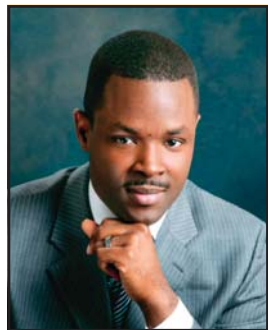


# AMERICAN RIVER

## M E S S E N G E R



**You Are  
Designed to  
Shine!**

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**Father and son  
are "winners"  
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**"A Lion Sleeps  
Tonight" -  
Sen. Dave Cox  
passes at  
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Volume 5 Issue 14

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

Second Edition for July 2010

## The County Budget: Why I voted "No"



Roberta MacGlashen

Commentary  
by Roberta MacGlashen

As many are already aware, Sacramento County is in the midst of resolving significant fiscal issues. Recently, the Board of Supervisors made the difficult but necessary decision to cut over \$100 million in spending from the Fiscal Year 2010-2011 budget. The cuts were not easy, but they were necessary to balance the budget and put the County on a more prudent fiscal path going forward.

However, as the budget hearings approached, it became clear that the cuts were not being prioritized in the proper way. As I have stated clearly from Day One as your County Supervisor, law enforcement is my number one priority as an elected official. The cuts proposed by staff that would have cut \$37.6 million from the Sheriff's Department were

unacceptable, and would have resulted in the complete elimination of patrol services in the community.

After talking with Sheriff McGinness and the County Executive, I felt it was necessary to cut \$27.6 million from other areas of the County to ensure an adequate level of law enforcement services to the community.

I took this information, scoured the budget, and came up with a plan to restore \$27.6 million to the Sheriff's Department. I was also working to identify funds to make restorations to the Probation Department and the District Attorney.

Unfortunately, I was unable to get support for my proposal from a majority of the Board of Supervisors.

Fortunately, though, a majority of the Board did support restoring \$17.8 million to the Sheriff's Department, \$3 million to Probation, and \$1.5 million to the District Attorney. These restorations are significant, and I do support the benefit that they will have for the community.

However, I simply felt that the budget failed to deal adequately with the need to prioritize our expenditures. While the decisions would have been difficult, I felt that this was the time to draw a line in the sand. For example, over \$150,000 is being spent to provide cultural arts awards through the County. While this is not an unworthy

goal for the County, I feel it is an inappropriate allocation when critical public safety services are being eliminated.

I also felt that not enough was being done to control costs in the Public Defender's office, and to ensure that those receiving legal services at taxpayer expense were truly unable to afford their own legal counsel.

While the restorations to the Sheriff were significant and critical to preserving safety in the community, and while I voted in support of these restorations, when it came to the budget as a whole, I felt it necessary to oppose the budget for the reasons stated above. These are difficult times that require public officials to prioritize spending and give the community the peace of mind to invest in the community, engage in commerce, and work to improve their own lives.

As the County moves into the next fiscal year, I hope you will attend my monthly community meetings to keep up to speed on any new information that becomes available. We meet in Orangevale on the first Friday of each month at Annie's on Greenback Lane, and in Fair Oaks on the third Wednesday at Dianda's in the Fair Oaks Village. While we take the month of July off for the summer recess, we will be back in August and will hear a presentation from Child Protective Services on their recent efforts to improve the agency's efficiencies and effectiveness. I

## Unsecured Property Taxes Due August 31



**Sacramento Region** — Annual bills for Sacramento County unsecured property taxes for fiscal year 2010-2011 will be mailed in mid-July and are payable without delinquent penalties through August 31, 2010.

Unsecured property tax bills are mailed to all owners of unsecured property in July of each year. If you owned unsecured property in Sacramento County, such as a boat or aircraft, or if you leased or owned fixtures and equipment related to a business on January 1, 2010, and do not receive a tax bill by August 15, 2010, please contact the Sacramento County

Tax Collector's Unsecured Property Tax Unit at (916) 874-7833, between the hours of 9:00 a.m. and 4:00 p.m., Monday through Friday excluding holidays.

**NONRECEIPT OF A TAX BILL DOES NOT EXCUSE DELINQUENCY OR ALLOW THE TAX COLLECTOR TO CANCEL PENALTIES OR COLLECTION COSTS.**

Tax bills become delinquent if not paid in the Tax Collector's Office by 5:00 p.m. on August 31, 2010, or received by mail bearing a postmark of August 31, 2010.

If the tax bill is not paid by the delinquency date, a 10%

penalty and collection cost will be added. Department of Motor Vehicles (DMV) registration may be withheld on boats if unsecured property taxes are reported delinquent. If a tax bill remains unpaid after October 31, 2010, additional collection costs and monthly penalties at the rate of 1.5% will be added to the base tax.

Payments may be made by mail or in person at the Tax Collector's Office at 700 "H" Street, Room

1710, Sacramento, CA 95814, between the hours of 8:00 a.m. and 5:00 p.m., Monday through Friday, holidays excluded.

## Rescued Animals Showing Signs of New Life at SPCA

**Sacramento Region** — The Sacramento SPCA is pleased to report that nearly 200 animals rescued from an overcrowded property in Kern County recently are progressing nicely - getting the medical treatment and attention they need and being placed up for adoption as they are ready.

The first group of dogs, several of the cats, the rabbits and other small animals were placed up for adoption at the SPCA over the weekend, and more animals are being made available each day. Interested adopters are encouraged to visit the Sacramento SPCA during normal business hours, and to check back daily, as more dogs are being made available each day.

The animals, primarily small dogs, were rescued from an organization called Chihuahua Rescue in Tehachapi, CA. The Humane Society of the United States (HSUS) removed the animals recently after Chihuahua Rescue's director was evicted from the property.

When HSUS rescuers arrived on the scene in Kern County, they found a large number of dogs living in a crowded home. There were additional dogs and other animals living in an adjacent barn. In all, rescuers found more than 150 dogs, 18 cats, 10 chickens, as well as several rabbits and other small animals living on the property.

The Sacramento SPCA was selected to receive, treat and place the animals because of

the SPCA's unique track-record of finding adoptive homes for dogs, particularly small dogs, from over-crowded shelters throughout California.

The SPCA, an independent, local non-profit, is seeking donations of newspapers, blankets, towels, financial contributions to help with the care of the animals and, most importantly, more than 100 caring people ready to provide adoptive homes to the rescued animals. The SPCA is located at 6201 Florin Perkins Road in Sacramento. The shelter is open Tuesday - Sunday from 11 am - 6 pm. For more information on the SPCA visit [www.sspca.org](http://www.sspca.org).

## Foster Youth Attend Intel's Annual Kid to Work Day

**Sacramento Region** — One thousand seven hundred students attended Intel's annual Kid to Work Day in Folsom on June 22, including 28 foster youth from Koinonia Family Services, a United Way certified partner agency. The youth attended the event as part of United Way's Women in Philanthropy group that provides opportunities that prepare foster youth for emancipation.

"Women in Philanthropy is a dynamic group of women dedicated to making a difference in the lives of local foster youth," said Steve Heath, president and CEO, United Way California Capital Region. "Too often foster youth leave the system without the skills to live on their own and be independent. Thanks to Intel's Kid to Work Day and Women in Philanthropy, these kids are learning that there is a world of possibilities, and they can be successful."

Each year, Intel, United Way's largest corporate donor, opens the Folsom campus to students ages 8-18. This year, 300 Intel volunteers led 19 interactive workshops that featured activities such as Vex Robotics and Chip Design with Play-Doh. Intel's goal is to inspire the next generation of innovators by introducing a hands-on discovery approach to math, science and technology. Kid to



**An Intel employee demonstrates how a Moon Bounce Ball works as part of Intel's annual Kid to Work Day.**

Work Day helps students form a link between what they learn in school and how it applies to the real world.

"Kid to Work Day was very inspirational and encouraged me to pursue my dreams," said one foster youth. "It was really interesting to learn that there are so many varieties of careers in the technology field. I really enjoyed it."

United Way California Capital Region is the region's leading provider of innovative solutions on the community's most pressing issues, including high school graduation rates,

household financial stability and obesity. Working with other nonprofits, businesses, donors and volunteers, United Way provides positive, measurable results on vital health and human services issues. Through new and traditional fundraising and mobilization programs, community members can give, volunteer and advocate in support of the causes they care most about, benefiting United Way and hundreds of nonprofits in Amador, El Dorado, Placer, Sacramento and Yolo counties. United Way is an independent, local affiliate of United Way Worldwide. For more information, visit [www.yourlocalunitedway.org](http://www.yourlocalunitedway.org).

*Koinonia Family Services is a foster and adoption agency with more than 25 years of experience throughout California and Nevada. With more than 80,000 children waiting for good foster and adoptive homes, the group's mission is to provide the highest quality treatment foster care, adoption and family service programs available for children, youth and their families whose special needs can be met through services delivered, supervised and supported by professional agency staff. For more information, visit [www.kfh.org](http://www.kfh.org).*



# Pass the Suntan Lotion



Jon Coupal

by Jon Coupal,  
Howard Jarvis Taxpayers Association

While many Californians are taking a summer vacation, few would do so if it meant leaving a mission critical task undone or, worse, violated the law. But that is what California legislators are doing right now. The Legislature is on its summer break -- although in an effort to improve their image, Senate leader Darrell Steinberg tells his flock to be available within 24 hours notice, if needed.

While the Legislature has missed the constitutional deadline to pass the annual budget and the state faces a \$20 billion budget shortfall, lawmakers are adopting the attitude of “Ho-hum, just another deficit,” and most have fled Sacramento to work on their tan or their reelection.

In a way, we can’t blame them. They’ve already been told by their leaders that they might as well stay home. Assembly Speaker John Perez sent what was supposed to be a confidential memo to Democratic members ordering them not to negotiate on the budget. Said Perez, “it is critical that the Democrats hold firm and not engage in any negotiation until the governor shows signs of reciprocation.”

Perez objects to the governor’s budget which reflects a substantial reduction in spending. However, there is a problem with his logic and approach. The governor’s budget plan is, in reality, just a proposal. It is the job of the Legislature to respond. If there is disagreement, lawmakers can, and should, make a counter proposal. By abrogating

the responsibility to negotiate, Perez injures all Californians.

The failure to pass a budget and deal with the deficit is not a theoretical problem. It means real pain for real people. Because of the Legislature’s inaction, the governor has been compelled to order pay for state employees to be reduced to minimum wage. While many are critical of a system that has made California government workers the highest paid in all 50 states, few would argue that the majority of state workers deserve no more than the minimum wage. Also, those in the private sector, who, in good faith, provide products and services to the state, deserve to be paid with real money, not IOUs.

Then there are the vulnerable in our society who are dependent on government programs. Don’t they deserve to know how they will be treated in this era of declining government revenues? And, of course, there are the taxpayers -- usually the last group to receive respect from Sacramento -- already bent nearly double under the burden of high taxes, who want to know what kind of additional punishment may be dished out by lawmakers who do not understand that declining state revenues are the direct result of the declining incomes of those who pay the state’s bills.

Working on and passing the budget is the Legislature’s most important responsibility. Trying to balance the needs and desires of 38 million residents is not always easy, but Californians expect no less than earnest effort.

There are no excuses. Members of the Senate and Assembly volunteer for these jobs and they are well compensated with high pay and benefits. The midst of a budget crisis is never the appropriate time for vacation.

*Jon Coupal is president of the Howard Jarvis Taxpayers Association – California’s largest grass-roots taxpayer organization dedicated to the protection of Proposition 13 and the advancement of taxpayers’ rights.*

# Financial Overhaul Misses The Mark



Congressman Dan Lungren

*Congressman Dan Lungren (R-Gold River-CA) released the following statement after his vote against the Conference Report on the Financial Regulation legislation today. The bill is a tragic missed opportunity to take meaningful action to stabilize our financial system and to prevent another financial catastrophe in the future.*

“First and foremost, the Conference Report should be noted for what it does not include. The Failure to address the problem of Fannie Mae and Freddie Mac is best described by former Clinton Administration SEC Commissioner, Arthur Levitt as being “without excuse.” The role played by these government sponsored enterprises in igniting the housing crisis is left unaddressed by this bill. In fact, these enterprises continue to be the beneficiaries of an ongoing federal bail-out. The federal government has already injected over \$145 billion of taxpayers money into these two companies and the Congressional Budget Office estimates that the ultimate cost could continue to rise as high as \$380 billion. The absence of any effort to address this mounting catastrophe is nothing short of a national disgrace.

“To add insult to injury, the financial regulation bill continues the approach to our nation’s largest financial

institutions which led to the financial crisis. Giving the federal government the power to determine which financial institutions present “systemic risks” will further distort the financial system towards the “big banks.” Institutions whose failure would be considered to be a threat to the economy will be deemed to have an implicit federal guarantee while their smaller competitors will not.

“In this regard, the outcome of this legislation may not be so bright for smaller community banks. As Sarah Wallace, chair of the board of directors of First Federal Savings and “Loan Association described the bill: “Creditworthy borrowers will be denied loans as small banks devote more and more energy to regulatory compliance.”

“One of my major concerns with the legislation is that it will create regulatory bottlenecks which will impede lending at a time when our economy is fragile and unemployment in the 3rd Congressional District is in double digits. Mark Zandi has advised both Republican and Democratic policymakers He predicts the bill will reduce credit to business and households by \$80 billion a year.

“Does this sound all too familiar? Unfortunately, the reliance on the political system rather than the discipline of the market place may ultimately distort economic outcomes. Failing financial institutions should face expedited bankruptcy proceedings rather than the bill’s resolution authority designed by politicians and run by a newly created federal bureaucracy.

“This Conference Report on financial regulation is simply the wrong medicine and a missed opportunity to provide for meaningful financial reform. It fails to address the major causes of the financial collapse and I fear that it takes us down a road that we have traveled before.”

*Congressman Dan Lungren serves as Ranking Member on the House Administration Committee in addition to serving on the Judiciary and Homeland Security Committees.*

# Doctrinaire Libertarianism vs. American Sovereignty

by Dr. Mark W. Hendrickson

Recently, Bill O’Reilly interviewed John Stossel about the dangerous situation along Arizona’s porous border with Mexico. Stossel is probably my favorite reporter. I admire the way he demolishes popular myths, particularly economic myths. However, on the topic of how to deal with waves of illegals (some of them perpetrators of violent crime) in Arizona, his remarks were perplexing.

Stossel’s arguments showcased “doctrinaire libertarianism”—defined here as the rigid belief that government is always the greater evil. Essentially, though by no means condoning crime, Stossel was more willing to tolerate illegal aliens imposing murder, mayhem, and an oppressive sense of danger on American citizens than to defend against such aggression by the deployment of National Guardsmen.

This position is baffling, because a primary libertarian tenet is nonaggression. It suggests that Stossel’s rejection of government is so total that he prefers violent anarchy in the southern Arizona desert to Uncle Sam doing what our founding fathers said was the sole legitimate function of government, namely, to protect the life, liberty, and property of citizens.

Stossel implied that gangs of Mexican drug smugglers wouldn’t sneak into our country if drugs were legalized. Even assuming that were true, I was dismayed by his stance: because the current U.S. drug policy is wrong, we shouldn’t waste tax dollars protecting the innocent Arizonans whose lives are in danger. Say it ain’t so, John!

Like many libertarians, Stossel tends to view the right to liberty (in this case, the liberty of foreigners to enter our country) as absolute. This is impossible in practice. In first-year law school, students learn that the precious right of free speech doesn’t include the right to shout “Fire!” in a crowded theater.

The fact is that an alarming number of noncitizens have crossed into the United States and murdered Americans who live in southern Arizona. So dangerous has that area become that American officials have publicly warned American citizens to stay away from a miles-wide

swath of American territory abutting the Mexican border. The Obama administration refuses to send sufficient reinforcements to the under-staffed border patrol to enable them to repel the invasion of illegal aliens, some of whom are truly lethally dangerous.

For Stossel to maintain that the federal and state governments should not deploy National Guard troops to secure the border because it is expensive turns people off to libertarianism. I share Stossel’s aversion to big, expensive, wasteful government. But to make a dollars-and-cents argument that the United States, still the wealthiest country in the world, shouldn’t spend money to defend its citizens and its borders against swarms of sometimes-violent foreign invaders is flabbergasting.

Libertarians promulgate and promote many sound economic ideas. They are in the vanguard of making the necessary case for greater economic liberty (no, not the total liberty of no laws or rules of the game to protect the innocent). Many of the free-market principles that libertarians articulate and the policy reforms that they propose are our country’s only hope for avoiding economic stagnation and a quantum reduction in individual liberty under growing government regimentation.

By taking a doctrinaire ideological position on illegal immigration and appearing to side with foreign aggressors against the fundamental rights of American citizens, Stossel has made a tragic strategic mistake. He has made it less likely that Americans will listen with an open mind to anyone labeled as having libertarian beliefs. I, for one, will continue to value his excellent reporting on economic issues, but I fear that many mainstream Americans who desperately need to learn what Stossel teaches will now tune him out.

Meanwhile, come on, Mr. President, secure the border. American citizens’ right to life must be secured against foreign invaders. That point is not debatable. Protection of its citizens is a core function of government.

— Dr. Mark W. Hendrickson is an adjunct faculty member, economist, and contributing scholar with The Center for Vision & Values at Grove City College.

## AMERICAN RIVER MESSENGER

*“Written by the people for the people”*

**Publisher - Paul V. Scholl**

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Be sure to place in the subject field “Attention to Publisher”.

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

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## 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**

Any and all widows or widowers are invited

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

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

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

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# Local Synchronized Swimmer Crowned National Champion

# Eppie’s Great Race Lives Up to Its Name

*Sacramento Region* - Kaitlin Staines of Fair Oaks was crowned the 2010 National Champion in the 16-17 Age Group Solo event at the 2010 Age Group National Championship. Staines, 15, represented the Sacramento Synchronized Swim Team at the national competition, which concluded July 3rd in Tonawanda, New York. The Age Group National Championship is the world’s largest synchronized swimming meet, featuring over 1,000 amateur athletes from all over the United States competing for titles in the solo, duet, trio, and team events in four age groups.

Staines also qualified to compete at the 2010 U.S. Open Synchronized Swimming Championships, which took place July 14 - 17 in Irving, Texas. There, Staines captured second place in the Junior Solo event, competing against elite level swimmers on the US Junior National Team and from around the world. Her accomplishment marks the best performance ever from the Sacramento Synchronized Swim Team at this prestigious meet, which is the largest international synchronized swimming meet hosted by the United States.

Staines will be performing in an exhibition show along with the Sacramento Synchronized Swim Team on Saturday, September 18, 2010, at the Rusch Park Pool, 7801 Auburn Blvd. in Citrus Heights. For more information, please visit [www.sacsynchro.com](http://www.sacsynchro.com) or call (916) 932-6606.

“Eppies Great Race lives up to its name. I saw youth pouring out their guts to cross the finish line as fast as they could. I saw physically challenged people refusing to give up and mixing it up with those still blessed with all their amenities. I saw a six year old dash across the finish line with youth ten years his senior.

My dear friend who is recovering from arthritis entered the race knowing she could only walk the first leg this year. She said next year she will do two legs of the race.

I watched my eight year old son finish with excitement in his eyes and a smile on his face. I experienced the results of countless volunteers who gave freely of their time and talents to make this all possible.

The sidelines were full with many husbands and wives and friends who came out to be crew members and to cheer on their loved ones. I watched parents supporting their children by running and riding side by side or behind them until the finish. I heard tales of those who endured to the end. I felt comradely, cooperation, and good will from fellow



Father Michael Ducker and his son, Torin Ducker, age 8 were real winners in Eppie’s Great Race 2010. Together the father and son trained hard to compete in the running, biking and kayaking portions of the race. Photo courtesy of Eppie’s Great Race

## First Mansion on the River to Highlight Fair Oaks Historical Society Meeting

*Fair Oaks* - The Fair Oaks Historical Society will hold its third quarterly meeting and potluck dinner on Tuesday, July 27th, at 6:00 p.m. at the Fair Oaks Community Clubhouse, 7997 California Avenue, Fair Oaks. Marina West, the Society’s newest lifetime member, and Jim Pearce will present a pictorial history and narrative of the Straith House – The First Mansion on the River in Fair Oaks.

Social hour begins at 6 p.m. followed by dinner at 6:30. The price of admission is a casserole, salad or dessert to share with others which makes this the best potluck in town!

Society members, their friends and others interested in the activities of the Fair Oaks Historical Society are invited and welcome to attend the gathering. Directions can be found at: [www.fairoakshistory.org](http://www.fairoakshistory.org).

The Society is preparing for its 4th Annual Soup Night fund raiser which will be held on Friday, November 7th. Only 200 tickets will be sold – Tickets will be available at the July meeting. The monies collected will be used to procure and renovate a permanent facility for the History Center. Artisans and business owners are encouraged to donate artwork, gift baskets, gift certificates, etc. for the raffle to be held at this event. Donors will be listed on the evenings’ program as well as on signage displayed at the event.

For further information, please contact Warren or Janet McWilliams at 961-9012 or Marilyn Pearce at 961-8415.

competitors.

I saw people of all ages and abilities pushing themselves to their limits to achieve dreams and goals they set for themselves or their fellow teammates and in doing so discover their true strength. I am inspired by all who participated. They are all winners.”

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## Boaters Discover Body Entangled in the American River

*Sacramento Region* - At 9:29 this morning Firefighters were notified of a body in the American River just down river of the Gristmill boat launch. A water rescue assignment was dispatched. Firefighters went from rescue to recovery mode once the body was located and it was evident the man had drown. The victim was a Caucasian male between 35

## Man Drowns in the American River

*Sacramento Region* - At 7:53 pm Firefighters responded to a water rescue at the Sarah Court Access to the American River in Carmichael. The rescue was for a man in his late 20's who jumped in the river without a life jacket and never surfaced. Metro

Fires Copter1 located the unresponsive person in the river at 8:34pm. The rescue boat quickly removed him from the water and paramedics started advanced life support procedures. The patient was transported to UC Davis Medical Center. Emergency Doctors were unable to revive the drowning victim. Metro Fire reminds our citizens that if you visit our waterways wearing a life jacket can be the difference between life and death.



### GET REAL BEAUTY (PART II)

Our last time together, I told you about Riquette, an International Beauty Expert, who uses food items from the pantry to make pure, fresh, and inexpensive beauty products. So here are a few more of Riquette's boon to beauty tips. Get ready, get set, make a beeline for the kitchen and pull out the powdered milk. Apply it to a Loofah sponge for a moisturizer that leaves your skin feeling silky smooth. No yoke now. You can use egg yokes for a facial. Leave it on for five minutes, then rinse...first with cold water, then with warm. Riquette says it's wonderful! Carrying around too much baggage under your eyes? Pull out


# POPPOFF!

with Mary Jane Popp

the potatoes, grate them raw, and apply to the eye area. Cider vinegar cleans and tones the skin. Mix equal parts of water and vinegar. Oatmeal makes a good cleansing and refining mask. Mix with honey and cold cream (the real stuff, not cosmetics or use milk or water) and pat on face. Let it sit for fifteen minutes. Wash off with warm water. Yogurt makes a good cleansing mask for oily skin. Mix one teaspoon of yogurt with half an egg yoke, one-half teaspoon of honey, and a dash of cornstarch. Pat on face. Leave on fifteen minutes. Rinse off with warm water. Use strawberry yogurt (no preservatives) for normal to dry skin. No yucks on this one, but would you believe slathering your face with avocado? Then use the pit to help massage the skin, and moisturize your elbows with the peel. And you might have to fight your feline for the kitty litter for a face mask. Think I'll stick to the strawberry yogurt. From rosemary and sage to energize...chamomile and comfrey to soothe...apple cider vinegar to detoxify, Riquette has found all the secrets. "Flower Power" may have been the cry of the 60's, but Kitchen Cosmetics is the natural cry in 2010. Trust me, we all want to look like those gorgeous gals. Okay, some of it has to do with genes, but a bunch has to do with lots of TLC and the abundance of simple beauty tips to make the big difference. But seeing is believing. You can find out all the info on "Riquette's International Beauty Secrets"...The Amazing World of Kitchen Cosmetics and "Grow Hair In 12 Weeks." Hey, she might even be able to show us how to siphon off cellulite. She's a kick and a chick who not only has her act together, but wants to share it with all of us. Now let's see...mix that kitty litter with ... !!!

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

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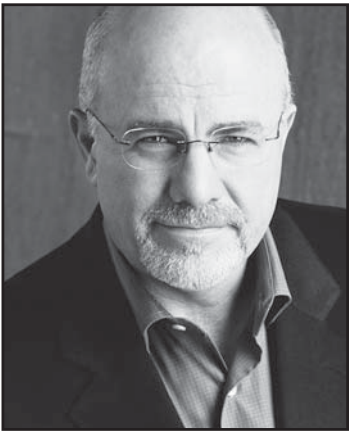


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# Dave Says



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

## Travel Sports are a Luxury

Dear Dave,

My husband lost his job a few months ago. He’s found another one since then, but we’re still trying to rebuild our finances. At the same time, our daughter plays softball on a travel team. It’s a great character-building experience, but the costs involved can be pretty high. Do you think we should cut down on the travel team activities for a while?

- Natasha

Dear Natasha,

You’re right. Playing sports can be a great part of the character-building process. But she can learn character lessons playing in a softball league at your local park. She doesn’t have to travel all over the place to learn those kinds of things.

If you have kids, there’s a pretty good chance you’re going to spend some money to help encourage their hobbies and interests. That comes with the territory, and it should be a fun and rewarding experience for everyone. You just have to take a look at your financial situation—and the kid’s desires and abilities—and make sure it’s a reasonable amount of money.

In your situation, playing on a travel team right now is a luxury. You don’t need to be footing the bill for hotel rooms and gas and stuff while you’re trying to get back on solid ground financially. Chances are, this child is not going to make a living playing softball. Even if she is that good, she can still sharpen her skills in a home town league until you guys are back on your feet.

I’m not opposed to kids playing on these kinds of teams per se. But you can’t allow the cost and time involved to undermine the needs of your family or blow your budget!

- Dave

**Dave Explains Paying Off the House**

Dear Dave,

My wife and I are following your plan, and we’re in the middle of paying off our debts using the debt snowball. When we told my mother-in-law that by doing this we’d be able to pay off our house within 10 years,

she told us that would be a stupid move. She couldn’t give us a reason why she thought it was stupid, but we couldn’t convince her otherwise. How can we explain things to her?

- Jason

Dear Jason,

Okay, she’s telling you it’s a bad idea, but she has no idea why it’s a bad idea? It sounds to me like she’s the dumb one if she thinks you should behave a certain way, but can’t even tell you why. If someone can’t tell you why they have an argument against something, then they have no argument in the first place!

A lot of talking heads think it’s smart to not pay off your home. They’ll tell you things like it’s better to borrow money against your house and invest it in the stock market. What they won’t tell you is that there’s virtually nothing there by the time you adjust for risk and taxes. Why in the world would you take a chance on losing your home over something like that?

Another line they’ll throw out is that you don’t want to lose your tax deduction. This one’s really silly! If you have a \$200,000 loan at five percent interest, you’ll pay about \$10,000 a year in interest. Now, let’s also say you make \$70,000 a year, and you’re in the 25 percent tax bracket. That \$10,000 tax deduction is saving you \$2,500 in taxes. In essence, you’re sending \$10,000 to the mortgage company to keep from sending the government \$2,500. That’s pretty stupid! You’d be better off to be debt-free and give \$10,000 to some charity or your church. That way, you’ll save on taxes and do some good with the money.

By paying off your home, you decrease risk and gain a ton of security!

- Dave

*\*Please visit [www.davesays.org](http://www.davesays.org) for more financial advice.*

# 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
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June 17	Old Time Rock and Roll	
June 24	<b>MIMOSA</b> .....	Woman’s Thursday Club of Fair Oaks (916) 967-2024
July 1	Jazz, Swing & Pop Vocal Entertainment	
July 8	<b>PROXY</b> .....	Dr. Elizabeth Swan, Optometrist (916) 966-6080
July 15	Hits from the 60’s to present	
July 22	<b>LINCOLN HIGHWAY</b> .....	The Doggie Divas (916) 534-8653
July 29	Rockabilly/Country Dance Band	
Aug 5	<b>THE OLD WEST TRIO</b> .....	Trude Vasquez, Ships and Trips (916) 961-3282
Aug 12	Cowboy Ballads, Swing & Yodeling Tunes	
Aug 19	<b>CATS’N JAMMERS</b> .....	Seniors Helping Seniors (916) 372-9640
Aug 26	Traditional Dixieland Jazz	
	<b>AZUAR</b> .....	The Fair Oaks Water District (916) 967-5723
	Rock and Roll	
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# You Are Designed to Shine!



Reverend Kevin Kitrell Ross

By Kevin Kitrell Ross

In a troubling economy, a polarized society, a crumbling educational system, and an environment filled with toxins and pollutants, it is understandable why someone might feel hopeless and maybe even, helpless. Some argue that these are end times or that God is punishing us and therefore, not only is it hopeless, but there is nothing we can do to change our fate. While I empathize with those whose experiences lead them to think this way, I believe it is this very type of thinking that creates the conditions for many of the social ills we face in society.

To convince a person that he is helpless and hopeless to improve his lot and that he has to beg a reluctant deity, who is “somewhere else, sometime else” to come back and save him is to sentence him to a life of chance and victim living.

This type of thinking contradicts every divine urge a person feels within himself that is seeking to express, especially in times of crisis. What I have come to discover is that a crisis is an opportunity for God - the Divine Presence-to make entrance into this world through the head, heart, and hands of people.

You are not an original sinner, sent to suffer. You are an “original center”, sent here to prosper, to glow, and to radiate the life and the light of the same Divine Presence that pressed you out into existence. So, if you are experiencing a tough time, you can choose a new thought about yourself that says “you are not a victim, but a victor.” Choose a new thought about God, that changes God from being an absentee landlord to your true indwelling Power that, by means of you, wants to express fully and to shine the light of peace, love, plenty, and purpose into this world.

Allow these challenging times to call forth your inner splendor, your light, your genius, your greatness, and your creativity. Remember tough times don’t break men, they make men (and women). Remember, you are designed to shine. Now, go forth courageously and light up the world!

Kevin Kitrell Ross (36), is the new Senior Minister and Spiritual Director of Christ

Unity Church of Sacramento. Christ Unity Church is 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 to attend.

About the author

A native of Chicago, Rev. Ross brings his experience as an author, inspirational speaker, award-winning youth humanitarian, trainer, and life and business coach to his new spiritual community. He has been featured in several national publications including the Chronicle of Higher Education, Ebony Magazine, and the Chicago Sun Times. He is the recipient of numerous honors, including being inducted into the Martin Luther King, Jr. International Hall of Fame at Morehouse College, and most recently honored by the Mayor and City Council of Sacramento with a proclamation. Kevin is married to Anita Ross and together they are the co-founders of Teen Dream Camp, a 501 c (3) tax exempt organization designed to empower teens to identify, awaken, and fulfill their dreams. The two live in Sacramento with their daughters Angelina and Kameela. For more information about Christ Unity Church and to attend Sunday services visit [www.christunity.com](http://www.christunity.com) or call 916-368-3950.



by Marlys Johnsen Norris

Just what would you do if the enemy of your soul has taken from you the most important relationship of someone you love dearly? And the separation was not because of death. You might have suspected something was drastically wrong for several years due to the lack of loving communication. Now, most recently the separation was positively confirmed by the person

# Loss of a Relationship

closest to them. This may be someone’s personal dilemma this morning.

Questions fill one’s mind and questions: How shall I respond? What can I do? What should I say? Can I do anything to make it better or change things? Should I merely remain totally silent and leave it completely in the hands of God? One recognizes at this point God is the only one who has the power to change or correct what has happened. This person’s heart has been grieving for a long time and today they know why! Today this question has been answered because you are a believer and follower of Jesus Christ they want nothing to do with you.

One will pray and believe God will do something in His time to correct this terrible hurtful situation. Prayer for

supernatural wisdom only can come from God. One must leave them alone because one just might mess it up further. Letting go of the relationship completely, as though surrendering and committing, this situation into the hands of God, appears to be the only alternative. Believing, trusting and claiming the promise of God is what will sustain someone hurting that says, “Then I will give them a heart to know Me, that I am the Lord; and they shall be my people and I will be their God for they shall return to Me with their whole heart”. Jeremiah 24:7 .

If there is a divine delay, WAIT PATIENTLY AND PRAY. He that is within you is greater than the enemy who has stolen your loved one from you. If God has not answered your prayers stay in the faith and trust God. God has a bigger and better answer than you ever imagined. His reward may be a glorious resurrection. Believe! Marlys Johnsen Norris, Author



By Pastor Ray Dare

It’s easy to get a distorted image of yourself, by what other people say to us and by what we think about ourselves... our own negative self-talk. Faulty data produces a false image of self and leads to feelings of insecurity and inferiority. When you operate of faulty data, you think things like, “I just don’t measure up. I’m not good enough. I’m a failure. I’m a loser. God doesn’t love me. God can’t help me. I’ll never make it in life.”

God does His deepest work in your life when He deals with your identity. Who you are; how you see yourself; your self-perception. The way you see yourself affects every area of your life. If you think you are “such and such” a person you tend to act in accordance with

that image of yourself. So God does His deepest changes in your life by changing the way you see yourself.

God sees your potential when nobody else sees it. God sees what you can become, what He made you to be. God says, “Let me show you how I see you.” Through eyes of love, unconditional love. When you see yourself the way God sees you, it’s going to change your life. And you can start acting in a whole new way. So how does God see you?

- God Says You Are Acceptable “... Christ has accepted you.” Romans 15:7 “Even if my mother and father forsake me, the Lord will receive me.” Psalm 27:10
- God Says You Are Valuable “God feeds the birds... and you are far more valuable to Him than any birds!” Luke 12:24 (LB)
- God Says You Are Lovable “The mountains and hills may crumble, but my love for you will never end; so says the Lord who loves you.” Isaiah 54:10 (GN)
- God Says You Are Forgivable

“... Through what Christ did for us, He decided to make us holy in his eyes, without a single fault -- we stand before God covered with his love.” Ephesians 1:4 (LB)

• God Says You Are Capable “I have strength for all things in Christ who empowers me -- I am ready for anything and equal to anything through Him who infuses inner strength into me, that is, I am self-sufficient in Christ’s sufficiency!” Philippians 4:13 (Amp)

So who are you going to believe? What other people say about you? What you think about yourself? Or what God says about you? My recommendation to you is that you print this page, cut out the above outline of “God’s View Of You” and carry with you for the next few days or weeks. Read it over again and again and begin to see yourself in a brand new way. The way God sees you. And let God give you a new identity.

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# First Tax Increase in New Healthcare Law Takes Effect

The first tax in the new healthcare law went into effect July 1st, and it falls on the backs of the very people who can least afford it – our nation’s small businesses.

The tax, known as the “tanning tax,” levies a 10 percent tax on tanning services and is predicted to raise \$2.7 billion (over 10 years). The revenue raiser will fall disproportionately on “mom and pop” small businesses, typically owned and operated by women, and is designed to pay for the nearly \$1 trillion healthcare law.

“I hardly think this is the appropriate time to raise taxes on our nation’s smallest businesses, the very people who can least afford new and complicated taxes,” said Dan Humiston, president of the Indoor Tanning Association. “This directly violates the promise President Obama made not to raise taxes on the middle class. A tax like this could be devastating to thousands of ‘mom and pop’ tanning businesses across the country.”

The tax could hit an estimated 18,000 small businesses nationwide, jeopardizing thousands of jobs and unfairly hitting working women and college students, who comprise the majority of indoor tanning customers.

“Right now small businesses need to concentrate on making payroll and encouraging customers to come through their doors,” said Bill Rys, tax counsel, NFIB. “New taxes like this amount to a 10 percent increase in the cost of doing business, and that money has to come from somewhere. Higher taxes mean less investment, reduced growth and fewer customers – hardly the prescription for future job growth our country needs.”

Tax paperwork is already a huge burden for small businesses, averaging more than \$74 per hour in compliance costs. The tanning tax is reported and paid quarterly, and business owners are responsible for tracking, filing and collecting payment from customers.

“This tax will prevent job creation and possibly cause the elimination of jobs,” said IFA Vice President of Government Relations David French. “When the nation is struggling to create jobs, imposing a tax on one sector of the business community seems punitive and counterproductive.”

Because tanning is something generally purchased with disposable income, this industry has already been hit hard by the recession. As owner Dan Caskey of Cincinnati Tanning Company said: “I’m already strapped in my business. Times are tough and I need to keep the customers I have. I’m just not sure how I’m going to deal with yet another new cost of doing business. Washington just doesn’t seem to get it – this is a punitive tax levied on me to pay for this healthcare law. We’re supposed to be supporting and encouraging businesses like mine to grow and hire, and taxes like this encourage just the opposite.”

NFIB is the nation’s leading small business association, with offices in Washington, D.C. and all 50 states. NFIB’s powerful network of grassroots activists sends 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).

*The International Franchise Association is the world’s oldest and largest organization representing franchising worldwide. IFA members include franchise companies in over 90 different business format categories, individual franchisees and companies that support the industry in marketing, law and business development.*

*The Indoor Tanning Association represents thousands of indoor tanning manufacturers, distributors, facility owners and members from other support industries. The Indoor Tanning Association (ITA) was founded to protect the freedom of individuals to acquire a suntan*

# Rand Jacobs Tosses His Hat into the Ring for Honorary Mayor of Fair Oaks



Rand Jacobs

*Fair Oaks* - Rand Jacobs has “thrown his hat” into the ring and is running for Honorary Mayor of Fair Oaks.

His company is R.K. Jacobs Insurance Services and he has been an Independent Insurance broker for over 33 years; directly appointed with 31 companies. Offering: personal insurance for homes, cars, boats, motorcycles, etc. Rand also offers business insurance for all types of commercial risks, i.e. services, retail, offices, manufacturing, contracting, and more.

Rand is raising money for two charities this year: Fair Oaks Village Enhancement Committee (FOVEC) and Fair Oaks Donor Plaza (Citizens to Save the Bluffs).

The Fair Oaks Donor Plaza needs \$1,500 to pay for their sixth and final interpretive sign, and FOVEC has several projects that need funding.

His committee has three events taking place to accomplish their goal:

1. Food concession (serving hot dogs, chips, soft drinks) at the weekly Thursday, 7 p.m. Concerts in the Park at Village Park – through August 26th
2. Rand’s Italian Festa (Italian word for party), Friday, July

30, to be held in the Fair Oaks Community Clubhouse, 7997 California Ave., 6:00-9:00 pm. Cost: \$15. If you pre-purchase you receive 5 free raffle tickets.

3. Wine and Hors D’oeuvres Party, Saturday, August 28, 5:00-8:00 p.m. Cost: \$20. This unique fundraiser also includes Root Beer and Olive Oil Tastings. Event location: Barry and Eleanor Brown’s home, 4441 New York Avenue, Fair Oaks.

Tickets can be purchased at Fair Oaks Chamber of Commerce, 10224 Fair Oaks Blvd; Oaks Hardware, 10136 Fair Oaks Blvd; and R.K. Jacobs Insurance Services, 4777 Sunrise Blvd #B.

If you’d like to donate raffle prizes or donations, please contact Rand at 916-966-3733.

# Free Summer Concerts in Citrus Heights

*Citrus Heights* - The City of Citrus Heights and the Sunrise Recreation and Park District are proud to once again launch the Summer Concerts in the Park series. The concerts, all of which are free-of-charge, will kick-off on Sunday, June 13th and continue on various dates through August 8th. The concerts take place at Rusch Park, 7801 Auburn Blvd., in Citrus Heights (at the corner of Auburn & Antelope). Scheduled performers for the upcoming concerts include:-

**Sunday, July 11th:**  
**River City Concert Band**  
(time: 5:00 to 7:00 p.m.)

**Sunday, July 25th:**  
**The Swing Masters**  
(time: 5:00 to 7:00 p.m.)

**Sunday, August 8th:**  
**The Blue Blazes**  
(time: 5:00 to 7:00 p.m.)

Bring your own chairs and blankets and come out to enjoy some festive music in the scenic Rusch Park surroundings. If you have any questions, please call the Sunrise Recreation and Park District at 725-1585 or the City of Citrus Heights at 727-4703. You can also visit the City’s Web site for more information: <http://www.citrusheights.net>.

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

## Help Protect Yourself Today.

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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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<b>Rick Springfield</b> Wed. Jul. 21 \$10	<b>Howie Mandel</b> Thurs. Jul. 22 \$10	<b>Martina McBride</b> Fri. Jul. 23 \$49
<b>Lonestar</b> Mon. Jul. 26 \$15	<b>Village People</b> Tues. Jul. 27 \$10	<b>Eddie Money</b> Wed. Jul. 28 \$10
<b>Paul Rodriguez</b> Thurs. Jul. 29 \$10	<b>Foghat</b> Fri. Jul. 30 \$10	<b>"Weird Al" Yankovic</b> Sun. Aug. 1 \$20

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# "Willie," a Gentle Giant



Maine Coon cats, like Blue Boy Willie, are easygoing and like people.

Blue Boy Willie is a five year old twenty-pound Maine Coon cat. He is harness trained and walks on a leash. He loves to go to work and have rides in his owner's car. He thinks he is a dog.

Willie is an ambassador cat for the Cat Fanciers' Association (CFA). He works in an Educational booth and does his job well. He has traveled all over the western U.S.

for CFA and helps people learn more about cats in general, as well as about his breed.

The Maine Coon cat's easy-going nature makes it a fine companion for children and other pets. They are gentle, affectionate, and playful. They are also good mousers and like to retrieve objects. They communicate with quiet, chirp-like trills. Maine Coons like to be with their people and want to

be in the middle of whatever they are doing.

The Maine Coon is a large cat, broad-chested and muscular, with a long, rectangular body and a long plumed tail. The feet are round and tufted – well suited to snowy climates. Large tufted ears, large wide-set eyes, and a regal neck ruff contribute to the impressive aspect of this American beauty.

Willie loves to give kisses, likes to be bathed and brushed, and will do anything for Greenies. He knows his name and will come when he is called. He will run to the door when his owner gets the car keys and paw the door handle as if saying "I want to go; please take me; I'm bored." He loves to show off, and will look to see if people are watching him.

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.

## River Cats Return to Raley Field for July 27-August 3 Homestand

Sacramento Region - The Sacramento River Cats return to Raley Field beginning on July 27 after a two-week road stint. As the team gains ground in search of another PCL title, fans will enjoy exciting promotions for the July 27-August 3 homestand as the Cats take on the Colorado Springs Sky Sox (Triple-A Affiliate of the Colorado Rockies) July 27-30 and the Las Vegas 51s (Triple-A Affiliate of the Toronto Blue Jays) July 31-August 3. Promotions slated for the upcoming homestand include: Greek Night (July 29), River Cats Go to Hollywood (July 30), Players' Wives' Food Drive (August 1), Sacramento Baseball History Night (August 2) and Do You Believe in Magic Night (August 3).

Greek Night – Thursday, July 29 at 7:05 p.m.

Fans should come dressed as if they were in ancient Greece to take part in Sacramento's largest Toga Party! Every fan wearing a toga at the ballpark will get a free \$2 River Cats Gift Card. Thursday also marks the recurring promotion

of Thirsty Thursdays at Raley Field with \$2 Miller and Miller Lite beers.

River Cats Go to Hollywood – Friday, July 30 at 7:05 p.m.

Get the Red Carpet treatment at Raley Field! Take photos with players pregame, grab a star map, win movies passes and enjoy the River Cats show! Additionally, fans will enjoy Toyota Family Value Fridays with \$1 hot dogs and \$1 desserts.

Players' Wives' Food Drive presented by Kinder's Meats – Sunday, August 1 at 6:05 p.m.

The River Cats and their wives will be collecting food for the Sacramento Food Bank and Family Services. Fans can drop their food items in the collection barrels at the front gates prior to the game. Also, those wishing to donate \$20 or more will receive a 2010 River Cats baseball card set autographed by the entire team! In addition, as part of U.S. Bank Kids Sunday, River Cats players will be signing autographs pregame and children can run the bases postgame.

Sacramento Baseball History

Night – Monday, August 2 at 7:05 p.m.

Come celebrate the rich history of baseball in Sacramento. Fans will enjoy baseball memories of past and present with trivia, video tributes and collections on the concourse. Also, as it is every Monday at Raley Field, Seniors Eat Free presented by Del Webb.

Do You Believe in Magic Night – Tuesday, August 3 at 7:05 p.m.

The first 2,500 fans entering the ballpark will receive a River Cats Answer Ball. Throughout the game fans will be mesmerized with magic tricks, superstitions and the like. In addition the recurring promotion Tuesdays Kids Eat Free will be available for kids 12 and under.

For more information visit rivercats.com. With tickets starting at just \$7, fans can experience the excitement of River Cats baseball! Those interested in purchasing tickets should visit rivercats.com, the Raley Field Ticket Office, or ticketmaster.com.



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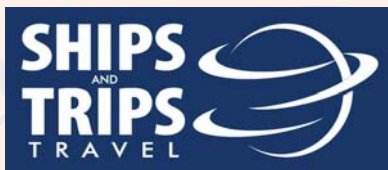
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