

# AMERICAN RIVER

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Volume 5 Issue 15

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

First Edition for August 2010

# Confiscating Liberty



**How can a “Health Care Bill” give the government the window of opportunity to steal gold and silver from the American public? It’s been done before. Sal Santoro, owner of Gold Rush Coins & Jewelry at Sunrise and Madison, along with his wife Juliet, can see it happening all over again. - Photo by Paul V. Scholl**

by Lee Hartline

*Sacramento Region* – Humans have valued, pursued and hoarded gold and silver since the beginning of history. These are the metals against which constant value is set. They’re security in a brutal world or a hollow society, and currency for the Apocalypse. They’re symbols of wealth, commitment, love, power and the root of greed. If you own a lot, you own a lot of security. Most people don’t comprehend the security gold and silver delivers until paper currency goes bad.

**The Bill Every Democrat Wrote but No Democrat Read**

Since its passage Congressional staffers, lawyers and private citizens have been pulling at the bale of paper called the Patient Protection and Affordable Care Act, or more commonly, “The Health Care Bill.” In 2300 pages of edicts and exceptions is embedded Section 9006, a provision forcing gold and silver coin and bullion dealers to report the name and address of anybody buying or selling \$600 or more of gold and silver coins or bullion, and the date of transaction. Reporting to the IRS begins January 1, 2012. The IRS estimates it will deliver \$19 Billion in new taxes over 10 years. The money will help pay for the universal health care we’re expected to embrace. It means a wide expansion of IRS Form 1099 normally used to track and report miscellaneous income. For coin stores the cost of doing business is going up, and with it the price of over-the-counter metals. The little shops will be forced to add staff to deal with the paperwork, not to mention the cost of the attendant requirements, such as health care. The price will be unbearable. They and we will pay for it or they’ll go under.

Most shops are run by dedicated coin collectors; those kids in junior high school you thought were just a

little nutty when they found an Indian head penny or Mercury dime. If you try to think of coin collecting (numismatics) as an unheralded branch of archeology, small, valuable bits of history you can hold, you’ll better understand their fascination. The typical coin shop is and always has been a sole proprietorship, a husband and wife team or a partnership surviving on a slim and highly volatile profit margin in a fickle economy. Section 9006 will destroy them; there’ll be a handful of big retailers left, and the price of gold and silver will go up because of government-required paperwork.

After the late night Christmas Eve passage of the health care bill a group of Democrat Party Congressional representatives were asked if they’d helped write or review the health care bill, all nodded yes. When asked about Section 9006 none knew what it said. They admitted to reading their personal contribution to the legislation, but had never read the bill in draft or finished form. They didn’t know what was in it.

When the IRS was asked about the expansion of Form 1099 the reply was, “How are we supposed to make up for the \$19 million?”

**The Tracking of Americans Begins**

Two years after coin shop IRS reporting starts, in 2014, the first-year of the phase-in of universal health care begins. The information will be entered on to your new electronic health care card [your national ID card]. The card will carry your “electronic” health record, your banking information, gun ownership status, obesity rating and contact information. The only facts legally excluded from your card are your HIV/AIDS status and the number of abortions you’ve had. They’ll know where you are, what you have, where you have it and how to get it from you. If you run, remember law enforcement

knows your weight and can estimate how far you’ll get. Oddly the required “electronic health record” card was not written into the health care bill. It was discovered in one of the stimulus bills.

**Gold Confiscation**

In April 1933, President Franklin Roosevelt through Executive Order announced his famous “Bank Holiday.” The nation’s banks were locked-down for 1-4 days for a “cooling off period.” It was done to end mass cash withdrawals from banks by people across America. The banks were broke. The money was gone due to an easy-money policy by the Federal Reserve through the 1920s, high-risk mortgage loans, terrible land investments and buying stock on margin on Wall Street. When the margins were called-in in 1929, Wall Street collapsed. It’s the same speculation script that began playing-out in 2006-07, the one we’re suffering with today.

During the bank holiday Roosevelt outlawed the private ownership of gold coins and bullion, and gold certificates. People were ordered to deliver their gold at the just-closed banks by May 1. While the price of gold was kept deliberately low by the government (\$20.67 an ounce), government officials and bankers paid us back in paper currency. Individuals were allowed to keep up to \$100 in gold coins (about 5 troy ounces, worth roughly \$5800 at current value). This was considered a tiny amount in the first part of the last century because gold and silver was still common currency. Much of the confiscated gold was smelted, bricked and poured into the government’s money bin, Fort Knox, and for strategic purposes distributed to various Federal Reserve banks around the country.

For thirty years the US government continued subtracting value from currency. Finally, in 1964, Congress and President Johnson sucked the life out

of silver dollars, halves, quarters and dimes. In 1965 there was no silver money being minted, and no constant value left in our money. But it wasn’t just in America, Euro World was being nudged and pulled by central banks, major banking houses and their own governments to twist free of the gold and silver anchoring currency and move to fiat valuation, thus allowing them to spend more, lend more and borrow more. The de-monetizing of money was initiated at a time of incredible economic and social angst, industrial expansion and needed social programs for the growing pains of a growing world. It was completed at a time of incredible social angst and questionable social programs with economies entering industrial decline. From the Great Depression and Roosevelt’s New Deal; WWII, and post-war exuberance buying a new car and making \$500 a month payments is a shabby investment. Instead he drives an older car and buys a quarter-ounce gold coin or small bullion block each month because he knows gold and silver increase in value, and cars decrease in value. Someday he’ll buy something that matters.

As was stated above, the corner coin store exists for collectors of history and for neighborhood buyers and traders who want to own constant value. They’re for the lady who instead of playing the lottery buys a one-ounce silver coin each week because she doesn’t trust banks anymore and wants “backup.” Or the guy who believes buying a new car and making \$500 a month payments is a shabby investment. Instead he drives an older car and buys a quarter-ounce gold coin or small bullion block each month because he knows gold and silver increase in value, and cars decrease in value. Someday he’ll buy something that matters.

**see Gold: to page 5**

# Airport Big Build is Still on Target



**The first of three terminal bridge sections is now in place.**

*Sacramento Region* — The Big Build at Sacramento International Airport recently reached another milestone as the first of three bridge sections connecting the new terminal to elevator towers was hoisted into place. Two more sections will be installed this summer to connect the Terminal A Parking Garage with the new terminal. The bridge, comprised of 50 tons of steel, connects the third-floor concessions area with a circulation tower that will serve a parking garage in the future. Despite requiring a month to assemble, the bridge was in place within a day.

“The Big Build is progressing on target to open late 2011,” said G. Hardy Acree, Sacramento County Airport System Director of Airports. “With a design that can be easily expanded in future years and that will ultimately serve as the central hub to serve multiple airside concourses, the

new terminal is well designed to serve our community for generations to come with the ease and convenience that we are known for.”

The Sacramento County Airport System broke ground for the Big Build, the largest capital improvement project in Sacramento County history on June 9, 2007. The \$1 billion, four-level project will include integrated customs facilities, a two-level roadway to separate arriving and departing traffic and energy efficient and environmentally conscious design that is anticipated to receive LEED certification.

Sacramento County Airport System is responsible for planning, developing, operating and maintaining the county’s four airports: Sacramento International Airport, Executive Airport, Mather Airport and Franklin Field. For more information, visit [www.sacairports.org](http://www.sacairports.org).

# PAL Launches Youth Academy in Citrus Heights

*Citrus Heights* - The Citrus Heights Police Activities League (PAL) is proud to announce that its Youth Academy Class of 2010 will begin on Monday August 16th, 2010. The Citrus Heights PAL in partnership with the Citrus Heights Police Department is offering this new and exciting program!

While graduates are not police officers, they are the community leaders of tomorrow—instilled with an appreciation and respect for law enforcers and their role in society. Participants will have an active role in learning about Crime Scene Investigations (CSI), SWAT Teams, Police K-9’s, Defensive Tactics, Motors, Narcotics and Gang Intervention, Hostage Negotiation, Dispatch, the importance of physical conditioning and much more.

All youth between the ages

of 10 and 17 are welcome to sign up for Youth Academy. This exciting and educational program will run from August 16th to August 20th for four hours (8am – Noon) each day. Graduation will take place on the last day of the academy with a celebration open to family members. The Youth Academy has limited positions, therefore early enrollment is recommended. The yearly cost to enroll in the Citrus Heights PAL program is only \$5.00 per child. Upon enrollment, each child will receive a PAL t-shirt. For more information on the many activities PAL offers you can view their webpage at [www.citrusheightspal.com](http://www.citrusheightspal.com).

For more information or questions about the PAL Youth Academy please contact SRO Calderon at [ercalderon@citrusheights.net](mailto:ercalderon@citrusheights.net) if you have any questions.



# Is the Worst Over?

by Craig R Smith, Chairman,  
Swiss America: From WND.com,  
Reprinted by permission

The average person on the street believes the worst of this financial crisis is behind us and the economy and the country are now on the mend.

While that assessment is debatable I will indulge such a scenario to be a good sport. Let's say all is well and that we are miles away from the edge of the abyss we stared into in the fall of 2008.

What will be the aftermath of the recent crisis? And what, as producers, consumers and savers in America can we reasonably expect? In my opinion, the takers aren't entitled to expect anything; including their next unearned check.

Let's look at some of the economic challenges we still face and the possible solutions being proposed to address them.

America, along with most of the world, is still steeped in excruciating levels of debt. Governments globally have bailed out banks and financial institutions from the brink with borrowed money. If these governments had worked from a surplus, there would be no further burden. However these countries, and as such their citizens, now carry all those losses in the form of additional debt. Our national debt alone is \$13.5 trillion. How will this debt ever be repaid?

America is facing an annual budget deficit in excess of \$1.5 trillion with no end in sight. At that pace we will soon face over \$15 trillion in short-term debt with long-term obligations well over \$120 trillion. This is unsustainable under any scenario. We cannot grow our way out of a debt that ominous. Especially when more takers are being added, through entitlements, to the dole daily.

Truth be told we need a complete overhaul of entitlements in America but few elected officials have the political will to make that happen. As the number of takers grows and producers diminishes, I am becoming less optimistic about the prospects for a happy outcome. So that brings me back to where I started.

Let's say the worst is behind us. What lies ahead?

More of the same we have experienced over the last four decades. A long-term devaluation of the U.S. dollar, additional government spending adding to the debt and higher cost of living for each citizen as the government continues to mismanage the nation.

There have been no appreciable fundamental changes to the structure

that caused the 2008 crisis. Banks are still operating with the same blindness to risk as they were pre-crisis. In fact America's portion of the worldwide \$1.28 quadrillion in risky derivatives has still yet to be addressed. People who took out mortgages are still defaulting on their obligation to pay without any penalty. Unemployed people are continuing to receive benefits for not working instead of being forced to get a job and even multiple jobs if necessary. 40 million Americans are now receiving food stamps with the number growing 20% a year. And soon the best news of all: free healthcare. Did you hear Mr. Obama? Free!

At a time when we should not be spending money on entitlements, Obama and company have opened the spigot full blast. The birthright of every American now includes food, shelter, clothing, healthcare and a pay check regardless if the individual actually has a job.

Therefore, I expect we will continue to see exactly what we have seen since 1971. Lower dollar values and higher costs of living as taxes and devalued dollars steal wealth from each one of us. This will include an ever-increasing dependent class of Americans who expect government to meet their every want and need.

As a result, we at Swiss America have implored the public and our clients alike to purchase gold as a hedge against what we foresee ahead. Massive increases in the size of government and its spending habits have all but assured the demise of the U.S. Dollar.

As for those who would tell us all is well and buying gold is foolish I have the following answer; YOU ARE WRONG! Gold opponents always point to the last run up in gold back in 79/80. The price exploded from \$100/oz to \$850/oz only to fall back to \$300/oz and sit there for 20 years. But keep in mind, 79/80 was only an eight-month event. A result of four years of Carter's mismanagement, inflation and the Misery index.

The recent move in gold has been a 10-year building process. A direct result of nations, including ours, debasing their currencies in order to address rampant runaway debt. Investors, bankers and money managers worldwide have responded to the reckless fiscal behavior of these countries, like Greece to superpowers like the United States, by purchasing gold for protection.

After several attempts to bail the world out through financial bubbles, intelligent people have awoken to the truth. That the path we have been on is

not going to be altered and will produce the same results as in the past.

The only answer for a country who can print money is to do just that. It is well known Mr. Bernanke and the Federal Reserve have pumped over \$3 trillion into the system to "save" it. They have saved it alright. Only to live another day until it collapses in the future, when its no longer their problem.

The days of living from financial bubble to bubble are over. From the dot com bubble, to the stock market, to the housing market and even now the bond market. The bubbles have all burst and now is the time more than any other in the past to be prepared with assets that withstand the test of time.

Gold prices could easily move north of \$2,000/oz with all the world debt we can anticipate maturing in the near future. The recent pullback in gold prices represents a great "entrance point" opportunity.

So for all those who would have you believe the worst is behind us and all is well, they may be right. But it will be short lived. When the next crisis comes, and the experts all agree it will, will you be prepared? Or will you be a day or two too late? When inflation and the ramifications of debasing international currencies all hit at once, gold at \$1200 will look like a bargain. Gold will not look back after that day.

Boom and bust have been our history. The "Gay nineties" led us into the crisis of 1907. The "Roaring Twenties" led us into the Great Depression of 1929-1942. The "Fabulous Fifties" ended with the massive recession/inflation of the 1970s. The "Decade of Greed" led to the dot com bubble, the stock bubbles and the recession of early 2000. The "Recovery of 2002" led right into the housing bubble of 2004-2007.

Will we get through this crisis? Absolutely. And while the jobs have yet to return there are some hopeful signs going forward. But will that be enough to address the debt and burdens the world faces or is it just a lull until the next crisis befalls us?

I am convinced the next crisis is going to be of such proportion that the recovery will be far more painful, if not impossible, than prior crisis/recoveries. Why? Because the U.S. Dollar will not strengthen, it will weaken. We will not see balanced budgets and repayment of debt. We will see governments defaulting on obligations that cannot be met without printing money 24/7.

And when that day arrives, which I and many others see in our future, gold will be your only safe harbor. Rich and poor will be created overnight. The ones who will benefit are the ones who have prepared.

Ask yourselves one question: If all is well and the world's countries are going to pay off all their debt, balance their respective budgets, live within their fiscal means and have far more producers than takers in their systems; why is gold still just under \$1200/oz? Why has it not gone back to \$300/oz? Why hasn't every central bank sold their gold instead of what they are actually doing? Buying more. Why has the bond market not reversed from a record 10-year rate below 3%? Why haven't all currencies strengthened and full employment returned?

You and I both know the answer. So don't wait to buy gold. Buy gold today and wait.

# Government Stimulus: Out of Sight, Out of Mind

by Dr. Shawn Ritenour

The President's Council of Economic Advisers (CEA) has released its most recent quarterly report on the effects of President Obama's stimulus plan. Not surprisingly, the CEA praises this monumental Keynesian scheme, crediting the stimulus for saving or creating 3.6 million jobs and increasing the amount of private funds invested in the economy.

What should we make of such claims? We would all do well to remember the wisdom of Frederic Bastiat: shopkeepers are not better off after having their windows broken by hoodlums, just as the victims of theft do not have their economies stimulated by thieves. Sure, the window glazer may earn a higher income, but society as a whole is not better off. The money the shopkeeper had to spend on the replacement window might have been spent on a new suit instead. Now the tailor is out of income. Likewise, a retailer selling the consumer electronics to a thief may earn higher income. The victim who was looted might have spent what was stolen on dance lessons for his daughter.

It is easy to see the visible benefits that flow to some people as the result of a fiscal "stimulus" plan. It is much more difficult to rightly account for the social costs of such spending. What is missing from the CEA's report is any recognition that economic goods, including factors of production (e.g., capital, labor, land), are scarce even during a recession. There is no admission that the funds spent by the state must come from somewhere.

Government spending can be funded by only three sources: taxes, borrowing, and inflation. Presently, the federal government is trying a mix of all three. Unfortunately, each has negative economic consequences that mitigate any positive benefits reaped by those who get the government money. If government spending is funded by taxes, then the incomes of the taxed (and productive) people decreases accordingly. Taxpayers have less ability to save and invest because their disposable incomes shrink. They also have less incentive to do so, because any future positive returns will be made less due to higher taxes. Government spending funded by borrowing funnels private savings away from productive investment and into wasteful government projects. Government spending funded by monetary inflation will make those who receive the new money better off at the expense of those who receive the new money later or not at all.

Why? Because they must pay higher prices without a compensating increase in income.

At best, such Keynesian spending policies merely rob Peter to pay Paul. In fact, due to the stimulus plan, scarce economic goods are being bid away from their most productive uses, so the effect of such government spending is even worse than unhelpful; it is destructive.

We have no reason to believe, consequently, that there has been any net economic benefit from the stimulus plan. Certainly, many people have taken jobs funded by government money. The economic resources used by the recipients of the stimulus money, however, were merely bid away from their most highly valued alternative uses. Government spending does not create more factors of production out of thin air; it merely allows the recipients of subsidies to have an advantage in the market for factors of production. This actually hinders the adjustment process that needs to take place for our economy to get back to sound footing.

It's no wonder that the employment situation remains so dismal. The official unemployment rate remains quite high and nudged slightly down to 9.5 percent only because large numbers of people left the work force. Only a paltry

85,000 private sector jobs were added last month, and total employment actually fell.

Let us also not forget that work is beneficial only if actually productive, that is, only if it is useful in making something people actually want. If people do a job that is only possible because the state took the money from someone else, this is not productive. This is merely wealth redistribution. What our society needs is wealth-producing jobs—again, jobs making things people actually want, not jobs for jobs' sake. Very few people were idle, after all, in the Soviet Union. There was a lot of activity. Not all of it was productive, however.

To the extent that there has been any recovery (and this may still be in doubt), and any productive jobs saved or created at all, it is due to an increased saving rate. Only out of real savings can capital be accumulated, and only capital accumulation can put us back on the path toward prosperity.

Dr. Shawn Ritenour is a professor of economics at Grove City College, contributor to The Center for Vision & Values, and author of "Foundations of Economics: A Christian View." [http://www.visandvals.org/Out\\_of\\_Sight\\_Out\\_of\\_Mind.php](http://www.visandvals.org/Out_of_Sight_Out_of_Mind.php).

## Patricia Diane "Trish" Scholl

August 2nd, 1958 – August 6th, 2009



To My Loving Wife:  
May Angels Share Your Love,  
Joy and Enthusiasm Forever  
You are truly missed  
by all those who loved You

## Widowed Persons Association of California, Inc.

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Monday through Friday  
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**Newcomer's Buffet & Social**

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**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**

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# Gold River Stingrays Swim Team Win Their Second Straight



Gold River Stingrays swim team wins Championship title. Head Coach Jeff Float lifts trophy

Gold River—The Gold River Stingrays swim team won their second straight Gold Rush Conference Championship title on July 25th at the Schaal Aquatics center in Davis. Gold River beat out teams from Davis, Rocklin, Dixon, Folsom and Laguna Creek in the two day meet. Gold River also won their third straight Gold Rush Conference dual-meet title this season by defeating Dixon on July 10th. The Stingrays have amassed an impressive 17-1 record over the past three seasons under former Olympic gold medalist and head coach Jeff Float.

The Stingrays second Conference Championship title didn't come without drama. After racing for two days in over 100 degree temperatures, Davis led by 1 point with 1 relay remaining. The Gold River

15-18 boys 200 freestyle relay then clinched the victory by defeating the Davis relay and gave the Stingrays a 7 point championship win.

The Stingrays scoring was led by 12 year old Austin Rasmussen with 66 points. Rasmussen won all six of his individual events and broke three Gold River club records in the process. Rasmussen won the 11-12 high point age group award.

14 year old Patty Long scored 60 points and broke two Gold River club records, and was part of the Gold River record breaking 13-14 girls 200 freestyle relay along with Jessie Bringedahl, Bailey Carpenter and Rachel Isaacs. Long won the 13-14 high point age group award.

Hailey Miguel scored 56 points and

broke two Gold River club records and two Gold Rush conference records. Miguel won the 2nd place high point award in the 9-10 age group.

14 year old Ian Keane scored 51.5 points and won the 3rd place high point award in the 13-14 age group.

11 year old Jason Feldkamp scored 51 points and won the 2nd place high point award in the 11-12 age group.

7 year old Landon Marks scored 32 points and won the 3rd place high point award in the 7-8 age group.

6 year old Natalie Taggart won both her individual events scoring 22 points and also won the 6-under high point age group award and 6 year old Henry Adamson scored 20 points and won 2nd place in the 6-under high point age group.

The 7-8 girls 100 freestyle relay of Megan Rucker, Emma Kelly, Ella Adamson and Sarah Choy was also in record setting mode and broke the Gold River club record and the Gold Rush conference record in their relay race.

Gold River competes in the Northern California Swim League that is one of the largest swim leagues in the area. The league has over 4500 swimmers throughout its five conferences and twenty six teams.



Official FBI photo of "Cowgirl"

Sacramento Region - Sacramento Sheriff's deputies and FBI agents are trying to identify a woman who robbed the Bank of the West at 2581 Fair Oaks Boulevard at 5:50 p.m. on July 23, 2010. Wearing what can best be described as a cowboy outfit, an unidentified female entered the bank just before the close of business and presented a note to

## 'Cowgirl' Robs Local Bank

the teller demanding cash.

The robber also placed a small, dark colored handbag on the teller counter and from a small hole at the bottom of the bag the teller could see the black barrel of a handgun pointed directly at her. The teller handed her the money and she fled the bank in an unknown direction.

The suspect is described as a white female, 50 to 60 years old, approximately 5-foot-5 with a thin build. She was wearing a cream colored "ten gallon" style cowboy hat, a long sleeve plaid button-down shirt, blue jeans and dark sunglasses.

The Sacramento Violent Crimes Task Force comprised of FBI agents and Sacramento County Sheriff's Department robbery detectives, are seeking information on this unidentified female bank robber. Anyone with information regarding this robbery is asked to contact the FBI in Sacramento at (916) 481-9110, the Sacramento Sheriff's Department at (916) 874-5115 or Crime Alert at (916) 443-HELP. Callers can remain anonymous and may be eligible for a reward of up to \$1,000.00.

# Mayor's Walks Highlight Rancho Cordova Fitness Challenge

Rancho Cordova - Cordova Meadows Elementary School was the starting point for the next Neighborhood Walk with Mayor Ken Cooley on Saturday, August 7th. Light refreshments were served at 8:30 a.m. and the walk started at 9 a.m. The school is located at 2550 La Loma.

The walks, which began in April and will continue through October, are about one mile in length and take place in different neighborhoods throughout the City. Adults, seniors, teens, and parents with their children are invited to participate.

Mayor Cooley started the walks to highlight the community's Great Health Challenge to collectively lose "20 Tons in 2010".

"My goal is to stage easy, comfortable walks that help neighbors meet neighbors and community leaders," the



Mayor Ken Cooley

Mayor commented. "It's a fresh reminder that it is people and friendships and making time for one another that makes community life great!"

For more information about

the walks, please contact Lorianne Ulm at City Hall, (916) 851-8700.

Future Saturday Neighborhood Walks with the Mayor Schedule

August 28: Cordova Gardens Elementary School, 2400 Dawes Street

September 18: A.M. Winn Elementary School, 3351 Explorer Drive

October 9: Williamson Elementary School, 2275 Benita Drive

October 23: Rancho Cordova Elementary School, 2562 Chassella Way

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.cityofrancho-cordova.org](http://www.cityofrancho-cordova.org) (website). Rancho Cordova is a 2010 All-America City winner.

## Fair Oaks Dog Walk Oct. 2

Fair Oaks - This year's Fair Oaks Dog Walk takes place on Saturday, October 2. The event features a two-mile walk for dogs and their humans along the beautiful American River Parkway.

Along the way, attendees will enjoy free treats and water, live music, vendor booths and raffle prizes. The many fun events include doggie contests such as

musical sit (canine version of musical chairs) and the parade of pooches, many in unusual costumes!

Registration for this family event begins at 8:30 a. m. in the Fair Oaks Village Park and the walk begins at 9:00 a.m. The registration fee is \$10 for the first dog and \$5 for each additional dog. T-shirts are available

to order with your pre-registration. Additional information and online registration is available on the website [www.fairoaks-dogwalk.com](http://www.fairoaks-dogwalk.com).

Proceeds benefit FORDOG (Fair Oaks Responsible Dog Owners Group), TEAM (Teaching Everyone Animals Matter) and the Fair Oaks Chamber of Commerce.

## Regional Parks Implement New Hours

Sacramento Region - Effective August 1, 2010, the remaining Regional Parks public counter, located at 4040 Bradshaw Road, will now be open Tuesdays through Saturdays from 10 a.m. to 6 p.m. The counter will be closed on Sundays and Mondays. On the days that the public counter is closed, the Regional Parks business/information line, (916) 875-6961, will go to voicemail that will be monitored once a

day. The park ranger dispatch number, (916) 875-PARK (7275) will continue to be answered.

"Due to budget reductions, we have had to make some difficult decisions about what services we can provide with the resources available, and we need to reduce our hours to ensure that parks staff is working as efficiently as possible" said Janet Baker, Regional Parks Director.

Visitors to the Regional Parks

public counter can purchase annual parks passes, make picnic reservations, purchase maps, ask general questions and speak with park rangers and staff. Annual passes can also be purchased at the Parks website and at any park entry kiosk.

To get more information about Regional Parks, visit [www.sac-parks.net](http://www.sac-parks.net)

## Neighborhood Centers Reduce Hours

Sacramento Region - Effective August 6, 2010, the East Area Neighborhood Service Center public counter will be closed noon to 1 p.m., Mondays through Thursdays, and all day on Fridays. The County Clerk-Recorder counter will remain open five days a week, 9 a.m. to 4 p.m., including noon-1.

"This is part of an ongoing effort to provide county services as efficiently as possible with the resources that we have available," said Paul Hahn, Municipal

Services Agency Administrator. "We know that our service centers have been well received by the public, and our goal is to continue providing our customers information and access to a wide variety of County services without having to come downtown."

Visitors to the Service Center can purchase animal licenses and annual parks passes, view and pay property and utility bills, get building permits, discuss traffic and code enforcement

neighborhood issues, and access clerk-record services. To get a full list of the hours of operation and services available at the service centers, visit <http://www.msa2.sacounty.net/dns/Pages/default.aspx> or call the East Area Service Center at 916-876-5622. Center Location: East Area Neighborhood Service Center 5229-B Hazel Avenue (near Madison), Fair Oaks, CA 95628.

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# Sacramento Valley College Expanding and Evolving in Tough Times

Record Enrollment at Trinity Life Bible College Emphasizes Need for New Facilities and a New Identity



Pastor Ron Harden

*Sacramento Region* – While the local economy continues its bleak outlook, there are a few bright spots on the horizon. Enter Trinity Life Bible College (TLBC), operating successfully for over 35 years; having experienced 78% enrollment increase in the past two years and has announced its well-planned growth strategy for the future—new name, new home, new programs for an interdenominational student population from around the world.

TLBC has unveiled its new name, EPIC Bible College, through a multi-week campaign designed to inform the students, faculty, community business leaders and large donor base of the college’s wide-ranging plans for the future. Among the most

respected higher education institutions in the region, the school ranks within the top 10 U.S. colleges of similar size and degree programs (Federal Government Ranking: Integrated Postsecondary Education Data System-IPEDS). EPIC Bible College offers specific academic programs in education, music, psychology, counseling and Christian ministry.

The new campus center for EPIC Bible College will provide for large, state-of-the-art classrooms, library, resource center, chapels and administrative and student services offices, thus allowing the college to continue its current programs and expand to include online, graduate and doctoral degree programs in the immediate future.

Students are offered accredited degree programs taught by faculty comprised of Masters and Doctoral level professors with an equal blend of life experience and professional skills. In an effort to make a college education available to a wide range of students from teens to mature and senior populations, EPIC Bible College provides a flexible class schedule as well as valuable financial aid and scholarship programs. Its impressive quest for academic excellence has helped the college place hundreds of graduates in leadership positions in over 32 countries around the globe—assisting a worldwide population struggling to achieve basic human needs in the 21st Century.

Not only has the college topped it’s enrollment forecasts, but it has seen a 29% increase in its current fiscal year operating

budget as well, upwards of \$1.5 million annually.

“Our students are like family and they deserve the best education possible. Our expansion and development of the new Sacramento Valley campus will allow us to do just that,” said Dr. Ronald W. Harden DD, president and CEO of EPIC Bible College. “We are reaching out to the community in an effort to gain their support and aid in the acquisition of enough land and space to continue growing into the next decade,” he stated.

The diverse and welcoming atmosphere of EPIC Bible College (formerly TLBC) encourages students to make a difference in the communities they serve by modeling service projects benefiting organizations including WEAVE, Union Gospel Mission, Coats For Kids, and The Binky Patrol. The college continues to experience success and growth at a time when business and the economy continue to struggle, demonstrating the importance of an integrated education in life skills, faith and professional service.

“‘Epic’ describes our new journey as well as our new name and we’re confident that community support will help us to achieve our vision in the year ahead,” stated Dr. Harden.

*To learn more about admission, scholarship and giving opportunities, please contact Dr. Ronald W. Harden, Epic Bible College, 916-348-4689.*

## Fair Oaks Golf Tourney Offers \$5,000 Prize

*Fair Oaks* – If you’re even a casual golfer, be sure to sign up today for the 19th annual Fair Oaks Chamber Golf Tournament! The fun event will be held Friday, August 20 and feature a four person scramble, a shotgun start at 8 a.m. and be held at the popular Mather Golf Course. The tournament concludes around 12:30 p.m. for a trip lunch and awards ceremony.

Additional highlights include a large raffle and a Hole-In-One contest for \$5000! Player pricing is at \$105 for

members with Foursomes starting at just \$350. Entry fees cover green fees, cart, lunch, games, tee prizes, and more! You could win \$5000 in the Ships and Trips Hole-in-One Challenge!

A portion of the proceeds for the tournament goes towards the Mac Huss Memorial Scholarship, which is given to college-bound local high school golfers each year in memory of Mac Huss. Mac Huss was an avid golfer, president of the Fair Oaks Chamber of Commerce in 1979 and president of

Fair Oaks Rotary in 1983. .

For more information you can visit <http://www.fairoakschamber.com> and click on the link for the Fair Oaks Golf Tournament to download the registration form or pay online by credit card. If you have any questions, or want to be sponsor, please call the tournament Chair, Kammy Burleson at 916-436-1638 or the Fair Oaks Chamber at 916-967-2903.



## SELF-HELP FOR SMARTIES

You diet. You fail. No matter how many times you try, it turns out the same. Your love life is in the toilet. Let’s not even talk about your career and your kids! But now there is something you can do about it. Enter Dr. Irwin Gootnick, a prominent psychiatrist for over forty years, Associate Clinical Professor of Psychiatry at the University of California Medical Center of San Francisco. He’s even been on Oprah with his last book. But now comes the solution to all your problems “Self-Help for Smarties.” And you know who’s at fault? Mom and Dad did it! The good Doc has been helping people understand why they keep seeing their parents in themselves. He says the root of our unhealthy behaviors boils down to three basic behavioral sources:

Accommodation, Rebellion, and

# POPPOFF!

with Mary Jane Popp

Mimicking. For example, you wonder why you are fat:

1) Accommodation: You are overweight in order to not hurt or threaten your parent or sibling. Example. Your family might be competitive with you about looks. They are insecure about their attractiveness and weight and are jealous of those who are attractive. So you sabotage yourself to please them.

2) Rebellion: You rebel against your parent’s hurtful expectations of you. You hope the parent will get the message and change his or her behavior. Example. Your parent is obsessed with thinness and your weight and eating habits. You rebel against the pressure of these demands imposed upon you by overeating.

3) Mimicking Their Deficiencies: You feel it’s wrong to be better off in attractiveness and normal weight than they are (especially if you feel that you had something to do with their plight). Example. You believe that their problem with weight resulted from your being a burden to them. Therefore, you feel that you don’t deserve to be better off than they, and you remain fat.

Are you a lover or a fighter? It’s

Mom’s and Dad’s fault if our relationships fail:

1) Accommodator avoids a close relationship in order to not hurt or threaten a parent or sibling. i.e. rejected and burdened by your desire for closeness, you stay distant from other people.

2) Rebel avoids closeness to rebel against a parent’s or sibling’s damaging expectations of you. You hope to send a message that changes his or her behavior, i.e., your parent was overly moralistic and critical of sex.

3) Mimicker copies his or her flawed relationship in order to not be better off than him or her, especially if you think you were responsible for his or her plight, i.e., your parent has had many affairs, you follow suit.

Whether your problem lies in your health, wealth, relationships or, of course, parenting itself, Dr Gootnick reveals the root of the problem and stresses comprehension of the source, rather than easy steps and quick fixes.

Each reaction shapes your future differently. You can find out how in “Self Help for Smarties.” It’s about time we smarten up about our lives.

*Join Mary Jane for the KAHN Noon News Monday–Friday and then again for POPPOFF 10 PM–Midnight.*

## The New Disability Plan for the Rest of Us



Al Canton

So why don’t more people have disability insurance (DI)? Simple. California is a SDI (state disability insurance) state and everyone (and their dog) believes that this will “cover” them. Well, it won’t. It pays a small fraction of your wages up to one year. Big deal.

Do you know who buys DI? Someone who has seen a friend, parent, relative, or co-worker lose everything because of a massive heart attack or stroke that kept them out of work for 36 months.

Let’s talk about heart disease for a second. According to the American Heart Association, about 1.2 million Americans suffered a first or recurrent coronary attack in 2007 and studies shows that 61% of those that have experienced, or had a spouse experience, a critical illness such as a heart attack encountered unanticipated expenses. (Gee, ya think? Not exactly rocket science to figure that out!)

The bottom line is this: The prevalence of ailments like heart disease, cancer, major organ transplants and kidney disease, coupled with high survival rates, underscore the value of critical illness insurance. But I find that many families aren’t aware of this important safety net.

Well, here are six questions to spark some thought about protecting your family nest-egg.

1) If I have a heart attack, stroke, cancer or other major illness, how would I pay for

extra expenses that aren’t covered by my medical insurance?

Money (tax free too!) from critical illness insurance, given as a lump-sum amount when someone is diagnosed with a serious illness such as a heart attack, can be used at the policyholder’s discretion and provide needed protection.

Critical illness insurance can be used to pay for out-of-pocket recovery expenses such as medical deductibles and co-payments, out-of-network costs, experimental and complementary alternative medicine and even medical tourism.

2) Who would watch my children if I am recovering from an illness?

The lump sum that you receive from a critical illness insurance policy can help you to pay a friend, family member, daycare center or nanny to help you with the extra childcare that you and/or your spouse may need while focused on recovery.

3) Who would pay my spouse if he/she takes time off from work to help me when I am ill?

People often underestimate the loss of a family member’s income caused by time off from work and travel to treatment centers. The money from a critical illness policy can be used without restriction. You can use the money to help pay a family member for time off from work, or to take a much needed vacation to reduce your stress and improve your health.

4) What should I look for in a policy designed to protect me when I am ill?

With critical illness policies some of the questions that you should ask your benefits advisor or insurance professional include: 1) What illnesses does this policy cover? 2) What happens if I get sick again after I already make a claim on my policy? 3) What happens if I am hospitalized due to an illness that is not covered on my policy?

It is important to note that new types of group critical illness insurance can provide additional coverage for hospital stays without regard to a particular illness.

Previous versions of critical illness insurance covering hospital stays only covered very specific illnesses.

5) Do I need critical illness insurance if I already have disability, long-term care and/or medical insurance?

This decision is based on your personal goals, finances and circumstances. Often a combination of these products can be helpful. Traditionally, medical plans pay for treatments outlined in a plan contract, but often do not pay for many of the expenses related to recovery. Long-term care insurance pays a benefit if you lose the ability to independently manage a few of your activities of daily living—e.g. eating, bathing, toileting, walking and dressing. After a waiting period, disability insurance replaces a portion of your income if you can’t work due to injury or illness. With a critical illness policy, you receive a lump sum of money a short time after being diagnosed with a major illness. Most policies allow you to use the money as you choose.

6) What can I do now to take better care of myself and reduce the odds of suffering from a heart attack?

Many critical illness policies have wellness benefits to encourage members to receive the care they need to prevent or reduce the odds of a heart attack or other major illness. If you quit smoking and make exercise and healthy eating habits a permanent part of your lifestyle, you will reap the benefits of improved overall health.

I’ll leave you with this thought. You have a heart attack and are “down” for six months. Would you rather receive a get-well card from me... or a check? If I brought you a paper to sign in order to have \$100,000 wired to your bank account... would that help a bit?

*Al Canton helps people with their finances so that they don’t have to eat cat food three times a week in their “golden” years. His agency provides health, life, disability coverage and private pension plans via fixed annuities. 916-962-9296 [www.ancins.com](http://www.ancins.com).*



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Gold: from page 1

The shops are there for someone who bought Krugerrands, Sovereigns or a bag of 1964 quarters twenty-five years ago and is ready to sell or trade up, or both. Many do it because they don't trust banks, don't believe in government declared (fiat) or market valued currency and they want something, no matter how small, in case of natural or man-made disaster (Bernie Madoff, Congressman Barney Frank, Senator Christopher Dodd, Al Qaida, China, North Korea, banking collapses). Equally as important, Americans expect minimal government involvement in their lives, how they live, what they own and what they do with it. It's a Constitutional guarantee. We're Americans. It's ours. We're free to have that freedom, or we ought to be. Or maybe we used to be.

**Resistance**

When Republican Congressional staff members, citizens and lawyers digging through that mountain of paper pulled out the toxic nugget that's Section 9006, Congressman Dan Lungren understood it would wipe out the people in an industry mostly run by mom and pop, partnerships or a single person – and not only coin shops, but all small business. Lungren understood its intent. It would eventually separate small-capital citizens like you and me from value-metal ownership, and burden every small business in ways not imagined.

Section 9006 is an easy-to-follow path to confiscation, and an end to private ownership of gold and silver—and a holocaust on small business everywhere in all categories. Lungren organized opposition to the section and introduced H.R. 5141 to strip it from the bill. At this writing there are 169 co-sponsors supporting his attempt to repeal the section. There's a similar bill in the Senate that parallels Lungren's counterattack. But Lungren needs far more than 169 Congress members to cut out this tumor of malignant

government. The real question is why isn't support for Lungren's action unanimous among Republicans in the House and Senate? And where are the Blue Dog Democrats, or whatever color they are this month, and the moderate, fiscally responsible Democrats, if there are any?

**Finally**

If government can prevent you from owning gold or silver for hoarding and investing, if it can confiscate the little pieces of history people collect, the gold Walking Liberty's and double-eagles; Greek and Roman silver coins; silver dollars and 1964 quarters, what's to stop it from taking your Confederate paper currency, Japan occupation money, Weimar Republic "one-side" currency and two-dollar silver certificates? They have collector value. It will take away proof of history, and take away the truth. You'll know only what they want you to know, and own only what they let you have. If government can do that, it owns you.

**A Soldier on the Firing Line**

Sal Santoro, owner of Gold Rush Coins & Jewelry at Sunrise and Madison, has the strong look of an urban adventurer and appears to be leaning hard against 40. He's collected, traded and hoarded coins almost from the time he was a toddler. Evolution made him a coin dealer. When asked about the problem of currency versus metals he said, "The first problem was going off the gold standard completely. Today everybody knows the dollar's not backed by anything, except that people still accept it and will trade it. Every day people greatly fear inflation. They know it's coming, but with so many people out of work it's being kept in check. We're in deflation. No one's spending, and that keeps inflation in check. Getting back to normal's going to be hard, if there is a normal. No one knows what normal's going to be." Perched on his chair behind the counter he says, "You see, the value of gold, silver, platinum and copper

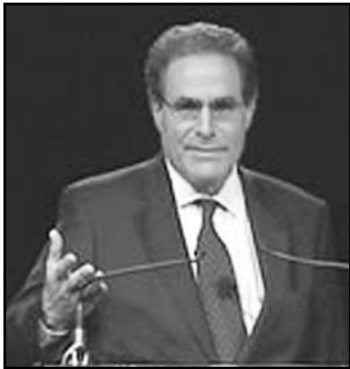
is constant. Oddly, gold and silver's worth nothing." He chuckled. "Gold and silver tell you what the dollar isn't worth compared to an ounce of either metal. The problem America has is we're not just broke, we're in debt. America has to get out of debt first."

When I asked about the new broader and deeper reach of IRS Form 1099 and the \$600 rule, he turned away for a moment. Speaking quietly but firmly, "it's one thing to report a \$10K or \$20K bulk sale. Everybody should do that. It could be money laundering, drug money, you know, and I won't be a part of that. But \$600 transactions?! Come-on! It means the Federal Government's micro-management of your assets, of everything that's you. That's Aunt Tillie's silver coin collection she wants to pass on to the grandkids. It's the gold and silver Stan the Survivalist needs when civilization collapses, and it's my wife's small investment in our kids' future! That's going after me, you, and everyone around us."

Pointing at one of his glass display cases, "People come in here with a little bit of money and buy little bits of metal once a week or once a month because they understand the dollar's shaky and getting more so. They know there's nothing behind our currency but words. Someday people aren't going to believe authority, and it won't be business as usual. We're not there yet, but everybody should own gold and silver for security, if for no other reason." When asked about confiscation he said, "People won't stand for it. Too much gold and silver's in private hands, and they won't give it up. The government would be lucky to get a fraction. There's too much metal out there."

Sal the coin dealer's right. When it's not business as usual anymore, and things stop working, the only things worth owning are gold and silver. He didn't say anything about lead.

# How the Gov't. Will Control Your Doctor AND YOU



by Richard Amerling, MD

Barack Obama's recess appointment of Dr. Donald Berwick as head of the Center for Medicare and Medicaid Services (CMS) marks a new low in his destructive presidency, and that is saying something!

After forcing the Orwellian Patient Protection and Affordable Care Act (PPACA) onto an unwilling populace and through a reluctant Congress, he installs an elitist who admits to being "in love" with Britain's National Health Service into a position of incredible power without so much as a hearing.

This is an affront to the American people, and to Constitutional government. It also completely confirms our predictions regarding the true nature of ObamaCare. It will be modeled after the NHS with rigid budgets, income redistribution, command-and-control structure, "death panels" (The National Institute for Clinical Excellence, or NICE), and a weighty bureaucracy. Ironically, this comes at a time when the British are struggling with the bureaucratic morass of the NHS authority.

How does Dr. Berwick hope to control the billions of decisions made by practicing physicians every day? Daniel Henniger, in his Wonder Land column, has some revealing, and frightening, quotations:

"The unaided human mind, and the acts of the individual, cannot assure excellence. Health care is a system, and its performance is a systemic property."

"I would place a commitment to excellence—standardization to the best-known method—above clinician autonomy as a rule for care."

"Young doctors and nurses should emerge from training understanding the values of standardization and the risks of too great an emphasis on individual autonomy."

The mechanisms for this are already in place. A central board, our version of the

NICE, was already legislated into existence by the stimulus bill. Payment-for-performance (P4P) is already being used in certain areas to enforce compliance with clinical practice guidelines. Language in PPACA gives the secretary of Health and Human Services (which oversees CMS) to bar from participation doctors who do not comply with certain quality standards, i.e. conform to guidelines. Physicians are currently being bribed by CMS to purchase electronic health records, which will be used to insert algorithms to "guide" the physician to the "correct" plan of care. Where do practice guidelines come from?

Practice guidelines are a recent fad and have proliferated to cover virtually all areas of medicine. They are funded either by government, insurance and pharmaceutical cartels, or medical organizations such as the American Medical Association. While billed as "evidence-based," for the most part they are consensus opinions of a panel of "experts." These experts invariably have extensive financial ties to industry. This may explain why practice guidelines are almost always biased towards greater levels of drug treatment targeting ever-wider patient populations.

Guidelines are sluggishly produced and often superseded by new information when finally published. As an example, tight control of blood sugar has been pushed by guidelines for Type II diabetes for years. Four studies published in 2008 showed either no benefit or increased death rates with this approach. Guidelines discourage innovative thinking and encourage the "one-size-fits-all" approach so loved by Dr. Berwick. If practice guidelines were in existence in the 18th century, bloodletting might still be the standard of care!

The problem with trying to implement guidelines as public policy is that we are all unique individuals and individual differences really do matter. Only a personal physician has the local knowledge of the patient that permits tailoring of treatment for maximum benefit at lowest risk.

Central control of medical care, which is the predictable endpoint of

centralized payment for care, will wreak havoc on the medical profession and harm thousands, if not millions, of patients. Since PPACA effectively nationalizes the private health insurance industry, the Berwick appointment affects everyone.

Patients need to seize control of their medical destinies by setting up Health Savings Accounts and paying for their medical care themselves. Seniors should strongly consider opting out of Medicare Part B. For doctors, it has never been more urgent to sign the Physicians' Declaration of Independence and sever third party relationships. The future of an independent medical profession is at stake.

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

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

*Dr. Amerling resides in New York, NY and can be reached at: richard.amerling@gmail.com, 646 637 8546, <http://www.aapsonline.org>.*

## Lungren Announces Summer Town Halls

- 8/11 Wednesday; 7 - 8:30 pm  
La Sierra Community Center – John Smith Hall; 5325 Engle Road. Carmichael, CA 95608
- 8/14 Saturday; 10:30 am - noon  
City of Jackson Civic Center - 33 Broadway, Jackson, CA 95642
- 8/19 Thursday; 7 - 8:30 pm  
Wackford Community and Aquatic Complex – Valley Oak Ballroom; 9014 Bruceville Rd. Elk Grove, CA 95758

Fair Oaks Chamber of Commerce

Fair Oaks Recreation Park District

Fair Oaks Foundation for Leisure and the Arts

Fair Oaks Water District

Seniors Helping Seniors

Fair Oaks Chamber of Commerce, Fair Oaks Foundation of Leisure and Arts, and Fair Oaks Recreation & Park District

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7 - 9 pm	DATE	FEATURING	HOSTED BY
June 10		<b>TODD MORGAN AND THE EMBLEMS</b> ..... Old Time Rock and Roll	Prometric Testing Center (916) 961-7323
June 17		<b>MIMOSA</b> ..... Jazz, Swing & Pop Vocal Entertainment	Woman's Thursday Club of Fair Oaks (916) 967-2024
June 24		<b>PROXY</b> ..... Hits from the 60's to present	Dr. Elizabeth Swan, Optometrist (916) 966-6080
July 1		<b>LINCOLN HIGHWAY</b> ..... Rockabilly/Country Dance Band	The Doggie Divas (916) 534-8653
July 8		<b>THE OLD WEST TRIO</b> ..... Cowboy Ballads, Swing & Yodeling Tunes	Trude Vasquez, Ships and Trips (916) 961-3282
July 15		<b>CATS'N JAMMERS</b> ..... Traditional Dixieland Jazz	Seniors Helping Seniors (916) 372-9640
July 22		<b>AZUAR</b> ..... Rock and Roll	The Fair Oaks Water District (916) 967-5723
July 29		<b>NIGHT TRAIN</b> ..... Swing, Smooth Jazz, Rhythm & Blues	Kathryn Jones , Custom Gardens (916) 962-0696
Aug 5		<b>MOONLIGHT SWING BAND</b> ..... Living History Big Band	Community Sponsor Night
Aug 13		<b>JOHN SKINNER DANCE BAND</b> ..... Popular Dance Music	Carmichael Oaks (916) 944-2323
Aug 19		<b>LIGHTENING HAND</b> ..... Classic and Original Blues Rock	Fair Oaks Recreation & Park District (916) 966-1036
Aug 26		<b>CAPITOL POPS CONCERT BAND</b> ..... Broadway, Popular, Patriotic	The Chateau at Carmichael Park (916) 481-7105

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# Wake Up the Dream in You!



by Reverend Kevin Kitrell Ross

Despite our many imperfections as a nation, the United States of America is still the great incubator for dreams.

Given these challenging economic times, with job loss at an all time high, the real estate market in crisis, and financial institutions tanking, there is one thing that we must preserve at all costs, “The American Dreamer.” Greater than any societal slow down, is the human imagination. What’s required in periods of seeming contraction is an expanded idea of what’s possible. The imagination is one of man’s spiritual faculties that enables him to envision, shape and form new worlds with his thinking. I like to think of the imagination as our own individual “nation of images.” When the imagination is fully activated, man releases his most God-like power – creativity. It is through the creative process that we receive Divine ideas that furnishes us with higher solutions and that contain evolutionary power. Thus, our seeming problems are challenges that comes to assist us in evolving as a people through innovation and the development of more sophisticated ways of functioning. The light bulb, the automobile, the cell phone, the internet, the heart defibulator, and other great innovations advanced society as people allowed themselves to access the limitlessness of their dreams and imagination, rather than the appearances of lack and scarcity.

Within In you, is a dream that can save your life and for that matter, all of our lives. The Master teacher, Jesus is quoted in the lost Gospel of Thomas as saying,” If you bring forth what is within you, what is within you will save you. If you do not bring forth what is within you, what is within you will destroy you.” Right now, more than ever is the time for you to wake up the dream in your heart. Give yourself full permission to dream out loud. Our gifts expressed are God’s way of making entrance into this world to heal, transform and to renew. Let yourself be used to release the magnificent splendor that is your genius. Choose today to be an undefeated dreamer!

*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 information about Christ Unity Church visit [www.christunity.com](http://www.christunity.com) or call 916-368-3950.*

# “In God We Trust” Again Upheld by Federal Appeals Court

- In a 3-0 decision, the United States Court of Appeals for the District of Columbia Circuit in Washington, DC, ruled that the National Motto, “In God We Trust,” is constitutional and does not violate the Establishment Clause of the First Amendment. Quoting the 1970 decision in *Aronow v. United States*, the Court wrote: “It is quite obvious that the national motto and slogan on coinage and currency ‘In God We Trust’ has nothing whatsoever to do with the establishment of religion.”

Judges David B. Sentelle, Karen L. Henderson, and David S. Tatel cited four cases in their succinct ruling. In each case, “In God We Trust” has been upheld against constitutional challenges. One of the precedents cited by the Court of Appeals comes from the 1996 opinion in *Gaylor v. United States*, which says: “[T]he statutes establishing ‘In God We Trust’ as our national motto and providing for its reproduction on United States currency do not violate the Establishment Clause.” The case began when an atheist from Texas, Carlos Kidd, filed suit in the Federal District Court in the District of Columbia. The District Court wrote: “Courts have consistently held that the phrase ‘In God We Trust’ does not violate the Establishment Clause.” Kidd then appealed and lost again.

“In God We Trust” became the National Motto in 1956. Passed during the Cold War, the Congressional Record states: “In these days when imperialistic and materialistic Communism seeks to attack and destroy freedom, it is proper [to] remind all of us of this self-evident truth [that] as long as this country trusts in God, it will prevail.” The phrase appears in the final stanza of The Star-Spangled Banner, written in 1814 by Francis Scott Key, which later became the National Anthem (“And this be our motto: ‘In God is our trust’”). A law in 1865 allowed the motto to be used on coinage. In 1908 most coins were required to carry the motto. The penny and nickel were later included in 1938, and from that time to the present all coins have been required to carry the motto. “In God We Trust” is the National Motto and the State Motto for Florida. It is also the motto for Nicaragua.

Mathew Staver, Founder of Liberty Counsel and Dean of Liberty University School of Law, commented: “The National Motto, ‘In God We Trust,’ is obviously constitutional. The First Amendment was never meant to erase from history references to God or public acknowledgments of God.”

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# God Wants to Give You Peace



by Pastor Ray Dare

Did you know that you can choose to have peace? You don’t have to let things upset you.

You don’t have to be anxious and worried. The Bible gives this promise, “Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. If you do this, you will experience God’s peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus. Philippians 4:6-7 (NLT)

Even if you have things that are upsetting you, take a step of faith and begin to tell God what you need, pray about everything because He cares even about the little things in your life. Then thank Him for working behind the scenes on your behalf.

God not only wants to give you peace, He wants to give you great peace! “Great Peace have they who love your law, and nothing can make them stumble” (Psalm 119:165 NIV). When you love the Word of God, nothing can make you stumble, and you will have great peace. Great peace gives you joy when it doesn’t make sense for you to be happy. It passes understanding. Great peace keeps you stable and strong no matter what may come against you.

Make the decision to focus your attention on God’s Word today and every day. As you discipline yourself in the scriptures, you will hunger more for God’s Word, and that love for His words will naturally develop.

Psalm 119:105 says that His Word is a lamp to our feet and light to our path. That means God’s Word directs us. God’s Word protects us. You can find peace and security in His Word, knowing that He is faithful and your future is sure!

Does your soul need rest today? Then come to the Father. “Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. I will ease and relieve and refresh your soul.” (Matthew 11:28 Amp). Are you overburdened by the cares of this world? Are you facing challenges in your relationships? Finances? Career? The Father wants to refresh you. He wants to give you rest.

Think about that for a moment. What would cause you to rest? If you knew everything was going to work out for your good, would stop worrying? Yes! You would rest! Even if things don’t work out the way you planned or on your timetable, you can trust that God will turn things around in your favor.

*See you Sunday, Pastor Ray  
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# Worship of the King



by Marlys Johnsen Norris

Honoring and Worshipping God is recognizing His magnificence and majesty as Father Creator King, Holy Spirit and Beloved Messiah Savior of the world. Worship is an act of loving respect for the One who is all powerful, yet full of grace and mercy as He deals with the world He created. Worship is not a state of obligation but something one wants to do, acknowledging who He IS, and to nourish the loving personal intimacy one experiences daily with the Almighty.

When an individual knows God and loves Him with their whole heart and soul, pleasing God in all the aspects of their life is the focus of all their decisions.. Talking and praying to God is like a sweet fragrance He enjoys immensely and sent to honor Him. We were created by God for relationship and when it happens the Father rejoices in His heart. One is walking in God’s perfect will for their life.

When we were created in the image of God, possibly “love” actually much had more to do with our creation, than we could ever understand. God’s personal need to have the love returned He gives so freely, describes a nature so much like our selves. The basic need of every single creature on this earth has the need to be loved. The Greek word for love is charis and includes the beauty and wonder of the grace and mercy of God. Grace is a gift of God. Grace provides the unsought and unconditional love of God “providing” what we don’t deserve. The mercy of God “withholds” what we actually do deserve. “For by grace you have been saved through faith and this is not your own doing; it is the gift of God — not the result of works so that no one can boast. For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life” (Ephesians 8-10)

God’s demonstration of unconditional love was sending His Beloved Son to earth to reconcile sinful man back to Himself. We didn’t do anything to deserve this kind of love or Jesus sacrificing His life that paid our sin debt. God is the full essence of “love”. This should prove to every individual the magnanimous love of God. The story and proof of Jesus Resurrection proves His deity. He IS the true Messiah!

Read Biblical accounts in God’s Memoir: Isaiah 53, Psalms, Matthew, Mark, Luke, John, Galatians and Hebrews. 400 years before Christ’s coming everything was prophesied.

*Marlys Johnsen Norris,  
Christian Author  
[Marlys5934@sbcbglobal.net](mailto:Marlys5934@sbcbglobal.net)*

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# Retired Sacramento Probation Officer Dies in Traffic Collision

**CHP Special Report**  
*Sacramento Region* - On July 29, 2010 at 7:08 p.m., Floyd Coleman was driving on westbound I-80 east of Truxel Road at an unknown speed. For unknown reasons, Coleman abruptly turned his vehicle to the left where it struck the center median guard rail. Coleman, who was not wearing

a seatbelt, was ejected through the right front passenger side window and thrown to the ground in the center median area. As the Envoy continued out of control, it rolled halfway over where the right side slid on top of the guardrail for approximately 50 feet. The Envoy came to rest in the center median facing in an easterly direction.

Coleman was a 59-year old retired Sacramento Probation Officer. It is unknown at this time if alcohol and/or drugs or a medical condition is a contributing factor in this collision.  
Remember to always buckle up and don't drink and drive.

# DUI / Drivers Checkpoint Results

**CHPD Special Report**  
*Citrus Heights* - The Citrus Heights Police Department operated a DUI/Drivers License Checkpoint on Saturday, 07-24-10, 7:30 pm to 2:00 am. The checkpoint took place at Auburn Blvd and Greenback Ln.  
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.  
1023 vehicles drove through the checkpoint, 8 vehicles were towed, no drivers were arrested for DUI, 46

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.

# NFIB Supports Veto of SB 1121

*Sacramento Region* - On July 29th, 2010 the National Federation of Independent Business (NFIB)/California released a statement supporting the veto of Senate Bill 1121.  
"Governor Schwarzenegger's veto of SB 1121 saved small farmers in California," said John Kabateck, NFIB/CA Executive Director. "SB 1121 would have put an end to the overtime flexibility necessary for operating a farm. Worst of all it would have imposed a new burden on California farmers at a time when they can least afford

them."  
"Farming is not a 9-to-5 job and employers in this industry need flexibility in order to create jobs. Agriculture is critical to California's economy, so dramatically increasing costs jeopardizes any hope of economic in our state. We commend the Governor for vetoing this small business killing bill."  
NFIB is the nation's leading small business association, with offices in Washington, D.C. and all 50 state capitals. Founded in 1943 as a nonprofit, nonpartisan organization,

NFIB gives small and independent business owners a voice in shaping the public policy issues that affect their business. NFIB's powerful network of grassroots activists send their views directly to state and federal lawmakers through our unique member-only ballot, thus playing a critical role in supporting America's free enterprise system. NFIB's mission is to promote and protect the right of our members to own, operate and grow their businesses. More information about NFIB is available online at [www.NFIB.com/newsroom](http://www.NFIB.com/newsroom).



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# Veterans Employment Assistance Program

*Sacramento Region* - The Sacramento Veterans Resource Center provides transitional housing, employment services, vocational rehabilitation, and behavioral health treatment services. The center has a fully accessible, state of the art resource room equipped with computers, internet, printers, fax machine, phone usage, and job postings for attainment of employment. Additional services include resume and interview preparation.

The target population of the Veterans Employment Assistance Program (VEAP) grant is recently returned unemployed veterans returning from the conflicts in Iraq and Afghanistan. The needs of veterans include extensive career assessment testing, vocational training, including specific training to align skills learned in the military with competitive industry standards, job search assistance targeting translating military skills into civilian language and targeting specific

employers and sectors for job search for job search, and wellness assistance to reduce isolation, improve success in non-military employment and deal with any post-traumatic stress and/or health issues.

For immediate assistance, please call the SVRC at 916-393-8387. The Sacramento Resource Center is a 501c (3) non-profit organization dedicated to serving veterans within the local community.

# Citrus Heights Historical Society Needs Photos

*Citrus Heights* - The Citrus Heights Historical Society is working with Arcadia Publishing to produce a book on Citrus Heights. It will be part of Arcadia's popular Images of America series. These books rely heavily on historic photographs of all kinds: group, church, and family activities; construction; celebrations; development; roads;

transportation; structures (including interior shots, gas stations, business ventures, etc.); agriculture; landscaping; sports; parks; education; youth activities; the war years, volunteer organizations and clubs; old family portraits and combinations of any and all of these categories. Printed advertisements are also of interest. The years we are looking for

are 1850-1970s.

If you have any photos or printed materials that you would like to share please contact James Van Maren at (916) 961-8848 or vmranch@comcast.net.

Any and all proceeds from the publication will benefit the Citrus Heights Historical Society.

# Family Films



by David Dickstein

**Nanny McPhee Returns**  
**Opens Aug. 20, rated PG**  
[nannymcpee.com](http://nannymcpee.com)



Sequels to movies that made only \$50 million at the domestic box office are unusual, but that hasn't Emma Thompson from reprising her role as the homely, yet effective nanny who knocks sense into misbehaving children through discipline and magic. The 2005 original was a delight, so thinking good thoughts with the sequel, which was renamed (from the clunky "Nanny McPhee and the Big Bang") and moved from a March release. Maggie Gyllenhaal and Ralph Fiennes co-star.

**Step it Up 3D**  
**Opens July 16, rated PG-13**  
[www.facebook.com/stepupmovie](http://www.facebook.com/stepupmovie)

The modestly successful film franchise moves from the mean streets of Baltimore to the even meaner streets of New York, and offers up fresh faces and dancing feet in 3-D for the first time. A tight-knit group of street dancers, including the ultra-cool Luke (Rick Malambri), take on the world's best hip hop dancers in a high-stakes showdown that will—let's say it together—change their lives forever!

**Tales from Earthsea**  
**Opens Aug. 13, rated G**  
[www.ghibli.jp/ged](http://www.ghibli.jp/ged) (Japanese)

A young prince encounters wizards, witches and dragons on a journey of self-discovery in this animated Japanese film from the son of celebrated director Hayao Miyazaki ("Spirited Away"). The 2006 movie has played throughout the world, but not the U.S. until now. Based on generally negative reviews by Western critics at the Venice Film Festival 5 years ago, seems we haven't been missing out.

**Family DVDs**

**Diary of a Wimpy Kid** (ages 6-15, Aug. 3, rated PG): More than just a series of sight gags and one-liners is this surprisingly earnest comedy that chronicles the scariest time of Greg Heffley's life: middle school. You'll laugh, wince and sympathize with every bully beat down and awkward social moment. Grade: A-



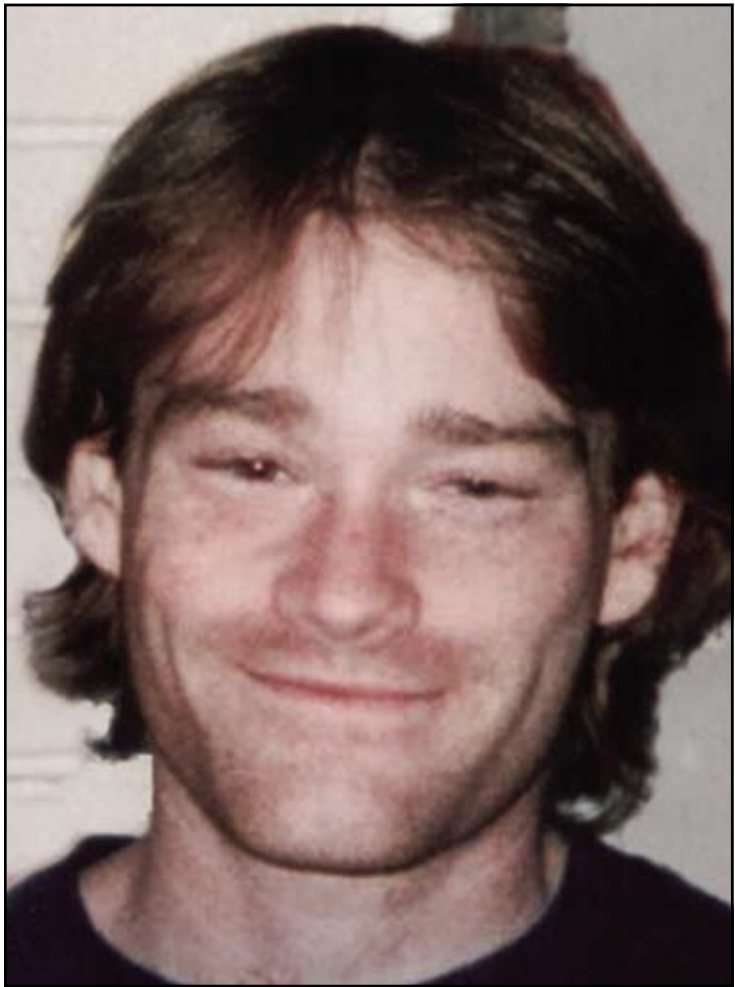
**The Last Song** (ages 10-16, Aug. 17, rated PG): Teenaged girls wanting a good cry will likely enjoy this adaptation of a Nicholas Sparks romance that shows off the dramatic chops of Miley Cyrus. Alas, those chops are, well, choppy, but coming to the rescue is the ever-reliable Greg Kinnear as her divorced father with whom his kids spend an eventful coastal Georgia summer. Grade: B-



**To Save a Life** (ages 12 -18, Aug. 3, PG-13): Teen suicide and other heady high school issues are dealt with in this inspirational, Christian-slanted film. While the intended message is that accepting and loving Jesus Christ is the correct path to righteous behavior, the movie can be enriching for teens of all religions. Grade: A-

**Tom and Jerry Meet Sherlock Holmes** (ages 4-10, Aug. 24, not rated): The cartoon world's longest-running cat and mouse game has two new players as Sherlock Homes and Dr. Watson join in a jewel thief caper. The new feature-length movie includes "How to Draw Tom and Jerry" as a DVD bonus. Grade: B

## Blaine Canfield, July 20, 1974 - July 26, 2010



**Blaine Canfield passes away on July 26, 2010.**

This is our story of a loving, haunted son, who has now passed on. We wish to share his story with other young, lost people and their families and friends. Even a life that was an unending vale of tears has meaning, which we offer as a lesson to others haunted by mental illness and substance abuse.

Our son Blaine Canfield, born Roger Blaine Canfield III in Alexandria, Virginia on July 20, 1974 died at the age of 36 in Fair Oaks on July 26, 2010. Dearly beloved by his family, he was an honest laborer, a landscaper and computer technician. He attended Melvin Smith and graduated from Almond Hill School. He married Jennifer Ann Marie Caporale on June 15, 1999. Blaine was a remarkable human being, man and child, intelligent and talented, a gentle, sensitive and fragile soul whose life was tough, but more meaningful to his family and friends than he ever knew.

Premature and malnourished at birth, he suffered from dyslexia, juvenile diabetes, bipolar disorder and substance abuse. Though "hopelessly" dyslexic, he taught himself to read literature and technical manuals and built and maintained the family's computer network.

At thirteen months he was so sensitive to his mother's moods, he'd say, "There there, Mama," when Noel was upset. At six he welcomed his two-year old

brother, Carlton, as a tagalong. For a time Carlton stuttered, and Blaine told teasing kids "Carlton's so smart his tongue can't keep up with his mind." At 32, Carlton's tongue continues to wag non-stop.

Molested at ten Blaine kept the secret to protect family friendships over his own well being. At 18 his family believed Blaine was a victim of a false accusation and a wrongful conviction for child molestation. Represented by an attorney who never read the case file, he took a plea bargain to an evil deed for which he served his time. He had no other criminal record, yet he was forever marked.

When his little sister, Alicia Brittany Noel, was too terrified to sleep alone he allowed her to sleep on the floor nearby. He taught her about Christopher Columbus and the Indians and how to "wrassle" to protect her from those who might torment her, as some had him for his dyslexia and diabetes. Today at 24 she is afraid of no one and "out lawyers" everyone in any argument, her "Johnnie Cochran routine." Blaine's lifelong friends from elementary school, Brian and Caleb defended Blaine from bullies and rescued him from diabetic episodes of low blood sugar.

Blaine had a tough life from beginning to end, but never intentionally harmed anyone except himself. Suffering from night terrors and severe

insomnia since he was a child, he led a life mostly destructive to himself. Often depressed, he sometimes raged about his circumstances and the unfairness of his diseases and his criminal conviction.

Blaine is finally at peace. He will no longer have to register as a sex offender every year on his birthday. He will no longer be suffering from diabetic shock and seizures or having to take blood tests and insulin shots. He will no longer be ingesting a cocktail of prescription drugs, caffeine and sleeping pills.

He will be buried in the Fair Oaks Cemetery at 11:00 am on August 6, 2010 only yards from where he and his friend Brandon and brother Carlton fished in a nearby pond, and where he gave his sister a pool net to catch tadpoles to make her feel involved when she was too little to fish.

Blaine may no longer be with us, but we see and feel his presence everywhere. In the majestic redwoods Blaine brought in small pots from his grandfather's home (Seven Stones in Skylonda) that now tower over our Fair Oaks garden. The day after Blaine's death, a scrawny, orange tinted cat, not unlike Blaine who was a skinny red-head, scurried among the chaos of the fallen branches of our old black walnut tree. And a butterfly caught inside our home was released outdoors.

He lives on in his surviving younger sister whom he taught to stand up to bullies and he lives on in his tongue-wagging brother. He leaves us the family home computer network and sprinkler system he installed in our garden. He leaves behind good, good friends who never abandoned Blaine in bad times and in bad health.

Since Blaine's death our greatest tears and comfort have come from the kindnesses of family, but most of all in the good words and deeds of friends, colleagues and near strangers. We have received extraordinary expressions of faith from persons we thought nonbelievers.

We especially thank the mental health staff of TCore who tried to save Blaine in his final year of life, and we wish the system had not neglected his injured soul and that of other lost persons.

Blaine is outlived by his father and mother, Roger and Noel and brother and sister, Carlton and Alicia, wife Jennifer and his nephews Jeremiah Blaine and Jacob Alexander. Our loss is great, without closure. Blaine was a devoted son, adored brother and uncle, who will be missed and loved forever. Blaine was a good man who will be remembered as someone who loved plants, swimming, music and life—at least until the end.

In lieu of flowers please contribute to the Innocence Project, NAMI, or the Juvenile Diabetes Foundation.

- Roger, Noel and Alicia Canfield, parents and baby sister.

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Identity theft is one of the fastest growing crimes in the nation. Over 11 million Americans fell victim to the crime in 2009, at a cost of over \$54 billion. (Source: Javelin Strategy & Research. "2010 Identity Fraud Survey Report," February 2010.)

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# Norman is a Big Sweet Baby

# A New Angle in Fair Oaks Village



Norman is just a big baby, who eats six cups of food daily!

Norman is a three-year old English Mastiff and he weighs 216 lbs. Owner Jeff and Tracy Kasik adore this “spoiled rotten” big guy with a huge personality.

Norman gets walked twice a day. Jeff walks him in the morning; Tracy walks him in the evening. Even though he outweighs them, he is gentle to walk and just a big sweet baby. All the neighbors know and love Norman.

family Mazda Tribute SUV by himself. They have to lift up his rump to get him in!

The Mastiff is one of the biggest dogs recognized by the American Kennel Club, the massive Mastiff loves being around people and bonds closely with his “family.” A combination of grandeur and good nature as well as courage and docility, he was bred in England and used as a watchdog for more than two thousand years. The breed’s short coat can be fawn, apricot or brindle.

The Mastiff is a powerful yet gentle and loyal companion, but because of his size and need for space, he is best suited for country or suburban life. The breed requires light and minimal grooming.

Norman is a big Pittsburgh Steelers fan. Jeff and Tracy are organizers for the Sacramento Mastiff Meet-up group.

*Kay Burton is a longtime columnist and supporter of the SSPCA and other rescue groups. To share your family pet story with our readers, email: Kayburton1@comcast.net.*



Paula Sugarman, Chairman FOVEC, Keri Blaskoski, County Neighborhood Services, Tyler Janes, FOVEC Project Coordinator, and Supervisor Roberta MacGlashan celebrate the accomplishments of FOVEC at the on-site reception.

By Tyler Janes, FOVEC

*Fair Oaks* – Given our troubled economic conditions, it is difficult to deliver the basic services for a community, let alone provide for improvements or enhancements. But a group of business and community members have found a way to add charm and a pleasant appearance to the Fair Oaks Village, even in these tight times.

Ask the business owners, residents and patrons of old Fair Oaks and they will tell you they love their little town. But most will let you know that it can improve and get better. By working together and wisely using

the group’s limited and precious resources, the Village’s triangle, where Winding Way intersects with Fair Oaks Blvd., has been made beautiful.

The dollars for plants and landscape materials were provided by Fair Oaks Rotary and a former Honorary Mayor candidate, Angela Talent. Ken Bernhardt, and independent landscape architect, stepped up to layout the project. Old Village Landscaping and its owner Ken Rafferty coordinated the plant selection and landscape crew. Fair Oaks Water District provided in kind help with irrigation while Sacramento County’s Department of Transportation assisted with the effort by guiding it through the permitting process.

A project completion reception was held on site Tuesday evening, July 27th. Supervisor Roberta MacGlashan joined the Village group to acknowledge their hard work and accomplishments. According to Paula Sugarman, Chairperson of the Fair Oaks Village Enhancement Committee (FOVEC), “This is just one of several improvement projects that FOVEC is researching and planning for the Village.” All participants are hopeful that the chickens will not find the improvement so appealing that they want to “fowl” it up!

*Individuals interested in the work of FOVEC should visit their web site at [www.fovec.net](http://www.fovec.net).*

## SPCA Fundraiser “Putting on the Dog”

*Gold River* - Kay Burton’s Bow-Wow Beauties will hit the doggie runway on Saturday, September 18, at 11:00 am, in Gold River next to Hallmarks.

Rick Johnson, SPCA Executive Directive, will be the guest emcee for the event. Anything can happen when a large variety of dogs, all sizes and breeds are dressed in the latest canine fashions. The pet’s performance and raffles highlight the SPCA annual fundraiser. Bel Air Market will be serving hotdogs, chips & sodas for \$2.00. Doglicious Treat Bags will be distributed by Treads “N Treats Pet Supply & Boutique. Western Feed will be giving samples of Pet Foods. Jamba Juice will be passing out cups of their drinks.

Admission is \$5.00, children & doggies free.

Kay Burton originated the

PHOTO COURTESY OF RICK JOHNSON, EXEC. DIRECTOR, SPCA

pet show and fundraiser fifteen years ago. For more details, please call 635-5590 or e-mail Kayburton1@comcast.net.

*Kay Burton is a longtime columnist and supporter of the SPCA and other rescue groups. To share your family pet story with our readers, email: Kayburton1@comcast.net.*

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# River Cats Offer Special Ticket Packages

*Sacramento Region* - The River Cats are offering several special ticket packages for the month of August. These packages are a great value for families looking to end the summer with some fun, affordable entertainment. Included is the opportunity to see Chicago Cubs Hall of Famer and current Iowa Cubs Manager, Ryne Sandberg, the chance to experience the Highway 99 Showdown against the Fresno Grizzlies in a hotly contested playoff race, and several family packs that offer fans exclusive merchandise and meal deals.

**Family Packs: August 14**  
Purchase family packs for the River Cats game on Saturday, August 14 vs. Omaha Royals (Triple-A Affiliate of the Kansas City Royals) and you'll not only get four (4) tickets to the game, but four (4) food vouchers (each voucher good for (1) hot dog, (1) soda, (1) chip, (1) fudge bar), four (4) tickets to Fairytale Town and four (4) tickets to the Sacramento Zoo! Family Pack pricing starts at just \$56 for four (4) people for lawn seating. Additional ticket

levels are available.

**Back 2 School Package: August 15**  
The River Cats host the Omaha Royals (Triple-A Affiliate of the Kansas City Royals) on Sunday, August 15 at 1:05 p.m. and fans can purchase a Back 2 School Package for as little as \$79 for Delta Box seats. Additional ticket levels are available. Package includes: Four (4) tickets (additional tickets may be purchased), four (4) food vouchers (each voucher good for (1) hot dog, (1) soda, (1) chip or veggies) and four (4) River Cats spiral

notebooks. In addition, package purchasers can play catch on the field postgame!

**Ryne Sandberg Package: August 17-20**  
The River Cats host the Iowa Cubs (Triple-A Affiliate of the Chicago Cubs) August 17-20. Come see Raley Field transformed into Wrigley Field with a special \$23 ticket package available for any game in the series which includes a Gold Rush seat and a special Ryne Sandberg T-shirt. Fans purchasing the package will also be entered to win the opportunity to sing "Take Me out to the Ball Game" from the suite level for each game of the series, just like Harry Caray!

**Summer of '69 Package: August 18**  
For just \$69 fans purchasing the Summer of '69 Package will get four (4) Gold Rush tickets and four (4) limited edition River Cats tie-dyed T-shirts. In addition, the first 2,500 fans entering the ballpark on August 18 will receive a River Cats classic toy.

**Highway 99 Showdown Special Ticket Offer: August 25-29**  
Experience the excitement of the Highway 99 Showdown and the PCL Playoff race! Fans who purchase tickets for two games of the Fresno series, will receive a ticket for a third game for FREE during the five-game series with the Fresno Grizzlies (Triple-A Affiliate of the San Francisco Giants) August 25-29!

For more information visit [www.rivercats.com](http://www.rivercats.com) or call (916) 376-4676. Ticket packages are available for purchase at the Raley Field Ticket Office or ticketmaster.com.

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[rivercats.com/familypacks](http://rivercats.com/familypacks)

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