

AMERICAN RIVER

M E S S E N G E R



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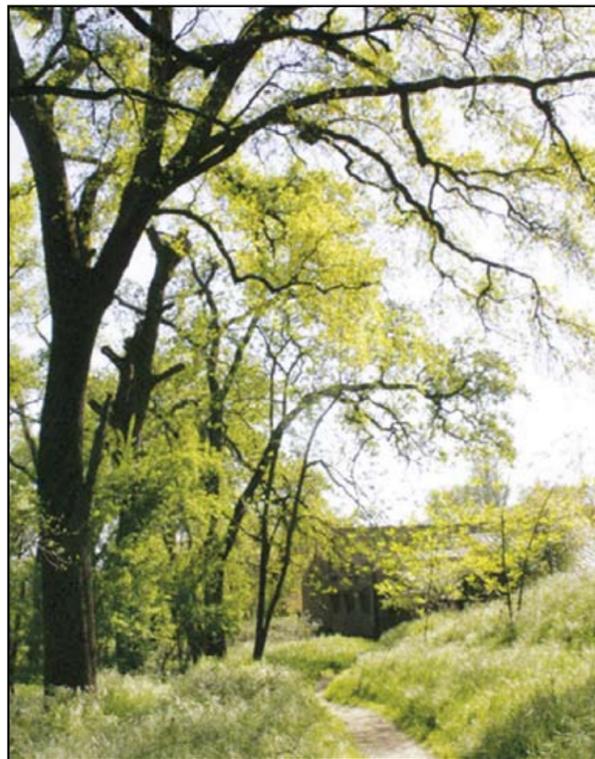
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Serving Citrus Heights, Fair Oaks, Carmichael, Orangevale & Gold River

Second Edition for May 2010

Regional Parks Implements Fee Increase for Summer Holiday Weekends



Sacramento – Janet Baker, Director of the Department of Regional Parks, announced a temporary increase in vehicle parking fees at all regional parks during the major summer holidays this year. Vehicle parking fees will increase to \$8, up from \$5 at other times. The increase will begin with the Memorial Day Weekend. The fee increase will not affect annual parks pass holders. Vehicle with trailers

or oversized vehicles, over 22 feet, includes boat launches are now \$13.

"The summer holiday weekends are by far and away the busiest times for Regional Parks' staff. To help offset the ranger and added maintenance costs that keep our regional parks in the best shape possible for visitors, we are implementing this new fee increase," said Baker. "Funds generated from our kiosks go directly to the operation

and maintenance of the American River Parkway, Mather Regional Park, Gibson Ranch, and other regional parks in the County's system." Park users who regularly enjoy County Parks are urged to purchase the Annual Pass to save money on park entry fees and show their support for keeping our park system safe and clean.

Parkway visitors are reminded that all children aged 13 and under, in or around waterways, must wear a life jacket. It is a law in Sacramento County. All persons who plan to be near or in local rivers and streams need to be cautious. River and stream temperatures are cold, the currents are fast and floating debris such as logs and branches are a hazard.

Also during the major summer holidays, consumption of alcohol and possession of open containers will be prohibited on the shore and the river within the Parkway between Watt and Hazel Avenues. Violations of the alcohol ban may result in citation or arrest, and the ordinance will be strictly enforced.

"Leave the alcoholic beverages at home," said Steve Flannery, Chief Park Ranger. "You can still have a great time by obeying the law."

For complete rules and regulations and other information go to www.sacparks.net. To report any accidents, law enforcement issues, vandalism, wildlife issues or other safety concerns, contact the Park Ranger District at 916-875-PARK (7275). Calls for ranger service and maintenance needs are answered until 11:30 p.m.

Women in Philanthropy Supports Emancipating Foster Youth



Former foster youth Rose Reed, Women in Philanthropy member Tamar Garrett, Sacramento County's Paula Whiggins and Sheila Boxley from the Child Abuse Prevention Center.

Sacramento - United Way's Women in Philanthropy gathered recently for its annual spring collection of towels, toiletries and luggage for emancipating foster youth, part of Sacramento County's emancipation basket program. Women in Philanthropy collected a record 350 towel sets, hundreds of toiletry items and more than 40 luggage sets.

"These are items we all take for granted, but they can make a huge difference in quality of life for foster youth who are getting ready to leave the system and live on their own," said Lisa Watts,

Women in Philanthropy chair.

Women in Philanthropy members provide financial donations to United Way, which in turn help prepare foster youth for adulthood by encouraging higher educational goals, providing mentors and more. Women in Philanthropy members also donate time and talents to conduct life-skills workshops for foster youth and gather gifts for holiday stockings.

United Way California Capital Region is an independent local affiliate of United Way of America and works with nonprofit partners to create lasting results on local community

issues through local United Way focus areas: Education (helping children and youth reach their potential), Income (promoting financial stability and independence) and Health (improving people's health). Governed by a local board of volunteer directors, United Way partners with more than 700 employers in Amador, El Dorado, Placer, Sacramento and Yolo counties to raise money through workplace giving campaigns for United Way focus areas and nonprofit partners.

For more information, visit www.yourlocalunitedway.org.

SJ Unified Preserves K-3 Classes at 23

In close partnership with the San Juan Teachers Association, San Juan Unified School District officials announced April 30th that kindergarten through third grade class sizes will continue to be staffed at 23:1 for the 2010/11 school year. Facing unprecedented state funding cuts, the District was forced to consider staffing grades K-3 at 30:1. Maintaining K-3 class staffing levels will cost \$3.6 million but results in more than 100 teachers being removed from the layoff list and class sizes continuing to average 23 students.

Keeping K-3 staffing at 23:1 also allows the District to begin offering full-day kindergarten at select school sites. Kindergarten students enrolled in the full-day programs would attend class the entire school day instead of being broken into a morning session or afternoon session. Announcement of which schools will offer full-day

kindergarten is expected shortly.

"Keeping class sizes in the early grade levels as low as possible will help us continue that focus on early literacy efforts, a priority of our community-developed strategic plan, and will drive greater student achievement at all levels in the future," said San Juan Unified Superintendent of Schools Dr. Pat Jaurequi. "Our District is fortunate to have collaborative employee groups and community members who have worked with us to find innovative solutions in the face of drastic state funding shortfalls."

Joint statements were also released today between the District the San Juan Teachers Association, the San Juan Professional Educators Coalition, the San Juan Supervisors Association, and Teamsters #150 supporting a change in health insurers offered to employees.

If approved by the Board of

Education, the District will begin offering coverage from local insurer Western Health Advantage in place of its current PacifiCare plan. Kaiser Permanente will continue to be an option for District employees. The transition will save the District \$4.2 million for the 2010/11 school year. That is the equivalent of three furlough days for all employees in the District.

An agreement approved this month with the California School Employees Association #127 reflects support for the change in healthcare insurers. That agreement also calls for the restoration of 13 elementary school campus monitors, 18 instructional assistants, 10 computer lab assistants, and 28 custodians.

Previous action by the Board of Education on changes to the District's transportation system allowed 22 transportation positions within the Teamsters #150 unit to be restored.

Pedestrian Struck & Killed on I-80

CHP Special Report: On May 18, 2010, at approximately 12:20 a.m. the California Highway Patrol Communications Center received calls of a pedestrian wearing dark clothing walking in or about the traffic lanes on westbound I-80 east of Watt Avenue. Two separate patrol units responded to the area and ran traffic breaks checking for the pedestrian and were unable to locate any. No other calls were received

on the pedestrian until approximately 0530 when the CHP received reports of a body in the center divider. Upon CHP arrival, they located a deceased male approximately 50 years old lying near the concrete median wall of the center divider.

A preliminary investigation indicates the pedestrian was struck by vehicles and thrown to the center divider. No vehicles stopped at the scene. If you witnessed or

have any information regarding this traffic collision please contact the Special Investigations Unit at the North Sacramento CHP Area at (916) 681-2300.

The identity of the male pedestrian is not releasable at this time pending notification of next of kin. The #1 lane of westbound I-80 just east of Watt Avenue was closed for approximately two and a half hours. This collision is still under investigation.

Taste of Fair Oaks : Food, Wine & a Really Good Time

Fair Oaks – Don't miss it! The 17th Annual Food, Wine and Microbrew tasking event will be held on Friday June 4, 2010 from 6:00 p.m. – 10:00 p.m., at North Ridge Country Club, 7600 Madison Avenue, and Fair Oaks.

Area restaurants, wineries and regional micro breweries will be in attendance for guests to taste and sample the exhibitors' food and beverages. In addition to the sampling of wine, beer, food and desserts, attendees will enjoy music by returning entertainers Bajan, a four-piece band, and pianist, John Cocuzzi. An art show, gift raffle, live and silent auctions and a golf putting contest (\$5,000 grand prize sponsored by Security Pacific Real Estate) will round out the evening.

The "Taste" is the Chamber's largest fundraising event of the year. The proceeds from the event help the Fair Oaks Chamber support the businesses and community of Fair Oaks by offering free events throughout the year. In addition, a portion of the proceeds will benefit VIVA, Volunteers in Victim Assistance, a full service center for victims of violent crime/trauma.

Tickets for the Taste are still available and the same price as last year. The cost: \$35 per person during the advance sales campaign (now

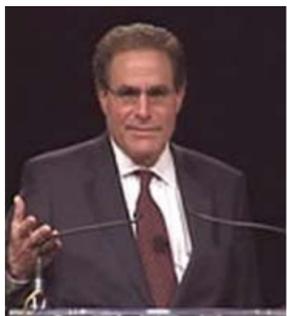


through June 3). A special raffle will be held for advance ticket purchasers and a \$200 prize awarded. Tickets sold after that and at the door, will cost \$40. Tickets can be purchased by calling the Chamber, 967-2903 or online at www.fairoakschamber.com.

The following exhibitors will be presenting: A b u n d a n c e Vineyards, Amador Cellars, Amador Foothill Winery, Chatom Vineyards, Crystal Basin Cellars, d'Art Wines, Dragonfire Vineyards dba Draconis Vineyards, Frog's Tooth Vineyards, Grand Amis Winery, Honey Run Winery, Lava Cap Winery, Michael-David Vineyards, Montevina Wines/

Terra D' Oro, Oakstone Vineyards, Perry Creek Vineyards, PRP Wine International, TKC Vineyards, Vino Noceto Winery, Hoppy Brewing Company, Pyramid Alehouse, Sierra Nevada Brewing Company. Food Exhibitors will be; Il Forno Classico Italian Restaurant, Chili's Bar & Grill, Slocum House, Chocolate Fountains of Sacramento, The Culinary Institute, Cilantro's Taqueria, Costco, Raley's-Madison/Hazel and San Juan/Sunset, Fair Oaks Coffee House & Deli, Cool Luke's-Citrus Heights and The Chocolate Architect. Please be reminded, attendees must be 21 years of age or older.

Opting Out of Third Party System will Save Doctor-Patient Relationship



By Richard Amerling, MD

Now that the Senate version of ObamaCare is moments from becoming the law of the land, we need strategies to safeguard the doctor-patient relationship from government intrusion. The most effective approach is for both patients and physicians to opt out of the third party payment system.

From the patients' perspective, opting out makes sense. Insurance companies will not be allowed to deny care for pre-existing conditions. Thus, even if the individual mandate is not thrown out on constitutional grounds, it will be smarter to pay the penalty, not buy insurance, and put as much money as possible into a health savings account. Prompt excellent medical care can readily be found in the burgeoning free market. Prices should be transparent to facilitate comparison shopping.

Physicians have an ethical obligation to use their skills and training for the betterment of our patients, and to pass this art to the next generation. For those who choose to remain in practice, opting out of third party payment will be an increasingly attractive option.

Accepting payment directly from the insurer is a relatively recent aberration in the long history of the profession. There was never a crisis in access to doctors' services in the pre-Medicare/Medicaid era. Physician fees were usual, customary, and reasonable. Doctors charged well-heeled patients a bit more and those less well off a bit less. Pro bono care was a part of every practice. There was, and still is, competition between physicians

for patients, and this restrained charges. Patients valued the doctors' time and vice versa. Doctors worked exclusively for the patient and were their strong advocates. There was a high degree of trust and medical care was used selectively. Direct third party physician payment changed all of this for the worse.

Initially, doctors "accepted assignment" as a courtesy. Medicare eventually required participating physicians to agree to this. Over the years, it became the norm. This was, in some ways, convenient to patient and physician. But by insulating both from the true costs of care, it led to overutilization and massive increases in health care spending. Payers responded with price controls and attempts to micromanage medical decision-making such as managed care, and its new version, pay-for-performance. Price controls on physicians drove volume increases that resulted in overall spending escalation. Higher volume inevitably impacts quality of care. No "quality improvement" measures can adequately compensate for this.

Widespread opting out of the third party payment system will lead to lower utilization with huge cost savings. There is no more efficient model than direct pay since it eliminates the middleman for the majority of charges. Office costs are dramatically reduced when third party billing is abandoned. By setting their own rates, doctors will be in control of their time and patient volume would decrease. Quality of care would improve, again saving money. The doctor-patient relationship, arguably the essential ingredient to cure and comfort, would be strengthened.

The immediate objection to opting out is that not everyone can afford to pay at time of service. The same argument could be made for dental and legal care (Note the absence of crises in the delivery of cosmetic surgery, dental, veterinary, and legal care—all outside third party systems). We have simply become accustomed to having "someone else" pay. Another frequent objection is that

some patients will not go for needed care if they must lay out money. This is easy to assert and impossible to disprove, but should bureaucrats make these decisions? This, plus unsustainable overuse of the system, are the inevitable alternatives.

Universal coverage will complete the move toward centrally-controlled care. Practice will be directed (i.e. rationed) by federal committees using practice guidelines, "pay-for-performance," and the electronic health record. Individualized care and medical confidentiality will slowly disappear. Importantly for the administration and Congress, more citizens will become dependent on government largesse. Doctors and other providers will become government employees, and be subject to its whims.

It is now left to individual physicians and patients to act in their own interests, and to defend the medical profession and doctor-patient relationship from government intrusion, and ultimately, destruction. It is time to opt out.

Doctors, sign the Physicians' Declaration of Independence: (<http://www.aapsonline.org/medicare/doi.htm>)

(see "A Right to Healthcare? Wrong!") <http://www.aapsonline.org/news/otheday/00941>.

Richard Amerling, MD, is a nephrologist practicing in New York City. He is an Associate Professor of at Albert Einstein College of Medicine in New York, and the Director of Outpatient Dialysis at the Beth Israel Medical Center. Dr. Amerling studied medicine at the Catholic University of Louvain in Belgium, graduating cum laude in 1981. He completed a medical residency at the New York Hospital Queens and a nephrology fellowship at the Hospital of the University of Pennsylvania. He has written and lectured extensively on health care issues and is a Director of the Association of American Physicians and Surgeons. Dr. Amerling is the author of the Physicians' Declaration of Independence (<http://www.aapsonline.org/medicare/doi.htm>).

Dr. Amerling's position on Obama's healthcare reform: ObamaCare, beyond the enormous costs and dislocations, directly inserts itself into the doctor-patient relationship. It will make the practice of Hippocratic Medicine—"I will prescribe regimen for the good of my patients according to my ability and my judgment. I will keep them from harm and injustice."—all but impossible.

Dr. Amerling resides in New York, NY and can be reached at: richard.amerling@gmail.com, 646 637 8546

You're Angry? Fine. But Channel It Constructively



By Lee H. Hamilton

Everywhere you turn these days, you find someone insisting that Americans are fed up. They're angry at the White House, or at the government in general, or at politicians as a breed.

The fiery rallies and other signs of bubbling discontent splashed across the front pages do not appear to be mere show. As the Pew Research Center just reported, its latest survey found "a perfect storm of conditions associated with distrust of government — a dismal economy, an unhappy public, bitter partisan-based backlash, and epic discontent with Congress and elected officials."

Anger is nothing new in American politics, but the sort of road-rage being directed at elected officials — public servants being spat upon, threatened with death, taunted with racial slurs — is deeply worrisome.

The Senate's sergeant-at-arms reported early in April that serious threats to members of Congress nearly tripled between the last three months of 2009 and the first three months of this year. Many Americans now seem to think nothing of dropping hints of violence in an effort to rally support.

We're better than this. The concerns being expressed — about the reach of the federal

government, the level of public spending, the right way to fix our health-care system — are entirely legitimate, but threats of violence and ginned-up hatred suggest a polity spinning out of control. Shrill politics undermines our ability to tackle our problems. A politics that consists of debasing, demeaning, or attempting to silence the people with whom you disagree is a sure sign of democracy in decline.

We have well over 200 years of practice now in resolving issues that arouse great passion, and only once has the system failed — with the disastrous result, of course, being the Civil War. That great national trauma ought to be reminder enough that we Americans settle our differences through the political process. We channel our beliefs into the voting booth — or into demonstrations, letter-writing campaigns, organizing efforts, and other means of peacefully advancing our points of view.

We believe that reaching practicable solutions often means finding areas of common ground with our political opponents. We recognize that in a democracy, no judgment is final, but merely an invitation to the next round of debate. Whether we win or lose, we respect the outcomes of elections, of legislative battles, of the political process — and we redouble our efforts on behalf of our views.

"Criticism is part of the lifeblood of democracy," Bill Clinton recently commented in The New York Times. "No one is right all the time." But there is, after all, a difference between criticizing a policy or a politician — even robustly — and threatening violence if your demands are not met.

Our challenge as citizens is to recognize the line between these two approaches. This has gotten

more difficult of late, as we now live in a world in which one can choose never to read or listen to a word with which one disagrees — in fact, as New York Times editor Bill Keller recently put it, in today's media "it is possible for people to feel fully informed without ever encountering an opinion that contradicts their prejudices."

Communications technology has made it easier for inciting rhetoric to spread rapidly, get amplified by public hotheads, and be taken seriously by people on the verge of losing control.

This is not a happy state of affairs for our democracy, which at a minimum counts on respect for one's adversaries and an electorate capable of discriminating judgment—the ability to tell fiction from fact, spin from analysis, partisan rhetoric from consensus-seeking, and perhaps above all, incitement from legitimate criticism.

In the hyper-partisan atmosphere that prevails today, our responsibilities as citizens are even more difficult. We cannot always trust political leaders to steer the body politic in fruitful—as opposed to divisive and inflammatory — directions. It becomes our job to calm things down, understand the issues before us, and insist that our elected officials seek common ground with those on the other side of the aisle as they focus on tangible and pragmatic policy-making.

This would go a long way toward toning down our out-of-control public discourse, and toward nudging our democracy back onto the path that made it great.

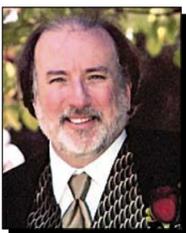
Lee Hamilton is Director of the Center on Congress at Indiana University. He was a member of the U.S. House of Representatives for 34 years.



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AMERICAN RIVER MESSENGER

"Written by the people for the people"



Publisher - Paul V. Scholl

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Graphics & Layout *Tandra Banerjee*
Distribution Assistant *Gabriel Scholl*
Advertising Sales *Paul V. Scholl • Perry Hartline • Marion Solo*

Contributing Writers
Tim Reilly *Mary Jane Popp* *Dave Ramsey*
Marlys Johnsen Norris *Kay Burton* *David Dickstein*
Pastor Ray Dare *Susan Skinner* *Amanda Morello*

Accounting *Nicholson & Olsen CPA*

Web Master *RJ at thesitebarn.com • JWS Promotions*
News Services *King Features Syndicate • PRWEB NewsWire*
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Widowed Persons Association of California, Inc.

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Monday through Friday
916-972-9722

Newcomer's Buffet & Social

Any and all widows or widowers may attend

Third Monday evening at 5:30 pm

In the private dining room at the Plaza Hoff Brau, corner of El Camino and Watt Avenues; cost varies as the choice is from a no-host buffet menu.

This is a public service to all widows and widowers and there is no charge to attend the social other than the meal they chose.

Sunday Support

Any and all widows or widowers are invited

Every Sunday from 3:00 pm - 5:00 pm

In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Avenue, Suite D-18.

FAIR OAKS CEMETERY MEMORIAL DAY AND AVENUE OF FLAGS CEREMONY HONORING WOMEN AIRFORCE SERVICE PILOTS

The Twelfth Annual Memorial Day Ceremony will be held Saturday, May 29th at the Fair Oaks Cemetery, 7780 Olive Street, Fair Oaks, with formal ceremonies starting at 10 AM. Vice Chairman of the Fair Oaks Cemetery District, Thomas Askins will be the Master of Ceremonies. The musical program will be provided by the American Veterans Band, conducted by Warren "Bud" Turner.

The Fair Oaks Cemetery District and the Memorial Day Ceremony Committee are finalizing plans for one of the most popular and inspiring Memorial Day ceremonies in the area. This year's theme is to honor "The Women Airforce Service Pilots" (WASP).

The cemetery will be also decorated with hundreds of flags lining its roadways as "The Avenue of Flags." We will also be adding more names to the Veterans Memorial Wall. Honored Speaker, Brigadier General, Mary J. Kight, Adjutant General for the California National Guard. She will speak on what it was like to fly planes during WWII.

Congressman Dan Lundgren has provided a flag that has flown over the nation's capitol. This flag will fly over the Veterans Memorial for one year in honor of all Veterans of the Women Airforce Service Pilots (WASP). The flag honoring All Veterans of the Armed Services, which was flown over the memorial this past year, will be retired and formally presented to Bob Clouse, Board Chairman Fair Oaks Cemetery District.

A formal Color Guard and Rifle Salute Team from VFW District 17 will provide military honors and assist the Commanders of the local VFW, American Legion and the VFW Auxiliary to the laying of the wreath at the memorial in honor of over thirteen hundred veterans who are buried in the cemetery.

Covered seating will be available for veterans and visitors. Dedicated seating will be available for veterans of World War II and their wives. The Fair Oaks Historical Society and the Orangevale/Fair Oaks Grange will provide complimentary refreshments after the ceremony.

Local Educators Join the Peace Corps



Anita Rodriguez, 30, of Citrus Heights and Cameron Jones, 23, of Carmichael

Two local educators have been selected for Peace Corps assignments in Eastern Europe and Central Asia. Anita Rodriguez, 30, of Citrus Heights has been invited to serve as an English teacher in Moldova. She departs June 10 to begin her 27-month assignment. Rodriguez has worked for more than nine years in the San Juan Unified School District, including the Discovery Program at Schweitzer Elementary. She is a 1998 graduate of Casa Roble Fundamental High School in Orangevale and received a bachelor's degree in child development from Sacramento State University in 2009.

"I have always had a passion for service and volunteering, and a desire to be an elementary school teacher," says Rodriguez of her decision to serve. "The Peace Corps will allow me to do what I love and help the people of Moldova at the same time." Cameron Jones, 23, of Carmichael will serve as a primary education teacher trainer in Mongolia. He departs June 3 to begin his service. Jones is a 2005 graduate of Del Campo High School in Fair Oaks. He received a degree in liberal studies and child development from Chico State University last December.

Jones and Rodriguez will spend their first three months of service in training, living with host families and studying their host countries' language and culture. After training, they will begin two-year assignments, living in the manner of the people in their new communities. Through President Obama's support and Congress' corresponding 2010 budget appropriation, Peace Corps is poised to grow significantly over the next several years. The agency's goal is to reach 10,000 volunteers during 2011, its 50th Anniversary year. Currently, 7,671 Americans serve as Peace Corps volunteers in 76 countries. Since 1961, nearly 200,000 Americans have served as Peace Corps volunteers in 139 countries. More Peace Corps volunteers come from California than any other state. Peace Corps is a 27-month commitment. Volunteers must be skilled U.S. citizens, at least 18-years old, and in good health. There is no upper age limit to serve. More information and online applications are available at www.peacecorps.gov.

Wild Kingdom Comes to Effie Yeaw Nature Center



Carmichael - Things are about to get wild at Effie Yeaw Nature Center. Peter Gros, co-host of the original Mutual of Omaha's Wild Kingdom, along with some of his animal friends will stop by Monday, June 7 to do two appearances from 8:45-9:15 a.m. and 9:30-10 a.m. Gros will talk with those in attendance about what they can do to protect the natural world and the animals that share it with us. A serval, python, civet, ocelot, ring-tail lemur, fennec fox and a few creepy crawly creatures will help him deliver his message. Live animals from the Nature Center and some fascinating natural history biofacts will also be on display. Tickets for this event are \$2.50 per person. For more information, please call 489-4918.

For more information about Mutual of Omaha's Wild Kingdom, visit wildkingdom.com.
Left: Peter Gros with alligator

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SSWD.ORG

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- Urban Jungle Bird Show
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One Headlight	Fri, 5/28
Colgate Country Showdown and Chris Gardner	Sat, 5/29
Courtney Lynn	Sun, 5/30
Frankie Soul & No Control	Mon, 5/31
Absolute Zero	Mon, 5/31

www.SacFair.com

Special Days and Events:

- VSP **MAY 28** VSP Eye Health Awareness Day
- CRYSTAL **MAY 29** Crystal Dairy Day FREE Ice Cream (while supplies last)

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Fair ValuPass includes: (1) Admission and (1) Carnival Wristband
Adults \$15 | Kids & Seniors \$12

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FREE Admission for Kids & Seniors
General Admission ONLY \$3

For Fair hours, event schedules, discount offers and more, visit www.SacFair.com or call (916) 263-2975.

17th Annual a Taste of Fair Oaks

Presented by the Fair Oaks Chamber of Commerce

Enjoy a Festive, Fun-filled Evening of...

- Fine Wines, Gourmet Food
- Hand-Crafted Ales & Lagers
- Silent Auction, Raffle & Art Show
- Live Entertainment

June 4, 2010
6pm - 10pm

Pre-Event Tickets \$35
Tickets at the Door \$40

North Ridge Country Club

7600 Madison Avenue
Fair Oaks, CA

For Advance Tickets & Additional Information:
Call (916) 967-2903 or visit www.fairoakschamber.com

Must be 21 or over to attend.

Jean and Jack Duncan Receive Outstanding Volunteer Award

Sacramento County Honors Active Seniors during Older Americans Month



County Board of Supervisor Roberta MacGlashan presents a recognition certificate to Jean and Jack Duncan for their many volunteer efforts.

Jean and Jack Duncan, long-time Citrus Heights residents and supporters, were honored as some of the County's 2010 Outstanding Senior Volunteers at a recent Sacramento County Board of Supervisors meeting. Each year during Older Americans Month, the Sacramento County Board of Supervisors and the Sacramento County Adult and Aging Commission join together to recognize outstanding senior volunteers who are nominated by senior and neighborhood centers and other agencies. Well-known for their community involvement, Jean and Jack Duncan belong to service clubs that promote improvements in the lives

of hundreds locally and thousands worldwide. The couple has extended their personal resources and energy to many local events like the annual parade and park district benefits. They were tireless in their efforts to work for more than a decade to bring cityhood to Citrus Heights. And on their own, they have unselfishly contributed and supported projects and those in need, without thought to accolades or acknowledgments. Their nomination for the 2010 Senior Volunteers honor was enthusiastically submitted and endorsed by elected officials, government leaders, community

organizations, businesses, and many community members. The other outstanding 2010 Senior Volunteers and the agencies that nominated them are Helen Blatta, Mission Oaks Community Center; Thomas Chan, Asian Community Center; Dottie Frincke, California Emergency Foodlink; Galt Brown Bag Volunteer Team, South County Services; Wilma Keith, Stanford Settlement Neighborhood Center Senior Programs; Norma Kohout, Hart Senior Center; Bonnie Penrose, Cordova Senior Activities Center; and Mary Strong, Senior Center of Elk Grove.

Make a Splash for Summer Reading Fun

The warm summer weather is coming, and what better way to read a "hot" book than to "Make a Splash" by joining the Sacramento Public Library's Summer Reading program. Each of the 27 Sacramento Public Library locations will offer nearly 600 free entertaining and educational summer reading programs for school-age children, teens, adults, and families, June through August 2010. Everyone is invited to the Summer Reading program's kick-off celebration, Mega-Splash, from 1 p.m. to 3 p.m., Sunday, June 6, at the Central Library, 828 I Street, Sacramento. There will be free activities for all ages at the downtown

Sacramento library event, featuring award-winning singer-storyteller Francie Dillon; face painters; a henna artist; favorite costumed book characters Curious George, Stella Luna, Rotten Ralph, and Clifford the Big Red Dog; storytelling; kids and teen craft making; games; and more. Plus, metered street parking is free on Sunday. Water is the theme for this year's Summer Reading programs: Make a Splash for kids, Making Waves for teens, and Water Your Mind for adults. Starting June 1, library customers can either sign up online at saclibrary.org or at their Sacramento Public Library branch.

Registrants will receive a bingo game card which features Summer Reading activities. When a participant finishes a bingo row of activities, he or she will receive a branch's prize: a book for pre-readers and school-age children and teens and a book bag for adults. There will be grand-prize drawings at summer's end. Please telephone the Sacramento Public Library at (916) 264-2920 or visit saclibrary.org for more information on the Summer Reading programs that are sponsored by the Friends of the Sacramento Public Library, Sacramento Public Library Foundation, and News10, with additional support by Target.



POPPOFF!

with Mary Jane Popp



LOVE YOUR PET

More than 73 million dogs and 90 million cats reside in 60 million households in the United States. Yours truly is one of those animal companions because they are so much more than pets! They give us so much unqualified love and affection, and ask for little in return. So, it's our job to be sure we keep them safe and sound too. Enter Dr. Karen Halligan with her book "Doc Halligan's What Every Pet Owner Should Know" and she does. Doc Halligan is Director of Veterinary Services Society for Prevention of Cruelty to Animals/Los Angeles, has her own private practice, and was on the ground in Baton Rouge, Louisiana, dealing firsthand with animals abandoned by Hurricane Katrina...thousands. She has also appeared on "Animal Planet" and "Animal Rescue 911" sharing her expertise. By the way, she shares her life with cat friends Kinky and Nathan.

Doc Halligan's book is the "go to" book for owners and caretakers in need of basic easy-to-understand expert advice on helping pets at any age to stay healthy. Just a few of the areas she addresses are:

- 1) Feeding your pet what a pet should eat...which means no bones, tuna, milk, or table scrap...and controlling portions to avoid the battle of the bulge.
- 2) Giving your pet a weekly once-over...examining the face, lips, nose, ears, coat, toenails, and anal glands...

and noting telltale signs of ten common ailments. Those would be dental disease, ear infections, bladder infections, stomach upset, skin irritation, kidney disease, arthritis, upper respiratory disease, diabetes, or intestinal disease.

- 3) This one is so easy and means so much too. Loving your pet...and helping to ward off cancer and increasing longevity...by spaying or neutering.
- 4) Brushing up and following through on pet dental care...and pet proofing your home to avoid the emergency room blues.
- 5) Outfitting your pet friend, with attention to comfortably fitting collars and one essential accessory: identification tags.
- 6) Traveling safely with a pet...in a car or plane and including your pet in your family's disaster awareness and preparedness plan.

In other words, you must be a pet detective. Train yourself to observe him or her like they observe you.

Encore and Misty

They know all our patterns, habits, and rituals. Use all your senses: sight, sound, smell, and touch (okay, no taste involved here). Even watch the way your pet moves. Doc Halligan even goes into a sample script for getting the most out of your vet visit, and the scoop on lowering vet bills, and pros and cons of pet insurance. Look for tips to safely swim and run with your dogs. From puppies to seniors, Doc Halligan addresses them all for your good and the good of your pet friend. For more information and some great tips too, you can go to www.dochalligan.com. If your pet friends mean as much to you as mine do to me, this is a must read commonsense, practical approach to keeping your friend happy, healthy, and out of the emergency room. This article is dedicated to my two special petlets...Encore and Misty!!!

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

Watch out for Pests and Creepy Critters



With the arrival of prime planting weather, Sacramento County Code Enforcement is encouraging people to consider plantings and landscaping that do not attract rodents. Once rodents become established on a property, they can breed quickly and be nearly impossible to eliminate. Rats and mice can cause significant damage to property and may harbor diseases that can sicken your family. Some neighborhoods are attractive to rodents due to creeks, drainage ditches and overgrown foliage, making them more difficult to control. Property owners should be vigilant when planting trees or bushes that may contain potential food sources such as dropped fruits and nuts from trees. Code also recommends keeping outside sources of pet food to a minimum. "Rodent infestation, left

unchecked, can become a public health nuisance," said Code Enforcement Manager Tammy Derby. "Typically, we don't get involved until the infestation becomes a public health hazard and we need to step in to require pest control and preventative maintenance efforts." Code Enforcement generally hears about situations involving extreme infestation from the neighboring properties. Oftentimes, homeowners may be elderly and without the resources to properly maintain their homes. On other occasions, the homeowner may be unaware, absent from the property, or unconcerned with the infestation.

What to do About Vermin:

Tenants: First, contact your landlord for proper handling. Within the unincorporated area of Sacramento County, if the landlord is unresponsive, contact County Code Enforcement to request that an advisory letter is sent to the property owner. The letter allows them 30 days to fix the problem. After 30 days, the tenant/complainant will be contacted to verify that the repairs have been

made and if the violations remain, an inspection will be conducted. File a complaint by calling 916-875-5656 or online at www.code-enforcement.saccounty.net.

Homeowners: Contact a private company to handle rats and mice infestation. More information is on the University of California, Agricultural and Natural Resources website at <http://www.ipm.ucdavis.edu/QT/ratscard.html>.

Problems with wildlife such as skunks and bats, contact the County Agricultural Commission at <http://www.agcomm.saccounty.net/wildlifeservices/default.htm>.

Neighbors: First, where possible, talk with your neighbor about the nuisance. Perhaps they are unaware and a simple conversation can remedy the situation. If the owner is not on the premises, or you feel that a conversation would not be helpful, contact the County by calling 916-875-5656 Monday through Friday, 7 a.m. - 5:30 p.m. or report an issue online: <http://www.msa.saccounty.net/communityhazards/report.htm>

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Meet the Candidate

Andy Pugno, the Force behind Proposition 8

By Perry Hartline

Andrew Pugno is a Republican primary candidate for Assembly Seat Five held by Roger Niello who's termed-out this election cycle. Pugno is the force behind Proposition 8, California's affirmation of traditional marriage. Though he was willing to step into the ring and fight the homosexual lobby, he seems a shy warrior. He's young, quiet-spoken and deliberate. He picks his words thoughtfully, the way a gardener picks strawberries. He's large-boned and squared, and brings to mind a medium heavy-weight club fighter who quit working out because he's too busy studying and thinking. This interview was conducted April 28.

Hartline: Let's start with my favorite Republican problem. I won't accept the unwritten rule, "Never criticize another Republican." It's silly and allowed many politicians to pose as Republicans. In other words the RINO's, the Republicans in Name Only, who are neither Republican nor conservative.

Pugno: Failure to scrutinize candidates carrying the Republican banner, but do not share our principles of conservatism, led to the common view that the Republican Party is little different from the Democrat Party. Look at the spending by the Republicans when they controlled Congress, and the expansion of the government under President Bush. Look at Governor Schwarzenegger, who ran as a conservative, but then turned left in office. Without scrutiny this is what we get.

Hartline: What does that mean for the November elections?

Pugno: Voter confusion unless the Republican Party distinguishes itself from Democrats. You can stand up and say 'NO!' to the Democrats, but you must have an alternative. An example of that was Gingrich in the 1994 elections. Voters loved the Contract with America and sent Republicans to Congress to fulfill that contract. That's not taken place in this election, but it must.

Hartline: Before Obama's coronation a senior Republican Senator said, "The era of Reagan is over. It's dead. People have to get over it." I thought, "Why?" Then, BINGO! we get Scozzafava in NY 23 proving it's time for the Republicans to call Merry

Maid to clean house. In '05 when the Republican Congress was paralyzed, a congressman was catching hell from a constituent. He told the lady, "You don't understand how hard it is!" She said, "Oh yah? Why? You got both houses and the presidency! Now do what you were elected to do." They didn't, and the Congress went Democrat. I've noticed the Democrats have no problems getting things done, look what's happened so far.

Pugno: Maybe all those years in the minority, and settling for whatever they could get, weakened the party. When they became the majority they weren't prepared to take action.

Hartline: No, I think this takes us back to the 'core values' point you just made.

Pugno: Speaking of core values, you were essential to the passage of Proposition 8, California's Defense of Marriage Act. Did you defend it in court also?

Pugno: Yes. I defended Prop 8 even prior to the election, when there were attempts to strip it from the ballot, and I'm still fighting in court.

Hartline: You were fighting Jerry Brown then?

Pugno: Yes, over the language he selected for the ballot, which described Prop 8 in a highly negative way. Then there were all the "No on 8" groups trying to block it from the ballot. The Supreme Court unanimously sided with us, letting the voters decide. The morning after the election there were six lawsuits filed. Ken Starr and I were co-counsel in those cases, and we won a six-to-one decision reaffirming the voters' right to amend the constitution. Today we face a federal challenge asserting a federal constitutional right to same-sex marriage. That would nullify the vote of the people of California. It's being litigated now.

Hartline: Throwing out the vote of the people of California for a federal interpretation? Could this become a "states rights" issue?

Pugno: It very much could.

Hartline: What was your interest in defending traditional marriage?

Pugno: I have a dual interest. First, I believe traditional marriage is unique. No relationship on Earth serves the unique interest of promoting the raising of children by both a mother and father. Secondly, I believe the people should have the final say on major changes in social policy. Judicial activism isn't how new law is made, but it's the strategy of those who want



Republican primary candidate Andrew Pugno

to impose homosexual marriage on the people.

Hartline: I think Christians and non-Christians recognized the attack on the basis of society. They understood the potential moral and emotional disaster. But to the left the Catholic Church is the prime target because of its size, structure, durability and loyalty.

Pugno: In fact in the Prop 8 trial a political scientist gave expert testimony that the single largest obstacle to the homosexual agenda is the church, and until the church's views are excluded from the political process, they won't be able to realize the agenda. Think about it: that has enormous implications. If we reach a point where entire classes of people are excluded from the political process because of their religious or moral or personal views civilization's finished.

Hartline: The left doesn't care. All they know is what they want. Now over to you.

What's the single-most pressing issue you see for the state today?

Pugno: Bringing back the jobs that were killed or chased out by regulation and taxation the state piles on employers. Until we remove the uncertainty government creates for small business you won't see

entrepreneurs and risk-takers hiring new employees, buying equipment or expanding their businesses and creating real-world jobs.

Hartline: Okay, what would you do?

Pugno: Cut needless regulations. The regulatory burden exceeds the tax burden as the number one worry of business. The underground regulatory government is running wild. The Legislature must do something to rein in the arbitrary enforcement policies that no one understands.

Hartline: You're describing non-elected commissions and boards operating as government authority with the legislatures' okay, setting policy.

Pugno: Right. The problem is the Legislature's fingerprints are not on the regulations. When regulators treat the regulated unfairly the alternative is to go to court, which is a lousy remedy. We need to make the Legislature directly answerable again.

Hartline: How did this come about?

Pugno: Because government's too big. The Legislature handed a lot of responsibility to unelected regulators who make up their own rules carrying the force of law, yet we—and our elected representatives—never voted for any of it.

Hartline: This is more than intrusive

government...

Pugno: This is government built large. It's government entrusted to regulators who are unsupervised and are unaccountable.

Hartline: Like the California Air Resources Board? They've invented rules everyone must follow. Stack that board with greenies and hotties and we have problems.

Pugno: The Legislature ducks a lot of tough issues by delegating and giving enormous authority to unelected career bureaucrats.

Hartline: What's the second most dramatic problem facing the state?

Pugno: Spending. "Can we afford it?" should be the first question asked. I'm disappointed in the way both parties participated in the spending binge and dug us into this hole. The first thing we have to do is stop digging.

Hartline: What about unfunded mandates? They won't cut them; they don't want a step-down for new hires, no concessions at all. If we don't find a way to deal with them we'll go broke. What would you do?

Pugno: There are unfunded mandates the state imposes on municipal governments, school districts and so on, and they don't have the money. It drains their general fund. Then there are long-term mandates such as pensions. It comes from not looking at income projections honestly. It's easy to take a rosy view of the future and assume we'll have a 10% return forever. Being off by a couple of points is disastrous. We must take an austere view of all anticipated revenue. We've seen phony budgets passed based on fantasy projections. We're paying 70% of this year's taxes in the first half of the year to get them in before the end of the state's fiscal year. That means the first half of next year we'll pay the other 30% of the year's taxes, which means a 40% drop in the second half of the calendar year, to start off the new fiscal year. That is insane! It's an example of twisting revenue numbers to put off tough spending decisions.

Hartline: Why doesn't the legislature get it? 1+1=2. 2-2=0. Don't they understand basic math? Logic?

Pugno: No. [laughter]

Hartline: [Laughter] No?! Eventually you reach the topple-over point. How far are we from it?

Pugno: I don't think it's imminent, but you can feel it.

Hartline: Why would you want a job

like this? You have to be nuts.

Pugno: When I left my job in the legislature ten years ago we had budget surpluses. You couldn't get anyone to support the argument for less government with so much money to spend. Now things are so bad everything's on the table, and we have the opportunity to realign budget priorities. Because of the economic crisis this is an incredibly formative time. We can reevaluate everything out of necessity.

Hartline: How did California move from a Republican to a Democrat state?

Pugno: The Republican Party hasn't succeeded in communicating with working people the areas of fundamental agreement we share. Ironically most Californians are represented by ultra-liberal Democrats, with whom they share very few common views. The result is political misalignment up and down the issues. Look at what the people want, and who they're sending to Sacramento. Look at the number of districts where Prop 8 passed overwhelmingly, yet have the most leftist Democrat politicians.

Hartline: But the people say they don't know how to stop it. There's a simple way: you vote them out.

Pugno: I think the frequent use of the initiative process reflects a safety valve to give the people the final say when elected officials fail to act. That takes pressure off elected officials.

Hartline: A quick word on Illegal immigration?

Pugno: It's illegal. We must demand federal enforcement of the immigration laws. I'm not for amnesty. But we need to do more to embrace legal immigration by those people who follow the rules.

Hartline: What about Obama?

Pugno: In 18 months he nationalized, or is nationalizing, everything. The auto industry, the banks, health care, energy, everything. I don't think people see this yet. Bottom-line, this president is aggressively handing over our basic liberties to an authoritarian central government.

Hartline: If there's one thought you'd have people keep in their minds about Andy Pugno, what would it be?

Pugno: I am on the ballot as a Republican, but I'm a conservative first.

Candidates for Sheriff Face Off at Forum



(Left to right) Jim Cooper, Scott Jones and Brett Daniels

Carmichael - At one of the best attended debate events for the position of Sacramento County Sheriff, held on May 12th at the La Sierra Center in Carmichael, all three candidates presented their views and opinions to questions asked by those attending the forum.

While all of the candidates had strong answers to a variety of questions, there was no clear-cut "winner" of the debate. Many of those there to witness the debate still had not made up their minds as to which candidate they would be voting for, the general feeling was they did get answers to their questions.

The event was sponsored jointly by the Carmichael

Chamber of Commerce and the League of Women Voters, a non-partisan organization.

Here are some of the comments from the candidates from the evening:

Jim Cooper

"What you are getting right now is unsafe and unfair."

"I support the Second Amendment. Right now, the way things are, people should be able to protect themselves."

And in regard to the number of sex offenders in our area "It is mind-boggling what is happening out there. We need to put more officers towards that."

Scott Jones

"We have a new day, we have new challenges. One of the first things I want to do is to perform an internal audit."

"We need to give the communities ownership of their own protection."

"People need to feel safe to come out of their homes and patronize their local businesses."

Brett Daniels

"It's a blind man's approach to patrol. I want to get rid of a top-heavy department."

"I have a long history of pro-Second Amendment rights for Americans to bear arms."

"People protect themselves better than anyone else, which is why I support the Second Amendment."

In regard to the number of sex offenders; "It should be one strike and you're out."

There is also a late write-in candidate, Frank Safidi. As he was not a part of the debate, we offered him this opportunity to present his views. "I would never presume to be a better person than the other candidates for all of us have some human flaws, but for this office, at this time, I am the better candidate. An organization whose employees are held to a high standard should have as its leader a

person with even higher standards. I will demand excellence from department personnel and citizens can expect excellent service from all of us. If elected, I will

ensure respect for the rule of law and fairness in its application in Sacramento County; that no one is above its reach, or more importantly, beneath its protection."

To find out more about the write-in candidate go to www.scafidiforsheriff.org.

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Heavenly Blessings Now!

By Marlys Johnsen Norris

Have we really grasped all that has been given to us since the day we invited Jesus into our heart and lives? Most of us acknowledge that we have received eternal life and we are reconciled to our heavenly Father. (John 3:36 & Romans 5:7-11) because of all Jesus accomplished on the cross. There is so much more to be thankful. Let us reflect on some of those things we have been given because of His love, grace and mercy. We have been delivered from the power of Satan and from the bondage of death. (John 8:31) and given authority over such powers. Every single trespass and sin has been completely forgiven (Ps 103:12) Jesus removed all our transgressions. We have been sealed

by the Holy Spirit and now are eternally secure (Eph. 1:13) because we believed and are a child of God. We have received the first fruits of the Spirit. (Rom. 8:23-29) and all things work together for good to those who are called. And we are now indwelt by the Holy Spirit (John 7:37-39 by Christ and the Father and we are one with them. (John 14:20 & 23) We have been given spiritual gifts (I Cor 12:7) to minister God's love to others. We are no longer of the world (John 15:18-19) but we do live in the world and we are being kept by God's power (John 10:27-30) and nothing can snatch us away. Jesus Christ is presently praying for each one of us (John 17:15) and so is the Holy Spirit (Romans 8:26) We have a glorious inheritance in heaven (I Peter 1:4) and we are God's inheritance (Eph 1:18) **Jesus is God's gift to us and we are now Jesus gift back to the Father.** We now are one of God's elect (John 17:24) because He choose us to be His

own (John 15:16) and we have taken on the light of Christ (Eph 5:8) that through our testimony of God's grace and mercy, our life might shine that others will come to the knowledge of God's plan of redemption. We are blessed with all spiritual blessings (Eph 1:3) and the abundant life lived for Christ. We are complete and whole in Christ (I Timothy 1:17, Col 2:9-12) One can grasp the magnanimous love of God by reading Jesus own words in red in their Bible. You are precious to the Father, Son and Holy Spirit. Proof and Truth is always found in His Word.

*Marlys Johnsen Norris, Author
Marlys5934@sbcglobal.net
"Intimacy Begins Going God's Way"
"God Moves Mountains, It was a Miracle"
"Recipes for a Happier Marriage"
"Senior Gleanings"*

The Habit of the Wise

I once had the opportunity to speak to a man who was incarcerated. I sat down in front of the man—a thick piece of Plexiglas between us—and picked up the phone to communicate with him. He shared with me how he had made some "mistakes" preceding his arrest and conviction. He talked of regret for wasting his life, of guilt for those he had hurt, and anger for those he felt had let him down through the years. Finally, he said something profound for someone in his circumstance—"There are three kinds of people in the world: the stupid, the smart, and the wise. Stupid people never learn from their mistakes. Smart people DO learn from

their mistakes. And wise people, they learn from the mistakes of others." The School of Hard-Knocks taught this man something he could have learned from the Bible. The Bible is not biased. It records stories of faith as well as failure. The Apostle Paul explains why the Bible contains these records of failure and sinfulness. He wrote, "These things happened as a warning to us, so that we would not crave evil...They were written down to warn us..." (1 Corinthians 10:6,11). Being human is hazardous work. However, wise people avoid some hazards by learning from the mistakes of others. No one desires to be stupid. All want to be smart. Only a few aspire



By Pastor Cary Duckett
to reach for wisdom. Read the failures recorded in the Bible—and grow wise. *You are invited to come and be our guest at Cypress Avenue Baptist Church. Our worship times are 9 AM & 10:30 AM each Sunday. To learn more about Cypress go to www.cypressavenue.org.*



Keys to Relational Bliss

By Rev. Richard P. Reimer
"Love is not selfish." This preacher received more than usual the number of positive comments following a message on that topic. Selfishness destroys relationships. The good news is that there are antidotes to selfishness. The first is to put yourself in a group that has family dynamics. Join a church or a club where you will be expected to take into account the needs and desires of others, where you have to bend and compromise and not always have things your way. I grew up with six sisters and two brothers and I never had my own room. In a family everything is shared so you learn to give way to others, you learn to be unselfish.

Secondly, start serving those you love. If you want a better relationship, if you want a better marriage then determine right now to serve your partner. Stop expecting them to service you and start serving them expecting nothing in return. Start putting your partners needs and dreams before your own. The best marriages I know are those where both husband and wife try to out serve each other. Now that's what a great marriage looks like! Two people showing their love for one another by serving. See serving not as something you "have to do" but something "you get to do". Have you seen the bumper sticker "Treat her like a thoroughbred and she won't be a nag"? It is true and serving is the way to treat those you love. Thirdly, show respect. Back in 2005 Malcolm Gladwell coined the term "thin-slicing". Thin slicing means making very quick decisions with small amounts of information. Rob Bell says in his book SexGod (which by the way is the best book on relationships I've read) that a

skilled counselor can determine if a relationship will last in just a few seconds using the technique of "thin slicing". He says it's all in the eyes. How does he look at her? How does she look at him? The eyes communicate respect or disrespect. If a couple does not have mutual respect for each other the relationship is doomed, it won't last. Respect begins with simple good manners. If you love someone you don't behave unbecomingly, you honor their "no". You don't violate their personal standards or boundaries. You don't yell or call them names. You never hit. You treat them as you want to be treated. The antidotes to selfishness are: family, service and respect. These are the keys to better relationships. *Rev. Richard P. Reimer
Lead Pastor, American River Community Church
www.arconline.org
3300 Walnut Avenue
Carmichael, CA*



How to Find Happiness

By Pastor Ray Dare

King Solomon wrote about it. The Rolling Stones sang about it. People everywhere are seeking it, but "Can't get no satisfaction!" What's the secret to happiness? That question was asked to thousands of Americans in a national poll, "What would it take to make you happy?" The answers included money, sex, things, friendships, being in love, getting married, having kids, finding a better job, retiring, graduating, success, power, recognition. Now, is there anything wrong with any of those things? No. The problem is they don't ultimately satisfy. We all know people that have those things...possessions, power, pleasure, prestige, popularity...but are they ultimately satisfied? No. By popular opinion, happiness is based on having the right circumstances. It's what I call "when & then thinking". When I make

more money... When I get out of debt... When I get the new job, or new house, or new car... When I get married... When I get unmarried! When I have kids...When my kids leave home! This is when and then thinking - circumstantial happiness. It's no wonder there are so many stress-out, over-worked and dissatisfied people in society. God says, "You're looking for happiness in all the wrong places!" In the Bible God says, "Why spend your money on something that is not real food? Why work for something that doesn't really satisfy you? Listen closely to me, and you will eat what is good; your soul will enjoy the rich food that satisfies." Isaiah 55:2 The first step is to realize what you're really hungry for. Most people really don't understand what's missing. The Bible says that we were created spiritual beings. God made you to love you and for you love Him back and nothing will ever take the place of that. Nothing. When you were born, God created you with a physical appetite to keep you alive. If you didn't have an appetite you would just waste away, because you'd never know your need for food. Also when you were born, God also gave you a spiritual appetite. He's given you a

spiritual appetite so you would get to know Him. Nothing else will truly satisfy that hunger. No situation, no person, no circumstance, no event. Nothing else will satisfy that spiritual hunger. Money can't, fame can't, prestige can't, possessions can't, power can't, drugs or alcohol can't. None of those things will ultimately satisfy you. They can't! What's missing is spiritual. You will never be happy in life living for yourself. You can't, because you were made by God and for a relationship with God and until you understand that, life isn't going to make sense to you. Get to know God, if you do not know him. Get to know Him better by going to church, praying and reading the Bible. Only a relationship with God through Jesus Christ can ultimately fill that void, because that's why you were created in the first place. That's why Jesus said, "I am the bread of life. No one who comes to me will ever be hungry again." John 6:35a (NLT) I'm NOT talking about religion. God couldn't care less about your religion. He wants a relationship with you. *See you Sunday, Pastor Ray
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Dispatching of Emu on Frontage Road in Sacramento

Sacramento -- On May 11, 2010, at approximately 1:00 p.m. a California Highway Patrol Officer was dispatched to a call of a loose Emu in the area of I-5 and Power Line Road. Upon arrival, the officer initially was unable to locate the EMU but shortly thereafter he observed it walking westbound in the eastbound lane of Bayou Road towards Airport Boulevard. The officer made several attempts to corral the bird with his patrol vehicle, however; the bird appeared to be determined to continue westbound on Bayou Road. The officer then requested for Sacramento County Animal Control to respond.

A second CHP officer arrived on scene and assisted with numerous

attempts to corral the Emu while also continuing to control traffic. At approximately 2:05 an Animal Control officer arrived and attempted to use a snare and hood to capture the bird without success. The officers on scene were concerned that the Emu was going to enter the freeway from the on-ramp which would endanger the motoring public. Request for approval to use the departmental tazer on the Emu was granted by a supervisor. Three separate deployments from the tazer which had little to no effect on the Emu due to the thickness of its feathers. The bird continued to run rapidly towards Airport Boulevard and was corralled again by officers.

Having run out of viable options, and with supervisor approval, the bird was dispatched and released to Sacramento County Animal Control.

The CHP regularly makes every possible attempt to preserve the life of animals which stray onto roadways, including working with animal control officers, pet owners and using a variety of traffic control techniques. For example earlier today a CHP officer assigned to the North Sacramento Area encountered a mother duck with four ducklings crossing southbound Fair Oaks Blvd south of Greenback Lane. As the ducks crossed the road, the officer slowed and ran a traffic break to stop traffic and allow their safe passage.

The officer then made a u-turn and momentarily stopped traffic on the northbound side as well until the ducks were safely across the highway.

Although it is very rare, it is with regret that on occasion officers may be required to dispatch an animal in order to ultimately preserve the safety of the motoring public. Past experience has shown that animals which wander or run onto highways and freeways present a serious threat to traffic safety as motorists take evasive action at high speeds to avoid hitting them, often resulting in traffic collisions and injuries.

Officer Lizz Dutton,
Public Information Officer

Driver Dies in Crash on Westbound I-80

Sacramento - On May 2, 2010, at approximately 9:05 p.m., Jesse Oran, a 32 year old from Carmichael was driving an orange 2003 Honda Element on westbound I-80 west of Antelope Road in the #3 lane at approximately 75 mph. A 22 year old female from Sacramento was driving a white 1993 Mercedes 190E on westbound I-80 at an unknown speed in the #2 lane slightly to the rear of the Honda. At some point, the vehicles made contact with each other causing them both to spin out of control and travel into the center median where both vehicles struck each other and the guardrail. The force of the collision caused fatal injuries to the 22 year old driver of the Mercedes. Oran, who is unlicensed in California, was transported to Sutter Roseville Medical

Center (SRMC) with abrasions and complaint of pain. Oran's passengers, Ashley Martinez, a 20 yr old from Carmichael was transported to SRMC with a broken arm and abrasions, Jennifer Martinez, a 42 yrs old from Carmichael was transported to SRMC for precautionary reasons and Robert Olson, a 25 yr old from Sacramento was transported to Mercy San Juan Medical Hospital for abrasions to his face.

The identity of the 22 year old driver is not releasable at this time pending notification of next of kin. Alcohol and/or drugs do not appear to be a contributing factor. This collision is still under investigation.

Officer Lizz Dutton,
Public Information Officer

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arrive in the park by 7:30 AM at the entrance to the main building. Your group needs to bring a good picture or pictures of the person you're honoring to give to the East Lawn staff. Your DVD will include your personal pictures, your group photo, 5K race footage, and -- all this will be set to music! There isn't another 5K event that I know of that does this for its participants. You will receive your DVD in the mail approximately 7 to 10 days after the event.

"We are proud to be the title sponsor of the Alzheimer's Aid Society 5K event based here at East Lawn Memorial Park", states Alan Fisher, East Lawn President. "Our East Lawn staff has been deeply touched by the vast support of families in the community. We have noticed that many people participate in memory or honor of a loved one. This gives personal meaning and purpose to this growing Sacramento event. We are pleased to offer this unique and

lasting way that event participants can honor their loved ones."

There you have it, folks! You are not only doing your body a healthy service, but you get to brush up on your smiles as well. In addition, you're supporting a local, independent organization that is under new leadership and dedicated to helping families and caregivers dealing with Alzheimer's disease. You not only will leave this 5K event knowing your donations are helping locally, but you'll have a smile on your face as well.

If you can use our services, or know someone who can, please call us at 916-483-2002 or go to our website at: alzheimersaidsocietyinc.org for more information. You can also register for the 5K by going to our race website at: www.memory5k.org.

Sal Arrigo, Jr. is the Vice President of Development for the Alzheimer's Aid Society.

By Sal Arrigo, Jr.

You really need to mark your calendars for Saturday, July 24, 2010 as the 3rd Annual Alzheimer's Aid Society 5K Memorial Run/Walk takes place at East Lawn Memorial Park in East Sacramento. This is truly a unique venue, but this year, there is something really special – a FREE commemorative DVD Video Tribute for those groups of 10 or more who are participating "In Honor of" or "In Memory of" a loved one or friend.

Here are the details: you gather your group (we would love to see groups of 20 or 30 or more) and

CH2MHill Awarded Contract for Delta Plan

Comprehensive Plan will guide state and local actions in the Delta; Council to hire independent contractor to review Bay-Delta Conservation Plan (BDCP)

Sacramento—The Delta Stewardship Council announced today (April 30) that it has selected a team headed by CH2MHill to assist in the development of the comprehensive long-term management plan for California's Delta required in legislation passed last November.

"All four firms who submitted qualifications were outstanding, but the team put together by CH2MHill stood out," said Council Chair Phil Isenberg. The Council considered the four proposals at its April 22 meeting and voted unanimously to move forward with CH2MHill. Department of Water Resources (DWR) rules prohibited release of the name of the winning bidder until the contract was signed.

CH2MHill was selected following a review of qualifications (RFQ) process jointly conducted by DWR and the Delta Stewardship Council over the past two months. The Council used the DWR contracting process because of the tight timeframe for creating the Delta Plan. The Council did not come into existence until Feb. 3; the Delta plan must be adopted by Jan. 1, 2012.

Administration of the contract will be transferred from DWR to the Council, which will direct development of the Plan. "Using the existing DWR process saved us from a six- to nine-month delay getting started – time better used developing the Delta Plan in an open and transparent process so that we can meet our

legislative deadline," Isenberg said.

State law calls for the Delta Plan to guide state and local actions in the Delta so that they further the coequal goals. According to the California Water Code, Section 85054: "Coequal goals" means the two goals of providing a more reliable water supply for California and protecting, restoring, and enhancing the Delta ecosystem. The coequal goals shall be achieved in a manner that protects and enhances the unique cultural, recreational, natural resource, and agricultural values of the Delta as an evolving place."

Under the direction of the Council and its staff, the CH2MHill team will assist in developing a Plan that is required to promote a healthy Delta ecosystem, promote a more reliable water supply, make recommendations regarding state agency management of lands in the Delta, promote statewide water conservation, water use efficiency, and sustainable use of water, promote options for new and improved infrastructure relating to the water conveyance in the Delta, storage systems, and to reduce risks to people, property, and state interests in the Delta by promoting effective emergency preparedness, appropriate land uses, and strategic levee investments.

Independent review of the BDCP process

New state law requires the Council to consult with the state

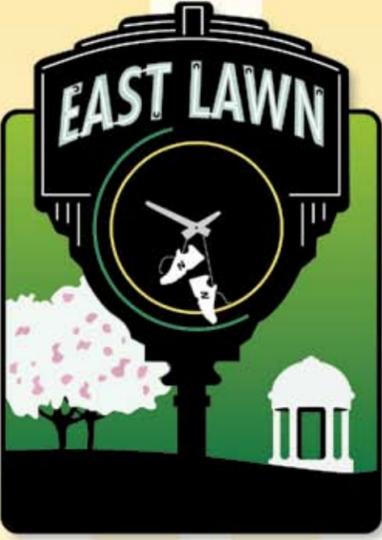
and federal agencies conducting an environmental review of the Bay-Delta Conservation Plan (BDCP) and to incorporate the BDCP into the Delta Plan if it meets certain environmental requirements. Those requirements include a determination by the California Department of Fish and Game that the BDCP qualifies as a Natural Community Conservation Plan. "The Department of Fish and Game's determination that the BDCP has met the requirements of this section may be appealed to the council", Section 85320 (e).

To assist in the BDCP environmental review and possible appeal, the Council agreed at its April 22 meeting to hire an independent consultant that has not previously been involved in the BDCP. All of the bidders had some association with the BDCP process. CH2MHill has been helping to develop the environmental review of the BDCP currently under way through the Department of Water Resources.

The Council expects to develop an interim Delta Plan in the near future and a draft Delta Plan by late fall. Scoping and an environmental review process would occur during 2011. The \$9.5 million contract will be paid through Prop. 84 funds and runs through 2012.

More information about the Council, the Delta Plan, and the RFQ submittals is at www.deltacouncil.ca.gov.

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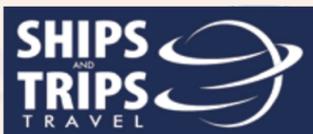


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Area's First Dave & Buster's Proves Fun Comes in Small Packages



Tickets won in the D&B arcade earn patrons prizes ranging from candy to game consoles.

by David Dickstein

Dave & Buster's is probably as tired of being called an "adult Chuck E. Cheese's" as its patrons are annoyed with arcade games malfunctioning or running out of tickets. But there is really no better way to describe these lively food, drink and game emporiums, and, for us token droppers, looking for an attendant is just standard recreational procedure.

On a recent early evening at the new D&B in The Fountains at Roseville (1174 Roseville Parkway), only a small handful of games were out of order. Then again, it was opening day – everything, at least mechanically, should be in perfect working order.

It's taken 28 years for the Dallas-based national chain to open an establishment in the Sacramento area. That's welcome news for those who have been to one and like what they saw (hundreds of games geared more for the inner child of adults than actual children) and/or ate (diner-type comfort food and salads with a twist).

For newbies, picture Chuck E. Cheese's and Chili's having a baby.

Exciting as getting a grown-up alternative to Chuck E. Cheese's and John's Incredible Pizza, which are both mere minutes away, D&B fans visiting the new location for the first time are in for a surprise, and not a good one if size matters. At 17,000 square feet, Roseville's

is among the smallest of the chain's 57 stores. By comparison, you could fit three of them inside the cavernous D&B in Milpitas, formerly the closest to the Sacramento region, and still have nearly 10,000 square feet to spare.

Downsized D&Bs are popping up as the company expands coast to coast. Two other locations of Roseville's dimensions opened last year in Tulsa, Okla. and a suburb of Richmond, Va.

"As Dave & Buster's continues to grow and add new locations, we have found that a smaller restaurant works well for us in terms of service, staffing and access to all the entertainment elements," said Brandon Ball, Roseville's general manager. "While we do have locations that are significantly larger, we've found that size doesn't always determine success."

Unlike its larger siblings, Roseville doesn't have pocket billiards, shuffleboard or simulated golf. It does have a "Million Dollar Midway" crammed with state-of-the-art action and challenge games plus such arcade classics as Skee-ball, hoops and Dance Dance Revolution, along with retro video games like Space Invaders and Ms. Pac Man. Your rechargeable "Power Card" can also be swiped for Guitar Hero duels, simulated NASCAR and horse races, multi-player super trivia battles and games of skill, including one of those claw types with sizeable prizes teasing

patrons from inside an enormous glass case. Most games earn tickets that can be redeemed for candy and small toys on the low end all the way up to a Playstation3. Requiring 65,125 tickets, it might take a while to score that sucker. One friendly worker said D&B-branded items are best-sellers, though the logo-dotted boxer shorts pale in popularity to the pint and shot glasses.

During its first official happy hour, the bar was predictably hustling. From 4:30-7 p.m. weekdays with 9-11 p.m. added Sunday through Thursdays, happy hour offers half-price well drinks and \$2.50 domestic pints. Flat screens tuned to sports programming are everywhere.

The restaurant side serves up an eclectic menu featuring eight types of steak, six different burgers and St. Louis-style pork ribs along with seafood, chicken and pasta dishes. Dinner for our family of four was an unfunny comedy of errors. The experience had "opening night" written all over it, from messed-up orders to unpalatable food items to patchy service to the kicker of a phantom \$15 entrée added onto the bill.

No doubt things will improve with each day, and, really, all was forgiven when my inner child was appeased with three jackpots hit within 5 minutes on the Spin-N-Win. Those dropping balls never had a chance.

Suzanne JONES for 5th Assembly

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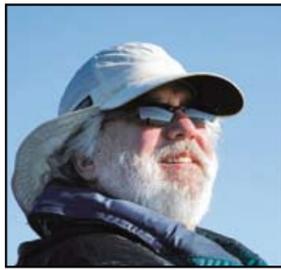


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Spill Baby Spill! Fossil Fuels and the Abuse of Power



by Andrew Willner

The BP Deepwater Horizon oil spill that killed 11 and threatens to annihilate the coastal economy of the southeastern U.S. is a good reason to question authority.

It has caused me to abandon my faith in our government's ability to regulate big oil and lead us to an alternative energy future. I've been disheartened by the web of legislative loopholes and industry deregulation which has opened the door to potentially criminal negligence by the oil industry.

As oil continues to hemorrhage into the Gulf, it is now up to individuals, grassroots organizations and communities to demand that the U.S. government criminally prosecute those responsible for this disaster and amend the policies that have resulted in unregulated, out of control coastal drilling. It's also time to make this a major pocketbook issue, a moment when all of us should divest ourselves of oil stocks.

Let's be clear, BP and other companies drilling in the Gulf (and determined to drill on all of our coasts), are not drilling because it will add a few months of fuel to our current supply, but for the bloated profits those companies will earn – a significant amount of which end up in the election coffers of both parties.

Yes, it's been a great time for the oil companies. BP alone made almost \$6 billion in profits in the

first quarter of this year. And to protect those profits, BP spent \$16 million in 2009 to influence Capitol Hill lawmakers on both sides of the aisle, says Newsweek.

But now the Gulf disaster has ripped the filthy bandage off the festering wound of our oil-based economy, exposing it for what it truly is – bullying by a corrupt industry. This spill was easily preventable had government done its job, and had BP been a responsible company and put reasonable safeguards in place, such as a \$500,000 emergency remote-control shutoff switch that two other oil producing nations, Norway and Brazil, require, says The Wall Street Journal. Instead, BP cut corners to save a buck, and is now doing senseless violence to the environment, our economy, and life on the battered Gulf coast.

It is now up to ordinary people to do what government has failed to do – to stand up to the bullies at BP and other fossil fuel companies and demand they be deprived of their privileged place at the bargaining table, and be stripped of the billions in subsidies and tax relief that keeps the playing field tilted precipitously against alternative energy. Instead of subsidizing oil production, we should tax every barrel to recoup the costs of stationing U.S. troops on foreign soil to protect private oil derricks, pipelines and tankers.

It is also time for people to work locally to transition our towns, cities, counties and states away from an oil-based economy to a "restorative economy," an economy dedicated to core values of human and environmental health and safety, cultural and biological diversity, and care for commonly held natural resources.

A restorative economy embraces alternative locally based energy,

is less extractive and less violent. One need only look at the utter lack of danger presented by a wind farm or solar array, compared to the horrific events in the Gulf, to see the difference.

As importantly, we must place blame for this disaster squarely on the shoulders of big oil. It is not enough to parade the BP board of directors through a congressional hearing. As an environmental activist who has gathered the corpses of oiled birds, and seen firsthand ecosystems wrecked by oil company negligence, I wonder if it's high time we paraded those executives in a "perp walk" before the blinding lights of TV news cameras.

We must put our elected and appointed officials on notice that this is the beginning of the end for fossil fuels. It is time we rejected the morally bankrupt arguments of an industry that is destroying not only our environmental and economic future, but the democratic process.

Vote with your wallet and purse. Sell mutual funds that include fossil fuel securities. Tell charitable foundations, your churches, and higher education institutions to divest portfolios of oil stocks. Invest in alternative energy companies instead. This amounts to an investment in yourself, your community, the environment, and your children's future.

© 2010 BlueRidgePress.com. Andrew Willner has been a city planner, furniture designer, sculptor, boat builder, environmentalist, storyteller, and photographer. He was Executive Director and Baykeeper at NY/NJ Baykeeper for nineteen years, retiring in 2008.

As Illegals Take Are Americans Free?



By Alieta Eck, MD, <http://www.aapsonline.org/>

We do not have "universal health care. We have mandatory free "health care for the universe."

A middle-aged woman came to our local emergency room, suitcase in tow, complaining of a severe headache and diminished vision. A CT scan of the head showed a brain tumor. The neurosurgeon on call was summoned and within days the patient had surgery to preserve her vision. An inspiring story giving tribute to the wonderful ingenuity, generosity, and high standards in our country? There's more.

This woman knew about her brain tumor and had already had an unsuccessful attempt at surgery in her home country. She booked a flight as a tourist, and her extended family took her directly from the airport to the emergency room. None of them had the slightest intention of paying any part of her bill. American patients, insurance subscribers, and taxpayers will subsidize the hospital, albeit inadequately. The neurosurgeon will not get paid, but will still be fully liable for any adverse outcome in our medical malpractice environment.

For foreigners, it appears that are completely honest have a harder time. The headmaster of a Christian grammar school in Liberia had an abdominal tumor the size of a football. No one in Liberia felt capable of handling such surgery so our church arranged for him to come to that same hospital in New Jersey. Since US government officials knew

this man needed medical attention, he was asked to supply letters from the church guaranteeing payment for his surgery. Only then, would the US embassy give him a visa. The church, here, will fulfill its promise and pay a fair price as this is the honorable thing to do. The surgeon will be paid unless he voluntarily chooses to perform the procedure for free, and everyone is uplifted.

There will be those who say they would do anything to get medical care for a loved one. Does this mean they would steal for it? And does their need make stealing right?

Charity is a noble thing, but it cannot be mandated. Our government's requiring physicians and hospitals to provide free services to whomever walks into the ER does not represent true charity, but a taking of the services from those with valuable skills. The more that is taken, the less charity can be freely given, and all patients suffer as services become less available. Many hospitals now lack neurosurgery coverage for any patient, insured or not.

The proper channels would be for the needy to appeal to those in a position to provide charity, with a culture of generosity arising to meet the need. We learned quickly that we could not provide access to the United States for every Haitian that needed help. Instead, armies of volunteers have traveled there to help.

While illegal immigrants are not the only ones taking advantage of the "free" services here in the US, the situation attracts those who are willing to lie to get something for nothing. Hospitals near the border are particularly hard hit, especially by women who forgo prenatal care and show up at the ER in the second stage of labor. An added attraction is automatic American citizenship for the child. Births to illegal alien mothers constitute nearly 40% of all births paid for by Medi-Cal. Dozens of hospitals along the border in California, Arizona, New Mexico, and Texas have been forced to close or go bankrupt because of the unfunded federal mandate to provide free care to illegals.

The Arizona state government has passed a law making it a state offense to cross the border illegally. It is already a federal offense. How else should Arizona respond when the federal government does not take seriously its constitutional obligation to protect the US borders?

Our forefathers came to this country with only the shirts on their backs, expecting nothing but an opportunity to work in freedom. They did not demand free services but worked alongside hardworking Americans to build their own American dream. That was always the promise of America and we need to be vigilant lest we lose it.

Dr. Alieta Eck, MD graduated from the Rutgers College of Pharmacy in NJ and the St. Louis School of Medicine in St. Louis, MO. She studied Internal Medicine at Robert Wood Johnson University Hospital in New Brunswick, NJ and has been in private practice with her husband, Dr. John Eck, MD in Piscataway, NJ since 1988. She has been involved in health care reform since residency and is convinced that the government is a poor provider of medical care. She testified before the Joint Economic Committee of the US Congress in 2004 about better ways to deliver health care in the United States. In 2003, she and her husband founded the Zarephath Health Center, a free clinic for the poor and uninsured that currently cares for 300-400 patients per month utilizing the donated services of volunteer physicians and nurses. Dr. Eck is a long time member of the Christian Medical Dental Association and in 2009 joined the board of the Association of American Physicians and Surgeons. In addition, she serves on the advisory board of Christian Care Medi-Share, a faith based medical cost sharing Ministry. She is a member of Zarephath Christian Church and she and her husband have five children, one in medical school in NJ. <http://www.aapsonline.org/>

This release was brought to you by: <http://angelpicturesandpublicity.com/> Contact Dr. Eck at: eckmds@gmail.com, 732-463-0303



Fair Oaks Boulevard Enhancement & Guard Rail Project ~Tree Renovation & Planting Work~

The Sacramento County Department of Transportation (SACDOT) is starting a tree renovation and planting project on Fair Oaks Boulevard between Watt Avenue and Sam Ramon Way/Will Haggin Way. The tree renovation effort is part of the Fair Oaks Boulevard Guard Rail Safety Enhancement Project.

Tree renovation work will begin on April 29th, and will be completed in anticipation of installation of steel backed guardrails along the center median. Eleven new trees will be transplanted as part of project work. Six trees will need to be removed because they are in conflict with the traffic safety zone for the new guardrail installation. The new trees will be strategically located to help offset loss of existing trees.

For more information about this project, please contact Johanna Castelo-Nanca at (916) 874-6796 or nancaj@saccounty.net.



First 5 Sacramento Offers Its Top 5 Parenting Tips

Change of the seasons and current economic conditions among the challenges families with children ages 0 to 5 may face

Sacramento – Seasonal weather changes and the down economy can add strain for parents, shorten their patience and test their parenting skills. First 5 Sacramento offers the following effective parenting tips to help relieve stress while investing in your child's growth:

1. Take time out for yourself – go somewhere safe until you feel calmer.
2. Build a support network of family and friends.
3. Be consistent and create routines – kids need structure.
4. Simplify routines during stressful times – for example, set out school clothes the night before.
5. Take care of yourself – exercise, rest and eat well. Model these positive behaviors for your children.

"Our research shows that when parents have the right tools and get the advice they need, children have the best opportunities in life to be fulfilled, healthy citizens," said

Toni Moore, Executive Director, First 5 Sacramento. "Our goal is to prevent crises from happening and protect children from events that can disrupt their developmental cycle."

First 5 Sacramento offers resources on a variety of topics including effective parenting, breastfeeding, nutrition, school readiness for children ages zero to five, crisis intervention and more. The organization also works with community partners to increase support of parenting services available to families in the area. Among those is 2-1-1 Sacramento, a free, confidential phone line with information on community, health and social services.

2-1-1 Sacramento offers a one-stop source of information for community services and resources. By dialing 2-1-1, callers can receive personalized information from a live resource specialist about programs and services to help families in many different

ways, ranging from access to healthcare or learning effective ways to discipline your children. 2-1-1 is confidential and available in more than 150 languages.

First 5 Sacramento
 Research shows that a child's brain develops most dramatically in the first five years and what parents and caregivers do during these years to support their child's growth will have a meaningful impact throughout life. Based on this research, California voters passed Proposition 10 in 1998, adding a tobacco tax to support programs for expectant parents and children ages zero to five. In the last year, First 5 Sacramento distributed approximately \$16 in Prop 10 revenues to programs and services that meet local needs. For more information about First 5 Sacramento's, call 916-876-5865 or visit online at www.First5Sacramento.net.



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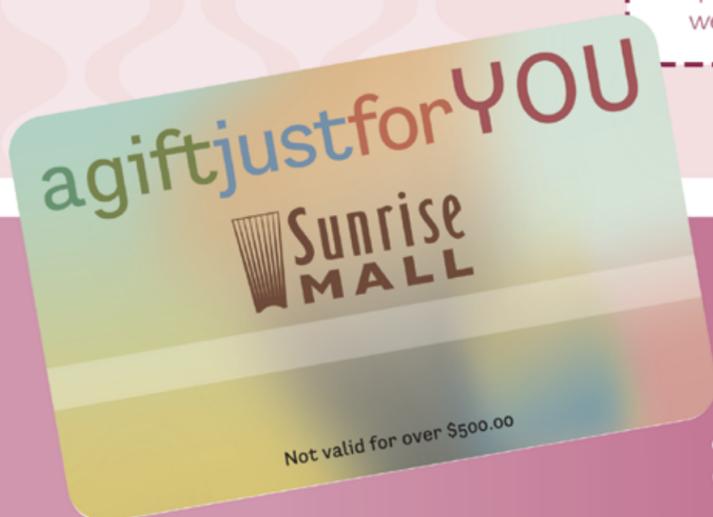
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