

AMERICAN RIVER

M E S S E N G E R



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Volume 5 Issue 6

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

Second Edition for March 2010

United Football League Invites Sports Fans to Name Team



Sacramento UFL Head Coach Dennis Green

Sacramento Region - The United Football League is inviting sports fans in Sacramento to suggest their favorite name for the new professional football team that will play in the state capital when the 2010 UFL season kicks off.

Suggestions for team names began pouring into the mailbox of UFL-Football.com following the announcement on March 3 that the Sacramento UFL team will play five home games at Hornet Stadium at Sacramento State this fall.

Fans will also have the opportunity to potentially win some great 'Ultimate Fan Experience' prizes of four suite passes, and four on-field pre-game passes for a home game, an opportunity to meet head coach Dennis Green on the field during pre-game and PA recognition during the game.

Three entrants will be selected at random from among all eligible entries received to win the ultimate fan experience and be designated

'UFL Foundation Fans'. Entries must be submitted by 11:59pm EST on March 17, 2010. Full details and competition rules can be found at UFL-Football.com. "We want to empower the fans



of this new Sacramento United Football League team to give us their thoughts on the name that they feel has a strong local connection and that they will be proud to chant from the stands at Hornet Stadium," said UFL Commissioner Michael Huyghue. The UFL-Football.com website is

now hosting 'Your Town, Your Team, Your Name - You Make The Call', inviting football fans to start voting for their preferred choice of team names from a shortlist of six options or to suggest a different team name: Sacramento Condors, Sacramento Miners, Sacramento Pioneers, Sacramento Redwoods, Sacramento Senators, Sacramento Sting.

The Sacramento team will be led by head coach Dennis Green, who in his first United Football League season led the California Redwoods to a 2-4 record and his running back Cory Ross led the league in rushing with 462 yards. As a head coach in the NFL, Green compiled a regular season record of 113-94 with the Minnesota Vikings and Arizona Cardinals.

About The UFL: The UFL was developed to fulfill the needs of football fans in major markets currently underserved by professional football by providing a high quality traditional football league comprised of world class professional football players. The UFL will serve the communities with pride, dedication and passion, and uphold a leadership role in the development of football worldwide. The UFL will provide every fan with an affordable, accessible, exciting and entertaining game experience. The United Football League debuted in October 2009 with four teams in Las Vegas, New York, Orlando and San Francisco for its "Premiere" season. The UFL offices are in New York, N.Y. and Jacksonville, Fla. The UFL is led by Commissioner Michael Huyghue and is being funded by a consortium of private investors.

For more information on the UFL and how to purchase tickets for the 2010 UFL season, please visit www.ufl-football.com

Soroptimist Club Awards \$3500 to Two Inspiring Local Women

Citrus Heights - Members of Soroptimist International of Citrus Heights (SICH) recently awarded \$3,500 for the Women's Opportunity Award to two young women. SICH is a volunteer service organization for business and professional women dedicated to improving the lives of women and girls, in local communities and around the world. The Women's Opportunity Award is an annual award offered by Soroptimists and most applicants have faced economic and social barriers, and many have suffered other personal hardships. Typically these barriers have prevented them from pursuing both their educational and professional goals. However, for two lucky winners, the women of SICH hope to provide a glimmer of hope and the support needed to continue on in the face of adversity.

The SICH award recipients were Jamie Lopez and Cherish Proctor. Both women were very deserving recipients. Jamie is pursuing a better life for herself and her three children by attending MTI College in Sacramento. She is pursuing a paralegal degree. Jamie's history brings a renewed determination to support her family. She found a strength and desire deep inside herself that has pushed her towards a college degree. Jamie is hoping her paralegal degree will help her establish a career that will help children who have become victims of human



WOA award winner Jamie Lopez and SICH President Lori Walker

trafficking. She is to be applauded for her efforts. SICH is excited to award her the Women's Opportunity Award.

Cherish Proctor is the second award winner. She is a single mother of three beautiful children. Cherish

brother, Cherish now has custody of her three younger siblings. Cherish is now attending MTI College in an attempt to provide a future for her three children as well as her three siblings.

Both women are to be applauded for their efforts. SICH is excited to award them the Women's Opportunity Award.

These were just two of the stories that touched our hearts. With over 30 applications received, SICH had a tough time determining the winners. Soroptimist's believe in making a difference in our communities, one woman at a time.

*Submitted by:
Lori Walker, President
of Soroptimist International
of Citrus Heights*



came from a large family and her mother worked very hard, however, due to the tragic death of her younger

Tea Party Patriots Plan to Clean House from Capitol to Capitol

Sacramento - Last year, the Sacramento Tea Party Patriots held the largest Tax Day rally in the United States as they began their fight to bring fiscal responsibility, limited government through strict compliance to the Constitution and a free market. In less than one year, according to recent polls, The Tea Party Movement has become the most recognized and supported group over any political party.

The Sacramento Tea Party Patriots, the Official Grassroots American Movement, once again will host the mega popular Tax Day Tea Party on the west and south steps of the capitol. This rally, aside from having fantastic speakers and entertainers, will be the west coasts largest Tea Party Rally! While Washington DC will be holding the East Coast Rally, the Sacramento Rally will have a live feed to Washington and several other Tea Parties across the Nation! We will truly show that from Capitol to Capitol, the Tea Party Patriots are cleaning house!



In addition to the rally and sticking with the Tea Party Patriots goal of educating voters this election season, the North Steps of the Capitol, has been reserved by Grand Ol' Patriot Trumpeter in order to hold Candidate Alley. Visitors will have a chance to meet & greet candidates and educate themselves on various initiatives at this non-partisan event.

For more information about the Sacramento Tea Party Patriots Tax Day Tea Party Rally please visit, www.sacteaparty.com and for information on Candidate Alley visit, www.goptrumpeter.com. You can also Contact Ginny Rapini Co-Chair Sacramento Tea Party Patriots Tax Day Planning Committee, norcalteaparty1@yahoo.com, or call 530-389-2464.

Rancho Cordova Celebrates Arbor Day



Rancho Cordova - Two redbud trees City's Arbor Day celebration on March 11th. Participating in the ceremony were Shawn Colvin

(left) from the Sacramento Tree Foundation; Cyrus Abbar, the City's Public Works Director; Rancho Cordova Vice Mayor Robert McGarvey; and Todd Humphrey, the City's Facilities Manager. Rancho Cordova is an active partner in the Greenprint initiative which focal point is to double the region's urban tree canopy by planting 5 million new trees by 2025. The two trees, which were gifts from the Sacramento Tree Foundation, were planted by a new pathway in the southeast corner of the campus. The pathway was the Eagle Scout project of Lawrence Goedich and is the final segment of a half-mile walking trail that encircles the City Hall grounds. SMUD energy saving trees are available free of charge by contacting the Sacramento Tree Foundation at (916) 924-8733 x121.



By Jon Coupal,
Howard Jarvis Taxpayers
Association

Fake. Faux. Pretend. Bogus. Phony. There are a lot of words in the English language to describe something that which is represented as something it is not. With all the very real problems facing California today, one would think that our state Legislature would enact real reforms. Regrettably, however, the majority party continues to pursue fake reforms which probably helps to explain the institution’s dismal 16% approval rating. First, given that California can’t seem to break the habit of spending more money than we receive in taxes, more attention is finally being paid to “oversight.” Oversight of existing programs is routine in more fiscally responsible states like Utah and Texas, but barely gets a nod here in the Golden State. True, the State Auditor has received praise for trying to implement the agency’s mission “to ensure the effective and efficient administration and management of public funds and programs.” But expecting that office to adequately address all the waste, fraud and abuse in California

Steinberg’s Fake Reforms

state government is like expecting a BB gun to take down a rhino. So along come Senate leader Darrell Steinberg who has created – at taxpayers’ expense, of course – his own Office of Oversight and Outcomes. Talk about the fox guarding the henhouse. Steinberg, who represents a district covering much of Sacramento, an area laden with large numbers of public employees, first goes after the effectiveness of the Governor’s furlough program. While there are some legitimate questions about the furloughs, they hardly represent a significant share of the waste in government. Columnist Dan Walters points out that there is massive waste in the administration and management of CalPERS that is likely to cost taxpayers hundreds of billions of dollars. As Walters writes, “when the Legislature stops wasting taxpayer- financed time on trivia and bores into the CalPERS debacle, maybe we’ll take its ‘oversight’ seriously.” Amen. The second fake reform pursued by Mr. Steinberg involves the budget process. He blames a 76-year-old law requiring a two-thirds vote of the Legislature to approve a budget for lawmakers’ recent inability to pass a budget by the constitutional deadline of June 15 each year. Steinberg is urging his colleagues to place on the ballot a measure -- based on one that has been promoted as an initiative by former Assembly Speaker Bob Hertzberg -- to eliminate

the supermajority requirement. Hertzberg, never considered an ally of the taxpayers, was promoting the elimination of the two-thirds vote through his California Forward Committee, claiming his proposal had bi-partisan support. However, the response was underwhelming. He was unable to raise nearly enough money to gather the signatures to place his proposal on the ballot, so he has passed the baton to Steinberg. Steinberg wants the public to see this measure as “reform,” but it is actually an effort to make it easier to spend more money and to increase the pressure to raise taxes. Sure, a budget could be approved quickly with a simple majority vote. But at what cost? Since the concerns of the minority party could be ignored, the majority would ram through whatever they wanted without debate. The minority party, regardless of which party is in that position at any given time, still represents millions of Californians whose concerns deserve consideration. Steinberg is engaging in political theater. He knows he needs a two-thirds vote of the Legislature to place this constitutional change on the ballot and he is not going to get it. And if Steinberg’s proposal were to reach the ballot, voters would quickly recognize that it is not reform, it is just an effort to grease the skids to make it easier to carry on business as usual. Instead of posturing as a reformer, why doesn’t the Senate leader push his colleagues to focus on the real issues facing California, like high taxes and a hostile business climate? Instead, lawmakers have been hard at work declaring a “No Cussing Week” and renaming the Legislative Office Building. If not distracted by trivial legislation, lawmakers could implement the number one reform taxpayers would like to see: Legislators rolling up their sleeves and focusing on making California amore livable state. That would be a real change. Jon Coupal is President of the Howard Jarvis Taxpayers Association - California's largest taxpayer organization -- which is dedicated to the protection of Proposition 13 and promoting taxpayers' rights.

Fair Oaks Cemetery Debate: Another Point of View

By John O'Farrell

Fair Oaks - As a 38-year resident of Fair Oaks, and member of the Fair Oaks Recreation and Park District Board and the Fair Oaks Planning Commission, I am very annoyed about the comments made by representatives of the Fair Oaks Cemetery District in a recent article in which they attempt to justify a wasteful lawsuit they have filed against the County and engage in baseless and offensive attacks against several of our County Supervisors. As I have extensive first-hand knowledge of this issue, it would be wrong for me to not set the record straight as soon as possible.

I was the LAFCo Executive Officer when the alleged “grievance” against the Cemetery District occurred in 1981. At the time, the Cemetery District wanted to expand its boundaries to not only increase its service area, but to also increase its tax base. This action took place 3 years after the Jarvis-Gann Initiative (Proposition 13) basically froze tax bases and tax rates and tax growth for all counties, cities and special districts in California. LAFCo staff and the Commission agreed to an expansion the cemetery district boundaries, but with an important condition. That condition was no taxes accruing from the newly annexed territory. The Fair Oaks Cemetery District Board and General Manager in 1981, agreed to the LAFCo action which allowed the district to expand its boundaries, but with no corresponding increase in its tax base because any increase in its base would have had to come from the County, the fire, park or other special district providing more important and essential public services.

That was the deal, it was done, and now almost 30 years later, a five-person Cemetery District Board is trying to recover what they perceive as 30 years of “lost” tax revenue which the 1981 board and General Manager agreed to forego. Fast forward to present time. County Supervisor Roberta MacGlashan has been working with the Cemetery District staff and board

for at least the last three years to help them find other means of solving their financial problem as well as securing new land for burial space. Supervisor MacGlashan has gone to great lengths to address the fiscal concerns of the Cemetery District while also serving as one of the most effective and prudent voices for fiscal reform at the County Board of Supervisors. Fair Oaks is tremendously fortunate to have her serving as our representative. Fair Oaks Cemetery District is dealing with a projected deficit of space for burials in the next 10 years and needs to acquire and improve new land to accommodate future growth. In short, they want money to pay for new facilities.

The District originally proposed to impose a fee on new home building, bringing their request forward as the housing market was starting to decline. Representatives of the homebuilders threatened to sue if these fees were adopted. Prudently, Supervisor MacGlashan stepped in to facilitate a better solution to the identified problem. She was concerned that, given the District’s self-identified difficulties, they could not afford to defend a lawsuit if the fees were adopted. I know that she and her staff shared this serious and justifiable concern with the District on several occasions.

Supervisor MacGlashan held numerous meetings with the Cemetery District, County Staff, and large landowners in the District’s boundaries – several of which I attended – and came up with a plan to deal with the projected land needed for future burial space. Supervisor MacGlashan contacted several large landowners to solicit land donations on behalf of the Cemetery District, eventually finding a potential partner in Gencorp (Aerojet). GenCorp met with County and district representatives as far back as 2007 and previewed several possibilities in a cooperative fashion. GenCorp’s real estate unit, Easton Development Company, LLC, continues to stand ready and willing to invest time, money and effort to investigate options surrounding a

potential donation of land west of Hazel Avenue in the future. While there are many variables and much more work to do in formulating the final land plan, Supervisor MacGlashan and Gencorp deserve much credit for their efforts to date. According to the District’s own analysis, acquiring the land on their own could cost \$1.3 million. Supervisor MacGlashan has also presented solutions to deal with the costs of improving this land for cemetery use as well, but given that the Cemetery’s problem is about 10 years off I think she has made a very responsible decision to focus on resolving the County own fiscal crisis first – and make no mistake, her work on that front has been impressive.

I think all residents of Fair Oaks owe Roberta a huge “Thank you” for her efforts on our behalf on this and countless other issues. The recent article also takes liberties in attacking Supervisors Susan Peters and Don Nottoli without cause. Susan and Don have both been engaged and responsive to the District’s concerns. It is clear that the Supervisors have worked very hard to find a solution to this matter. What is unclear is why the Cemetery District has decided to use taxpayer dollars to sue the County for their efforts on our behalf, forcing the County to spend limited taxpayer dollars to defend itself at a time of diminishing County services. There is some irony to this whole fable. Over the last 30 years there have been a number of reports and recommendations made by LAFCo, the Local Government Reorganization Commission, possibly the Grand Jury, and other “good government policy advocacy groups” to suggest that Sacramento County’s cemetery districts should be consolidated to give them collectively a stronger financial base and greater opportunity to secure new land for burials. The Fair Oaks Cemetery District, like the other cemetery districts, has always opposed this option as a viable solution to their problem. Is “local control” really that important?

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MESSENGER

“Written by the people for the people”



Publisher - Paul V. Scholl

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DEFENSIVE
DRIVING CLASS

Our next Defensive Driving Class will be held on 20 and 21 Apr 2010 from 0900 to 1300 hrs, each day. This class is open only for military retirees/spouses. The class will be the Aerospace Museum of CA located on McClellan Park. If you want to sign up for this course, you must personally come into the Retiree Activities Office. Please do not call and ask to be signed up. It won’t work. Cost for AARP Members: \$12; nonmembers: \$14. Make checks payable to: RAO. Questions can be answered by calling our volunteer staff at 561-7476.



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by Perry Hartline

I come from an Air Force family and grew up traveling around the world. After high school I married a military man and spent my adult life living as I always had:

Grass Roots simply means I will have to work very hard to get my message to the people of this District. Grass Roots means I don't have a huge war chest of money given to me by any special interest groups, whether from the far left or the far right. The good news about this is that I will not be "bought and paid for" by these special interest groups either. The fact is, I do not want to owe any special favors to any special interest group. The only people I want to owe a duty of service to are the constituents of Assembly District 5. The donations I have received thus far are from the voters and constituents. That's why it is called a "Grass Roots" effort, because the success of my campaign to win election to this office is dependent upon the financial support of my Grass Roots constituents, my family, my neighbors, my friends, and me. I haven't received financial support from special political interests, as my major opponent has.



[Chuckles] Where do I start? There are so many things we must fix. I'm not an island unto myself and am not capable of fixing California's problems alone. That'll be left up to Meg to accomplish. The first thing I'd do is build coalitions with other conservative lawmakers in the Assembly and work collaboratively to stop, roll back or repeal the burdensome

I heard another political candidate say that State government liberals contradict themselves. He said, they love employees and hate employers. He was right. Many of the liberal left believe everyone in business is rich, and here to provide employment and tax revenue. It appears our government doesn't care about business people, their risks, struggles, hopes and dreams. If it cared, it would care about the fact that small businesses are burdened with high taxes, excessive regulation, fees and penalties. If our government truly cared about our small business owners, they'd do something about the exodus of businesses to more business friendly neighboring states. If the state is to be successful, businesses must succeed, and I want to be part of the team working to create a business-friendly climate.

I'm not one to give up. I don't agree the state's ungovernable. If I thought that, I'd leave too. I know we must keep pushing to turn California around and

It seems the legislators don't care what the majority of voting Californians say. In fact they don't seem to care that the people leaving the state are the most productive and innovative of our citizens. They simply want to create new programs or protect the ones they've created. Hence no tax cuts, no reduction of social programs, no reigning-in of anointed regulatory agencies, and no control of their sympathy for everyone and everything other than small businesses and working class tax payers. In addition, the needs of the population in Southern California are much different from the needs of the population in the northern part, our legislators must serve the needs of all the people.

**To read the entire interview,
go to www.AmericanRiverMessenger.com**

The Easter Vacation from Hell

By Penny Howard

The kids bounced out of the car and ran to greet their cousin, Bobby. My sister, Pat, and her husband, Dick, were standing on their front porch with big smiles, waiting for me. What joy, as we hugged. We hadn't seen each other for more than a year, not since they had moved to Oroville.

It was the Spring of 1962, and we were going to spend Easter vacation together. I really hadn't been looking forward to Easter vacation at home. With all of the kids home for the week, and their friends running in and out of the house, getting snacks, and generally making messes everywhere, it didn't sound like a vacation to me. So, when Pat called and asked us to come up and visit, I jumped at her offer.

My husband, Bob, as Budget Director for Los Angeles County, was working day and night to hash out the annual budget for the county. So, he couldn't go with us. My oldest son, 19 year old Richard, was in his first year at West Point and was unable to come home. So, that left the four younger children, Dean, 13, Danny, 11, Russell, 10, Mary, 7, and Missy, the dog, eager to make the trip with me. It was a long way from Altadena to Oroville, but I was up to the task.

We left on Saturday and stopped to spend the night in Orangevale with my grandparents, arriving in Oroville mid-day Sunday. Pat and Dick lived in a serene wooded area with nearby fields of cows and sheep grazing. It was peace personified, and a joyous reunion was had by all that evening.

On Monday the first little mishap took place when Bobby was asked to take out the garbage after dinner. He couldn't resist the temptation to show off in front of his cousins

by trying to balance the bag on his head. Oops! It toppled over, spilling garbage and a large can of used grease on the floor. Of course the grease ran all over the floor, with most of it finding its way under the refrigerator. It was a major job moving the refrigerator, sopping up grease, and mopping the kitchen floor.

On Tuesday the toilet plugged up and overflowed onto the bathroom floor. Since it was the only bathroom for eight people, it meant an emergency call for a plumber. This mishap occurred when Bobby and Dean had gone in to shower after coming in all muddy after looking for gold nuggets in a nearby stream. No one had a clue as to what caused the toilet to plug up. Not until many years later did I learn the truth. Dean was playing a joke on Bobby by trying to flush his under pants down the toilet.

Wednesday morning while Pat was doing the laundry the waste water from the washing machine overflowed the laundry tub, flooding the service porch floor and soaking Danny's and Russell's sleeping bags, which were rolled up under the laundry tub. With limited bedroom space, that was where they slept, with Missy. We wrung the bags out as best as we could and hung them on the line outside to dry. Then we mopped up the laundry area.

Early Thursday morning Danny got sick and threw up all over his and Russell's sleeping bags, and getting some of it on Russell, which really grossed him out. I cleaned Russell up, and then washed the sleeping bags and hung them out on the line again to dry again. Later that afternoon Dean and Russell started itching all over. It soon became obvious they had come down with Poison Oak. Then

in the evening Mary started whining and complaining of a headache. We assumed she was feeling left out of things, because the boys excluded her from their activities. Their excuse? She was too young, and a girl besides.

Friday was departure day. As happy as Pat and Dick were to see us arrive, they were utterly ecstatic to see us leave.

I had no intentions of stopping overnight at my grandparents with four sick kids, so I stopped at a motel in Sacramento. Mary was still cranky and whiney, so I gave her and Danny each a half an aspirin and then went to the nearest pharmacy to get something to ease the itching of the Poison Oak.

The next morning I packed the kids and Missy into the car and headed home. Danny was lying in the back of the station wagon with a paper bag in case he had to throw up again. Missy kept him company. Dean and Russell occupied the center seats, itching miserably. The medicine I bought at the pharmacy wasn't helping at all. Mary sat in the front with me, whimpering most of the way home. Missy and I were the only healthy ones in the car.

By the time we got home it was clear why Mary had been whining and complaining. She broke out with measles. Danny had picked up a Flu bug. He was still feeling yucky. Russell's and Dean's Poison Oak was getting worse.

There was no Easter service for us at church, with the traditional egg hunt for the kids. And instead of them all returning to school on Monday so I would have some peace and quiet, they were all home sick for the rest of the week.

As much as I try, that is one Easter vacation I will never forget.

Celebrating 50 Years of Marriage



Richard and Marlys Norris celebrated fifty wonderful and exciting years of marriage

Fair Oaks - A memorable day celebrating fifty wonderful and exciting years of marriage was presented recently at Sunrise Community Church for Richard and Marlys Norris. Richard and Marlys' grandsons served as hosts to welcome guests as they entered the church. Tom Graves, a professional Gospel singer from Nashville entertained by singing to the hundred plus guests as they arrived.

Tom Graves opened the celebration with a special love song to the couple as they gazed into each other's eyes. Then, their dear friend and Sunday School teacher Joe Baginski presented meaningful vows for Richard and Marlys to repeat, followed by a short testimony of God's love, a toast and cutting of the cake. Marlys and Richard felt especially honored by the presence of their

daughter Linda Bear and grandsons Trevor and Kevin of Palmdale in So. California. They were surprised when a friend, Diana Sherick of Lakeport, California, who had known her since she was fifteen years old, drove a hundred miles to be with them. Many other friends also attended, including Warren and Charlotte Wray of Grass Valley and Ken and Mary Aicholtz of Chico, who knew the couple when they lived in Southern California over thirty years ago. Local friends attending were Rick and Lauri Runyon and daughter, Stephanie of Runyon Real Estate. Other family, friends and many church members the couple have known for over twenty years also attended the celebration. The event was organized and served by their Sunrise Sunday School Class and Oldies but Goodies Senior Women, a ministry Marlys began three years ago. Here's to celebrating 50 years of loving marriage!

Rancho City Employees Sponsor 2nd Annual Scholarship Applications are Due April 9th

Rancho Cordova - The 2nd annual COMMUNITY PRIDE scholarship, established and funded by Rancho Cordova City employees, will be awarded next month to a graduating high school senior who lives in Rancho Cordova.

The \$500 scholarship was established last year to show City employees' support of youth and education in the Rancho Cordova community.

Applications are available at the Rancho Cordova City Hall, 2729 Prospect Park Drive; the Neighborhood Services Center, 10665 Coloma Road, Suite 100; or

online at www.cityofranchocordova.org, click on

COMMUNITY PRIDE Scholarship under Latest News & Updates.

Applicants must have a minimum 3.0 grade point average and have proof of acceptance at an accredited college, university, vocational, or technical college.

They must write an essay about their student and community activities and about their academic plans. Applications must be postmarked or delivered to the Rancho Cordova City Hall by 5 p.m. on April 9th.

Entries will be judged by a panel of City employees. The winner

will be announced April 30th.

"Honoring a graduating senior is our special way to recognize City youth and education," said Lisa Brown of the City's Human Resources Department and a member of the Employees' Advisory Team that coordinates the scholarship. "We want to reward young people who have demonstrated attributes of good citizenship in our community by helping them achieve their higher education goals."

For more information about the COMMUNITY PRIDE scholarship, please call (916) 851-8740.

May 22, 2010

California State Youth Pageant

11 Categories: Baby Darling to Mrs./Ms. Northern California Rep.

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by Marlys Johnsen Norris

God does not ask us to be “perfect” before we can become His child. He merely wants us to become like a little child in our heart and to take His extended hand and listen to His words of love and instruction. He says, “Come, learn of me and I will give you rest”. He accepts everyone just the way they are, but one must come to Him with a willing heart and a childlike faith. He exemplifies His love, grace and mercy at every opportunity to show one their destiny and purpose for living. Often times we have watched people hesitate giving their hearts and lives to God because they think they have to be perfect and

God Is Waiting For You! *Happy Easter*

complete before God will accept them.. And this, is a lie from hell. Most likely because their personal vision of what God is like, in his holiness and perfection, they think they too must be Godlike to come to Him. And wouldn’t that be equating oneself equal to God? Of course, and don’t you know those ideas came from God’s opposing force, the devil? Isn’t that why the head angel Lucifer was cast out of heaven? He wanted to be equal with God. In the same fashion on the opposite end of the spectrum is a person who is unable to accept God’s forgiveness because they believe their sin is more than God can forgive. It too, is a lie from hell. The enemy of one’s soul puts these ideas into one’s mind to keep one from the promises of God and the abundance of His love. Forgiveness was fully paid for

by the Son of God who died on the cross to reconcile those who accept Him back to the Father. His forgiveness of sin and His deity was proved when all his blood was shed and He died and came back to life again. With His new body He walked through a wall into the Upper Room and met with His disciples. Doubting Thomas put his finger in the hand where the nails had been and He believed. Jesus came to show us the Way, the Truth and the gift of Life we can have eternally by inviting Him into our hearts and lives. Won’t you believe today and come to Him?

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

Life has a way of wearing us down. We have a lot of things to worry about! The economy, politics, the direction of our country and unexpected things, uncontrollable things. As a result we get stressed and our minds get overloaded. What’s been weighing you down lately? Has something beyond your control happened? A problem, a pressure or a conflict with one of your children, your marriage, with your job or with another person? Maybe you feel like you’re about to go under because of the pressure in your life. If you’re carrying a heavy load and feeling overwhelmed by life’s circumstances, I’m sorry. I’m sorry you’re in those circumstances, but let me give you some good news. “***Come to Me*** all you who are weary and carrying heavy burdens and ***I will give you rest.*** Take My yoke upon you...you will find rest for your souls for My yoke is easy...” Matthew 11:28-30. You have Someone who cares about you very much, His name is Jesus and He wants to help you through your circumstances. First Jesus says, “Come to

How to Put Your Mind at Rest

Me.” How do you do that? You get alone by yourself and you just settle down, you read the Bible a little bit, you pray a little, you get quiet and your focus begins to shift. All of a sudden you’re thinking less about your problem and you’re thinking more about His power. You’re thinking less about your circumstance and you’re thinking more about His control. All of a sudden the stress starts to drain out of your life. Next He says, “Take My yoke upon you.” If you want to lower your stress level - give up control! That’s why Jesus said, “*Take My yoke upon you.*” Let me give you a little tip. A yoke is not the yellow part of an egg that has all the cholesterol in it. A yoke is a wooden frame that joins two farm animals together. You say, “Wait a minute! That sounds like extra work to me!” The purpose of the yoke is actually to make your load lighter. The load is shared in a partnership. Jesus says, ‘I want to help you carry your load.’ A yoke is also used to guide, steer and direct. You’re now in step with Him at His pace, His control. Jesus says, “My yoke is EASY”. Question: Is your yoke easy? If you are feeling overloaded right now; if you’re feeling stressed out today, it means one simple thing.

You’re not properly yoked to Christ. His yoke is not upon you. You may be on your way to heaven but you’re on your way stressed out! Any time you get under stress it means this – you have come to Christ and you have not given up control. You are not properly yoked. Every time you get detached from God, you’re going to get stressed out. You’re going to be pulling the load by yourself. The truth is you don’t have one yoke on your life right now... you’ve got a dozen! You’ve got a financial yoke, a health yoke, a business or career yoke, relational yokes. You have all kinds of stresses. The answer is not Tahiti! The answer is Trust! You come to Christ. You give up control. You learn to trust Him. Let me give you a little dose of reality. You were never really in control anyway. So you come to Christ, you give up control and you learn to trust. Come to Christ, give up control, learn to trust. You may have to say that fifty times a day to get it in your mind. That is the secret of stress management. *Come to Christ* and get time alone with God. Give up control and taking on His yoke. *Learn to trust*—You’re God and I’m not, I trust You. *See you Sunday, Pastor Ray*
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Prayers & Novenas

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

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

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Spring League Announced

Citrus Heights - The USTA announces it's time to sign up for the Sunrise Junior Team Tennis League and let the fun begin. Offered by local tennis organizations and volunteers, the junior tennis league program from the United State's Tennis Association, Northern California (USTA Northern California) is open to local area youth, ages 8 to 14. Perfect for the beginner player, the spring team tennis league is an excellent introduction to a sport they can enjoy for a lifetime.

Sign Up to Play in the Sunrise Junior Team Tennis League

The Sunrise Junior Team Tennis League is a program utilizing a local team tennis model developed by USTA Northern California. The program uses new easy-to-use progression equipment and fun games-based format to get kids playing tennis right from the start.

Sunrise Junior Team Tennis League Registration and Details

Where: Antelope Tennis Center.
Dates and Time: Each Saturday from April 13 to May 22 from 3:00 pm - 4:00 pm. Participants: Boys and Girls Ages 8 -14. Registration: Registration can be completed online at www.sunriseparks.com or by contacting Todd Gordo at (916) 725-0186 or tgordon@sunriseparks.com

Costs: A fee of \$65 is required at the time of registration and includes t-shirt, awards and USTA Membership. USTA Northern California and the Sacramento Community Tennis Association are non-profit organizations that depends upon volunteer coaches, assistant coaches and administrators to help run the Sunrise Team Tennis League. If you are interested in volunteering in any capacity, please contact Todd Gordon.

USTA Northern California is one of the 17 sections of the United States Tennis Association. For more information on USTA Northern California, log on to www.norcal.usta.com. For information on how to join USTA Northern California, go to www.letsrallypeople.com <http://www.letsrallypeople.com>

Dog Gone Yard Sale And Bake Sale

Citrus Heights - April 10 at C Bar C Small Dog Park area 9-2pm. This is a fundraiser for POOCH Pet Owners Organization of Citrus Heights and several local rescue groups.

More info:
965-4684, Diane

Monthly Military Retiree/Spouses Meeting

Our next monthly military retiree spouses meeting will be held on April 13 2010 at the North Highlands Park and Recreation District, located at 6040 Watt Ave, North Highlands. Meeting time is 1030 hrs. Our speaker will be Mikel O'Riordan and he will address an Under-Used VA Benefit, called Aid and Attendance. You don't want to miss out on this informative meeting. Join us for a cup of coffee and excellent fellowship. Questions can be answered by contacting our volunteer staff at 561-7476.

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Ryan J. Everhart, D.D.S
Orangevale - Ryan J. Everhart, D.D.S., grew up in the Sacramento area where he graduated from Jesuit High School Magna Cum Laude. He received his undergraduate degrees, a B.S. and M.S. in Computer Science, from California Polytechnic State University, San Luis Obispo. He went on to earn his Doctorate Of Dental Surgery from the University of the Pacific Arthur A. Dugoni School of Dentistry, San Francisco, CA in 2008. Upon graduation he was inducted into the Tau Kappa Omega Honors Society. He is a member of many professional organizations, including the American Dental Association, the California Dental Association, the Sacramento District Dental Society, and the Sierra Study Club, a local component of the Seattle Study Club with Dr. Frank Spears. Dr. Ryan Everhart’s interests include: soccer, winter sports, wakeboarding and boating, traveling, camping and hiking, scuba diving and photography. His fiancé, Amy, is a local dental hygienist and they plan to be married October 2010. We are excited to share the benefits of the Everhart father and son team. Their extensive experience and education in family, cosmetic, and laser dentistry has made them well versed in many of the latest dental technologies. Dr. Ryan will be introducing Dental Implants and Fixed Denture options to our patients, along with all aspects of family dentistry. With the use of intra-oral cameras, digital x-rays, and computer imaging, they can immediately show and explain all treatment options to the patient. And for your convenience, Dr. Ryan will now be extending our hours to welcome patients Thursday evenings and Fridays. Call our office to schedule an appointment. 916-988-0300. Plan to come and see “The Gentle Dentist on the Corner” of Madison & Main Ave., Orangevale

Upwards Local Basketball Program a Great Success Story



Upwards team members got a chance to “High 5” the Sacramento Kings as they entered the court at a recent game.

Fair Oaks - The local Upwards Basketball program just completed their second successful season with a growing group of kids, an enthusiastic team of volunteers, and grateful parents who appreciated the kind and caring coaching.

This year’s program grew to 155 children, up from last year’s total of 39. This year they had 22 head coaches, 25 assistant coaches, 10 referees and 100 volunteers, all of whom were instrumental in helping the program become another success. It culminated with an award and recognition ceremony held at Fair Oaks Presbyterian Church on Saturday, March 6th.

“We have had an absolutely terrific season with lots of kids enjoying themselves, learning basketball and Christian



Dan Chan the Magic Man entertained the children and the crowd attending the program finale and awards program at Fair Oaks Presbyterian Church.

values, and most importantly, just having fun”, said Ken Friedman, League Director. Main sponsors of the program included Play it Again Sports of Citrus Heights, Raleys and Bel

If you would like to offer your support, or become a sponsor, contact Ken Friedman at 745-3872. To find out more about the mission of the national program go to Upward.org.

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ASK RONI DEUTCH

ABOUT THE MILITARY SPECIAL

CHPD Officers Injured, Suspect Dies

From Citrus Heights
Police Dept. Reports

On 3/20/10 at approximately 1422 Hrs. CHPD Dispatch received a report of a family disturbance involving an intoxicated adult male at an apartment on Cavan Dr. Two CitrusHeightsPDOfficersarrived at approximately 1438 Hrs.

When the two officers arrived on scene they confronted a 35 year old male who was larger than each of the officers. Upon contact the officers reported the male suspect appeared to be intoxicated and belligerent. The officers contacted the suspect in a narrow pedestrian alley between Holly Springs Ct and Cavan Dr.

The officers confronted the suspect in the alley and he refused the officers' verbal commands to stop and cooperate. The officers used Tasers in an attempt to subdue the suspect but the Tasers were not effective in stopping him. The suspect charged one officer and violently attacked causing injury. The second officer attempted to control the suspect and a protracted fight ensued between officers and suspect. During the fight the



male officer was struck on the head by unknown means causing injury. That officer, believing both officers were in imminent threat of immediate death or great bodily injury, drew his service handgun and fired three rounds at the suspect striking him at least once. Evidence at the scene indicates there was a violent physical struggle between the two officers and the suspect in the walkway area of the alley.

Other Citrus Heights PD personnel responded and arrived to find a male suspect alive with a gunshot wound to the torso, an officer with a gunshot wound to her leg, and another officer with a head injury consistent with blunt force. Initial information received at the scene revealed one officer fired a weapon

striking the suspect. Paramedics arrived and transported all three injured persons to Mercy San Juan Hospital. The male suspect died at the hospital. The two officers were treated for injuries and were released from emergency care with follow up treatment to occur later.

The female officer suffered a wound on her leg that is consistent with a gunshot wound. While the source of that wound remains under investigation it was likely caused by a bullet fired by the other officer. This matter continues to be under investigation with further interviews of involved parties and analysis of the physical evidence.

The names of the two officers are not being released by the CitrusHeightsPoliceDepartment. Both officers have flawless officer safety records and any release of identities would take place at a later date. The Citrus Heights Police Department and Sacramento County District Attorney's Office are actively investigating at this time. We are waiting on information from the coroner's office before the identity of the suspect is released.

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Easter for Dogs-Pet Food Company and Doggie Day Care Create Unique Fundraiser

Citrus Heights - Two local retail businesses have joined forced to create an Annual Easter Egg Hunt for Dogs, a Fun raiser for WOOFF. Waggin' Tails Doggie Day Care and VibraPet Foods will combine a traditional Easter Egg Hunt with activities that families can enjoy with their dogs on March 27th from 10:30 am – 1pm. The event will be held at Waggin' Tails located at 8516-D Auburn Blvd., Citrus Heights, CA 95610. The differences between the two businesses are minimal as Waggin' Tails provides outside fun and activities for dogs daily, and VibraPet Foods offers healthy food and treats for the pampered pet. The two businesses have something else in common: a love of animals, especially dogs.

“All of us are dog-owners, and all of our dogs were homeless once.” says VibraPet Foods Owner Kris Fuentes. ““And to be able to use our businesses to help WOOFF connect homeless dog owners with resources is a great feeling.” A traditional Easter Egg Hunt will include dog treats shaped like eggs, placed in plastic eggs that will be provided by the two companies. At this year’s event, there will be an Easter Bonnet contest beginning at 10:30 with a grand prize spa basket from Waggin Tails and VibraPet Foods. There will be two other chances to win prizes, At noon we will have Doggy Limbo, where the contestants are divided by size and must jump over a hula hoop, and the Crooked Path

game, where the owners must hold an Easter Egg on a spoon and maneuver their way through a crooked path while keeping their leashed dogs next to them. The team with the best time will be the winners. There will be a dog trainer, on hand through the event to give training and obedience advice. There is an off leash play park available for well behaved dogs during the event. Tickets to the event are \$5.00 per egg carton, available at the door on the day of the event, at Waggin' Tails Doggie Day Care. For more information visit www.vibrapet.com, or www.waggintails95610 or call Waggin' Tails at 916-247-9361 or VibraPet Foods at (916) 601-3584.

Hometown Hero

Air Force Airman Brian A. Simmons



Air Force Airman Brian Simmons

Air Force Airman 1st Class Brian A. Simmons graduated from basic military training at Lackland Air Force Base, San Antonio, Texas. The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills. Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force. He is the son of Libby and Greg Simmons of Pershing Ave., Orangevale, Calif. Simmons is a 2009 graduate of Casa Roble High School, Orangevale.

Easter Eggstravaganza

Location: Fair Oaks Park, 11549 Fair Oaks Blvd.

Schedule of Events:

- 8am-11am Breakfast
- 9am-1pm Carnival games
- 9am-1pm Ages 0-3 Egg Hunt
- 9:30am Ages 4-5yrs Egg Hunt
- 10:15am Ages 6-7yrs Egg Hunt
- 11:00am Ages 8-10yrs Egg Hunt
- 11:45am Ages 11-13yrs Egg Hunt
- 12:30pm Ages 14-adult
- “Adult Egg Hunt” (\$3 ea)

Saturday, April 3rd, 8am-1pm



The Fair Oaks Recreation & Park District presents an “Eggciting” Easter adventure featuring a FREE egg hunt for all ages. Please join us for a morning breakfast, carnival games, choo-choo rides, bounce houses, an egg toss competition, and much more!!

Calling all adults . . . please help raise funds for the Fair Oaks Youth Advisory Board by purchasing a ticket for \$3 each for the Adult Egg hunt. Carnival Tickets are \$.50 each or \$10 for the package deal. No refunds, no exceptions! All ticket sales will end at 12:00pm, one hour before the event ends.

“Parks & Recreation Makes Life Better!”

For more information (916) 966-1036 ex 17 or see www.fairoakspark.org

Adopt A Cat: SAKrescue Needs Your Help

To prepare for the upcoming kitten season, a special effort to place adult cats into loving homes will be in effect for the months of March, April and May. SAKrescue is offering an adoption special of \$60 per adult cat or 2 for \$100. The cats are all spayed or neutered, have all their shots up to date including rabies, have been FELV tested, and have been treated with Advantage™ for flea control.

Donations of food, litter, (scoop-able for adult, and regular clay litter for babies) and Kitten formula are always needed and can be left at Incredible Pets. Cash donations can be made to Sacramento Area Kitten Rescue, P.O. Box 418233, Sacramento, CA 95841. Phone 916-491-1657.

Easter at Northminster

March 28th – April 4th 2010

Palm Sunday

March 28th 9:55 AM

Children waving palms and singing (joined by our handbell choir) introduce the joyous pageantry of Jesus' entry into Jerusalem. Come help us celebrate.

Maundy Thursday

April 1st 6:30 PM

Participate in a small group communion service to commemorate and celebrate the Last Supper. Join us in a time of fellowship and reflection. Music by our choral and bell choirs.

Good Friday

April 2nd 7:00 PM

In our Good Friday service we remember Jesus' sacrifice on the cross through candles, darkness, and music. We invite you to join us for our deeply moving Tenebrae service.

Easter Sunday April 4th

Early Son-Rise Service

7:00 AM

Join us early at the church for this very inspirational service.

Traditional Service

9:55 AM

We celebrate this glorious Resurrection Day with our choral and handbell choirs leading us in joyous, inspirational praise and traditional music. Come celebrate with us.

Northminster Presbyterian Church

3235 Pope Avenue (between Watt and Fulton)
Jack Raymore, Pastor (916) 487-5192

FOURTEENTH SEASON SACRAMENTO CHORAL SOCIETY & ORCHESTRA

DONALD KENDRICK MUSIC DIRECTOR

Mondavi Matinee Series

Sunday, March 28 at 2 PM
Mondavi Center, UC Davis

With projected English supertitles

Brahms –Ein Deutsches Requiem

Jessica Siena, Soprano
Stephen Janzen, Baritone

Discover why Brahms' Requiem may be the most comforting, humane requiem ever written.

Brahms –Alto Rhapsody

Maya Layhani, Mezzo
Special Guest Men's Chorus:
Sacramento State University Chorus
and Sacred Heart's Schola Cantorum

Brahms –Academic Overture



Siena



Janzen



Layhani

Mondavi Box Office | 1-866-754-2787

Tickets \$30 – \$40 | Students half-price | Group sales (10+) \$5 discount

SacramentoChoral.com | Pre-concert video podcast

Easter Sunday Services

Sunrise Service
6:30 am

I Am the Resurrection!

Celebration Service
9:30 am

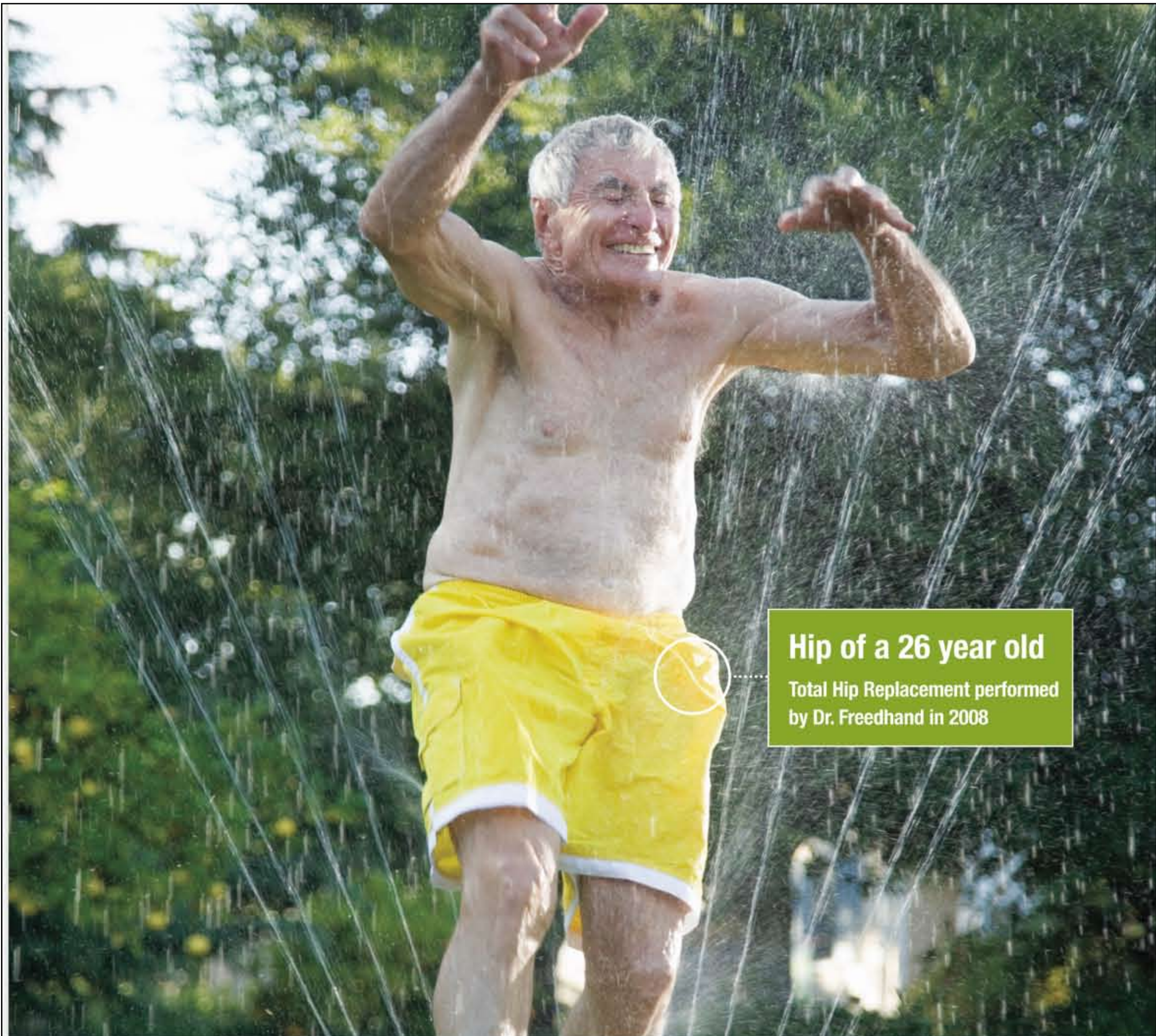
He Lives!

Sunday School
11:30 am

Sunday Discovery Program
for Children

Oak Avenue Free Methodist Church

8790 Oak Avenue (Corner of Oak & Beech), Orangevale, CA 95662
oakavefmc.com



Hip of a 26 year old
Total Hip Replacement performed
by Dr. Freedhand in 2008

**With a new hip, you too
can feel like a kid again**

Our free seminar will show you how two doctors can get you back to an active lifestyle fast

Less pain. Quicker recovery. Our breakthrough knee and hip replacement could have you up and walking the same day, thanks to new minimally invasive surgical techniques. Find out how at a free, fact-filled seminar hosted by the Coon Joint Replacement Institute, a new, world-class orthopedic center of excellence located at St. Helena Hospital.



Dr. Thomas Coon, M.D., Orthopedic Surgeon
Regarded as the world’s authority on minimally invasive surgical techniques for knee replacement, Dr. Thomas Coon will speak on his breakthrough alternative to traditional total knee replacement—QuadSparing™ total knee arthroplasty and MAKOplasty® partial knee resurfacing.



Adam Freedhand, M.D., Orthopedic Surgeon
Known for his pioneering work in introducing the anterior approach to total hip replacement, Dr. Adam Freedhand will speak on new breakthrough surgical techniques for hip replacement.



MAKOplasty® Partial Knee Resurfacing
Learn about MAKOplasty®, a technique that resurfaces the damaged area of the knee without compromising the healthy bone and tissue surrounding it. The robotic-arm assisted, minimally invasive procedure may offer a smaller incision and a faster, less painful recovery than traditional total knee replacement surgery, with many patients back on their feet in just one day.

**Join Us for a Free Seminar
Register Today**

March 31, 2010
6:00 pm registration
6:30 – 8:00 pm seminar

Marriott–Rancho Cordova
11211 Point East Drive | Rancho Cordova, CA 95742

RSVP to 800.540.3611
Space is limited. Hors d’oeuvres and refreshments served.
napavalleyjointcare.org