion for summary judgment – that is, the court dismissed the Association's claims. The Association appealed, and the case went before the Court of Appeals of California, Third District, which is located in downtown Sacramento (621 Capitol Mall).

The Association argued that the presence of hidden surveillance cameras raised the danger of an "Orwellian state," in which Big Brother constantly spied on private conduct. Citing a 1967 U.S. Supreme Court case, Katz v. United States, the Association said that the Fourth Amendment "protects people, not places." In other words, the wrongfulness of a hidden camera shouldn't be linked to where it is located, but rather to whether it violates the reasonable expectation of privacy of those persons who are involuntarily being recorded.

If you were on the three-judge panel hearing this case, what would you have ruled?

Here's what happened on appeal: the Association lost again.

"Fourth Amendment jurisprudence," said the court, "reveals a long history of judicial recognition that privacy expectations may be diminished in prison or jail settings, due to institutional security concerns."

Basically, the court said that when you accept employment inside a jail, you also accept that standards for what's public and what's private will be different than in a typical workplace.

"That plaintiffs may have believed they could exclude others and may have closed the door when they wanted privacy does not mean they had an objectively reasonable expectation of privacy," said the court.

What about places in the jail, such as bathrooms and locker rooms, where employees conducted undeniably personal activities? Such places, even in a jail, still had a reasonable expectation of privacy, the court conceded. However, "the release office is not such a place. It serves as an integral component of the system for recording and releasing inmates' property, and it is a room to which inmates have access."

"The nature of the room," the court concluded, "is such that it is not private."

There's a footnote to this case. Despite the use of the candid camera and all the attention that the case received, the jailhouse thief was never caught.

David Graulich, Esq. is a resident of Fair Oaks and an attorney with The Law Firm of Tim O'Connor. David welcomes comments on "A Case in Point" columns and can be contacted at (916) 932-2312 or by email: David@timoconnorattorney.com.

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goal in mind.

3) Serve your meals on smaller plates. Most of us are used to seeing our plates full. Anything less makes us feel like we're not getting enough.

4) Park farther away. Park at least two rows away from the entrance to your workplace, the grocery store, or any routine place. No driving around to find a closer space. You'll walk off the pounds in the process.

5) Take the stairs. Going up one level? Don't use the elevator. By climbing just one flight of stairs every day, you can burn an extra 5800 calories a year.

6) Brush your teeth after dinner. Who doesn't like to have minty-fresh breath and clean teeth? Instead of waiting til bedtime, do it right after you finish dinner. Don't have anything but water the rest of the night. This simple step helps avoid mindless late-night munching.

7) Keep a record of the calories you don't eat. Did you skip the Doughnut at work this morning? That's 250 calories you won't have deal with. How about potatoes without gravy? That's 150 calories saved. It empowers you to know you saved hundreds, even thousands of unnecessary calories a day or a week.

8) Eat in designated areas only. Avoid mindless eating by having meals in the dining room or at the kitchen table—don't eat while you're watching TV or sitting in front of your computer, and don't eat in your car or bed.

9) Move the candy bowl. If sweets are available at work or at home, put them in a place that isn't within eye-sight. Don't set yourself up for mindless eating. Get them out of view.

10) Eat a protein bar. Instead of munching on a snack that's empty calories, grab a low-calorie, low carbohydrate protein bar. It's nutritious and will help suppress your appetite for hours.

That should get you started, but there's lots more where that came from in "Doctor's Orders" like fitting simple weight-loss techniques into a hectic lifestyle and how to avoid rebound weight gain, and lots more. Say goodbye to carrying the weight of the world. Well, maybe a few pounds can make a big difference.

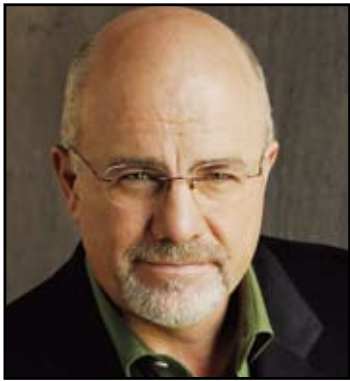
Join Mary Jane for the KAHN Noon News Monday-Friday and then again for POPOFF 10 PM-Midnight.

DOCTOR'S ORDERS

Diets don't work! I know you've heard that one before. Now, if you google "weight loss expert", **Dr. Kent Sasse** is often the #1 result that comes up on your computer. He is a renowned pioneer in the field of medically supervised weight loss. Now he offers 101 medically proven tips for losing weight in "Doctor's Orders." These are solutions beyond food---surprising solutions---that get at the heart of how we think, why we eat, and what to do about it. Here are ten simple steps to get you started.

1) Start a food log: Keep an accurate record of everything you eat. You become much more aware of the food and drink you're consuming. In time, this heightened mindfulness will help you to make—and stick with—healthful; changes in your diet.

2) Weigh yourself everyday. Studies show that, when trying to lose weight, we are most successful when we weigh ourselves daily. Keeps the



Dave Says

it's a little less than what they want for the item in question.

The third thing is patience. Don't get all hot and bothered about a certain item at a certain place. Calm down and be willing to wait for a deal. You lose your ability to negotiate a great deal—not to mention your walk-away power—if you get all worked up and married to something before you know what else is out there!

- Dave

Will Paying Early Help?

Dear Dave,

Will it improve my credit score, and help my ability to buy home later, if I pay my rent 30 days early for the next two or three years?

- Tanner

Dear Tanner,

No. Your landlord probably isn't going to report early payments to the credit bureaus. Just make sure you pay it on time. It is smart to pay a few days early, though - maybe seven to 10 days ahead of time, but for a different reason. That way if something goes wrong at the bank, you've still got time to fix the problem. Chances are your credit score won't be impacted by your rental payments unless you're late, and especially if you have several late payments. That could sure become a black mark against you later!

I'm not a big fan of the FICO score, because it doesn't measure things like assets, income or net worth. It's really just an indicator of your interaction with debt. This is one of the reasons why it's really dumb for companies

to base lending decisions solely on a FICO score.

Fortunately, you can still find lenders that provide mortgage loans based on manual underwriting procedures. But they're getting harder and harder to find!

- Dave

It's Just Another Gimmick

Dear Dave,

I've got my \$1,000 emergency fund in place, and I'm working toward paying off my debt. I was wondering what you think about credit card insurance offered through the card companies? It doesn't sound like a bad deal if they'll make the minimum payment for you if you become disabled or unemployed.

- Terri

Dear Terri,

Credit card insurance is just another gimmick, so I think I'd pass on that if I were you. I don't buy gimmicks.

Here's the deal. You should already have long-term disability insurance through your employer. If you don't, then you need to get it today. That way you're already covered and can make the payments if you happen to become disabled somewhere down the road.

Remember, you're also working your way out of debt and building your emergency fund. So in a sense, you're going to use your emergency fund as insurance against bad things happening while you knock out that debt and beyond!

- Dave

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RETIREMENT & ASSISTED LIVING

Fair Oaks Racquet Club Raising Money for Miller Park Improvements

Fair Oaks – In 2012 the Fair Oaks Racquet Club will celebrate 50 years of tennis at Miller Park, in Fair Oaks, California. To honor our past and pay it forward for another 50 years our tennis club is raising money to improve the tennis facilities at Miller Park. The tennis courts are cherished community resource enjoyed by families, community tennis players and competitive league play. The facility is tired and needs improvement and the Fair Oaks Racquet Club members are working to pay it forward for continuing generations of tennis players.

According to the Fair Oaks tennis professional, Paul Garron, the new USTA program for kids ten and under uses special striping for a smaller court. Paul says "these courts can really be improved and we can create more programs for all ages". Tennis, known as the sport for a lifetime, has four major benefits. First, vigorous tennis burns 8 calories per minute according to a study by the American

Council on Exercise which is more than in aerobics, skating, and golf. Second, tennis is tactical and requires alertness, which improves brain connections (University of Illinois). Third, a study of athletes vs. non athletes showed tennis players were more positive, had less anger, depression, confusion and anxiety. And lastly, sports that are played using leg action promote bone health and this in turn reduces the effects of osteoporosis.

The fundraising plan includes replacing the 20+ year old windscreens, adding shade to the walkways, adding a new equipment storage box for tennis coaches, resurfacing the courts and researching energy saving lights. The Racquet Club recently formed a partnership with the Fair Oaks Recreation Foundation. The Foundation partnership will make all donations tax deductible. In addition, the Racquet Club is trying to get a USTA grant for \$4,000 to replace the windscreens. The club must raise a matching \$4,000 by

fall 2011.

The Club is hoping the public will help with donations that are tax deductible. Checks made out to the Fair Oaks Recreation Foundation can be mailed to the Fair Oaks Racquet Club, PO Box 672, Fair Oaks, CA, 95628. Further information is available on the club website at www.forctennis.com.

According to club President, Clai ren Peeters, "we are going to work as hard as we have to so we can find the money to make this facility a diamond. There is no way we can make these improvements without every donation of \$5, \$10 and \$15 dollars from as many people as we can motivate to help us." The club is looking for donations of prizes from local businesses in Fair Oaks for the tennis tournament" The Club is planning a fundraiser at Gold River Chevy's (2220 Gold Springs Ct) on August 24th from noon to 9 pm and a booth at the Fair Oaks Chicken Festival on Sept 17th and a Tennis Tournament on October 15th.

Referendum to Stop SB 48

Commentary by Yolanda Knaak

After SB 48 was signed into law by Jerry Brown on July 13, Pacific Justice Institute filed a referendum called, 'Stop SB 48'. A referendum temporarily stops a law; it requires signatures to be collected and allows a vote of the people. SB 48 adds 'lesbian gay, bisexual, and transgender' to the education code SECTION 1 Section 51204.5, at the end of a list of minorities. Public school children, kindergarten through twelfth grade will be required to study their role and contributions in social studies and other subjects. The bill makes other amendments to the education code; they add 'sexual orientation' in several places. To review the entire bill, see 'SB 48 Official California Legislative Website'. SB 48 was purported, by the author Mark Leno, to stop bullying, even though current legislation to stop bullying is already in place.

The 'Stop SB 48' referendum requires 500,000 valid voter signatures,

which must be submitted to the state before September 30, 2011. If the signatures are obtained before the deadline, then SB 48 will be put on the ballot in 2012, and this would allow California voters to make a decision whether they want the bill to become law or not. If the signatures are not obtained, the bill will become law January 1, 2012.

There are a lot of complaints about SB 48. The Los Angeles Times Editorial, on April 08, 2011 asserts that textbooks are better written by historians, rather than by politicians. Stop SB 48 complains it costs too much, even if they only purchase supplemental materials. Dr Michael Brown is opposed to the bill because it could cause early sexualizing of our children, he reports, "There are some important things that can be lost and then recovered. . . innocence is not one of them, especially the prepubescent, sexual innocence of a child." Lastly, SB 48 takes away parental rights, by not allowing parents the right to opt out.

For more information on the

referendum, go to Stop SB 48. Petitions must be circulated by county; signatures from 2 different counties on the same petition will not be valid.

Do we want our politicians rewriting our history books? Do we want our five year olds learning about transgenderism. At five, how would they respond to hearing about a woman becoming a man or visa versa? Could this bill cause early sexualizing and a loss of innocence in our five, six and seven year olds? Who will take the responsibility, if our young children are harmed emotionally? With all these unanswered questions, does this bill sound like an experiment on our young children or an anti-bullying bill to protect lesbians, gays, bisexuals and transgenders?

About the author: Yolanda Knaak has a Masters Degree in Nursing from UCLA and is currently an elected member of the Sacramento County Republican Party Central Committee. Her email contact is Yolanda7777@rocketmail.com.


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END of the BENCH

by **Gerry Scholl**

The NFL – A Mental Institution

What in the wide, wide world of sports is going on here?

If you have any plans to attend a pro football game in the Bay Area this season, cancel them, unless you have a bullet-proof vest and a hockey goalie’s helmet in your closet.

A couple of weeks ago in this space I wrote about That Fighting Spirit in sporting events — among the participants. That is all bad enough, but with the reports of the wild violence that took place among fans Saturday at Candlestick Park at the 49ers-Raiders game—two shootings in the parking lots; a brutal beating in a restroom; many, many fights in the stands — the fighting mentality has escalated out of control.

I’d hate to think these things are a microcosm of our society as a whole — though there is more than enough violence in our world. In many everyday ways violence is sensationalized and even promoted. The gang element, which is a part of the mix at these events, is all about violence.

One can’t say these issues are limited to the NFL when there have been recent incidents such as the Brian Stow beating at Dodger Stadium in April and the Georgetown University-China basketball melee a couple of weeks ago. But, in the NFL, the problems are prevalent; violent activity is an every-game occurrence.

Pro football is an extremely violent endeavor. Violence breeds violence, and it is overflowing into the stands. The league looks to control the ill effects of the violence on the field with improved equipment, rules changes, medical precautions and the like, but has clearly not done enough to control things beyond the field.

Flowing testosterone and ignorance joining with a raging river of alcohol produces a flood of uncivilized behavior. Many teams claim to adhere to a “zero tolerance policy,” but fail miserably enforcing it, while cashing in big time with a status quo approach.

Raiders CEO Amy Trask and 49ers President Jed York had considerably weak responses to the issues on the morning talk shows.

The Raiders have promoted their “tough guys” image for decades and have embraced fans who identify with it. Some 49ers fans, insulted by the “wine and cheese crowd” tag, feel a need to prove their manhood as well with a tough response.

It’s a bad mix to have a good number of these fools sitting side-by-side in the same stadium. The league is considering, and should adopt, a plan to cancel the annual 49ers-Raiders preseason match up in the future.

And — so much for the “new shared stadium” idea. These events are likely to jeopardize progress on any new stadium plans. Who wants these sorts of things going on in their backyard?

I like watching the NFL on TV like millions of other fans and have rooted for both Bay Area teams through the years — and that’s ok. Sometimes some of the violence bothers me, but the players know what they are in for when they play the game. I don’t want to see players getting hurt, I want to watch them play. I never feel like hitting or shooting anybody because they are a fan of the opposition. Apparently there are those who do.

I wasn’t very impressed the couple of times I attended games in person anyway. I couldn’t see the action very well; no great replays like those on TV; the play stoppages were unbearable; far too many idiots in attendance — not that much fun.

Lucky for me the games are better on TV. I think I’ll play it safe and watch from the recliner.

My recommendations: Stay home. Stay healthy. Sell the vest and helmet at your next garage sale.

Meet Chopper the Motorcycle Dog

By Kay Burton

Chopper is a two-year-old Shih Tzu who keeps very busy. He blogs, has a motorcycle club, and has recently written his first book. The book is entitled *I’ve Been Picked*.

Chopper’s co-author and mommy is Amanda L. Steedley, who co-hosts his events. The photo-illustrated *I’ve Been Picked* is the story of Chopper’s forever family through his eyes. Readers can come along for the ride as Chopper meets new friends and neighbors. He finds all kinds of ways to have fun and make mischief. *I’ve Been Picked* is a delightful photo story...a good book to read for all ages showing his friends, family, habits and happy adventures.

A compact and solid dog, the Shih Tzu’s long, flowing double coat is its most distinctive feature. The word Shih Tzu means “lion” and although this dog is sweet and playful, he is not afraid to stand up for himself.

Cherished by Chinese royals as prized house pets for over a thousand years, it is believed to have descended from crossing the Lhasa Apso or Tibetan mountain dog and Pekingese. The Shih Tzu was the house pet for most of the Ming Dynasty and was discovered



by soldiers in England during World War II.

Chopper will be the Grand Marshall of the Founder’s Day Dog parade at the Carmichael in September 24 and will have a book signing booth at the event. In addition, this busy little dog will have a book reading and signing at the Fair Oaks Library.

When riding with his motorcycle pals, Chopper wears riding gear, sits in a special tank bag, wears a motorcycle helmet and wears goggles.

Kay Burton is a longtime columnist and supporter of the SSPCA and other rescue groups. To share your family pet story with our readers, email: Kayburton1@comcast.net.

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Crossword Puzzle on Page 5



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HONORING OUR PAST - INSPIRING THE FUTURE

Pony Express Rides Again

By Julie Parker

It only lasted a year and a-half, but the legend continues to inspire.

This year marks the 150th anniversary of the beginning of the Civil War, as well as the demise of the Pony Express.

Central Overland California & Pike’s Peak Express Company, later known as “The Pony Express” and “the Pony,” was a costly entrepreneurial venture which began in 1860 by a freighting firm, Russell, Majors & Waddell, who already ran a stage line between the Missouri River and Salt Lake City. The lengthened Pony route ran from St. Joseph, Missouri, through the territories of Kansas, Nebraska, Colorado, Wyoming, Utah, Nevada, and into the only formal western state of the Union – California.

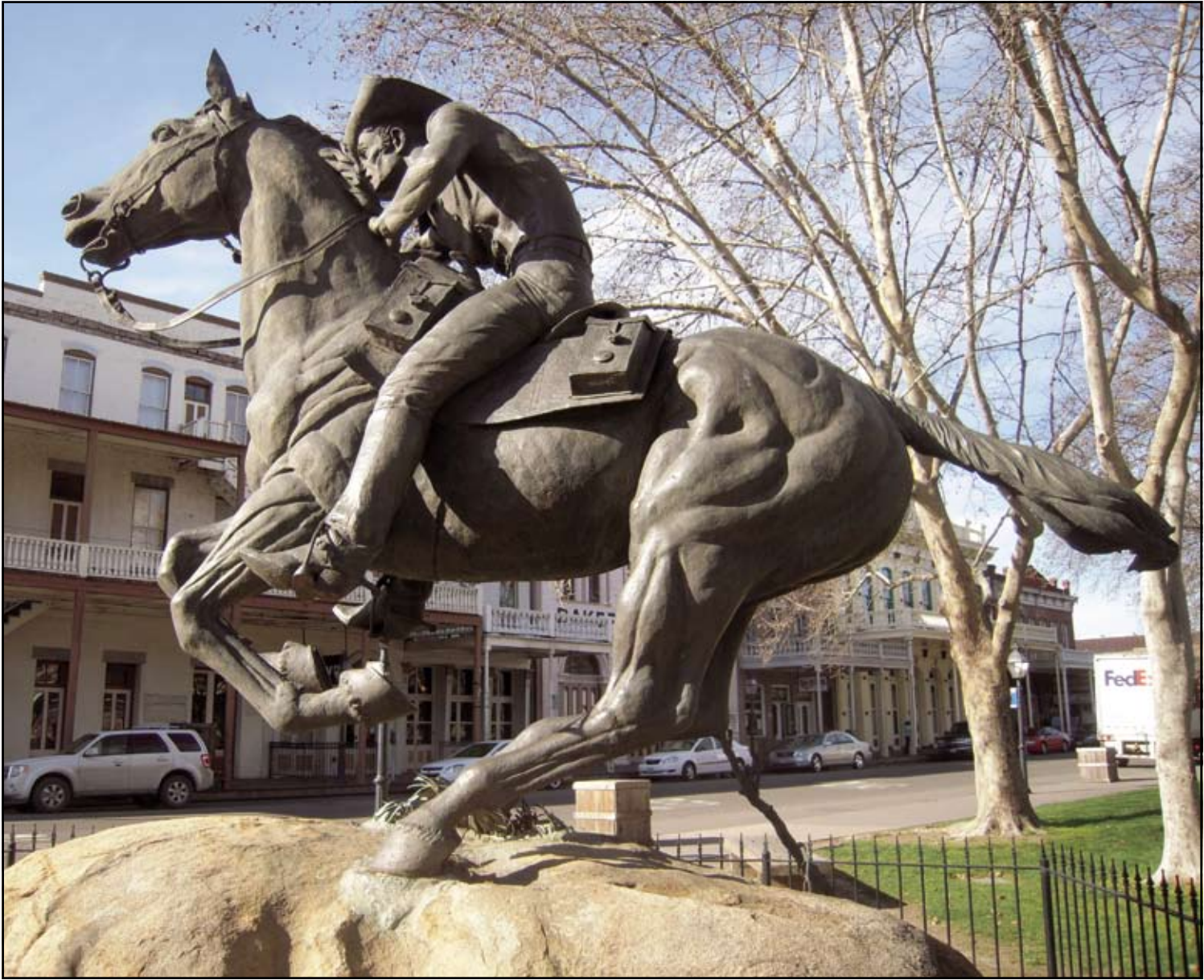
Californians waited months for letters to arrive, so the Pony Express was welcome, indeed.

Previous mail delivery efforts using mules and even camels, proved unsuccessful. John “Snowshoe” Thompson famously carried mail on homemade 10’ cross-country skis through high snow packs from Placerville to Carson City.

Eighty riders were hired to ride the Pony; their average age being nineteen. Rider William Campbell recalled, “Sometimes we used to say that the company had bought up every mean, bucking, kicking horse that could be found, but they were good stock and could outrun anything along the trail.”

On April 3, 1860, riders simultaneously took off from Missouri and California, east-to-west and west-to-east, to begin the new, fast mail service. Although some claim it began in San Francisco, the mail was shipped via steamer from San Francisco to Sacramento, where the ride itself actually started.

Adolph Sutro (later mayor of San Francisco) spoke of a sighting high in the mountains in a blinding snowstorm. “On the very summit we met a lonely rider dashing along at a tremendous rate. We wondered what could possibly induce him to go on through that gale, and thought it must be some very important business. It was the Pony Express.”



Californians use to wait for months for letters to arrive, so the Pony Express was welcome, indeed.

In addition to challenges of extreme weather conditions and physical exhaustion, riders faced dangers of tribal attacks. The Paiute Indian War resulted from an incident which occurred at Williams Station, Nevada, located along the Pony route. The station had been found burned to the ground, along with three burned, mutilated bodies. The man who discovered the horrific scene assumed it to be the work of Paiutes, who had a grisly reputation.

As news spread, the number of bodies and Indians rose in each telling of the story, with panic following in the wake. Many stations were destroyed and stock run off or stolen. “The Indians committed great atrocities,” recalled rider William F. Fisher, “burning some

of their victims on wood piles, scalping some and badly mutilating others. They had a good many bloody fights.”

Meanwhile, Robert Haslam aka “Pony Bob” was a regular rider on the Nevada-California border. Unaware of what was happening, he arrived at Carson City, where no fresh horses were to be found, as they had been gathered for a military Indian skirmish. So, he fed and watered his horse, and continued his ride east. At his next stop, the station keeper had been murdered, station burned and no fresh horses. He continued riding. At another station, the relief rider, panicked, refused to ride. The station keeper offered \$50 to Haslam to continue, so he did. He rode on, delivered the mail and returned to

his point of origin, without any problems. He had ridden about 380 miles in thirty-six hours.

For the delivery of Lincoln’s inaugural address to California, Haslam’s leg of the journey was 120 miles in eight hours and ten minutes, using twelve horses.

“...our work was more strenuous than freighting,” said Campbell. “It took sheer grit and endurance at times to carry the mail through.”

Rider Richard Cleve recalled riding for seventy-five miles in a raging Nebraska blizzard, and he still had thirty-two miles to the next station. Just finding the road was next to impossible. “I would get off the horse and look for the road, find it and mount the horse, but in five yards I would lose it

again. I tried it several times, but gave it up, so I dismounted and led the horse back and forth until daylight.”

In “Roughing It,” Samuel Clemens (who would become Mark Twain) wrote of the Pony Express. “In a little while all interest was taken up in stretching our necks and watching for the ‘pony rider.’ ... carrying letters nineteen hundred miles in eight days! Think of that for perishable horse and human flesh and blood to do!”

The Pony riders weren’t the only ones racing against time. They would often pass on communications to those building the telegraph, which would ultimately end the riders’ employment. Two days after the telegraph to President Lincoln was sent announcing the

completion of the cross-country telegraph, the Pony Express went quietly out of business.

“Our little friend, the Pony, is to run no more.”
Sacramento Bee - October 26, 1861

Russell, Majors & Waddell hadn’t been financially solvent at the outset. When the Pony Express ended, so did any opportunity for future business success. Majors and Waddell died in financial ruins.

The romantic saga of the Old West wouldn’t die, however.

Buffalo Bill Cody’s adventures as a Pony Express rider were actively promoted in dime novels and his traveling Wild West Show, which toured around the country, and Europe, into England, France, Spain, Italy and Germany. Unfortunately, Cody never actually rode with the Pony Express. The closest affiliation he had was his two month stint as an eleven-year-old messenger boy for Russell, Majors & Waddell.

Contrary to popular assumption, Wild Bill Hickok never rode with the Pony, either. Hollywood added to the romance of the old west and Pony Express, with its usual fabrication of facts.

Haslam, a true hero of the Pony Express, spent a brief period as a Deputy Marshal, but spent his remaining years drifting around. He suffered a stroke at age seventy-one and died a year later, penniless, on Chicago’s South Side. Buffalo Bill paid for his headstone.

You can experience the spirit of the Pony Express as The National Pony Express performs its annual re-ride of the historical Pony route from St. Joseph, Missouri to Sacramento – a distance of 1,966 miles – carrying commemorative and personal letters.

You can follow real-time coverage at www.xphomestation.com, where there will be reports and pictures from the trail.

The last rider will gallop into Pony Express Plaza in Old Sacramento on August 27, 2011 at 10:00 a.m. Bring the kids, enjoy a sarsaparilla and listen for the “War-hoop!”

Continued from page 1

Breaking Barriers

Kendrick and McCormick have been involved with SCSO since 1996; McCormick taking on the role of President in 2002, and is the only paid employee of the organization. All others work on a volunteer basis, except for the Board and the professional musicians. “That’s the biggest part of our budget,” says McCormick. “We have to pay an accompanist and rent the space at Sacramento State. My 90-year-old friend Carolyn is our Treasurer. Nothing sneaks by her.”

They helped co-found the Sacramento Children’s Chorus. “We often hire them to sing with us, and we pay them a nice fee to do so. Some of those kids have now graduated and are singing in the large choir.”

Members commute from Oroville, Nevada City, Lodi, Galt, Modesto, Fairfield and Woodland. They have enjoyed singing tours to Czech Republic, Hungary, China (including performing on the Great Wall), Austria and Germany. “Our mission is to promote appreciation, performance and education.”

McCormick recalls a special memory from Budapest. “Every time we do a CD we pay our orchestra \$8,000 for the intellectual property rights, before we go into production. That’s hard. I have to find that money. But the people in Budapest said, ‘Send us six CDs. That’s all you need.’ I was so touched. The conductor of the Budapest Concert Orchestra, after watching the rehearsal and concert, said to Donald, ‘From

the beginning, I saw that you had the orchestra and chorus in the palm of your hand, but not as a dictator like some conductors are, but as a friend.’ He told us, ‘These moments of international music-making probably do more to break down barriers than any politician could possibly do.’”

Next summer, they’ll tour Northern Italy, Venice and Croatia.

They’ve performed with Barry Manilow, Sarah Brightman, Boston Pops and Kenny Rogers, and have received several awards, including 2nd place for the Arts Innovation Fund Award.

For McCormick, the rehearsals are what makes singing with the chorus special. “It’s just such a treat to see these people coming in. They’ve had a long, maybe stressful day. But when they leave, they’re energized. The conductor leads with kindness.” Two of their members who met in the choir are getting married at the end of the month.

If you would like to attend their rehearsals, the public are always welcome. They begin August 29, 2011, continuing every Monday night (except Labor Day), starting at 7:00 p.m. at CSUS.

Although their concerts focus on classical pieces, they do perform show tunes the second Thursday each February (near Valentine’s Day) in the Sunrise Mall to work off fundraising pledges the members have procured. “We sing Lerner and Lowe, Rodgers and Hammerstein and Andrew

Lloyd Weber. The audience can join in, too. They often sit around the fountain. We get kids conducting.”

If you’ve been searching for a chorale, the Sacramento Chorale Society & Orchestra may be the right match for you. “I’ve sung with a lot of choirs,” says Haig. “A choir has its own personality. Sometimes it works for you and sometimes it doesn’t. One thing I like about this one is that if you’re in a jam, you can call someone and they’ll help you. When you’re new and it’s a really challenging piece of music and you’re also kind of new to the area, it’s really nice just to feel that you can call somebody. If you need to miss a rehearsal, you can ask someone next to you, if there are any changes can you keep track and e-mail them to me. You can count on people to do that.”

SCSO performs six concerts a year, in four different venues: Cathedral of the Blessed Sacrament, UC Davis Mondavi Center, Sacramento Community Center Theater and Fremont Presbyterian Church. For more information about their concerts or becoming a member, visit their website at SacramentoChoral.com.

“Sometimes,” says McCormick, “I like to think we’re the antidote for popular culture. It is so in your face. Is it ever hard to escape it. For about two and a-half hours on a concert day, you just relax. There’s something larger going on than a loud back beat that gives you a headache.”

Carmichael Oaks Hosts Annual Alzheimer’s Fundraiser

Carmichael – Carmichael Oaks Senior Living will be hosting their annual Alzheimer’s Association fundraiser BBQ, Beer, & Boogie event with co-host the Kiwanis of Carmichael, on Friday September 23rd from 5 - 8pm. The annual event serves to raise funds for the Alzheimer’s Association Walk To End Alzheimer’s. The Memory Walk is the nation’s largest event to raise awareness and funds for Alzheimer care, support, and research.

This year’s event will be held at a new location, St John’s Catholic Church, located at 5751 Locust Ave in Carmichael. Enjoy great food, drink, and entertainment featuring the Rotary Rooters band. In addition, there will be a silent

auction and raffle. Ticket price for the event is \$30 in advance or \$35 at the door. All proceeds will be donated to the Alzheimer’s Association. For more information, or to purchase tickets, please contact Virginia Stone or Denise Brandt at 944-2323. Last year, this event was the largest fundraiser for the Alzheimer’s Association of Northern California. With your help, Carmichael Oaks hopes to meet this goal again.

Alzheimer’s is the sixth-leading cause of death in the U.S. and the only cause of death that cannot currently be prevented, cured or even slowed. Today, an estimated 5.4 million have Alzheimer’s disease. Another American develops

this disease every 69 seconds. By the year 2050, as many as 16 million Americans will have the disease. You may know someone personally affected with this disease, so please join Carmichael Oaks in supporting their fundraising efforts. If you can not attend, please join Carmichael Oaks Walk team, Carmichael Oaks Folks at alz.org and make a donation to their team.

Carmichael Oaks Senior Living, located at 8350 Fair Oaks Blvd, has been part of the Carmichael community for over 30 years, offering seniors Independent, Assisted, and Memory Care living. Please visit their website at www.carmichael-oaks.com for more information.

Creative Frontiers, Inc. Requests Delay for Administrative Hearing

Citrus Heights – On July 18, 2011, the City of Citrus Heights temporarily suspended and revoked the business license issued to Robert and Sandra Adams, owners of Creative Frontiers School, Inc. located at 6446 Sylvan Road, Citrus Heights.

The suspension and revocation was based on information provided by the Police Department, the California Department of Social Services along with the City’s Building Department and the Sacramento Metropolitan Fire District. Owner and Principal, Robert Adams, is the named suspect in an ongoing criminal

child molestation investigation. Additionally, the business is in violation of city and state law, and its continued operation posed a serious and immediate threat to the health, safety, and welfare of the public.

In compliance with Citrus Heights Municipal Code 22-114(c), the licensee was given an opportunity to object to the temporary suspension of their business license within twenty four (24) hours from the original date of the suspension. Creative Frontiers, Inc. did not contest the temporary suspension.

In compliance with Citrus

Heights Municipal Code 22-116(a), the licensee was given an opportunity to appear at an administrative hearing to appeal the revocation of their business license. The hearing was scheduled for August 18, 2011. City Finance Director Stefani Daniell, stated “Creative Frontiers, Inc. requested to delay the hearing for at least three weeks and the City agreed to continue the hearing to a mutually agreeable future date”.

At this time, the City of Citrus Heights will not comment further on this continuing administrative process.

Source: City of Citrus Heights