

AMERICAN RIVER

M E S S E N G E R



**CH Police
Officers
Promotions
Announced**

Page 3



**Remembering
Those Troops
Who Have
Fallen**

Page 4



**Sacramento
Choral Society
Performs Stained
Glass Series**

Page 13

PRESORTED STD.
US POSTAGE
PAID
PERMIT 32
Rancho Cordova, CA

Volume 5 Issue 11

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

First Edition for June 2010

Niello Honors Style Media Group as Small Business of the Year



*Assemblyman Roger Niello with Terry Carroll (l)
and Wendy Sipple (r) of Style Media Group*

Sacramento - Assemblyman Roger Niello (R-Fair Oaks) has recognized Style Media Group of Folsom as the 5th Assembly District Small Business of the Year. Launched in 2003 by the husband and wife team of Terry Carroll and Wendy Sipple, Style Media Group is one of Northern California's largest publishers, producing over

130,000 monthly publications as well as websites and live events. Style Media Group continues to grow and employs 22 people, with double-digit growth expected in 2010. From the beginning, with the publication of FolsomStyle magazine and which now includes Style magazines that cover eastern Sacramento, Placer, and El Dorado

counties, Style Media Group has given back to the community. Terry and Wendy made it a part of their mission statement to support the communities they would serve in every way they could, and they currently support over 60 non-profits each year. In addition, they fund their own program called E.T.C. (Educating the Community) whereby they have paid for over 100 local residents to take college courses.

The husband and wife team also spearheaded a fundraising initiative started to help build universally accessible playgrounds in the area, the 1st of which was just completed and dedicated in Folsom. Style Media Group was honored at a luncheon in downtown Sacramento sponsored by the California Small Business Association.

The luncheon honored small businesses from around California who were selected by their State representatives to receive the award.

"I am pleased to see businesses in my district with the kind of entrepreneurial spirit and community dedication that Style Media Group has displayed for the last 7 years. Small businesses provide jobs and create opportunities for millions of Californians. In the State Legislature, we need to work harder to create the business climate necessary to allow them to thrive," said Assemblyman Roger Niello.

MPG Staff Report

Meg Whitman trounced the rest of the field with an astounding 64.2% of the votes for the Republican nomination for Governor of the State of California in last night's primary election, distancing herself early on from Steve Poizner by approximately 37%. Former Governor Jerry Brown received 84.1% of the Democratic vote for their nominee.

In her acceptance address for the nomination, Meg Whitman said "We begin a new journey together tonight. We have it in our power to build A New California. There is a clear choice in this election. California is in crisis. And we certainly cannot save California's future by repeating the failures of the past.

It's time for a different style of leadership. A new beginning. Not glitz, not glamour, not glibness, but guts. A governor with the guts to do the hard work required to turn California around!

Together we can end Sacramento's war on job creation and make California a great place to grow a small business. We can force the politicians to stop spending more than taxpayers can afford. And we can stand up to a bureaucracy that puts its own growth and power above classroom teachers and good education."

Carly Fiorina won the Republican nomination for U.S. Senate by gaining 56.5% of the vote. Tom Campbell finished second with 21.8%. Fiorina garnered 952,072 votes, with 30,369 coming from Sacramento County. Fiorina will take on Barbara Boxer, Democrat, in the November



*Meg Whitman,
Republican Nominee for Governor*

election. It is expected to be the greatest challenge to Boxer's seat in the Senate to date. Boxer won the Democratic nomination with 80.5%.

The **Sacramento County Sheriff** race will face a run-off in November, as Scott Jones gaining 45.65% and 49,225 votes to Jim Cooper's 41.80% and 45,066 votes. Bret Daniels finished third with 12.03% and 12,971 votes.

In one of the hardest fought nomination races, the State

Assembly Fifth District, Andy Pugno, receiving 13,030 votes, out-distanced Donald Thompson who received 5,235 votes, Suzanne Jones who received 3,764 votes, Craig DeLuz who received 3,497 votes and Mike Edwards who received 3,201 votes. Richard Pan defeated Larry Miles for the Democrat nomination, 10,646 votes to 6,359.

*"Election Results"
Continued on Page 8*

Rancho Cordova Public Works Director Named Manager of the Year



Cyrus Abhar, fourth from left, was honored for his Manager of the Year award at a recent Rancho Cordova City Council meeting. Pictured: Mayor Ken Cooley (left); Steve Hiatt, President of the American Public Works Association, Sacramento Chapter; Ted Gaebler, Rancho Cordova City Manager; Abhar; Vice Mayor Robert McGarvey; Council Member David Sander; and Council Member Linda Budge.

Rancho Cordova - Cyrus Abhar, Public Works Director for the City of Rancho Cordova, has been named the 2010 Manager of the Year: Engineering and Technology by the American Public Works Association (APWA) Sacramento chapter. Abhar has headed Rancho Cordova's public works department since the City incorporated seven years ago. Under his leadership, the City has secured more than \$40 million in grants for public works program. He served as a member of the Highway 50 Corridor Partnership. The partnership, whose primary objective is to develop a coordinated transportation plan for the

corridor area, received the Sacramento Area Council of Governments (SACOG) "Salutes!" award in 2006.

Written by members of his Public Works Department staff, Abhar's APWA nomination noted that despite the volatile economy "no employees have been laid off and employee morale and satisfaction rate is very high".

A registered professional and traffic engineer and a licensed land surveyor, Abhar has more than 27 years of experience in civil engineering, public works administration, and business management. He is a member of the Capital Southeast Connector's Agency Staff Advisory Committee,

the Sacramento Central Groundwater Authority board of directors, and the American Public Works Association, Institute of Transportation Engineers.

The APWA is an international educational and professional association of public agencies, private sector companies, and individuals dedicated to providing high quality public works goods and services.

The City of Rancho Cordova, CA was incorporated in 2003. City Hall is located at 2729 Prospect Park Drive; (916) 851-8700 (phone), (916) 851-8787 (fax), www.cityofranchocordova.org (website).

Lisa Stanton Named CFO of the Year

Sacramento - Lisa Stanton, Chief Administrative Officer at the Sacramento County Airport System was named on June 4th as CFO of the Year in the Public Agency category by the Sacramento Business Journal at a ceremony at the Sheraton Grand Hotel.

"An award like this is not earned alone," said Stanton. "My success is aided by a strong team of dedicated, professional managers who ensure the day-to-day financial operations of the County Airport System run smoothly. With strong team management, I am able to focus on complex business issues such as the Big Build, preparing for the final issuance of last Airport System Revenue Bonds required to fund the completion of the program.

Stanton has 23 years experience in airport business management and finance as both a consultant and airport manager. Presently, she oversees two critical divisions within the Sacramento County Airport System: the Finance and Business Administration division and the Information Technology Division. She also directs financing of the Airport System's \$1 billion capital improvement program, the Big Build - the largest capital improvement program in Sacramento County history.

"The Sacramento County Airport System is a regional economic engine," said Stanton. "The challenge of using a private sector business



Lisa Stanton

approach within the constraints of the public sector environment requires me to draw upon my strengths daily."

"Lisa's ability to identify new opportunities to reduce cost and increase effectiveness in a government organization continues to contribute to the Airport System's success as a service provider in a highly competitive environment, said G. Hardy Acree, the Sacramento County Airport System's Director of Airports. "With her no-nonsense, bottom-line business approach, Lisa has implemented procedures and seized opportunities to ensure the continued success of the Big Build program, despite the challenging economy."

Stanton's previous positions include: Deputy Director of Finance and Administration and

Manager of Properties and Business Development at Sacramento County Airport System; Principal for Black & Veatch Airport Consulting; Associate Director at Ricondo & Associates; and Sr. Consultant with KPMG Peat Marwick's Airport Management Consulting Practice (now Jacobs Consultancy).

Stanton earned a Bachelor of Science in Business Administration from San Jose State University, where she graduated with distinction. She also received International Airport Professional (IAP) accreditation from Airports Council International and the International Civil Aviation Organization. She is the first female IAP in the State of California.

Lisa is the Second Vice-Chair for the Airports Council International - North America Finance Committee and will serve as Chair of the Finance Committee in 2012. She is also the Treasurer of the Board of Directors of the Capital Air Show Group, the producer of the annual California Capital Air Show.

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.

How to Strengthen Congress



By Lee H. Hamilton

This is an uncomfortable time to be a member of Congress. Survey after survey registers deep dissatisfaction with Capitol Hill and, more strikingly, with the individual politicians who make it up. An AP poll in April found that half of those surveyed intended to vote against their own members of Congress. A Washington Post-ABC News survey painted an even more dire picture, with the Post writing, “Members of Congress face the most anti-incumbent electorate since 1994, with less than a third saying they are inclined to support their representatives in November.” Sometimes I think that criticizing Congress is America’s favorite indoor sport. And it’s not just your average citizen who does it. Members of Congress themselves liketojoinin,andsodoWashington’s army of lobbyists and, often, the White House. It is hard to find a voice that defends the Congress. Some of the institution’s unpopularity can be traced to issues of the moment, such as worries about high levels of federal spending, the health-reform debate, and lingering concern about the economy. But the truth is, Congress’ low standing is not of recent vintage — its abysmal approval rate of 16 percent in a March Gallup Poll was actually two points higher than in July 2008. Indeed, its approval has been on a long, slow decline since 2002, according to Gallup. The troubles Congress faces, in other words, are more deep-seated than any given public-policy issue. So the question is no longer what’s wrong with Congress. Far more important is to ask what can be done about it. For, counter-intuitive as it

might seem, we need to strengthen Congress, which over the decades has become too timid and weak. It has fallen far short of the role the Founders envisioned for it, and in doing so has put our constitutional system at risk by becoming less representative, accessible, and deliberative. By allowing itself to become a weakened branch, Congress has made representative democracy itself more precarious. I often ask the question, “How far down the road can you go in strengthening the executive and weakening the legislature, and still have representative democracy?” We’re perilously close to finding out, which makes strengthening Congress one of the most important challenges we face. Here’s my list of the most important priorities: First and foremost, Congress needs to reassert the considerable powers it has been granted by the Constitution: the power of the purse, the ability to set the national policy agenda, and, whenever it comes up again, the decision to go to war. Our Founders envisioned Congress as a co-equal branch with the presidency, but in recent years it has lacked a strong institutional voice, either because it was too diffident or so tied up in knots that it could barely stand up for itself. Members simply must take much more seriously their oath of office to uphold and defend the Constitution, not the President. It won’t change overnight into the robust, co-equal branch the Founders envisioned, but it could be far more assertive in exercising its prerogatives. Steps beyond this include: *Strengthening oversight.* Tough and continuous oversight holds the President accountable, prevents government missteps, and helps it to learn from its mistakes. Congress simply does not pay enough attention to the implementation and management of the programs it enacts. Most fundamentally, oversight is about Congress’ responsibility to make sure the federal government is serving the American people. *Restoring the deliberative process.* Democracy is above all

about process — how we arrive at decisions and new policies matters immensely. Yet Congress today frequently shortcuts the deliberative process established over the years. It is Congress’ job not just to pass laws, but to do so in a way that allows it — and the people it serves — to understand the issues before it, reconcile competing views, and find a way of moving forward even when not everyone agrees. *Reducing excessive partisanship.* Hard-hitting partisan competition can be healthy, but not when it becomes mean-spirited, blocks dialogue, and gets in the way of productive governance. Stalemate in the cause of partisan gain robs Congress of its credibility. *Strengthening ethics enforcement.* Members do not sufficiently understand how important integrity is to the standing of Congress. Quite simply, Congress cannot rebuild its public standing unless Americans trust that its members act always in the public interest and always in a manner that reflects credit on the Congress. *Curbing the influence of special interests.* Too many Americans believe Congress is beholden to well-heeled interests. The root of the matter is the money they pour into campaigns and their success in influencing the legislation that Congress passes. Only informed voters can judge whether an individual member allowed narrow interests to outweigh their own — and the general public’s — interests. The absolute transparency to the voter is essential. *Strengthening citizen participation.* Much of what I’ve suggested above is Congress’ responsibility. But making Congress a stronger, more responsive institution ultimately will rest with ordinary Americans. Citizens need to take responsibility for remaining informed — and not just by reading material coming from one ideological side; for backing candidates who respect Congress as an institution, and don’t merely run against it; for rejecting misinformation and especially appeals to extremism; and for insisting that their own members of Congress work to build, rather than destroy, consensus, comity, and common sense.

Lee Hamilton is Director of the Center on Congress at Indiana University. He was a member of the U.S. House of Representatives for 34 years.

Health Reform by Cloward and Piven Seeks Fall of Capitalism



By Richard Amerling, MD

Richard A. Cloward and Frances Fox Piven were Columbia University sociologists who founded, in 1966, the National Welfare Reform Organization, a “parent organization” of the Association of Community Organizations for Reform Now (ACORN). They advocated what became known as the “Cloward-Piven strategy,” which “seeks to hasten the fall of capitalism by overloading the government bureaucracy with a flood of impossible demands, thus pushing society into crisis and economic collapse.” This is an instructive prism through which to view the recent health care legislation. The legislation pushes millions into Medicaid, whose costs are already crushing state and local taxpayers into powder. Flooding it with new beneficiaries will hasten its bankruptcy. Likewise, Medicare is to be cut by \$500 billion at a time when the baby boomers will be enrolling. The program is already running at a deficit, and will simply be unable to provide seniors the same level of service they currently enjoy. In other words, both systems will implode. At the same time, incentives for employers to provide health care will be lessened, and many will drop coverage, sending millions to the government cooperatives for coverage. These policies will be heavily subsidized by the taxpayer, and will dramatically swell an already very bloated public sector. We are already mired in debt, and still bailing out Fannie and Fred with tens of billions of dollars each quarter, and with no end in sight. The health bill may be the coup de grace for our struggling economy. Doctors are not blind, nor are they asleep. Many understand that “unsustainable” means collapse

is inevitable unless Washington does an about-face. How is the medical profession responding? Two articles published this week provide a glimpse into the future. Scott Gottlieb writes in the Wall St. Journal, “In 2005, doctors owned more than two-thirds of all medical practices. By next year, more than 60% of physicians will be salaried employees. About a third of those will be working for hospitals..” On the other side, the Houston Chronicle reports that Texas physicians are not only declining to take new Medicare patients, but that “new data shows 100 to 200 a year are now ending all involvement with the program. Before 2007, the number of doctors opting out averaged less than a handful a year.” The article quotes Dr. Susan Bailey, president of the Texas Medical Association: “This new data shows the Medicare system is beginning to implode. If Congress doesn’t fix Medicare soon, there’ll be more and more doctors dropping out and Congress’ promise to provide medical care to seniors will be broken.” In other words, the “Cloward-Piven strategy” is being implemented. How to reconcile these reports? We are moving towards a dual system in medicine. There will be hospital-based physicians who will be mostly salaried, full-time or part-time employees. Their primary loyalty will be to their employer. They will follow protocols and guidelines, and work shifts. They will be assigned patients, rather than develop their own practices. They will eventually come under the heavy hand of the SEIU. As hospital revenues suffer under ObamaCare, they will find themselves increasingly burdened. Quality of care will deteriorate. Outside the hospital setting will be a thriving, private, medical marketplace, anchored by a growing number of private physicians who are opting out of Medicare and other third party arrangements. These doctors will develop busy practices, and will be able to stay in business by setting their own rates, cutting overhead, and controlling their volume. They will be able to spend enough time with patients to ensure a high quality experience, and will work to keep patients healthy and out of the hospital. Unmoored

from price controls, the cost of good care will plummet. Doctors, labs, and imaging facilities will compete on quality and price. There is no reason why an MRI shouldn’t cost \$100 in a competitive marketplace. Patients must understand the reality of what is about to happen. As of this writing, Health Savings Accounts are still available. Get them while you can! Creating and funding an HSA is the best way to insure against the coming implosion of government-run health care. Even seniors on Medicare should set up these accounts. They should also consider opting out of Part B, which pays for doctors’ services, since they will have difficulty finding private physicians who will accept Medicare. They will still have Part A in case they need hospitalization. Like the doomed Korean ship the Cheonan, our health care system has been torpedoed. It hasn’t sunk yet, but it will. Man the lifeboats! <http://www.aapsonline.org/> Richard Amerling, MD, is a nephrologist practicing in New York City. He is an Associate Professor of 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

Hazel Avenue Road Closure @ American River Bridge Full Closure & Traffic Restrictions Friday, June 11 (7 PM) to Monday, June 14 (6 AM)

When/Where: Starting Friday, June 11 at 7 PM, there will be a full closure of Hazel Avenue at the American River Bridge between Gold Country Boulevard and Curragh Downs Drive. Information about the closure is as follows:

- The closure will impact all northbound and southbound traffic on Hazel Avenue including vehicles, pedestrians and bicycles.
- American River Parkway and bike trail access on the south side of the American River will not be affected by the closure. Access will continue to be

provided across Hazel Avenue at the Gold Country Boulevard intersection.

- Access from Hazel Avenue to the bike trail on the north side of the American River will be closed.
- Hazel Avenue and bike lanes and trails will be re-opened to the public at 6 AM, Monday morning, June 14th.

Detour Routes: The public is advised to avoid this area during closure hours as there will be significant impacts to all roadway users. Detours will be in place to guide motorists around the construction area.

Bridge Construction: The full closure is needed as part of the Hazel Avenue Improvement Project, which will widen the roadway from 4 to 6 lanes. Bridge widening work the weekend of June 11, requires that Hazel Avenue be closed to all traffic.

Closure Period: Sacramento County understands the challenges and inconvenience that commuters, residents, businesses, bicyclists and pedestrians will experience during the closure period and ask for the public’s patience and cooperation as we work to complete this project.

AMERICAN RIVER
MESSENGER

“Written by the people for the people”



Publisher - Paul V. Scholl

Publisher’s Statement: It is the intent of the American River Messenger to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The American River Messenger is not responsible for unsolicited manuscripts or materials. The entire contents of the American River Messenger are copyrighted. Ownership of all advertising created and/or composed by the Messenger is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Subscriptions should be mailed to American River Messenger, 7405 Greenback Lane, #129, Citrus Heights, CA 95610. Subscription rate is \$25 per year; \$30 per year in Sacramento and Sacramento county; \$40 per year outside Sacramento county. The ARM is published twice monthly. Call 916-773-1111 for more information. (ISSN # 1948-1950)

Graphics & Layout
Distribution Assistant
Advertising Sales

Tandra Banerjee
Gabriel Scholl
Paul V. Scholl • Perry Hartline • Marion Solo

Contributing Writers
Tim Reilly
Marlys Johnsen Norris
Pastor Ray Dare

Mary Jane Popp
Kay Burton
Susan Skinner

Dave Ramsey
David Dickstein
Amanda Morello

Accounting

Nicholson & Olsen CPA

Web Master
News Services

RJ at thesitebarn.com • JWS Promotions
King Features Syndicate • PRWEB NewsWire
North American Precip Syndicate • Blue Ridge Press
ARA Content • Family Features • WorldNetDaily

Photography

Amanda Morello • Susan Skinner

Member of Citrus Heights, Fair Oaks, Orangevale
and Carmichael Chambers of Commerce

To submit your articles, information, announcements or letters to the editor,
please email a Microsoft Word file to: publisher@americanrivermessenger.com.
Be sure to place in the subject field “Attention to Publisher”.
If you do not have email access, please call us at 773-1111.

American River Messenger is a member of
Messenger Publishing Group



We are proud members of these newspaper associations.



Widowed Persons
Association of
California, Inc.

Office Hours
10:00 am- 3:00 pm
Monday through Friday
916-972-9722

Newcomer’s Buffet
& Social

Any and all widows or
widowers may attend

Third Monday evening
at 5:30 pm

In the private dining room at the
Plaza Hoff Brau, corner of
El Camino and Watt Avenues;
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.

Support Our
TROOPS
WEEK

Merrill Gardens is hosting special events
nationwide to help support our troops.
Please join us.

Enjoy a family-style spaghetti dinner with
all the fixings, and live big band music by
nine-piece band the Rotary Rooters, while
we raise money to help our troops.
All proceeds will benefit the USO.

Thursday, June 17 • 5:00 – 7:00 pm

Minimum Donation: \$10 per attendee

RSVP: By June 14th



MERRILL GARDENS
AT CITRUS HEIGHTS
A one of a kind retirement community

(916) 725-7418
7418 Stock Ranch Road
Citrus Heights, CA 95621
www.merrillgardens.com



USO
Until Every One-County Home®
License #347001020

RETIREMENT & ASSISTED LIVING

Citrus Heights Police Department Announces New Promotions



Lieutenant Gary Hendricks

Christopher W. Boyd, Chief of Police for the Citrus Heights



Patrol Sergeant Dave Moranz

Christopher W. Boyd, Chief of Police for the Citrus Heights

Police Department (CHPD), is proud to announce the promotion of Gary Hendricks to Lieutenant. Lieutenant Hendricks began his career with CHPD as a founding member of the agency in 2006. Spanning 22 years, Lieutenant Hendricks’ law enforcement experience includes having served in two other police departments as well as a district attorney’s office, all in California. Lieutenant Hendricks possesses strong leadership skills with an extensive background in criminal investigations, critical incident management, patrol operations, and customer service – all of which are highly regarded

by CHPD. Lieutenant Hendricks is highly educated, having earned both a Bachelor’s and Master’s Degree from California Universities. As part of our department’s original team, his highly successful track record is recognized throughout our organization and community. Examples of Gary’s leadership include our impressive, award winning K9 Team and, as Supervisor of the department’s Firearms Team, Gary has been instrumental in ensuring that all staff receives first-class training. Gary Hendricks joins the ranks of our Lieutenants with strong support and distinction.

Police Department (CHPD), is proud to announce the promotion of Dave Moranz to Patrol Sergeant. Dave joined our department as a founding member in 2006 and came to CHPD with over 17 years of experience in law enforcement. Sergeant Moranz performed extremely well in a competitive process just as he has throughout his law enforcement career. Dave maintains an outstanding track record, demonstrating strong leadership skills and a commitment to the citizens he serves. Over the last year, Dave has been recognized for service to the community

by the Citrus Heights Chamber of Commerce. His most recent assignment was as a Detective in the Investigations Division. There, Dave was instrumental in solving an attempted murder case by tracking downashootingsuspectineighhours, ultimately sending him to prison. Dave Moranz joins the ranks of our Sergeants with strong support and distinction.



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, June 13th:**
Capitol Pops Concert Band
(time: 6:00 to 8:00 p.m.)
- Sunday, June 27th:**
The Zepts (Led Zeppelin Tribute Band)
(time: 5:00 to 7:00 p.m.)
- 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>.

CHPD Hosting“Tip-A-Cop” Fundraiser

Event held at Elephant Bar Restaurant in Sunrise Mall to benefit the Special Olympics

Citrus Heights - On Monday, June 14th from 12:00 to 8:00 p.m., Citrus Heights Police Officers will trade in their handcuffs and badges for serving aprons at the Elephant Bar Restaurant located at 6063 Sunrise Mall for a Tip-A-Cop fundraiser. During the Tip-A-Cop fundraiser, Police Officers will collect tips from restaurant guests to benefit Special Olympics Northern California. Tip-A-Cop is part of the annual Law Enforcement Torch Run (LETR) campaign. LETR, which includes an international series of relay runs and special events like Tip-A-Cop, is presented by more than 85,000 law enforcement officers worldwide to help raise money and public awareness for Special Olympics. LETR is the largest grassroots fundraiser and public awareness

vehicle for Special Olympics through which funds raised go directly to local programs in states or countries where the funds are generated. The public is encouraged to support a worthy cause and join the Citrus Heights Police Department at the Tip-A-Cop Fundraiser at the Elephant Bar Restaurant in the Sunrise Mall parking lot (facing Sunrise Blvd.) on Monday, June 14th from 12:00 to 8:00 p.m. Please call (916) 727-5500 with any questions. The Citrus Heights Police Department, established in June 2006, is proudly serving the residents, visitors and businesses of the City of Citrus Heights. The Citrus Heights Police Department is dedicated to public safety. The CHPD team includes sworn police officers, a skilled motor traffic enforcement unit, K-9 officers, SWAT operations,

Special Investigations Unit, Dispatchers and Communications personnel, Records, Crime Scene Investigators, Community Service Officers and a variety of non-sworn Staff and Volunteers. For more information, please visit <http://www.citrusheightspd.net> Special Olympics Northern California is a free year-round sports training and competition program for children and adults with developmental disabilities. More than 13,000 athletes compete in over 170 competitions throughout the region in 15 sports. Programs are free to all eligible athletes. Financial support comes almost exclusively from individuals, organizations, corporations, and foundations. Find out how you can be a fan and visit <http://www.SONC.org>.

City of Citrus Heights General Plan Update

Citrus Heights - The City of Citrus Heights is pleased to announce the release of the preliminary draft update to our General Plan as well as the associated Greenhouse Gas Reduction Plan. Both of these documents will be discussed at a workshop on June 16, 2010. These plans will guide the City to increase the number of “complete streets” in the City and explore ways that the community as a whole can reduce greenhouse gas (GHG) emissions. The General Plan Update is a

public process and community participation is a large part of the project. We encourage all residents of Citrus Heights to become involved in this exciting project. Wednesday, June 16, 2010 6:30 – 8:30 PM City Hall Council Chambers 7117 Greenback Lane Citrus Heights, CA 95621 Missed the last couple of workshops? You can view videos of the workshops on-line at www.chgupdate.net

under the GPU Meeting and Workshop tab. You can also sign up at www.chgupdate.net for the City’s E-Notifier service to receive future electronic mailings on this project. The draft documents are available for viewing and printing on the General Plan Project website at www.chgupdate.net For additional information contact the Planning Division at (916) 727-4740.



Jennifer Landers, CMT

Massage Therapy

by Jenn

916.640.7763
www.massagetherapybyjenn.com

"Always affordable, quality care you deserve."

4944 Sunrise Blvd. Ste. J-3
Fair Oaks, Ca 95628
(Between the Sunset & Wildridge lights)

Join Citrus Heights for the 11th Annual...

Red, White & Blue PARADE

Saturday, June 26th
9:00 a.m.
Sunrise Blvd.

(Parade route: North of Madison at Uplands Way to northwest corner of Sunrise Mall parking lot at Greenback)

Celebrate your Patriotic Spirit in Citrus Heights!

Parade Attractions:

Floats, Vintage Cars, live animals, Marching Bands, Wells Fargo Stage Coach, Slamson from the Sacramento Kings, Skydiving Aerial Display, BMX Stunt Bike Riders, Free Face Painting for Kids, Giveaways, and more!

Pancake Brunch (\$5 - Rotary Club of Citrus Heights) Sunrise Mall Parking Lot, 9:30 a.m. to Noon

Float & Vintage Car Display: Sunrise Mall until Noon



Sponsored by the City of Citrus Heights and Local Businesses.
For more information, call (916) 727-4718 • www.citrusheights.net



WE ACCEPT MEDICARE ALONE.


No secondary insurance required.

Douglas Young, MD and Elaine Tong, FNP are currently accepting new patients to their practice.

We currently accept many types of insurance alone or in combinations. We are an exclusive member of the Hill’s Physician Network.

Dr. Young is a Board Certified Internal Medicine physician with over 19 years of experience.

Call today to make an appointment and to find out if we accept your insurance.



Douglas Young, MD

916-488-6200

www.norcare.net

North Sacramento
3840 Watt Ave. Bldg. E
Sacramento, CA 95821
916-488-6200

South Sacramento
1122 Corporate Way, Ste. 300
Sacramento, CA 95831
916-392-3655

Mount Vernon Memorial Day Tribute Draws Thousands of Patriots



“A Table Set for One” ceremony was presented honoring all those who have fallen in great service to our country.



Patriotic music was performed throughout the event, including the Armed Forces Salute Medley.



The “Folding of the Flag” ceremony was presented and described in traditional form. This ceremony touches the heart of all who hear its symbolism.

Fair Oaks - The 43rd Memorial Day Tribute was held at Mount Vernon Memorial Park in Fair Oaks on Monday, May 31st. The annual event once again drew thousands of American patriots to the park. The National Anthem was performed by soloist Ms. Christie Fleeman. The Invocation was offered by Lieutenant Colonel Jerry Helman of the California Air National Guard. This year’s patriotic musical salutes were performed by the 59th Army Band. Music included “Battle Hymn of the Republic”, “Gettysburg”, and an Armed Forces Salute Medley. The guest speaker was Mr. Jon R. Cavaiani, Sgt. Major (Ret) U.S. Army, who has received the Congressional Medal of Honor. He was a 23 month Vietnam prisoner of war. Skydiver Jim Wallace wowed those in attendance with his descent into the park with a large American flag in tow, a favourite of the younger patriots who patiently waited with their parents through the event. A special “thank you” goes out to all those who volunteered and supported this year’s program; including local Boy Scouts, Cub Scouts, Veterans of Foreign Wars, Sacramento Metro Fire District, the staff at Mount Vernon and the Al Shusterman Agency.



Fair Oaks Memorial Day Ceremony Honors Women Air Force Service Pilots



American Legion Riders from Fair Oaks to West Sacramento turned out in big numbers. Pictured here are Don Troutman, Sue Fischer, Mel Pierson, Sheila LaPolla, Ben LaPolla, Brian Hopper, Scott Safley, Ron Stadman, Faynetta Stadman, Terry Huerta, Doug Kemmis, Jane Kemmis, and Bob Rudge.

Fair Oaks - The Eleventh Annual Memorial Day Ceremony was held Saturday, May 29th at the Fair Oaks Cemetery, 7780 Olive Street, Fair Oaks. Formal ceremonies started at 10 AM. Chairperson of the Fair Oaks Cemetery District, Thomas Askins was the Master of Ceremonies. The musical program was provided by the Fair Oaks Village Singers, Ed Silver, Director, American Veterans Band, conducted by Warren “Bud” Turner, and Bagpiper Kurt Baird. This year’s theme was to honor “The Women Air Force Service Pilots”. The cemetery was decorated with hundreds of flags lining its roadways as “The Avenue of Flags.” Honored Speaker this year was Brigadier General, Mary J. Knight, Adjutant General for the California National Guard, who serves as Director of the State of California’s Military Department. Other Guest speakers included Supervisor Roberta MacGlashan and Peter Tateshi, representative from Congressman Dan Lungren’s office. Congressman Dan Lungren has provided a flag that has flown over the nation’s capitol. This flag will fly over the Veterans Memorial for one year. The flag honoring All Veterans of the Armed Services, which was flown over the memorial this past year, was retired and formally presented to Bob Clouse, Board Chairman Fair Oaks Cemetery District. A formal Color Guard and Rifle Salute Team from VFW District 17 provided military honors and assisted the Commanders of the local VFW, American Legion and the VFW Auxiliary to the laying of the wreath at the memorial in honor



Brigadier General, Mary J. Knight, Adjutant General for the California National Guard and Tom Askins, Fair Oaks Cemetery District.



American Veteran’s Band, the oldest performing Veteran’s Band, led by “Bud” Turner, Director.

of over thirteen hundred veterans who are buried in the cemetery. Covered seating was available for veterans and visitors. Dedicated seating was available for veterans of World War II and their wives. The Fair Oaks Historical Society and the Orangevale/Fair Oaks Grange provided complimentary refreshments after the ceremony. Local Boy Scout Troop #380 helped provide parking assistance and extra muscle for the set-up and take-down needs. Volunteers from the community representing Clean and Sober Living assisted with the flag decorations.

LAWNMAN
LANDSCAPE
CA Lic. #869856

Custom Landscape Design, Installation, Renovation & Maintenance

Bringing TLC to your property.

Bringing personal service to you.

A Nurturing, Full-Service Landscaping Company

SACRAMENTO METROPOLITAN
CHAMBER OF COMMERCE

ACCREDITED
BUSINESS

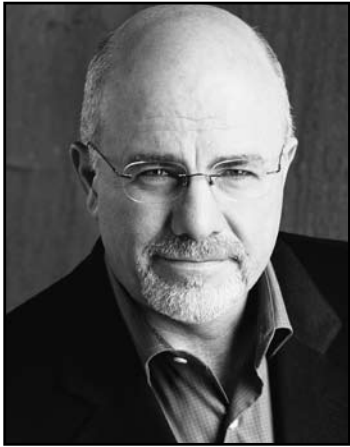
Lawnman is a comprehensive landscaping company serving commercial property owners/managers and residential customers in Northern California since 1992. We're founded on the principle that landscaping is primarily a relationship business.

Our customers call Lawnman “the nurturing landscapers.”

www.lawnman.net

(916) 739-1420 • (916) 739-1430 fax

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.

Forget Mortgage Accelerator Plans

Dear Dave,

How do you feel about mortgage accelerator plans? Can you please explain them?

- Doug

Dear Doug,

Basically, there are two types of mortgage accelerator plans floating around out there. First, there’s the old bi-weekly mortgage where you make half of a payment every two

weeks. This will drop the length of time you’ll pay on a 30-year mortgage down to about 22 years. Most companies will charge a fee to service these programs, but I think that’s ridiculous. There’s no way I’d pay someone to do this for me.

Think about it. There are 26 two-week periods in a year, and 26 half payments equals 13 whole payments. So, you’re making an extra payment each year. That’s why your mortgage gets paid off early. You can accomplish the same thing by writing a check for the principal only once a year. If you want to get really detailed, you can do the same thing each month by writing a check for one-twelfth of a payment.

The other kind of mortgage accelerator plan out there is a total rip-off. I’m talking about one where some companies will try to sell you a \$3,500-piece of software tied in with a home equity line of credit, or HELOC. These things are often called money merge accounts. In this situation, you pay your bills out of the HELOC, and your paychecks are deposited against the HELOC. Then, they’ll apply whatever’s left against your mortgage, and it “magically” pays off your mortgage faster.

The problem is that no matter how many times you move the shell, the pea is still underneath. Whether you use a HELOC or just a yellow pad to make a budget, if you want to make extra principal payments on your first mortgage, you have to live on less than you make. And there’s no way I’m paying some rip-off company \$3,500 for the

privilege. Talk about stupid! You can do that on your own by making a decision to sit down every month with a pen and a piece of paper and write out your own monthly budget.

Now you know why I’m not a big fan of mortgage accelerator plans you have to buy. Here’s the truth, Doug. There’s no easy, magical formula when it comes to getting out of debt. It takes a lot of hard work and discipline. You can accelerate your own early mortgage payoff by living on less than you make and learning to control the person you see in the mirror every day!

- Dave

Leave Something in the Account!

Dear Dave,

If I understand your budget plan, we’re supposed to allocate every dollar toward something. If we did that, it would leave our account balance at zero. What do you do if your bank requires you to maintain a minimum balance in your account and charges you a service fee if you don’t?

- Kristina

Dear Kristina,

I think you misunderstood my plan. When doing a monthly budget, you should allocate every single dollar of monthly income, not every dollar in your account.

Your monthly budget should be based on income minus outgo. You always want to have a balance of some kind in your accounts. Otherwise, you’ll end up paying a visit to the land of bounced checks, kiddo. And that’s not fun for anyone except the bank, because they’ll charge you for the trip!

- Dave

***Please visit www.davesays.org for more financial advice.**

Drexel Students Honored By Board of Supervisors For Volunteer Community Work



Supervisor Jimmy Yee Tobey Oxholm, Senior Vice President of Drexel University and Dean of its Graduate Center in Sacramento, along with student leaders Larry Mandelberg, Tipton Russell, Scott Freeman, Barbara Bernardin, Jennifer Dzakowic, Paul Green, Marcella Gonsalves

Sacramento – The Sacramento County Board of Supervisors recently commended seven student leaders at Drexel University’s Center for Graduate Studies in Sacramento for their classmates’ work as volunteers on projects to benefit the community.

Members of Drexel’s Sacramento Graduate Student Association (GSA) and Carl “Tobey” Oxholm III, Senior Vice President of Drexel University and Dean of its Graduate Center in Sacramento, were present at the Board of Supervisors meeting to accept the honor.

“At a time when it is easy to withdraw and wait for the economic storm to blow over, Drexel’s students are reaching out and investing in their communities,” the Resolution reads. “The Board of Supervisors, County of Sacramento, recognizes and thanks the inaugural students of Drexel University for their civic engagement, and expresses their appreciation to the board of the Sacramento Graduate Student Association for their leadership.”

The Resolution notes that public service takes resolve and commitment: “Drexel’s students are exceptionally dedicated because they are all working adults whose lives are complicated by children and elderly parents, by jobs that are demanding, and by a difficult economy.”

The graduate student leaders to whom the Resolution was presented were Kyle Glankler, President; Larry Mandelberg, Vice President; Jennifer Dzakowic, Secretary; Scott Freeman, Treasurer; and board representatives Paul Green, Barbara Bernardin, Tipton Russell, Sr., and Marcella Gonsalves.

Among the volunteer projects that Drexel’s graduate students have participated in were the Great American River Clean Up; working the telephones for a KVIE fundraiser; donating blood to BloodSource; collecting toys for the Department of Health and Human Services; collecting professional clothing for the Sacramento Food Bank, entering a team and collecting donations for the Run to Feed the Hungry and

the Komen Race for the Cure; and cleaning a section of the Sacramento bike trail during Earth Week. In each of these projects, Drexel’s faculty and staff have also participated.

“The students at Drexel’s campus in Philadelphia have a long-standing tradition of being involved in their community and we wanted to establish that same tradition here in Sacramento,” said Glankler, an MBA student at Drexel who visited Drexel’s campus in Philadelphia earlier this year. “The graduate students in Sacramento see ourselves as the future leaders of this region, and we want to demonstrate that we care deeply about our community. We want to be among a group of people that is helping make this a better place to live and work. It’s nice to be commended by the Board of Supervisors, and we thank them for the honor; but we’re not in it for the recognition. We rolled up our sleeves and got to work because we care.”

The Supervisors commendation notes that: “despite substantial demands on their time and the added pressure of pursuing a graduate degree from one of the country’s top-ranked universities, the students of Drexel University have taken it upon themselves to make sure that public service is a constant part of their graduate education.” Glankler, for example, recently had his second child this year, in addition to working as Roebbelen Construction, one of the region’s premier contractors.

“Drexel students balance demanding jobs, family responsibilities and the academic challenge of being a graduate student,” Oxholm said. “Despite their hectic schedules, our students manage to make time to volunteer on a number of great projects in Sacramento. We are proud of the great work our students are doing and their commitment to the community.”

“Now that Drexel has brought their top-tier nationally recognized graduate programs to Sacramento, we truly have world class education opportunities that link the East coast

with the West coast,” said Mandelberg, an MBA student and Citrus Heights resident. “I am incredibly proud and blessed as a member of the first group of students at the Drexel’s Center for Graduate Studies. As a Drexel alumni, I will strive to live up to and extend the reputation they bring with them.”

“To be recognized by the Board of Supervisors is an honor and a testament to the positive impact that Drexel has been able to have in such a short time,” said Freeman, another Citrus Heights resident and an MBA student. “Two years ago hardly anyone knew who Drexel was. In that brief period I’ve been able to work alongside my classmates and watch them evolve into leaders who make a positive impact in their vocations and communities.”

Founded in 1891 in Philadelphia, Drexel has earned a reputation for being on the cutting edge of higher education, and is ranked fourth most innovative university in the country by U.S. News & World Report. In 2009, Drexel University was honored as one of the top 10 universities in improving the economic, cultural and social life in their urban communities.

Drexel opened its doors in Sacramento in January 2009 and by the end of March 2010, over 250 students had enrolled in its graduate programs. It is now enrolling students in programs that will start this coming fall—the final cohort for the “inaugural students” who will enroll before the Center’s first cohort has graduated.

The eight graduate programs offered this year are designed for working professionals and focused at the heart of Greater Sacramento’s growth and economic development initiatives – entrepreneurial business, health, higher education, and information technology.

For more information on the Center for Graduate Studies, visit www.drexel.edu/sacramento, call (888) 389-3781 or (916) 325-4600, or attend one of the Information Sessions held every other week at the Center. The next Information Sessions will be May 22, June 16 and June 30.



ROCK DOC

By Dr. E. Kirsten Peters

What scientists call the “First Law” tells us that energy in our daily lives is neither created nor destroyed – only transformed. It’s the chemical energy bound up in natural gas and oxygen that makes heat in your furnace, or electrical energy in my toaster that burns my bagels each morning.

But although energy is never destroyed, it certainly can be “wasted” or put to purposes we people just don’t appreciate. My favorite example of that is an overheating pickup engine’s radiator, boiling over vigorously on a mountain grade in the summer time.

My four cylinder “little rig,” as we say in the rural West, gets about 31 mpg on the highway. I like them apples! But wouldn’t it be grand if that figure could be doubled? We would not be defeating the First Law, just using energy transformations more efficiently. And I’m glad to say I’ve seen a prototype of a device I think could do that – and economically, too. The little engine that could is called a fuel cell. There are several types of them; I’ll just concentrate on two, first the one

Fuel Cells on the Horizon

that’s simpler but expensive, then the more complex but practical one that may revolutionize our world.

I’ve taught freshmen college students about the first one. It runs like a battery, you could say, but one that never needs charging because it uses fuel. Fuel cells have advantages over batteries. Batteries are very heavy (come to my house and carry in the boat battery in the fall or back out in the spring if you doubt this statement). And batteries, for what they weigh, don’t put out much oomph.

The simple kind of fuel cell draws in pure hydrogen gas to an anode (negative) plate, with oxygen fed at the same time along the cathode (positive) plate of the device. There has to be a membrane and a chemical “soup” in the middle of the cell, but what matters for our purposes is that if you connect the negative to the positive parts you get an electrical current. You can run a light bulb, power a fan, or do any other form of work you care to with the resulting electricity. And the great thing about the fuel cell just described is that its only waste product is pure water.

But fuel cells like this are expensive. The catalyst inside them is made of platinum. And the hydrogen gas fuel is pretty scary stuff – hydrogen burns explosively with even the smallest spark. That’s one reason why, although engineers have long been able to make desktop fuel cells for special applications (or showing students the principles of how they work), your car isn’t running on one today.

But what if there were a second-

generation fuel cell that ran not on hydrogen, but on mundane fuel like gasoline, diesel – or even coal or processed plant matter? All those materials could supply hydrogen to the fuel cell, even though not in pure form. And if they were consumed in the controlled manner fuel cells use to oxidize fuel, they would produce electricity, again like a battery.

Here at Washington State University Dr. Jeongmin Ahn and his students are developing these “solid oxide fuel cells.” One of the great things about this next generation fuel cell is that it doesn’t require platinum as a catalyst, using much cheaper nickel instead. Another feature of the fuel cells that knocks my socks off is that one model can run on waste heat. That’s important, and here’s why.

A standard car is about 25 percent efficient, meaning it uses 25 percent of the gas you put into it to get you from Point A to Point B, but it wastes 75 percent of the gas as heat! If a good measure of that waste can be fed into a fuel cell, it can help to power the car using an electrical motor – a new sort of hybrid vehicle.

“We can double the miles per gallon of cars using that technology,” Ahn said to me. “Easily.”

I surely like the sound of that.

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

Orangevale Chamber of Commerce Networking Luncheon

What’s happening: The OV Chamber has started an exciting new format with a guest speaker and power networking to be sure you get the most from your membership. Our guest speaker this month will be Joe Ellering from GLOVE (Greenback Lane Orangevale Envisioning). He will update us with ideas to make Greenback Lane and Main Street a

more beautiful place, and he’ll also take your ideas and suggestions.

When: Monday, June 21, 2010 Noon - 1:30 pm

Where: O’Connor’s Santa Maria Grill, 9267 Greenback Lane, Orangevale, CA (988-0112) This is in the OV Chamber complex.

Price: \$10 for Members, \$15 for Non-Members. Please pay at the door.

To RSVP or for more information about joining the Orangevale Chamber of Commerce contact Maggie at the Chamber office 988.0175 or ovchamber@sbeglobal.net



To subscribe or advertise call 773-1111

www.AmericanRiverMessenger.com

State Awards Region \$65 Million for Interstate 80 Improvements



Carpool lanes help the region’s freeway system by making travel easier for carpoolers and also allowing for commuter buses to offer improved service.

Sacramento Region - The California Transportation Commission recently awarded \$65 million for high-occupancy vehicle (HOV) lanes on Interstate 80 from west of Interstate 5 to Watt/Longview where the new lanes will connect to the existing HOV lanes to Placer County. Construction on the project is scheduled to start in March 2011. The funds come from nearly \$190 million in northern California cost savings from projects funded by Proposition 1B, the voter-approved bond measure from 2006. The funding through the CTC is especially timely in closing a large funding gap and making it possible to coordinate construction of the HOV lanes with highway rehabilitation investments along the corridor; a total of \$171 million will be invested. Construction activities are anticipated to begin once the CTC funding is secured in the fall. The high-occupancy vehicle lanes are part of the Sacramento region’s Metropolitan Transportation Plan for 2035, but were not expected to be complete until 2015. The CTC funding helps the delivery timeline considerably and makes it possible to transfer nearly \$100 million in Measure A funding for the I-80 HOV lanes to the I-5 HOV project, thereby moving up the delivery of that project as well. High-occupancy vehicle lanes, commonly known as

Child Deaths Soar in Sacramento County According to Report

Homicides Due to Abuse and Neglect Increased 300 Percent in 2008

Sacramento - The Child Abuse Prevention Center presented its Child Death Review Team Annual Report to Sacramento County Board of Supervisors, on Tuesday, June 1. The study revealed that 166 children died in 2008, with a four-fold increase in child abuse and neglect homicides from 2007 to 2008. In total, 12 children were victims of CAN homicides in 2008 up from three in 2007. A majority of the offenders were biological parents and half of the CAN homicide decedents had prior Sacramento County CPS history. “In a time where child services are being threatened by budget cuts, numbers like this paint a very real picture about the need for funding to protect children and educate parents,” said Sheila Boxley, president and chief executive officer of the CAP Center, which delivered the report. “Many more children will suffer or die if funding continues to be slashed.” The report also showed that infant sleep-related deaths are at their highest level since 1993 and 25 percent of all 166 child deaths were preventable. A CAP Center analysis showed that when funding for child abuse prevention programs was cut in the county, child abuse rose sharply. When funding increased, abuse fell dramatically. “It’s not a hard concept to grasp,” said Boxley. “When we invest time and funding in child abuse prevention, the rewards for children and taxpayers are enormous.” Other findings in the report included:

- 13 percent of all deaths involved maltreatment
- African American children died at a rate two times higher than Caucasian children
- All 27 infant sleep-related deaths occurred in unsafe sleeping environments
- The number of child suicide deaths continues to rise.

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

Proudly Present the 2010 “Concert in the Park” Series

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

Grassroots Efforts for Effie Yeaw gets County’s Attention

Carmichael - When sixty-five people came to the May 12th “Efficiency Workshop” between the Sacramento County Regional Parks Department and the Board of Supervisors, to voice their support for keeping the Effie Yeaw Nature Center’s programs intact, it made an impact. Attendees wore green attire and stickers with the American River Natural History Association’s logo to persuade the County to choose the nonprofit to run the Nature Center as funding will end July 1st. “They had no idea how many people would spend a Wednesday afternoon to show the County we are concerned about the budget cuts coming to the nature center and want to have input in its future. Two big blocks of green shirts in the audience sent a powerful message,” said meeting attendee, Liz Williamson. “We are not just complaining about the budget cuts, we are motivated to find solutions,” said Shellie Horton, active Friends of Effie Yeaw member. Public pressure for transparency in finding new management for the Nature Center resulted in Requests for Proposals being sent to four nonprofits; The American River Parkway Foundation, The County Office of Education (operators of Sly Park Education Center for children), The Discovery Museum and ARNHA. “A coalition among these groups would be the best case scenario for the Nature Center’s current survival and for it to flourish in the future,” said Carol Doersch, ARNHA Associate Board member. “But ARNHA is ready to go it alone if that is the way things turn out. ARNHA has supported the Nature Center for 29 years and will continue happily and efficiently,” added Doersch. The Sacramento Zoo and Fairytale Town are held as successful examples of nonprofits taking over venues formerly run by a government entity, but they both continue to receive funding from the City of Sacramento, thirteen years after their transition. Sacramento County’s proposed budget ceases all funding of the Nature Center and Preserve on July 1st, a move that Williamson described as “wildly irresponsible”. The Friends of Effie Yeaw Nature Center and Preserve will continue organizing to see the County continues to provide some funding to the center and its programs and to fight any interruption of programs during the transition. Since its start on Earth Day, www.saveeffieyeaw.org has had over 900 visitors and over 2100 hits. “Once people found out the severity of the situation the Nature Center is in, the response was overwhelming. The future of the Nature Center looks a lot brighter, but we still have a long way to go,” said Heidi Kuehner, website creator. *Source:* www.saveeffieyeaw.org

Niello Co-authors Law to Protect Children from Violent Sex Offenders

Sacramento - Assemblyman Niello declared his commitment to the safety of California’s children by signing on as a coauthor of Chelsea’s Law - Assembly Bill 1844. This legislation, introduced by Assemblyman Nathan Fletcher in partnership with Kelly and Brent King, parents of Chelsea King, is focused on ensuring the protection of children from violent sexual predators. Chelsea’s Law is named for Poway teenager Chelsea King, whose life was taken in February by a convicted violent sexual predator. Chelsea’s Law will increase penalties for all sex crimes against children, strengthen California’s one-strike provision for violent sexual offenders, expand GPS monitoring and establish “Safe Zones” to prevent released offenders from loitering in parks and other public areas where children congregate. “Public safety is the first responsibility of government, especially where the most vulnerable among us are concerned,” stated Assemblyman Niello. “This legislation is long overdue, and I am pleased we are moving forward in a bipartisan manner supported by a broad coalition of law enforcement organizations.” “Chelsea’s Law is the first step in our effort to fix the problems in California’s public safety system that failed Chelsea King and continue to place our kids and communities at risk,” stated Fletcher. “With Kelly and Brent King leading the way, we have channeled all of our energy into this effort to create lasting change in Chelsea’s name that will make every California child safer. I thank Assemblyman Niello for joining our cause.” In addition to the leadership from the King Family, Assemblyman Nathan Fletcher and Assemblyman Niello, Chelsea’s Law is being driven by a network of over 85,000 “changemakers” from around the world in addition to law enforcement groups, crime victim advocates and concerned citizens. “Through Chelsea, Californians are speaking up and speaking out. We are thankful to each co-author for listening to that collective voice and taking the necessary steps to reform our laws,” said Kelly and Brent King. Chelsea’s Law passed the Assembly Public Safety Committee on April 20th.



Assemblyman Roger Niello

Sacramento’s 19th Annual HIREvent Comes June 15th

Sacramento - Sacramento’s Annual June HIREvent returns for its 19th year with an impressive lineup of job opportunities on Tuesday, June 15, from noon to 4pm at the Holiday Inn Northeast, 5321 Date Ave (near Madison & I-80). Jobseekers will find a roomful of exciting prospects with many of the region’s top employers. Representatives from a number of public and private-sector organizations will be present, seeking to fill immediate openings in a variety of fields. Those who want to fine-tune their resumes can get free, personal consultations with employment experts. Jobseekers should dress for success and be prepared for a productive afternoon, because all the employers will be eager to hire. This free event is sponsored by KCRA 3, KQCA My58 and Job Journal. For more information on this and other HIREvents, visit JobJournal.com or call 888-THE JOBS (843-5627).

Rancho Cordova Receives \$400,000 Brownfields Grants

Rancho Cordova - The City of Rancho Cordova has been selected to receive two brownfields assessment grants that are awarded by the U.S. Environmental Protection Agency. Brownfields are abandoned or under-used industrial and commercial properties where redevelopment is complicated by possible environmental contamination. Rancho Cordova’s two grants, which total \$400,000, will be used to identify and revitalize sites in the south Sunrise and Folsom Boulevard corridors. There are an estimated 15 hazardous substances sites and 44 petroleum release sites, encompassing 6,445 acres in the City. The first grant of \$200,000 will be used to establish an inventory of sites, conduct environmental site assessment, and support community outreach activities. The second \$200,000 grant will be used at sites with potential petroleum contamination. “This is exciting news for the City,” said Curt Haven, Economic Director for the City of Rancho Cordova. “The funding will allow us to identify brownfields sites so they can be cleaned up. This will enable more development opportunities for both the public and private sectors.” This is the first time the City’s Redevelopment Agency has applied for the competitive brownfields grants. In 2002, the Small Business Liability Relief and Brownfields Revitalization Act was passed to help states and communities cleanup and revitalize brownfields sites. The City of Rancho Cordova, CA was incorporated in 2003. City Hall is located at 2729 Prospect Park Drive; (916) 851-8700 (phone), (916) 851-8787 (fax), www.cityofranchocordova.org (website). For more information, please contact Micah Runner, the City’s Redevelopment Manager, at (916) 851-8783.

Sutters Fort Offers Two Flag Focused Community Events in June

Living History: “Revolution! The Bear Flag Rebellion!”

As part of the ongoing interactive, entertaining and educational Living History program, Sutter’s Fort State Historic Park presents a lively re-enactment of the Bear Flag Rebellion demonstrating how loyalties were put to the test when California, for a short time, became its own Republic. With docents in head-to-toe period attire, visitors will step back in time when rebels captured Sonoma and General Vallejo was brought to Sutter’s Fort, forcing John Sutter to declare his allegiance and eventually raised a new flag over the fort. Don’t miss the one-day-only Living History re-enactment of “Revolution! The Bear Flag Rebellion!” For more information about this event, or other events and activities, call 916-445-4422 or

visit www.parks.ca.gov/suttersfort
Where: Sutter’s Fort State Historic Park 2701 L Street, Midtown, Sacramento
When: Saturday, June 12, 2010
Time: Fort hours: 10 a.m. to 5 p.m.
Cost: \$6.00 per adult (18 and older), \$4.00 per youth (ages 6-17), free for children 5 years and under

Demonstration Days: “The Many Flags of Sutter’s Fort”

Throughout our nation’s history, flags have always conveyed powerful and symbolic messages for all to see. To learn more about many historically significant flags in California’s history, Sutter’s Fort State Historic Park is offering

a special demonstration day event “The Many Flags of Sutter’s Fort” on Saturday, June 19. This visually-exciting event will give visitors an opportunity to see the various flags flown over the years at Sutter’s Fort and learn about the sometimes dramatic stories behind the flags. For instance, three flags flew over the Fort in one year alone during a politically tumultuous time in our history! For more information about this event, or other events and activities, call 916-445-4422 or visit www.parks.ca.gov/suttersfort

Where: Sutter’s Fort State Historic Park 2701 L Street, Midtown, Sacramento
When: Saturday, June 19, 2010
Time: Fort hours: 10 a.m. to 5 p.m.
Cost: \$6.00 per adult (18 and older), \$4.00 per youth (ages 6-17), free for children 5 years and under

QB Daunte Culpepper Signs With Mountain Lions

Sacramento -- Quarterback Daunte Culpepper has signed with the Sacramento Mountain Lions of the United Football League. Culpepper will be reunited with his former Minnesota Vikings head coach Dennis Green, who will lead the Mountain Lions into the second UFL season, which kicks off this fall. Green previously selected Culpepper, who is a three-time NFL Pro Bowler and also played for the Miami Dolphins, Oakland Raiders and Detroit Lions, with the 11th pick of the 1999 NFL Draft. “My goal for this year was to get on the field and play football,” said Culpepper, who threw for 24,153 yards and 149 touchdowns during a stellar NFL career. “When the opportunity came for me to sign with the UFL and play for coach Green in Sacramento I could not resist. I am impressed with his approach to the game and to his players.

“I am also excited to be reunited with my college coach Mike Kruczek as the offensive coordinator. I am expecting to have a lot of fun running a wide-open offense and being a part of the United Football League. California here I come!” Coach Green said: “Bringing a player of Daunte’s caliber to the Mountain Lions is a major step forward not only for the team but also for the UFL. He is a player who will excite the fans here and will be an integral part of the team we are building that we hope can bring a championship to Sacramento. On a personal note, I am delighted to be reunited with Daunte.” Culpepper’s arrival in Sacramento will also create a rivalry with last season’s defeated UFL Championship Game finalists the Florida Tuskers. The quarterback enjoyed a standout college football career under Kruczek at the University of Central Florida, where he rewrote the UCF record

books. On October 21, the Ocala, FL, native will return to his home state to face the Tuskers at the same Florida Citrus Bowl venue where he rose to prominence with the Knights. Among his career highlights, in 2004 Culpepper passed for a league-leading 4,717 yards, a Vikings-record 39 touchdowns and was named to his third career Pro Bowl. He also broke Dan Marino’s NFL record for combined passing and rushing yards, amassing 5,123 total yards. His 2,323 rushing yards from 2000-2004 also made him only the fourth quarterback in NFL history to run for more than 2,300 yards in a five-season period. In the NFL, Culpepper was named the starter in 2000 and led the Vikings to a 7-0 mark, eventually finishing 11-5 with a berth in the NFC Championship Game, losing to Las Vegas Locos head coach Jim Fassel’s New York Giants.

Safety First on Airport Roads

Sacramento - As construction continues on the Big Build and the summer travel season heats up, officials at Sacramento International Airport are urging drivers to slow down and be cautious. Due to the high volume of vehicle traffic and multiple crosswalks, the speed limit drops to 10 mph in front of the terminals. At this speed, drivers can easily stop for pedestrians or cars pulling out from the curb. Pedestrians should use marked crosswalks and be aware of oncoming traffic. In addition, the Sacramento County Sheriff’s Airport Division has recently increased traffic enforcement at Sacramento International Airport. Mobile phone use is extremely distracting to drivers, and the airport encourages everyone to hang up their phones while driving. To avoid circling the terminals and talking on the phone, airport officials recommend using the free Cell Phone Parking Lot located near the airport entrance at I-5. The lot has no gate and drivers may wait there for up to three hours. Unattended vehicles are prohibited.

Volunteer at SMF

With the new terminal under construction, it’s an exciting time to volunteer at Sacramento

International Airport. The Airport Ambassador Program is looking for new volunteers. Ambassadors help travelers with many types of questions, including directions, information on tourist attractions, airport services and more. The Airport Ambassadors provide a valuable service to Sacramento County Airport System. Therefore, the airport supplies each volunteer with a polo shirt, vest and an employee parking pass. The airport also throws parties for the volunteers, includes them in Airport System updates and provides other perks. The minimum volunteer commitment is two four-hour shifts a month. Not all shifts are available, but the schedule can be flexible. Airport Ambassadors must be at least 18 with an active email address and basic internet skills. For more information or to sign up for a new volunteer info session, please contact Karen Doron at (916) 874-0662 or via e-mail at doronk@saccounty.net.
Airport Seeks Holiday Entertainers
The Sacramento County Airport System is soliciting proposals from professional and amateur musicians to entertain passengers during the holidays at Sacramento International Airport. The Airport’s

holiday entertainment program has grown from a small assemblage of school choirs to support two weekend visits by Santa Claus in 2000 to a robust performance schedule exhibiting a broad spectrum of musical entertainment celebrating the region’s artistic and cultural diversity. Performances are scheduled during peak passenger traffic hours to entertain passengers and guests alike, reducing the impact of the busy holiday travel periods on International Airport’s travelers and their friends and family. For more information, visit the airport’s Business Opportunities webpage at <http://www.sacairports.org/int/opportunities/Requests.html>

Construction on I-80

The summer road construction season is underway. The California Department of Transportation (Caltrans) is conducting several construction projects on Interstate 80 between Colfax, California and the Nevada State line. Travelers heading to Sacramento International Airport from these areas may experience delays through mid-October 2010. For more information on the project, visit <http://www.getacross80.com>.

Source: Sacramento International Airport

Weekly Writing Workshops Held at Rancho Cordova Library

Sacramento - Learn writing tips and improve your writing style at free workshops every Thursday, at 6 p.m., through August 5, at Rancho Cordova Library, 9845 Folsom Blvd., Sacramento. Led by Sacramento Poet Laureate Bob Stanley, the workshops encourage writers to bring something

they have written to share with others, including poetry, short stories, and short-prose essays. A special writing workshop is scheduled for 6 p.m., Thursday, May 27, at the Brookside Restaurant meeting room, 9819 Horn Road, Sacramento. The workshops are sponsored by the Friends of Rancho Cordova

Library and the Sacramento Poetry Center, and supported through a generous grant from the Sacramento Region Community Foundation.

For details, please telephone the Sacramento Public Library at (916) 264-2920 or visit saclibrary.org.

Honoring Young Women Who have Earned Girl Scouts’ Highest Awards

From Jennifer Lemos, MCC, Girl Scouts

Sacramento - The Girl Scout Gold Award, the highest award in Girl Scouts, was awarded to 55 Girl Scouts at Recognition of Excellence Ceremonies in Sacramento and Modesto. “The Recognition of Excellence ceremony is our opportunity to celebrate the efforts our older Girl Scouts have made in contributing to our community,” said director of program for Girl Scouts Heart of Central California, Loretta Kitch. Girl Scout Gold Award projects address a valid community need in which the girl strives to make sustainable and lasting changes. Nationally, only 5.4 percent of Girl Scouts eligible to earn the Girl Scout Gold Award complete their project and receive the award. Local awardees were; Laura Anderson, Jenny Horton, Kaitlin

Kelley and Sarah London of Carmichael, Jamie Estopinal of Fair Oaks, Laura Lapham of Gold River and Victoria Payne of Orangevale. Certificates for recognition from the United States Senate, United States House of Representatives, California House of Representatives, and the State Senate were presented to the award recipients. Other high ranking awards were also presented at this ceremony: the Girl Scout Silver Award, the second highest award in Girl Scouts and the Girl Scouts Heart of Central California Rose Award. “Earning [My Girl Scout Silver Award] was a way for me to give back to my community and to work independently and confidently as a mature young woman, which I believe is the ultimate purpose of Girl Scouts,” said Girl Scout Silver Award recipient, Kate Ely. Keynote Speaker for the Sacramento event, held at the

Doubletree Hotel on May 16th, was Carol Corrigan, Associate Justice of the Supreme Court of California. 2010 Local Council Award Numbers are: 55 Girls have earned their Girl Scout Gold Award, 70 Girls have earned their Girl Scout Silver Award, 16 Girls have earned their Girl Scouts Heart of Central California Rose Award, 4 Girls have earned their Bridge to Adult Award. The Girl Scout Gold Award has evolved from a long line of Girl Scout leadership awards going back as far as 1919. The Girl Scout Gold Award is the highest award a Girl Scout between ages 14 and 18 years old can earn. Currently between 5-6 percent of eligible Girls Scouts earn the Girl Scout Gold Award annually. The Gold Award recognizes the work of Girl Scouts who demonstrate leadership culminating in 65 hours or more dedicated toward a service project with a lasting impact on their community.

Celebrate Father’s Day and Help Suit Up Homeless Dads this June

Sacramento - Celebrate the Dad in your day, join us to make fathers feel special this June. Bring in an old business suit to donate to those who need business clothes for interviews. Robinson’s will give you a ticket to see the new movie, “Karate Kid” starring Jackie Chan, (tickets are limited to the first 100 who donate at all 18 area locations) and everyone will receive a free month of Family training, a \$79.95 value, to experience real martial arts with your own kids! Getting a job is a huge challenge when you have been out of work as many have during the recession. Getting a suit for that all important job interview

is often financially impossible when you have to choose between food for your family and clothes for yourself. Help us help homeless Dad’s find a new job by donating your Dad’s old suit and he can get a new one. Food donations go directly to area families. Visit www.robinsonstk.com for a drop off location near you, or call 916-481-6815. Join Sacramento’s first family name in martial arts, Robinson’s Taekwondo to honor Dad this June. Drop off your donation at any of the eighteen Robinson’s locations throughout the

Sacramento area in June. We’ll make sure the clothes get to fathers who need them. In 2009, Robinson’s and generous members of the community donated over six hundred suits, shoes and accessories to Sacramento Food Bank, The SETA Hillsdale Career Center and Sacramento Job Corps. “Karate Kid” starring Jaden Smith and Jackie Chan premieres June 11, 2010. Ticket giveaways are limited to the first 100 people who donate at any of the 18 Robinson’s Tae Kwon Do locations. Free Family Training for 30 days available to all who donate during this community drive.

**AFFORDABLE**
Heating & Air inc.

Lic #647672

Spring Tune-up &
**\$65**
Reg. \$89
Safety Inspection

Receive: Thorough and Comprehensive Inspection of your Air Conditioning System, and FREE thermostat calibration

We Check: • Airflow • Electrical performance • Freon Level
• Ducting • Mechanical Functions • System Efficiency

• Guaranteed trouble-free A/C through Sept. 21, 2010*

916-922-2775
*Contingent on service recommendation completion

1ST ANNUAL SPRING

Benefit Faire

Benefitting Domestic Violence Intervention Center and its “Harmony House” and California Federation of Women’s Clubs, Sutter District



9:00 a.m. to 4:00 p.m.

85 Booths:
Handcrafts, Antiques, Collectibles and More!

Food, music, Baked Goods and Lots of Fun!
Join us!

Free Admission

6237 FOUNTAIN SQUARE DRIVE • CITRUS HEIGHTS
Saturday, June 12, 2010

Bring canned goods, paper towels, toilet paper, crayons, coloring books, stickers, etc. to help these organizations...and receive a free raffle ticket

Call Laura Cobb for vendor information and applications: 916-722-4210

Reason and Emotion Collide in Boycott Debate

Special Report
By Perry Hartline

Sacramento - The Arizona boycott, open border, amnesty and reconquista organizations were out, armed with slogans and signs. They were attended by a menagerie of lawyers, community organizers; civic leaders in suits; and potbellied central labor council figures.

In Sacramento city hall’s polished-glass and butter-yellow marble rotunda, thirty-or-so people milled about hoping for seats in-chamber. Four 30-ish, manicured men in suits who feed off local government stood chatting and laughing. Twelve anti-boycott, pro-Arizona citizens stood silent, holding the flag of the United States. To their left eight practicing ethnic Mexicans surrounded a large sign in Spanish.

Painted faces in high-heels waving microphones towed cameramen panning for head shots. Newspaper reporters squeezing pens and pads prowled the thin crowd with photographers.

The city council chamber was stuffed, the air fuzzy and warm from bodies squeezed belly-to-butt, and nostrils breathing down necks. The media packed the forward areas and blocked the aisles with cameras for close-ups of Mayor Johnson and the city council members, particularly Councilman Fong, who called for the boycott resolution. About Three-fifths of the citizens came to encourage Fong and demand the City of Sacramento officially boycott the state of Arizona for passing SB 1070, the law that adopted Federal immigration law and applied it to state law, only less stringent. The remaining two-fifths had come to oppose Sacramento telling Arizona how to govern itself.

City Attorney Eileen Tiechert stood and read the law, SB 1070, to the citizens. She did so clearly and correctly. SB 1070 sounded reasonable and straightforward, and brief.

The Ground Rules

Each side was allowed an equal number of speakers, with two minutes to make remarks. The anti-boycott supporters would lead. Most were blue-collar workers, tradesmen and small business people, and included two unemployed people. They had no leaders, lawyers, politicians, community organizers or venerated community symbols to stand with them.

The people here aren’t financed by government grants. They aren’t funded by Federal, state or community programs and funds. They have themselves, a dream handed to them by dead white males 234 years ago, and a feeling of doom that the dream is vulnerable and being destroyed. They’ve come to do combat the way Americans always have against wrong, they’re using individual initiative. Nervous, disorganized, unschooled in public speaking, inexperienced in community organizing and public protest, they’re the average American standing up to say “NO!” to a threat. Some of their remarks follow.

Geo Riley, California Republican Veterans Association a Native American and Jew. [Riley?!] “Considering the city’s forty million dollars in debt why are you worried about Arizona?” Riley asked, “How many of you have actually read the law, or ever had it read to you, until tonight?” Riley scanned the room. Perhaps fourteen or fifteen hands went up. Councilman Fong didn’t raise his hand. The Mayor didn’t raise his hand.

Carl, an African-American, “I don’t feel sorry for people who break the law! They should not be rewarded!



Kevin Johnson lays the ground rules for the debate.

Photo by Mike Giles.

Why should they be? Why should we let them in? Why do we have a border? So far they’re doing more harm than good. The people of Arizona want help. The government should be working alongside them, not fighting them!”

David, “I’m dismayed we’re talking about this! This law mirrors Federal law! We’re a nation of laws! We can’t pick-and-choose which law to break and which one to enforce. And why does Mexico get special treatment? Why? Has anyone ever looked at what the Mexicans do to illegal immigrants? How the Guatemalans are beaten, raped and put in jail? Is that okay?”

A woman, name unknown, a legal immigrant from Central America spoke passionately to those who would boycott, “You here!” She turned to the crowd, “**Fix Mexico first!** You should not be forgiven because of sympathy! I waited in line. I’m here legally. I attended classes for years, learned English, and studied our government. Take your Spanish signs and demonstrate in front of Calderon!”

Paul Smith, “You’re considering boycotting Arizona. What’ll you do if seventeen other states adopt Arizona’s law? Will you boycott them too? And what does this tell people all over the world, in the Philippines, Ireland, Vietnam, who want to come here and be Americans?”

Dan Starr, “I was a marine in Iraq.” Some in the audience clapped, more snorted or sighed. “I support the Arizona law! But here! **Here are people wearing Che Guevara T-shirts! Carrying signs in Spanish!**” He paused, “What does this tell us? You don’t care! Illegal immigration’s okay with you, by doing that, by supporting illegal immigration, you’re opposing legal immigration!”

Lars, currently unemployed. “Arizona’s law is lesser than the Federal law, which is not enforced. All Arizona wants is for the Feds to do their jobs. Only lawbreakers need to worry. Federal law is the highest law. Not to support it is treason. Your oath of office requires you to enforce the law, not boycott it. The city council is trying to do economic damage to people who are trying to save themselves.

Crystal Taylor, an elegant, African-American woman. “This is a legal issue! No one in this room should be opposed to it. Boycotting Arizona means you support illegality!”

The Boycotters Rise

SB 1070 is condemned by a troop of speakers. A female ACLU lawyer, lawyers from various Hispanic organizations, and a poetry reading college professor describes the law as xenophobic and inherently racist; that it’s racial profiling; it’s mean-spirited

and anti-human and an overt attack on Latinos to preserve “white privilege.” They say a boycott of Arizona is the only way to ‘send a message’ and fight this example of racism and inhumanity, and to support human rights. Mayor Johnson was continually assaulted with comparisons to the Civil Rights struggle, and Rev. King’s name was used freely throughout the night.

Former Police Chief Arturo Venegas. “This is a racist law! It’s an outrageous attack on those least able to protect themselves! **It is the civil rights issue of our day!**” His remarks were followed by cheers, shouts and applause.

President (?), La Raza Lawyers Association. “The express intent of this law is to achieve attrition through law. It discriminates against everyone, Blacks, Asians, and Hispanics, anyone not “Caucasian like me.” It’s a hate-based law and must be abolished! We must stand up to it! We must say ‘NO!’ A boycott is the only way.”

Melinda Guzman, Attorney, “This is Federal preemption. It’s not just racial profiling; it bans ethnic studies, and even accented teachers. Soon kids will be turning in their parents to authorities. Let the Feds do their job! Tell Arizona to back off! **Boycott Arizona!**”

Central Labor Council representative. “This law is racism! It’s racist and it’s anti-worker, pure and simple!” The meeting broke up late. Mayor Johnson conducted himself well, and reprimanded speakers only four or five times.

At this writing no other country has open borders, the Arizona immigration law is favored by 73% of Americans, and seventeen states are considering adopting it or some form of it. In May the city of Boston adopted tough new immigration ordinances and is enforcing them. The most recent (June 2) Quinnipiac poll shows Americans want strong enforcement of existing federal law, not ‘comprehensive immigration reform,’ or reform followed by amnesty or linked to citizenship.

Current immigration policy and Southern Border Defense is the result of the past four administrations ignoring the problem deliberately. The Bushes wanted cheap labor, Clinton and Obama wanted voters.

Those who would boycott Arizona offer no rational reason for doing so. Those who would repeal the law offer no solution to securing the border.

As of this writing the City of Sacramento has yet to vote on Councilman Fong’s resolution. What is described here can be viewed on your government public access channel, only it’s six hours longer.

Election Results,
cont’d from Page 1

Results of the Statewide Propositions

PROP 13 - Yes 84.5% 3,200,194 votes – No 15.5% 588,582 votes

Limits On Property Tax Assessment. Seismic Retrofitting Of Existing Buildings. Legislative Constitutional Amendment

A YES vote on this measure means: Earthquake safety improvements made to unreinforced masonry (such as brick) buildings would not result in higher property taxes until the building is sold.

PROP 14 - Yes 54.2% 2,077,100 votes – No 45.8% 1,761,410 votes

Elections. Increases Right To Participate In Primary Elections

A YES vote on this measure means: All voters would receive the same primary election ballot for most state and federal offices. Only the two candidates with the most votes—regardless of political party identification—would advance to the general election ballot.

PROP 15 - No 57.5% 2,147,745 votes – Yes 42.5% 1,593,698 votes

California Fair Elections Act

A NO vote on this measure means: The state ban on public funding for political campaigns for elected offices would continue. Candidates for the office of Secretary of State would continue to pay for their campaigns with private funds subject to current rules. Existing charges related to lobbyists would not change.

PROP 16 - No 52.5% 2,015,297 votes – Yes 47.5% 1,830,278 votes

Imposes New Two-Thirds Voter Approval Requirement For Local Public Electricity Providers. Initiative Constitutional Amendment.

Results as of our deadline. Not all results are final. Sources: <http://vote.sos.ca.gov/> and <http://sacresults.e-cers.com>

Tiny Fish Wreaks Havoc On Small Business

An ill-advised plan by environmentalists and the federal government to save a tiny fish called the delta smelt is causing many small businesses in California to lose access to life-giving, food-growing water. The plan has reduced the pumping of much-needed water through a series of canals, pumps and reservoirs from Northern California to the southern part of the state and as a result, thousands of small businesses and farms are not getting the water they desperately require to run their businesses.

“It may seem comical that a fish the size of a human finger could wreak havoc on the most populous state in America, but for many small businesses in California, the case of the delta smelt is no laughing matter,” said John Kabateck, NFIB/California state director.

The NFIB Small Business Legal Center has filed a friend-of-the-court brief in support of a lawsuit filed on behalf of small, independent farmers and businesses affected by the reduced pumping. One study estimates the staggering economic losses in the Central Valley alone at up to \$1.6 billion — with job losses as great as 80,000.

The Central Valley Project

immigrants,” Chambers said in an interview with the Messenger.

Naritelli said that the state can do a better job of controlling its porous border and one way to do this is to control the incentives for crossing illegally.

“The first thing we should do is to end the incentives for illegal immigration. No one here gets free health care, the illegal aliens do... we need to send the National Guard to the border ...why should we taxpayers have to pay for the illegal immigrants? We can and should bill the countries for which they

A NO vote on this measure means: Local governments generally could continue to implement proposals involving the start-up or expansion of electricity service either through approval by a majority of voters or actions by governing boards.

PROP 17 - No 52.1% 2,004,410 votes – Yes 47.9% 1,848,768 votes

Allows Auto Insurance Companies To Base Their Prices In Part On A Driver’s History Of Insurance Coverage. Initiative Statute.

A NO vote on this measure means: Insurers could provide discounts to their long-term automobile insurance customers, but would continue to be prohibited from providing such discounts to new customers switching from other insurers.

More Elections Results

Sacramento County Board of Supervisors

Phil Serna – District 1 with 10,367 votes
Jimmie Yee – District 2 with 15,746 votes
Don Nottoli – District 5 with 17,568 votes

US Representative Nominations

District 3
Democrat Ami Berra, with 33,751 votes
Republican Dan Lungren, with 49,843 votes

State Senate District 6 Nominations

Democrat Darrell Steinberg with 44,230
Marcel Weiland with 24,459 votes

State Assembly District 5 Nominations

Democrat Richard Pan with 10,646
Republican Andy Pugno with 13,030 votes

Secretary of State Nominations

Democrat Debra Brown with 1,496,956
Republican Damon Dunn with 1,075,337 votes

Lieutenant Governor Nomination

Democrat Gavin Newsom with 937,982
Republican Abel Maldonado with 675,854 votes

Board of Equalization District 2 Nominations

Democrat Chris Parker with 165,611 votes
Republican George Runner with 178,675 votes

Superintendent of Public Instruction (Non-Partisan)

Larry Aceves with 595,739 votes
Tom Torlakson with 571,006 votes

Insurance Commissioner Nominations

Democrat Dave Jones with 916,838 votes
Republican Brian Fitzgerald with 716,331 votes

Attorney General Nominations

Democrat Kamala Harris with 553,771 votes
Republican Steve Cooley with 734,744 votes

Treasurer Nominations

Democrat Bill Lockyer with 1,503,024 votes
Republican Mimi Walters with 1,280,928 votes

Controller Nominations

Democrat John Chaing with 1,493,452 votes
Republican Tony Strickland with 884,272 votes

State Senate District 6 Nominations

Democrat Darrell Steinberg with 44,230
Marcel Weiland with 24,459 votes

Gubernatorial Hopefuls Debated in Citrus Heights

By Eric Marks

With the primary election coming down to the wire, two people running for the states’ highest office made an appearance at the Citrus Heights Community Center on Thursday, June 3rd. Bill Cambers and Larry Naritelli took time to visit with the citizens and to participate in a two hour long debate sponsored by the GOPtrumpeter.com.

While both Chambers and Narietelli are not polling as well as Meg Whitman and Steve Poizner they made it clear that their political views are no less valid.

In addition to the crowd, the debate was broadcast on the internet and 380 stations carried the feed live online, according to Andrew Bower of Red Dog Records who filmed and posted the debate.

The debate focused on several issues, including the hot button topic of illegal immigration, employment and water rights.

On the topic of water rights, both candidates debated the need to balance the environment and farmers need for water for crops and animals. Naritelli drew a round of applause when he stated that the

federal Constitution opens with the line “We the people, not we the fish!”

Another hot topic was illegal immigration and the candidates were both in agreement that something has to be done and the status quo is not sustainable.

“The only amnesty policy that we should consider would be for those individuals who came here legally and have not fulfilled their obligation to renew their documents...(In addition) we need to modify our immigration laws...in order to stop the practice of granting citizenship to a child who is born here of illegal

(aliens) came from...if we charge them, and then they will control their borders better,” Naritelli said.

David and Kim Birchell of Rocklin attended the debate and came away with respect for both candidates but believeNaritelliisthepersonforthejob.

“He is pro-Reagan,” a constitutionalist and knows what it will take to get the state back above the water again. We all know that our country and state were at its best when Ronald Reagan was in office,” said Kim.

Kim’s husband David agreed and added that he feels Naritelli is the best

man for the job because of his fiscal backgroundandcorporateexperience.

“Larry comes from several accounting and controller backgrounds in the corporate climate, understanding the intricate situation the state is in fiscally...it is my belief that job-growth and business solvency in this state needs to be directed by someone with sufficient understanding of the state of businesses in California,” said David.

Eric Marks is a freelance reporter. He can be reached at EricM@journalist.com

Rep Lungren Welcomes America Speaking Out



Congressman Dan Lungren

Washington DC - Rep. Lungren (R-CA) issued the following statement after the unveiling of America Speaking Out, a program which invites the American people to join the process of building a new policy agenda for America. Through America Speaking Out, the American people will be given a voice in setting the priorities for a national agenda. At town hall meetings, online at AmericaSpeakingOut.com, and through new communications tools, all Americans will have an opportunity to be a part of this effort.

"Americans have been speaking out but Washington is not listening. Democrats in charge of Congress have pursued a partisan agenda, rather than addressing the concerns of the American people. Whether forcing a government takeover of health care, passing a National Energy Tax, stacking up record deficits, or ignoring our nation's jobs crisis, the actions of this Congress have been against the will of the American people. America is ready for its voice to be heard in Washington, and the nation deserves a government that acts to implement the priorities of the people.

"House Republicans are offering the country a new set of policy solutions, but rather than handing an agenda down from the Washington DC, we want to include the American people in building it. We are committed to our principles of smaller, more accountable government. However, we believe that leadership requires the humility to listen to the American people and a recognition that any new agenda should start with them. So to show that the voices of the America people can still make a difference in Washington, we are introducing America Speaking Out and giving citizens a new opportunity to lend their ideas to the creation of a new national policy agenda.

"I encourage all Americans, regardless of party affiliation, to be a part of this unprecedented dialogue of ideas. Throughout the summer we will be engaging the American people to solicit their priorities and discussing how our principles can be applied to America's challenges.

"This project will feature innovative web tools and mobile applications that will bring town hall meetings directly to anywhere Americans are discussing our nation's challenges. Changing the course of our nation and the way Washington works will require the American people to continue to speak out and for Congress to start listening. Through America Speaking Out, the people will have a voice in Washington, as well as a group ready to act on their behalf."



By Jon Coupal, Howard Jarvis Taxpayers Association

Like the proverbial wolf that continues to lick the knife blade because it enjoys the taste of its own blood, the Democrats are back with another huge tax increase.

At a time when the state's economy and taxpayers are still staggering under the burden of last year's \$12.6 billion tax increase, Democrats are pushing a plan to raise taxes by yet another \$5 billion and to borrow an additional \$8.7 billion.

Among the proposals are extensions of the increases in the sales, income and car tax that were approved last year by the usual suspects, but were due to expire after two years. This goes to prove the adage that there is nothing so permanent as the temporary. In a recent column, Joel Fox, the president of the Small Business Action Committee, provided a number of excellent examples of "temporary" taxes that seem never to disappear. Among those is the federal telephone tax established to pay for the Spanish American War, which remained in place for 108 years after the war ended.

Politicians know how to play the game. To minimize opposition to a new tax they market it as temporary. But once taxpayers become accustomed to paying it, they look to extend it or make it permanent. For a California example, look at the 1.25% sales tax increase Pete Wilson backed in 1991 to deal with a budget gap. A half-cent was supposed to be temporary, but when it came time to expire the Legislature placed it on the ballot promoting it as necessary for "public safety." Voters -- by then used to paying the higher tax -- swallowed the hook and we continue to pay the entire 1.25% increase initiated almost twenty years ago.

As for the borrowing, our state's credit is so bad, lawmakers want to borrow money against the California Beverage Recycling Fund in an arrangement known as securitization. Basically, it would allow them to spend money on current programs by guaranteeing repayment with future recycling revenues. What most Californians think is a fee designed to make sure that beverage can and bottle litter is picked up, and that those resources are recycled, turns out to be just another Ponzi scheme by the Sacramento politicians. However, it clearly illustrates the contortions through which lawmakers will go to allow themselves to continue to spend regardless of the economic realities or the burden it places on ordinary taxpayers.

Average Californians do not have to be told times are tough. An unemployment rate of 12.6% -- over 21% when the underemployed are counted -- may be just a number to most people, but virtually everyone knows the real impact of our failing economy because they have a friend or family member who is unemployed, even if they themselves continue to have a job. These statistics represent real suffering by real California families.

Legislators should not deceive themselves. Only part of the problem is linked to the national recession. The state's problems pre-date the recession and reflect a deeper policy-induced crisis. These tax grasping politicians would do well to review the 2010 edition of Rich States, Poor States, an economic competitive index of states by economist Arthur Laffer and published by the American Legislative Exchange Council. In the category of economic outlook, California ranks 46 out of 50 with 50 being worst. It is no coincidence the states ranking near the bottom are high tax states that are suffering a high level of domestic out-migration, which Laffer calls the "moving van effect." In other words, people and businesses are mobile; they can leave unfriendly economic states and move to tax friendly states. In domestic migration, California ranks a dismal 49, meaning that taxpayers are fleeing our state.

However, in spite of the evidence, lawmakers move inexorably forward toward economic collapse. In an almost cartoonish satire of their lack of concern for the interests of average taxpayers, last week, the four legislative ringleaders behind the 2009 tax increase blithely traveled to Boston to accept Profiles in Courage Awards from the Kennedy Foundation for their raising taxes in face of public opposition -- and in defiance of logic. Meanwhile, those California taxpayers who have not left the state, soldier on without accolades.

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.

THE CABIN

HOLISTIC HEALING CENTER

Yoga – Massage Therapy – Deep Tissue
Swedish – Acupuncture – Chat Group

YOGA: One of the best methods for developing a healthy body and happy mind.

1st class free.... Mon. and Thurs. 7 to 8:15 pm.

(2) Intro offer: Free Mondays 20 mim free massage
@ The Cabin with c.m.t. Louise.

Call Louise 916-729-0103

Anna Louise Mitchell

7505 Greenback Lane
Citrus Heights, CA 95610
www.thevillagecabin.com

916-729-0103
mbearcal@aol.com



Investing for the Future?

The reasons for investing can differ for each person. That's why it's essential to discuss your personal goals with a professional who can help develop and implement strategies that may help you realize those goals.

Now is a great time to discuss your financial picture with a Golden 1 Financial Consultant.

- Enjoy a FREE, friendly, no-obligation consultation with an experienced, licensed and registered professional.
- Start with as little as \$50 per month.
- Learn about the wide variety of investments available to you.
- Relax knowing your plan can change with your needs.

The future is closer than you think! Schedule your free consultation with Jason Budelli today!
(916) 961-6386 • 1-877-GOLDEN 1 (1-877-465-3361)
(Follow the prompts to Financial Services)



Golden1
INVESTMENT SERVICES

Jason Budelli is a registered representative with LPL Financial. CA Insurance License #0F56236. Securities and insurance products are offered through LPL Financial and its affiliates. Member FINRA/SIPC. LPL Financial is a Registered Investment Advisor. LPL Financial is not affiliated with The Golden 1 Credit Union.

Investments:	
Not An Obligation of The Golden 1 Credit Union	No Credit Union or Affiliated Entity Guarantee
Not Insured by Any Federal Government Agency	Not NCUA Insured
	Involve Investment Risk, May Lose Value Including Possible Loss of Principal

Some Banks Come and Go

ONE BANK STAYS THE SAME



With many banks selling and merging, isn't it comforting to do business with a local community bank that has been under local ownership and management for over 52 years?

To our customers, we appreciate your confidence and patronage.

To others who are thinking of changing banks, we invite you to experience the stability, excellent customer service and competitive banking products that have made El Dorado Savings Bank one of the most respected banks in the financial services industry.



EL DORADO SAVINGS BANK

Serving our local communities since 1958

www.eldoradosavingsbank.com

CITRUS HEIGHTS • 7895 Lichen Drive • 729-1100

1-800-874-9779

Deposits insured to \$250,000 by the Federal Deposit Insurance Corporation.

Member **FDIC**



K10

BAUER

Monday - Saturday 8:30 - 5:30

We Accept All Competitors' Coupons

Locally Owned & Operated

Professional Auto Detailing

No Extra Charge For Trucks, Vans or SUVs That Accomodate Our Automatic Car Wash



5927 San Juan Ave
Between Madison & Greenback
Citrus Heights • 916-967-3083

\$3.00
OFF

Any Car Wash

BAUER San Juan Car Wash
Citrus Heights • 916-967-3083
Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 7/31/10

\$5.00
OFF

Any Car Wash Package

BAUER San Juan Car Wash
Citrus Heights • 916-967-3083
Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 7/31/10

\$10.00
OFF

Any Express Detail

BAUER San Juan Car Wash
Citrus Heights • 916-967-3083
Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 7/31/10



By Marlys Johnsen Norris

In the beginning it was love that caused God to create the world and everything in it. It was love that caused Him to create man in His own image. And it was love that caused Him to take a rib from Adam and create a woman for Adam to love. And that love began the human race. Love is certainly what makes the world go around! Scripture tells us that God is love and love certainly is the most powerful force in our world. Last night as I watched Christian

Love Worth Finding

television, Joyce Meyer said that “Love is the force that will stop the enemy of our souls, it is the most powerful force against evil.” I thought that was a profound statement. Love has the power to change the course of all of our lives and Jesus proved that when He died for us. Countless lives have been changed and transformed because they have accepted Jesus and believe the message of salvation through His shed blood. Miracles have happened because someone who loved God prayed! The God of love is anxiously waiting for every single soul to call on His name. Today, you need to know “God Loves You” and He is ultimately concerned about YOU. Possibly you have ignored His little nudges on your conscience. Guilt has

kept you from listening, but today seeing those words in print, you really know God is speaking directly to you. He longs for you to be His child and you to learn about His beautiful plan for your life. Your journey walk with God will take you on the greatest adventure of your life. Seek out someone today, you know – knows and loves Him and tell them you are ready to walk with God. Please know, I am always available too.

Marlys Johnsen Norris, Author Marlys5934@sbcglobal.net “Intimacy Begins Going God’s Way” “God Moves Mountains, It was a Miracle” “Recipes for a Happier Marriage” “Senior Gleanings”



By Pastor Ray Dare

Does God like you? You may hesitate to answer that if you don’t understand grace. You may be in a prison of perfectionism...thinking that you have to be perfect for God to love you. How do you get out? There’s only one way. There’s only one cure for perfectionism. Grace. Receive God’s grace. Let Him give it to you. Grace is God giving to you what you don’t deserve...His love, His forgiveness, His acceptance. It is the most important theme in the Bible. The Bible says that God’s love for you is not based on your performance. That’s why Christianity is called Good News. If you don’t get anything else, understand this: God loves you unconditionally. The Bible teaches us we cannot please God by our performance.

Does God Like You?

“God’s wonderful kindness is what saves you...You were saved by faith in God, who treats us much better than we deserve. This is God’s gift to you, and not anything you have done on your own. It isn’t something you have earned, so there is nothing you can brag about.” Ephesians 2:5-9 (CEV) Many people avoid God because they don’t understand grace. I’ve discovered many people are harder on themselves than God is. Perfectionism is based on the fear of God rather than the love of God. You may think, “But doesn’t the Bible say the fear of God is the beginning of wisdom”? Yes, but you must understand what that word “fear” means. Proverbs 9:10, “The fear of the Lord is the beginning of wisdom...” The word for “fear”, means “reverence” or “to be in awe of.” God doesn’t want you to be afraid of Him, He wants you to love Him. Jesus didn’t say if you’re afraid of me you will keep my commandments (John 14:15) He said if you love me you will keep my commandments. But doesn’t the Bible say, “Be perfect as your heavenly father is perfect”? Again you need to understand the word “perfect.” Matthew 5:48 (KJV) “Be ye therefore perfect, even as your Father which is in heaven is perfect.” That

word perfect means “mature.” The Message paraphrase puts it this way, “Grow up. You’re kingdom subjects. Now live like it. Live out your God-created identity. Live generously and graciously toward others...” God knows you can’t be perfect, that’s why Jesus came to earth in the first place. He came to do for you what you couldn’t do for yourself. Now all you have to do is accept it. Accept what He’s done for you. Life’s greatest burden is trying to measure up to what God has already said no man can measure up to. Life’s greatest burden is trying to get what God says you already have in Christ: His love, His acceptance and forgiveness. If you’ve never opened your life to Jesus Christ, today is the day to do it. Say, “Jesus I realize that I can’t live a perfect life and today I realize that You don’t expect me to. I don’t understand it all, but I realize You love me and I want You in my life. I want to accept Your grace, what You’ve done for me. I ask You to forgive me and come into my life make the changes that I need and want.” See you Sunday, Pastor Ray New Community Christian Church www.YourNewChurch.org



Rev. Richard P. Reimer

Our church recently completed a 40 day study of the biblical concept of love from the New Testament book of I Corinthians, chapter 13. In my study I came across this quote attributed to Gordon Crosby, the pastor of The Church of the Savior in Washington D.C. in the late 1960’s. “We so carefully watch the limits of our health and strength, for some of us are very tired. We measure out the love that we give to others as from a medicine dropper.” If you are a volunteer anywhere

You can Overflow with Love

or part of any helping profession you know how physically, emotionally and spiritually draining loving people can be. Many volunteers are “running on fumes”. How can we keep on giving and giving unless we take time to refill our love tank? There are three things we can and must do if we are going to overflow with love towards others. First, we must take care of our bodies. We must take time to rest, we must eat a balanced diet, and we must exercise. It’s fitness or fatigue! Secondly, we must recharge our emotional health by finding time for solitude. As Rick Warren said, “Come a-part or you will come apart.” Like Jesus, we must get away from it all and take time to be alone. We need to change our pace, do something fun and be around people that make us laugh if we want to recharge our emotional reservoir. Thirdly, we

must seek God’s supply. The Holy Bible teaches that God is Love. 1 John 4:7-21. God wants to pour His love into us so we can be so full that we slosh all over people! Love is one of God’s gifts to us and it’s ready for the asking. So ask God to fill you daily with His love. As you draw close to God you will find it much easier to be close with others. You will have God’s eternal love bubbling up inside of you. You won’t have to spoon it out in small careful doses. You can overflow with love. By the way, the church is a laboratory for learning how to love. Hope to see you soon,

Rev. Richard P. Reimer Lead Pastor, American River Community Church www.arcconline.org 3300 Walnut Avenue Carmichael, CA

Grace Baptist Church

6724 Palm Avenue Fair Oaks, CA 95628

Pastor Charles Carter (916) 967-3915

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung.

Grace Baptist still stands on the Principles, Doctrines and Separation, Found and taught in The Bible

Service Schedules

Sunday Schools (All Ages) 9:45 am
Sunday Worship 11:00 am
Sunday Evening 6:00 pm
Wednesday Evening 7:00 pm

Come and Experience God's Amazing Grace (Located south of Madison; just east of Dewey)

Call for More Information

Oak Avenue Free Methodist Church

8970 Oak Avenue, Orangevale, CA 95662 *Corner of Oak and Beech*

(916) 988-8815 • Pastors Andrew Webb & Robert Price

Office Hours: 9 am to Noon - Tuesday - Friday
Wednesdays: Senior’s Bible Study: 1st & 3rd, 10 am - 11am
Evening Adult Study: 7 pm - 8:30 pm
Sunday School - 11 am For All Ages • Sundays Worship - 9:30 am

www.avefmc.org

Christ the King

Passionist Retreat Center

6520 Van Maren Lane in Citrus Heights

Economy got you down?
Family or job issues bothering you?

Relax. Breathe deeply.
Retreat into our beautiful grounds, generous space, and atmosphere of serenity. Visitors will find a peaceful sanctuary in a monastic tradition, space to reflect and opportunities to reconnect with God.
Walk among old growth oak and redwood trees.
Stroll through the stations of the cross or visit a labyrinth.
Weekend programs available. Community Mass Thursdays.
Meeting rooms available to rent.

Come to Your Center...and rediscover your center.

(916) 725-4720

Weddings of Joy

Creating special moments and sacred events.

Rev. Paul V. Scholl
Interfaith Minister, B.Msc.

916.773.7337
GO2DLYT@aol.com
Call to Discuss Your Wedding Plans
Go to www.LovingOutLoud.com/weddings

Specialties Plus

- Machine Repairs (*all makes & models*)
- Toner Cartridge Refills (*Using Cartridge World? Take 10% off their price & try mine*)
- Free Cleaning (*with our cartridge*)
- We are Local
- Service Contracts (*monthly or yearly*)
- Lease or Rent
- High Volume Copying (*save wear & tear on your machine*)

Specializing in Digital Printers, Copiers, Fax & Multifunction Machines

E-mail:
specplus@comcast.net
(916) 723-8430

Better Hearing Made Easy

Get the world’s first disposable hearing aid

If you or your loved one has mild to moderate hearing loss, the all-new Songbird® flexfit™ is the ideal solution. Easy and affordable, it offers a revolutionary alternative to costly traditional hearing aids. Use it only when you need it, just like reading glasses. Adjustable for a personal fit, it's perfect for those who want to improve hearing on their own terms—without sacrificing quality or comfort.

100% Satisfaction Guaranteed

ALL NEW!

Improve your hearing without hassle or major expense

- Crystal-Clear Digital Sound Quality
- Lasts for 400 Hours of Active Use*
- No In-Office Fittings or Maintenance
- No Batteries to Replace
- Order from Home—by Phone or Online

Makes conversations clearer and more enjoyable

You may not always need help hearing. For the times you do, trust Songbird.

\$39⁹⁵
Two Payments of
ASK HOW TO GET FREE SHIPPING!

Not available in stores

Try It Now Risk-Free[†]

Call 1-888-287-4963

Compact design as shown in hand

Product worn as shown—hides discreetly behind the ear

*Under typical use patterns, battery lasts for 400 hours of active use (when turned on). Make sure to turn the device off when not in use to maximize battery life. †Less shipping and handling. The Songbird flexfit™ disposable hearing aid is for mild to moderate hearing loss. Not intended for use by anyone under 18 years of age. Hearing loss can be a symptom of a medically treatable condition. Consult your doctor prior to using any hearing aid.

FBI0722035

Adult / Elder Care

Newly constructed, modern Care Facilities in Fair Oaks Private/Semi room. ½ off first month. No assessment fee. 24/7 on site care staff. Call 916-871-4267/947-8618. Will work with placement company. (MPG)

Special 50% Off 1st Month Care Private & Semi private rooms. For more info call 916-721-4721 (MPG)

Experienced caregiver for elderly. 24-hour care; healthy nutritious meals; reasonable rates. In Fair Oaks – room in comfortable home. Call 916-536-0701 (MPG)

Apartments for Rent

OAKS AT ARCADE CREEK New & Upscale 1/1 2/2. 6544 Auburn, Citrus Heights. 916-726-6100 (MPG)

1 BEDROOM SPECIAL CH&A, Pool, Patio, Laundry 4735 College Oak, Sacramento 916-222-3306 (MPG)

ATTENTION!

Health and Wellness Success Coaches Needed. Able to work from Home. Will train. 888-279-7875, call 24hrs (MPG)

ATTN: Internet health and wellness company expanding. Seeking top sales Pro's. Will train right person. CALL 888-279-7875 24hrs. (MPG)

Auto Donation

DONATE YOUR CAR: Children's Cancer Fund! Help Save A Child's Life Through Research & Support! Free Vacation Package. Fast, Easy & Tax Deductible. Call 1-800-252-0615. (Cal-SCAN)

DONATE VEHICLE: RECEIVE \$1000 Grocery Coupons, Your Choice. Noah's Arc, No Kill Animal Shelters. Advanced Veterinary Treatments. Free Towing, IRS Tax Deduction. Non-Runners. 1-866-912-GIVE. (Cal-SCAN)

DONATE YOUR CAR! to SONGS of LOVE! Seen on the TODAY SHOW! Make a sick child smile and get a tax-deduction. Endorsed by Bob McGrath of Sesame Street! Call 888-909-SONG (7664) (Cal-SCAN)

Donate Your Car Civilian Veterans & Soldiers. Help Support Our U.S. Military Troops. 100% Volunteer. Free same Day Towing. Tax Deductible. Call and Donate Today! 1-800-404-3413 (SWAN)

Business Opportunities

ALL CASH VENDING! Be Your Own Boss! Your Own Local Vending Route. Includes 25 Machines and Candy for \$9,995. MultiVend LLC, 1-888-625-2405. (Cal-SCAN)

Earn Money with Your Computer The best \$299.00 investment during this economy! Benefits So Awesome! \$3000.00 per mo possible after 1st six months! www.getstarted2win.com (MPG)

Work From Home Earn \$1,000 to \$3,000 per week Free 14-minute movie that shows you how! www.setfree.com (MPG)

Business Services

CLASSIFIED ADVERTISING ADVERTISING in 240 Cal-SCAN newspapers for the best reach, coverage, and price. 25-words \$550. Reach over 6 million Californians! FREE email brochure. Call (916) 288-6019. www.Cal-SCAN.com (Cal-SCAN)

DISPLAY ADVERTISING in 140 Cal-SCAN newspapers statewide for \$1,550! Reach over 3 million Californians! FREE email

brochure. Call (916) 288-6019. www.Cal-SCAN.com (Cal-SCAN)

ADVERTISE ONLINE in a network of 50-plus newspaper websites. Border to Border with one order! \$7 cost per thousand impressions statewide. Call for details: (916) 288-6010. www.CaliforniaBannerAdNetwork.com (Cal-SCAN)

Computers

Computer Care Complete PC Care and Maintenance Installs, upgrades, virus removal, wireless. Affordable prices - Same-Day Service. Call Todd 916-529-5954 (MPG)

Construction

Affordable Local Repairs - All Construction Phases. Lic#655184. Ph 869-0164. Ask for John. (MPG)

All Types of Construction - kitchen & bath remodels, new construction, roofing, decks, fencing, dual pane replacement windows. Free estimates Lic# 830054 (916) 335-1325 (MPG)

TRI US CONSTRUCTION Build new homes, additions and remodeling. Over 30 years experience, bonded and insured. Phone number 530-330-0185 Lic. # 476884 (MPG)

DayCare

Peña Family Daycare - Small in home family care. Clean and Safe environment. Nutritional snacks and meals provided. Preschool like setting. (916) 972-1540 www.penafamilydaycare.com (MPG)

Infant Openings Now First week free Lic # SAC53133 FCH 916-489-5824 (MPG)

Drywall

Repair, remodel from simple to impossible, all textures. Residential, small commercial. A real pro. 40+ years experience. All work guaranteed 3 years. Affordable prices. Lic # 305736. 916-726-1144 (MPG)

Elder Care

PROVIDING PERSONAL CARE w/ love and dignity. Rooms available Call 916-721-4721 (MPG)

Electrical Services

Visit & Estimate For Free. 24 Hour, 7 Days. 916-213-7575 (MPGM)

Fencing

Fencing Prime Time Fencing. Quality Redwood. Double & Single Gates. Repair & New. License # 835870. (916) 481-7315 (MPG)

Roy's Great Fences Quality work at affordable prices. New or repairs. How's your gate? License # 749821. (916) 833-2666 (MPG)

Affordable Fencing Redwood specialist. Dedicated on time service. Lifetime steel post. Senior discount. Lic. 742683 916-773-1350 (MPG)

Sierra Pacific Fence. Fences, decks, Retaining Walls 100% neighborhood discounts XLNT prices Free estimates 483-1883 License 606100 (MPG)

Financial Services/ Money to Loan

CASH NOW! Get cash for your structured settlement or annuity payments. High payouts. Call J.G. Wentworth. 1-866-SETTLEMENT(1-866-738-8536). Rated A+ by the Better Business Bureau. (Cal-SCAN)

Homeowners Don't Short Sell Your Home as a first option. A home can generate \$2,600.00 of tax-free income. Let me help you create additional income & front page 1040 deductions BK/CR 916-868-1041 (MPG)

Real People helping Good People find Real Debt Solutions! Linda Findley 916-300-0611 lafindley@team72goodcredit.com (MPG)

STOP YOUR DEBT INSANITY Full service solution for credit nightmares. Mortgage Arbitration. Credit Repair. Debt Stlmnt. 916-300-0611 (MPG)

Reverse Mortgages If you are a senior citizen, you have no doubt heard of a reverse mortgage. For ALL of the information and none of the obligation, call Len Lamb at 728-6653. (MPG)

For Rent / Lease

COMMERCIAL Office/Warehouse space. 1,000 up to 3,000 sq. ft. available @ .55¢ (month to month) or negotiable lease. Excellent 1-80 access near ARC (Auburn Blvd/ College Oak). Call Lisa West @ (916) 331-0840. (MPG)

\$490 per month Charming Cottage in Gold River. Looking for quiet woman to rent bedroom. No share. In my small charming cottage nestled amid rose garden. Washer/Dryer. No pets or smoking. Near transportation. 25 mins from ARC and Sac State. 916-631-8784. (MPG)

Gardeners

Smith's: Full Maintenance, Sprinkler, Pruning, Aeration, Gutter Cleaning, Hauling. 967-7543 or see www.SmithsLandscape.com (MPG)

Golf Equipment for Sale

2 Bags Good Condition, 1 Golf Caddy, Titleist Clubs, Diamond Head, Browning 440, Topflite, Cleveland, Titleist, Zebra, MacGregor Silver, Gravity Back Cobra, Stan Thomson, Callaway Silverhead, Bucket of balls (used) Best Offer for All. Call Scott 613-8359 (MPG)

Groomer

Pinkiepool, in home grooming service. 18 yrs. exp. \$5.00 discount, 1st visit. References. Call Victoria (916) 256-0487. (MPG)

Guitar Lessons

Guitar, 1st 2 Lessons Free. Classic, Flamenco, Standard. All ages & levels. 682-7082. (MPGM)

Hair Braiding

Specializing Bi-cultural Dry Hair Problems. Corn Rows \$25 & up. Flat Iron \$35-\$65. Relaxer/Curls \$65. Sewing Weave \$135 & up. Single Braids \$125 & up. Two String Twist \$125 & up. Available 24 hr by appointment. 5320 Auburn Blvd. 996-8817. / 4751 Freeport Blvd. 1-800-722-8944. (MPGM)

Handyman

Handyman, JR Handyman Service Randy 916-880-6742 Joel Carter 916-637-3825 (MPG)

Household Helper. You Name It! Hauling, Gutters, Tree Trim, Strip Carpet Clean 613-8359 (MPG)

Handy Guys Small Jobs, Senior Discounts Gutter Cleaning - Deck's Woodwork 916-519-5135 Free Estimates (MPG)

A-1 Home Maintenance & Repair "Handy Man" California state certified electrician Plumbing repair. Fence repair. Free quotes- no job too small. Please leave message. 916-961-8059 (MPG)

Affordable! Decks, Dryrot, Wood Floors, Fans, Fixtures, Plumbing, Electric, Licensed 501-7843 (MPG)

Plumbing Services Specialty Plumbing - Remodels, Repipes, Water, Sewer, Gas Lines, Water Heaters CA License 918844 (916) 607-6749 (MPG)

Health/Misc.

If you used Type 2 Diabetes Drug AVANDIA and SUFFERED a STROLKKE or HEART ATTACK. You may be entitled to compensation. Attorney Charles Johnson 1-800-535-5727. (Cal-SCAN)

LOW COST WEIGHT LOSS With Your Personal Coach. Start Free Call 916-599-1318 (MPG)

Look Younger in Less Than a Day! www.hydratedskin.com then call 916-988-3027 ask for a Free Sample (MPG)

THE WEIGHT IS OVER Lose up to a pound a day. Fast growing Company. Recession proof product. 916-474-4079 www.eat-choc-losewt.com (MPG)

Heating & Air

AC Repair Low Prices 487-4609 (MPG)

Help Wanted

Macs Plumbing: We are looking for a technician that can sell and install. If you have great customer service skills, well spoken, comfortable talking to home owners and have residential plumbing experience, we want to hear from you! *You must have 2 years plumbing experience*

*We are looking for experience with the following. Drain clearing and cleaning. Install hot water heaters. Install tankless water heaters. Residential repipes. Shower valve experience. *This is a sales and service position, if you are not a sales person, you need not apply! *If you do not have experience with 4 out of 5 of the above items, please do not apply*

Please email your RESUME to CCR@macsplumbing.com or fax to 916-361-1442 if we feel you meet the requirements we will contact you for an interview.

We are hiring positive friendly plumbers who are able to articulate well with customers. This is a part time - full time position and must be willing to work weekends and nights. We are a growing company interested in people who are also interested in customer service. Every person we hire needs to be drug free, background checked, tobacco free, cleaned shaved (this is a non negotiable standard). We are interested in you joining our team! Here are some details that might interest you....

Medical plan offered after 180 days. Serving Sacramento and surrounding areas. No new construction, all residential service. Training provided (must have minimum 2 years plumbing experience) Clean DMV required High School Diploma required *PLEASE DO NOT CALL! (MPG)

Adult Residential Facility is in Need of Live-In Caregiver with experience in an ARF facility, good DMV record, and hardworking. Please call Orlando or Hermie at 916-487-4482. (MPG)

EMERGENCY MEDICAL TECH. Must be H.S. grad ages 17-34. No experience needed. Paid training, benefits, vacation, regular raises. Call Mon-Fri. 1-800-345-6289. (Cal-SCAN)

INTERNATIONAL CULTURAL EXCHANGE Representative: Earn supplemental income placing and supervising high school exchange students. Volunteer host families also needed. Promote world peace! 1-866-GO-AFICE or www.afice.org (Cal-SCAN)

TRUCK DRIVERS: CDL training. Part-time driving job with Full-time benefits. Get paid to train

in the California Army National Guard. Up to \$12,500 bonus. www.NationalGuard.com/Truck or 1-800-GO-GUARD. (Cal-SCAN)

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

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

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

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

Pathologist Perform general anatomic & clinical inpatient/outpatient pathology services. Travel to other unanticipated sites may be required. Kolbeck, Bauer & Stanton Medical Corporation, 3637 Mission Ave., Ste. 5, Carmichael, CA 95608. (MPG)

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

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

SALES, Seeking Business minded Marketing rep's, New Technology/ Globally, Training available, F/I/T, Residual Income, Commission, Fax Resume 916.910.2002 (MPG)

We are seeking dynamic customer service oriented individuals with great communications and typing skills needed to work on behalf of our company this service representative will earn up to \$3000 monthly any job experience needed. Email at danielperez1980@yahoo.com if interested (MPG)

MAKE A DIFFERENCE. For More Information: (916) 383-9785 ext. 15 (MPG)

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

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

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

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

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

Help Wanted - Drivers

SLT NEEDS CDL A TEAM DRIVERS with Hazmat. \$2,000 Bonus. Teams split \$68 for all miles. Solo flatbed owner operators needed for West Regional. 1-800-835-9471, 1-877-253-2897. (Cal-SCAN)

ATTN: DRIVERS! New Pay Increase! 34.40 cpm. Excellent Benefits. Need CDL- A & 3 months recent OTR. 877-258-8782. www.MeltonTruck.com (Cal-SCAN)

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

Help Wanted - Medical

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

Help Wanted - Sales

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

House Painting

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

Household Help

House Cleaning Sparkling clean home guaranteed. Professional pet care. Experienced, dependable, reasonable rates. Call Madeline 916-723-1608. (MPG)

DeAna's HOUSEKEEPING Immaculate, Fast, Honest, Dependable. I care about what I do. Call me, 916-549-4915 (MPG)

QUALITY WINDOW CLEANING PLEASE CALL MARK AT 612-8949. (MPG)

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

Landscaping

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

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

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

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

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

Lawn Service

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

Legal Services

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

BANKRUPTCY LAWYERS: Credit Card Debt, Foreclosure, Repo, Wipe Out Bills, Free Consultation 971-8880 (MPG)

Miscellaneous

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

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

Miscellaneous Items For Sale

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

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

ARIZONA LAND LIQUIDA- TION starting at \$89/mo. 1-2½-acre ranch lots. 1-hour from Tucson. NO CREDIT CHECK! Guaranteed financing / Money-back guarantee 1-800-631-8164 Code 4022 - www.sunsiteslandrush.com (SWAN)

Real Estate Out of State

BANK OWNED LAND! 10 acres. Trout stream, \$39,900. Substantial discounts, limited availability. Beautiful Fish Lake Valley acreage w/year round rainbow trout stream in foothills of Boundary Peak, Nevada's highest mountain.

Miscellaneous - Want to Buy

WANTED: OLD POSTCARDS 483-0622 (MPG)

Musical Instruments

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

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

Notary

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

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

24/7 Notary Services Anytime / Anyplace Call Dan @ 916-712-2661 (MPG)

Painting

All Pro Painting Res/Com. Quality work free est. sen disc lic 914715 Ph 607-0523 (MPG)

Pets

Pet Sitting Professional loving pet care. Established reputation. Kennel free environment. Lots of TLC. Call Madeline 916-723-1608. (MPG)

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

Annie's Pet Sitting Services Licensed, insured and bonded. Vet. tech. exp. Ref. avail. 916.202.6952 (MPG)

Piano Lessons

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

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

Prayers & Novenas

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

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

Real Estate Homes For Sale

Carmichael New Listing 1700 sq ft. 3/4 bedrooms + Pool Glenda 761-7548 (MPGM)

Granite Bay Listings View at www.lizyoakum.com Call 390-5634 (MPG)

Real Estate Land for Sale

ARIZONA LAND LIQUIDA- TION starting at \$89/mo. 1-2½-acre ranch lots. 1-hour from Tucson. NO CREDIT CHECK! Guaranteed financing / Money-back guarantee 1-800-631-8164 Code 4022 - www.sunsiteslandrush.com (SWAN)

Real Estate Out of State

BANK OWNED LAND! 10 acres. Trout stream, \$39,900. Substantial discounts, limited availability. Beautiful Fish Lake Valley acreage w/year round rainbow trout stream in foothills of Boundary Peak, Nevada's highest mountain.

Gorgeous snow-capped views. Great recreational opportunities. Upscale ranch community. Financing available to qualified buyers. Call 1-877-669-3737. (Cal-SCAN)

WE FOUND THE MIDDLE of NOWHERE! Only 90 minutes from Phoenix. 36 acres - \$49,900. In the good times, the neighbor paid 3 times more! Want to live 17 miles down a bumpy county maintained road with electric? For real privacy and seclusion in a beautiful setting. Buy & hold. Outside Wickenburg. Saddle Creek Ranch by AZLR. ADWR report. Financing available. 1-888-503-7063. (Cal-SCAN)

Restore Old Photos

Restore Old Photographs Share memories of special places and times with your family. (916) 483-6051 - Laws Studio, Crestview Center (Manzanita at Winding Way in Carmichael) (MPG)

Sales

Self-Made Millionaire, looking for 10 people who want to earn 6 figures in the next 12-24 months. This is not a job. CALL NOW!!! 1-888-219-7757 (MPG)

Schools / Instruction

Advertisement for Training. HEAVY EQUIPMENT TRAINING. Learn to operate bulldozer, backhoe, loader, motor grader, excavator. Job placement assistance. Call 888-210-4534. Northern California College of Construction. www.HEAVY4.com promocode:



COUNTY CLERK/RECORDER
EAST AREA COMMUNITY SERVICE CENTER

- Birth, Death and Marriage Certificates
- Marriage Licenses and Civil Marriage Ceremonies
- Official Record Viewing and Copies
- Recordable Document Depository

9:00 a.m. – 4:00 p.m.
Monday through Friday
(excluding holidays)

Located in Raley's
shopping center,
Madison at Hazel

5229-B Hazel Avenue
Fair Oaks, CA 95628
(916) 874-6334

www.ccr.saccounty.net



Foundation for
Foreign Study

Host an International Exchange Student!

Make international friendships and create memories to last a lifetime. Host a high school foreign exchange student with EF Foundation, a non-profit organization. Students speak English, are fully insured and bring their own spending money; host families provide room, board, and a caring environment. For more information contact: **Cheryl and Tom Sebo (916) 863-1116**

1-800-44-SHARE www.effoundation.org



R.K. Jacobs
Insurance Services
Home • Auto • Business

Office (916) 966-3733
Fax (916) 966-0177
4777 Sunrise Blvd., Ste. B
Fair Oaks, CA 95628
rjacobs@pacbell.net
Lic. #0535940

Rand K. Jacobs



THOMAS B. HAMMOND
PERSONAL & BUSINESS BENEFIT PLANNING

4125 Temescal Street, Suite A • Fair Oaks, CA 95628

A FULL
SERVICE FIRM

WE ARE YOUR SMALL BUSINESS BENEFITS SPECIALIST

- SUCCESSION PLANNING
- BUSINESS VALUATION
- BUSINESS BENEFIT PLANNING
- EMPLOYEE BENEFITS
- PERSONAL PLANNING
- ESTATE PLANNING

HELPING SACRAMENTO BUSINESSES FOR OVER 35 YEARS

916-536-1384

CALL US TODAY TO SET UP A FREE CONSULTATION

BONES LAW FIRM

4811 Chippendale Dr., Suite 307, Sacramento, CA 95841

Gordon G. Bones
Attorney at Law

The Law Firm provides the following legal services:

- Bankruptcy • Business and Corporate Matters
- Trust and Trust Administration
- Estate Planning • Probate and Conservatorship
- Family Law



P: **916.965.6647**
F: **916.965.4218**

gbones@boneslawfirm.com



HELPING PEOPLE AND THE COMMUNITY WITH
THE ALCOHOL AND DRUG PROBLEM!
18 YEARS IN BUSINESS!

DETOX (916) 965-3386

SOBER LIVING (916) 961-2691

Business & Service Directory

HANDYMAN

QUALITY LABOR & MAINTENANCE

Yard Work, Hauling,
Gutter Clean, Odd
Jobs

You Name It!
(916)

613-8359



HOUSEHOLD HELP

House Cleaning
Sparkling clean home
guaranteed. Professional
pet care. Experienced,
dependable,
reasonable rates.
Call Madeline
(916) 723-1608

BATHROOM REMODELING

**AFFORDABLE BATHROOMS
& ALL HOME REPAIRS**

Shower & Tub Enclosures
Water Damage
Flooring, Electrical, Carpentry, Drywall
We do all phases –small & large jobs
FREE ESTIMATES

ANDERSEN CONSTRUCTION

Licensed & Bonded • CSL # 681664

(916)-989-2689

GARAGE DOORS

ACTION
DOOR SERVICE

CALIF. STATE
LIC. #650461

Garage Doors and Openers,
service, repair, replace.
Serving greater Sacramento area
since 1987.

Free Estimates • Senior Discounts
Contractor for Lowe's, Sears, Home
Depot and Costco. Visa, MC, Amex.
(916) 635-5951

PHOTO RESTORATION

**Restore
Old Photographs**

Share memories
of special places and times
with your family.

(916) 483-6051

Laws Studio, Crestview Center
Manzanita at Winding Way
in Carmichael

FENCING

**PRIME TIME
FENCING**

Quality Redwood
Double & Single Gates
Repair & New

License # 835870
Liability Insurance

(916) 481-7315

HANDYMAN

35 YRS. EXPERIENCE

- Doors • Re-wire Screens
- Jambs • Screen Doors
- Moldings • Home Repairs
- Locks • Roofing
- Hardware • Painting

Senior Discounts

916-536-9183

POOL SERVICE

Greg the Pool Guy



Service • Repair • Sales

Prompt and Reliable

671-6284

HEATING AND AIR

Christopher's Heating & Air

Commercial/Residential

We Service All Brands

FREE
ESTIMATE

Call Today

916-223-1744

**ADVERTISE
HERE
AT LOW
MONTHLY
RATES
CALL
773-1111**

ADULT CARE

Pop Ins With A Plus
Senior In-home Care Specialists

- Complete personal care
- 3 hr min to 24-hour care
- Shopping/Errands
- Transportation
- LVN on staff
- Hospice

(916) 247-1019

ELECTRICIANS



BONHAM ELECTRIC

24 HR
EMERGENCY
SERVICE
Lic # 905104

15% Off - New Year Special - thru March 2010

• Panel Upgrades • Voice - Data • New Construction • Remodel • Repair
"Big or Small, We Do it ALL"

916-817-1764

• 35 Years Experience
• Senior Discounts • Quality Work

PET CARE

Under New Management



916-993-6987

King's Court Pet Resort
6740 Duncan Lane,
Carmichael

Buy 1 Night -
Get 1 Night Free
Space Available
Through 6/30/10

PAINTER

**BRETT S. BUNTE
PAINTING**



- Quality Paint
- Free Estimates
- Commercial
- Interior & Exterior
- Residential Specialist

Lic #751513

Call 916-509-2178

RUSS MONROE'S

FUNERALS & CREMATIONS

FD 1404

7960 WINDING WAY
FAIR OAKS, CA 95628

Tel (916) 9611265
Fax (916) 9612430

OPEN YOUR HEART AND HOME

Step up to the challenge!
Have experience working with developmentally
disabled adults and/or challenging behaviors?
Have an extra bedroom?

Competitive
stipend

MAKE A DIFFERENCE!
For More Information:
(916) 383-9785 ext. 15

ALTERATIONS
by Patina

SPECIALIZING IN BRIDAL & FORMAL

11082 Coloma Rd., Suite 7
Coloma Village Shopping Ctr. • Rancho Cordova

(916) 853-1078

WWW.ALTERATIONSBYPATINA.NET



Dianda's
Italian Bakery & Cafe

(916) 966-3757

RUM CAKE • ST. HONORE • GANNOLI
COOKIES • PASTRIES • ALMOND TORTE

Located in Fair Oaks Village

10131 Fair Oaks Blvd. | Fair Oaks, CA 95628



**DISPLAY • CLASSIFIED • LEGAL • ON-LINE
TO ADVERTISE CALL 773-1111**



SCORE INternet Marketing Seminar at Crossroads Employment Services Center

Internet Marketing - Using New Tools to Promote and Sell Your Products and Services

This workshop, a follow-up to SCORE's Small Business Marketing workshop, is specifically directed at the use of the Internet as a component of your marketing efforts. Whether you are starting a business or want to enhance sales for your existing business, an Internet marketing strategy is necessary to compete in today's business environment.

What You Will Learn

The workshop will be presented in a highly interactive fashion - the instructors will provide material and information to encourage attendee involvement and maximize learning.

Topics to be covered include:

- What is the Internet and how it came about
- How to get your business online
- Use of Search Engine Optimization and Search Engine Advertising to increase sales
- How to communicate with potential customers - both on-line and off-line
- How to employ web-based strategies to compete and win
- Ways to measure the effectiveness of your Internet strategy
- Adjusting your Internet strategy for changing conditions

Who Should Take This Class

This workshop is designed for any business owner who wants to improve sales of existing products or services, introduce new offerings, and evaluate the effectiveness of a website and other Internet marketing strategies. The fee for this seminar is \$30. Please pay with PayPal at the time of registration.

When: June 19, 2010 at 09:00 AM to 12:00 PM
Where: Crossroads Employment Services Center, 7011 Sylvan Road, Citrus Heights, CA 95610

Sacramento Choral Society's Celebrates Inaugural Stained Glass Cathedral Series



The Sacramento Choral Society opens their performance at the Cathedral of the Blessed Sacrament.

Special to the
American River Messenger
James Lajoie

Sacramento – The Sacramento Choral Society's recent Stained Glass performance at the recently renovated Cathedral of the Blessed Sacrament on Saturday June 5th to yet another standing-room-only audience confirmed that their Sacramento audience is absolutely delighted to have them back singing in downtown Sacramento.

Conductor Donald Kendrick and the SCSO Board are proud and delighted with their inaugural sold-out mini-series in the Cathedral that has been tastefully and artistically renovated.

Built in 1889 by Irish Bishop Manogue and renovated in 2005 under the guidance of Bishop Joseph Weigand, the 121 year old venue continues to be intricately linked to the history of Sacramento itself. Both Jane Stanford and Margaret Crocker wished to see the Cathedral become a center of culture and art. The SCSO is delighted to help realize this vision for the good of the community.

The SCSO's inaugural concert held at the Cathedral honored the great music of the English Cathedral tradition with works by Vaughan Williams, Sir Hubert Parry, Stanford and Malcolm Archer. The recent SCSO performance on Saturday, June 5th featured a tribute to the music of the great Cathedrals of Europe, focusing on music of the Italian School, the French School, the Austrian School, the Venetian School and the English School. Soloists Yoo Ri Clark, Tania Mannion, Pedro Betancourt and

Daniel Yoder soared in Mozart's stunning Coronation Mass. Baritone Daniel Yoder later brought radiant joy to the audience with his solo work in John Tavener's God is With Us.

The SCSO congratulates and thanks the Diocese of Sacramento, and particularly Bishop Weigand, who over saw the Cathedral's recent restoration. The City of



Daniel Yoder, Baritone, Yoo Ri Clark, Soprano, Donald Kendrick, Conductor, Tania Manion, Mezzo Soprano and Pedro Betancourt, Tenor, greeted hundreds of enthusiasts of the Sacramento Choral Society at the post-event gathering.

A unique pre-concert stained glass talk by glass expert Bill Cummings and the Cathedral head docent Denise Fracchia brought the history of the building alive. Both speakers focused in specific windows as they related to works on the program and pointed out unique differences in the European and American glass before "the windows went to sleep" during the concert after the sun had set.

A huge crowd celebrated with the SCSO at a post concert reception in the lower level of the Cathedral where the SCSO unveiled its new Carmina Burana release.

Sacramento and the SCSO are both grateful to Father Kiernan and his staff for such a warm welcome to this magnificent venue. The SCSO is particularly pleased to have the support of the Parish Manager Tom Waddock and his warm hospitality team of docents and volunteers.

The SCSO plans to launch its 15th season with a concert at the Cathedral on Saturday, October 30 at 8 PM entitled Vespers at the Cathedral.

For more information, please visit the SCSO website soon: sacramentochoral.com.



Trends n' Treats
PET SUPPLY • SPA • BOUTIQUE

QUALITY PET NUTRITION & GROOMING

ph. 916-536-0000
fx. 916-536-0105
email. millie@trendsnittreats.com
address. 5341 Sunrise Blvd.
Fair Oaks, CA 95628
www.trendsnittreats.com

Trends and Treats stocks a wide variety of pet nutrition for dogs, cats and small animals including raw diets. A huge selection of quality pet supplies, toys, baked goods and healthy treats.

A LOW COST vaccine clinic & NON ANESTHETIC dental cleaning is offered for dogs and cats the third Sunday each month, which includes a free physical exam by a Veterinarian.

Trends and Treats is only a "howl away" in the Quail Pointe Shopping Centre.

The Citrus Heights Police Department will be conducting a DUI / Drivers License Checkpoint on Thursday, June 17, 2010, 7:30 p.m. to 3:30 a.m., on Auburn Boulevard and Twin Oaks Drive.

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

Citrus Heights police have investigated collisions in this area wherein alcohol has been a factor, thus increased education and enforcement are needed in this general area. Anyone with questions regarding this operation may contact Sergeant McVay at (916) 727-5500.

Join us for the 3rd Annual



Alzheimer's Aid Society Memorial 5k Run/Walk

City of Sacramento 5k Championship


Saturday July 24, 2010

Start and finish lines at the historic East Lawn Memorial Park



Benefiting the Alzheimer's Aid Society of Northern California

For registration or more info: www.memory5k.org



KCRA 3 KQCA my58

NewsTalk 1530 KFBK

WELLS FARGO

PCC Propp Christensen Caniglia LLP

EXPERT Design & Construction

Raley's PORTER | SCOTT ATTORNEYS

LIVESCAN FINGERPRINTING

- ★ Walk-in Service
- ★ Digital Inkless Process
- ★ Electronic Submission to DOJ & FBI

916.725.1345
7405 GREENBACK LN. • CITRUS HEIGHTS, CA 95610

PLUS:

- ★ Copies & Faxing
- ★ Notary Services
- ★ UPS Next Day Air®
- ★ Shredding Services
- ★ Ship Heavy Freight

The UPS Store



"Voted Best Dentist"
"Best of Citrus Heights"

High Tech Dentistry from Warm and Caring Professionals



New Patients Always Welcome!

Over 20 years Experience • Laser Dentistry • Porcelain Veneers

Low Dose Digital Films • 12 months - 0% Financing (oac) • Emergency Care

Friday & Evening Appointments Available

\$99
Whitening for Life
Offer expires June 30, 2010

Telephone 916-988-0300 • www.EverhartDentistry.com

James M. Everhart, DDS Inc. • "The Gentle Dentist on the Corner"

9399 Madison Avenue • Orangevale • On the corner of Madison & Main



CALL 773-1111 TO ADVERTISE



Sacramento County Department of Transportation

Hazel Avenue Road Closure @ American River Bridge



Full Closure & Traffic Restrictions Friday, June 11 (7 PM) to Monday, June 14 (6 AM)

When/Where: Starting Friday, June 11 at 7 PM, there will be a full closure of Hazel Avenue at the American River Bridge between Gold Country Boulevard and Curragh Downs Drive. Information about the closure is as follows:

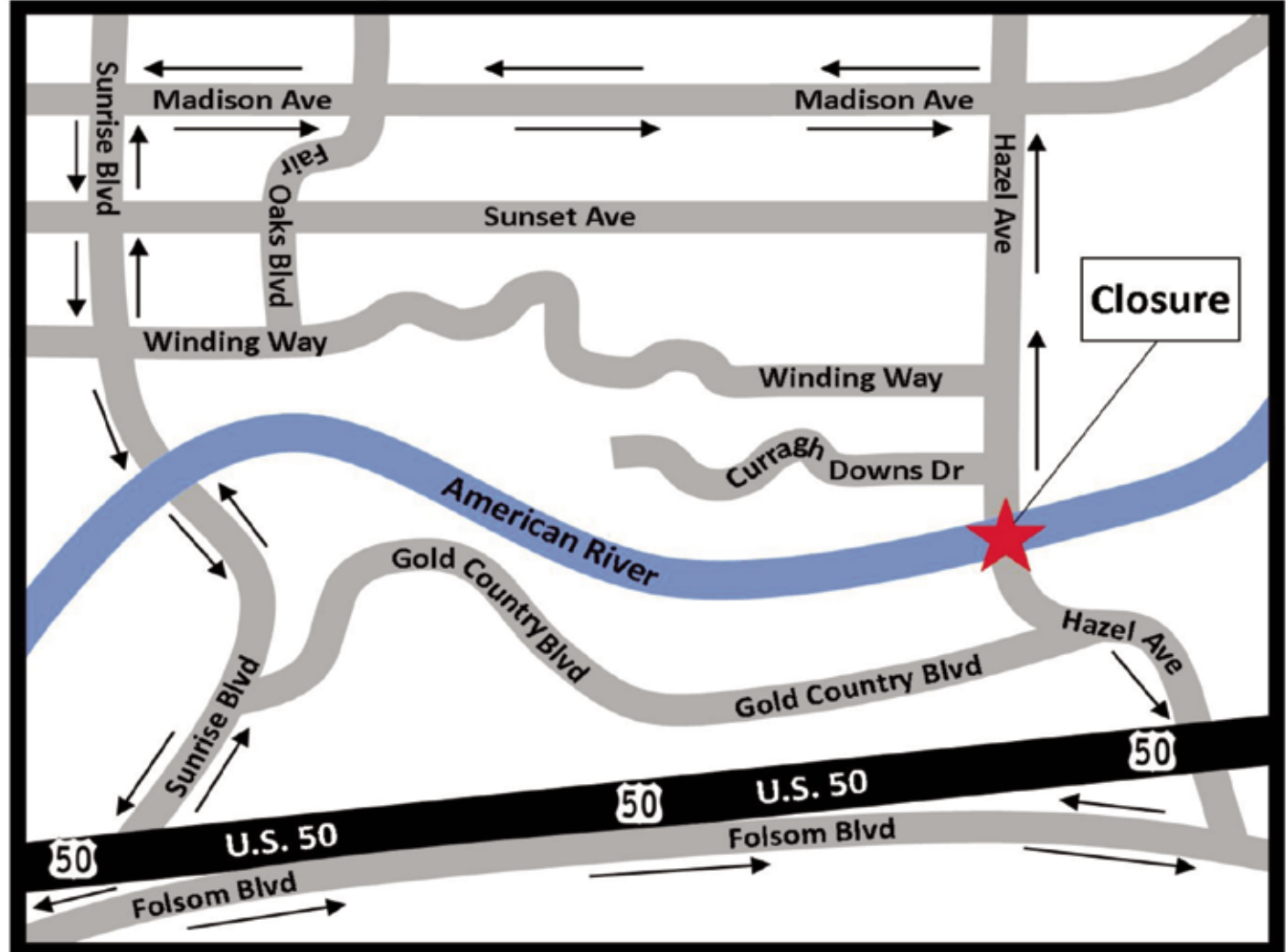
- The closure will impact all northbound and southbound traffic on Hazel Avenue including vehicles, pedestrians and bicycles.
- American River Parkway and bike trail access on the south side of the American River will not be affected by the closure. Access will continue to be provided across Hazel Avenue at the Gold Country Boulevard intersection.
- Access from Hazel Avenue to the bike trail on the north side of the American River will be closed.
- Hazel Avenue and bike lanes and trails will be re-opened to the public at 6 AM, Monday morning, June 14th.

Detour Routes: The public is advised to avoid this area during closure hours as there will be significant impacts to all roadway users who use south or north bound lanes of Hazel Avenue. Detours will be in place to guide motorists around the construction area. A map of detour routes is included in this ad.

Bridge Construction: The full closure is needed as part of the Hazel Avenue Improvement Project, which will widen the roadway from 4 to 6 lanes. Bridge widening work the weekend of June 11, requires that Hazel Avenue be closed to all traffic.

Your Patience is Appreciated: Sacramento County understands the challenges and inconvenience that commuters, residents, businesses, bicyclists and pedestrians will experience during the closure period and appreciates your patience and cooperation as we work to complete this project.

Contact Information: Please contact Steve White (Project Manager) at 916-874-5354 or whitest@sacounty.net for additional project information. For information after-hours or over the weekend, call the Hazel Avenue Improvement Project Field Office at (916-539-0260). Check www.sacdot.com for more information about this project.



Taste of Fair Oaks



Fair Oaks - Jody Reese of Vitek Mortgage of Sacramento and friend Terry Porter of El Dorado Hills enjoyed the many wines, great foods and high spirits of this year's Taste of Fair Oaks event, held June 4th at the North Ridge Country Club in Fair Oaks. The event drew hundreds of people from around the area to taste a vast variety of wines from local wineries, sample great foods from local restaurants and to help raise funds through raffles and auctions for VIVA, Volunteers in Victim Assistance, an organization that assists those who have suffered from violent crime in the Sacramento area. The festive 17th annual event was hosted by the Fair Oaks Chamber of Commerce.

Don't Get Thin, Get Healthy At June 17 Luncheon

Loraine Holden, author of the popular book, "Don't Get Thin, Get Healthy" will be the featured speaker at the Fair Oaks Chamber of Commerce Business Luncheon, Thursday, June 17, noon at the Fair Oaks Community Clubhouse, 7997 California Ave. Her extensive background in biology and medicine combines hands-on work with patients and researching the relationship between

disease and biochemistry. Holden believes you should concentrate on being healthy, not on losing weight. The meeting is open to the public and reservations are required. Cost of the luncheon is \$17 for members with reservations and \$20 for walk-ins and non-members. The entree is grilled Beef and Chicken Kabobs. To reserve: www.fairoakschamber.com or call 967-2903.

DUI / Drivers License Checkpoint

Citrus Heights - The Citrus Heights Police Department held a DUI / Drivers License Checkpoint on Friday, May 21st from 7:30 pm to 3:00 am. The checkpoint took place on Madison Avenue at San Juan Avenue. DUI / Drivers License Checkpoints involve vehicles being stopped randomly as they drive through a specific location. Drivers are briefly contacted to determine if they are impaired; and/or licensed. Unlicensed drivers may have their vehicle towed. Those drivers found to be under the influence are arrested.

The goal is to improve traffic safety by removing impaired and unsafe drivers from our roadways. 2083 vehicles drove through the checkpoint, 21 vehicles were towed, 3 drivers were arrested for DUI, 25 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 University of California at Berkeley SafeTREC through the California Office of Traffic Safety.

Fair Oaks Historical Society SECOND SUNDAY Open House

The Fair Oaks Historical Society invites you and your family to visit its History Center which will be open to visitors on June 13th, from 1pm to 4pm, during its monthly Open House. The History Center is located in the Fireside Room of the Fair Oaks Community Clubhouse, 7997 California Street, Fair Oaks.

Docents will be available during this event to help with local lore and fact. Admission to the History Center is free. For directions to History Center, please visit our website: www.fairoakshistory.org. To schedule a student tour or request further information please call Lois Frazier, Chief of Docents, at 967-2967.

Parenting is easy. (Yeah, right).

Dial 2-1-1 for helpful, around-the-clock resources.

We know how difficult it can be. But now parents have somewhere to turn, anytime, day or night. With one call, you're connected to a wide variety of very helpful resources designed to assist parents and their families. And, best of all, it's free.

You'll find information and resources for health-related concerns, food and shelter, finding a job, parenting classes, a parent support line, even a crisis nursery. Our goal is to connect you with the people who can help.





Karla Hawe,
Mortgage Planner/Mortgage Broker

It Might be Time to Consider a Cash-in Refinance?

Here is a thought you might not have considered if you are looking to refinance your mortgage – a cash-in refinance. A cash-in refinance is exactly what it sounds like. Instead of borrowing against your home equity as you would in a cash-out refinance, you’re bringing additional money to the table to pay down your loan principal. And this is becoming the hot new trend in mortgage refinancing. Cash-in refinancing was nearly unheard of a few years ago. With real estate value soaring, cash-out refinancing was the way to go. Borrowers were borrowing against the seemingly endless growth of their home equity. When housing prices declined, it is not surprising that cash-in refinancing is growing just as popular.

Advantages of cash-in refinancing
Cash-in refinancing offers several advantages that make it worth

It Might be Time to Consider a Cash-in Refinance?



Karla Hawe,
Mortgage Planner/Mortgage Broker

Partners Mortgage

considering, particularly at a time when banks have tightened their lending standards. First, it makes it easier to qualify for a refinance-if your home has lost value and perhaps is even “underwater” (you owe more than your property is worth), bringing additional cash to the table can improve your equity position. Increasing your equity in the property can help you qualify for a better mortgage rate, particularly if you keep the equity at 20% or less. Putting up additional cash can also bring you back “above water” and make it easier to qualify for a refinance in the first place. Even if you can’t get back to positive equity, putting up a bit of cash might bring you within the range of 110 percent refinance available through the government’s Making Home Affordable Program, particularly if you are presently stuck at a high rate or in an adjustable rate mortgage.

A better return on your money
Another reason to think about a cash-in refinance is as an investment.

Consider this: If you are only earning 1-3 percent on a certificate of deposit (CD) or savings account, you can probably get a better return putting that money toward your mortgage. If you can refinance your mortgage in the 5.25 percent range, any additional money you put in is effectively earning you 5.25% range interest, since from a profit and loss perspective, interest you don’t pay is the same interest earned. In fact you’ll earn even more, considering the mortgage interest is usually tax deductible.

I would like to offer to look at your current situation and see if a cash-in refinance might help improve your financial situation. Please feel free to contact me; with over 18 years experience, I pride myself as a professional mortgage planner.

Karla Hawe, Mortgage Planner/
Mortgage Broker
Partners Mortgage
916.704.5015-
khawe@partnersmortgage.com



MOOD FOOD

We’ve always known that eating right makes for good health. But eating for optimal emotional and mental health? You bet! Psychologist, Dr. Udo Erasmus, one of the leading authorities on the role nutrition plays in mental and physical health, says you can feed your mood with food. Dr. Erasmus has been featured in hundreds of publications around the world from the New York Post to The London Times. According to the good Doc, “Foods containing specific nutrients can boost our IQs, calm nerves, elevate our moods, improve our concentration, even alleviate symptoms associated with hyperactivity and learning disorders.” Dr E says the first step is to add appropriate foods or nutrients to the diet to remedy deficiencies. Mind you, these are not instant fixes. You can expect to see a gradual lessening of your symptoms over a period of several months. Here are a few of his suggestions:

DEPRESSION: Foods containing fatty acid Omega 3, like cold water

POPPOFF!

with Mary Jane Popp

tuna, salmon, herring, and mackerel, have been found to elevate mood. For vegetarians, flax, sunflower, and pumpkin seeds are rich sources of essential fatty acids.

APATHY AND MENTAL FATIGUE: Women often find feasting on iron-rich liver, remedies oxygen levels throughout the body which helps create an energetic attitude toward life.

ANGER: Turkey and Chicken, as well as bananas contain tryptophan, a building block of serotonin, which produces a mellowing effect.

CAN’T CONCENTRATE: Improve concentration with greens on a short term basis, Omega 3 rich flax and safflower seeds over the long term. When concentration difficulties are extreme, mega doses of Omega 3 and Omega 6 oils have proven effective.

LOW SEX DRIVE: Chocolate has often been used to jump start the libido because it contains theobromine, which induces feelings of euphoria and happiness. Brazil nuts are rich in selenium which helps sperm production. Oysters, long considered an aphrodisiac, are rich in zinc, an important for sexual function.

INSOMNIA: Magnesium, a muscle relaxer, can be found in green vegetables. Calcium, which works in conjunction with Calcium, is plentiful

in milk and cheese.

VIOLENT BEHAVIOR: Can be treated with fatty foods containing the essential fatty acids, or with concentrated supplements containing Omega 3 and Omega 6.

LEARNING PROBLEMS: Vitamin B foods help focus the mind. They include green leafy vegetables, seafood, and whole grains. Don’t forget foods rich in essential fats to nourish the brain, which is comprised of 60% fat. Also, cereal containing fiber was found to assist learning skills in a recent university test.

MIGRAINE HEADACHES: Five daily glasses of pure water along with regular consumption of fiber-rich food will help flush headache-producing toxins from the body.

It’s a start, and hopefully we can get back on the road to happy health and marvelous mood. Let’s face it, how we look at life counts too. Is the glass half full or half empty? Dr. Erasmus is the author of “Fats That Heal Fats That Kill” and “Right Fat Diet Plan”. If you’d like more info, call check out his Website at www.fitnessfats.com. Feel better? I DO!!!

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

“Hogue In The Morning” Launches on KTKZ AM 1380



Eric Hogue

Sacramento – KTKZ 1380 Capitol Hour host, Eric Hogue, launched

his 2nd live show on KTKZ 1380; “Hogue in the Morning” from 7-9 am Monday through Friday. Hogue in the Morning will be Sacramento’s only local, live political talk show.

Eric Hogue will continue to host The Capitol Hour from Noon to 1:00 pm in addition to “Hogue in the Morning”.

Eric Hogue is a 30-year radio professional. Hogue started his career in Northeastern Ohio, working the markets of Cleveland, Akron and Pittsburgh, Pennsylvania on both television and radio handling talk radio and sports play-by-play. Hogue and his family moved to Sacramento, California in 2000 and he is nationally known for his launching of the historic

Gray Davis Recall in 2003. In 2004, Hogue received the Andy Anderson Award as Salem Communications' "Talk Host of the Year".

Eric Hogue frequently guest hosts for national talkers Hugh Hewitt, Michael Medved, Dennis Prager and Roger Hedgecock. In 2007 Hogue made a brief attempt to run for State Assembly, bowing out of the race to return to 1380 KTKZ and his 10-year tenured microphone covering the Capitol of California. Eric Hogue is a contemporary, relevant and uniquely conservative Republican and is often referred to as "the most politically connected talk show host in Sacramento."

Hometown Hero

Air Force Airman Nicholas DeHart



Air Force Airman
Nicholas DeHart

Air Force Airman Nicholas D. DeHart graduated from basic military training at Lackland Air Force Base, San Antonio, Texas. The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force. He is the son of Julie Landrum of Streng Ave., Citrus Heights, Calif.

DeHart is a 2006 graduate of Elk Grove High School, Calif.

YOUR FREE WEDDING PLANNING BOUTIQUE



Wedding Books & Magazines
Vendor Portfolios • Unique Gifts
Free Bridal Events

FREE WEDDING PLANNING SEMINAR

Saturday, July 17 • 10:30 - 11:30 am

- ❖ Choosing and Working with Your DJ/MC: the person that can make or break your reception
- ❖ Most Beautiful You: safe, simple and easy non-surgical enhancements to prepare your face and body for your wedding day

Also: free consultations with the Engaged wedding professionals, live music, cake and caterer tastings, and great giveaways!

Visit EngagedSacramento.com for more information and to pre-register

Library Hours: Tues - Fri 11 - 4, Sat 10 - 4

5530 Douglas Blvd., Granite Bay, at Quarry Ponds • 916.783.1100

HOME CARE

There's a huge difference in the kind of home care you can receive from someone who really understands what your life is like as a senior.



Call us today.
Like getting a little help from your friends™.

BY SENIORS FOR SENIORS

Our loving, caring, *compassionate* seniors are there to help. We offer all the services you need to stay in your own home, living independently.

CALL US FOR FREE ASSESSMENT

- Companion Care
- Housekeeping Services
- Meal Preparation/Cooking
- Personal Care
- Overnight and 24-hour Care
- Transportation
- Shopping
- Doctor Appointments
- Yard Work
- Handyman Services
- And More!



SENIORS Helping SENIORS®
...a way to give and to receive®

916-372-9640

Foster Care

The need is great for loving, safe homes for foster children ages 0-18 & pregnant/parenting teens.

We offer free training, fingerprinting, CPR/ 1st aid, 24 hr support, monthly reimb.



www.AmericanRiverMessenger.com



“Bandit”

By Kay Burton

Bandit is a 4 1/2 year old, 84 lb., K-9 Officer. Recently you may have heard about Bandit who has recovered from a gunshot wound. He was injured while on duty when police exchanged gunfire with a suspect in a home invasion in the Sacramento area in March. Bandit received a bullet wound to the neck. After a four hour surgery and a stay at the VCA Animal Hospital he has recovered. Bandit’s partner is Sacramento Police Officer Gary Dahl. The two

BANDIT A Sacramento Hero

work together and live together. Bandit is a German Shepard from Czechoslovakia. When he arrived from the Czech Republic he had very little training. He was tested and he was very thin, never had a bath and he looked and smelled very bad. His later tests showed he had 4 parasites in him. He was tested at the K9 vendor in Riverside, Ca; and he was purchased pending the Vet report. Except for the parasites he passed the Vet test with no problems. He then went through an 11 week training course that covered patrol work, handler protection building searches, narc detection and article detection. Currently Bandit has been on the street for 1 1/2 years and has had numerous apprehensions, suspect surrenders, narcotic’s finds and article finds. During several of his arrests he has been punched, kicked & choked. Bandit is also S.W.A.T. certified. Bandit is a hero. During one arrest, Bandit was fighting a gang member hiding in an attic who had

just stabbed another gang member. While Bandit was engaged (biting) with the suspect, they fell through the ceiling into an apartment crashing through a kitchen table. Bandit remained engaged (holding on to him with his bite) until Officer Gary Dahl got into the apartment and the suspect surrendered. Officer Dahl does demos for children; he will ask them how do you think Bandit got his name? He tells them, “It’s because he steals your heart.” At home Bandit is spoiled with love’n and dog treats by Mrs. Dahl, he follows her all around the kitchen like a wide eyed puppy. By the way, “Bandit” and his partner Sgt. Gary Dahl will be honored guests of the Gold River Villagers at a luncheon on Wednesday, 23, North Ridge CC.

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

Cristo Rey High School Graduates First Class



Photo courtesy of Cristo Rey High School

Sacramento — Cristo Rey High School, a private college preparatory school for motivated students from families with limited financial means and where students

help pay for their education through an innovative work-study program, honored its first incoming class, as they graduated on June 2. A total of 53 students graduated.

Fifty of them have been accepted into four-year colleges and universities, including Boston College, St. Mary’s College, St. Johns University, Drexel University and Loyola University. The unique high school, which started with its first class of students in 2006, is part of a network of private Catholic high schools that provides college preparatory education for students of limited means. A key part of the program is that students work five days per month at an employer, learning valuable life skills and helping to pay the cost of their education. “We are thrilled to recognize our first group of students that has been with us since the beginning,” said Ward Fansler, president of CRHS. “Over the last four years, these individuals have gained vital skills and a well rounded education. They’ve got bright futures ahead, and I couldn’t be any prouder.” The ceremony was held at St. Ignatius Church in Sacramento. Over 600 people attended.

ENTER FOR A CHANCE TO WIN! A PICKUP TRUCK AT PARTICIPATING TNT® FIREWORKS STANDS AND TENTS, OR TNT® SUPERCENTERS.

No purchase necessary. Must be at least 18 years of age and have a valid driver's license. To enter, complete a form at a participating sales location by July 5, 2010. Only one entry per person. See Official Rules at sales locations or at: www.tntfireworks.com for details. Promotion not sponsored by, approved by, or affiliated with any vehicle manufacturer, or its parent, subsidiaries, or affiliates. Void where prohibited.

SEE OFFICIAL RULES FOR DETAILS: For Illustration Only. Vehicle offered as prize will differ.

\$10 off

ANY PURCHASE OF \$50 OR MORE

Not valid with any other offer. CODE# 4110

Product availability governed by state and local laws. Check local ordinances for sale and use of fireworks.

To redeem you must present coupon at checkout of participating TNT® Fireworks stands and tents, or TNT® Supercenter locations.

OFFER GOOD THRU JULY 5, 2010.

\$5 MENU

More under \$5 items available at your local TNT® Stand.

Over 15 items under \$5

FREE FINALE

With Select Assortment Purchase

Buy a BIG TIMER and Get a TNT® FOUNTAIN FREE

\$23.99 Value

While Supplies Last!

\$139.99

RETAIL VALUE \$164.04

Buy a BLOCK PARTY and Get a NIGHT TREASURE FREE

\$12.99 Value

While Supplies Last!

\$99.99

RETAIL VALUE \$130.33

Buy a TNT® BIG ONE and Get a MY STARS FREE

\$29.99 Value

While Supplies Last!

\$239.99

RETAIL VALUE \$310.01

BUY ONE GET ONE FREE

WHILE SUPPLIES LAST

Mini Monster™ **\$2.49**

Lil' Red Devil™ **\$8.99**

Purple Rain™ **\$5.99**

Fire Krackle™ **\$4.99**

TNT® Morning Glory 5's™ **\$7.99**

Mad Dog Fountain™ **\$14.99**

American Spirit Sizzler™ **\$19.99**

BUY ONE AMERICAN SPIRIT AND GET ONE SIZZLER FREE "While supplies last"

NEW FOR 2010

En Fuego **\$4.00**

Black Widow **\$3.00**

Rip Tide **\$10.00**

Molten Pot **\$19.99**

www.TNTFireworks.com