

AMERICAN RIVER

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Volume 5 Issue 8

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

Second Edition for April 2010

Patriots Voice Their Dissent

FAA Places Air Traffic Control Training at Sac City College



Photo by David Rowen

Thousands of patriots attended the Tax Day Tea Party Rally in Sacramento

Sacramento - On Tax Day, April 15th, the Tea Party Patriots and thousands of fellow Americans gathered at the state capitol to enter their voices into the debate of a country heading down a divided path. An estimated crowd of well-over 10,000 people flowed into the four-hour event throughout the day to listen to many speakers and performers who all voiced their concerns over the direction

of the current government and past governments, both on the federal and state levels. People attending the large rally included grandparents, parents, young children and teenagers genuinely amazed at the tax burden being placed upon them by today's governments. Many teenagers carried signs protesting the tax burden they carry "before I even have a bank account."

One of the largest roars from the crowd came when they were asked "How many of you here today are small business owners?" Another loud response came when a speaker asked "How many of you are military veterans?" Given the large number of families, veterans and small business owners in attendance, this was anything but the kind of crowd depicted by other media. Friends of the Patriots speaking

at the rally included radio hosts Armstrong and Getty and Eric Hogue from KTKZ, who hosted the event. Many political candidates offered a chance to meet and greet at "Candidate's Alley" alongside the north capitol steps. For a commentary and more photos of the day's events, go to the back page. To find out more about other Tea Party events go to www.sacteaparty.com.

Sacramento Region - The Federal Aviation Administration has selected Sacramento City College as one of five new sites nationally to place air traffic control training programs. There is only one other FAA training program in the state.

"We are thrilled to have been chosen for this highly selective training program," said Los Rios chancellor Brice Harris. "The credit goes to Sacramento City College's historic and outstanding aeronautics program as well as to the efforts of our business and community partners who for three years through the Sacramento Metro Chamber's Cap to Cap activity have gone back to Washington to talk with FAA officials and elected representatives about the need to have these programs located here in northern California."

Twenty-one institutions submitted applications for the

programs. The applications were evaluated based on the school's organizational foundation, resources, and credibility; and air traffic basic curriculum and facilities.

The FAA estimates that more than 14,000 controllers will leave the workforce by 2015 through retirements, promotions and other forms of attrition. Medium income for controllers is \$122,800 per year.

Sacramento City College expects to begin offering air traffic control classes this coming fall 2010 semester.

"This is another example of our district offering programs unique in our community and that lead to excellent, well-paying jobs," said Los Rios Board president Kay Albani.

The Los Rios Community College District enrolls more than 90,000 students at its four colleges—American River, Cosumnes River, Folsom Lake and Sacramento City.

Statewide Town Hall Meetings Target Underage Drinking

Sacramento Region - Underage drinking is taking center stage at over a hundred Town Hall Meetings across California to raise awareness and generate discussion about this health risk during April—National Alcohol Awareness Month. The meetings bring together youth, parents, teachers, politicians, law enforcement, business owners, community leaders, and substance abuse service providers.

Alcohol is the most widely used substance of abuse among America's youth. Among children and adolescents, alcohol use starts early and increases rapidly with age. In 2008, nearly 16 percent of 8th graders, almost 29 percent of 10th graders, and more than 43 percent

of 12th graders reported drinking an alcoholic beverage in the month prior to taking a National Institute on Drug Abuse survey entitled Monitoring the Future: National Results on Adolescent Drug Use (<http://www.drugabuse.gov>)

"Too many young Californians are dying from binge drinking, too many are severely injured in accidents and too many suffer long-term medical and social consequences as a result of alcohol," said Director Renée Zito from the California Department of Alcohol and Drug Programs (ADP).

For more information and to find the location of a Town Hall Meeting in a community in California, visit <http://www.stopalcoholabuse.gov>

Rancho Cordova Names New Police Chief

Sheriff Candidate Forum Hosted by Carmichael Chamber



Douglas Diamond (center) is the new Rancho Cordova Chief of Police. His appointment was announced by Rancho Cordova City Manager Ted Gaebler (left) and Sacramento County Sheriff John McGinniss.

Rancho Cordova - Captain Douglas Diamond has been named Police Chief of Rancho Cordova as part of the City's contract arrangement with the Sacramento County Sheriff's Department (SCD), effective April 11, 2010. As such, he will be Commander of the East Division of the SCD, overseeing sworn and non-sworn officers.

The announcement was made jointly by Ted Gaebler, Rancho Cordova City Manager and Sheriff John McGinniss. "The Rancho Cordova Police Department is very closely involved with our community," stated Gaebler. "We provide specialized training for officers and, as a result, crime is significantly reduced in our

city," he continued. "It's a bonus to us that Capt. Diamond is a resident of Rancho Cordova."

Capt. Diamond is a 20-year veteran of the Sheriff's Department and has served in many capacities ranging from patrol Supervisor to administrative responsibilities including a specialization in technology. He holds a Bachelor of Science degree from Brigham Young University and is working on his Masters of Public Administration from American Military University.

In addition he has taken several leadership programs, including the FBI's National Academy.

He and his wife have lived in Rancho Cordova since 1990.

Carmichael - The Carmichael Chamber is hosting a FREE Candidate Forum featuring the candidates for Sacramento County Sheriff. All the candidates have been invited to participate in the forum at La Sierra Community Center on Wednesday, May 12 from 7:00 - 9:00 p.m. The program will be conducted and moderated by the League of Women Voters of Sacramento County. The audience will have an opportunity to submit questions for the candidates. Join your neighbors for this opportunity to learn where the candidates stand on issues so you can make an informed decision in the June election.

A Forrest Gump Look at Healthcare Reform

In the movie, Forrest Gump, Forrest (Tom Hanks) said, "Mama always said, 'Stupid is as Stupid does.'" How could one better describe the "historic vote" of the House of Representative on March 21, 2010? Here are my top ten examples:

A Speaker of the House who barged ahead with a costly, unpopular plan leading her lemmings over the cliff into the sea of red ink, which will drown all of us in incalculable debt.

The former "protector of the unborn" who caved in for a promise of an executive order from the most pro-abortion lawyer/President ever. I can imagine that the "high fives" reported by Robert Gibbs in the White House were accompanied by comments such as, "We got our man, Dupedpak, or Stupidpak, for a promise that isn't worth the paper it is written on."

The AMA for not listening to their state medical societies—the doctors who actually treat patients every day, but instead followed the lead of their business interests and high-level staff. Given the history of past legislation—for example, the failure to achieve portability in HIPAA (the Health Insurance Portability and Accountability Act), what makes the AMA think they will get their "permanent SGR fix"? The sustainable growth rate (SGR) method means automatic fee cuts to doctors if Medicare spending increases more rapidly than considered acceptable. But perhaps they will get to keep their lucrative monopoly on producing procedure (CPT) codes for Medicare.

The AOA (American Osteopathic Association) who continued to sit "at the table" purporting to represent all DOs. They thought they could negotiate and compromise. But physician integrity and autonomy are not things to compromise. And what did they get? The SGR is about to slam Medicare providers with a 21% pay cut April 1, 2010. April Fools!



By Dr. George Watson

Any doctor, who is already in handcuffs with all the rules and regulations of Medicare, holding out his hand to accept government money (and leg irons) to computerize his office, giving away the confidentiality that his patients entrusted him to protect. He will be shuffling from patient room to room bound up in all the new regulations, quality measures, and he might get to spend five minutes with the patient—with his face in his computer.

Tinsel Town, the land of make believe. With the great roles played by Tom Hanks in Saving Private Ryan and Tom Cruise playing the lead in Valkyrie, you would think they might recognize the socialist takeover of our country (Putin did, and said so in February 2009, when he warned Obama and Blair not to go down the failed Marxist path), but they just play the role.

The leftist news media who could report all kinds of shady deals—but don't.

The American people who really believe that lawyers and politicians can improve American medicine, when the Medicare program (resisted by the AMA in 1965) is bankrupt. They believe the absurd World Health Organization (WHO) rating of American medicine as 37th – which is based on WHO's perception that U.S. medicine isn't "fair," meaning equally shabby for all. In fact, people

of financial means anywhere in the world choose to come to the U.S. for their medical care, as Premier Danny Williams of Newfoundland did recently for his mitral valve repair. It might not be fair to the other Canadians waiting for surgeries, but Williams said, "It's my life and my health."

Anyone who believes that Newt Gingrich is providing unbiased information. He lauds the benefits of health information technology (HIT), but does not disclose his huge financial interests in gathering all of the personal information on every American patient in the system so bureaucrats can make QALY (quality adjusted life year) determination to see whether you are eligible for treatment.

Any doctor who quits medicine and leaves his patients, rather than opting out of Medicare and ALL insurance plans, so he can practice medicine the way he dreamed it would be when he started medical school. The procedure for doing this can be found by searching on "opting out," as on www.aapsonline.org.

Dr. Watson, President of the Association of American Physicians, practiced traditional-insurance-based osteopathic family medicine for 23 years. In 2003, he cancelled all insurance contracts and OPTED OUT of Medicare. He continues to work 100% for the patients—not the insurance companies. He has been a member of the Board of Directors of the AAPS since 2006. Dr. Watson is an outspoken advocate for the practice of private medicine, the patient-doctor direct model. He has been interviewed by Fox News Channel and multiple networks. Dr. Watson has spoken at numerous Tea Parties and has recently testified in State of Kansas Senate hearings on amendments to the state constitution to reaffirm the 10th Amendment of the U.S. Constitution and an amendment to affirm Health Care Freedom for all Kansans.

Smirking at Virtue

Why the world hates good people

One sin you don't hear much about is envy: the hatred of the good for being good. Yet it's one of the most basic human temptations, making its first recorded appearance near the beginning of the book of Genesis, when Cain hates -- and kills -- his brother Abel for being favored by the Lord. This kind of envy is not to be confused with coveting another's possessions. Mere jealousy of wealth can be assuaged by acquiring wealth. But envy arises from the humiliation of moral inferiority. It makes you want to denigrate or even destroy the person you feel is better than you. Usually it takes the form of detraction and slander, but it can even go to Cain's extreme.

Since you can't explain envy in economic terms, it has gone off the moral map in recent times. Unlike greed, lust, and gluttony, it's a spiritual sin that baffles materialist analysis.

But most of the human race has always been well aware of envy. Literature bears witness to it in such deadly villains as Shakespeare's Iago, Milton's Satan, and Melville's Claggart (in Billy Budd). They have nothing to gain by their hatred; they get their satisfaction by making those they hate suffer. Envy craves its perverse revenge on virtue and innocence.

When Princess Diana and Mother Teresa died within a week, there was far more media criticism of the merciful nun than of the swinging princess. ABC's commentators on Mother Teresa's funeral included the leftist Christopher Hitchens, who has written a book attacking her with the smirking title "The Missionary Position." (He has also called her



By Joe Sobran, Fitzgerald Griffin Foundation

"the hellbat" and "hell's angel.") Newsweek carried an essay by the feminist Germaine Greer denigrating her indefatigable works of charity. The Philadelphia Inquirer ran a similar essay by a liberal Catholic. Spiritual goodness humiliates us sinners precisely by reminding us how short we fall. Sometimes we are tempted to hate others just for trying to practice virtues we've given up on.

A huge Washington rally of the Promise Keepers provoked an amazing volume of negative comment. Here are men who, far from claiming to be saints, confess their sins and amend their lives. In an age whose chief social problem is irresponsible males who desert their children (thus breeding another generation of even more irresponsible males), you'd think this movement would be beyond controversy. Think of it: people actually blaming themselves! Admitting failure and guilt! Making no claims of victimhood! Asking nothing of others! Taking no government money! Committing themselves to take care of the women and children who need them!

Naturally they were denounced by feminists like Patricia Ireland

of the National Organization for Women as "sexist," "patriarchal," and "right-wing." Such feminists (whose views are always solicited by the media) have been silent about the problem of deserting males -- the chief problem millions of ordinary American women have to live with.

Who is really interested in solving that problem -- the Promise Keepers or NOW? Since Promise Keepers was founded for the express purpose of dealing with it, the answer is obvious.

Even the Washington Post tried to embarrass the group with a story about a dozen or so men wearing Promise Keepers buttons who stopped in a strip joint the Friday night before the rally. Apparently the Post thinks such behavior by a handful of jerks discredits the million or so other men who came to town for the event.

Or maybe the point of the story was simply to smirk. The smirk says: "We are superior to these gauche people, aren't we?" The Post didn't put the guys in the strip joint on the spot; it called a Promise Keepers official for comment, as if the organization were answerable for the conduct of everyone in attendance at a huge, free public gathering.

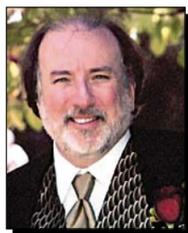
Since the media have done their part to glamorize the kind of behavior the Promise Keepers renounce, a lot of media people must feel secretly shamed by the earnest effort of ordinary men to grow up, however belatedly, without the help of sophisticated journalists. As they say, no good deed goes unpunished.

Jon Coupal is President of the Howard Jarvis Taxpayers Association and Leonard Gilroy is Director of Government Reform at the Reason Foundation

AMERICAN RIVER MESSENGER

"Written by the people for the people"

Publisher - Paul V. Scholl



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Distribution Assistant *Gabriel Scholl*
Advertising Sales *Paul V. Scholl • Perry Hartline • Marion Solo*

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

Accounting *Nicholson & Olsen CPA*

Web Master *RJ at the sitebarn.com • JWS Promotions*
News Services *King Features Syndicate • PRWEB NewsWire*
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Photography *Amanda Morello • Susan Skinner*

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Be sure to place in the subject field "Attention to Publisher".

If you do not have email access, please call us at 773-1111.

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DUI Checkpoint / DUI Enforcement

The Citrus Heights Police Department will be conducting a DUI / Drivers License Checkpoint on Saturday, April 24, 2010, 7:30 p.m. to 3:30 a.m., on Auburn Boulevard, north of Greenback Lane.

The checkpoint is one in a series that are being funded by a grant from the California Office of Traffic Safety through the National Highway Traffic Safety Administration. The primary goal of the grant is to attack DUI drivers in Citrus Heights using a high-intensity strike-team format, thereby reducing the number of DUI-related deaths and injuries.

Officers will be checking drivers for signs of impairment and for possessing a valid driver's license. The vehicles of drivers without a valid driver's license are subject to tow.

Motorists are reminded to utilize a designated driver and to not drink and drive. Citrus Heights police have investigated collisions in this area wherein alcohol has been a factor, thus increased education and enforcement are needed in this general area.

Anyone with questions regarding this operation may contact Sergeant McVay at (916) 727-5500.



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Experienced and New Musicians are Invited to Join Citrus Heights Band



Members of the Citrus Heights Community Marching Band provided rousing after-dinner music at their recent spaghetti fundraiser.

Citrus Heights - The Citrus Heights Community Marching Band has two bands this year – their award-winning marching band and their new beginning band. Practices have just started but enrollment is still open in both groups.

“The marching band is for musicians who already know how to play a musical instrument and the beginning band is for those who haven’t played in many years or who would like to learn how to play in a band,” said Kathy Cook, one of the band’s co-founders. “The bands are unique because we both play and march.”

The regular band practices on Monday nights from 7 to 8:30 p.m. in the Patio Room at the Citrus Heights City Hall civic center that is located at 6237 Fountain Square Drive. Under the direction of Kody Tickner, the band is scheduled to perform at the Orangevale’s Pow Wow Days Parade; North Highlands

Memorial Day Parade; the Citrus Heights Red, White, and Blue Parade; Sunday FunDay; the California State Fair; and the Roseville Holiday Parade. The 35 musicians range in age from 12 years to 80 years.

“When we started the band six years, it was only going to be for the Red, White, and Blue Parades . . . but we have gone way beyond that plan and have gone on to participate in many other community parades,” said the other band co-founder, Linda Glover.

Since its inception, the band has been a popular attraction and has won numerous awards and trophies, including Pow Wow Days Outstanding Award and 1st place honors in the Roseville Holiday and North Highland parades.

“People who have never seen our band in action before are surprised at the sound we produce, as well as the diversity of our people and ages of our membership,” says the band director.

The beginning band which was started this year has 10 participants. Band instruments are furnished if needed. Practices are from 6:30 to 8 p.m. on Tuesday nights at the Citrus Heights civic campus.

In addition to the musicians, the marching band also includes majorettes. The youth majorettes are under the auspices of the youth baton class at Sunrise Recreation and Park District.

The bands have several sponsors, including the City of Citrus Heights, Sunrise Recreation and Park District, and Hearts for Parks. To raise additional monies for music, uniforms, instruments, and travel expenses, the group recently sponsored a spaghetti dinner fundraiser.

For information about joining the bands or majorette groups, please call the Sunrise Recreation and Park District at (916) 725-0165 or Cook at (916) 725-0198 or go to their website at chemb@hotmail.com.

It is Time to Sign up for Metro Fire’s 2010 FIRE CAMP



Applications are now being accepted for 11, 12, & 13 year olds. Application Deadline is June 9, 2010

Sacramento Region - It is time to sign up for Metro Fire’s 2010 FIRE CAMP. Fire Camp is a day camp sponsored by the Sacramento Metropolitan Fire District that takes place from July 20-23, 2010. Each day of camp eighty – 11, 12, and 13 year olds’ are given a chance to see and learn the varied disciplines of today’s fire service. It is a once in a lifetime experience, which instills self-confidence, teamwork and a basic understanding of the firefighter profession in a

fun and exciting atmosphere. The kids are grouped in “strike teams” of eight campers, and each strike team is mentored and supervised by two professional firefighters. Teams learn about the job of a firefighter and experience firsthand important lifesafety skills.

To attend FIRE CAMP, applicants must be 11, 12 or 13 years of age. Preference is given to applicants who live within the Metro Fire District boundaries. Applications can be found on our web site: www.sacmetrofire.ca.gov

go to – Community Services, Programs, Fire Camp. Applications are processed in the order in which they are received, so the earlier you apply, the better the chance of securing a position in this year’s FIRE CAMP. Only 80 positions are available for Camp, so register now!

Sacramento Metropolitan Fire District
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Registration at 7:00 a.m.
Race begins at 8:30 a.m.

Sunday May 2nd **Car Show**
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Sacramento - The fresh breezes, the water, the sleek and beautiful boats with their colorful sails ... you've always dreamed of joining in the fun of sailing. Why not try it - safely, locally and free of charge!

Bring the whole family to the Lake Washington Sailing Club off Industrial Boulevard in West Sacramento on Saturday, April 24, from 10:30 a.m. to 3:30 p.m. as the club hosts its highly successful annual Sail a Small Boat Day. Friendly and experienced sailors from the club will take members of the public on safe, free sailboat rides on Lake Washington and introduce them to the excitement of sailing small boats - the purest form of sailing for both recreation and competition!

The open-house event is a great opportunity to see, learn about and get the feel of a wide variety of small sailboats, including the racy Coronado 15, Laser and Thistle,

the family-friendly Lido 14 and Sunfish, and the youth-oriented Sabot. All these and more will be on display and available for free rides. Refreshments will also be available. Bring a life jacket if you have one; otherwise, the club will provide one.

The nonprofit Lake Washington Sailing Club hosts Sail a Small Boat Day to share the joys of sailing with the general public - and to show how easy it is to get involved in the rewarding sport ... including joining our club! The friendly, accessible club is Sacramento's oldest recreational boating organization, founded in 1934 - long before the Port of Sacramento was established. Now, the club regularly turns the port's wide turning basin into an ideal sailing locale, hosting family oriented regattas and other events throughout the year.

Think you have to drive to San Francisco Bay for good sailing? Think again. Lake Washington, with

its quiet water and consistent breezes during sailing season, is a prime spot for enjoying the sport within four miles of downtown Sacramento.

Find out for yourself about the club and small-boat sailing on April 24.

To get there: From the Capital City Freeway, take the Harbor Boulevard exit in West Sacramento. Turn south onto Harbor, then right on Industrial Boulevard and go about 800 feet. Watch for signs on the left to the clubhouse.

WHAT: Sail a Small Boat Day
WHEN: Saturday, April 24, 10:30 a.m.-3:30 p.m.
WHERE: Lake Washington Sailing Club off Industrial Boulevard, West Sacramento
MORE INFORMATION: Bob Balkow, (916) 485-9249 or www.lwsailing.org



Sacramento - In cooperation with L & M Concession Management, Sacramento County Department of Regional Parks, Rio Linda/Elverta Historical Society, the Sacramento Civil War Roundtable and the National Civil War Association presents our annual Civil War Re-enactment. Encompassing the entire park, approximately 400 re-enactors, horses, cannons, civilians, sutlers, and soldiers will bring the Civil War period of 1862 to life!

Several speakers, to include: Abraham Lincoln and the Civil War Round Table. There will be songs and musical productions, period dance lessons, horse-drawn artillery, as well as a period fashion show as part of the two-day event. Characters of the period will be docents for the public and will be available from 7:00 to 9:00am for media interviews on Friday morning.

On Sunday, May 16th the Chaplain for the National Civil War Association will be holding a special non-

denominational Civil War era Church service at 10:00 in Civilian town. The service will be held in period attire and the public is invited to attend.

Special School Day Program Friday, May 14 by reservation. This is a unique opportunity for the Sacramento area students to attend one of the largest school presentations presented in the country. Reservations are available at 9:30 and 11:00 at a cost of \$6 per person (excluding teachers).

This year's dates are May 15th and 16th of 2010. Battle Re-Enactments will be held on Saturday and Sunday, twice daily. General Admission: \$6 each, Children (9 and under) FREE; (Not recommended for small children and pets). Parking is \$5 per

car. You are permitted to bring food into the park or buy from our vendors. The seating is "picnic style" so bring blankets to sit on.

This event supports Gibson Ranch farm animals and facilities. Gibson Ranch is a working farm demonstrating agricultural practices to the visiting public.

WHERE: Gibson Ranch County Park in Elverta, CA
WHEN: May 15th and 16th, 2010
Contact: Lois @ 916-813-4407 or 916-991-7592
SCHEDULE: www.gibson-ranch.com

1906 Earthquake Response Re-enactment A Moving Experience!

Sacramento - Step back in time at the California State Capitol and witness volunteers and staff of the Capitol Museum costumed in the attire of the period re-enacting scenes in response to one of America's greatest disasters - the 1906 San Francisco earthquake and fire.

Meet Governor George Pardee as he receives a telegram from President Theodore Roosevelt offering \$1

million for disaster relief. Attorney General Ulysses S. Webb, Secretary of State Charles Curry, and Treasurer Truman Reeves will be on hand to help the refugees, some of whom camped out on the Capitol grounds and at Sutter's Fort. Meet the women of Sacramento who assisted the San Francisco families to obtain meal tickets, clothing and blankets.

Guided tours run every 15

minutes from 10:30 a.m. to 3:00 p.m. This glimpse into turn-of-the-20th Century California history is free for everyone. For more information, call (916) 324-0333.

"Earthquake Day" Living History Event sponsored by the California State Capitol Museum Volunteer Association and the California State Capitol Museum, California State Parks

CH Chamber Student of the Month

Citrus Heights - Mesa Verde High School Senior, Michael Harrington was honored as the April Student of the Month by the Citrus Heights Regional Chamber of Commerce during their monthly luncheon. Michael enrolled in the Special Education's Workability Program in March of 2009. Workability helps special education students find employment while continuing their high school studies. Michael went to work for The Burlington Coat Factory. Michael did such an outstanding job and he is such a reliable worker that the Burlington Coat Factory offered him a full time part time position. Michael has continued to work for the Burlington Coat Factory. The chamber would like to thank the Burlington Coat Factory for its



Left to right back row, Matthew Allen & Jenny Radloff Assemblyman Roger Niello's office. Ted Wolter of Supervisor Roberta McGlashen's office, Chamber President, Trish Dawson, Elizabeth Donnelly of Congressman Dan Lungren's office. Front row, Student of the month, Michael Harrington, Charlie McComish Vice President Education Committee

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POPOFF!

with Mary Jane Popp

doing things and beginning to develop new behavior patterns.

Step 3: Putting your goals into observable measures. You will document your goals. By writing them down on paper, you are putting your goals into observable measures, making you more likely to achieve them. When people write things down, it serves as an affirmation or declaration of those goals.

Step 4: Turning your goals into action. By setting realistic goals and writing down ways of achieving them, you will be able to turn these goals into realities. During this step, you begin to work with your children by helping to put their goals into action. You will become a life-coach to your children in order to direct them through the rest of the steps in the pyramid, which will guide them in mastering their life plans.

Step 5: Integrating intra-personal self-improvement and inter-personal social interaction skills.

Learn why intra-personal factors of self development are crucial for happiness and success; these are internal traits within yourself and your children. These factors include self-esteem, attitude, motivation, and a sense of empathy toward others. You will also learn why each child is special and how to recognize the

strengths within your children. Next, you'll learn how internal factors within ourselves impact our inter-personal skills. Inter-personal skills involve interactions with others and surrounding environment. There are tips for improving communication which, in turn, impact social skills too.

Step 6: Combining emotional and social health to promote success. This time you revisit the issue of success. You will see how your emotional, social, and spiritual well-being help you on your way to success.

Step 7: Monitoring your behavior and how it affects you and those around you. Monitoring your newly acquired behavior so you have an awareness of how it affects your life and the lives around you.

Step 8: Modifying your goals and behaviors. This is based on the principles thus far. You will develop and work toward new goals, thus achieving the ultimate goal of reaching your full success potential.

It's all there in "Children Are People Too" Unlocking the 8 secrets to family happiness. Hope it happens for you and yours!

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

CHILDREN ARE PEOPLE TOO

Are they really? I would imagine some parents might question that statement when they become so frustrated they don't know what to do,

Dr. Sharon Fried Buchalter, Clinical Psychologist guides parents in how to stimulate their children at any age and keep them on track to success.

In "Children are People Too" you will journey through the steps of a unique approach that Dr. Buchalter developed to self-help, life-coaching, and parenting. She calls them the Pyramid of Success, and wants you to reach your full success potential. It is a way to feel educated, enlightened, and empowered. But instead of a 12-step program, this one goes eight high.

Step 1: Planning your success. You begin with a plan that will help you learn who you really are as an individual.

Step 2: Organizing a path to change. You will discover innovative ways of

Iowa Connection Picnic in Citrus Heights

Citrus Heights - The 19th annual Iowa Connection Picnic will be held on Sunday, April 25th at Rusch Park, Citrus Heights (nearest cross streets are Auburn Blvd. & Antelope Rd.). We would like to invite anyone who has a "connection to Iowa",

either born, lives there now, or was formerly from there. The hours are from 11 a.m. to 4 p.m. Bring your favorite food dish to share and don't forget your own table service and lawn chairs. The event will include music, prize drawings

and the famous Iowa cake walks. Cake donations are welcome too. So come on out to enjoy an old-fashion, fun filled day in the park!

Any questions, please contact President Irma Schmidt at (910 481-4013).



ROCK DOC

By Dr. E. Kirsten Peters

I've seen the future of American science and engineering. And, in my humble opinion, it looks very bright.

From time to time the media tell us that American education simply isn't working. Reports can make it seem that public schools - and universities, too - are wasteful, dysfunctional, and produce students who can neither read nor write, let alone do science and math.

But I work at a large, state run university and I see little evidence of those claims. Let me tell you what I do know about, what I see first hand. Recently students majoring in all the sciences and engineering here at Washington State University presented the results of their research to both faculty and industry representatives from outside the Ivory Tower. Yes, I said that the undergraduate students - some of them 19-years old - presented the results of their own research to faculty, staff, their peers, and industry representatives.

The next generation of nerds is more involved in research work than any I've known to this date. They don't just sit passively in class taking notes, but broaden their horizons and deepen their minds by pursuing real research work in faculty labs on questions

Future Looks Brighter than the News

ranging from steel characteristics to atmospheric pollution to onion rot.

It's quite a sight to see a crowd of 300 doing the same basic exchanges - explanation and a bit of argument - that happens at national professional meetings where 55-year-olds explain and defend their research to peers. The ballroom where we held this event was crowded with people, the noise level high due to all the intense conversations. It's all obviously good practice for the students, and the research being done by them simply puts to shame the education some of us old-time gals had years back. And that means the next generation can benefit society sooner in their professional careers.

The basic quality of all American universities is shown by the fact that many students from overseas still come here for their education. They vote with their feet - and some of them stay to contribute to our society as scientists, engineers, doctors and more.

One of the areas in which we Americans have long excelled is basic research in science and engineering. We have been the go-to nation for computing technology and software, obviously, but also for a host of other technical fields like biotech science that allows us to change DNA for useful purposes and geological engineering techniques that allow us to explore for and extract oil from the deep Earth with the least impact on the environment.

Recent years, of course, have surely been tough. It's easy to be weary of the stories on the nightly news, to be afraid of the economic stresses our nation is going through. But I honestly believe the kids of

today (if I may be forgiven for calling college students 'kids') have all that it takes and more to compete globally in technical fields. They are being taught to think and to do, not to recite - and that's to our great advantage as a society.

True, American universities are under major financial stresses. But I know firsthand American universities are still doing good work, day-in and day-out. The results are clear in the research I see being done not just by faculty and graduate students, but by teenagers who are throwing themselves into technical life.

While I was helping with the event that recently occurred here, two parents and their daughter came up to me. The daughter is admitted to attend WSU this next fall and she has interests in majoring in a technical field. It's fair to say they were blown away by the event, because it made it clear both what a great education can be had at public university and how serious some people in the upcoming generation are about their intellectual and professional lives.

I don't really understand economics, but I do know contributions to economic competitiveness by scientists and engineers are very real. And we here in the Ivory Tower are raising a good crop, indeed, to replace ourselves so the nation can climb still higher.

Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. Follow her on the web at rockdoc.wsu.edu and on Twitter @ RockDocWSU. This column is a service of the College of Sciences at Washington State University.

Gold River Racquet Club Hosts Gold River Discovery Center School Carnival

Blockbuster Community Event on May 1 to Benefit Local Elementary School

Gold River - Gold River Racquet Club will host the Gold River Discovery Center Carnival on Saturday, May 1, from 10 am to 2 pm. The public is invited to attend. All proceeds from the carnival will benefit Gold River Discovery Center. Tickets may be purchased in advance at Gold River Discovery Center or on the day of the event at Gold River Racquet Club.

This fun-filled event will gather families from the Gold River community to participate in carnival games and sports activities designed to encourage an active, healthy lifestyle. The carnival will feature an obstacle course, a dunk tank, target tennis and sixteen active carnival booths and games. Children of all ages who participate will receive prizes and awards.

A special feature of the Gold River Discovery Center Carnival will be the Entertainment Zone. Demonstrations by local area athletes will include a Hula Hoop

demonstration; dance performances and musical presentations by talented local area school children will be showcased throughout the day.

The "Marketplace" will be another special feature of the Gold River Discovery Center Carnival. Local business owners and non-profit organizations will be onsite to distribute information and to display and sell their products. Delicious food will be available for purchase.

Gold River Racquet Club is located at 2201 Gold Rush Drive, Gold River, CA, 95670. Gold River Discovery Center is located at 2200 Roaring Camp Drive, Gold River, CA, 95670.

Gold River Racquet Club is one of ten premier Spare Time clubs, each of which specializes in providing state-of-the-art fitness programming, tennis instruction, sports facilities and individualized services for every member of the family. Gold River Discovery Center is

a public school that serves grades K-8 in the San Juan Unified School District. GRDC was established in 1993. The school was recognized as a California Distinguished School in 2007 for the second time and was previously honored as a National Blue Ribbon School in 1998. The school has grown in recent years to become a pre-school to 8th grade school. With the addition of 7th-8th grade the school has successfully evolved to become one of the highest performing and model PK - 8th grade schools in the country.

For more information about Gold River Racquet Club and the Gold River Discovery Center Carnival, please contact Mike Burchett, General Manager, Gold River Racquet Club, at 916-638-7001 or michaelb@sparetimeinc.com or Vincent Arias, Principal, Gold River Discovery Center, at 867-2109 or vincent.arias@sanjuan.edu.

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Right With God?

actions and deeds God's power is always actively available to help them. Doing it God's way, one tries not to offend others. Everything honors God they love with their heart and soul.

However most unfortunately, the opposite is true in one who does not believe in God and relies on his/her own ideas of what is right and wrong. Scripture puts it this way - "...everyone did what was right in his own eyes". (Judges 21:25) There is no benefit in this. It only involves ego trips of self-importance and actually makes ones self, a form of a self-appointed god. Like Frank Sinatra used to sing "I'm doing it my way". Doing everything your way is totally selfish and self-absorbed, with ones own self-importance.

There is no reward or blessing in this.

Possibly one has never thought about life's actions this way. Nor have they understood God's personal and unconditional love just for them. They may believe in God but never realized that pleasing Him in the affairs of their life was supremely important in their spiritual journey. Nor do they realize the active help they can receive from a magnanimous God when they look into His Holy Word for direction. Now, aware of the difference, wouldn't they rather please God with what they say and do? Living the Christian life is being an effective beautiful example of a life filled with love and consideration for others.

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



What Will Heaven Be Like?

Heaven's going to be far more beautiful than earth. Think of your favorite place on earth, shouldn't take too long...I think of Monterey, Pacific Grove, Yosemite. God says, "It's going to be better!" The Bible says, "No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love Him." 1 Corinthians 2:9 Heaven's going to be so beautiful and so awesome your mind can't even conceive it!

What's Heaven going to be like? Think about it this way... Think about everything that God has created here on earth. All the beautiful colors, all the beautiful sounds we get to listen to and enjoy. There are things that we can hear, touch, taste, smell, see, and then God wired us in such a way to ENJOY them all! Some people think God's a fuddy-duddy kill-joy. God's no kill-joy! He created us with the ability to experience pleasure! You think God's a kill-joy? God's the One who created the Garden of Eden - Eden in Hebrew means "pleasure". The God who created Heaven is the same God who created the taste for hot cinnamon rolls! Okay now we're talking! He's the same God who created the tasted for Jamoca Almond Fudge ice cream! He's the same God who created the sunsets and rainbows

and coastlines and mountains! He created the beaches to play on and the mountains to ski on and you think Heaven's going to be boring? Think again! You think God's going to put you on a puffy white cloud somewhere, strumming a harp for all day? No Way! Not on your life! Heaven's going to be so awesome your mind can't even conceive it!

Heaven is not for religious people. Heaven is not reserved for "good" people. Good people do not go to Heaven...God's children go to Heaven. Heaven is reserved only for God's children. The Bible says, "God has reserved for His children the priceless gift of eternal life; it is kept in heaven for you. And God will make sure that you get there safely to receive it because you are trusting Him." 1 Peter 1:4-5

You become a child of God by a simple prayer of commitment. It's what Jesus called being "born again". When you were born physically you were born into your own family however when you are born again spiritually you are born into God's family. If you would like guidance on how to be born again please write or call me.

See you Sunday, Pastor Ray
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by Marlys Johnsen Norris

If a person claims to believe in Almighty God, within them exists a desire to actually be right in the eyes of God. And it holds a deep sense of responsibility to think about what would please and honor God. This involves every word, action or deed of the person. The Word of God (Bible) is used as their guide to know what honors and pleases the Lord. "And without faith it is impossible to please God, for whoever would approach Him must believe that He exists and He rewards those who seek Him". (Hebrews 11:6) When one seeks to please God with their thoughts,

by Pastor Ray Dare

If the truth were known, many people really aren't too excited about Heaven. Why? Because we've been told some myths about Heaven. We've been taught a lot of things about Heaven that simply are not true. Have you noticed how Hollywood always portrays Heaven as this all-white experience? You know, you get a white robe and you sit around on a puffy white cloud and strum a harp all day? Frankly, if that's Heaven's going to be like - I don't want to go! I can't think of anything more boring than sitting on a white puffy cloud and strumming a harp all day!

The good news is, Heaven's not going to be anything like that! Heaven's not going to be boring and it's not going to be an all-white experience. You're not going to be on a cloud and you won't have to learn harp! Neither will you sprout wings and believe me... you'll never be an angel! So what's Heaven going to be like?

Heaven's going to be beautiful and full of color! How do I know? Because God created beauty and God created color.

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FIREFIGHTERS WANTED. Paid training, good salary, \$ for school, regular raises, benefits, retirement. HS grads ages 17-34. Call Mon-Fri 1-800-345-6289. (Cal-SCAN) LOGISTICS TRAINEE Earn as you learn. Good pay, medical/dental, \$ for school. No experience needed. HS grads ages 17-34. Call Mon-Fri 1-800-345-6289 (Cal-SCAN)

SALES REP \$15-\$25/hr. 100 year old company. PT-F, Flexible hours, Advancement Opportunity. Fuller Brush Company 1-800-655-5435 or 916-869-9901 defroshaug@aol.com. (Cal-SCAN)

TRUCK DRIVERS: CDL training, Part-time driving job. Full-time benefits. Get paid to train in the California Army National Guard. Up to \$20,000 bonus. www.NationalGuard.com/Truck or 1-800-GO-GUARD. (Cal-SCAN)

In-Home Caregivers Wanted Room and Board. Needed in your home for 35 year old man with early dementia. \$900/month. Some housekeeping needed. 916-989-9135. (MPG)

Caring Compassionate Seniors WANTED! SENIORS HELPING SENIORS, a leader in the Senior in-home service industry, has immediate PT openings for Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules...we'll work around your schedule! Valid driver's license and use of auto is required. Call us today for more information. (916) 372-9640 (MPG)

AREA MANAGER Full/Part Time Great Pay! Place and collect donation canisters for a non-profit organization who helps families who have children with Cystic Fibrosis and other chronic health problems. Call 1-800-254-0045 www.frchildren.org (MPG)

WANTED-AVON Party Hostess Earn 50% Total Party Sales 50% off Hostess order Hostess privilege catalog Hostess and Guest Gifts Call Elizabeth 916-295-0185 (MPG)

Pathologist Perform general anatomic & clinical inpatient/outpatient pathology services. Travel to other unanticipated sites

may be required. Kolbeck, Bauer & Stanton Medical Corporation, 3637 Mission Ave., Ste. 5, Carmichael, CA 95608. (MPG)

Urgent F/PT Sale Reps needed Latest telecommunications products \$\$\$ Commission, Bonuses, Residuals Training available call 916 612-6621 (MPG)

Health Care Marketing

We are successful business entrepreneurs looking for people passionate about health & business. Go to www.mypolandimbusiness.com and watch a video News clip. Leave your name and email address to learn more, we will get back to you. (MPG)

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Wanted: 29 Serious People to Work From Home using a computer. Up to \$1,500-\$5,000/PT/FT www.REBvision.com (MPG)

TIRED OF BEING BROKE? Get paid daily. No experience required. Local training. 888-211-4268 www.happyandhealthyfamily.com (MPG)

STRESSED OUT? Work from home & get paid daily! www.happyandhealthyfamily.com 888-211-4268 (MPG)

Matheson Trucking, Inc. is now hiring an Executive Administrative Assistant to be the primary support for the CEO, CFO and COO. Supports front desk, prepares and maintains documents, schedules meetings and travel. Must have 5-7+ years exp supporting a corporate environment; excellent verbal and written communication skills; proficient in MS Outlook, Word, Excel and PowerPoint. Must be professional, friendly and a team player. Fax resume to 866-418-9913 (MPG)

Help Wanted - Drivers

SLT NEEDS CLASS A TEAM DRIVERS with Hazmat. \$2,000 Bonus. Split \$0.68 for all miles. Regional contractor positions available. 1-800-835-9471. (Cal-SCAN)

Company Drivers (Solos & Hazmat Teams) * GREAT PAY * GREAT MILES * CDL-A Required. We also have dedicated & regional positions available. Call 866-789-8947. Swift. (Cal-SCAN)

DRIVER - COMPANY Experienced OTR Drivers and Teams. Consistent Miles, Excellent Health Benefits, 6 mo. OTR experience & current CDL. 888-463-3962. www.USATruck.jobs eoe m/f/h/v. (Cal-SCAN)

Help Wanted - Medical

Geriatric Home Care Specialists is currently seeking CNAs, HHAs and Caregivers willing to work in Placer, Sacramento, and El Dorado counties, with at least two years experience in caring for the elderly. We offer hourly, overnight, and live-in shifts. Please call 916-630-8588 for more information. (MPG)

Help Wanted - Sales

Would you like to be Mentored by a Millionaire? Proven System, Perfect timing. 24 Hr Recorded Message. CALL NOW!! 888-279-7875 (MPG)

House Painting

PAINTING, sheet rock, texturing, book cases, fence repair, gutter cleaning. Roger (916) 969-4936 or (916) 410-5545 (MPG)

Household Help

House Cleaning Sparkling clean home guaranteed. Professional

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Homesitters on Wheels. Office needs two RVers with RV's for Petsitting 916-483-5146 (MPG)

Landscaping

Lawn and Garden Service Bi-weekly or monthly call for FREE estimates 965-8224 (MPG)

Lawnmower Service Mow & Edge your lawn 4 times per month for a fee. Call Bob 916-456-5281 (MPG)

Tall Weed Cutting Low Rates 916 524-7477 (MPG)

Full Yard Maintenance, one time clean-ups & tree trimming. See our website: www.terrabelgardens.com or c/c Randy for info at 454-3430 or 802-9897. (MPG)

Lawn Service - I can mow and edge your lawn. Reasonably priced. Call for a free estimate at 916-934-9944 (MPG)

Lawn Service

American Lawn Service Weekly Service \$15/week. Quote for one time service. 487-7905 (MPGM)

Legal Services

Need an Attorney? Have a legal situation? Looking for extra income? Contact Eicka Mitchell at 916-729-7364 or eicamitchell@prepaidlegal.com (MPG)

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Miscellaneous

Richmond's Hunting Club Come hunt with us - 20K acres. Doves, Quails, Pheasants, Ducks and Geese. For information: Dennis Sanders 530-913-5817 or Les Edwards 530-458-3814 (MPG)

TUPPERWARE

Please call for a Free Catalog. Chris Kromar 916-483-1671 (MPG)

Miscellaneous Items For Sale

Electric Wheelchair Jazzy/1121 Brand new batteries - custom footguards - cane holder - basket - metallic blue. New \$5,700 - Sacrifice \$1,450 obo - Cash Only Please - (916) 488-4154 (MPG)

Kawai upright piano and bench, used, excellent condition, oak finish. \$3000 Call: 916-988-2927

Mount Vernon Single Cemetery Lot Garden of Humility (front-east side of building) \$5,000.00 Contact: 1-405-728-0420 (MPG)

Miscellaneous - Want to Buy

WANTED: OLD POSTCARDS 483-0622 (MPG)

Musical Instruments

Guitar, Acoustic Unused with accessories. \$85 Cash. 362-7118 (MPG)

GUITAR WANTED Looking for Older Guitars and Amps, Fender, Gibson, Martin, Fender, Marshall Amps. Will Pay up to \$2000.00 Cash!! (916) 966-1900 (MPG)

Musical Instruments for Sale

Kawi Console Piano Walnut, New Condition, \$1500 OBO. Call 863-1552 anytime. (MPGM)

Piano YAMAHA console w/ bench walnut good condition, one owner, \$1700.00. 916-349-0650 (MPG)

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Mobile Notary Services Certified Loan Signer Paralegal Services Powers of Attorney, Wills Will Travel to Your Home or business 916-508-7080 (MPG)

Notary Services Hospital, Care Home or make arrangements. Call (916) 482-9388 for details. Ask for Debbie or leave message. (MPG)

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Home Sitters on Wheels office needs two RVers with RV's for pet sitting. Call 916-483-5146 for more information. (MPG)

Piano Lessons

Piano Lessons - All ages 1st lesson free. Rancho Cordova 916/858-1571 (MPG)

Piano lessons for children and adults by experienced, creative teacher. Citrus Heights. For more information, visit www.anitraalexander.com, or call (916) 725-1054 (MPG)

Prayers & Novenas

THANKSGIVING NOVENA TO ST. JUDE O Holy Saint Jude, apostle and martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need. To you I have recourse from the depth of my heart and humbly beg to whom God has given so great power to come to my assistance. Help me in my present and urgent petition, in return I promise to make your name known and cause you to be invoked. Saint Jude pray for us all who invoked your aid. Amen. Say three Our Fathers, three hail Marys and Glorias. Publication must be promised. This novena has never been known to fail. I have had my request granted and will fill to publish my thanksgiving. (MPG)

Wanta go to heaven without dying? Rent the exciting movie "Left Behind" Pray aloud, "Lord Jesus, forgive my sins, come into my heart!" He Loves You! (MPG)

Real Estate Homes For Sale

Carmichael New Listing 1700 sq ft. 3/4 bedrooms + Pool Glenda 761-7546 (MPGM)

Real Estate Land for Sale

THIS IS YOUR CHANCE! Owing land in "The Path of Progress & Development" is one of the great secrets to wealth! Discover how you can now participate for far less than you ever imagined! Call (866)221-4004 to hear a vitally important recorded message. (Cal-SCAN)

Real Estate Out of State

1ST TIME OFFERED. 40 AC outside Show Low, Arizona. \$29,900. One day only, May 1st. Only 9 ranches on 360 acres priced for immediate sale - great opportunity. Middle of nowhere prices, for an exactly where you want to be location. Shadow Springs by AZLR. 1-888-445-5740. (Cal-SCAN)

Real Estate Out of State

20 ACRE RANCH FORECLOSURES Near Booming El Paso, Texas. Was \$16,900 Now \$12,900. \$0 Down, assume payments, \$99/month. Beautiful views, owner financing. FREE map/pictures 1-800-343-9444. (Cal-SCAN)

Real Estate Out of State

BANK OWNED LAND! 10 acres. Trout stream, \$39,750. Substantial discounts, limited availability. Beautiful Fish Lake Valley acreage w/year round rainbow trout stream in foothills of Boundary Peak, Nevada's highest mountain. Gorgeous snow-capped views. Great recreational opportunities. Upscale ranch community. Financing available

to qualified buyers. Call 1-877-669-373

E-Waste and Shred Day: A Community Event

**Del Campo High School
Parking Lot**
4925 Dewey Drive
Saturday - May 1, 2010
9am to 3pm

We Want Your Old Stuff

SHRED - \$5 per file box
... a tax deductible donation
PLEASE ... 5 box limit /
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Service provided by: Viking Shred

E-WASTE

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 - Printers, copiers, scanners, fax machines
 - Main frames, circuit boards, components
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 - Stereo equipment, speakers, etc.
- Do not accept:*
- Microwaves, household appliances
 - Furniture, mattresses, lumber
 - Chemicals, tires, dirt, rock, debris

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Rand K. Jacobs

Fair Oaks Historical Society

The Fair Oaks Historical Society will hold it's second quarterly meeting and potluck dinner on Tuesday, April 27th, at 6:00 p.m. at the Fair Oaks Community Clubhouse, 7997 California Avenue, Fair Oaks.

The program will be about the All Volunteer Fair Oaks Fire Department (before it was combined with the Sacramento Metro Fire Department) and consist of the historical timeline, stories and pictures of that era. Social hour begins at 6 p.m. followed by dinner at 6:30.

The price of admission is a casserole, salad or dessert to share with others which makes this the best potluck in town! Society members, their friends and others interested in the activities of the Fair Oaks Historical Society are invited and welcome to attend the gathering. (For a map and membership information, see their website: www.fairoakshistory.org.)

For further information, please contact Lois Frazier at 967-2967 or Ken Steen at 967-7135.

Spaghetti Dinner and Raffle
Sunday May 22, 4:30 'til 7:30
St. Francis Episcopal Church
11430 Fair Oaks Blvd.

in Fair Oaks
Concert at 4:00 PM.
Dinner Following.
Tickets \$25.00

The Saint Francis Episcopal Church in Fair Oaks is having a Spaghetti Dinner and Raffle fundraiser on May 22, 2010. Dinner will be served from 4:30pm to 7:30pm. The cost will be \$10 for adults; \$5 for kids 12 years and under; \$25 for a family of 4 or more; and, \$70 for a reserved table for up to 7 people.

Please call the church office for tickets - 916-966-2262

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<p style="text-align: center; background-color: black; color: white; font-weight: bold; padding: 2px;">Fencing</p> <p style="text-align: center; font-weight: bold;">PRIME TIME FENCING</p> <p style="text-align: center;">Quality Redwood Double & Single Gates Repair & New</p> <p style="text-align: center; font-size: 0.7em;">License # 835870 Liability Insurance</p> <p style="text-align: center; font-weight: bold;">(916) 481-7315</p>	<p style="text-align: center; background-color: black; color: white; font-weight: bold; padding: 2px;">HANDYMAN</p> <p style="text-align: center; font-weight: bold;">35 YRS. EXPERIENCE</p> <ul style="list-style-type: none"> • Doors • Jamb • Molding • Locks • Hardware • Re-wire Screens • Screen Doors • Home Repairs • Roofing • Painting <p style="text-align: center; font-weight: bold;">Senior Discounts 916-536-9183</p>	<p style="text-align: center; background-color: black; color: white; font-weight: bold; padding: 2px;">Looking for People</p> <p style="text-align: center; font-weight: bold;">Self-Made Millionaire</p> <p style="text-align: center; font-size: 0.7em;">looking for 10 people who want to earn 6 figures in the next 12-24 months.</p> <p style="text-align: center; font-size: 0.7em;">This is not a job.</p> <p style="text-align: center; font-weight: bold;">CALL NOW!!! 1-888-219-7757</p>	<p style="text-align: center; background-color: black; color: white; font-weight: bold; padding: 2px;">Heating & Air</p> <p style="text-align: center; font-weight: bold;">Christopher's Heating & Air</p> <p style="text-align: center; font-weight: bold;">Commercial/Residential</p> <p style="text-align: center; font-style: italic;">We Service All Brands</p> <div style="text-align: center; border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p style="margin: 0; font-weight: bold;">FREE ESTIMATE</p> </div> <p style="text-align: center; font-weight: bold;">Call Today 916-223-1744</p>	<p style="text-align: center; background-color: black; color: white; font-weight: bold; padding: 2px;">Handy Man</p> <p style="text-align: center; font-weight: bold;">"Handy Man" "Carpenter Dave"</p> <p style="text-align: center; font-size: 0.7em;">25 Years Experience • All Home Repairs</p> <ul style="list-style-type: none"> • Dry Rot • Doors/Floors • Decks/Tile/Patios • Roof Repairs • Painting • Windows • Bathroom • Sheet Rock Texture <p style="text-align: center; font-weight: bold;">(916) 548-8249</p> <p style="text-align: center; font-size: 0.7em;">Lic. # 325201</p>	
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Citrus Heights Mom Wins Trip to D.C. to Represent California at Mom's Congress



Laura Taylor will Join Outstanding Moms from Every State

Citrus Heights - On March 30 Parenting magazine announced that Laura Taylor of Citrus Heights has been selected to represent California at the inaugural Mom Congress on Education and Learning Conference at Georgetown University in Washington, D.C. this May 2nd through 4th. Mrs. Taylor was chosen for her outstanding contributions and dedication to improving local schools. A total of fifty-one moms, representing each state and the District of Columbia, have been selected by Parenting as Mom Congress delegates. Each delegate was selected from applications submitted at Parenting.com, and will receive round-trip airfare, a two-night hotel stay, and the opportunity to connect with other moms from across the country to share success stories, challenges, and concerns as they work to

improve our nation's schools. "I am honored to represent the great state of California" says Taylor of her excitement to be a part of Mom Congress. "This congress presents a unique opportunity to work collaboratively with parents from across the US to effect a positive change in our children's education." U.S. Secretary of Education Arne Duncan is among the roster of education and advocacy leaders scheduled to address the mom education advocates at the Mom Congress Conference. On Monday, May 3rd, Secretary Duncan will speak to attendees about the crucial role that parents play in helping implement the national agenda for improving the country's school system and the educational opportunities available to our nation's children. The Mom Congress delegates will work towards creating Parenting's

"Lesson Plan for Change", a guide to help empower parents nationwide to get more involved in their children's education. Attendees will work with members of the Mom Congress advisory board, which includes leaders from the National PTA, the National Education Association, PBS, MomsRising, the George Lucas Educational Foundation and others. Faculty members from Georgetown University's School of Continuing Studies - the Mom Congress educational provider - will also lead sessions during the event, and will offer scholarships to 10 outstanding mom advocates per semester.

Driven by the ever-increasing role that parents play in advocating for positive change in the education system, Parenting magazine launched the Mom Congress initiative in March 2009 to celebrate and connect moms fighting for better schools. Each month, the School Years edition of Parenting gives readers the education news and resources they need to make a difference, and highlights one of 16,000+ Mom Congress members whose efforts have brought about positive change for students. For more information, visit Parenting.com/momcongress.

Laura Taylor is the President of Lichen K-8 School PTA, a former Chair of the Citrus Heights Planning Commission (2008), a member of the San Juan Unified School District's Strategic Planning Team, a member of the Citrus Heights Chamber of Commerce and graduate of its Leadership Program, and served as a member of the Sacramento County Children and Families Commission Blue Ribbon Task Force on School Readiness. She can be reached at (916) 396-8096 or ltaylor@hmmh.com

"The Philadelphia Story" Comes to ARC Theatre

American River College Theatre continues its season with the delightful classic "The Philadelphia Story." The play, which was later made into a popular 1940's film starring Katherine Hepburn, runs Apr. 23 through May 2, and even offers a "Dinner and Theatre" opportunity on Sat., Apr. 24.

"The Philadelphia Story" is a fun and sophisticated romantic comedy-farce about love, marriage, class distinctions and the importance of listening to your heart. A Broadway hit for playwright Philip Barry, the play follows the exploits of haughty divorced socialite Tracy Lord who is preparing for her second marriage. Handsome and sensible George Kittredge is the lucky man. Enter Dexter Haven, her first husband, and Macaulay Connor, a tabloid reporter with a distrust of the wealthy and a mischievous bent. What follows is a rapid-fire war of words as the three men vie for Tracy's attentions while she struggles in vain to keep up appearances in this screwball comedy!

As a special treat, ARC's four-star rated Oak Cafe will be offering a "Dinner and Theatre" opportunity at the April 24 performance. Regular tickets will still be available for the production (at \$12/general, \$10/



Left to right: Betsaida LeBiron as Liz Imbrie, Brittaleigha Baskerville, Michael Holcombe

student), but patrons interested in a fine dining experience just before the show may purchase a "Dinner and Theater" ticket for \$35. The meal will be served down the hall from the newly renovated theatre, and will feature "mocktails," dinner, dessert and coffee. For more information or tickets to the dinner event only, patrons should go to: American-River-College-Theatre1. TicketLeap.com. Tickets to all other performance are available through the ARC Box Office at (916) 484-8234. All performances of "The Philadelphia Story" will be at the American River College Theatre,

4700 College Oak Drive. Weekend parking is free in Lot "D" at the corner of college Oak and Myrtle, adjacent to the theatre. Weeknight parking is \$1. Ticket prices \$12/general, \$10/student/senior/sarta. For tickets and information, call the ARC Box Office at (916) 484-8234. "The Philadelphia Story" performance days and times are as follows: Fri, Apr. 23 at 8pm - Sat, Apr. 24 at 8pm - Sun, Apr. 25 at 2pm - Thurs, Apr. 29 at 6:30pm - Fri, Apr. 30 at 8pm - Sat, May 1 at 2pm - Sat, May 1 at 8pm - Sun, May 2 at 2pm



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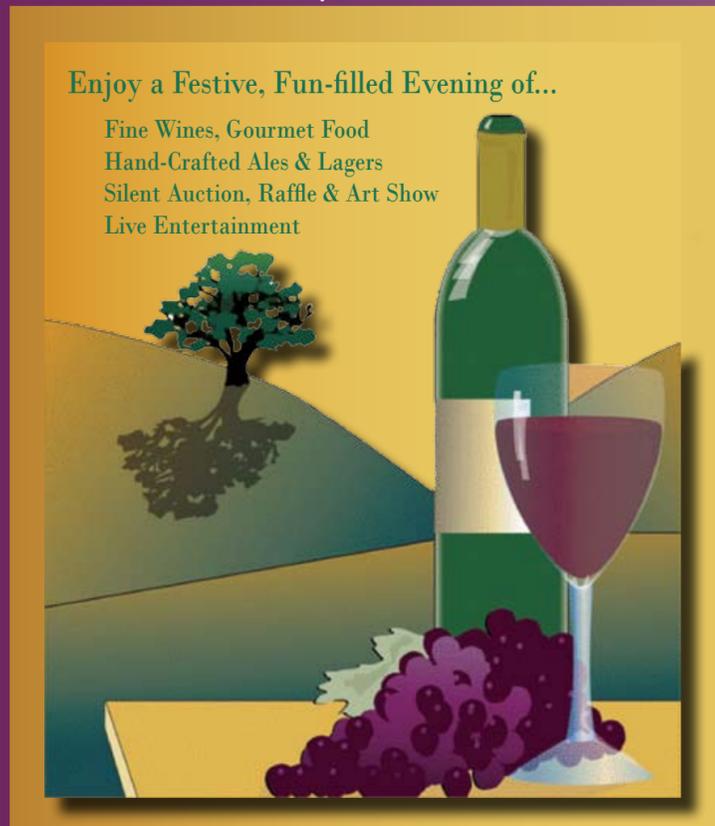
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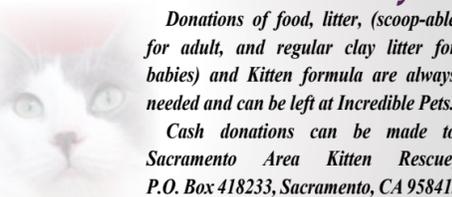
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Must be 21 or over to attend.

Adopt A Cat: SAKrescue Needs Your Help

To prepare for the upcoming kitten season, a special effort to place adult cats into loving homes will be in effect for the months of March, April and May. SAKrescue is offering an adoption special of \$60 per adult cat or 2 for \$100. The cats are all spayed or neutered, have all their shots up to date including rabies, have been FELV tested, and have been treated with Advantage™ for flea control.



Donations of food, litter, (scoop-able for adult, and regular clay litter for babies) and Kitten formula are always needed and can be left at Incredible Pets.

Cash donations can be made to Sacramento Area Kitten Rescue, P.O. Box 418233, Sacramento, CA 95841. Phone 916-491-1657.

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Chamber of Commerce Kicks Off New Business Networking Luncheons



Bob Crawford addresses more than two dozen attendees at the Orangevale Chamber of Commerce Luncheon.

Orangevale - The OV Chamber has started an exciting new format with a guest speaker and power networking to be sure you get the most from your local chamber membership. The guest speaker for the first power networking luncheon was Bob Crawford, Chairperson of the Orangevale Community

Planning Advisory Council, held on Monday, April 12th at noon. The luncheon was held at O'Connor's Santa Maria Grill, 9267 Greenback Lane, Orangevale, in the OV Chamber complex.

You can find out more about joining the chamber, or find out about the next Orangevale

Chamber of Commerce Networking Luncheon by contacting Maggie at the Chamber office 988.0175 or email to ovchamber@sbcglobal.net

Attendance is FREE for chamber members to the luncheon, but lunch is \$10.00. You can pay at the door. The food at O'Connor's is always excellent!

SMUD Board Opposes Proposition 16

Sacramento - The Sacramento Municipal Utility District (SMUD) Board of Directors today (April 15th) voted unanimously to oppose Proposition 16 "The New Two-Thirds Requirement for Local

Public Electricity Providers" set to appear on the June 8, 2010 ballot. The vote came after the Board of Directors was presented with an analytical evaluation of the proposition. The staff report identified

potential impacts to SMUD's business operations should Proposition 16 pass. Interested parties can watch the entire Board meeting at smud.org. Copies of the report are also available on SMUD's Web site.

Pow Wow Days Return

Orangevale - The 47th Annual Pow Wow Days returns to Orangevale this May 13th through 16th. This annual event is an historic, calendar-packed event complete with a parade down Greenback Lane, a full schedule of live bands and entertainers, a special "Kids

Korner" day with fun-filled activities, and a carnival full of rides and games. Add to all that the great carnival food we all love, and it's the place to be!

Go to <http://www.orangevalepowwowdays.com> for info on the event from the Orangevale Chamber of

Commerce. Rides, games, food, vendors, and a parade - fun for everyone! If you're interested in getting involved, becoming a vendor, or volunteering, contact the Orangevale Chamber at (916) 988-0175 or e-mail ovchamber@sbcglobal.net.

Tickets Now on Sale for the 17th Annual Taste of Fair Oaks

The 17th Annual Food, Wine and Microbrew tasting event will be held on Friday, June 4, 2010 from 6pm until 10pm, at North Ridge Country Club 7600 Madison Avenue, Fair Oaks, CA.

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 live music, an art show,

golf putting contest (\$5,000 grand prize), gift raffle and silent auction.

The "Taste" is the Chamber's largest fund raising event of the year. The proceeds from the event help the Fair Oaks Chamber support the 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 will cost \$35 per person during the advance sales campaign (now through May 28th). A special raffle will be held for advance ticket purchasers; Tickets sold after the 28th of May, and at the door, will cost \$40. Tickets can be purchased by calling the Chamber office (967-2903) and online at www.fairoakschamber.com.

Please be reminded, attendees must be 21 years of age or older.

Rancho is "All-American" Finalist

The National Civic League this week named Rancho Cordova among the finalists for the 2010 All-America City Award, the nation's oldest and most prestigious civic recognition award.

The finalist status sets in motion an eight-week sprint to pull together a delegation and presentation and raise funds for a trip during which Rancho Cordova will make its case to be awarded what has been described as the "Nobel Prize" of civic accomplishment.

The competition will be held in Kansas City June 16-18. "These are some of the most innovative communities in the country," said National Civic League President Gloria Rubio-Cortez of the finalists. "They give us hope and inspiration and teach us important lessons about leveraging the civic energy of ordinary people to address difficult challenges during some tough economic times."

To become a finalist, each participant completed an application documenting three community projects that address their most pressing challenges. Each finalist will send a delegation to Kansas City to tell their stories of positive community change to a jury of civic experts. The 10 All-America Cities will be announced on June 18.

The Rancho Cordova application was crafted by the Cordova Community Council and features three signature projects which will be examined by

a national panel of judges. One of the projects must focus on youth. Rancho Cordova's application includes:

Project 680, the grassroots effort led by Cordova Towne neighborhood activist Ryan Lundquist, which collects everyday items such as socks, underwear and shoes to benefit homeless children in the Folsom Cordova Unified School District. The project draws its name from the 680 children who have been identified as homeless in the FCUSD. (Project 680 is a 2010 Cordova Community Council Volunteer Awards winner. Read all about it at www.cordovacouncil.org.)

Rancho Cordova Cultural Heritage (Saturday) Schools, a collaborative effort of immigrant parents and the Folsom Cordova Unified School District to preserve and honor arts and culture of mother countries. The project builds bridges between immigrant groups and the community at-large, has improved academic performance among immigrant children and has provided for cultural enrichment for the entire population of the city. (Learn more about iFest at www.cordovacouncil.org)

The Rancho Cordova City Hall project, which is providing a "civic heart" for the new city, incubating business and community engagement, as well as serving as a home for

municipal services. The City Hall project has fostered important civic links as the community matures as an incorporated city and is a symbol of change and progress in a city striving to change its image.

"We are proud of our application and think that it reflects what we are all about at this point in our civic history," said Shelly Blanchard, executive director of the Cordova Community Council. "It showcases how people work with business, work with government and work together across many sectors to improve our community. It is about our collaborative, unfaltering belief in our bright future."

This is the second bite at the apple for Rancho Cordova, which was named a 2009 All America City finalist, and was the youngest city in the competition last year.

The National Civic League is a 116-year-old nonpartisan nonprofit organization that strengthens democracy by increasing the capacity of citizens to fully participate in and build healthy and prosperous communities across America.

For more about the competition, visit www.ncl.org. To learn more about how to become a TEAM RANCHO CORDOVA SPONSOR please email shelly@cordovacouncil.org or call (916) 273-5704.

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Hey America, Meet the New Radicals



Photo by David Rowen

"I have seen this kind of mess before."

Commentary by Perry Hartline

The Sacramento Tea Party folk had a reason to rally: Thursday, April 15th was Tax Day, the last day to surrender your money to the tax man. That considered, you'd think they'd be in mourning. They and you are the 50% of Americans paying taxes the other 50% of Americans collect. They are the people who unwillingly finance the left's fantasies and are victims of its social engineering. They're expected to pay the money and shut up about government spending, Congressional political rigging, buy-offs and bribes for votes, racial pandering and welfare. If they are any non-Tea Party voter complains they're labeled 'extremist' radicals, racists, selfish, hateful, ignorant know-nothings and even 'tards' by the left wing of the political class and cabinet level members of the administration.

Here are four generations of working men and women. Here are American citizen-warriors who in WWII and the Korean War answered the call to duty. During the Vietnam War they were the boys and girls who believed in JFK and trusted

President Johnson. They didn't hide in college, run to Canada or plead conscientious objector status. Here were Gulf War I, Iraq and Afghanistan vets. They served. And when they returned they didn't ask for anything but to be left allowed to make



Photo by David Rowen

More than one generation concerned for their kids.

their own way. They're not the privileged, they're the people who direct and take responsibility for their own lives – and doing that they make America work. Here are Eddie the sheet rocker, Ben the electrician, Anita the accountant, Alejandro the mechanic and Beverly the flower lady. Some are software engineers, and computer geeks, and yes, even lawyers.

These people are not by nature activists or ideologues like Bill Clinton or John Kerry; they're not confused like George Bush, and not careless or thoughtless like Barack Obama, though they may have voted for them once or in some cases twice. They hold no grudges against the eternal anti-war left, leftist students, didactic professors and public school teachers. Many here are Democrats and Reagan Democrats, and union members who've taken pay cuts to save c-workers from layoffs; some are pink-slipped teachers, and some are 1960s-1970s radicals who've come to understand and embrace the idea that's America.

The amorphous Tea Party movement is the first wave of wakening Americans. They sense danger. They feel it.

young man discussing the current administration's move to re-sculpt America following the European model of state control, massive bureaucracy, no-risk living and social welfare asked a stunning, well-dressed woman, "Why would we want to be like Europe? They're a bunch of losers with a lot of old buildings? I mean, what've they done lately? I think they should try to be more like us."

A large SEIU thug sporting a purple SEIU shop coat and sucking noodles from a Cup-o-Noodles cup strolled over to eyeball the mob. Assuming this newspaper's photographer is a civilian because of her press pass he said, "If we could get a crowd half this size to our rallies with half as much energy, I'd be happy. How come they aren't on our side? They should be, you know?" She offered a slight smile, "They're on your side, only you don't know it," she smiled. "I'm a union man," he said confidently.

"A lot of them are too," she said, nodding to the crowd. "Then why aren't they on our side?" he smiled. "Go ask 'em, I'm sure they'll tell you?" she grinned. "Oh no! I'm not going down there!" he laughed. "Chicken!" she giggled.

"No, just smart enough not to march in there wearing this!" grinning, he leaned forward tugging his shop coat.

Lots of people running for political office pitched tents and manned tables. Some were running for the same position in the same district. This is good, great even. It's citizen involvement of the type Franklin, Jefferson, Adams, Teddy Roosevelt, Jack Kennedy and Ronald Reagan hoped for. And maybe, hopefully, the dying traditional media will understand these people are their readers and viewers, subscribers, advertisers and the family next door and that they're worried about the present and future. They're the 'New Radicals' standing up for freedom as they always have.

A Navy vet, a destroyer man who'd seen action at Midway, The Solomans, the Phillipines



Photo by David Rowen

Character and Characters on display for America.

and Okinawa told this reporter, "At one time not that long ago you felt that government was on your side. It didn't stand in the way, it told you the rules and helped clear the way so you could succeed. It's not like that anymore. Now it sees us as children they have to teach, and all they want is our money so they can give it to someone else and tell us how to live. Where'd they get such ideas?"

Two large youngish white men, twins, in dark suits, white shirts, and almost handsome in a football player, big-meat, all-beef, bullet-necked-guy sort of way. They might've been part of Tony Soprano's mob, holding small computer generated Word doc. signs reading "Tea Party = hateparty." They were SEIU infiltrators, fenced in by two black T-shirted Tea Party Security guys and three or five partiers. One grinning partier held a white 8 1/2 X11 hand lettered sign scrawled quickly with a black Sharpie that read, "Infiltrators" with a wavy arrow pointing to the two young thugs. The twin thugs were bookends, and they acted like it: they couldn't speak. These two characters sent over by central casting stood mute, and wouldn't acknowledge the crowd.

Downtown office workers walked to the Capitol for lunch and to be a part of the gathering as SEIU thugs ('Progressives') and Tea Party Security prowled the perimeter; policemen on horseback joked with kids and parents as a huge American flag hanging from a crane billowed like a sail. The difference between the 'Radical Wingnuts' or 'The New Radicals' and the 'Progs' is their happiness and determination. They're from all around the region: Fairfield and Danville; Susanville, Turlock, Modesto and many other small and large towns in Northern California. One of Sacramento's daily newspapers estimated the crowd at 3000, other sources estimated 5000-6000. An optimistic reporter guessed 15000 when the coming and going office workers and people who couldn't stay long were factored in. They were colorful, costumed and happy. They are White, Latino, African-American, Native American and Asian. They're young and old; the employed, the under-employed and the unemployed; struggling shopkeepers, tradesmen and business people, here at the Capitol of California to dissent – and to tell the rest of us to wake up, America isn't over yet.



Photo by David Rowen

Taxed enough? Not "Enough" said, already.

They don't trust government to do what's right or good. They distrust the political class, career politicians, and they reject the left. As the danger looms they've become aware and deliberate. They're studying the nature of the evil we face. They understand America isn't only broke; it's hugely in debt and headed for trouble, possibly collapse because it's in debt beyond anything any country has experienced. They know spending by this administration must be stopped because it threatens our security in all ways. This is a normal human reaction. But the idea that they can do something about it is what separates Americans from Europeans, Middle Easterners, Africans and Asians.

What is most interesting is the Tea Partiers' attitude and comments. One well-dressed



Photo by Paul Scholl

Armstrong and Getty add to the voice of the "New Radicals."