

AMERICAN RIVER

M E S S E N G E R



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if Caregiving
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Volume 6 Issue 13

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

First Edition for July 2011

Water Rescues on the Rise



More boaters have died in swift water river accidents in the first six months of 2011 than any other comparable period on record. Knowing what to do in case of a water immersion, understanding the effects of cold water and wearing a life jacket are critical in improving chances of survival.

*From The Department
of Boating and Waterways*

Sacramento Region – As predicted by the Department of Boating Waterways (DBW), this summer is shaping up to be a dangerous one for water enthusiasts, particularly for rivers. More boaters have died in swift water river accidents in the first six months of 2011 than any other comparable period on record.

With water temperatures being extremely cold, outdoor enthusiasts can become incapacitated in just 10 minutes, to the point that the muscles in their limbs stop working and they will no longer be able to swim or rescue themselves.

“Outdoor enthusiasts in, on and around the water must use caution and be prepared,” stated DBW’s Acting Director Lucia Becerra. “Many rivers will be running faster and higher this 4th of July weekend than in the past years. Water levels in lakes will also be higher, masking underwater hazards that were exposed in previous years.”

The biggest safety concern now is the use of flotation devices such as lightweight rafts which may be designed for swimming pools or calm waters. These flotation devices are dangerous. They can easily lose air or be punctured by debris or

tree branches. Use of these types of devices is strongly discouraged during this period of high, swift and cold water conditions.

Knowing what to do in case of a water immersion, understanding the effects of cold water and wearing a life jacket are critical in improving chances of survival. Below are some tips that water enthusiasts should follow to improve their chances of survival:

Know the law

- A life jacket must be carried for each person on board a boat.
- Every child under 13 must wear a life jacket when on a boat.
- Every person on board a personal watercraft (popularly known as jet skis) and any person being towed behind a vessel must wear a life jacket.
- All life jackets must be Coast Guard-approved.
- It is against the law to operate a boat or water ski with a blood alcohol concentration (BAC) of 0.08 percent or more. You can be arrested even when your BAC is less than 0.08 percent if conditions are deemed to be unsafe.

Plan ahead

- Become knowledgeable about local conditions such as currents, rapids, flow levels, weather, and

hazards, including low-head dams and unrunnable rapids.

- Make sure you have the required equipment on your vessel.
- File a float plan. The chances of successfully locating an overdue boat are much greater if rescue agencies have certain facts about the boat trip.

• Swift water information and guides for some of California’s rivers are available on DBW’s Web site.

Know the water

- The water may look calm on the top, but river currents are usually strong beneath the water’s surface that can carry you away from your safety zone.
- Many unseen obstacles can be lurking below the water’s surface. Swift water can make these obstacles even more treacherous.
- An unknown rapid should never be run without first scouting it thoroughly from shore. If in doubt, carry watercraft or cargo over land to avoid river obstacles or hazards.
- Swimming in open water is more difficult than in a swimming pool – people tire more quickly and can get into trouble.

Know what to do in case of a water immersion

- **Swift water:** If you do end up in the

river, point your feet downstream. This helps your legs to come in contact with floating debris or rocks first instead of your head. Stay calm and try to make your way to the shore while floating. Be wary of branches in the river. It may be tempting to reach for a branch, but you can become entangled in the branches and drown. Look for a clear place to get to shore.

- **Calm water:** If your boat capsizes and you are in cold water, get as far out of the water as possible by climbing onto any floating object, such as a boat’s hull. This may help prevent heat loss from your body, especially if the temperature is warm and the winds are calm. If you cannot get out of the water, keep your head out of the water to limit heat loss. Curl into a ball or huddle with other passengers and restrict movement of arms and legs to further help limit heat loss.

- **Hypothermia:** Hypothermia in the early stages can easily be reversed by vigorously exercising to generate body heat and limiting exposure to further cold. High energy foods and warm liquids also help (no caffeine or alcohol). Except in mild cases, seek medical help as improper rewarming can cause complications or even death.

Parental Supervision

- Actively supervise children in and around open bodies of water, giving them your undivided attention.
- Appoint a designated “water watcher”, taking turns with other adults.
- Teach children that swimming in open water is not the same as swimming in a pool. They need to be aware of uneven surfaces, river currents, ocean undertow and changing weather.

For more information on boating and water safety, please visit www.BoatSmarter.com. The Department of Boating and Waterways enhances public access to California’s waterways and promotes on-the-water safety through programs funded by vessel registration fees, boating fuel tax dollars and boating facility construction loan payments.

Capitals to Excite Tennis Fans at Sunrise Mall



Capital’s Coach Wayne Bryan. Photo courtesy Sacramento Capitals

Citrus Heights – The Sacramento Capitals, Northern California’s professional tennis team, begins play this season on July 8th at 7:30 pm at Capitals Stadium in Sunrise Mall against the New York Sportimes and Martina Hingis. They follow up with another exciting match the very next night on July 9th against world-renowned marquee player, Serena Williams of the Washington Kastles.

Following matches are scheduled for July 10th, 12th, 15th, 20th and 21st. See their advertisement inside for more information.

Wayne Bryan will return for his 10th consecutive season as coach of the World TeamTennis (WTT) Sacramento Capitals. Bryan has been honored as the WTT Coach of the Year three times and has directed the Capitals to championship seasons in 2002 and 2007.

“We want to continue the organization’s longtime commitment to winning and I’m looking forward to seeing our stands filled with enthusiastic Caps fans” Bryan said. Bryan

will lead a talented group of Capitals stars that includes Vania King, Mark Knowles, Dusan Vemic and Yasmin Schnack.

Individual tickets to Sacramento Capitals’ matches start at \$20 for adults and \$10 for children. In addition to individual tickets, a variety of discounted ticket packages are also available including a three match Marquee Ticket Package which includes the match featuring Williams. Marquee Ticket Packages start at just \$50.

“We’re focused on ensuring a first-class operation and experience for our fans this season, and with providing the Sacramento region another professional sports team they can be proud of,” said Matt McEvoy, General Manager.

The Sacramento Capitals Ticket Office is located just inside the north entrance to Sunrise Mall at 6023 Sunrise Mall in Citrus Heights. The office is open Monday through Friday from 10 a.m.–6 p.m., and Saturdays from 10 a.m.–4 p.m.

Assessor Announces County Property Tax Roll Totals

Sacramento County Assessor Kathleen Kelleher announced that the 2011-12 assessment roll was completed on July 1. The gross assessed value of the combined secured and unsecured property tax roll totals approximately \$124.8 billion. This is nearly \$4 billion less than the 2010-11 assessment roll total, or a 3.07% decrease. The property tax revenue decrease totals nearly \$40 million overall. The loss to the Sacramento County general fund is 16.3% of the decrease, or approximately \$6.5 million.

Assessed value information for all Sacramento County parcels will be available July 5 on the Assessor’s web site Parcel Viewer application.

The Assessor’s Office reviewed the market value of over 187,000 residential and 2,700 commercial and apartment properties for the 2011-12 roll. Many of these reviews resulted in adjusted assessed values below their Prop 13 value. The adjustments will be reflected on tax bills issued in October of 2011. These adjustments in assessed value are provided for in California tax law and often referred to as Proposition 8 (Prop 8) adjustments, reflecting the 1978 ballot proposition that authorized them. This is the fifth consecutive year of widespread Prop 8 reductions in Sacramento County.

It is important to remember that Prop 8 value reductions are tem-

porary. Once a property receives a Prop 8 reduction, its value must be reviewed each year to determine whether the January 1 fair market value remains less than its Prop 13 base year value (typically acquisition value) plus inflationary adjustments. The lower of these two values is the value used for property tax purposes.

The Assessor’s Office will be accepting requests for Prop 8 review on residential and agricultural properties between July 5 and November 30, 2011. Further information on the Prop 8 review process can be found on the Assessor’s web site.

As to commercial and apartment properties, the Assessor’s Office will NOT be accepting requests for 2011

roll Prop 8 reviews. Owners of commercial and apartment property who believe their market value has declined below their factored Prop 13 value will need to file an assessment appeal. Information on the appeal process can be found on the Assessment Appeals Board web site.

For more information on property tax assessment, including information on Prop 8 reductions and instructions for filing Prop 8 reviews, taxpayers may visit the Assessor’s website: www.assessor.saccounty.net or visit the Assessor’s office in person at 3701 Power Inn Road, Suite 3000 (Monday -Friday 8 a.m. - 5 p.m.).

Source: County Assessor’s Office

Ridiculous Regulations?

From Senator Ted Gaines

It’s no secret that California is a difficult place to do business. California’s regulatory burden is often cited in business literature, by CEOs and think tanks as a major impediment to job growth.

The mountains of ridiculous regulations are a hidden tax on all of us as they are costly, frustrating and a waste of precious time. But complex and unnecessary rules are especially tough on small businesses that are on the front lines of the battle with the bureaucratic language, long wait times and unnecessary hoop-jumping triggered by thousands of rules from multiple levels of government.

That is why, for the past two years, I have introduced legislation that would require California state government to determine how many regulations it currently imposes and cut them significantly over several years’ time and then for every new regulation adopted by an agency, another would have to be cut. Unfortunately, both bills failed in Committee; however, I haven’t given up and will continue my crusade to help lighten the regu-

latory load for California citizens and businesses.

If British Columbia can successfully implement a similar system that is considered a key piece of the province’s economic growth – so can California!

I would like to hear from you! Please email me (senator.gaines@senate.ca.gov) any ridiculous, burdensome regulations you’ve encountered and how they have hindered you from operating in California. I will be soliciting feedback over the next month or so and will publish some of the more egregious examples in my next issue of my newsletter.



Scan our QR Code for a direct link to our online edition!

Free eWaste Event Benefits Domestic Violence Center

Citrus Heights – Clean out your garage of old computers, monitors, televisions, cell phones, MP2 Players, ink and toner cartridges, printers, microwaves, cables and wires, lab tops and all electronics and donate them free of charge to the Domestic Violence Intervention Center’s eWaste one-day event on Saturday,

July 16th, 9-4 pm located at DVIC, 6060 Sunrise Vista Dr. in our main parking lot located South of Greenback Lane on Fair Oaks Boulevard

All Green Electronics Recycling and DVIC volunteers will be onsite to help collect your donations.

Your support and participation will touch the lives of numerous victims.

You may visit us at DVIC and Harmony House, 6060 Sunrise Vista Dr., Ste. 2340, Citrus Heights, CA 95610 or www.DVICcares.org

The Domestic Violence Center of Citrus Heights and Harmony House is a Nonprofit 501 (c) (3) agency, which seeks to eliminate barriers by offering proactive prevention and in-

tervention strategies to women, children, youth, and families of our community. DVIC is a wellness-based organization that serves the victims and families of our community and surrounding region. For more information regarding DVIC & Harmony House please call 916-728-5613.

California Taxes are Heading in the Right Direction



Senator Ted Gaines

Commentary by
Senator Ted Gaines

On June 28, the Democrats put forward another proposed budget plan. It was the fourth Democrat majority vote budget attempt this year, and the fourth time I voted “no.”

My plea for real pension reform, a hard spending cap, job creation and a change in the way government does business is clearly falling on deaf ears. Instead, this budget relies largely on the hope that an additional \$5.2 billion in new tax revenues will miraculously

appear in the treasury. Should that additional revenue not materialize, education and public safety will pay the price with deep spending cuts.

I’m not willing to hedge that kind of a bet when our economy is still struggling and the unemployment rate continues to hover at 12 percent. I’ve said this time and time again – we need to enact serious, long-term solutions that will not only prevent future financial meltdowns, but will encourage job creation and allow California’s economy to recover. That’s why I will continue to fight

for the necessary reforms to get our state back on track.

Amid all of this budget debate, there is a silver-lining that is cause for celebration – taxes have started going down July 1!

In 2009, despite my strong objections, the legislature crafted a budget deal that raised the sales and personal income taxes, nearly doubled the state’s already high vehicle license fee, and lowered the dependent credit allowed on state income taxes.

The June 30th expiration of the 2009 tax increases will allow the dependent

tax credit to return to \$309 per child, up from the punitive \$99 of the past two years. The state sales tax will go down one percent. The vehicle license fee will drop from 1.15 percent of a car’s value to .65 percent. The personal income tax increase had already temporarily expired after two tax cycles.

All told, this reduction in tax rates will save California taxpayers almost \$6 billion a year or approximately \$1,000 per family.

Enjoy the fact that for once, California taxes are heading in the right direction.

COMMUNITY COFFEE CALENDAR

I have several “Community Coffee” sessions scheduled in July to give you all an opportunity to meet with me and discuss issues of importance to you and your community. I am continuing to add them to my calendar, so please check my website, www.senate.ca.gov/GAINES, for up-to-date information as Community Coffee events are scheduled.

New Christy Minstrels to Perform Benefit Concert Under the Stars

Fair Oaks – If you long for the sweet, smooth, sing-along harmonies of Green, Green, This Land Is Your Land, Ramblin’, and many others, plan to attend the New Christy Minstrels’ Benefit Concert, under the stars, on Saturday, July 30, at the Veteran’s Memorial Amphitheatre in Old Town Fair Oaks. Tickets are \$20 each; gate opens at 6:30pm. The Village of Fair Oaks is located 20 miles Northeast of Sacramento, next to Folsom, along the American River.

Or maybe you’d like to bring your kids or grandkids to the area’s only outdoor amphitheatre and introduce them to music that actually has words you can understand and melodies you can

hum softly or warble at the top of your voice in the shower.

Under the direction of their founder, Randy Sparks, the New Christy Minstrels are celebrating their 50th year as one of America’s pre-eminent musical groups whose presentation of our country’s folk music has placed them in a unique category of entertainers for the last five decades. Sacramento’s own Chuck Cole, whose banjo pickin’ takes you back to the folk singing days of the Fifties and Sixties, will be a special guest at the concert.

Proceeds from ticket sales will go to the Fair Oaks Theatre Festival and the New Christy Minstrels Foundation, www.newchristyminstrelsfoundation.org.

Both are qualified under Federal Law as 501(c)(3) charitable organizations.

The Fair Oaks Theatre Festival, in a unique partnership with the Fair Oaks Recreation and Park District and American River College, presents live theatre productions in the Veterans Memorial Amphitheatre every summer. The amphitheatre also serves the region as an educational facility, theatre arts workshop for persons of all ages and hosts community events.

For concert tickets and information go to www.fairoakstheatrefestival.com, or Telephone (916) 966-3683. Tickets are on sale now.

Rodriguez Memorial Fund

From State Senator Ted Gaines

It was with a heavy heart that I recently presented an “Adjourn in the Memory” of Citrus Heights resident Crystal Rodriguez on the Senate Floor. My thoughts and prayers are with her family and her husband Victor, whom I knew through Bayside Church, where we both attended.

This young couple was celebrating their honeymoon when a tragic accident took Crystal’s life and left Victor struggling to

survive. Life is precious at every moment, but suffering this loss at a time when they were at the very beginning of their lives together magnifies the heartbreak now felt by all those who loved them and were touched by their spirit, their warmth, and their charity.

If you are interested in helping the family, a fund has been established to accept donations. Below are the details.

Bayside Memorial Fund
P.O. Box 2336
Granite Bay, CA 95746

In memo portion of check, write “Rodriguez Memorial Fund.”
All donations are tax deductible. Make checks payable to Bayside Church.

Faith Based Event for Young Ladies

ARE YOU: Tired of fighting with your parents? Having problems dealing with your brothers and sisters? Unsure of your friends – are they genuine? Wondering if your boyfriend relationship is love or lust? Not sure why you should believe in God? Stressed with school? Worried about being bullied? You need to come to our retreat on July 30th at Christ the King Retreat Center in Citrus Heights!

Dancing in the Rain Ministries will give you the answers to these questions and many more to give you practical tools and applications to take the simple steps to deal with whatever life throws at you! Find out more about us



on facebook. Contact Karen at (916) 961-4765 or email at karen@christtherainministries.com. SEE YOU THERE!

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Metered rates for 2012 will be discussed in a series of public meetings starting in August of 2011. FOWD would like your input at these meetings. Dates and times for the meetings will be advertised and posted at least two weeks prior to the meeting. Please look for this information.

Five ways FOWD can help you save water!

1. Water Wise House Calls – We will look at your sprinklers and give you pointers to conserve water.
2. Internal Water Saving Devices – The District offers low-flow shower heads, faucet aerators and other water saving devices.
3. Toilet Rebate Program – We offer up to \$175.00 for the installation of a high-efficiency toilet (1.28gpf or less). Call Customer Service for details.
4. Washing Machine Rebate Program – Call Customer Service for details.
5. Educational Programs – We offer Conservation Presentations for schools and organizations.



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By Sal Arrigo, Jr.

As we look around and see many people living longer, do you ever wonder if it will ever fall to you to become a caregiver? If your parents, or perhaps your spouse, were to be diagnosed with Alzheimer's disease, what would you do if you had to become a caregiver, even part-time?

Where do you start? How much time are you able to devote to caregiving duties? In reality, caregiving is a 24/7 responsibility; you don't even need to be in the presence of the person you are assisting. When you are responsible for the health and well being of another, you think about caregiving when you're shopping, driving your car, and planting your garden. Caregiving is likely to take a toll on your physical and mental health.

So, how do you cope? It's not always easy to do, but you must ask for help. Enlist siblings, friends or neighbors to assist whenever possible. Caregivers often overlook the very real need to take a break from their responsibilities, and

Is Caregiving in Your Future?

burn out is all too common. As a caregiver, if you are overly tired or stressed, you are of no help to anyone. Seek out caregiving resources from the Alzheimer's Association of Sacramento, your medical doctor, or use the internet to research respected sites such as the Mayo Clinic or the National Institute on Aging.

One way that caregivers can eliminate some of the stress they may encounter is by making a simple "business plan." Since Alzheimer's is progressive, a caregiver must anticipate future needs by understanding the stages of the disease and making plans as to how to best assist their loved one as they move toward that next phase. "Knowledge is power" as the saying goes, but using that knowledge to prepare yourself for what the future holds can also bring peace of mind. None of this is easy-- for you or the person for whom you are caring—but it is prudent.

A couple of additional points to consider, as a caregiver:

- If you're not the executor of the estate, engage in conversation with the person who is. You may need to know what provisions have been made for financing long-term care.
- If you need an attorney, get an Elder Law attorney who specializes in these sensitive matters. This is especially important if there is no will or trust already in place.

- Gather the paperwork on final arrangement issues (if any exist).
- Remember; you are not an island! There are support groups and organizations that are ready and willing to assist you and your loved one. Don't hesitate to reach out for help.

Even if you don't anticipate being a caregiver someday, I encourage you to come to the Alzheimer's Awareness Day at East Lawn Memorial Park on Saturday, July 9. The event is free, and there will be information, resources, and a panel of speakers on hand with in-depth knowledge of Alzheimer's disease. The dedication of the one-of-a-kind "Alzheimer's Wall of Remembrance" will also take place that day. If you are a caregiver, this event may prove to be especially informative for you, so please consider joining us. The event time is 9 a.m. until noon. No need to register, just show up and we'll also provide you with a light breakfast and lunch. If you'd like more information about the Alzheimer's Awareness day, please call (916) 316-6347.

Sal Arrigo, Jr. is the chair of the "Fab 40's 5K run/walk and an adjunct instructor in the Gerontology Department at American River College. For more information about the 5K event, and to find information regarding caregiving and Alzheimer's disease, go to www.Fab40s5k.org.

Fab 40's "Un-Run for Understanding"

An Alzheimer's Awareness Day



Saturday, July 9, 2011
Location: East Lawn Memorial Park, 43rd St. and Folsom Boulevard
Time: 9:00 AM – Noon

Calendar of Events:

9 AM – Welcome, and a light breakfast.

9:30 AM – Panel discussion featuring Hospice Care, a Neurologist, family members who have cared for a person with Alzheimer's disease and family members who are dealing currently with Alzheimer's disease, and an Elder Law Attorney.

10:30 AM – Unveiling of the "Wall of Honor." A place where people can create an inscription in honor of or in memory of a family member who has suffered from Alzheimer's disease.

10:45 AM – Untimed one-mile walk within East Lawn.

11:30 AM – Free luncheon.

There will be a variety of children's activities and a photo booth for your family's memories.

We will be having a kid's race as well!

There will be many vendors at the event to answer any questions you may have.

Visit our website at: www.fab40s5k.org for details



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Capitals 2011 Schedule

DATE	OPPONENT	THEME
July 8 th	New York Sportimes	Caps Come Home featuring Martina Hingis
July 9 th	Washington Kastles	Drop Shot Diva Day featuring Serena Williams
July 10 th	Newport Beach Breakers	Play Tennis Sacramento
July 12 th	Kansas City Explorers	Family Night featuring the Bryan Brothers
July 15 th	Newport Beach Breakers	Catch the Wave featuring Mardy Fish
July 20 th	Boston Lobsters	Caps Go Green
July 21 st	Springfield Lasers	Fan Appreciation Night

Sacramento Capitals Ticket Office, 6023 Sunrise Mall, Citrus Heights. (916) 488-5000

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HONEYMOONERS FOREVER

She sought answers in some rather unorthodox places. Would you believe **Phoebe Hutchison** checked out a brothel (to interview a sex worker to find out why some married men visit them) and interviewed a: suburban mistress, a victim of marital abuse, a player (a man who cannot remain faithful), a spy for women (a woman from the “armed forces”) and countless others. She went to extraordinary lengths to explore problems that plague marriages and find out how to be “**Honeymooners Forever**” Learn the secrets of happily married couples. Believe it or not, it saved her own marriage.

Her main advice to beleaguered couples everywhere: “Don’t even think about divorce! She tries to provide the tools you need to bring back the oomph! It’s a twelve step marriage survival guide.

POPPOFF!

with Mary Jane Popp

- 1) Treat your partner like a lover - not a spouse. You cannot change someone else. You can only change yourself. If you change, then your partner will change.
- 2) Be yourself and allow your partner to be himself. Try not to change just because you are married. Let the unique qualities that first attracted you both to each other, be the glue that keeps you together forever.
- 3) Communicate well everyday. A marriage is a friendship of the highest level. Just like any other kind of friendship, a marriage only remains strong with regular communication.
- 4) Invest time and money in your relationship weekly. A marriage is like a garden; neglect it, and it will die or become full of weeds. Both partners need to invest time for it to blossom.
- 5) Stop finding fault and start praising. Focus on your partner’s strengths and not their weaknesses. The more you think about the positives, the more positives you will see.
- 6) Plan the romance. All wonderful marriages have romance. When you start dating, romance happens naturally, but after awhile, you need to plan for it.
- 7) Restore the passion. Each time you make love, your souls touch. Woven into these precious
- moments, is the glue that helps keep you both together, forever.
- 8) How to avoid or survive an affair. People having affairs are watering someone else’s garden, while neglecting their own. They are not living life fully.
- 9) Children should enhance, not destroy, your marriage. Most couples find that having children completes them. These little miracles enrich and transform our lives.
- 10) Argue effectively. An argument is an opportunity to understand what is going on in the mind of your spouse. Once the argument is over, consider the issues that need to be discussed to avoid further conflict.
- 11) Improve your financial situation. Money problems place added stress and pressure on a marriage. When you have limited cash flow, you have less freedom in your life.
- 12) Avoid or survive everything else life throws at you. When you get married, you assume it’s just you and your partner. But soon you realize there are lots of people, and situations, which you will need to run from.
- It’s good old fashioned advice. Check out.
- Join Mary Jane for the KAH! Noon News Monday–Friday and then again for POPOFF 10 PM–Midnight.

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“Keeping the Faith”
Ronnie McBrayer

The Muscogee Nation of Florida is a tiny aboriginal people group of the Americas who seeks to hold to their heritage while surviving the culture around them. The Muscogee are led by an indomitable woman named Ann Denson Tucker.

Ann directs the Tribal Council, serves as the public face and living historian of her people, and plays the role of chaplain, social worker, and attorney for the tribe. Ann has sought official recognition for the Florida Muscogee from the United States Department of Indian Affairs for many years now. She doesn’t want much more than that – just an acknowledgment of their existence. She sometimes wonders how long, if at all, that recognition will be in the making.

Yet, Ann Tucker and the Muscogee do not need official recognition as a people to bear witness to their character. Recently, when many of her people and people in the greater community were hungry, unemployed, and in need, Ann rescued an old portable school house from the county landfill to create a food pantry and community clothes closet.

Critics told her it was a fool’s errand. What could one little food

The Pigs Are Flying

bank in the middle of the Florida woods really do to help alleviate poverty? Without official governmental recognition, how could she ever hope to sustain service? One particularly cranky faultfinder said publically that the school-house-turned-food-bank would open “when pigs fly.” But Ann, as always, was undeterred.

On the day of the ribbon cutting for the new food bank, less than a dozen of the resilient Muscogee signed up for assistance. But more than two hundred from the greater community came for food, clothes, diapers, and supplies. Ann stood to speak, and said, in part:

“What a wonderful celebration when people are able to expect nothing more than helping each other through hard times. Imagine how strong we could be if we simply remembered that our first obligation is as caretakers of one another.

“We have dared to challenge those people who told us that the day we would be able to help our rural poor would be ‘when pigs fly.’ Well, the pigs are flying, and, I cannot think of a better example than this building whose destiny was one of no hope and no future. I am honored today to be able to cut this ribbon and dedicate rural relief to the working class people of this community. We will be here for as long as you need us.”

Those last words of Ann struck like lightning: “We will be here for as long as you need us.” Later I asked her why she chose to say such a thing. How could she make such a promise when her tribe was so small and the need around

her so great? She answered: “Because we have no other choice. As long as there is a need in this community, someone must meet that need. It must be us.”

Ann’s words and example have something to teach us all. We care for those around us not because it is practical, reasonable, cost-effective, or even safe. We care for those around us – earth-shaken Asians, flooded-ravaged Midwesterners, the rural poor, the inner-city child – simply because they are our neighbors, and it is in these needful neighbors we truly find God.

Look not for God lurking somewhere in the air or in the clouds. He’s not hiding in a book, a classroom, a library, or between the lines of some hypothetical apocalyptic calendar. Seek him instead, in the suffering. Look for him in the poor, in those who have been treated unjustly, in those who are hungry, destitute, imprisoned, in rehab centers, without shelter, clothing or direction. That is where he said he would be.

God doesn’t come storming into the world riding a tornado, or as grand marshal of our religious parades. He comes in the weak, the vulnerable and in a condition he calls, “the least of these.” Look for God there, and help him for he is your neighbor. Pigs flying or not, we have no other choice.

Ronnie McBrayer is the author of “Leaving Religion, Following Jesus.” He writes and speaks about life, faith, and Christ-centered spirituality. Visit his website at www.ronniemcbrayer.net.



By Marlys Norris,
Christian Author

Always hoping we are in tune with the Holy Spirit of God, we still are surprised when God answers our prayers in most unusual ways, as we seek His will to guide our lives.

Last week as I was conversing with a Jewish person, helping them to understand the Way of Salvation, using the Old Testament Scriptures in tune with some New Testament ones. I wanted to speak to a Messianic Jew who would help me relate to this person. I love God’s Chosen people and the one person I did

He Has Prepared the Answer Before We Ask!

speak, gave me some suggestions but not the answer I was seeking about Abraham, Isaac and Elijah being in heaven already.

Then my answer and my surprise prayer came when out in our garage was two magazines with articles written by Messianic Jews that were perfect and answered many of the questions I needed to speak with the person. I read the articles and outlined the material I felt was very prevalent to what we were talking about. Then, I mailed both copies to them, saying we can talk after they read them over and thought about what was written.

Today in the mail we received a letter from Franklin Graham. At the top of the page was written these words “Obstacles may seem frightening, but God will honor a person who depends on His mighty hand to lead and guide.” He wrote about Joshua and his instructions from God to “stand in the Jordan River”. (Joshua 3:8) It was not until they touched the water’s

edge with their feet, God worked a miracle and stopped the flow of the river until a million or more Hebrews had crossed into the Promised Land. There is a perfect time God has scheduled for each of us to experience deliverance and freedom.

The past two years we have faced one obstacle after another, completely trusting in Almighty God and believing He has allowed these circumstances to help us prune away and rid ourselves of many “things” we do not need. All we truly need is “God” and He is faithfully still pruning away to make us ready for that wonderful day we will be with Him. In the meantime, we continue to trust the Lord for our future and we do want to continue to “be used” as we serve Him in any way we can. To God Be All The Glory!

Marlys Johnsen Norris, Author
Marlys5934@sbccglobal.net
“Intimacy Begins Going God’s Way”
“God Moves Mountains, It was a Miracle”



By Pastor Ray Dare

In the world of advertising, if the product sounds too good to be true it probably is. Whether it’s the latest spot remover, time-share, weed-whacker or automobile, the advertised imaged is more likely to be a mirage rather than a reality. The famous preacher D.L. Moody once said, “God never made a promise that was too good to be true.” The Bible says in Psalm 145, “The Lord is faithful to ALL His promises.”

God never advertises more than He delivers. He’s not playing games with us. He’s not out to deceive us. He wants us to have the best he has to offer – the joy and peace that comes from a close relationship with Him and heaven later.

There are hundreds and hundreds of promises in the Bible. They are there for claiming.

- Provision for our needs (Matthew 6:25-34)

What God Has Promised You

- Answer to prayer (Matthew 7:7-11; 1 John 5:14-15)
- Rewards for service (2 Corinthians 5:10)
- Eternal life (John 3:16; 5:24)
- A home in heaven (John 14:1-4)
- Assurance of salvation (John 10:29)
- The Holy Spirit within (Ephesians 1:13-14)
- Forgiveness for daily sins (1 John 1:9)
- Peace of mind (Philippians 4:7)
- Wisdom and guidance (James 1:5)
- Power for living (Ephesians 1:19; 3:20)
- Mercy and grace (Hebrews 4:16)

When you really get to know God and understand what He has promised you, it brings stability to your life. Almost every emotional problem known to man comes from a misunderstanding of who God is, what God knows and what He’s promised to do. Stress is created when you forget what God knows about you and how He’s promised

to help you. However, God’s promises are not for everyone. They are only for those who have a relationship with Him through Christ. The Bible says, “For no matter how many promises God has made, they are ‘Yes’ in Christ. And so through him the ‘Amen’ is spoken by us to the glory of God.” 2 Corinthians 1:20 (NIV) Christ is the key to the promises of God. It’s our relationship to Him that unlocks all of these promises. If you do not have a relationship to Christ you cannot claim all of these promises for forgiveness, for blessing, etc. They are “Yes” in Christ. That’s the starting point. Have you done that? Why don’t you do it today? Call on the name of the Lord.

I want to personally invite you to church this Sunday. This week I’ll be sharing a message of hope, which I’m calling “How God Heals Your Confidence”.

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Sudoku Puzzle
on Page 5

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Make Your Home Cleaner AND GREENER



FAMILY FEATURES

Finding ways to go green in the home does more than help the planet. It helps your home’s environment, as well.

According to the U.S. Environmental Protection Agency, levels of indoor air pollution can be two to five times higher than outdoor levels. These pollutants — as well as chemicals found in many products today — can irritate allergy and asthma sufferers.

“More people than ever are looking to make natural changes in their home to help improve their family’s environmental health,” said Dr. Shannon Thyne, Associate Professor of Pediatrics at UCSF and Medical Director of the Pediatric Asthma and Allergy Clinic at San Francisco General Hospital. “It only takes a few extra steps to make a home healthier, cleaner and greener.”

To that end, the maker of Green Works® products, HGTV personality and green living expert Carter Oosterhouse, and Lowe’s have teamed up to showcase ways to give your family a cleaner, greener home.

“Whether you could use help enhancing the look of your child’s playroom, or you’re looking for ways to reduce chemicals and their fumes and residues in your kitchen, there are simple steps you can take to make your home environment healthier, while still keeping it stylish and beautiful,” said Oosterhouse.

While every home is different, here are some ways to make any home naturally beautiful and healthier.

Paint

A fresh coat of paint is a great, low-cost way to bring new life to a room. But that new paint smell comes from Volatile Organic Compounds (VOCs), which derive from vapors released from toxic compounds. Use non-VOC paint to create an inviting, comfortable and beautiful room. Check the back of the paint can for VOC levels — those with fewer than 150 grams per liter are often labeled “low-VOC” or “no-VOC.”

- Buy only the amount of paint you’ll need for the project. If you wind up with leftover paint, store it safely or dispose of it according to local municipal regulations.
- Open windows while painting and use fans to vent fumes.
- When sanding or removing old paint, wear a dust mask or respirator to prevent particle inhalation. Keep the area well ventilated.

Cleaning products

It used to be that buying a natural cleaning product meant paying more money for worse performance. No longer. Natural cleaning products can provide great performance without leaving behind harsh chemical fumes or residues. Plus, they are increasingly cost effective. Green Works naturally derived cleaners offer a variety of products for the whole house, including naturally derived laundry detergent and bathroom cleaners that are priced very competitively.

Flooring

Carpets trap dirt, dust and other allergens. If possible, remove wall-to-wall carpeting and replace it with natural wood flooring, such as sustainable bamboo or cork flooring.

- Sweep and vacuum floors regularly to control dust.
- Wet mop with a microfiber mop to remove dust and dirt more efficiently.
- Clean up spills right away.

If the carpets and rugs must stay, vacuum frequently, using a vacuum cleaner with an allergen-trapping HEPA filter. Change the filter regularly to keep it working efficiently.

Furniture and window coverings

Curtains and upholstery can trap dust, dust mites and pollen.

- Blinds are a good, contemporary-looking alternative to drapes, but must be dusted occasionally.
- Vacuum upholstered furniture — under the cushions, too.

Appliances

Upgrading to a more efficient washer and dryer can provide lifetime water and energy savings.

- Run only full loads. Full loads use energy and water more efficiently than smaller loads. Adjust the water levels according to the load.
- Wash in cold water. Most of the energy used to wash clothes comes from heating the water. Only the most stubborn stains really need hot or warm water.

For more tips on getting a cleaner, greener home, visit www.greenworks.com, and watch Oosterhouse’s “Green It Yourself” web series at the Green Works Facebook page, www.facebook.com/greenworks.

What does it mean to be natural?

The Natural Products Association (NPA) recently developed the Natural Standard for Home Care Products, making it easier than ever to tell what makes a product natural.

Here are the NPA’s core criteria:

- Natural: Ingredients that are at least 95 percent natural (excluding water) in addition to appropriate manufacturing processes.
- Responsible: No animal testing during the development process.
- Safer chemistry: Avoid ingredients from the NPA’s list of prohibited ingredients.
- Sustainable: Use biodegradable ingredients with environmentally sustainable packaging whenever possible.

For more about which Green Works® products are NPA certified natural products, visit www.greenworkscleaners.com.

Clear the air

Here are a few tips for clearing the air in your home.

- Open the window. Clean with windows and doors open so you don’t trap air pollution inside.
- Go barefoot. Take off your shoes when you come inside. That way you’ll bring less dust, dirt, mold and pollens inside, and you won’t track them all over the house.
- Buy a plant. Plants serve as natural air purifiers. African violets and ferns are beautiful ways to help clear the air.

Photo courtesy of Getty Images

Military Retirees/ Spouses Meeting

Sacramento – Our next monthly meeting of military retirees/ spouses will be held on 12 Jul 2011 at the North Highlands Park and Recreation District, 6040 Watt Ave. Meeting time is 1030 hrs.

Our Speaker this month is Dottie Williams from the Travis AFB Passenger Terminal. She will talk about Do's and Don'ts of Space "A" Travel. Should be an interesting topic to those of you who like to travel. Come on out and enjoy a cup of coffee.

Rhythms of Grace

St. Francis Episcopal Church at 11430 Fair Oaks Boulevard in Fair Oaks presents *Rhythms of Grace*. This is a communion worship service for families with special needs children especially those on the autism spectrum and their siblings. The service is held the last Saturday of every month at 4:00 PM. For more information, please call the church office at 966-2261.

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Crossword Puzzle on Page 5

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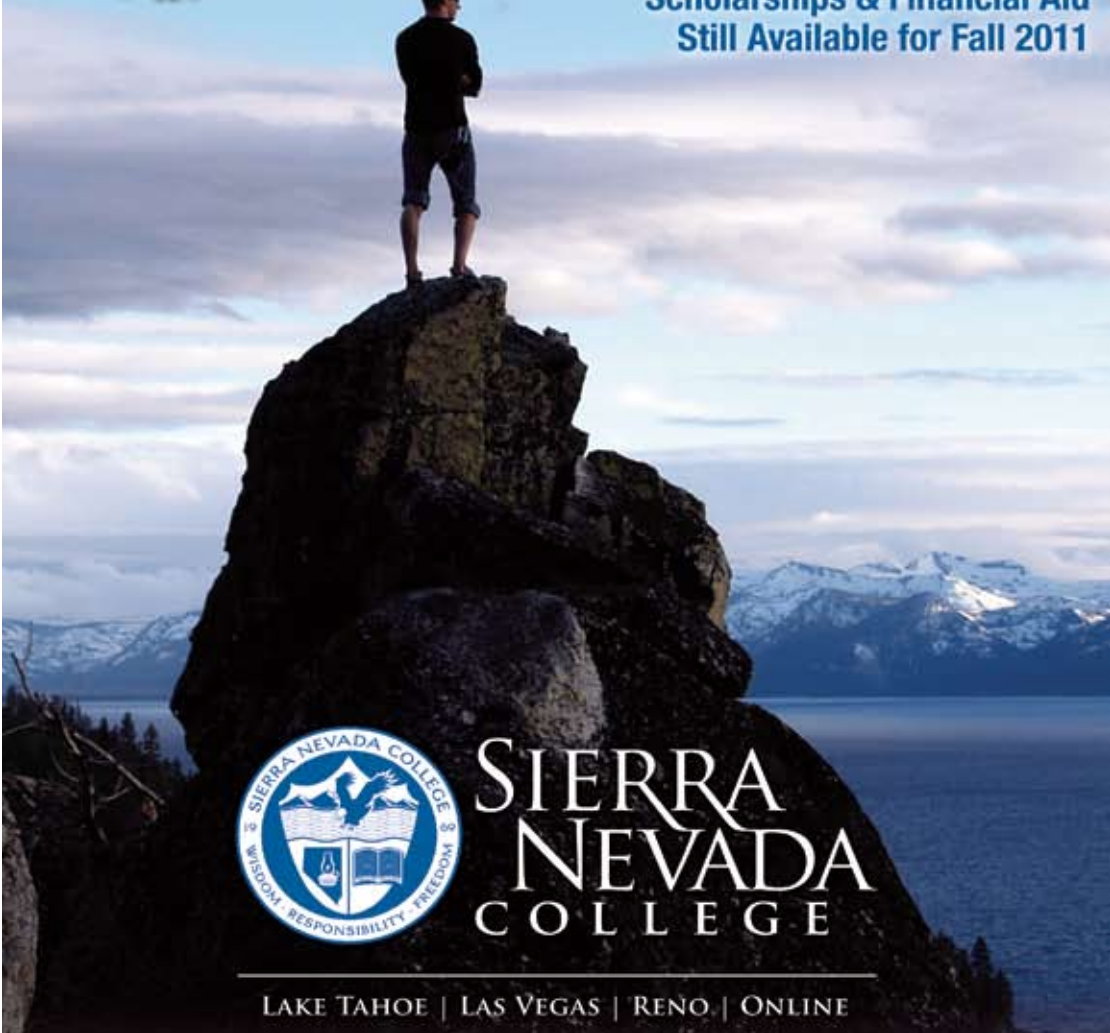
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Don Troutman

Commentary By
Don Troutman, President,
Fair Oaks Chamber Board

Fair Oaks – We are living in perilous times where we are hearing very negative nationwide reports that businesses are leaving California and California is 2nd to the last desirable state to start or conduct a business. As the Board President of the Fair Oaks Chamber of Commerce and CEO of CSTL Inc., this concerns me. The common belief held is business is over-taxed, over-regulated and the dollar is shrinking. People who want to work cannot find jobs. On top of all this there is another issue creeping

Redistricting; Are Your Comments Being Heard

up that we are not showing proper attention. It is called Redistricting. Most of us may say “oh well!” to redistricting but some of the latest maps that I have seen of the suggested new districts I do not think I want! There are two redistricting efforts going on. There is the redistricting at the county level that is attempting to divide the Supervisorial District Boundaries to include close to the same number of constituents in each district. The other redistricting effort is for the Federal Congressional Districts, the California Senate and the Assembly Districts. It can be confusing, but never the less, how this is accomplished will determine the future representation Fair Oaks and Orangevale. A Congressional District map that I recently have seen bundles Fair Oaks and Orangevale with Roseville and east. Congressional Redistricting is done by a commission that is looking at geography and cohesiveness of the areas. The recent map I saw I did not like very much. It looks like to me

Fair Oaks and Orangevale will be the districts “Siberia.” We have been very spoiled over the years being in the 5th Assembly District and represented by Senator Dave Cox and Assembly Member Roger Niello. They showed a lot of attention to their constituents. How many times or have we ever felt like we have been represented by anyone from Roseville? Although Roseville is not far away they are in a different county and do not share the same mentality to the citizens of Fair Oaks and Orangevale. We, the citizens of Fair Oaks and Orangevale, should be looking serious at what is going on. It is difficult to spend the time to try to figure all this out when we have our own lives and businesses to attend to. But, once the redistricting plan is adopted we will all have to live with it until the next census. My message is; Be aware. Whatever your desires are express them while you can. Or live with the consequences.

NBC’s Attack on America’s Heritage

Commentary By
Robert Morrison

Many Americans are aware that NBC deliberately cut out the reference to Under God during a broadcast segment of the Pledge of Allegiance during the recent U.S. Open in Washington. NBC responded to the flood of criticism by offering what can only be described as a non-apology apology. NBC has continued to ignore inquiries as to why or how the pledge was edited. NBC, which broadcast on the public airwaves, has also refused to make amends for their disrespect of the pledge and the tens of thousands of Americans who have served our nation in uniform.

The Pledge of Allegiance is based on an act of Congress. In 1954, that act was amended to include the words “Under God.” President Eisenhower strongly supported the legislative change, one that had been promoted vigorously by the Catholic men’s group, the Knights of Columbus. The words are not accidental. They are most intentional.

When NBC executives chose to edit out “Under God” from a broadcast version of children saying the Pledge, they were doubtless thinking Americans would not notice.

Unfortunately, the good of that film clip was severely undermined by NBC’s show of disrespect for millions of Americans by censoring out the reference to our being One Nation Under God. Studies have shown that members of the press seldom if ever attend worship services. CNN’s Bill Schneider put it succinctly: The media “doesn’t get religion.”

That may be, but tampering with the Pledge of Allegiance is not a matter of mere indifference to religion. It’s an in-your-eye act

of hostility to the 89 percent of Americans who believe in God, the 93 percent of Americans who believe Under God should stay in the Pledge. That’s a lot of folks to stiff-arm.

Those two words pack a world of meaning. In an important 2003 article in The Weekly Standard, scholar James Piereson found the



origins of the phrase Under God in George Washington’s General Order to the Continental Army in July, 1776. That was the week when the Continental Congress met to declare American Independence. His Excellency wrote:

“The time is now near at hand which must probably determine whether Americans are to be freemen or slaves. ... The fate of unborn millions will now depend, under God, on the courage and conduct of this army.”

President Lincoln used Washington’s words when he spoke at Gettysburg in 1863. He said “this Nation, under God, shall have a new birth of freedom.” Those words are engraved in stone at the Lincoln Memorial. They appear amid the graves at that hallowed ground. Millions of schoolchildren used to memorize that immortal address.

Those children, now grown, instantly recognize NBC’s crude attempt at a Soviet-style cutting out of the reference to God in the Pledge. Doubtless hundreds of them

called in to protest, even before the censored video left the screen.

No one protested when John F. Kennedy said, in his great Inaugural Address, that “the rights of man come not from the generosity of the state, but from the hand of God.” JFK concluded his speech, saying: “here on earth, God’s work must truly be our own.” Liberals applauded then. So did conservatives. So did virtually every one. Talk about indivisible.

Thomas Jefferson expanded on the ideas offered by Washington and so many of the Founders, teaching us why the concept is so important. Our civil and religious liberties are based on Americans’ understanding that our rights are a gift of God.

Jefferson’s great words are carved in the wall of the Jefferson Memorial in Washington, D.C.

And can the liberties of a nation be thought secure when we have removed their only firm basis, a conviction in the minds of the people that these liberties are of the gift of God? That they are not to be violated but with His wrath? Indeed, I tremble for my country when I reflect that God is just; that His justice cannot sleep forever.

Those who trash Under God in the Pledge are also teaching contempt for America’s rich heritage of religious and civil liberty. Is this the goal of the NBC executives?

NBC can demonstrate that it is not their goal to dis America’s Christian heritage and our nation’s traditions by airing a series on the Pledge of Allegiance on their network as a Public Service Announcement.

Robert Morrison is senior fellow for policy studies at the Family Research Council, 801 G Street N.W. Washington, D.C. 20001

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'They are in Blatant Violation of the 4th Amendment'

Rage Against the Machines: Sheriffs asked to arrest airport security agents in Florida



Here is a photo of a recent TSA ‘enhanced pat-down’ Photo courtesy World Net Daily.

By Bob Unruh
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World Net Daily

The issue of invasive physical pat-downs by federal Transportation Security Administration agents at airports across the nation isn't going away anytime soon, with word that the Libertarian Party of Florida formally is demanding that sheriffs in the state's 67 counties arrest TSA agents for sexual battery.

The enhanced pat-down procedures – or the optional full body scans that essentially create a nude image of passengers – were imposed on travelers across America in recent months, prompting a wide range of

reactions.

Just last week a state law proposed in Texas that would have created charges against federal agents who impose those physical pat-downs – described by critics and “groping” – failed at the end of a special legislation session when representatives couldn't assemble an enhanced quorum required during the special meetings of the lawmakers.

But they were expressing the sentiment of a lot of travelers across America – some of whom simply have refused to fly because of the invasive search procedures.

Today, (July 4th) a statement from the Libertarian Party of Florida took the dispute to a new level.

“As sheriff, you have the absolute duty to enforce the law uniformly

and without prejudice. You are, at best, engaged in selective enforcement by choosing to further ignore these flagrant violations of federal and state law. At worst, you are complicit,” a message to the 67 sheriffs from the party, signed by chairman Adrian Wyllie, said.

“If you have TSA agents within your county that are violating the law, then you must act. Warn the TSA agents that they are subject to arrest if they continue to violate the law. Should they continue, then you must begin making arrests,” the letter said. “We urge you to remember the oath you took to support, protect and defend the Constitution of both the state of Florida and the United States of America. On behalf of all Floridians, the Libertarian Party of Florida calls on you to

do exactly that.

“We turn to you, our constitutional sheriffs, to enforce the law in accordance with your sworn duty,” the letter said.

Videos of invasive searches, including physical contact with sex organs, have been all over the Internet since the “enhanced” procedures were imposed by the Obama administration.

But perhaps among the most dramatic expressions of concern came from Miss USA Susie Castillo, who was reduced to tears by federal agents assuring themselves that she is not a terrorist bent on homicide.

In a commentary at the Tenth Amendment Center by Connor Boyack with Brian Roberts and Michael Boldin, the organization said, “It was ... at the Dallas, Texas, airport where former Miss USA Susie Castillo tearfully produced a viral video describing the molestation she had just endured at the hands of a TSA agent.

“I mean, she actually... touched my vagina,” Castillo said through her tears. “They’re making me... choose to either get molested... or go through this machine that’s completely unhealthy and dangerous. I don’t want to go through it, and here I am crying.”

Continued the commentary, which was in support of Texas’ plans to address the traveling public’s concerns, “Castillo isn’t the only person who would be protected under this Texas legislation. All other innocent travelers would likewise be shielded. That includes the six year old girl who made the headlines last month for being groped by a TSA agent (an action which the TSA defended as being alright since it ‘followed the current standard operating procedures’), as well as the eight-month-old infant subjected to a pat down while cradled in the arms of her mother.”

The e-mail to sheriffs said, “The

Libertarian Party of Florida is reaching out to you, and to all of Florida’s 67 constitutional sheriffs. We, The People of the State of Florida must turn to you as our last line of defense against a federal government that is usurping authority and ignoring the rule of law.

“I am referring specifically to the Transportation Security Administration (TSA) and their egregious violations of the United States Constitution, as well as the Florida Constitution and state law,” the message continued.

“Every single day, TSA employees conduct electronic and bodily searches upon tens of thousands of Florida citizens and visitors at airports, and more recently at bus terminals, rail stations, and highways. They are searching the persons and seizing the effects of travelers without warrant or probable cause. Specifically, they are in blatant violation of the Fourth Amendment to the United States Constitution,” the e-mail said.

The text of the Fourth Amendment then was provided:

“The right of the people to be secure in their persons, houses, papers, and effects, against unreasonable searches and seizures, shall not be violated, and no Warrants shall issue, but upon probable cause, supported by Oath or affirmation, and particularly describing the place to be searched, and the persons or things to be seized.”

It also cited violations of Article I, Section 12 of the state constitution: “Searches and seizures. – The right of the people to be secure in their persons, houses, papers and effects against unreasonable searches and seizures, and against the unreasonable interception of private communications by any means, shall not be violated. No warrant shall be issued except upon probable cause, supported by

affidavit, particularly describing the place or places to be searched, the person or persons, thing or things to be seized, the communication to be intercepted, and the nature of evidence to be obtained.”

The federal agents’ search, the e-mail said, “is clearly within the definition of felony sexual battery, as codified in Florida Statute 794.011.”

Wyllie said, “I would like to point out that this statute clearly defines that it is a first-degree felony when sexual battery is committed by a law enforcement agent.”

The organization is the third largest political party in the state, and it explains it “is the only true alternative to the Republican/Democrat stranglehold on our economic freedom and individual liberty.”

The Texas law is expected to be replicated by lawmakers in other states who are hearing concerns from their constituents. It was withdrawn in the regular session of the legislature by one sponsor when federal authorities threatened to make Texas a “no-fly” zone by canceling flights to and from the state.

The threat to Texas air travel came from U.S. Attorney John E. Murphy, who warned state lawmakers, “Texas has no authority to regulate federal agents and employees in the performance of their federal duties or to pass a statute that conflicts with federal law.”

He said at that time that if state lawmakers would move forward with their plans to protect airline passengers from what critics have termed sexual assault in airport security lines, “TSA would likely be required to cancel any flight or series of flights.”

Read more: Sheriffs asked to arrest airport security agents <http://www.wnd.com/?pageId=318697#ixzz1RGbMtKkg>

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