

# AMERICAN RIVER

## M E S S E N G E R



**Remember to Vote  
on Tuesday,  
November 2nd!**



**Rev. Kev Ross:  
“Your Power  
to Forgive”**

Page 6

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Volume 5 Issue 20

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

Second Edition for October 2010

# New Facilities an Investment in Students



Joining a SJHS student in the ribbon cutting are - from left to right: Tony Oddo, Principal, New San Juan High School; Larry Mile, Clerk, San Juan Board of Education; Larry Masuoka, D.M.D., Member, San Juan Board of Education; Brenda Isabel Ruiz Hurtado, New San Juan Senior Class President; Clark Fales, Career Tech Teacher; SJHS Student; Congressman Dan Lungren; Richard Launey, President, San Juan Board of Education; Lucinda Luttgen, Vice President, San Juan Board of Education; Greg Paulo, Member, San Juan Board of Education (Photos provided by SJUSD)

*From San Juan Unified School District*

**Citrus Heights** – Valuing diversity and excellence, the San Juan Unified School District’s mission is to educate and inspire each student to succeed and responsibly contribute to a radically evolving world by providing innovative, rigorous, student-focused instruction and programs in a safe, caring, and collaborative learning community.

Students, alumni, and community

leaders gathered Friday, Oct. 8 at New San Juan High School in Citrus Heights to celebrate the grand opening of the school’s new career technical facilities. The \$17.6 million project has brought a state-of-the-art culinary facility, construction technology lab, engineering lab, transportation technology lab, and classrooms to Sacramento County’s second oldest high school.

“These new facilities represent an investment in the students of New

San Juan High and the future,” said New San Juan High Senior Class President Brenda Hurtado.

Others in attendance to celebrate agreed with Congressman Dan Lungren and Pat Ainsworth, director for Secondary, Career & Adult Learning for the California Department of Education, calling the school’s efforts to join rigorous college prep classes with career skills an example for the state.

New San Juan High has been

undergoing changes to not only its facility but also the classes and learning that go on inside its walls.

“Three years ago, all of the teachers at this school gave up their jobs and had to reapply to be part of a completely new educational effort. Every one of them made the commitment to change the way instruction and learning take place here, and we have done just that,” said New San Juan High Principal Tony Oddo.

Some results are already being seen with the school posting an impressive 57 point leap in its Academic Performance Index (API) score this year.

The school now offers five career pathways for students to choose from including hospitality management, construction technology, engineering, transportation technology, and media production. Teachers at the school work to tie what students learn in their academic core classes to the work they accomplish in their chosen career pathway.

Freshmen at the school are placed on a career “wheel” that allows them to sample each of the five pathways before picking one area of focus. The goal is to graduate students who have the skills that allow them to choose their own path after graduation whether it be a rigorous four-



**Many new careers open up for students at San Juan High School.**



**Students will now enjoy the new facility as they prepare to enter into today’s work environment.**

year college experience, post-high school career training, or entering directly into the local workforce.

The new culinary arts building is just over 10,500 square feet and includes a demonstration kitchen, full commercial café, industrial kitchen, bakery, and classroom space. The career tech lab wing is just over 9,500 square feet including labs for construction, transportation, and engineering along with classrooms.

The improvements were paid for with funds that can legally only be spent on facility improvements including state grants and local bond dollars approved by voters as part of Measure J in 2002. More than \$10 million in additional work is slated for the campus which dates back to 1915 including a new media production studio as well as additional work to the school’s infrastructure.



Lucille and Kent Prim celebrate their 70th anniversary.

**Carmichael** – The “Official Sponsor of Longevity” Eskaton is home to Lucille and Kent Prim, who this October 5 celebrate the 70th anniversary of their wedding. The couple’s

advice to others’ seeking the secret to longevity in marriage is simply: “We never go to bed mad. We don’t always agree. But we work things out by the end of the day,” Lucille explained.

## Eskaton Couple Celebrates Their 70th Anniversary

Ironically, she then recalls what she said to Kent the first time the two Oklahoma State freshmen met in January 1936: “Do you hate me as much as I hate you?” After a perceived “slight” was clarified, the two went on a date that evening and have been together since.

By their senior year, they were engaged and soon after married – on October 5, 1940. A military life followed, which included traveling across the globe – living in 25 places in 27 years. They settled into the Eskaton Village Carmichael continuing care retirement community five-and-a-half years ago, because, as Lucille tells it, “Eskaton could give us a tour in the morning and our other choice couldn’t take us until the afternoon. We liked what we saw and that was that.” The couple have two sons, both attorneys, who live close by, and three grandchildren and three great grandchildren.

One granddaughter gets credit for coordinating a special celebration for

their historic 50th anniversary, when the more than 60 guests heard Kent serenade his wife with his own version of Kenny Rogers’ “(You picked a fine time to leave me) Lucille.”

The two healthy 92-year-olds are involved in many of Eskaton’s activities and social events. And while Lucille also keeps busy with family and friends, Kent spends his extra time playing golf. Though Lucille tried the sport, they both laugh now retelling how Kent’s observation that “You’re not trying” nearly caused a divorce. When Lucille quit, “It was the happiest day of our lives,” the two agree. All kidding aside, Lucille adds “It’s a very lovely life.”

Eskaton boasts a resident population with an average age of 83, including more than three dozen centenarians. The 42-year-old nonprofit aging services organization provides community living and home-based support for more than 3,500 older adults throughout Northern California. Learn more at [www.eskaton.org](http://www.eskaton.org).

## AR Messenger and eVoter Offer Voters Election Information

**Citrus Heights** – The American River Messenger and eVoter ([www.evoter.com](http://www.evoter.com)) are offering a partnership that connects local area voters to polling place locations, election information, candidate profiles and endorsements prior to Election Day on November 2nd.

eVoter is a non-partisan website that allows voters to directly interact with candidates and access accurate, up-to-date information to make informed decisions on Election Day. From statewide races to local county and municipal races, eVoter provides voters with a list of every candidate on their ballot.

The American River Messenger has launched an online service that directs voters to their personalized sample ballot information, powered by eVoter, at [www.AmericanRiverMessenger.com](http://www.AmericanRiverMessenger.com)

eVoter allows voters to locate their polling place, generate and print a customized sample ballot, after reviewing

candidate profiles and organizational endorsements. In order to reach these motivated voters who are actively looking for information, candidates can purchase a customizable profile at a low cost and organizations can publicize their endorsements for free.

Candidates or organizations that are interested in creating a profile should visit [AmericanRiverMessenger.com](http://AmericanRiverMessenger.com) and click on “Visit eVoter.com” in the eVoter search box or call (866) 976-0555.

eVoter is the unbiased, non-partisan election information site where voters can generate a personalized sample ballot instantly, view candidate profiles, make contributions, view organizational endorsements, find polling places, and more. Owned by Political Technologies LLC, eVoter is designed to provide voters with concise unbiased information on every candidate and measure on their ballot.

[www.AmericanRiverMessenger.com](http://www.AmericanRiverMessenger.com)





By Donald Kaul, Other Words

If life were an old-fashioned movie serial we'd be at the scene where Barack Obama is tied to railroad tracks while an oncoming train sounds in the distance.

And if it were a movie, he'd escape. I'm not sure how, but at the last moment he'd slip his bonds and roll off the tracks just as the train roared by.

That's the difference between movies and real life.

It's beginning to look as though President Obama won't escape his current predicament, that indeed he's going to be run over by the train that is, for want of a better name, the Angry American Voter.

The polls going into the midterm congressional elections, while improving some in recent weeks, are still a bloody nose for the Democrats.

A recent Associated Press poll, for example, shows working class whites favoring Republican candidates by twice the margin of the last two elections.

Democrats are to losing out with this group. But to see that cohort abandon ship at this rate is alarming

# Tied to the Tracks

to those hoping the party will hang on to its control of Congress for the next two years.

And it's getting hard to find any polls that offer good news for Democrats. The latest one from Gallup has Republicans leading Democrats 53-41 in a high-turnout election; 56-39 with low turnout.

Conservative analyst Michael Barone says it's beginning to look like the '94 election. Not 1994 when the Democrats lost about 50 House seats but 1894 when the Republicans gained 100. That election was conducted in the aftermath of the Panic of 1893, the nation's worse economic collapse up to that time.

OK, so the economy isn't so great right now but it could be worse and almost was.

I think people have forgotten just how bad things were when Obama took office. The economy was cratering and our financial system was on the brink of collapse. We were hemorrhaging jobs. The stock market was tanking, with the Dow Jones Industrial Average at about 8,000 and heading down.

Obama fixed that, kind of. He stabilized the economy at a price. But you didn't expect it to be free, did you? He got a health insurance bill passed. Not a perfect bill, but a lot of people who didn't have insurance are now going to. He managed to install some brakes into our financial system that might, just might, forestall another meltdown. He saved two American auto companies from extinction and the Dow crossed the 11,000 mark the other day.

He gets credit for none of it. Even liberals do little but complain. He's too slow in getting out of wars. His economic advisers are too Wall Street. The health insurance plan sucks.

Stop already. This is politics.

Part of the problem, maybe a lot of it, is the Vast Right Wing Conspiracy. Hillary Clinton coined that phrase when she was defending her husband against various right-wing attacks, many of them financed by Richard Scaife, the DuPont billionaire and right-wing nut.

She was on the mark, of course, but the mainstream "liberal" press ridiculed her for it. (Our press hates conspiracy theories.)

Well, I'm sorry to break the news to you but there is a right wing conspiracy and it's more vast than ever. It centers now on Rupert Murdoch, owner of Fox News and The Wall Street Journal, among other things. He not only gave \$1 million to a Republican campaign committee, he's got four Republican presidential hopefuls on his Fox News payroll. That's the "fair and balanced" network.

And he's a piker compared to Texas oilmen Charles and David Koch, who have financed just about every right-wing think tank and project that Scaife neglected.

No wonder a third of the American people think Obama's a Muslim.

In a year or two, they'll think he's a Martian.

OtherWords columnist Donald Kaul lives in Ann Arbor, Michigan. [www.otherwords.org](http://www.otherwords.org)



By JoAnne Berkenkamp, Other Words

Schools throughout the country are shaking up the cafeteria through new initiatives to improve children's health while giving a boost to local farmers. It's time to give the mystery meat a break and bring out locally produced apples, squash, tomatoes, and chicken.

You'd think that a program linking local farmers producing fresh, minimally processed foods with local schools would be a no-brainer. But several decades of federal farm programs have discouraged farmers from targeting local markets—instead encouraging farmers to expand acreage with a few commodity program crops (like corn, soybeans, or wheat) or get out of farming all together. At the same time, school lunch programs dealing with tight budgets have taken advantage of more highly processed foods over buying fresh from local farmers.

We're clearly seeing some of the consequences of a flawed farm policy and tight finances for school lunch programs. Approximately 17 percent of U.S. schoolchildren are obese, according to the Centers for Disease Control. And we have the highest obesity rate among 40 countries

analyzed in a recent Organization on Economic Cooperation and Development (OECD) report. The costs of our obesity are astronomical: at least \$147 billion per year in direct health treatment costs, by an estimate published in the journal Health Affairs.

Teaching the value of healthy eating in schools is a great way to start turning these numbers around. Aside from the great tasting local food, "farm-to-school" programs help improve kids' "food literacy" by teaching them what food is grown nearby, how their food is grown, and what a healthy diet looks like. Some schools are scheduling field trips to local farms and making farm-to-school a part of their classroom curriculum. Others are starting their own gardens, or teaching children to cook what's sourced locally.

Farm-to-school programs also support small- and mid-sized farms that have often been left out of school lunch programs. Thanks to our flawed federal farm programs, one of the challenges schools often face is finding enough steady supply of locally produced food to serve at their schools. But the economic benefits to the community can be considerable when more of the "food dollar" stays in local economies. A University of Minnesota study estimated that the economic benefit to the local region ranged from about \$20,000 if each school in the area served one locally grown meal a month, and up to \$430,000 if schools bought larger

amounts from farmers.

Other challenges to expanding farm-to-school programs are related to infrastructure, such as the labor, kitchen equipment, and preparation time needed to bring locally produced food to the lunch table.

Despite these obstacles, these programs are taking off. Just think of what could happen if federal nutrition and farm programs were geared more toward supporting farm-to-school. This fall, Congress was expected to reauthorize the Child Nutrition Act. Both the House and Senate versions of the bill contain a number of provisions to increase fruits and vegetables, including relatively small, but significant, mandatory funding to support farm-to-school programs designed to address some of the challenges schools face.

But while members of Congress from both sides of the aisle support the Child Nutrition Act, budgetary issues have stalled the bill and it likely won't be considered until after the elections.

Congress can do better. No matter how you calculate it, farm-to-school programs are an investment in the education and health of our children, and the economic future of our farmers. The farm-to-school approach will pay us all back many times over.

JoAnne Berkenkamp is the director of the Local Foods Program at the Minneapolis-based Institute for Agriculture and Trade Policy. [www.iatp.org](http://www.iatp.org)

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AMERICAN RIVER

MESSENGER

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Publisher—Paul V. Scholl

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Advertising Sales

Graphics & Layout

Distribution Assistant

Paul V. Scholl • Perry Hartline • Marion Solo

Rich Design

Gabriel Scholl

Contributing Writers

Tim Reilly

Kay Burton

Susan Skinner

Laura Snyder

Mary Jane Popp

David Dickstein

Amanda Morello

Dave Ramsey

Marlys Johnsen Norris

Dr. E. Kirsten Peters

Dr. Bob Graykowski

Accounting

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Widowed Persons

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California, Inc.

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10:00 am- 3:00 pm

Monday through Friday

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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.

Realizing how difficult it is to go into new social situations when one is first widowed, the Widowed Persons Association of California encourages widowed men and women to come to Sunday Support each Sunday from 3:00 pm-5:00pm with some going to dinner as a group following the session. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service by WPAC. Participants do not need to be members and there is no charge.

City of Citrus Heights

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Steve "Sparky"

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Dear Citizens of Citrus Heights,

Citrus Heights has been my family's home since 1986. My wife and I have raised our two children here. I own a small business and volunteer with the Relay for Life, Chamber of Commerce, Lions and Rotary clubs. I have served on the City Council for the past five years and as your Mayor in 2008.

I have consistently voted to keep our City financially sound, improve public safety and fix our roadways. I have helped to successfully lobby state and federal officials for police, street improvement and energy saving grants.

Our budget was balanced on time this year with a reserve of \$35 million. Over the past four years we have formed our own Police Department, improved Greenback Lane and Antelope Road, moved forward on rebuilding Sayonara Drive and opened a beautiful Community Center.

My immediate goals are to make our neighborhoods safer, attract and retain quality businesses and restaurants, offer more activities for our young and young at heart, keep our garbage rates among the lowest in the region and restore a transit system that will work for everyone including seniors, commuters and students.

I would appreciate your vote for re-election. Thank you,

Steve "Sparky" Miller

Council Member

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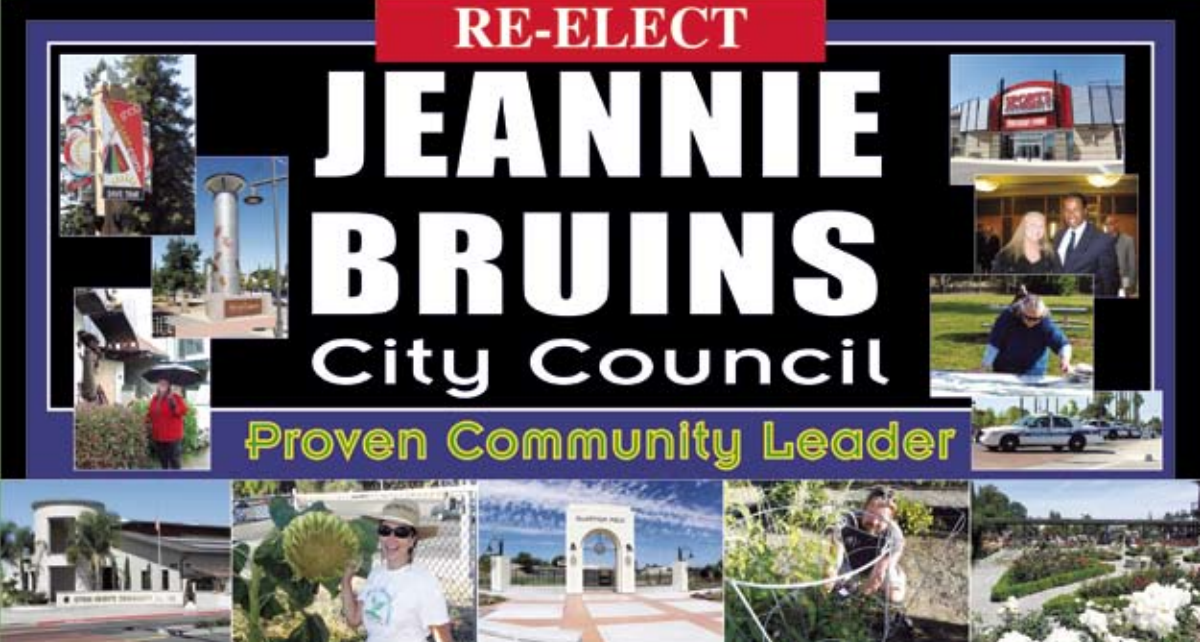


RE-ELECT

JEANNIE  
BRUINS

City Council

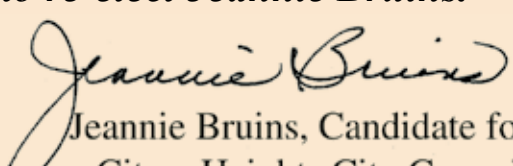
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- Brought the Sayonara Community Center to serve kids in need with after-school programs and family support
- Voted to establish our police force - now a model for policing state-wide
- Created Leadership Citrus Heights
- Charter Board Member of Police Activities League, a program pairing youth with law establishment
- Established the Sylvan Ranch Community Garden
- Mayor in 2006; Vice Mayor in 2005 & 2010
- Board member of the Sacramento Regional County Sanitation District and the Sacramento Area Sewer District
- Governs our city to keep it debt-free, maintain a \$36 million reserve and continue to invest in infrastructure improvements

*As your longest serving seated councilmember, mayor and vice mayor, I work diligently to address the needs of our citizens and businesses. In the midst of this economic downturn we will still attract new business, put people to work, improve the quality of life for our citizens, upgrade roads, sidewalks, lights, beautify the city, offer first time homebuyer assistance, address the needs of seniors, youth and the needy- and remain financially strong. This is the result of smart leadership and diligent government. Please vote to re-elect Jeannie Bruins.*



Jeannie Bruins, Candidate for  
Citrus Heights City Council

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- Sacramento Rental Housing Association
- Sacramento Builders Exchange
- Sylvan Oaks Community Garden President Cheryl Bennett

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# HALLOWEEN FAMILY FUN

Looking for a fun time on Halloween? Northminster Presbyterian Church, located at 3235 Pope Avenue, invites everyone to its Halloween Festival on October 31 from 2 p.m. to 5 p.m. There will be music, fun games, cake walk, face painting, pumpkin painting, caramel apple making, popcorn, cotton candy, and hot apple cider w/goodies. This event is for children of all ages to dress up in their Halloween costumes and come have some fun! For more information call (916) 485-5563.



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**10 AM - 4 PM**

Thursday Oct. 28th 4:00pm-10:00pm  
Friday - Sunday Oct. 31 noon-11:00pm  
**Midway of Fun Carnival**  
Antelope Plaza Shopping Center

**Saturday, October 30, 2010**  
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Citrus Heights City Council Members  
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**- Greg Paulo**  
San Juan School Board


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# Greg Paulo

San Juan School Board




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Endorsements: Roberta MacGlashan, Sacramento County Supervisor; Dr. Robert Harris, President Sacramento City College 1987-2005; Dr. Marie Smith, President American River College 1995-2004; Richard Launey, current President San Juan Unified School District; Dr. Phil Smith, current President Academic Senate, Los Rios Community College District; Roger Niello, Assemblymember 5th District.



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for **TRUSTEE**  
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By The Reverend Kevin Kitrell Ross

As a young boy, I recall wanting to get a haircut, but not waiting for my Dad to take me to the barber. Instead, I took a pair of my mother’s orange-handled sewing scissors, stood in the mirror and proceeded to cut my own hair. I actually was convinced that I could do it myself. However, I was sorely mistaken.

I cut for as long as I could without being noticed and ended up cutting what appeared to be a diamond shape in my little afro. Did I mention, I sneaked and did this. When my father finally discovered what I had done, he was a bit perturbed at the mess I made, but he was also a bit amused at the same time. I left him with no choice. Before I knew it, I would be getting a haircut. My father took me into his “man cave” grabbed his electrical clippers and started in on cutting my hair. In fact, it seemed like it was an eternity.

Because I made such a mess of my hair, my Dad had to shave my head completely bald. This was in the early 80’s and a bald head was not in style for little boys and actually, it put me center stage for the teasing, prodding, and harassment of my schoolmates. I was crushed inside. I was no doubt angry at myself and my Father for sending me out to be taunted by the most insensitive kids who took comfort in calling me a “bean head.” To make matters worse, I was a bit hard on myself about it.

Years later, I was having a conversation with a co-worker in Florida, about

# Hair Grows Back and People Get Over it: Your Power to Forgive

an embarrassingly painful incident that occurred to her. She was the victim of someone’s abuse or at least that’s how I viewed it. I recall asking her, how are you handling what happened to you. She said, “hair grows back and people get over it.” I was having a hard time digesting her words at first, because to me she was a bit too nonchalant. I thought she should have been angrier or maybe, I thought she was in denial. However, she was none of these. She was at peace. While this seemingly negative experience occurred in her life, she made a decision not to personalize it. She never placed herself at the center of it, so that she could view herself as a target of someone else’ misguided actions. She let it go saying in substance, “if he knew better, he would do better.” She realized that it was his own insecurities and weaknesses that drove him to take the action that he did and she allowed him to wrestle under the weight of it for himself. She let it go, because it was not hers to begin with. She was over it and life moved on.

She taught me a valuable lesson about forgiveness. It’s not what happens to you but how you interpret what happens. Most everything that we make a big deal about is more often than not, our over-dramatizing an event that “came to pass.” As I think about the wisdom in her words, I realize how she inspired me to take it easier on myself and others. Today, I am slow to anger and quick to forgive. I recognize that when I can forgive myself, it is easy to do so with others, because I have it within myself to share. I cannot truly give to another what I have not given myself.

Forgiveness is a perpetual internal process of abandoning every

judgmental thought, prejudice and misperception in exchange for the greater experience of unconditional love, harmony and oneness. When I am judgmental, critical, and vengeful, I am blocking the flow of my own good by limiting the possibilities to my myopic view of what’s possible. By being unforgiving, it is like holding a hot coal, hoping that somebody else gets burned. Clearly, my unforgiveness only hurts me.

When I am forgiving, I am GIVING UP the LESSER FEAR-BASED experience for the GREATER LOVE-BASED experience. I realize that any time I forgive, that I am really gifting myself and others with the peace of mind that is present, when I trust that the Source of all good is active in my life and on my behalf. Looking back I realize that that brief caveat in my early childhood was but a few seconds in a lifetime. Today, I don’t remember the names or faces of the kids on the school yard and vaguely remember what I looked like at the time. But as I sit here today, with a head of hair, peace in my heart and a smile on my face, I do remember those words and their wisdom guide me every day. Hair does grow back and whatever you’re going through or growing through, you will get over it. Today give yourself the gift of forgiveness. Your soul will thank you for it later.

*Kevin Kitrell Ross is the new Senior Minister and Spiritual Director of Christ Unity Church of Sacramento, located at 9249 Folsom Boulevard, Sacramento, California 95826. Service times are 9:00 a.m. and 11:00 a.m. each Sunday. All are welcome. For more information about Christ Unity Church, visit [www.christunity.com](http://www.christunity.com).*



Marlys Norris, Christian author

By Marlys Norris

The greatest need of mankind is to know the Creator and have a personal and intimate relationship with Him. Jesus came to make it possible. We all need Him. The laws of God demand perfection but only the Lord can give perfection. Had God/ Jesus not stepped out of heaven and come to earth everyone would be lost

# Man’s Greatest Need

forever. One needs to take them self off the throne of their life and put Jesus there.

Believing one is good-enough is the worst thing that could ever happen to anyone. Too often man/woman believes their human goodness is enough and that keeps them from seeking salvation. Human goodness always lacks perfection. The Bible puts it plainly, “There is no one good, not one” “And Jesus said to him, “Why do you ask me about what is good? There is only one who is good, that is God”. (Matthew 19:17) and (Mark 10:18, Luke 18:19) Jesus said to him, “Why do you call me good? No one is good but God alone”.

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Accepting His life, death and resurrection, inviting Jesus into ones heart and life and belief is all one needs to do. It is a simple message and sometimes it becomes a stumbling block for the sophisticated intellectual because they think one who has created everything certainly would not make it so easy. God made it simple - so everyone could be saved and join Him in eternity. “For God so loved the world that He gave His only begotten Son, that who-so-ever believes in Him should not perish but have everlasting life”. (John 3:16) Stop a minute, Pray and Invite Him into your life today.

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



By Pastor Ray Dare

The Bible says in Psalm 139 that God knows everything about you. He’s intimately acquainted with you. First, God knows all your feelings and frustrations. Maybe you’re hurting. Maybe you have been thinking, “No one understands me.” God understands you completely and the Bible says He has recorded every tear. King James Version says He has kept them in a bottle. Every time you cried yourself to sleep, He has seen it. He loves you and He’s very much aware of what is happening in your life and He cares.

Second, God knows your future. Have you forgotten this fact? He’s already been there. He knows the end from the beginning. Nothing will catch Him by surprise. The fact is, God already knows everything that’s

# What God Knows About You

going to happen and God is preparing already for those events. He’s waiting there to help you, so you can come to Him now and say, “God, when tough times come, give me the wisdom to know what to do and the strength to know how to handle it, because it’s not going to catch You by surprise.”

Third, God knows your worries. What have you been worried about? Are you afraid of your bills piling up? Are you afraid that your needs will not be met? The Bible says your Heavenly Father knows. He knows what you need. He will take care of you. Instead of worrying, start trusting because He knows your needs and He cares for you.

Fourth, God knows your faithfulness. Are you discouraged in ministry? In trying to do what’s right? You think, “I’ve been trying to do what the Bible says and I don’t know if it’s paying off and I don’t think anybody appreciates it anyway. Nobody seems to be thankful. I don’t even know if it’s worth it.” God knows and He will reward you. He is the audience cheering you on, clapping – “I saw that kind action!”

To me, the most amazing thing in life is that God knows about our faults and failures and He still loves us. *“My sins, O God, are not hidden from you; you know how foolish I have been.” Psalm 69:5 (GN)* Remember that He already knows about it and He still loves you. When you admit it to Him, it’s not going to change the way He feels about you. You are precious in His sight. The Bible is full of examples of God’s love for you and me. Others may not love you, others may ridicule you, criticize you or try to hurt you, but God says, *“Do not be afraid, for I have ransomed you. I have called you by name; you are mine. When you pass through the waters I will be with you; and through the rivers they shall not overflow you. When you walk through the fire, you shall not be burned...since you are precious in My sight.” Isaiah 43:1-4 (NKJ).*

*See you soon, Pastor Ray  
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# An Interview with Congressman Dan Lungren

Continued from Page 9

**Hartline:** *Obama won't let you to steal the centerpiece from the Democrat banquet table. You can't stop a Presidential Veto?*

**Lungren:** Obama care can be stopped through the power of the purse. We'll simply defund it. It will go this way: First is HR-1: Reinstatement of the Bush tax cuts; Second, Repeal Obama care; Third, Remove all onerous burdens on small and independently owned business – and make Obama sign it. Fourth, Stop Cap-and-Trade. There! Everything's fixed.

**Hartline:** *Winning the election sounds easy compared to what's ahead...*

**Lungren:** We'll have to hit the ground running. There's a lot to do. Reforming the House for example: Congress should meet every day, 5 days a week, 3 weeks in a row, and one week in our districts. We should go to a 2-year budget cycle for better Congressional oversight. We must make all departments and agencies develop a list of priorities and rate them, then rein-in spending based on priorities. After that, reform health care. Identify the problems and solve them! Pre-existing conditions is first, then health associations and multiply

the options for health insurance pools. There's Cap-and-Trade, tax policy, regulations, review them all. We have to be bold. There's no choice. We've got to streamline taxes and regulations! *Oh, and Gitmo stays open!*

**Hartline:** *How'd we get to this place in American politics and life?*

**Lungren:** The government took over, and we assumed the features of a banana republic. The fact is we gave them the store. Today the banks get money from the Federal government, our money, America's money, and lends it back to us at 3% interest. How do you justify that? You can't. If the GOP takes the majority that nonsense ends, and so will this General Motors-type nonsense.

**Hartline:** *You understand the GOP is the default party, not the choice. You say the GOP made serious mistakes and learned from them, that there are new people and there's new thinking. Elaborate.*

**Lungren:** The Republican Party under Bush gave America every reason to distrust government. Look how the Republican Congress behaved then. Look at Bush for that matter. He was a big government Republican. Bush

believed he'd use government to improve society, he spent massively, but he wouldn't fix our southern border. People rebelled, and to punish Republicans they voted in Obama. Obama couldn't run for office saying what he was going to do. So he made promises he had no intention of keeping. He got elected, and here we are. Our party hasn't done a good job in the recent past. John Boehner has done a superb job these last few years, look where the GOP is now. But there's something else.

People around the world believe in the rightness of America, its sense of fairness, its noble destiny and its responsibility. That's why people the world over come here. They're not moving to China, Russia, Iran, Sudan or North Korea.

**Hartline:** *How would you end the reign of the pseudo-Trotsky Alinsky-ite Demo-prog Obmatrons?*

**Lungren:** Simple, everyone vote Republican this year. No matter where you live, vote Republican. Everyone in the Third Congressional district, vote for me. I need your support to end the reign of the...what did you call them?! "Trotsky Alinsky...prog?" and begin rebuilding the country.

## Sales of Small Businesses Drop as Entrepreneurs Await Legislation

**Sacramento County** – The count of 888 small businesses sold in California last month represents a decline from the total of 951 transactions recorded in September 2009, and from the 1,047 deals completed in August 2010.

"We talked to a number of buyers and also sellers who were holding off making decisions, hoping the Federal government would reinstate the policies that have boosted lending for small business transactions," said Peter Siegel, MBA, Founder and CEO of BizBen.com, which has been reporting on small business sales in the state since 1996.

"In fact the Small Business Jobs and Credit Act of 2010 was signed

into law last week. It includes incentives in SBA loan programs that were used part of the time over the past couple of years. During those periods when Congress approved funds to support SBA lending we saw more money available for business sales, leading to an increase in completed transactions in California."


Siegel explained that the incentives include waiving loan fees for borrowers, and encouraging lenders to do business by providing SBA guarantees covering up to 90% of loan amounts.

Sales declined in most of the state's large counties last month compared to the same month last year. The few populous counties with improved to-


tal of small business sales include Riverside (up 52% from 23 to 35), San Diego (up 16% to 89 from 77) and Sacramento (up about 16% from 32 to 37).

"Signs of improvement in sales volume are a bit spotty at this point. That's pretty much what's going on throughout the economy. Some sectors are seeing growth while others are lagging behind," according to Siegel.

September totals from the BizBen Index report by local counties are as follows: El Dorado: 5, Placer: 16, Sacramento: 37, San Joaquin: 8, Solano: 3, Sonoma: 17, Sutter: 3, Yolo: 1, Yuba: 2



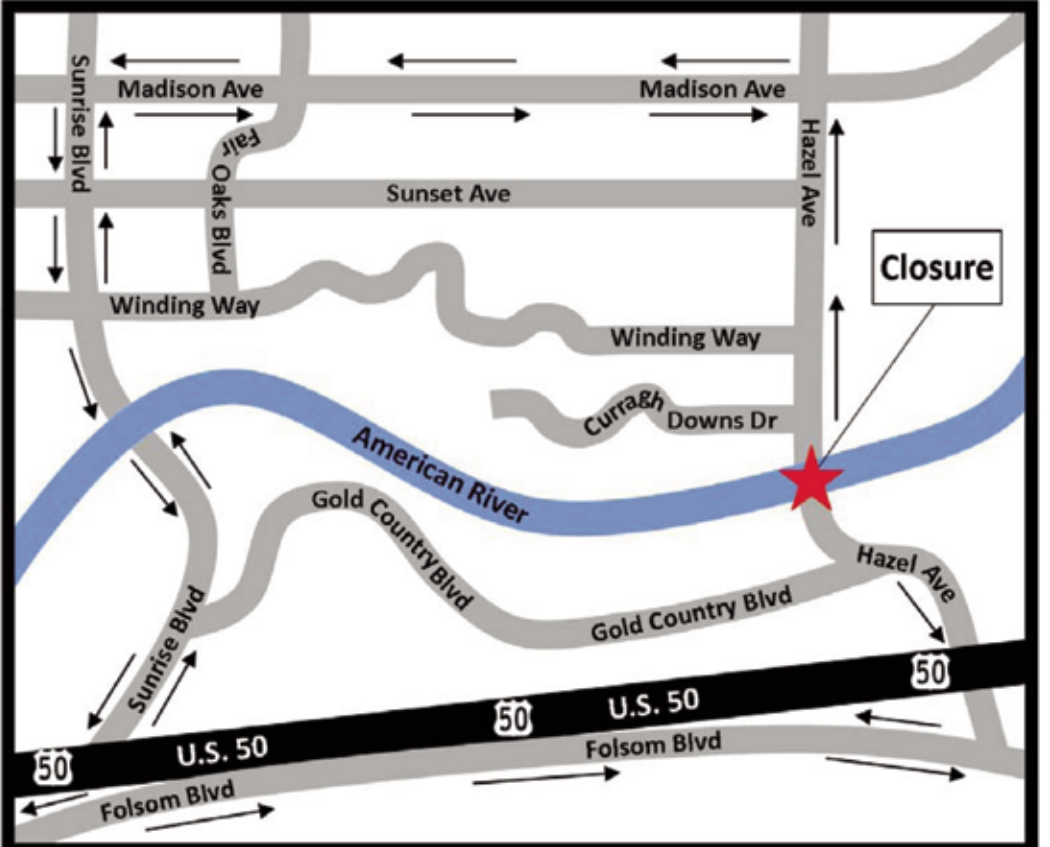
**Sacramento County Department of Transportation**  
**Hazel Avenue Road Closure**  
**@ American River Bridge**



**Full Closure & Traffic Restrictions**  
**Friday, November 5 (7 p.m.) to Monday, November 8 (6 a.m.)**  
**When/Where:** Starting Friday, November 5 at 7 p.m., there will be a full closure of Hazel Avenue at the American River Bridge between Gold Country Boulevard and Curragh Downs Drive. Information about the closure is as follows:

- The closure will impact all northbound and southbound traffic on Hazel Avenue including vehicles, pedestrians and bicycles.
- American River Parkway and bike trail access on the south side of the American River will not be affected by the closure. Access will continue to be provided across Hazel Avenue at the Gold Country Boulevard intersection.
- Access from Hazel Avenue to the bike trail on the north side of the American River will be closed.
- Hazel Avenue and bike lanes and trails will be re-opened to the public at 6 a.m., Monday morning, November 8.

**Detour Routes:** The public is advised to avoid this area during closure hours as there will be significant impacts to all roadway users who use south or north bound lanes of Hazel Avenue. Detours will be in place to guide motorists around the construction area. A map of detour routes is included in this ad.  
**Bridge Construction:** The full closure is needed as part of the Hazel Avenue Improvement Project, which will widen the roadway from 4 to 6 lanes. Bridge widening work the weekend of November 5 requires that Hazel Avenue be closed to all traffic.  
**Your Patience is Appreciated:** Sacramento County understands the challenges and inconvenience that commuters, residents, businesses, bicyclists and pedestrians will experience during the closure period and appreciates your patience and cooperation as we work to complete this project.  
**Contact Information:** Please contact Steve White (Project Manager) at 916-874-5354 or [whitest@sacounty.net](mailto:whitest@sacounty.net) for additional project information. For information after-hours or over the weekend, call the Hazel Avenue Improvement Project Field Office at 916-539-0260. Check [www.sacdot.com](http://www.sacdot.com) for more information about this project.





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## ROCK DOC

By Dr. E. Kirsten Peters

I parked my ample butt on the granite steps and waiting in the shade of a campus building. As good as his word, Dan Hanson of Olympus Innov-X came to meet me to show me a real-life device that reminded me of Spock’s tricorder in Star Trek.

When I was a young geology student many moons ago, I used to study the variation of chemical composition in the Earth’s many rocks, minerals and soils. Different elements could spell the route to finding a new platinum deposit or tracing out plumes of pollution around old chemical plants. In my day the effort required to identify chemicals in samples meant days or weeks worth of work, taking samples back to the lab and painstakingly analyzing them.

The world has changed. X-ray florescence, or XRF, is one way of determining what elements are present in a sample of material. The astounding thing to me is that the old XRF machines weighing a ton can now be replaced for many purposes by an XRF machine not much larger than a quarter-inch drill. The tube source of X-rays in the device is similar to what powers medical devices – but on a much smaller scale.

## Blown Away by Handheld Device

Dan had his device in a small, black suitcase. He gave me the background on how the instrument had been miniaturized since my days in the lab. Then he held the device against the granite on which we were sitting and pulled the trigger. In less than a minute, it had created data on which chemical elements were present in the rock. Knowing granite as I do – it’s a common rock – I wasn’t surprised at the read out. But I was impressed with the speed of the analysis and the minor elements the device was identifying.

It seemed to me that I was looking at Spock’s tricorder.

Dan and I next stepped over to a very different kind of rock that my university had conveniently made into nearby benches. Again, we just held the device against the stone and pulled the trigger. The data rolled in.

Finally we wandered over to sandstone that forms the entrance to the student union building. We analyzed that, too. Total time elapsed for three pieces of work: about five minutes. Clearly Dan’s device could save a company or a prospector oodles of money on assays compared to the old way of doing business.

The hand-held device has some limits. It’s much better at certain applications than others. It does very well, for example, identifying the metals in alloys.

“The scrap iron business is one of our better customers,” Dan told me. “They use it to identify stainless steel on the spot, so it can be sorted into a different bin from the rest of what they process because it’s worth more. For that type of work, the analysis takes only half a second.”

Another example of what the tricorder does well is help with major demolition and salvage projects.

“One of our customers paid for his on the first day he had it on the job. They were taking apart an old chemical plant. The solder that had been used on the pipes contained silver. So they could pull that out separately and sell it,” he said.

The basic model of the XRF costs about \$22,000. Part of that cost is the X-ray “guts” of the tool, and part of it pays for the complex software that calibrates the device and can be changed for different applications. Another, top of the line model does an analysis called X-ray diffraction, as well. That means the tool can tell you not just chemical composition but which minerals are present in the sample.

Although Dan works with the device every day, he’s still impressed by it.

“We don’t know yet all we can do with it. There’s more to learn,” he said with a smile.

As I’ve noted in this column from time to time, science and technology continue to make progress even though other parts of our collective lives all too often don’t seem to. That’s one of the reasons I’m still quite hopeful about the world’s future, despite our current economic challenges.

*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.*



## POOCH PERSONALITY

Are you an aggressive Pit Bull or a dependable Retriever? There is a pooch personality in all of us says **Blair Singer**, and we can improve our life, career, and gain wealth and influence if we know which we are. So I said bow-wow which means tell me more. Singer is the Founder of his own Training Firm and author of “**SalesDogs**,” a methodology that offers life changing sales success. But first you must identify which type you are...feeding the strengths and avoiding the weaknesses of your breed. In the world of sales there are only five breeds. Identify which sales dog is in your boss and in the guy or gal you married? Once you ID the breeds, the sales game becomes a whole lot easier and your ability to do and say the right things becomes second nature. Here’s a brief bow-

## POPPOFF!

with Mary Jane Popp

wow blow by blow of each breed from “Sales Dogs”. Which one are you?

1) Pit Bull: This breed is most responsible for people acquiring distaste for used-car lots! They will attack anything that has even the remotest scent of “Eau de Prospect.” You will need to keep a close eye on their territory. What they make up for in aggressiveness, they may lack in tactfulness and strategy. Pit Bulls can be very rich or very frustrated, and training is the key.

2) Golden Retriever: This is everyone’s favorite. These slobbering goo-goo eyed, shaggy balls of love will fetch the ball, do any favor, and bend over backwards to please. Just make sure they remember to sell something once in a while. Their attention to long-term service fuels their success.

3) Poodle: Poodles are highly intelligent, sophisticated, albeit a bit high strung, and very conscious of “looking mah-ve-lous!” These salespeople live and thrive in a world of flash and class. While most dogs bark and whine, Poodles actually speak in a classy, distinguished tone. They are born with cell phones in their hands to know what’s happening.

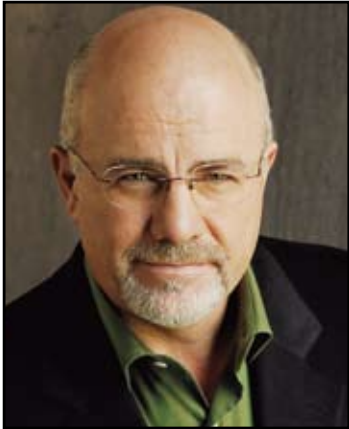
4) Chihuahua: These SalesDogs are usually incredibly bright, technical wizards, and are probably the most intense. They have to be careful when they get excited because unchecked, they may talk continuously, and their high-pitched “yipping” can give everyone a headache. They are very bright, but (probably due to the caffeine or lack of sleep) they can be very emotional and sometimes paranoid if not handled carefully.

5) Basset Hound: The classic of all classics is the faithful old Basset Hound with his wrinkled brow and drooping ears. You could try to chase this dog away, but he’d just roll over and take it. Their amazing ability to follow a scent combined with their intense “look you in the eye” approach makes them a valuable member of your kennel.

Singer goes into much more detail to become better Companions, Hunters, and Champions. Check out his Website at [www.salesdogs.com](http://www.salesdogs.com) and [blairsinger.com](http://blairsinger.com). “**SalesDogs**” teaches us how to successfully deal with other “Human Dogs”. GRRRRrrrrrrff!

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

## Dave Says



*Dave Ramsey is a personal money management expert, popular national radio personality and the author of three New York Times bestsellers – The Total Money Makeover, Financial Peace Revisited and More Than Enough. In them, Ramsey exemplifies his life’s work of teaching others how to be financially responsible, so they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to others.*

### Counseling Before Marriage A Good Idea?

Dear Dave,

I just got engaged, and already people are telling us that pre-marital counseling is a good idea. What is your opinion?

- Bradley

Dear Bradley,

It doesn’t necessarily mean that someone thinks you aren’t right for each other when they suggest you think about pre-marital counseling. In fact, I think it’s a great thing, a smart thing, and something *every* couple should do prior to *marriage*.

There are four areas in which you and your fiancé should be in agreement before you walk down the aisle. These are religion, children, parents, and money. Studies show that couples who agree on these issues prior to marriage have a much better chance of experiencing a successful marriage and spending long, happy lives together.

Unity creates romance, whether you’re talking about holding hands or *handling money*. And it’s not just about coming to an agreement, either. It’s about sharing your innermost thoughts, goals, and dreams, and mapping out a life together that will make you both happy!

- Dave

### Car Insurance and the Great FICO

Dear Dave,

How will it affect my auto insurance if I’m debt-free, and have a zero, or low, FICO score?

- Anonymous

Dear Anonymous,

There’s good news and bad news. The bad news is that it will probably go up. The good news is that it won’t go up nearly as much as the interest you’d have to pay to some bank to maintain your credit score!

My personal insurance is higher, because I don’t have a credit score. That’s because I don’t borrow money anymore, and haven’t borrowed for several years. But the FICO score has way too much control over our lives these days. It’s just not an accurate measure of how well you handle your money. You can easily have a really high FICO score and still be losing financially.

Think about this. If I handed you a million dollars you’re FICO score wouldn’t change one point. The only thing a FICO score really does is measure your interaction with debt. That’s why I call it the “I love debt score.” It’s really a pretty bad idea for other reasons, too. It doesn’t take into account the fact that you may have been smart with your money and accumulated some wealth along the way!

- Dave

**For more financial help please visit [daveramsey.com](http://daveramsey.com).**

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##### *Verdi Requiem*

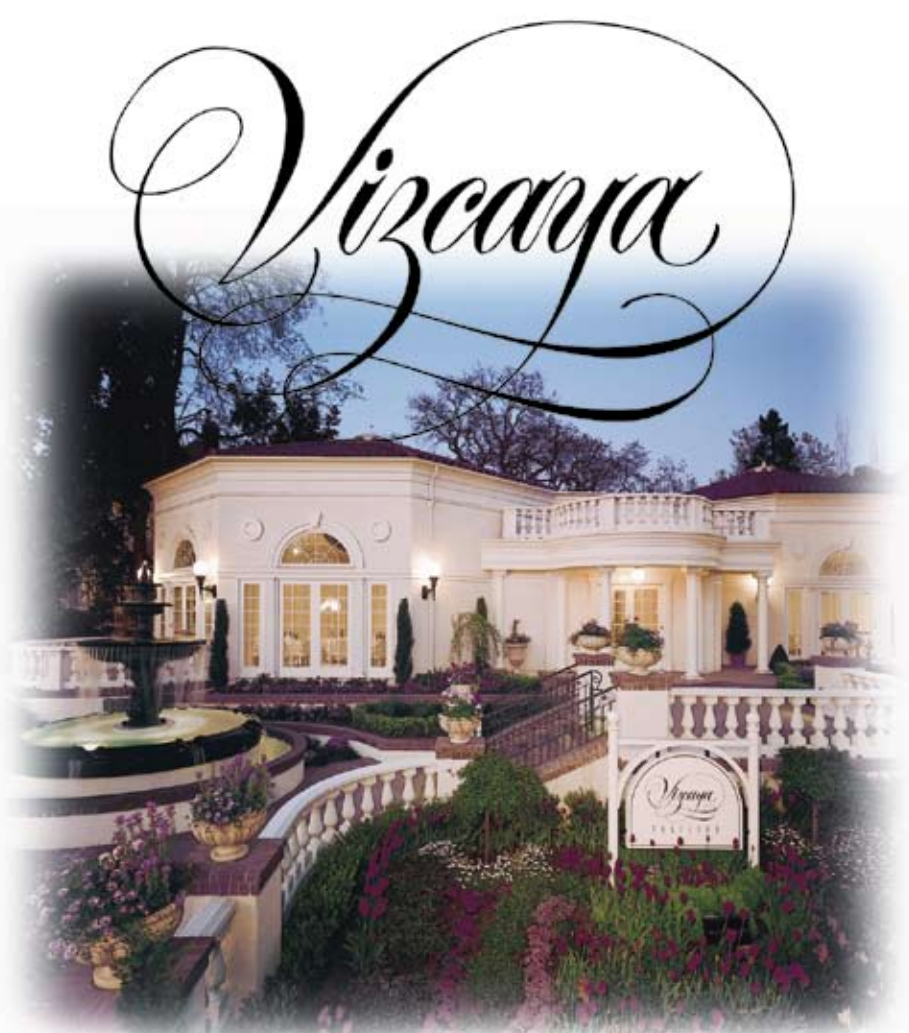
Saturday, March 19 at 8:00 pm  
Karen Slack, Soprano  
Julie Simson, Mezzo  
Bjorn Arvidsson, Tenor  
Clayton Brainerd, Bass

##### *Easy To Love*

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