

# AMERICAN RIVER

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Rancho Cordova, CA

Volume 5 Issue 18

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

Second Edition for September 2010

## Gamboa Triumphs in Marine Core Marksmanship Competition



The National Rifle Association and Civilian Marksmanship Program's National Rifle Matches at Camp Perry, Ohio recently. The National Matches are considered America's World Series of competitive shooting and have been a tradition at Camp Perry since 1907. (U.S. Air Force Photo by Technical Sgt. Sean M. Worrell)

*Camp Perry, Ohio* – Nestled on the North Central coast of Ohio is a small National Guard base that once a year plays host to the largest shooting competition in the nation. It was here, at Camp Perry, where the son of a Citrus Heights woman recently competed in the National Rifle Association and Civilian Marksmanship Program's National Rifle Matches.

Army National Guard Sgt. Gregory S. Gamboa, son of Sharon Gamboa of Citrus Heights, competed as a member of the National Guard Bureau Marksmanship Team against individuals and teams from all the around the globe.

The National Matches are considered America's World Series of competitive shooting and have been a tradition at Camp Perry since 1907. The matches include a series of firing positions at various distances where their scores count toward a number of different trophies. Winners also receive points



Army National Guard Sgt. Gregory S. Gamboa is a member of the National Guard Bureau Marksmanship Team, and recently competed at the National Rifle Association and Civilian Marksmanship Program's National Rifle Matches. (U.S. Air Force Photo by Technical Sgt. Sean M. Worrell)

toward earning a distinguished shooting badge and a NRA rank including marksman, sharpshooter, expert, master, and high master.

Shooting with the National Guard team was not the first time

Gamboa got involved in competitive shooting.

"I have been involved in marksmanship since I was 15," said Gamboa, a 1982 Bella Vista High School graduate. "I shot for

the California Junior Team, the United States Marine Corps team, and now the All Guard team."

Gamboa took advantage of the opportunity to continue shooting with the All Guard team when he made the transition from the Marine Corps to the National Guard.

"I became active in the Arizona National Guard in 2007, and was selected for the All Guard High Power Team in January of 2010," said Gamboa.

When not competing, Gamboa is an engineer for the Arizona National Guard at the Florence Military Reservation, and currently serves additional duties as an instructor for basic marksmanship instructors and the squad designated marksmen.

Gamboa has a total of 15 years of military service that includes deployments to Desert Storm and Operation Restore hope in Mogadishu, Somalia.

## Messenger and eVoter Partner to Link Voters to Election Day Information

*Citrus Heights* – The American River Messenger and eVoter ([www.evoter.com](http://www.evoter.com)) announced today, September 21st, 2010, 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)

"Our readers are politically active in Citrus Heights, Fair Oaks and Sacramento County. They are motivated to vote and are using the Internet to search for information on local elections," said Paul V. Scholl, publisher of the American River Messenger and the Messenger Publishing Group. "eVoter is a unique resource that they will be able to use and appreciate."

"We're pleased to announce this partnership that allows us to serve the American River Messenger and its sophisticated and inquisitive readership," said Adam Kravitz, CEO of Political Technologies LLC, owner of eVoter. "eVoter will help them get information to make informed



decisions on Election Day."

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.

## Dispose Unwanted Meds at Rancho Police Center

*Rancho Cordova* – Have you wondered what to do with your unused or expired medications? On Saturday, September 25th, National Take-Back Day events will take place at specific sites throughout the country.

The Rancho Cordova location is the Rancho Cordova Police Service Center, 10361 Rockingham Drive, from 10 a.m. to 2 p.m.

National Take-Back Day provides an opportunity for the public to safely dispose of expired, unwanted, and unused pharmaceutical controlled

substances and other medications. This one-day effort is intended to bring national focus to the issue of increasing pharmaceutical controlled substance abuse. The program is anonymous. Prescription and over the counter solid dosage medications, i.e. tablets and capsules will be accepted.

Intra-venous solutions, injectables, and needles will not be accepted.

Illicit substances such as marijuana or methamphetamine are not a part of this initiative.

## Northern California Red Cross Chapters to Consolidate



Capital Region Chapter  
CEO Dawn Lindblom

*Sacramento* – During these difficult economic times the American Red Cross must be very efficient with dollars that are being donated. After meeting with Board leadership volunteers in the Yolo and Lake Counties Chapter, Capital Region Chapter and Sonoma and Mendocino Counties Chapter, it became clear that a realignment for Yolo and Lake County was necessary. The realignment will streamline staffing efficiencies and expand volunteer training opportunities, with the ultimate goal of enhancing the delivery of Red Cross mission services to all families in Yolo and Lake Counties.

Effective September 16, 2010,

Yolo County will join the Capital Region Chapter, headquartered out of Sacramento, and Lake County will join the Sonoma and Mendocino Counties Chapter headquartered out of Santa Rosa. According to Capital Region Chapter Chief Executive Officer Dawn Lindblom, "This is an exciting time as we explore new opportunities to make our communities safer and better prepared for life-threatening emergencies."

The realignment will strengthen the Red Cross presence in each of the affected communities. In the eyes of the community, the only changes they should see are increased efficiencies in Red Cross services being delivered.

The Woodland office will now join the six other offices in the Capital Region Chapter: Auburn, Modesto, Sacramento, Sonoma, Stockton and Tracy. Support for Lake County will be facilitated through the Santa Rosa office.

Disaster volunteers in Yolo and Lake Counties will still deliver response services to families in their local community. But when there is a large-scale disaster in either county, the Red Cross will now have the ability to use all the material and volunteer resources to help with the sheltering and mass care response needs. As Charley Santoni, Board Chair and volunteer with the Yolo and Lake

Counties Chapter shared, "We've been helping each other more and have seen the difference it can make. We can be on the scene more quickly through a better deployment strategy based on sharing resources."

The health and safety volunteers and instructors will continue to teach classes within their current communities. By leveraging resources in health and safety we will be able to better coordinate class offerings such as CPR and first aid training and expand others such as water safety and life guarding.

We will now be fundraising for "One Red Cross" and will be able to deliver a global reach with a local

focus.

About the American Red Cross: The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies nearly half of the nation's blood; teaches lifesaving skills; provides international humanitarian aid; and supports military members and their families. The Red Cross is a charitable organization — not a government agency — and depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit [www.redcross.org](http://www.redcross.org) or join our blog at <http://blog.redcross.org>.



# The Public Employee Union Scam

# Taming Our Toxic World

Commentary  
by Jarrett Skorup

Under the National Labor Relations Act, private-sector unions are allowed to extract dues and fees from workers if the employer agrees. The NLRA, passed in 1935 during Franklin Roosevelt’s first term, does not, however, apply to public-sector employees—including state and federal workers—because the thinking was that this would over-politicize government and cause a conflict of interest between unions and politicians. In a Weekly Standard piece by professors Fred Siegel and Dan DiSalvo titled, “The New Tammany Hall,” this problem is described:

Unlike private sector unions, the sheer number of workers represented is not the linchpin of [the public sector unions] influence. Private sector unions have a natural adversary in the owners of the companies with whom they negotiate. But public sector unions have no such natural counterweight. They are a classic case of “client politics,” where an interest group’s concentrated efforts to secure rewards impose diffused costs on the mass of unorganized taxpayers.

In the 1960s, many states began chipping away at the wall of separation between unions and public workers. In 1965, the Michigan Legislature revised the Public Employment Relations Act (PERA) to establish mandatory collective bargaining and exclusive representation for state and municipal government workers. This has caused the number of public-sector union employees to skyrocket.

A conflict of interest would be as follows: First, a government union elects politicians by funding their campaigns and organizing a massive get-out-the-vote drive; second, the politicians support employee pay increases, generous pensions, and condition of employment; third, the union takes dues (read: taxpayer money) and starts the cycle all over again for selected politicians.

At both the state and national level, public-sector union support for many Democrats has been well documented. One of the largest public-sector unions in the country, the American Federation of State, County, and Municipal Employees (AFSCME) has given over \$40 million to politicians since 1990, with more than 98 percent of that going to Democrats. The SEIU, AFL-CIO, and United Steel Workers have all promised big help in the coming election. In return, the Democratic Party has voted nearly lockstep with these unions’ demands.

But political cronyism knows no party lines, and many Republicans likewise have been guilty here in Michigan.

In just the past year, the state has had several such instances. Last fall, nine Michigan Education Association-supported House Republicans nixed a 3 percent cost-saving plan for the school aid budget. In April, MEA-supported Senate Republicans watered down a modest bill that would “increase state and school employee payroll contributions to their pension system by 3 percent, cap pension ‘service credits’ at 30 years, and create a somewhat less generous defined benefit system for new school employees.” At the same time, a union subsidiary of the SEIU pushed GOP Senators into coming up short on a vote that would have opened a prison to competitive bidding and privatized it, if privatization promised to save money.

Last August, one Republican state senator came under fire for introducing a bill that would have forced some 42,000 in-home health care workers into a union, sending approximately \$6.6 million in taxpayers’ money to the SEIU in the form of “dues.”

Unfortunately, what has happened in Michigan has taken place elsewhere in America.

The end game for these types of relationships is already happening in our country’s most public union-friendly states: in California, where budget gridlock has forced the government to issue IOUs and minimum-wage salaries to public officials, and in Illinois, where the governor has promised massive tax hikes combined with severe cuts to education. Both states have some of the highest tax rates in the county, and yet both face pension obligations that they cannot ever hope to pay.

These types of political dealings and financing may not be illegal, but they’re still an offense to the political process. Politicians can take money from government-employee unions and then vote on legislation that directly improves the financial well-being of these entities. A possible quid pro quo exists that would not if public-sector unions were restricted from giving money to politicians.

Politicians granting unsustainable government-employee salaries, benefits, and pensions is a problem everywhere, but the states with the strongest public-sector unions will have the hardest time correcting the problem. More broadly, as long as these incestuous relationships between government unions and the political class remain in place and unchallenged, the size and scope of government will continue to grow.

*Jarrett Skorup is a 2009 graduate of Grove City College and former student fellow at The Center for Vision & Values. He is the research associate for online engagement for Michigan Capitol Confidential at the Mackinac Center for Public Policy, a research and educational institute headquartered in Midland, Mich. Permission to reprint in whole or in part is hereby granted, provided that the author and the Centers are properly cited. Mr. Skorup can be reached at Skorup@mackinac.org. For more info see www.VisAndVals.org*

by Jeff Feldman

Lately I’ve been reminded of an old campfire skit. The leader is speaking calmly to the gathered campers when someone races in with arms flailing, shouting: “Help! Help! It’s all around me!” The host reacts with genuine concern: “What’s all around you?!” The intruder smiles, shrugs and replies nonchalantly: “The air.”

Goofy, I know, but I’ve recently been experiencing that same feeling. Not about the air, but about chemical substances – 80,000 potentially toxic synthetic substances in current use in the U.S, of which only 200 or so have been safety tested by our government.

Under current law, chemical products are judged “innocent until proven guilty,” rather than asking industry to research a substance’s safety before companies put the stuff into the environment. It’s just that sort of thinking that got us in trouble with DDT, dioxin, and PCBs – once “beneficial” chemicals now deemed deadly, and banned.

A slew of new safety studies, two new congressional bills, and numerous product recalls (including 28 million boxes of Kellogg cereal this summer) have amped up debate over the potential toxicity of chemical compounds that are, literally, all around us: in our food, water and air, and scariest of all, in our bodies and the bodies of our children.

Let’s look at just two suspect synthetics: Bisphenol A (commonly called BPA), and the phthalates (a family of compounds). Both are endocrine disruptors that mimic natural hormones in the human body with potentially harmful effects. I say “potentially” because evidence is still deemed “inconclusive” by the federal government despite hundreds of studies linking these chemicals to various cancers, reproductive and sexual disorders, obesity, and behavioral problems like attention-deficit disorder.

Bisphenol A has especially come under scrutiny since its health impacts most effect pregnant women, babies and children. This hard plastic additive is found in an incredible range of consumer products, including food and drink containers (especially their linings), baby bottles, reusable water bottles, and other food packaging. Detectable BPA was found in 92 percent of canned food tested in a study released this spring by the National Workgroup for Safe Markets, a coalition of public and environmental health groups. More worrisome, the Centers for Disease Control and Prevention found traces of BPA in the urine of 93 percent of all people tested.

Phthalates are added to plastics to increase flexibility and durability. Any soft, pliable plastic item found in the office, car or home is likely to contain phthalates including children’s toys. Phthalates are also common additives to shampoo, hair spray, cosmetics, detergents and lotions – essentially any personal care product containing fragrance. Have I mentioned that they’re all around us?

Despite the many studies indicating risk, the U.S. Environmental Protection Agency simply lists BPA and phthalates as “chemicals of concern.” The U.S. Food and Drug Administration currently allows both compounds in food packaging. The U.S. government only recently restricted the use of certain phthalates in children’s toys and child-related products, a step the European Union took back in 2005.

“America’s system for regulating industrial chemicals is broken,” declared Senator Frank Lautenberg (D-NJ) this spring when introducing the Safe Chemicals Act of 2010. This bill, if passed, would replace the antiquated and inadequate Toxic Substances Control Act of 1976, shifting the burden of chemical safety

to industry in order for a product to stay on the market. In a separate bill, the Food Safety Modernization Act, an amendment by Senator Diane Feinstein (D-CA) would ban BPA from food-related products.

Of course, the chemical industry is fighting to water down both bills. And if passed, neither will bring immediate change. BPA and phthalates will likely both require a slow phase-out.

In the meantime, there are ways to reduce your family’s BPA and phthalate exposure. For starters, evaluate food packaging, personal care products, and soft plastic toys – the kind likely to end up in a little one’s mouth. Though a federal ban on phthalates in kid’s toys has taken effect, older toys may still contain the chemical. Also, read the ingredients on personal care products for fragrance additives – which may include phthalates. Phase out reusable plastic food containers in favor of glass and stainless steel. Canned food consumption should be limited (since most cans are lined with BPA) especially for young children and pregnant women.

Unlike that fellow rushing to disrupt the campfire, I’m not trying to evoke panic, but I am offering a friendly warning. Until government and industry take a more responsible role in chemical safety, it’s your and my job to protect our families as best we can.

*Comment on this column and get information about unregulated potentially toxic chemicals at: www.blueridgepress.com. Jeff Feldman runs GreenPath Consulting, a green building consulting firm. He lives in Berkeley County, WV.*

*Blue Ridge Press is a syndicated news and commentary service reporting on the environment, published by more than 400 newspapers and their websites in 45 states, reaching more than 40 million readers in the past three years*

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**Publisher–Paul V. Scholl**

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Widowed Persons  
Association of  
California, Inc.

Office Hours  
10:00 am- 3:00 pm

Monday through Friday

916-972-9722

Newcomer’s Buffet  
& Social

Any and all widows or  
widowers may attend

Third Monday evening  
at 5:30 pm

In the private dining room at the  
Plaza Hoff Brau, corner of  
El Camino and Watt Avenues;  
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This is a public service to all  
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Any and all widows or  
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Every Sunday from  
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In the meeting room of the  
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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

RE-ELECT Steve "Sparky"

MILLER

CITY COUNCIL



Proven Leadership delivers  
results that count for the  
people of Citrus Heights

- Balanced Budget
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- New Community Center
- Improved Roadways

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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# Rancho Cordova Wins Another Major Award

## Annual Corporate Report is a Best & Brightest Municipal Program

*Rancho Cordova* – The City of Rancho Cordova is the recipient of a 2010 Helen Putnam Award for Excellence presented annually by the League of California Cities. The award was announced yesterday at the League’s Conference in San Diego.

The prestigious Helen Putnam award is given for the best and brightest municipal programs that deliver innovative and outstanding services to residents. Rancho Cordova was selected for its Annual Corporate Report.

For the last four years, Rancho Cordova has hosted an Annual Corporate Report presentation in February open to residents, the business community, City staff, and elected officials. The City partners with the Rancho Cordova Chamber of Commerce and the Cordova Community Council on the event. The morning speaker series features nationally-renowned economists and regional business leaders. The session focuses on the national, state, and local economies as well as emerging regional trends. The afternoon session includes City staff reviewing three years of City finance history, a three-year projection forecast, and



Rancho Cordova Mayor Ken Cooley

an open discussion about community priorities.

“Successful businesses report their results at the end of each corporate year but governments don’t often do that. We focus all our attention on our unmet needs at budget time and never report our annual successes,” said Ted Gaebler, Rancho Cordova City Manager. “Our Annual Corporate Report has proven to be a more business like model.”

Rancho Cordova Mayor Ken Cooley agrees, saying that the Annual Corporate Report event “pulls together for us the best and most timely financial information to

support City decisions about spending and investment in the community’s future. While these are challenging times in every jurisdiction, including Rancho Cordova, the Annual Corporate Report process helps us closely match community priorities to available funding in as near a real-time environment as city planning can achieve.

“Despite times that weigh heavily on all our residents, a 2009-10 public opinion survey found 81 percent of our residents expressing satisfaction with the quality of life in Rancho Cordova, the services provided by the City, and, very importantly, the direction the City is going,” the Mayor concluded.

The Helen Putnam Award is the second major award that the young City of Rancho Cordova has won this year. In June, Rancho Cordova was named one of the 10 All-America Cities by the National Civic League.

The City of Rancho Cordova, CA was incorporated in 2003. City Hall is located at 2729 Prospect Park Drive; (916) 851-8700 (phone), (916) 851-8787 (fax), [www.cityofranchocordova.org](http://www.cityofranchocordova.org) (website). Rancho Cordova is a 2010 All-America City winner.



**We are Looking for Veterans to Join Our Post VFW POST 2324 Carmichael.**

*Are you a veteran from WW2, Korean War, Vietnam War, Desert Storm, Iraq, Afghanistan War? If you been honorably discharged and have a current DD214, Please Contact The Post Commander Edward B. Holm. PH (916)722-9603 or Post Quartermaster Steven H. Rambo PH (916) 847-5496.*


**On the 2nd Sunday of each month VFW Post 2324 hold a Pancake Breakfast from 7:30 am to12:00 pm in the back of Carmichael Park 5750 Grant Avenue. Price \$5.00 for Adults and only \$3.00 for Children. Come One Come All!**



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The American Urological Association Foundation and the National Football League want you to *Know Your Stats* about prostate cancer. So all men over 40 should talk with their doctors about their PSA (prostate-specific antigen) score and get regular physical exams.

For more information, call 1-800-828-7866 or visit [www.KnowYourStats.org](http://www.KnowYourStats.org).








**Attend a Free Men’s Prostate Health Event at Mercy San Juan Medical Center**


|   |  |
|---|--|
| <b>Free Prostate Screenings</b><br><b>Sept. 28, 2010, 10 a.m. - 2:30 p.m.</b><br><b>Sept. 29, 2010, 11:30 a.m. - 3 p.m.</b> | <b>Mercy Physicians Plaza</b><br><b>Lukens Auditorium, Suite 150</b><br><b>6555 Coyle Avenue, Carmichael</b> |
|---|--|

**Space is limited. To register, please call (916) 537.5262**

Intuitive Surgical® proudly supports this community education program.



No medical services are provided by the AUA Foundation or its agents or employees. Prostate cancer screening is rendered by qualified local physicians, laboratories and affiliated personnel who are not employees of the AUA Foundation, the National Football League, or Intuitive Surgical®. None of these entities is responsible for the testing and care rendered.




**RE-ELECT**

**JEANNIE**

**BRUINS**

**City Council**

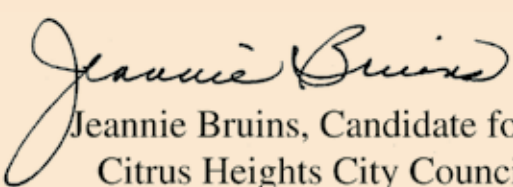
**Proven Community Leader**



**Serving Citrus Heights Since Day One**

- Successfully Co-Chaired Yes on Measure R to bring cityhood and its benefits to the citizens of Citrus Heights
- 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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- Councilmember Steve Miller
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- Sacramento Builders Exchange
- Sylvan Oaks Community Garden President Cheryl Bennett

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# Only Universal Truth Can Change Our World

*Chapel Hill, North Carolina* - Many people are working to stop poverty, pollution, over-population, racism, crime, war, disease, and the other social ills that plague mankind, but the problems are never ending. This is because the root cause of the problems, division, is never resolved. The solution is to unite people with the truth.

The Institute of Ultimate Truth is a non-profit organization formed and run by young people who are fed up with the lies and deception that millions of people are saying is the truth. "They are destroying the world and stealing our future. We are sick of the lies from our political leaders, businessmen, clergy, lawyers and other people in power that will sell our future in exchange for their short-sighted benefit. All the glad-handing, back-slapping, platitudes, and empty promises make us sick."—Founders, Institute of Ultimate Truth

Many people believe in old myths that contradict other beliefs and scientific evidence, and this causes division. Religious dogmas and myths were created before people had the benefit of modern science. Science attempts to objectively discover how life works, and religion attempts to subjectively find a way to live in harmony with life, so they both have pieces to the same puzzle. The organization's main project, Truth Contest, aims to combine the objective and the subjective to find and define the underlying truth in everything, thereby uniting science and religion toward a common goal. For the first time, we will know and understand how life works so that we can live completely in harmony with it. This will present a solid, certain morality which will serve as the foundation for a united world.

The truth does not take sides; it is the same for everyone!

The top entry at Truth Contest is the most complete and accurate explanation of the ultimate truth in the history of mankind. Anyone who does not agree can submit an entry that they think is better. In this way, we will work together to evaluate, update and refine the entries on the main page. The contest is really not a competition with a winner, because it is a collective effort towards truth. Anyone who participates is helping to find, define and spread the truth. With this platform for honesty, open minds, an open exchange of ideas, good will and the power of the Internet, we will find and spread the truth to stop the lies and deception once and for all.

*For more information, visit [www.truthcontest.com](http://www.truthcontest.com).*

FREE RIDES & FAMILY ENTERTAINMENT!

SUNDAY FUNDAY

SUNDAY, SEPT. 26<sup>TH</sup>

Noon to 5:00 P.M.

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## DUI / Drivers License Checkpoint

*Citrus Heights* – The Citrus Heights Police Department held a DUI / Drivers License Checkpoint on Thursday, 09-16-10, 8:00 pm to 2:00 am. The checkpoint took place at Sunrise Blvd and Oak Ave.

DUI / Drivers License Checkpoints involve vehicles being stopped randomly as they drive through a specific location. Drivers are briefly contacted to determine if they are impaired; and/or licensed.

Unlicensed drivers may have their vehicle towed. Those drivers found to be under the influence are arrested.

The goal is to improve traffic safety by removing impaired and unsafe drivers from our roadways.

1124 vehicles drove through the checkpoint, 11 vehicles were towed, 2 drivers were arrested for DUI, 26 citations were issued.

Drivers are reminded not to drink and drive. If you are going to drink, please use a designated driver.

Funding for the grant comes from the California Office of Traffic Safety through the National Highway Traffic Safety Administration.

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Marlys Norris, Christian author  
by Marlys Norris

I love music and when I was young I had a pretty good voice and wanted to be a singer.

However fear and a deep sense of inadequacy crippled my life and cheated me of my dream. The things that happened to me as a child caused the fear to place me in bondage. Even after I became a Christian fear and inadequacy still was my constant companions. Although I never did sing in front of anyone, I loved singing and praising God with my voice in church.

Then, as I began to please God in all the areas of my life, opportunities

## Please God and Exercise the Faith You Have

presented themselves and I began to honor God more than yield to the anguish inside of myself. I claimed promises in the Word of God and was continuously surprised how the power of God moved in situation after situation to help me. His peace would fill me.

I was a young Christian only five months old, when the pastor asked me to be Christ’s Birthday Chairman at Christmastime and give a short talk before the church. Anxious to exercise my faith, with fear and trepidations I agreed to do it. I claimed the promise. Philippians 4:13 “I can do all things through him who strengthens me”. This was the first time in all of my life I had spoken in front of a group of people. I was in awe at the power of God’s Holy Word to help and sustain me.

Shortly after this, the Pastor asked me to give a weekly message on the telephone prayer line. I prayed and God inspired me exactly what to say each week.. One by one opportunity presented itself and before I knew it I

was leading the Women’s Missionary Group and also was giving my testimony of God’s amazing grace and love that had been poured into my life at other churches. Opportunity after opportunity has come my way for over forty years and I am blessed to be used of the God.

The enemy of God (Satan) does everything to cause a child of God to turn away and run away from the direction and task God has called them. His tactic is to tell you that you are incapable and it is something you cannot do. Don’t believe it! God often calls us to a challenge beyond our capabilities and it is in yielding to God’s call we honor Him and are stretched in our experience of “faith”. Don’t let fear overrule your faith!

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



by Reverend Kevin Kitrell Ross

Recently, I was introduced to a beautiful young lady who had recently attempted suicide. Her cousin brought her to church because he loves her and wanted to inspire her to see the value of life and the gift that her life is. Though we prayed for her, a week later she would make a second attempt and would return to the emergency room to await her fate.

While I leave her nameless here, I took her home with me in thought because this was not the first time I have faced this sad story. In fact, it is an all-too-often reality that I face in my work in ministry and with teens. Like you, I want to know why would someone think to take their own life? While my answers are varied, one common theme is , an overwhelming sense of failure.

What constitutes a failure? And how could someone, so early in life feel that they have reached it. Last year, a young man in his late thirties was successful in committing suicide. He was discovered by his two children hanging in a bedroom in his house. He did it because he was deep in debt in his restaurant business and saw no way out. What’s clear to me is that in every

## You Are Enough!

case, the definition of failure was based upon some “worldly value.” Failure to achieve some material or external measure of success or in another case, measuring up to someone else’s expectation, equated to personal failure.

Our society feeds into a warped value system through the media promoting the message, “you’re not enough, so get more!” Get more clothes. Get a better job. Get a better house. Get a better body. Get a faster car. Get more money, etcetera, etcetera, etcetera. Social media websites even subtly encourage this “get more value” through displaying the number of friends you have, implying the more you have the better you are. Likewise, you are encouraged to post your thoughts and people can actually vote “like”. Even I have found myself checking on Facebook to see if people “liked” the quote I posted for the day.

However, when we come to depend upon others liking us in order to feel significant, then the reverse is equally true, we feel insignificant when they don’t. There is a distinction between soul evolution and “getting more.” As one’s soul evolves it reveals the treasures that comes with growth. More and better do not constitute growth or soul expansion, as these ideas are based upon false external comparison. Rather than seeking to become more, we should focus on becoming a greater expression of Spirit. Let’s focus upon being available as an avenue of ever expanding good. As this well spring of good flows through you, it is inevitable that we will become positively impressed with what we voluntarily express.

Yes, the pursuit of material wealth,

personal success and , happiness all have their place. The problem is that when the search for these things starts outside of oneself, they will truly never be found. The Master Teacher, Jesus the Christ said, “the kingdom of God is within.” This kingdom is the “realm of ever expanding good.” It is when we are willing to search within for happiness, success, and love that we will encounter the Source of all love, all life, all beauty, all joy, all peace saying, “welcome home.”

Our lives are God’s gift to us and what we make of our lives is our gift back to God. Let us make ourselves available to allow the splendor of God’s light to express in and through us. As Ricke Byars Beckwith says in her song Use Me, “God needs us to shine Its light, as me, as you. So, use me O, God I stand for you and here I’ll abide as you show me all that I must do!”

Kevin Kitrell Ross is the new Senior Minister of Christ Unity Church of Sacramento and the host of the weekly radio program, Design Your Life on Unity.FM radio. For more information about Christ Unity Church visit [www.christunity.com](http://www.christunity.com) or call us at 916-368-3950. Service times are Sundays 9:00 a.m. and 11:00 a.m. and Wednesdays at 7:00 p.m.

*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).*



By Pastor Cary Duckett

Within 45 minutes I had received three phone calls each being from a person who was experiencing a crisis in their life. One person had lost their job, the next was losing their marriage, and the last was dealing with a defiant family member who was wreaking havoc. Earlier that morning—before even coming to the office—I had read this verse: “The Lord reigns, let the earth be glad; let the distant shores rejoice.”

## What Stole Your “Glad”?

(Psalm 97:1)

Calamity and heartbreak occur at an astounding rate of frequency in our world. It touches the lives of great and small alike on our continent, in Europe, Asia, and even the smallest island nations. So...with all this evil taking place around us, in us and to us; how can we be glad? If the Lord reigns why is there so much suffering? And how can we possibly be glad when the God in charge seems to be asleep on the job?

The verse teaches that “gladness” is linked to the character of God—not the events of our life. If one does not know and trust the character of the Person in charge, then it becomes impossible to remain “glad” in times of pain. It is similar to trusting a doctor when the pain of surgery is prescribed so that a cure might be possible. The pain of surgery does not prove the doctor is incompetent.

In fact, it proves just the opposite. The doctor is actively providing a way for the cure. Someone once said it this way, “To walk away from God because of unanswered questions about evil is to walk into a storm of unanswered questions about good.”

If your “glad” is being stolen from your life, now is not the time to question the competency of God. Now is the time to get to know and trust the character of God...and your “glad” will go no where. Not necessarily because the events in your life have improved, but because your assurance of Who is in charge of your life has been established.

*You are invited to come and be our guest at Cypress Avenue Baptist Church. Our worship times are 9 AM & 10:30 AM each Sunday. To learn more about Cypress go to [www.cypressavenue.org](http://www.cypressavenue.org).*



by Pastor Ray Dare

Have you discovered that it’s very easy to fall into a spiritual slump? You go through what I call spiritual dry spells; times when you don’t feel close to God —maybe your heart is cold, maybe you feel empty inside, maybe you think your prayers are kind of bouncing off the ceiling. How do you know when you’re in a spiritual slump?

**You feel alone.** You feel spiritually lost and lonely. You miss a friendly face, someone in your corner, someone to pray with you and support you and encourage you.

**You feel cold.** Things don’t move you any more. They don’t touch your heart any more. You’ve lost the fire. You’ve lost the spark in your life. Jesus said in Revelation 2, “*The love that you had at first is gone. Remember how far you have fallen. Return to Me and change the way you*

## Let God Renew You

*think and act and do what you did at first.” Revelation 2:4-5.*

**You feel lost.** David said, “*I had almost stopped believing. I had almost lost my faith.*” Psalm 73:2. You stop taking risks. Your heart shrinks. You lose your vision for what God wants to do in your life. You settle for second best, rather than God’s plan. You’re not stretching, you’re not growing; you become spiritually stagnant. You may feel this way right now. You’ve lost your way. You’ve lost your hope for the future. You may feel beaten up. Circumstances have beaten you up. Other people have beaten you up. Problems have beaten you up. And you have just lost the joy. What’s the antidote? How do you regain your spiritual vitality?

**Admit.** Admit where you’re at to yourself, admit it to God and admit it to at least one other person who will encourage you to get back on track. You just say in your heart, “God, I need you. I want you in my life. I want to be closer to you than I am right now.”

**Let God renew you.** You may feel, “I’ll never be close to God again.” You’re wrong. “I could never be blessed by God again.” You’re wrong. “I could never be used by God again.” You’re wrong. God says in Jeremiah 15:19, “*If you return to Me, I will restore you so you can continue*

*to serve Me.*” God is a God of second chances. It doesn’t matter how many mistakes you’ve made. God never disqualifies anybody. You’re never too old. You’re never too young. You’re never too bad. You’re never too good. It’s never too late.

**Back to church.** A lot of people are going back to school right now. Well, it’s time to get back to church. Find a place of love, acceptance and forgiveness; a place where people will not unfairly judge you or criticize you. A Bible teaching church where you can feel loved, accepted, encourage, taught; a place of love where you can grow. Get involved. Be serious about your relationship to God. Stay focused on the things of God. Stay in church. Be faithful and you will grow spiritually.

I would like to personally invite you to our church services. We meet every Sunday morning at 10am. You’ll find a map to our church and other information on our website: [www.YourNewChurch.org](http://www.YourNewChurch.org). Our goal at every service to help you understand how much you matter to God and how great His plan and purpose is for you life.

*See you soon, Pastor Ray  
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## Finding Peace through Music and Writing

Orangevale-FindingPeace through Music and Writing - A Peace Prayer Service open to people of All Faiths is being held on Sunday, October 3, at 3:00 pm. The service will include individuals sharing their practices of finding peace through Music and Writing. The service will be held at Divine Savior Catholic Church, 9079 Greenback Lane, Orangevale. A reception follows the service. We invite you to join members of our community as we search for inner peace. Questions may be directed to Jen Yearwood, 989-7400, or Diane Stout, 983-3204.

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| <h3>FUNERALS/CREMATIONS</h3> <div><p><b>RUSS MONROE'S</b><br/><b>FUNERALS &amp; CREMATIONS</b><br/><b>FD 1404</b></p><p>7960 WINDING WAY<br/>FAIR OAKS, CA 95628</p><p>Tel (916) 9611265<br/>Fax (916) 9612430</p></div>  | <h3>OPEN YOUR HEART</h3> <div><p><b>OPEN YOUR HEART AND HOME</b><br/><i>Step up to the challenge!</i><br/><i>Have experience working with developmentally disabled adults and/or challenging behaviors?</i><br/><i>Have an extra bedroom?</i></p><p><b>Competitive stipend</b>      <b>MAKE A DIFFERENCE!</b><br/><i>For More Information:</i><br/><b>(916) 383-9785 ext. 15</b></p></div>                                 | <h3>ALTERATIONS</h3> <div><p><b>ALTERATIONS by Patina</b><br/><b>SPECIALIZING IN BRIDAL &amp; FORMAL</b><br/>11082 Coloma Rd., Suite 7<br/>Coloma Village Shopping Ctr. • Rancho Cordova<br/><b>(916) 853-1078</b><br/><b>WWW.ALTERATIONSBYPATINA.COM</b></p></div>   | <h3>ITALIAN BAKERY</h3> <div><p><b>Dianda's</b><br/><i>Italian Bakery &amp; Cafe</i><br/><b>(916) 966-3757</b><br/><b>RUM CAKE • ST. HONORE • CANNOLI</b><br/><b>COOKIES • PASTRIES • ALMOND TORTE</b><br/><i>Located in Fair Oaks Village</i><br/><b>10131 Fair Oaks Blvd.   Fair Oaks, CA 95628</b></p><p><i>Closed on Sundays</i></p></div>   |   |



# Citrus Heights Woman’s Club Picnic Honors Veterans



Photo credit Phil Kampel Photography.

*By Carol Spiker*

*Citrus Heights* – The members of Citrus Heights Woman’s Club have declared a picnic held to honor their veterans and service-men and women a big success. This event was a joint effort by the Woman’s Club and members of the American Legion, several post of the Veterans of Foreign Wars owes its success to the warm response of many in our community. Generous support of the picnic by City of Citrus Heights, Kiwanis, Lion’s Club, and Merrill Gardens got the ball rolling. Businesses contributed food and supplies including C&A Fresh Produce, Raleys, Target, Costco, Orrowheat. The picnic took place at Rusch Park in Citrus Heights on September 11th. It began with bagpipe music

provided by members of the Scottish-American Veteran’s Association. The opening ceremony included posting of the colors by Casa Robles High School R.O.T.C.and a moving-rendition of our national anthem by veteran Eric Button, followed by a moment of silence in honor of 9-11 victims and heroes. Our mayor, Jana Karpinski, led the pledge to the flag and Trish, President of Citrus Heights Chamber of Commerce, greeted our Veterans and praised the community for coming together to honor them. Members of the committee talked to the group about our dream of making a Veteran’s Hall in Citrus a reality. Music was provided by three groups who donated their services:

The Assorted Nuts Band, led by Carol Spiker led a sing-along of theme songs for each branch of the military. California Oldtime Fiddlers, led by Stephanie Smith, gigmaster, continued with a patriotic theme. Members of Mr. December Band woke up the group with rousing contemporary music. Plenty of great food disappeared into happy stomachs. New friendships were formed. Laughter and tears were shared. The planning group is so pleased that they are already meeting to plan next year’s picnic. That and stratagizing about how to get a Veteran’s Hall in our great city of Citrus Heights.

# Peter Pan Plays at ARC



“Peter Pan,” a musical adventure full of flying and fun for the whole family, will run October 8-24 at American River College Theatre, 4700 College Oak Drive. Tickets are \$8-\$15. For more info call (916) 484-8234 or visit ARCTheatre.org. Pictured are Analise Langford-Clark Wendy Darling, Raymond Keller as Captian Hook & Kris Reyes as Peter Pan (left to right).

Photo by: Brian Williams

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# Off-Duty CHP Officer & Citizens Receive Awards for their Life Saving Efforts



L-R: Joey Raver, Laura Gerard, Pam Elliott, Joshua Raver and Officer Martin McQueen at the CHP award ceremony.

By Officer Lizz Dutton,  
Public Information Officer

Sacramento – On November 17, 2009 at approximately 7:56 a.m., Joshua Raver, a 16 year old from Orangevale, and his 11 year old brother Joey, were riding their bicycles on Pershing Avenue east of Hazel Avenue. As Joshua was riding he fell off his bicycle and landed into the westbound lane of Pershing Avenue. A citizen, Mrs. Laura Gerard, stopped her vehicle in the westbound lane to protect Joshua from being

struck by other vehicles. Off-Duty CHP Officer, Martin McQueen, stopped at the scene and was advised by Joey that Joshua had an existing medical condition. A citizen, Mrs. Pam Elliott, also stopped at the scene to render aid to Joshua. Both Officer McQueen and Mrs. Elliott observed that Joshua was unresponsive and began CPR until Sacramento Metro Firefighters arrived on scene and continued CPR efforts.

Joshua was transported to Mercy San Juan Medical Center. He was then transported via air ambulance

to a San Francisco hospital where he underwent successful open heart surgery and is recovering at this time.

The California Highway Patrol is proud to present awards to recognize Officer McQueen, Mrs. Elliott and Mrs. Gerard for their heroic efforts. North Sacramento Area Commander, Captain Cary McGagin stated “Without their valiant efforts and quick decisive action, Joshua would not be here today. I am proud of their actions and the service they provided to the Sacramento community.”

# Clean and Sober Living Continues to Grow

I am Don Troutman and I wanted to tell you that we continue to grow and evolve at Clean & Sober Living; we are unique and have been told that there is none other like us in the nation.

We are a long term sober living environment that is a community, versus a house that is part of a continuum of facilities that recognizes and embraces the BioPsychoSocial Theory of addiction. Our continuum consists of a Detox Facility, an In-patient Recovery Home, 6 Adult Recovery Maintenance Facilities, 11 Sober Living Environments, Out-Patient and an interventionist. We are the most attractive and cleanest, yet affordable, sober living around. We pride ourselves for not being a flop-house! We feel a quality environment instills pride in the recovering person from Addiction Disability. Recovering people are not the scourge of the earth. They are the “cream of the crop”. Knowing that recovery programs may differ from person to person our philosophy is to control the environment and not the individual, therefore giving the person the opportunity to grow.

Our community has enjoyed tremendous success with people who have the addiction disability to maintain sobriety. We have existed since 1989, so we know how to best provide this service. The length of stay depends upon the needs of each individual. CSTL embraces Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) and requires residents to be an active member in one of those or similar 12-step programs. The key to the success of CSTL is that we offer a long term, supportive environment, which assists people with addiction disability to learn to live a life style of recovery. Most residents are able to find employment quickly. Also we are close to 5 colleges: American River College, Sierra College, El Dorado Community College, Folsom and California State University, Sacramento. We are and excellent situation for someone who is planning to attend school.

We have 17 homes in nice areas. All homes are fully furnished; including utilities and cable TV. Everyone



Don Troutman

starts at Phase I (Adult Recovery Maintenance Homes) which are six homes in a row. A deposit is not required and the rent is \$795 (that is \$26.50 per day. How much is Motel 6 without the food and extras?). It would cost a person more than \$3000 a month to duplicate what we provide in our area where the rents run \$850–\$950 per month or more for an unfurnished apartment without the food and other amenities.

Resident accountability is the key. Long term sobriety happens by a person choice not because they are mandated. Residents have a midnight curfew and may have two overnight passes per week. Residents agree to and may be alcohol and drug tested at any time by urine analysis. The following is a partial list of the amenities available for those living in Phase I; breakfast, lunch, dinner (I am told is Restaurant quality) cooked for the residents, snacks, drinks (coffee, punch, etc.), toiletries, Free Laundry, recreation room, pool table, weights, Cable TV, Big Screen TV in meeting room where we have a double feature “Movie Night”, a professional type ping pong table, darts, Video games, board games, house computers and wireless Internet, AA/NA Meetings (Approx. 20 per Week) and more!

The Phase II (SLEs) is for those who have lived in Phase I for a minimum of 30 days, are working a good 12-Step program and desires less structure. These folks are committed to their recovery and want to continue to be part of the CSTL family. Phase II rent ranges from \$395 to \$550 (most rooms \$495 which is \$16.50 per day). All the Phase II homes are fully furnished, all utilities are paid,

cable TV is provided and everyone lives in a single room.

We have been told that we look like a “tribe” which makes sense. A tribe is: “A unit of sociopolitical organization consisting of a number of families, clans, or other groups who share a common ancestry and culture and among whom leadership is typically neither formalized nor permanent.” This makes sense! We have our own congress of residents that make our laws and our own court that enforces our laws.

We host approximately 20 open and registered 12 Step meetings, both AA and NA and a few Bible Studies at out location at 8938 Madison Avenue, Fair Oaks, 95628. It is a beautiful area that has all of the outsides resources available such as stores, fast food, gas stations and a bus line.

CSTL, Inc. is registered and certified with California Association of Addiction Recovery Resources, as a Sober Living Environment. Over the years we have taught others how to do a sober living. If you wish to tour our homes or want to make arrangements to move in please call us at 916-961-2691.

We also have a Detox Facility for those who need to withdrawal for the toxins. It is generally difficult if not impossible for one to go through this process safely alone. Our detox is a six bed, social model detox that is progressive in its philosophy and techniques. Their phone number is: (916) 965-3386. Our detox also provides outpatient groups and one on one counseling for those who want seek it.

Our Recovery Home is a beautiful 24 bed home set within a 2 acre lot that presents a serene recovery experience where one can focus on triggers, relapse prevention and recovery principles. Their phone number is: (916) 990-0190.

Sincerely,  
Don Troutman, B.S.,  
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GENTLE  
ADJUSTMENT

New discoveries fascinate me, but when it turns out beneficial to yours truly, it's a turn on. Challenged by several years of neck pain and headaches due to herniated discs in my neck from a rear end car accident, I was getting really frustrated since it wasn't even my fault. An opportune situation arose on my radio show. I was challenged to try a thing called NUCCA. Mind you, I was being helped by a traditional chiropractor at the time, so I took this on as a real challenge from Dr Don Erwin who was a guest on my POPPOFF Radio Show. Don't get me wrong, the traditional Chiropractor did a fine job, but I didn't see an end any time soon. So off I went to see Dr Don. After the initial exam, he proceeded to do

POPPOFF!

with Mary Jane Popp

this NUCCA adjustment. I waited a moment, and then asked when he was going to do his magic. He told me he was done. I had felt a teeny bit of pressure, but how could this be? I was used to the twist and pop style of adjustment to feel better. I sat up, and of course, you can imagine my skepticism. To my amazement, it worked. No more two times a month for over two years. The visits became farther and farther apart. Now it's about every twelve weeks, and usually that's because I tripped over one of my dogs and went splat. Oh, and gone are the headaches and neck pain!

So what is NUCCA? It is a gentle method of adjustment and stands for the National Upper Cervical Chiropractic Association. The NUCCA Chiropractor works only on the atlas (brain stem) which supports a ten to fourteen pound bowling ball (our heads) and when it slips off that tee from trauma, stress etc, the entire spine naturally shifts to move under the head. By taking special x-rays, Dr Erwin saw my exact misalignment. Then he set me up so the bones are ready to move...no force needed. So goes the atlas. So goes the spine. So away goes the pain for many parts of the

body. The spine is control central for the whole body. If your spine is aligned, you can bet your body is going to function much better.

And it works for so many problems: sports activities from skiing to golf, lifting, carrying groceries, computer work, gardening, housework even sleeping the wrong way. Try it for headaches, migraines, TMJ, sciatica, fibromyalgia, and let's not forget trauma from car accidents. Any trauma can cause misalignment. You can even look to relief from depression, fatigue, and allergies. By the way, the goal is to get you in and gone as soon as possible, and with as little maintenance as possible. Check out [www.nucca.org](http://www.nucca.org). Got questions? Ask the Doc himself. He has given me permission to give you his number to call him at 916-973-0623 personally to talk about your problems and to get more info about NUCCA. There are enough external pains in our lives we face everyday. It's great to get rid of the personal one!!!

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

International Placement Agency Picks  
Sacramento as U.S. Headquarters

*Internships Down Under” sees Opportunity with  
Sacramento-Area College Students*



New Zealand Sunset. All photos by or of Felicity Wood, in New Zealand.

Sacramento, CA, September 16, 2010 – *Internships Down Under*, which has been placing European students in internships in New Zealand and Australia for three years, has established its U.S. Headquarters in Sacramento.

Many people are working to stop poverty, pollution, over-population, racism, crime, war, disease, and the other social ills that plague mankind, but the problems are never ending. This is because the root cause of the problems, division, is never resolved. The solution is to unite people with the truth.

The Institute of Ultimate Truth is a non-profit organization formed and run by young people who are fed up with the lies and deception that

millions of people are saying is the truth. “They are destroying the world and stealing our future. We are sick of the lies from our political leaders, businessmen, clergy, lawyers and other people in power that will sell our future in exchange for their short-sighted benefit. All the glad-handing, back-slapping, platitudes, and empty promises make us sick.”—Founders, Institute of Ultimate Truth

Many people believe in old myths that contradict other beliefs and scientific evidence, and this causes division. Religious dogmas and myths were created before people had the benefit of modern science. Science attempts to objectively discover how life works, and religion attempts to subjectively find a way to live in

harmony with life, so they both have pieces to the same puzzle. The organization's main project, Truth Contest, aims to combine the objective and the subjective to find and define the underlying truth in everything, thereby uniting science and religion toward a common goal. For the first time, we will know and understand how life works so that we can live completely in harmony with it. This will present a solid, certain morality which will serve as the foundation for a united world.

The truth does not take sides; it is the same for everyone!

The top entry at Truth Contest is the most complete and accurate explanation of the ultimate truth in the history of mankind. Anyone who does not agree can submit an entry that they think is better. In this way, we will work together to evaluate, update and refine the entries on the main page. The contest is really not a competition with a winner, because it is a collective effort towards truth. Anyone who participates is helping to find, define and spread the truth. With this platform for honesty, open minds, an open exchange of ideas, good will and the power of the Internet, we will find and spread the truth to stop the lies and deception once and for all.

For more information, visit [www.truthcontest.com](http://www.truthcontest.com).



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**Fair Oaks Friends of the Library  
to Host Fall Book Sale**

Fair Oaks - The Fair Oaks Friends of the Library will host its Fall Book Sale, at 10am - 4pm, Sat. Oct 2. On Mon. Oct 4, a Clearance of unsold books (fill a bag for \$5), will be held from Noon-5pm. mBoth events will be held in the Community Room of the Fair Oaks Community Library, 11601 Fair Oaks Blvd., Fair Oaks, CA 95628. (916)264-2700.



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Source: Javelin Strategy & Research. "2010 Identity Fraud Survey Report," February 2010.

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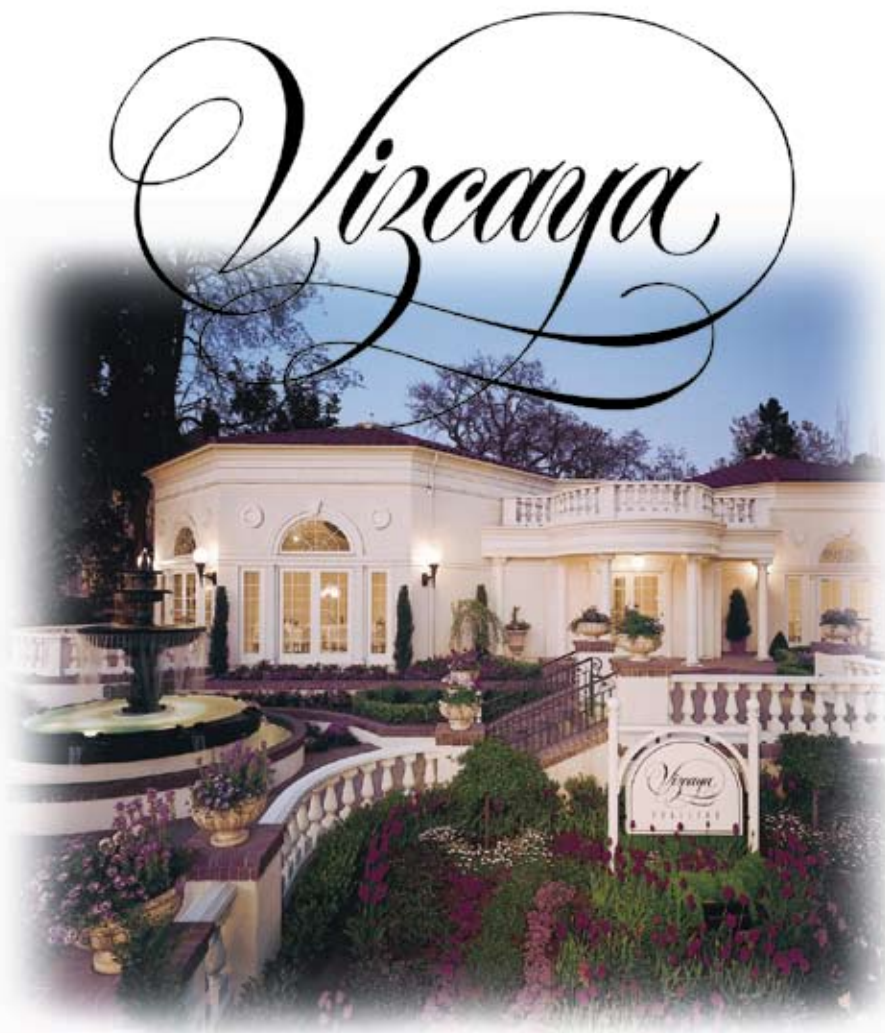
Saturday, March 19 at 8:00 pm  
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### *Easy To Love*

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Kristin Dauphinais, Mezzo  
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## Alzheimer's Aid Society OF NORTHERN CALIFORNIA

Forget-Me-Not  
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### 28th Annual Alzheimer's Aid Society Caregiver's Conference

Saturday, November 6, 2010  
Jesuit High School, Carmichael, CA  
8:AM-3:30PM


**Keynote speaker: David Troxel, M.P.H., is known worldwide for his writings in the field of Alzheimer's and long-term care. Along with Virginia Bell and others, he established a statewide network of support groups and services in Kentucky for patients and caregivers.**

**Break-out sessions include:**

- A session in Spanish with Lilia Mendoza, Founder of Alzheimer's of Mexico.
- Legal issues
- Hospice care
- Planning your final arrangements
- How to speak Alzheimer's
- Dining for dementia

**Cost is \$30 in advance, \$35 at door. We are offering CEU units through the Gerontology Department at American River College.**

For more information, please go to our website for complete details and to register as well.  
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