

AMERICAN RIVER

M E S S E N G E R



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Attracts
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Revealed:
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Volume 5 Issue 9

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

First Edition for May 2010

Say “Sayonara” to at Least One Problem



City of Citrus Heights Demolishes Neglected Building on Sayonara Drive in Effort to Enhance Neighborhood

Citrus Heights - In an effort to enhance a neighborhood historically plagued by negligence and various issues, the City of Citrus Heights began demolishing a blighted four-plex located at 7795 Sayonara Drive on Tuesday, April 20th. The building demolition is the kick-off in response to an ongoing redevelopment strategy adopted by the Citrus Heights City Council in 2003.

A female neighbor and stander-by stated “They (residents of the four-plex) were the worst for drugs and trouble here. I am glad they are tearing it down.”

The City’s redevelopment efforts on Sayonara Drive began in 2003 with a successful federal

grant award of \$230,000 for street improvements. Since then, the City Council has taken a number of actions to define the future of the street and to authorize improvements. Between 2006 and 2007, the

City directed approximately \$1 million of federal funding to install streetlights, rubberized asphalt paving, traffic calming, and limited landscape improvements. In addition, the City has supported an after-school program on Sayonara Drive for the past 4 years.

Beginning in September 2008, the Council appropriated a total of \$3.3 million in Redevelopment Housing funds for purchasing deteriorated four-plexes on Sayonara. The current drop

in housing prices has allowed the City to acquire a total of 15 properties thus far, at a price of approximately \$3.2 million. In the Summer of 2009, the Council allocated stimulus funding in the amount of \$1.63 million to the project for relocation, demolition, park construction, property purchasing and redevelopment.

For more information on the Sayonara Drive Redevelopment Strategy, please call the City of Citrus Heights Community Development Department at (916) 725-2448 or visit the City’s Web site at www.citrusheights.net.

Source: City of Citrus Heights Public Information Office

Soar to Healthy Heights



Citrus Heights - Entertainment; health screenings; and lots of medical, housing, and other informational exhibits will be featured at the national award-winning Senior Health Fair on Saturday, May 15th from 9 a.m. to 1 p.m. in the Fountain Square Rose Garden, located at 6237 Fountain Square Drive in Citrus Heights. The theme of the Health Fair is “Soar to Healthy Heights”.

Dr. Costanzo Di Perna will make a presentation about lung disease and early detection at 10 a.m. The Citrus Heights Police Department will demonstrate how to be a good witness at 10:30 a.m.

Thomas Spencer who owns a dance studio will conduct a chair exercise class. Mercy San Juan will check blood pressure, body fat, and range of motion. There will be glaucoma testing and other vision tests done by Dr. Scott Nygard in conjunction with

the Lions Vision Van. Plus there will be 50 exhibits that are dedicated to senior issues and concerns. The Citrus Heights neighborhood association created the event two years ago.

At 11 a.m., the Great Western Timbre Co., the 3rd place medalist at the 2007 Barbershop Harmony Society International Senior Quartet competition, will sing. And the crowd pleasing Gracious Ladies of Hui Lan Lima of the Asian Community Senior Center will perform a hula routine at 12 noon. Live entertainment will also include Hank Henderson, Jr. on the piano in the rose garden area.

A new activity at the Health Fair will be the Wellness Walk and Roll. Participants will take a leisurely walk from the Health Fair to Van Maren Park where they will be rewarded with a bag of goodies.

The younger generation will be represented at the event by the

San Juan High School Culinary Class who will sell healthy snacks to benefit its program. Except for the food, everything is free, including admittance and parking.

Exhibitors will include many government, non-profit, and public service organizations. There will be booths with information about legal services, healthcare, in-home care, housing, and other medical topics. Other exhibits will feature ideas and suggestions for leisure and fun activities.

A highlight of the event will be the award given to the “Senior Senior”, the oldest attendee at the Health Fair. The winner will receive a \$50 Wal-Mart gift certificate and 2 tickets to Reno from All West Tours.

Attendees will receive a special greeting and welcome from County Supervisor Roberta MacGlashan, the honorary chair of the Health Fair.

Last year, SOAR and the Health Fair won two awards at the Neighborhoods, U.S.A. conference. After placing first in one of the competition’s categories, SOAR and the Health Fair were named the grand prize winner of all the categories.

Partnering with SOAR to sponsor the Health Fair are Allied Waste, the City of Citrus Heights, Mercy San Juan Medical Center, Northwest Neighborhood Association, the Sacramento County Adult and Aging Commission, SMUD, Sunrise Recreation and Park District, and Wal-Mart. For more information call (916) 722-8647.

Now Feds Try to Control Your Vitamin Intake

*From Alliance of
Natural Health USA*

The American public is becoming fed up with “sneak” provisions tacked onto largely unrelated bills that are likely to pass. A glaring recent example was tacking onto the Healthcare bill a complete change to student loans. Often the “sneak” provision is so buried that hardly anyone is aware of it.

The Wall Street Reform and Consumer Protection Act of 2009 (H.R. 4173), recently passed in the House of Representatives, includes language going far beyond finance inserted by Congressman Henry Waxman (D-CA). This language could be used for an end run around the Dietary Supplement Health and Education Act (DSHEA), the legislation that governs dietary supplement regulation by the FDA.

The Senate is expected to vote on its finance “reform” bill as early as this weekend. We need your help to ensure that it is not amended to include a similar provision going far beyond finance that could be used against supplements. Please take action now.

Congressman Waxman is well known as an opponent of the dietary supplement industry. This is somewhat ironic: his district includes Hollywood and presumably many of his closest supporters are health store shoppers and supplement users. Most of these people simply don’t know what Waxman is doing in this area.

This powerful Congressman, chair of the House Energy and Commerce Committee (which includes health as a subcommittee), would appear to want supplements regulated like drugs, a step that would effectively eliminate them. He is determined and has stated: “One enduring truth about Washington is that no issue is ever settled for good.”

ANH-USA has been on alert to see how Waxman would use



Free Health Care? What will the Feds want to control next?

his committee chairmanship to strike at DSHEA. He is very clever and we knew a covert attack was a possibility. To take action against this attempt by Waxman go to <http://www.anh-usa.org>.

A direct attack on supplements would take the form of an amendment to DSHEA, since that legislation governs FDA regulation of supplements. In this case, Waxman has left DSHEA alone, and has instead inserted language in the Wall St. “reform” bill that gives the Federal Trade Commission (FTC) important new powers that

could be used to circumvent key supplement protections in DSHEA.

To see how this would work, let’s see how the FTC operates today. Its chief mission is to combat commercial fraud. It has full authority to pursue companies making fraudulent claims. But the FTC can’t go beyond that, can’t set other regulatory requirements, without advance approval of Congress. The FTC once had this regulatory “rule-making” authority. It lost it in the 1980’s because Congress thought the Agency was abusing it.

See Taking Your Vitamins, page 7

Census Bureau Begins Door-Knocking Operation

Sacramento Region - Census takers will be fanning out into Northern California and knocking on the doors of households that didn’t mail back their 2010 forms.

The U.S. Census Bureau launches the Non-Response Follow-Up (NRFU) operations in May - where census takers will collect information from households that did not return their census forms. Thousands of local residents have been hired as census takers to complete this important task.

“The Non-Response Follow-Up operation plays a vital role in helping achieve an accurate 2010 Census count and determine the allocation of federal funds for community services,” said Seattle Regional Director Ralph Lee. “We ask that you cooperate with census takers should they contact you. It’s easy, important and safe. Information collected by census takers cannot be shared with any other

government agency; they’ve taken a lifetime oath to not reveal any data.”

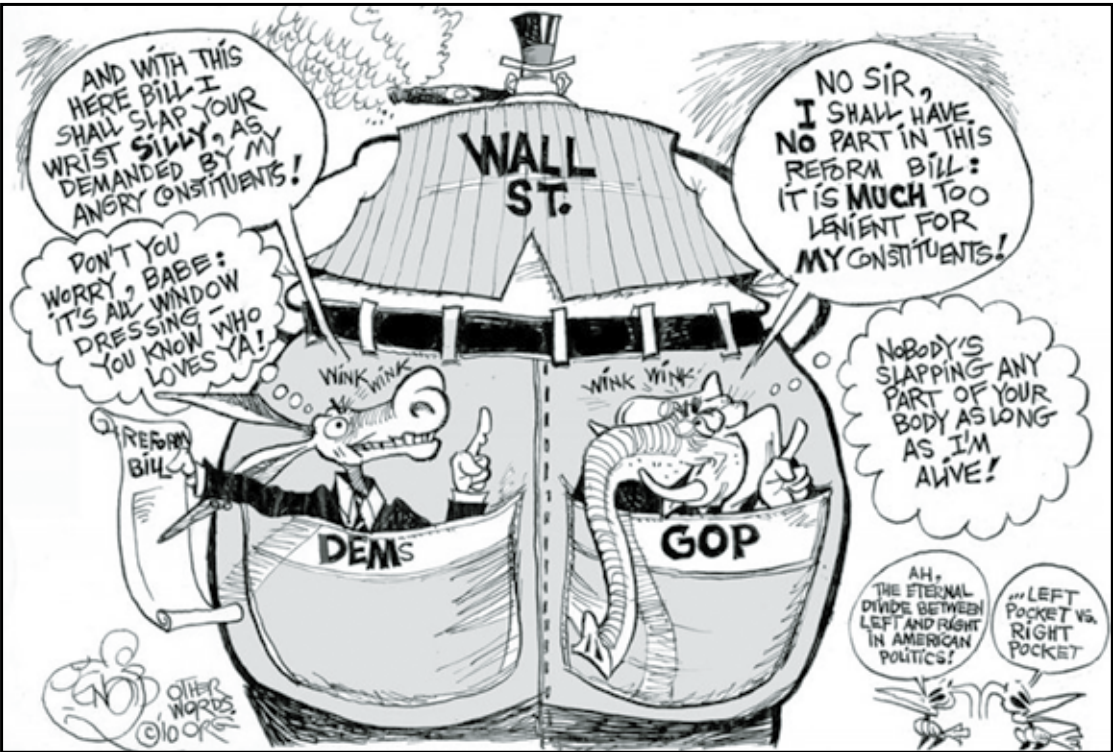
In most cases, census workers will make initial visits during afternoons, early evenings and weekends. Workers will identify themselves with a census ID badge that contains a Department of Commerce watermark. The census taker may also be carrying a bag with a Census Bureau logo. Census workers will not ask for citizenship status, Social Security numbers, credit card or banking information.

If asked, he or she will provide supervisor contact information and/or the Local Census Office phone number for verification. If census workers are unable to reach a household member in-person, they will also attempt contact by phone to conduct the interview with the household member.

The Census Bureau began monitoring mail response rates since March 17, 2010 to estimate the local

NRFU workload. Recruitment and training for NRFU operations began in November 2009. An estimated 635,000 census takers will be deployed around the nation for this operations, with more than 19,000 in Northern California. The NRFU operations are scheduled to be completed by July 10, 2010. For information on NRFU operations, visit 2010census.gov.

Mandated by the U.S. Constitution, the census takes place every 10 years. Census data determine boundaries for state and local legislative and congressional districts. More than \$400 billion in federal funds are distributed annually based on census data to pay for local programs and services, such as schools, highways, vocational training, emergency services, hospitals and much more. Learn more about the 2010 Census at www.2010census.gov.



Give Local Government Budget Control



By Jon Coupal,
Howard Jarvis Taxpayers Association

A recent political cartoon showed an obese pig (representing unions) gorging itself on food. He is speaking to a skeleton, (representing taxpayers) and saying, “All you need to do is tighten your belt.” That pretty much sums up the way things are in California. Public employee unions are riding roughshod over taxpayers who, from the perspective of the unions, are nothing more than birds to be plucked.

In California, many political outcomes are determined in advance because the game is rigged. Because unions effectively negotiate their fat contracts with themselves (government) the process of collective bargaining has been turned on its head. As in Las Vegas, the house always ends up the winner. Bargaining with yourself works out well, right up until the point when the private sector can no longer afford these extravagant demands. Then your government benefactors become your enemies. Data gathered from the Franchise Tax Board and Board of Equalization shows that it takes 25 taxpayers making the average private sector salary of \$55,000 to fund the average state employee who makes \$90,000, including benefits. With 12.6% unemployment rate and \$20 billion budget deficit, the unsustainability of this situation is self evident. A new front has been opened in the battle over excessive union influence and it is being fought

locally. In 2008, the City of Vallejo filed for bankruptcy seeking to get out from under massive debt and pension obligations it could no longer afford. Rather than work with local governments to help municipalities maintain solvency, unions are attempting a brazen power play that strips away municipality budgeting control and is the clearest example yet of unions utter failure to recognize the plight of taxpayers in our struggling economy. Union backed Assembly Bill 155 (Assemblyman Tony Mendoza) AB 155 says that a state agency, the California Debt and Investment Advisory Commission (CDIAC) would have to first approve any municipal bankruptcy filing, despite having no expertise in bankruptcy law. The Commission could also mandate that labor contracts be kept whole as a condition of approving a filing. The result will be yet another unelected state government agency dictating fiscal policy to local government. AB 155 is a very big deal to the unions and they have pulled out all the stops to jam it through the Legislature. The bill was originally held and stopped in the Senate Local Government committee last year because the swing Democrat vote, Lois Wolk, refused to ignore the broader public interest. For this, she was removed from the committee by the union controlled Senate leader, Darrell Steinberg, and replaced by Mark DeSaulnier who authored the same bill last year. This switch guaranteed the passage of AB 155, and its likely transition to the Governor’s desk. Of course, part of the blame for all this must also fall on local governments who willingly acquiesced in giving these inflated compensation packages despite repeated warnings from taxpayer groups for more than two decades. To be clear, municipal bankruptcies should be avoided because the long term fallout to communities can be severe. But local governments must be able to control their finances and access to all the tools necessary to restore their fiscal health. By eliminating an effective management tool, AB 155 will severely curtail the ability of cities, counties, and special districts to provide basic services to their residents. If the choice is between that and voiding a fiscally bankrupting union contract, we’ll take the former every time.

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.

Global Warming: The New Word for Mandates & Population Control



by Robert L. Hale

It is exceptionally difficult to deny people what they want and enjoy unless force and threats are used to scare them into cooperation and compliance. The President’s chief advisor, Rahm Emanuel, has said, “It’s a shame to waste a good crisis” -- certainly this is sound advice. People are willing to give up freedoms and self-determination in times of crisis. In the absence of a crisis, those who wish to force an ideology on a population must create one. Otherwise, it is exceedingly difficult in a free society to convince the population to do what otherwise makes little sense. We have heard so much about the dangers of global warming over the last few years that the average person believes it threatens the survival of mankind. It makes little difference that there is considerable disagreement over whether global warming even exists. If indeed global warming exists, it is even less certain whether it is a normal phenomena or caused by man, or whether it is good or bad thing. Nevertheless, we have been told repeatedly that certain disaster looms unless we stop global warming. The claims range from global flooding in a few

short years to food and resource shortages that will mandate the imposition of worldwide Marshall Law. Al Gore recently said that if we do not act in the next several years, it will be too late. Despite the rhetoric that bombards us, the possibility of positive impacts of a warmer world is simply not discussed. Instead we are told we must take immediate steps -- even draconian ones -- or life as mankind has known it will come to an irreversible end. Bureaucrats aggressively push the imposition of policies to curb “greenhouse gases” (GHG). These emissions include carbon dioxide, methane, and nitrous oxide. The feared “carbon footprint” is a measure of GHG emissions. All we hear is how we must reduce the carbon footprint. The U.S. House of Representatives recently passed a bill that will impose “cap and trade” rules on emitters of carbon. The biggest emitters are power plants. This bill, if implemented, will result in an increase in the average household utility bill, according to the U.S. Treasury Department, of \$1,761 per year -- equal to a 15-percent income-tax hike. If enacted, according to a Heritage Foundation study, it would eliminate over 3 million jobs between 2012 and 2035. The crisis promoters point to an Oregon State University study (Oregon was the first political jurisdiction in the world to legalize assisted suicide). Professor Paul Murtaugh tells us, “Up to this point, little attention has been given to the overwhelming importance of reproductive choice.” Murtaugh says each child born in the U.S. contributes 9,411 metric tons of carbon dioxide. He claims this is about 5.7 times the amount an

average person should contribute. Where is all this going? Maybe we should look to the United Kingdom. In March, a study produced at the behest of Prime Minister Brown warned that Britain must drastically reduce its population if it is to build a “sustainable society.” Sustainable is defined as, “Meeting the needs of the present without compromising the ability of future generations to meet their own needs.” The British study suggests it must reduce its population to 30 million if it wants to feed itself sustainably. The current population stands at 60 million. Jonathon Porritt, spokesmen for the study said, “Cutting our population is one way to reduce (environmental) impacts (on developing countries).” If the world’s bureaucrats can make a crisis of global warming aka greenhouse gases aka carbon footprint aka environmental harm, the next step may well be population control mandates. In the dead of night, the U.S. House passed a bill that will, in effect, be the largest tax increase in the history of this country. Could power rationing or mandatory population controls be far behind? Robert L. Hale received his J.D. in law from Gonzaga University Law School in Spokane, Washington. He is founder and director of a nonprofit public interest law firm. For more than three decades, he has been involved in drafting proposed laws and counseling elected officials in ways to remove burdensome and unnecessary rules and regulations. A Voice from Fly-Over Country is copyright by Robert L. Hale and the Fitzgerald Griffin Foundation (<http://www.fgfbooks.com/>) P.O. Box 1383, Vienna, VA 22183. All rights reserved.

AMERICAN RIVER
MESSENGER

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**FAIR OAKS CEMETERY
MEMORIAL DAY AND AVENUE
OF FLAGS CEREMONY
HONORING
WOMEN AIRFORCE
SERVICE PILOTS**

The Twelfth Annual Memorial Day Ceremony will be held Saturday, May 29th at the Fair Oaks Cemetery, 7780 Olive Street, Fair Oaks, with formal ceremonies starting at 10 AM. Vice Chairman of the Fair Oaks Cemetery District, Thomas Askins will be the Master of Ceremonies. The musical program will be provided by the American Veterans Band, conducted by Warren “Bud” Turner.

The Fair Oaks Cemetery District and the Memorial Day Ceremony Committee are finalizing plans for one of the most popular and inspiring Memorial Day ceremonies in the area. This year’s theme is to honor “The Women Airforce Service Pilots” (WASP).

The cemetery will be also decorated with hundreds of flags lining its roadways as “The Avenue of Flags.” We will also be adding more names to the Veterans Memorial Wall. Honored Speaker, Brigadier General, Mary J. Kight, Adjutant General for the California National Guard. She will speak on what it was like to fly planes during WWII.

Congressman Dan Lundgren has provided a flag that has flown over the nation’s capitol. This flag will fly over the Veterans Memorial for one year in honor of all Veterans of the Women Airforce Service Pilots (WASP). The flag honoring All Veterans of the Armed Services, which was flown over the memorial this past year, will be 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 will provide military honors and assist the Commanders of the local VFW, American Legion and the VFW Auxiliary to the laying of the wreath at the memorial in honor of over thirteen hundred veterans who are buried in the cemetery.

Covered seating will be available for veterans and visitors. Dedicated seating will be available for veterans of World War II and their wives. The Fair Oaks Historical Society and the Orangevale/Fair Oaks Grange will provide complimentary refreshments after the ceremony.

Celebrate Mother’s Day with the River Cats

West Sacramento – On Sunday, May 9 the Sacramento River Cats will celebrate Mother’s Day as they face the Colorado Springs Sky Sox (Triple-A Affiliate of the Colorado Rockies) at 1:05 p.m. Fans may purchase a special value package which includes four (4) great tickets to the May 9 game and a voucher for a 30-minute massage at any participating Massage Envy location for mom, all for \$99! “The River Cats and Massage Envy are pleased to provide a fun Mother’s Day option for our fans,” said Darrin Gross, Senior Vice President of Business Development. “Fans can spend the day out at the ballpark with their mother’s and give her a special treat to enjoy later!” Mother’s Day Value Package (\$99) includes: Four (4) Founders Club tickets for the May 9 game - River Cats vs. Colorado Springs Sky Sox, One (1) voucher for 30-minute massage at Massage Envy. Mother’s Day Value Packages are on sale now at www.rivercats.com or at the Raley Field Ticket Office. 2010 River Cats Season Tickets, Mini-Plans and group outings can be purchased by calling the River Cats Ticket Hotline at (916) 371-HITS (4487).

For more information about the 2010 River Cats season, visit www.rivercats.com. For information on other events at Raley Field, visit www.raleyfield.com.

Mother’s Day Free Self Defense Clinic

What does Mom always tell you? **Eat your vegetables and exercise.** Help Sacramento area Mom’s feed their families this May! Join Robinson’s Family Food Drive by donating four cans of vegetables to any of the 18 area locations. The food will help local families struggling to make ends meet. Donations go directly to Sacramento area hunger programs. **Moms can come learn basic self-defense at our free one-hour clinic celebrating Mother’s Day this May**

22nd. Robinson’s instructors and special guest **Lynn Richard-Brown of Crime Consultants Inc. will help women learn basic escapes, discuss criminal assaults, locales and share empowering strategies to avoid conflict and attacks.** In many assaults, criminals take advantage of unaware victims and have no real plan. These are crimes of opportunity and knowing how to avoid danger is often the best defense. Learning some basic

escape techniques and self-defense may be your only weapons when there is no choice for survival. **Free for Moms but reservations are required. Call 916-481-6815.** **Mother’s Free Clinic Saturday May 22, 2010, 1 -2 p.m.** With eighteen area locations, Robinson’s is the first family name in Sacramento martial arts, so visit www.robinsonstktd.com to find a location near you. **Drop off your canned food donation any time in May.**

“Come out and join the community of Fair Oaks as we work together to make our parks clean, green, & safe”



The Fair Oaks Recreation and Park District is gathering together in the District parks to work with volunteers on making our parks even more beautiful. We currently have over 500 volunteers coming out to volunteer in the parks on May 8th. The day consists of planting, clean-up, painting, repairs, and much more. District employees, along with hundreds of volunteers, work together on this day to clean-up our parks. At the end of the day the District presents an afternoon BBQ

and Live entertainment to show our appreciation. The BBQ will be held from 12:00-1:00pm at Fair Oaks Park. Multiple community organizations will be involved in the It’s My Park Day event including: Fair Oaks Rotary Club, Fair Oaks Theatre Festival, Fair Oaks Youth Advisory Board, The Church of Ladder Day Saints, Fair Oaks & Phoenix Gardeners, 20-30 Club of Folsom, Boy Scouts Pack 215 & Girl Scouts Troop 1521. **It’s My Park Day** • **Saturday, May 8th, 2010** • **8:00am – 1:00pm** • **All Fair Oaks Recreation & Park District Parks - Mainly Fair Oaks Park**

• **11549 Fair Oaks Blvd., Fair Oaks, CA 95628**
Fair Oaks Recreation & Park District
4150 Temescal St., Fair Oaks, CA 95628
(916) 966-1036 ext. 16
Fax: (916) 966-9863
Please visit our web site at www.fairoakspark.org



Carmichael Rotary Club to Hold Annual Golf Tournament for Easter Seals

Carmichael - For the last 30 years, the Carmichael Rotary Club has hosted its annual golf tournament at Ancil Hoffman Golf Course to benefit Easter Seals, an organization committed to providing rehabilitation services for people with disabilities. As of 2009 the Carmichael Rotary Club has generated over \$710,000 in local donations to support Easter Seals and now is closing in on the impressive \$1,000,000. For three decades, a group of dedicated men and women from the Carmichael Rotary Club have put

their heads together and organized one of the Sacramento Region’s most successful fundraisers. Every dollar generated – after expenses for the course and food – goes 100% to Easter Seals. The Rotarians do not keep a dime. Rotary’s motto is “Service Above Self” and this annual event is one of the ways the men and women of Carmichael Rotary Club put words to action by helping Easter Seals realize their mission of helping children, men, women and seniors with disabilities live their lives to the fullest.

We invite all interested golfers, sponsors and media to join us on Friday June 11, 2010 for a day of great fun on the golf course, followed by a full course catered meal and a huge raffle. The Shot-gun tournament starts at 12:00 PM at Ancil Hoffman Golf Course in Carmichael, CA. Foursomes cost a total of \$600 and individuals are \$150 each. Sponsor levels are available from \$150 and up

For additional information contact Jay Sedlak – at 916-486-3590 or by email at jaysedlak@pacbell.net.

RT Board Approves Service Changes for June 2010

No Bus, Light Rail and Paratransit Trips Beginning After 9 p.m.

In response to an estimated \$25 million budget shortfall for Fiscal Year 2011, the Sacramento Regional Transit District (RT) Board of Directors approved service changes at a special meeting on Monday, March 29, 2010. Major service reductions affecting bus, light rail and paratransit service will be implemented on Sunday, June 20, 2010. The approved service changes, expected to produce an estimated net savings of \$11.6 million in Fiscal Year 2011, will eliminate 28 weekday routes, 13 Saturday routes and four Sunday routes – affecting 41 of the 91 bus routes that RT currently operates. Service frequency on six weekday routes, three Saturday routes and four Sunday routes will be reduced. During the last few years, RT has implemented a number of cost-cutting measures – including service reductions in September 2009, fare increases in January 2009 and September 2009, a hiring freeze, freezing employee pay and employee furloughs. Approximately 200 layoffs are scheduled for April through September 2010. Service reductions, combined with approximately \$11.8 million in State Transit Assistance funds expected to be restored to RT and revenue generated by the future expansion of the Park-Pay-and-Ride (parking fee) program, will resolve the \$25 million budget shortfall for Fiscal Year 2011.

For route, schedule and fare information, call 916-321-BUSS (2877) or visit www.sacrt.com.

Quilt Boutique

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Saturday, May 15 • 10:30am - 2:30pm

Fair Oaks Presbyterian Church • 11427 Fair Oaks Blvd (next to F.O. Park)

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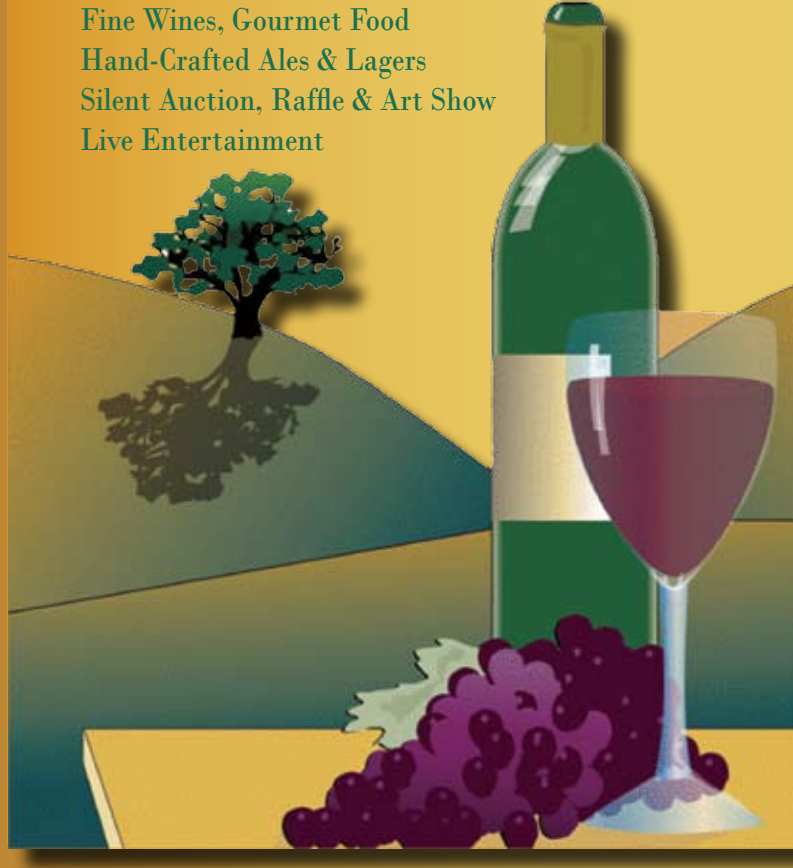
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Presented by the Fair Oaks Chamber of Commerce



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Silent Auction, Raffle & Art Show
Live Entertainment

**June 4, 2010
6pm - 10pm**

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Tickets at the Door \$40

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For Advance Tickets & Additional Information:
Call (916) 967-2903 or visit www.fairoakschamber.com

Must be 21 or over to attend.



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**2010 Schedule
March 1 to October 30**

**Monday - Friday
and Second Saturday
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9:00 am to 3:00 pm

FREE Admission!
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Spring Fest Attracts Thousands



Terri Perrin and Dustin Buck wave as they pull away to start the parade. They were both named Volunteer of the Year by the Fair Oaks Chamber. Thanks for all your hard work guys!

Fair Oaks - The 61st Annual Fair Oaks Spring Fest was held on May 1st and 2nd in the Fair Oaks Village. This year's theme was "Go Green This Spring", and the two-day event drew thousands from all over Northern California. Events began Saturday morning 10:00 a.m. with the annual Parade through Fair Oaks Village. The parade included local schools, dance groups, politicians and recent Chamber of Commerce business award winners riding in custom cars. Hot Mix 106 provided a live broadcast remote. The Fair Oaks Theatre Festival performed

at the amphitheatre. Sunday included Pancake Breakfast, the annual Sun Run and Car Show. Special thanks goes out to all the sponsors of this year's event, including; Gold Sponsors Safeco Insurance, sageHaus, SCP Solar & Green Construction, SMUD, Fair Oaks Cemetery District, Fair Oaks Water District, California Highway Patrol. Silver Sponsors were R.K. Jacobs Insurance, P G & E and the American River Messenger. Bronze Sponsors were Thomas B. Hammond Associates, Clean & Sober Living. Business Sponsors were American River Bank, Jafra/Diane Templeton, A Secure Choice.



Fair Oaks Rotary presents the centerpiece float for the "Go Green" event.

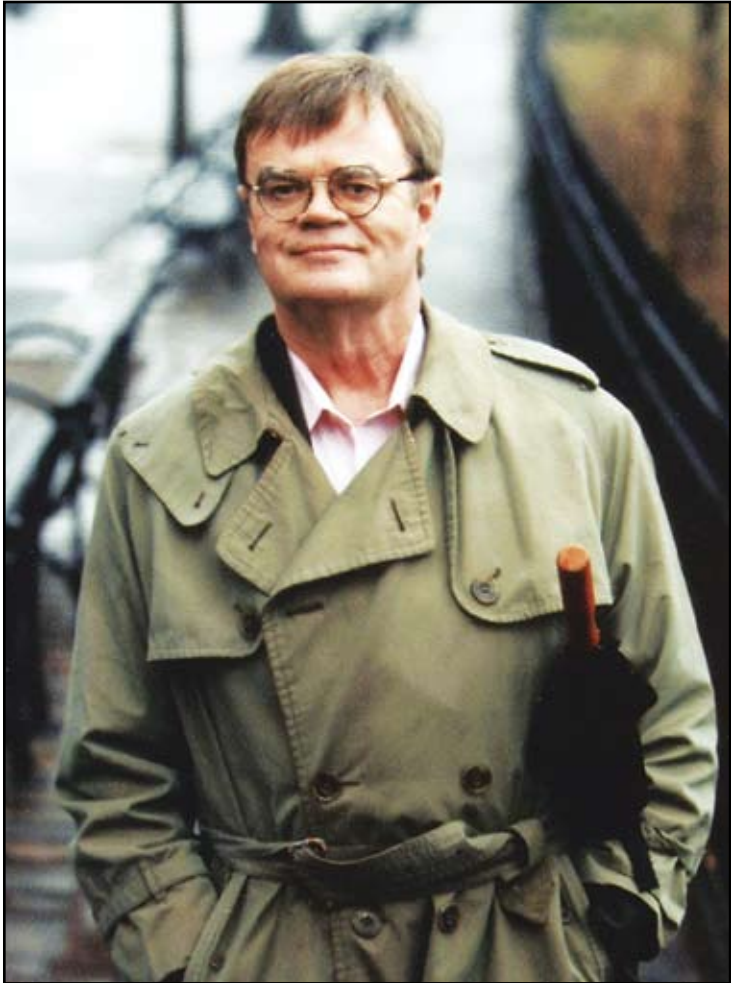
ChamberExecutive Director Jan Bass-Otto said "It was one of our best, most well-attended Spring Fest events. We had over 1000 people in the parade. We also had 197 classic cars, almost reaching the record of 204. The Wild West Band was excellent. We had great weather. It was a perfect day, what "community" it all about." Find out about future Fair Oaks Chamber of Commerce events on their web site at www.fairoakschamber.com, or call the Fair Oaks Chamber of Commerce 916-967-2903.



Klingon Villain meets Santa Claus in Fair Oaks! Spring Fest draws all kinds from all worlds.

Garrison Keillor Plans Rare Sacramento Appearance

Fahn & Company proudly presents "An Evening With Garrison Keillor" on Thursday, September 23rd at the Sacramento Community Center Theater. Reserved seats for this intimate engagement are on sale now. This beloved author, storyteller and humorist has written for The New Yorker, penned a screenplay, written countless newspaper columns and has more than a dozen books to his credit. But Keillor may be best known for his enormously popular and award winning radio show, now in it's 36th season, "A Prairie Home Companion", heard every week by millions of fans worldwide. Don't miss the chance to see Garrison Keillor at the Sacramento Community Center Theater, Thursday, September 23, 2010 at 8:00 PM. All seats are reserved and are on sale now at the Sacramento Convention Center Box Office, 1301 L Street, online at www.tickets.com or charge by phone at (916) 808-5181 or (800) 225-2277.



Garrison Keillor: author, storyteller and humorist

"Telling: Sacramento"

Since December, 2009, a group of Sacramento area military veterans and veterans' family members have been working quietly and diligently in the creation of "Telling: Sacramento." On May 14, 15 and 16, eight of these veterans and military family members will perform "Telling: Sacramento" at the Guild Theater, bringing their stories of life and the military to the eyes and ears of their home city. "Telling: Sacramento" is the latest production of The Telling Project. The Telling Project works with groups of veterans to produce "Telling" an innovative theatrical production in which military veterans and their family members, after

extensive interviews, performance training and rehearsal, stage the 'telling' of their stories of life in the military for their communities. The project is a response to several critical issues: among these are widespread public ignorance of the immediate impact of war on individuals and communities; difficulties that this ignorance poses to soldiers transitioning back to civilian life; and the danger that ignoring the rift between the veteran and civilian populations poses to the nation as a whole. The Telling Project has staged performances in Oregon, Seattle, WA and Washington, DC, this latter performance alongside First Lady Michelle Obama.

"Telling: Sacramento" is being directed by American River College theater faculty Todd Fortner. The cast consists of veterans Josh Allan, Greg Boling, Kevin Baird (US Marines), Austin Sihoe (US Navy), Jeff Weston and John Dustin Miller (US Air Force), and civilians Pia Boling (wife of Greg Boling) and Roni Armstrong (mother of 2 US Marines). "Telling: Sacramento," is written and produced by Jonathan Wei, Executive Director of The Telling Project. For more information on The Telling Project, please visit the website at: <http://thetellingproject.org>.

Amnesty Offered to Sacramento City & County Residents for Pet Licensing

Program drops penalty; Citizens save \$100 through June 30

Sacramento - In an effort to get pet owners to license their pets, Sacramento County Animal Care and the City of Sacramento Animal Care Services is removing the late license penalty fee of up to \$100 now through June 30, 2010. "A licensed pet provides many benefits. Most importantly, it will allow Animal Care to return your pet home without you having to come to the shelter", stated Pat Claerbout, County Animal Shelter Director. "All it takes is an unopened gate for your pet to get out. Licensing is a cheap, efficient way to be quickly reunited with your pet." "Licensing your pet is an inexpensive insurance policy for their safety and protection. Even indoor-only cats or pets confined to fenced yards get loose and their licenses help assure you can be reunited with them," stated Penny Cistaro, City of Sacramento Animal Care Services Manager. If your pet is licensed, Shelter staff will be able to contact you that they are holding your pet. Licensed pets are also held for 10 days as opposed to a four day hold for other animals. County Residents: To license your pet you will need current a rabies certificate and proof of spay or neutering to purchase a reduced fee license for one-year at \$15, two years at \$30 and three years at \$45 at the following locations: • Online through the Animal Care website at <http://www.msa2.saccounty.net/acr/Pages/OnlinePetLicenseRenewals.aspx>



- At the Animal Care Facility at 3839 Bradshaw Road, Wed-Fri, 11 a.m. to 6 p.m. and Sat and Sun, 11 a.m. – 4:30 p.m. Cash, debit or Visa or MasterCard accepted.
- At Animal Care's low cost vaccination clinic held at the shelter the third Thursday of each month from 5-7p.m.
- The North Area Service Center at 6015 Watt Avenue or the East Area Service Center at 5229-B Hazel Avenue. Payment by check only. Make checks payable to: Sacramento County Animal Care and Regulation.
- Participating veterinarians. Check with your veterinarian to see if they participate.
- By mail – Print out a licensing application form available at www.saccountyshelter.net and mail completed form with check, proof of rabies and spay/neuter information to the Animal Shelter. Make checks payable to: Sacramento County Animal Care and Regulation.

City Residents: To license your pet you will need current a rabies certificate and proof of spay or neutering to purchase a reduced fee license of \$15 for dogs and \$10 for cats for a one-year license or \$35 for dogs and \$25 for cats for a three-year license. Licenses can be purchased at the following locations: At the City Animal Care Services at 2127 Front Street, Tuesday-Friday noon to 5:30 p.m. and Saturday 11 a.m. – 5 p.m. Cash, check, debit, Visa and Mastercard accepted. At City Animal Care Services low cost vaccination clinic held at the shelter the first Wednesday of each month from 5:30 p.m. – 7 p.m. By mail – Print out a licensing application form available at <http://www.cityofsacramento.org/generalservices/animal-care/> and mail the completed form with check, proof of rabies and spay/neuter information to the City Animal Shelter. Make checks payable to: City of Sacramento Animal Care Services At the Sacramento SPCA at 6201 Florin Perkins Rd . Check and money order accepted. Revenue from licensing helps support the care of more than 25,000 homeless animals each year, funds the animal shelters in investigating hundreds of animal neglect and abuse cases, provides low cost spay neuter clinics, provides food to pet homes in need through the City and County's Pet Food Bank Program and protects our community from dangerous animals.

May 22, 2010

California State Youth Pageant

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Sacramento County’s Budget? *Pure Anguish*

by Perry Hartline

Sacramento County Supervisor Roberta MacGlashan is a principled, thoughtful political person in-tune with the citizens in her district. She frets over tax dollars being misspent or wasted and believes that small, independently owned business is impinged by government at every level. She understands her responsibility to all citizens, and she understands it all comes down to money in the end – and that it’s your money. MacGlashan is renowned for her knowledge of all things budget. It’s fair to say she’s a ‘budget wonk.’ During this interview MacGlashan displayed anguish at various points. This can’t be captured in print.

Hartline: Supervisor MacGlashan, I want you to describe the future of Sacramento County. How do the next two and five years look?

MacGlashan: The next few years will be tough. We made dramatic cuts in last year’s budget and more cuts in February at mid-year budget. In June we must cut \$166M from next year’s general fund budget - and this is after last year’s huge cuts. Everyone’s going to feel it. They’ll affect everybody.

Hartline: Let me guess: Because the dollars aren’t there...

MacGlashan: [Laughs] That’s a nice way to put it. When I joined the board in 2005 we had no budget shortfalls, but even in my rookie season I saw areas the county could cut and save money. We’ve made those cuts and more, and we must cut again. In ‘05 we operated seven county health clinics. The County is the health care provider of last resort by law, but we were delivering more than minimal service, including non-emergency care to people who aren’t legal residents of the county. We couldn’t afford this benevolence in good times, let alone in a time like this. I couldn’t get a majority of board members to agree. When the budget worsened last year, County Health Department staff actually supported its elimination, and a majority of the board agreed we can no longer afford non-emergency care to people who aren’t legal residents of this county. Now we’re operating one full-time clinic, and two that are open one day a week.

Hartline: Volunteers of America now runs the County Women’s and Children’s Transitional Housing Program for homeless women and kids at Mather Field. In a sense this is privatization. Is this the future?

MacGlashan: Yes, we’re doing that.

The Mather housing program’s a wonderful service, but we subsidized it with general fund dollars to keep it open. It’s not a mandated service, but it’s humane and necessary. But we simply can’t afford it. Rather than close it and end a needed service, we offered it to community service non-profits to run with their funds, plus they get federal dollars. It’s a win for everyone.

Hartline: The county is now exempt from paying money it doesn’t have?

MacGlashan: Yes, exactly. We’re turning it over to Volunteers of America. It was a competitive bid process. We’ll do the same with Meals on Wheels, the senior nutrition program. Non-profit privatization will be the model for non-mandated programs. We’ll help non-profits assume the programs we can’t afford.

Hartline: Much of the government benevolence seen today was assumed from charities and religious organizations and made public policy in the late 1950s and early 60s. Assistance and social work was the purview of religious and charitable societies. They helped the needy and destitute; found them work; and helped them find a sense of responsibility to themselves and to society. It worked well before government moved in. You didn’t see battalions of homeless staggering in the streets and sleeping in parks. I believe government institutionalized homelessness, in a way it was legitimized, and the stigma removed. It became acceptable.

MacGlashan: Perhaps so, but in 2010 illegal drugs and their abuse are huge components of today’s problem. We didn’t have to deal with it in the 40s and 50s.

Hartline: Would you expand on the non-profit idea?

MacGlashan: Of course. They can do what we can’t afford to do and aren’t mandated to do. We’re struggling to pay for the mandated services such as in-home support services, and in-home care giver program – and the caseloads are expanding exponentially. Correctional health care in the jail is another mandate. We’re required by law to provide health care to inmates. The care’s better than many good people get through their health insurance. But it’s a mandate from the top.

Hartline: Will this open the County to lawsuits?

MacGlashan: Of course. We could be sued over any of the mandated programs. It hasn’t happened, but it could over levels of minimum service.



Sacramento County Supervisor Roberta MacGlashan

Hartline: Probation monitoring for example?

MacGlashan: Monitoring adults isn’t a mandate.

Hartline: You’re saying convicts won’t be monitored. That’s over?

MacGlashan: We cut the Probation Department last year. Right now there’s a proposal to eliminate all adult field services, and close Boys Ranch. Our mandate is to operate Juvenile Hall. Boys Ranch is a fine idea that’s helped a lot of kids. And it’s frightening to not monitor those released from jail on probation. It’s dangerous for the community.

Hartline: This reaches beyond dollars, this is physical danger...

MacGlashan: Oh, Yes. But those are a few examples. Please understand: public safety is my top priority. I ran on that platform. Protecting the public comes first, all else follows. Cutting or eliminating public safety services is terrible.

Hartline: Oh great! This is thrilling. Criminals on the street, unmonitored; fewer Sheriffs’ deputies; shelters closing, and no health clinics.

MacGlashan: We hope the Sheriff’s Department will get federal money, but fund’s from last year’s stimulus bill mostly went to cities, not counties.

Hartline: Counties and cities deliver services directly to the public. Counties deliver the broad services, the services the state can’t do and services cities won’t do. What about

unincorporated areas? Fewer Sheriffs’ patrols?

MacGlashan: Not if I can help it.

Hartline: That means it’s up to us to defend ourselves, our families, and all we hold dear?

MacGlashan: Again, *not if I can help it!* Remember, I fought for and restored 240 positions to Sheriff’s patrols in this fiscal year.

Hartline: I asked you to predict the future. The question was, what will the county and the region look like in two years and in five years? I see a very different world coming from the one we’ve known for the last twenty-or-so years – and it’ll be even more changed by mid-decade.

MacGlashan: The next 2 years are going to be painful, but I’m an optimist. Maybe life won’t be as it was in 2004-05, but I see signs of improvement. Sales tax revenues are stabilizing, and we’re working to attract businesses to the area that bring jobs. This will bring income and housing up. Given the speed and depth of the economic drop all our reserves and more are used up. Now we’re struggling to get through the front-end of this crash. In the future we’ll be even more cautious in budgeting, ensuring that when the money returns, a portion goes to build reserves and

isn’t spent as fast as it comes in - and we must encourage more non-profits.

Hartline: My thoughts are gloomier than yours. Housing’s the overarching problem. The 5-6 year ARMs on homes sold between 2005-07 will begin to reset in July and August. It could be Housing Crash II. Losing your home’s leapt beyond loss anxiety. With 25% of all mortgages underwater, folks understand they’re walking away from a bad business deal, not a home. And commercial real estate and inflation haven’t hit yet, but they will in the next 18 months, I’m guessing. Then there’s unemployment. The administration says to get used to 10% for the rest of the decade.

MacGlashan: When we assemble the budget we watch those trends. The last budget our revenue assumptions were very stingy. We projected far greater declines than other local governments in the region, and they were still too high. We made more cuts at mid-year budget.

Hartline: Will the county ever go back to seven health clinics and other expanded services beyond those mandated by the State?

MacGlashan: The question is do we need to? Should government be doing all this? Why? Or in our compassionate society, will churches, non-profits, charities, and others step in? I believe neighborhoods and individuals well be more self-reliant, and not so dependent on government. I think many people have learned to expect too much. My mission is to identify what the operational minimum levels of the mandates are, what we’re doing beyond that, and rein it in.

Hartline: You’re operating on a thread now.

MacGlashan: We have no choice. And we must cut \$166M from the budget. These financial problems are from years ago. We have pension obligation bonds that were approved long before I was on the board. We must pay them, plus the debt on nearly every county-owned building. The payments also come right off the top. We have an extravagant new animal shelter – which I opposed because I didn’t think we could afford it. Now we must pay the debt on it before we can use it and provide services. That’s terrible!

Hartline: You’re describing a financial moonscape. But I’m

tormented by one thing: the State’s looting city and county treasuries. Describe that, please.

MacGlashan: Lawsuits, basically. This has been fought in court several times and we’ve lost. Recently the transit agencies went to court over the State grabbing their funds. Regional transit fought and won. It was a miracle. Yet I’ve seen no money returned. In fact the State’s still taking. The State ignores the court order and says State needs take precedence over local government. It’s outrageous. How do you enforce a court order? The State’s still raiding RT funds, forcing RT to cut services. The State’s now raiding redevelopment funds, and plans to take county road funds next. They simply want the money and will do anything to get it. They don’t care. To them we’re their tax collecting agency. Worse, they defer payments to us; this creates a cash flow problem for us. Everyone needs to know the State’s solving its cash flow problem municipal governments and it causes cuts in service, even layoffs. The State’s starving us because the legislature won’t cut spending.

Hartline: What about joint-effort, consolidation of services, between City and County?

MacGlashan: We’re considering it for certain programs like animal care. If there’s ever a time to do it, this is it.


Hartline: Will there be payroll cuts and fewer employees?

MacGlashan: Labor contracts come up in June next year. We deal with 26 labor bargaining units, unions, that’s a lot. Last year we extended the contracts with Deputy Sheriffs and the Probation Officers Association because they understood the severity of the problem and agreed to concessions. We must discuss everything from a new tier of pensions to reduced wages and concessions. We’ve eliminated 1600 positions and laid off 724 people; mid-year another 100 positions went. Our labor contracts don’t allow furloughs. There’ll be more layoffs to reach \$166M.

Hartline: Is there anything you’d like to add?

MacGlashan: Public safety’s number one. It’s the first reason for government, after that all-else follows. If you don’t have it, you may as well not have government, nothing else matters.

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Mercy's New MS Center Meets the Needs of Patients

Carmichael - Dr. Ron McCoy remembers the date – October 17, 1997 – when he was diagnosed with multiple sclerosis. He was working as a pulmonologist in a Northern California hospital when he learned he had the neurological disorder that ended his career. “It was probably the best thing that ever happened to me,” said McCoy of his diagnosis. “It was my wake-up call and I started living.”

Living with MS can be challenging. Some 400,000 Americans have MS and every week 200 people are diagnosed. It usually begins in young adults, may range in severity from mild to disabling and is a lifelong disease for those affected by it. MS is a disorder in which the immune system causes damage to the insulating material (myelin) on nerve fibers in the brain, optic nerves and spinal cord. The nerve damage due to the loss of myelin results in impairment of vision, movement, sensation, cognitive function and bladder function. Most individuals with MS experience a recurring attack of symptoms, like McCoy who has his good days and bad days. “A bad day with MS for me is not getting out of bed,” he said. “But on some good days, I can do amazing things and be absolutely normal.” McCoy is no longer a practicing physician but he volunteers helping medical students by teaching them how to communicate and think like a doctor. “People shouldn’t



Dr. Schafer, an experienced neurologist

lie over and die, there are lots of thing you can do. I can’t work full time anymore, but I’m rebuilding,” said McCoy. He is making the most of his life living with MS. And that’s the one of the reasons why McCoy’s neurologist, Dr. John Schafer, established Mercy’s new MS Center in Carmichael last year. “The goal of Mercy’s MS clinic is to provide complete services to anybody who has multiple sclerosis or thinks they might have multiple sclerosis,” said Dr. Schafer. “And that includes making the diagnosis in the first place to helping to pick the best treatments and dealing with it in the long run.” The lead staff of the Mercy MS Clinic are Dr. Schafer, an experienced neurologist who has been deeply involved in MS care for many years; and Dr. Karsten Dengel, a neurologist who completed a

fellowship in multiple sclerosis. MS Nurse Edie Happs helps evaluate and counsel patients. She also provides education to patients and families, symptom management, including dealing with fatigue, problems with mobility and cognitive difficulties. Happs has played a key role in establishing shared visits, in which a group of a dozen patients are seen at the same time. The 90-minute shared visits provide not only the medical aspects of a visit but also elements similar to those of a support group. “It’s a great opportunity to teach patients and learn from them at the same time and the patients learn from each other,” said Happs. Other specialists involved in care include radiologists, urologists, ophthalmologists, physical medicine specialists and behavioral health specialists. The MS Center also has access to Mercy Imaging Centers, Mercy hospital and Mercy Medical Group infusion centers and the Mercy Rehabilitation program for patients with multiple sclerosis. The complete care offered at the Mercy MS Center is something patients welcome. Lynne Walls was diagnosed with MS several years ago. She couldn’t be happier with the care at the Mercy MS Center. “The whole staff has tremendous experience with MS and provides excellent care. I’m so happy to be in such good hands.”

Suspect Arrested in Vehicular Fatality

By Officer Lizz Dutton, Public Information Officer California Highway Patrol

On April 27, 2010 at approximately 7:05 a.m., Travis Moore, a 19 year old was arrested at his residence in Elverta without incident and booked into the Sacramento County Jail. Moore is charged with 192(C)(1) PC- vehicular manslaughter with gross negligence and four counts of 23105 VC- felony reckless driving. If Moore is convicted of all counts he could face a maximum sentence of 22 years in prison. Below is the original press release of the incident. On February 16, 2010, at approximately 10:11 p.m., Travis Moore, a 19 year old from Elverta was driving a silver 2004 Mercedes ML500 SUV at a high rate of speed

on eastbound C Street approaching 16th Street in Rio Linda. Christine Ingle, a 45 year old from Rio Linda was driving a green 1993 Ford Explorer at approximately 45 mph on northbound 16th Street approaching the intersection of C Street. As Moore approached the intersection of C Street and 16th Street, he failed to stop for the posted stop sign. The front of his vehicle struck the left front of the Ford. The Ford spun out of control and came to rest facing in north easterly direction within the intersection. Ingle who was wearing her seatbelt was partially ejected from her vehicle and pronounced dead at the scene. The Mercedes continued in an easterly direction and began to roll. The Mercedes’ three rear passengers, all juveniles, were not

wearing their seatbelts and were fully ejected from the vehicle. A 15 & 16 year old female from Rio Linda were transported to Mercy San Juan Hospital with serious injuries. The 16 year old has been released; however, the 15 year old is listed in critical condition. A 15 year old female from Rio Linda was transported to UCD with massive blunt force trauma and is listed in critical condition. The right front passenger of the Mercedes, a 17 year old female from Rio Linda became trapped in the vehicle and had to be extricated by Sacramento Metro Firefighters. She was transported to UC Davis Medical Center where she remains with a broken arm and leg. Moore was transported to Mercy San Juan Hospital with lacerations to his head and face and released.

The Bodacious Book Sale is Here

Orangevale - Our annual biggest event of the year, the Bodacious Book Sale, is almost here. We really need volunteers every day of the sale. The work is fun and you’ll meet some new “friends.” Once again, Divine Savior Church is hosting the Friends of the Orangevale Library in their Parish Hall, June 3-5, 2010. If you can afford to spend a few hours (or more) to help out, please call the library at 986-2081. This is a voice mail message number only, but messages are picked up daily. Please leave your name and the time you would be available on June 3, 4, and 5, as well as your phone number if you would like a call back to confirm your participation. Volunteers are needed June 3 and 4 from 8:00 – 5:00 and June 5 from 8:30 – 1:30. As usual, the selection will be huge - mega selections in fiction, paperbacks and like-new hardbacks (all your favorite authors), delightful children’s books and books for young adults, and once again we will display some great incentives to join Friends at the Bodacious Boutique. In the meantime, come in to the library and check out the Friends’ corner of the library near the teen area, now dedicated to the sale of gently-used books and to

information about Friends’ activities. More good news --we also have a new partner, Save Mart, who has initiated a new community support program for non-profits called S.H.A.R.E.S. The free card, available at the library, when presented at checkout, will earn the library 3% of the products purchased. It can also be used at FOOD MAXX, SMART Foods, and Lucky Stores. What’s more, the card works at any store location, not just the Orangevale store. The Friends continue to be grateful to our loyal business supporters - Orangevale Rotary, Walmart, Target, and the Orangevale Grange. For a group like Friends, there is nothing more important than being connected with the business community who support their literacy endeavors and ensure monies for books and quality programs for the Orangevale Library. Behind the scenes, your new officers (President Judy Nissila, 1st Vice President Betts Flores, 2nd Vice President Coral Procter, Secretary Don Morris, Membership Dorothy Kilgore, Treasurer Jane Wise, Newsletter Mary Easley and Greg Poseley, as well as Board members Dennis Metzler, Mary Thomas, Putt Curtis, Cathy Poseley,

Judy Christman, and Bill Wise) have held meetings with the new players who will have involvement in the building of Orangevale’s permanent library (it will be 100 years without a permanent home in 1912). We have had several conversations with Rivkah Sass, the new director of the Sacramento Public Library; Greg Foell, the new director of the Orangevale Recreation and Park District; and we have communicated in writing with Stacey Aldrich, who is the newly-appointed State Librarian of California an important member of the State Library Bond Board. We filled her in on the background of our grant application so that, should any unspent monies be returned from the last allocation of bond money, Orangevale would be first in line to receive it. At Roberta MacGlashan’s March Cabinet meeting, with Rivkah Sass as guest speaker, the Friends and the audience engaged the new director of the Sacramento Public Library in a lively discussion about the need for a permanent library for Orangevale. She showed enthusiasm for the project and promises to help in the search for funding. Come and join Friends of the Orangevale Library at the Bodacious Book Sale in June!

ACAI Studios Hold Open House

Fair Oaks - ACAI Studio & Gallery will be holding a Second Saturday open house from 4 - 8 PM on May 8, 2010 at 7425 Winding Way, Fair Oaks, CA 95628 (966-2453). We invite you to come and enjoy ceramic sculptures by Charles Shramek and Larry Tarkir. Charles Shramek creates coil built figurative artworks in sizes from small to life size. Although he considers himself a sculptor first and a ceramic artist

second he is drawn to the kiln by the limitless potential for creation of form and color. Larry Tarkir is an emerging ceramic artist whose work is largely experimental. He tends to stretch limits by not recognizing them. The intimate floral photography by Thom Brommerich will also be on display. ACAI Studios & Gallery is a community studio operated by the Allied Ceramics Art Institute

(ACAI) a 501 C(3) California Public Non Profit Corporation. The Studio provides the space, equipment and support needed for ceramic arts. We offer outstanding artistic, educational, and collaborative opportunities. We serve everyone in the east Sacramento communities of Fair Oaks, Folsom, Citrus Heights, Orangevale, Gold River and Carmichael. For more information see www.acaistudios.com.

National Cornelia de Lange Syndrome (CdLS) Awareness Day takes place Saturday, May 8

CdLS Awareness Day is an opportunity to educate the public and health care professionals about the little-known syndrome, which researchers believe remains undiagnosed in thousands of men, women and children. Diagnosis and medical monitoring are critical since complications related to CdLS can be life-threatening. CdLS is a genetic syndrome occurring in about 1 in 10,000 live births. It affects males and females almost equally, and is found in all races and ethnic backgrounds. CdLS is not hereditary in most cases; rather

it is caused by a random change in one of three genes during conception. Although individuals with CdLS range from mildly to severely affected, most have similar physical characteristics: small size, hands and feet; eyebrows that meet in the middle; long eyelashes; upturned nose; and thin, downturned lips. Some individuals have limb differences, including missing fingers or arms, and partial joining of the toes. Common medical problems include gastro-esophageal reflux disease, hearing loss, heart defects, and feeding difficulties. Behavioral issues, including self-

injury, aggression, and obsessive-compulsive acts, are not uncommon. More than half of people with CdLS are considered to be on the autism spectrum. Mental retardation or learning difficulties are often present. With proper diagnosis and medical care, people with CdLS can live a full life, well into adulthood. More information about the syndrome is available from the CdLS Foundation Web site, www.CdLSusa.org or by calling the CdLS Foundation at 800-753-2357.

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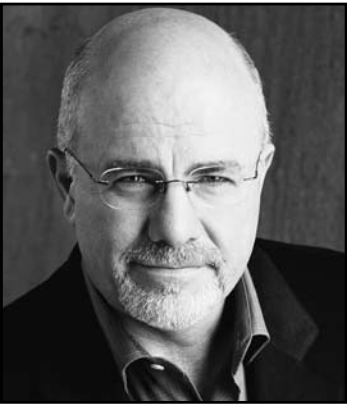
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Dave Says



Dave Ramsey is a personal money management expert, popular national radio personality and the author of three New York Times bestsellers – The Total Money Makeover, Financial Peace Revisited and More Than Enough. In them, Ramsey exemplifies his life’s work of teaching others how to be financially responsible, so they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to others. Ramsey offers life-changing financial advice as host of a nationally syndicated radio program, “The Dave Ramsey Show,” which is heard by nearly four million listeners each week on more than 350 radio stations throughout the United States. His syndicated column, “Dave Says,” can be read in more than 270 print and online publications worldwide.

She’s in Trouble Again!

Dear Dave,

My mom filed bankruptcy about five years ago, and I thought that taught her a lesson. She’s on disability now, and makes only \$600 a month. On top of all this, she’s piled up about \$30,000 in credit card debt again. She’s

even paid her utility bills and bought groceries with credit cards. I don’t know what to do.

- Barbara

Dear Barbara,

She can’t file bankruptcy again, because it’s still too close to the date of her first filing. It sounds to me like she’s going to have to face up to what she’s done, and make some serious behavior changes. The kind of stuff she’s doing is not only addictive, it’s self-destructive. She’s trading a moment of pleasure for years of pain while that credit card bill grows into a monster!

Personal finance isn’t rocket science. It’s 80 percent behavior, and 20 percent math. Plus, there are plenty of agencies out there that help disabled people find jobs, and help them remain active and productive in the workplace. When it comes to work, disabled doesn’t always mean unable. It’s amazing what people with disabilities can do, but the hard truth is that she’s still going to have to find a way to get her income up and cut her outgoing money way down.

Sit down with her, and try to explain what’s happening and what she’s facing in a kind and loving way. Walk her through the process of making a monthly budget, too. You may run into some resistance, because parents often have a hard time accepting help from their kids. I call this “powdered butt syndrome.”

Once someone has powdered your behind, they don’t always want to listen to your advice!

She can turn this thing around, Barbara. But it’s going to take some persistence on your part to help make it happen.

- Dave

Leasing Car a Bad Idea!

Dear Dave,

I leased a car about two years ago, and I’m just now beginning to realize that it was big mistake. I’m throwing away tons of money. Is there any way to get out of a car lease?

- Randy

Dear Randy,

Now you see why I call it “fleecing,” don’t you? Never do a lease! It’s the most expensive way to operate a vehicle. Call the company and ask for the early buy-out or pay-off amount. Then, compare that figure with the value of the car. If the car is worth \$19,000, and the early buy-out is \$21,000, you’ll have to scrape together \$2,000 to make up the difference.

If you don’t have that kind of cash sitting around, go to your local credit union or bank and get a small loan of \$3,000 to \$3,500. This will get you out of the “fleece,” and give you some cash left over to buy a little beater to drive for a while.

Get this done, and pay the loan back as quickly as possible. Then, you can start saving up to pay cash for a really good, used car later!

- Dave

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



ROCK DOC

By Dr. E. Kirsten Peters

The last time I went to Nevada, I stood on the edge of an enormous open-pit mine at noon. The whistle blew. Then the pit erupted in explosive power enough to make the Earth rumble.

“I always like to watch it,” said the geologist giving me the tour. “It looks like the rocks down there just get ‘fluffy’ when they are blasted apart.”

We had visited the floor of the great pit, picking up rocks, squinting at them through hand-lenses, and hammering on them. The strong Nevada wind was blowing all day and by the end of it all I was filthy, to say the least.

Although I don’t know for sure, if I had gone directly from the mine to an airport, I might not have been able to board a commercial plane. The reason is that some airports employ “sniffers” that can detect explosives, even in trace amounts.

Roughly speaking, there are two kinds of sniffers. First, there are the type with wet noses you can train with dog-treats to signal the presence of a wide range of materials, from drugs to explosives to produce.

Second, there are sniffers that are man-made devices that are also exquisitely good at detecting just a

Rapid Chemistry When It Matters Most

few particles of various materials for which they are designed and calibrated. The second, mechanical type are not as cute as beagles, to be sure, and they don’t move around a busy airport lobby on their own four feet, following their noses. But, on the positive side, the man-made sniffers don’t get pooped out in mid-afternoon like dogs (and me).

Unfortunately, no sniffers of either kind appear to have been on duty last Christmas when the “underwear bomber” tried to blow a jetliner out of the skies over our Midwest. If the authorities had used sniffers on Umar Farouk Abdulmutallab, I’m told they would have had a good chance of detecting the explosive before he was allowed to board the first plane of his long travels.

I spoke recently about all this with Prof. Herbert Hill of Washington State University. For many years now, he has been in the field of ion mobility spectrometry (IMS) (that’s the fancy term for the broad set of lab devices that can include the man-made sniffers in airports today). IMS works by giving an electrical charge to small particles, and then watching how they move from one charged plate to another.

Hill is an analytical chemist: somebody who wants to identify chemical samples. He got started in his field partly due to his interest in being able to detect tiny amounts of pesticide in stream water or contamination in drug manufacturing. IMS is his favorite analytic device, his “baby.”

Hill’s laboratory is made of room after room with IMS devices, each one a research unit, not a

commercial device, and each set up for a different purpose. While not as interesting as beagles to me (I’m a dog person – what can I say), the devices are amazing in what they can do. And they have come a long way.

When Hill first worked with IMS, it took about 4 hours to get a full reading on a single sample. It now takes less than a second – which is why IMS has become so useful in real-world applications like airports. Clearly, in the day-to-day world, we need systems that work fast, and that make as few errors, one way or another, as possible.

It’s interesting to note that what counts as an “error” is complex. If an IMS sniffer (or a beagle, for that matter) pulls a geologist out of an airplane line just for having been around explosives, that’s a “good hit” in the sense that the sniffer is legitimately detecting explosives. But it’s not usually useful security information, and is likely to delay not just one rock-head but potentially a whole planeload of people.

As you might guess, Hill’s former students are in industry, government, and Homeland Security. Some of them are likely laboring today to try to keep our airplanes in the skies.

Even though they could pull me aside with their sniffers, I wish them the very best.

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.



HIS COLD FEET

I have some questions for you ladies. Do you cringe when another family member asks you, “When are you getting married?” Are you truly happy for your newly engaged friend, but can’t help feeling jealous every time she shows up wearing her NEW ring? If you answered yes to any of the above, you are diagnosed with a case of pre-engagement limbo. The good news is you’re not alone.

Andrea Passman Candell has been there, and she shared the whole painful experience with me on my POPPOFF Radio Show. She was once in pre-engagement limbo with a guy who needed more time and didn’t catch on to any of her subtle hints like...when she asked him for a “ring,” he said he just called her. No sense to the nonsense. Even after he proposed, he had cold feet until a few months before their wedding day. Here’s the good news. Now they are happily married with a young son. So

POPPOFF!

with Mary Jane Popp

Andrea set forth to take her own tried and true advice mixed with stories and commentaries from other women who survived, or are still surviving life on pins and needles. Soooooo, if you don’t want to spend another Mother’s Day as just a girlfriend, pick up **His Cold Feet: A Guide For The Woman who wants to tie the knot with the guy who wants to talk about it later.** Now don’t get the idea that this book is about finding the right guy, and it’s not about breaking up with the wrong guy. It’s about getting “the one” to take the next step.

Andrea is a couple’s therapist in private practice specializing in pre-engagement issues. Okay, let’s get down to some basic tips from Andrea:

Don’t Compare... So your mailbox is filling up with other people’s wedding invites. Remember that every relationship moves at its own pace.

His Buying More Time Does Not Necessarily Mean Rejection... He’s not popping the question probably has nothing to do with you. He could be dealing with his own fears.

Let Him Know That You Get It... Tired of his “I don’t know’s” whenever you ask him about getting engaged?

Instead of starting with “When do you think we’ll get engaged?” Try starting with “I know that talking about marriage can be a scary conversation, but I’d love it if we could set aside some time to talk about how we each see the relationship growing.

Flight Expectation Downers... Thinking that a proposal is right around the corner, remind yourself to stay present the next time you have a big night planned out on the town.

Giving yourself an ultimatum... Feeling like you’ve been stuck in limbo for way too long? Thinking about dishing out an ultimatum? Dish one out to yourself. How long will you go on? You’ll feel empowered.

You can also check out Andrea’s website www.hiscoldfeet.com. As for yours truly, I think if I have to use every trick in the book to get him to pop the question, then is he really worth having? From one who has been married for 39 years, and no cajoling to get there, JUST A THOUGHT!!!

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

Huge Fabric Event: \$2 per Yard!

The local chapter of the National Ovarian Cancer Coalition (NOCC) will host it’s 2010 fabric event on **Friday May 21st 2:00pm – 6pm, and Saturday May 22nd 8:30am – 3:00pm** at LifePoints Church 7736 Sunset Ave. Fair Oaks, CA. (west of Sunrise Blvd.) Cotton, flannel, home decorator, wool, fashion fabric, fat quarters, kits, plus misc. items.

All fabric and notions have been donated by local quilters and stores.

100% of the proceeds from the \$2 per yard donations will go to support local community efforts and programs for promoting ovarian cancer awareness.

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Lungren: Affordable Care Act



By Congressman Dan Lungren

This week I had the opportunity to introduce legislation that will provide relief to millions of small business owners who would otherwise face an enormous tax reporting burden under the recently enacted health care bill. Section 9006 of the Patient Protection and Affordable Care Act (PPACA, PL 111-148) has not received much attention. It is comprised of a mere 170 words – a drop in the 2,300-page, 384,000-word health care reform bucket. But this little provision was calculated to be a big “pay for,” raising \$17 billion in tax revenue over ten years to help offset the cost of the PPACA. It will require business owners to provide a separate 1099 tax reporting form for every company with whom they

do more than \$600 worth of business in a given year. This means that California’s 3.6 million small business owners will face an onerous new tax reporting mandate for basic, everyday business expenses such as phone and internet service, shipping costs, office supplies and utilities, just to name a few. What the drafters of Section 9006 have done, under the guise of health care reform, is essentially draft small businesses as a new enforcement arm of the IRS. Congress has seemingly determined that conscripting companies to snitch on one another will serve as an effective enforcement tool, much like it does in organized crime cases. This reveals a disturbingly jaundiced view of the business community as nothing but egregious tax evaders. This provision is a two-punch combination against small business owners. Not only are they faced with an enormous new tax reporting burden, but Section 9006 will change the way companies select their vendors. Businesses will think twice before purchasing goods and services from smaller companies if they have to fill out an additional 1099 form for each individual

vendor with whom they do business. It will be easier to rely on a single large supplier than to negotiate with a number of small companies. This mandate could not come at a worse time for California businesses. It will prove to be a particular burden for small business owners, who already find themselves in a challenging economic environment. The National Federation of Independent Businesses has estimated that the cost of tax compliance is two-thirds higher for small companies as compared to large ones. Section 9006 is especially devastating for the Sacramento region, where nearly 90 percent of all businesses employ twenty or fewer employees. In a region where unemployment rates are among the highest in the nation, we cannot afford to needlessly encumber small business owners. It is for this reason that I introduced H.R. 5141, which will repeal Section 9006. Small businesses are the economic engine of our nation, creating more than 65% of new job growth. Imposing yet another tax burden on them is bad medicine for all Americans.

Massachusetts Law would Turn Doctors into Serfs

By Don Watkins

“The push for government control of health care is driven by a certain moral view: the view that need is a claim,” writes Don Watkins, an analyst with the Ayn Rand Center. “That view is typically taken to be noble and benevolent, but one of Ayn Rand’s most controversial conclusions is that it is in fact vicious and unjust. The latest proposal out of Massachusetts seems designed to prove Rand’s point. “Massachusetts passed a bill very similar to ObamaCare a few years back, and the state is now hemorrhaging money. To stop the bleeding, it is clamping down on doctor reimbursements for Medicare and Medicaid, which has meant fewer and fewer doctors willing to accept Medicare/Medicaid patients. The proposed solution? Force them. “Abill currently under consideration states: ‘Every health care provider

licensed in the commonwealth which provides covered services to a person covered under ‘Affordable Health Plans’ must provide such service to any such person, as a condition of their licensure, and must accept payment at the lowest of the statutory reimbursement rate. . . .’ “As one doctor noted: ‘So what this means is that in order for doctors to become licensed in Massachusetts, they will have to agree to accepting the payment rates imposed by the government, even though those payments may not cover their actual expenses for the care rendered. Unbelievable.’ “But it isn’t unbelievable,” writes Watkins, “not if you view need as an entitlement. If a Medicare patient’s need of health care entitles him to it, then why should a doctor have the right to refuse service just because the doctor won’t make money? Wouldn’t that be selfish and greedy? “There is nothing noble or

benevolent about political thugs forcing doctors—the men and women without whom all of our health care needs would go unfulfilled—to sacrifice their time, their energy, and their wealth to anyone’s need. “The morality of need means serfdom for doctors.” Don Watkins is an analyst with the Ayn Rand Center for Individual Rights, specializing in free speech issues. His op-eds have appeared in such venues as Investor’s Business Daily, Christian Science Monitor, and CNBC.com. Mr. Watkins is also a contributing writer for “The Objective Standard,” a quarterly journal of culture and politics. For more information on Objectivism’s unique point of view, go to ARC’s Web site. The Ayn Rand Center is a division of the Ayn Rand Institute and promotes the philosophy of Ayn Rand, author of “Atlas Shrugged” and “The Fountainhead.”

Assemblyman Niello Honors Marcy Friedman as 5th Assembly District Woman of the Year

Sacramento - Assemblyman Roger Niello (R-Fair Oaks) honored Marcy Friedman as the 2009 Woman of the Year for the 5th Assembly District during a special Assembly ceremony at the State Capitol on Monday. “Marcy Friedman has been a pillar of the Sacramento community for many years. Her current involvement in the project to expand the Crocker Art Museum is remarkable and will put Sacramento on the map as a community with a world-class art museum,” said Assemblyman Niello. A long-time Sacramento business owner and philanthropist, Marcy Friedman has been a board member

for the California Museum for History, Women and the Arts, the Sacramento Region Community Foundation, the Leland Stanford Mansion Foundation and was a founding board member of the American Leadership Forum. “Her professional, community and humanitarian involvement in the Sacramento region has been unparalleled throughout the years,” said Assemblyman Niello. I’m proud to have selected her for this award at the State Capitol today.” The Woman of the Year ceremony is an annual event to celebrate remarkable women in California who are making a difference in their communities.

Honorees from throughout the state were recognized during Monday’s special Assembly floor session. Assemblyman Niello awarded Marcy with an Assembly resolution in recognition of her community service. The keynote speech during the session was provided by Brigadier General Mary Kight, who was recently appointed by Governor Schwarzenegger as the first female Adjutant General for the California National Guard. *Publisher’s note: We are sorry we missed this one in our mid-March issue, but we wanted to be sure Marcy Friedman was properly honored.*

Cristo Rey High School Receives American Red Cross Award

Cristo Rey Recognized for Community Partnership, Volunteering Efforts

Sacramento - Cristo Rey High School, a private college preparatory school where students help pay for their education through an innovative work-study program, was recently honored by the American Red Cross, Sacramento Sierra Chapter, with a Community Volunteer Partnership Award. The award, which was presented to the school at a Volunteer Recognition Dinner last month, recognizes community partners whose efforts have demonstrated exceptional performance and extensive commitment to the

American Red Cross. Currently, three Cristo Rey students work in the Red Cross’ Fund Development office helping process donations. Cristo Rey High School, which started with its first class of students in 2006, is part of a national network of private Catholic high schools for motivated students from families with limited financial means. A key part of the program is that students work five days per month at an employer, learning life skills and helping to pay the cost of their education. Some non-profit employers, such as the American Red Cross, offer

non-paying positions to students. “We are honored to receive this award from the American Red Cross,” said Ward Fansler, president of Cristo Rey High School. “This is a mutually beneficial partnership for us because while our students are working for a great cause, they’re also gaining valuable work skills to take with them after they graduate.” Cristo Rey currently has a co-educational student body of 250 students in grades 9-12 from Sacramento, Yolo and San Joaquin counties. On June 2, the school will graduate its first class of students.



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by Marlys Johnsen Norris

Most of us, who are older than fifty, loved and appreciated all the traditions we grew up learning and participating doing with our parents and grandparents. However with the onset of computer technology the young in our society are so busy chatting, playing games and taking instant photos, they would rather forget all the old traditions. Sadly they are missing the best part of really knowing and caring about each other in a meaningful and lasting way. Is it any wonder relationships get in trouble? One would think with instant communication, relationships would become more solid and true, but instead a form of half-heartedness and technical control invades lives.

For example, in my era, one spent time shopping and reading

What’s Missing in the Greeting Cards Today? *Happy Mother’s Day!*

just the right cards with the right words: for loved ones and friends. When any occasion arose where we wanted to remember someone; we actually spent time looking for a card and purchased it, wrote a note, purchased a stamp and mailed it to them. When any card was received, reading the words touched hearts and one felt truly loved and cared about. Cards were cherished and saved for years because they held tremendous meaning to their recipient. To those of us they are still cherished. Some people have made scrapbooks full of them that they saved and cherished for a lifetime.

Today no time is spent doing this, just out of obligation - going into a web-site, choosing a card and sending it. Bingo it’s done with little thought, emotion or feeling. E-mail cards are opened quickly and then discarded – deleted or trashed. The

value and meaning is totally lost forever in the giving and the receiving a greeting. Few people might print them out but they will never take the place of hand-picked personal card from someone who truly loves and/or cares for another person.

It is a joy when one reads and sees words of encouragement and love written on a card. Philippians 1:3 puts it this way: “I thank my God every time I remember you.” and “Don’t be selfish, be humble thinking others better than yourself: (Philippians 2:3) When we care about others, we give the” best of who we are” to them.

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



by Pastor Ray Dare

You will never go wrong living a life of unconditional love. You say, “Yeah Ray, but I’ve got some people in my life that I can’t stand. Man, they’re not serving the Lord. They don’t treat me right. They’re disrespectful. God surely doesn’t expect me to love them and treat them well.”

But friend, Jesus said that we are to even love our enemies. He said if your enemy’s thirsty, give him a smoothie. He said if he’s hungry, give him a Big Mac. He said if he wants your shirt, go ahead and give him your coat. He said by doing this, the Lord will reward you.

During the South Korean war, a Christian father was arrested by the communists and ordered to be killed. But when this young

The Ultimate Lifestyle

communist leader heard that this man was a head of an orphanage and he was taking care of all of the children in that area, he decided to spare his life and instead kill his son. So they brought this man’s teenage son out and right before his very eyes, they shot him at point blank range and executed this boy.

Years later, the fortunes of war changed. This same young communist leader was arrested and tried by the United Nations and sentenced to death for his horrible crimes. But before the sentence could be carried out, this same father whose son had been murdered by this man pleaded and pleaded with the courts to spare the life of this killer. He said he was too young. He didn’t know what he was doing when he committed all those crimes. He begged them saying, “Please just give him to me. Let me have him. I’ll train him. I’ll help him make something of his life.”

Strangely enough, the United Nations granted this man’s unbelievable request. He took the murderer of his own son into

his own home and raised him and loved him and cared for him. To make a long story short, that young communist gave his heart to the Lord. Today, that former communist murderer is a pastor of a church in another nation. Love never fails.

I challenge you to let your life overflow with God’s love and God’s mercy. Life is too short to get caught up in petty differences or bound up in bitterness and grudges. Give people the benefit of the doubt. Give them a little room to be the person God’s called them to be. Nobody’s perfect. Overlook their faults and be quick to see the best in everybody. Let’s be quick to show God’s mercy because we know we’re going to need it one day. My prayer today is that all of us from this day forth will make up our minds and determine in our hearts that we are going to live a life of mercy and unconditional love. It’s the ultimate lifestyle.

See you Sunday, Pastor Ray
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12:00pm – Meet Carriage Elementary teachers during the teacher reception.	1:30pm – School band performance	5:00pm – Citrus Heights Marching Band performance
12:30pm – Principal and Librarian storytime in Children’s Dept.	2:00pm – School dance performance	Visit bn.com/bookfairs to support us online from 05/21-31/2010 by entering Bookfair ID 10187375 at checkout.
1:00pm – Local Author Appreciation Event – 7 adult/ children’s authors	3:00pm – Author story-time: Meet local children’s authors	
	4:00pm – School theater performance	

Sac Works Career Center

Friday May 7, 9 am - noon
SCORE presents a free Pre-Business workshop at the Sacramento Works Career Center - Citrus Heights, 7011 Sylvan Road, Suite A Citrus Heights, CA 95610
To RSVP, visit www.sacscore.org or call 676-2540

Thursday May 20, 9 am - 1 pm
The Federal Technology Center presents a free seminar, “Marketing to Government” at the Sacramento Works Career Center - Citrus Heights, 7011 Sylvan Road, Suite A Citrus Heights CA 95610. To register visit www.TheFTC.org or call 676-2540.

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SMUD GM Fills Two Posts

Both positions will include the SMUD smart grid project as a major focus

Sacramento - The Sacramento Municipal Utility District's (SMUD) General Manager and CEO John DiStasio has named Frankie McDermott as director of Customer Services and Kevin Sherlin as director of Business Technology. McDermott will oversee all customer-related operations as well as energy efficiency and renewable energy programs. McDermott joined SMUD in 2003 as manager of Supply Chain Services. In 2009 he launched Enterprise Performance, a group charged with establishing a system to measure the effectiveness of SMUD's business performance. Previously, he worked in management roles at NEC Electronics in Roseville and in Ireland. After engineering school in Ireland, he earned an MBA from Golden Gate University and completed the Berkeley Advanced Management Program at the Haas School of Business at UC-Berkeley. For McDermott, a major opportunity will be managing changing relationships with customers as SMUD moves forward with its smart meter and smart grid projects, as well as meeting its commitments for increased energy efficiency and reducing SMUD's carbon footprint. Sherlin joined SMUD four years ago as a Business Technology program manager. A year later he was named the department's operations manager, overseeing all BT infrastructure. Previously, Sherlin spent 23 years at El Paso Electric, first as a substation engineer, moving into telecommunications management and then as information technology director. He received his bachelor's degree in electrical engineering from the University of Texas-El Paso. For Sherlin, a major focus going forward will be to help define and implement smart grid technology – using digital technology for the most efficient distribution of power.



by David Dickstein

Family Films

Babies
Opens May 7, rated PG
focusfeatures.com/focusfeatures/film/babies

Get ready to say “awwww” a lot. This joyful and visually stunning documentary simultaneously chronicles from delivery to first steps four lives among Earth’s newest human inhabitants. The world feels like a smaller, more intertwined place watching the first year of Mari in Japan, Bayar in Mongolia, Ponijao in Namibia and Hattie right here in the USA, San Francisco to be specific. Not rated G because of labor room scenes.

Iron Man 2
Opens May 7, rated PG-13
ironmanmovie.marvel.com

Another intake of iron will do us good if the sequel is even close to the monstrosity of the 2008 original starring Robert Downey Jr. as billionaire industrialist Tony Stark and his super suit of armor. This time Mickey Rourke plays the villain obsessed with rusting his do-gooding nemesis. Plenty of

Films and DVDs for the Whole Family

star power with Gwyneth Paltrow, Scarlett Johansson, Samuel J. Jackson and Don Cheadle among the supporting cast.

Shrek Forever After
Opens May 21, rated PG
shrek.com

Billed as “the final chapter,” which no one outside Far Far Away should believe, the fourth Shrek feature finds the bi-polar ogre cursed after signing a pact with smooth-talking Rumpelstiltskin. Shrek is thrust into an alternate world where ogres are hunted and he and Fiona have never met. Going green again are Mike Myers and Cameron Diaz. Eddie Murphy, Antonio Banderes, Julie Andrews and Justin Timberlake also are back in the voice cast.

Family Home Entertainment

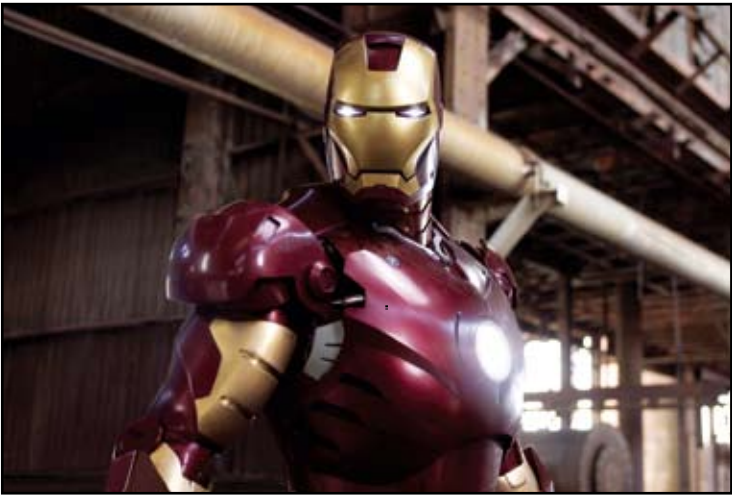
The Princess and the Frog (ages 5-12, now available, rated G): Proving there’s still life left in 2-D, hand-drawn animated features, this Oscar nominee takes a standard fairy tale plot – when a prince is cursed and becomes a frog only a kiss will turn him back – and builds it into something special. Set in New



Orleans’ French Quarter during the Jazz Age of the Roaring Twenties, the film is breaks ground by introducing Disney’s first black princess. Grade: A-

Saturday Morning Cartoons 1980s: Volume 1 (ages 4-10, May 4, not rated): What’s cool about this two-disc set isn’t the quality – production value is just above awful – but that the animated series included aren’t ones you see rerun on cable. Among the 11 short-lived, twentysomething shows are “Chuck Norris” Karate Kommandos,” “Thundarr the Barbarian” and “Goldie Gold & Action Jack.” Grade: B-

The Spy Next Door (ages 7-15, May 18, rated PG): This dumb, throwaway family comedy didn’t help restore Jackie Chan’s fanbase, which has no doubt dwindled after his success with “Rush Hour” a lackluster dozen years ago. Maybe his mentor role in the remake of “The Karate Kid” in June will help, but in this bomb of January the former bona fide action star is downright embarrassing as an undercover CIA superspy who, on the brink of retirement, desperately tries to win over the three bratty children of his dream woman. Grade: D



Sacramento Master Singers Presents “I, Too, Sing America”

The Sacramento Master Singers, under the direction of Dr. Ralph Hughes, will close their 2009-10 Season with two performances of *I, Too, Sing America*. The two performances occur at First United Methodist Church (21st & J Streets) in Sacramento on Saturday, May 22, 2010 at 8:00 PM and on Sunday, May 23, 2010, at 3:00 PM.

In our program, *I, Too, Sing America*, we celebrate the works of American composers and poets including legendary composers Leonard Bernstein and Jerome Kern, and poets Robert Frost and Walt Whitman. The works of a younger generation of American songwriters such as Eric Whitacre and Joshua Shank, and emerging

poets such as California native Gabriel Navar, will also be featured. Tickets for *I, Too, Sing America* are \$18 and can be purchased online at www.mastersingers.org, or by phone by calling (916) 788-7464, or at-the-door one hour before each concert. All concerts will be held at First United Methodist Church, 21st and J Streets, in Midtown Sacramento.

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World-Renowned “Bodies Revealed” Exhibition Returns



Sacramento - In a triumphant return engagement, the groundbreaking and provocative Bodies Revealed, returned to Sacramento with an all new exhibition. The return is for a limited engagement, located at 2040 Alta Arden Way (Alta Arden at Arden Way; across from Arden Fair Mall). This marks the exhibition’s much anticipated return to the West Coast following a two-year absence where visitors explored and learned about the human body. The exhibition has been seen by more than 15 million visitors worldwide including Buenos Aires, Argentina, Santiago, Chile, Copenhagen and Birmingham, UK. as well as in selected cities throughout the U.S.

This world-famous anatomical exhibition features real, whole and partial body specimens that have been meticulously dissected and preserved through an innovative process, giving visitors the opportunity to view the complexity of their own organs and systems. The exhibition features more than 200 specimens never before seen in California, including 14 whole body specimens posed in a combination of dramatic athletic and artistic movement including baseball catcher and pitcher, violinist and bicyclist. Authentic human specimens dramatically illustrate the damage caused to organs by overeating, lack of exercise and disease—more powerful than any textbook image. Additionally, the exhibition features a groundbreaking new design with video and interactive features, modern lighting

and an open floor plan that allows visitors to experience each gallery at their own leisurely pace—exploring the skeletal, muscular, reproductive, respiratory, circulatory and other systems of the human body.

The return of Bodies Revealed to Sacramento marks one of the few times the exhibition has ever revisited a host city. In it’s 2007-08 debut, the exhibition was greeted with sellout crowds as well as a month-long extension of its limited engagement. Hundreds of Northern California area schools attended the exhibition as an educational field trip supported by special classroom curriculum designed for teachers to continue the important discussion about the human body and health awareness. Also among its many visitors, medical students and practitioners, art students and other related professions attended the exhibition for its fascinating combination of scientific and artistic education.

“Northern Californians have embraced this remarkable exhibition and we are thrilled to meet the demand for its return,” stated Dr. Roy Glover, Chief Medical Director for Bodies Revealed. “It is more powerful and memorable than ever before with the new specimens and a unique design. In a region so well known for its medical excellence and passionate outdoor, active lifestyles, this is sure to enlighten, empower, fascinate and inspire.”

The real human body specimens in the exhibition are preserved through a revolutionary technique

called polymer preservation. In this process, human tissue is permanently preserved using liquid silicone rubber. This prevents the natural decay process, making specimens available for study indefinitely. The end result is a rubberized specimen, preserved to the cellular level, showcasing the complexity of the body’s many bones, muscles, nerves, blood vessels and organs. The full-body specimens can take more than a year to prepare.

“Based on the success of the first Sacramento run, we are very excited to see this expanded Bodies Revealed exhibit return to our city,” said Steve Hammond, President and CEO of the Sacramento Convention & Visitors Bureau (SCVB). “Not only does it give our residents the opportunity to see a world-class traveling exhibit, it provides the SCVB with a strong attraction that will help us to draw additional visitors to this community.”

A Special Mention for Teachers: As Vice President of Education for Premier Exhibitions, Inc, Cheryl Muré is responsible for customizing the Premier curriculum to the academic content standards for each state or country that hosts an Exhibition. These comprehensive educational materials are invaluable to teachers wishing to generate student interest before visiting an Exhibition and to extend student learning beyond the field trip. Muré works closely with local school districts to promote group visits for students and professional development programs for teachers.

In addition, Muré has developed Activity Guides for Girl Scouts, Seniors and Camps. Muré holds an undergraduate degree in Education from Emory University and a Master’s Degree in Education from Georgia State University. Muré is an experienced classroom teacher who has designed and implemented self-contained intervention programs for

at-risk students. She has supervised Master’s Degree Candidates from both Emory and Georgia State University and served as a guest lecturer at the GSU Graduate School of Education. Cheryl has also been a featured speaker at national conferences on Learning Disabilities.

Exhibition Hours:
Sunday – Thursday:
10:00 a.m. – 8:00 p.m.
Friday – Saturday:
10:00 a.m. – 10:00 p.m.
Last admission one hour prior to closing
Ticket Information:
Ticket prices starting at \$14.00
1-888-263-4379 or www.bodiessacramento.com

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A Live Masterpiece to Behold



(L- R) - Chloe Horne, Ballerina, Donald Kendrick, Conductor, Michael Sokol, Baritone, Ji Young Yang, Soprano and Chester Pidduck, Tenor meet and greet the crowd attending the Choral Society event at the Mondavi Center. Caroline Schafer, volunteer, works in the wings (far left corner).

By James Lajoie
Special to the
American River Messenger

The stars were definitely in full alignment at the Mondavi Center on Sunday afternoon, May 2 when Conductor Donald Kendrick and the Sacramento Choral Society & Orchestra stepped on stage for their performance of Carl Orff’s rollicking secular cantata, Carmina Burana. The warm spring weather drew an amazing crowd to this performance, a crowd that was not shy about showing its appreciation of the SCSO’s artistry at this year-end matinee performance.

Special guest soloists Ji Young Yang, soprano, Chester Pidduck, tenor and Michael Sokol, baritone, joined the Sacramento Children’s Chorus (Lynn Steven, Director) and dancer Chloe Horne to vividly demonstrate both the power of Orff’s Carmina composition as well as the SCSO’s powerful delivery of this choral orchestral masterpiece.

Throughout the first half of the program featuring Dvorak’s Carnival Overture and Respighi’s Ancient Airs and Dances, Kendrick’s conducting was electric, poised and economical. The orchestra painted some outstanding sound images in the Overture and the Respighi simply shimmered in the warm acoustics of the Mondavi Center.

In Carmina Burana the large SCSO Chorus sang and played with all-out zest that this score requires, with its libretto drawn from medieval latin texts celebrating the cycle of life and praising wine, song, romance and the

joys of springtime. The SCSO Chorus and Orchestra clearly brought to the Mondavi stage an accomplished, artistically exciting performance, and a visceral experience that even the best recordings cannot remotely provide. In the couple of dozen songs that follow “O Fortuna” we hear the voices of lovers, tavern types, gamblers and wanderers who live under the sway of Fortuna. The sounds and rhythms of their words, whether in medieval Latin, French or German, are important, and in the whole performance the words sung by the Chorus had crystal clarity.

Orff’s Carmina Burana opens with the stunning and famous O Fortuna whose text is a medieval resigned acceptance of the Wheel of Fortune as the determiner of one’s fate. This piece alone is so familiar to the general public, having been used in many movies and commercials that they may not even know that it comes from a much larger work of classical music.

The Sacramento Children’s Chorus added a lightness, charm, and a youthful energy to the program visually and musically. Their impeccable diction and musicality reflected thoughtful preparation by their Director, Lynn Stevens.

Ji Young Yang’s sterling soprano voice soared in the magnificent Mondavi Center, extolling the joys of youth and springtime. Her ravishing coloratura soprano voice sailed effortlessly up to high D in “Dulcissima”, sang it pianissimo and cascaded down chromatically, enthraling the Mondavi audience

with her warm, rich sound.

Tenor Chester Pidduck’s vividly portrayed a beautiful swan whose days were numbered. Using his strong and versatile tenor voice, he created an outer-space timbre and negotiated a taxing falsetto voice for the funny, macabre song of a young swan aghast and indignant at being roasted and carried to a tavern table.

Michael Sokol projected a focused baritone voice and was riveting for his swaggering personality, notably in the Abbot’s song.

Dancer Chloe Horne added a wonderful touch to the performance through her graceful movements on stage during the opening and closing movements. The elegant manner in which she presented each of the soloists added a natural warmth to the overall performance.

It was, however, Music Director Donald Kendrick’s conducting that added the true magic that drew the large forces of the entire Carmina performance together. Conducting the entire 70 minute score from memory – something that is rarely done – Kendrick coaxed nuance from both the orchestra and chorus. His natural musicianship and his mastery of the Carmina score provided an electric experience for both the performers and audience alike.

Plan now to join the SCSO at their June 5th Stained Glass performance at the recently renovated Cathedral of the Blessed Sacrament in Sacramento. For tickets and information visit sacramentochoral.com or call (916) 536-9065

Hometown Hero

Air Force Reserve Airman O’Shea D. Ward



Air Force Reserve
Airman 1st Class
O’Shea D. Ward

Air Force Reserve Airman 1st Class O’Shea D. Ward 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 nephew of Heather Farley of Chettenham Drive, Sacramento, Calif.

Ward is a 2009 graduate of Inderkum High School, Sacramento.



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