

# AMERICAN RIVER

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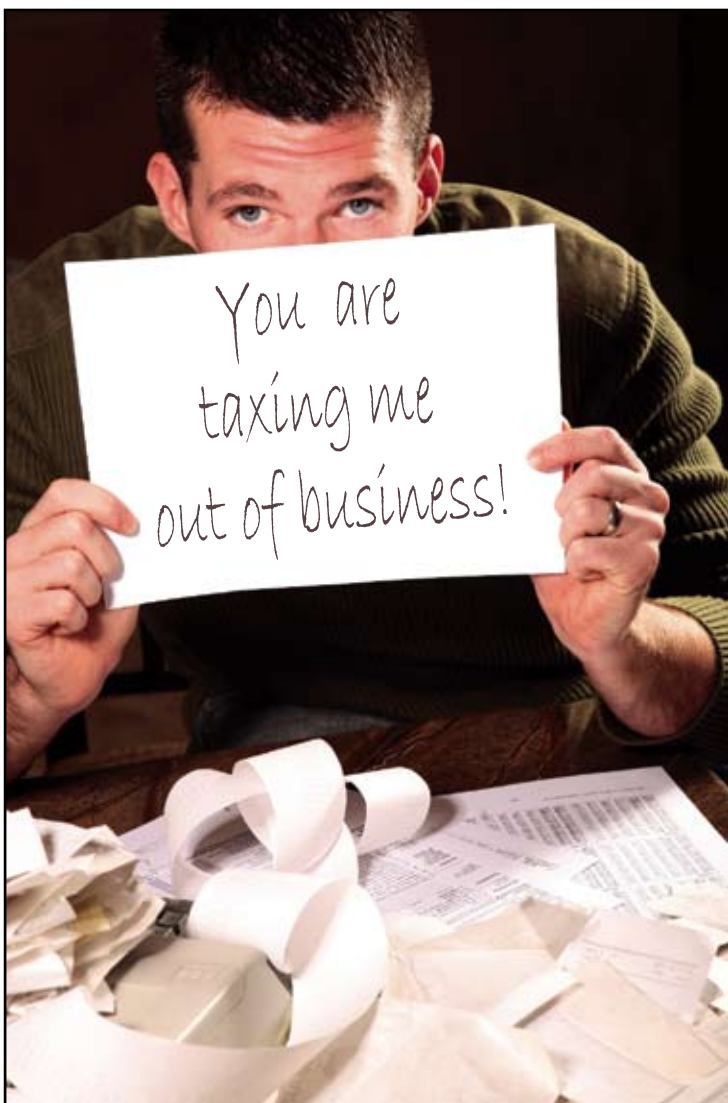
## New Use Tax Registration Requirements Announced

*Sacramento* - (Business Wire) Thousands of California businesses will be required to register with the California State Board of Equalization (BOE), and report and pay any use tax owed for purchases made in the preceding year, beginning in 2009, under legislation recently enacted, it was announced today by the BOE.

The BOE will be notifying 184,000 businesses by letter beginning this week of this obligation.

The new use tax registration and reporting law requires “qualified purchasers” to register with the BOE and report and pay use tax. Qualified purchasers are required to file returns by April 15 of each year, reporting all purchases subject to use tax from the previous calendar year, beginning with purchases made during the 2009 calendar year. A qualified purchaser is a business that meets all of these tests: 1) Is not required to hold a seller’s permit with the BOE; 2) Is not required to be registered or otherwise register with the BOE; 3) Is not a holder of a use tax direct payment permit; and 4) Receives at least \$100,000 in gross receipts per year from business operations.

The BOE has identified nearly 200,000 businesses in California that meet the definition of a “qualified purchaser” and is notifying them of their



*Thousands of Businesses will be Required to Register with the State Board of Equalization*

registration requirement. Even if a business is not contacted by the BOE, any business that meets the requirement of a “qualified purchaser” must register with the BOE to report and pay use tax. Under existing law, those businesses who do not meet the \$100,000 gross receipts threshold

are still required to report and pay use tax; they just do not have the mandatory obligation to register with the BOE for that purpose.

The use tax, required by law since 1935, is the same rate for any California location as the sales tax rate. California use tax is generally owed when

individuals or businesses use, consume, give away or store tangible personal property (i.e., products you can see, weigh, feel or touch, such as clothing, books, computers, DVDs or CDs) in California that you purchased from an out-of-state vendor. If the out-of-state vendor does not collect the California tax on your purchase, you must pay the tax.

The effort is estimated to bring in \$81 million in 2009-10, \$183 million in 2010-11, and \$367 million in 2011-12. This new registration requirement was added to the Revenue and Taxation Code (section 6225) by ABx4-18 (Stats. 2009, Ch.16).

For information, visit [www.boe.ca.gov](http://www.boe.ca.gov) or call the Taxpayer Information Center at 800-400-7115

The five-member California State Board of Equalization is a publicly elected tax board. The BOE collects more than \$53 billion annually in taxes and fees supporting state and local government services. It hears business tax appeals, acts as the appellate body for franchise and personal income tax appeals, and serves a significant role in the assessment and administration of property taxes. For more information on other taxes and fees in California, visit [www.taxes.ca.gov](http://www.taxes.ca.gov).

*Source: California State Board of Equalization*

## First Green Building Code Released

*Sacramento* - (Business Wire) Furthering California’s commitment to lead the nation in environmental protection initiatives, the California Building Standards Commission announced that the nation’s first Green Building Standards Code became effective August 1, 2009.

“California continues to lead the way in its efforts to reduce the impact buildings have on our environment. This new code encourages the use of renewable, recyclable, and recycled material in the building process, requiring all California buildings to be constructed with the environment in mind,” said Dave Walls, Executive Director of the Commission. “While the new code is voluntary, it is the first step toward meeting the Governor’s 2010 objective.”

The code, the culmination of a two-year effort by the administration, encourages the reduction of a building’s potable water use by 20 percent and a reduction beyond California’s Energy Code, which is already one of the most stringent codes for energy efficiency in the nation. Additionally, the new code establishes methods for significant improvements in water usage for plumbing fixtures, has measures for specific household and landscape water conservation reductions, and establishes a two tiered 15 or 30 percent energy savings above current levels for all buildings through a combination of more efficient appliances and windows, better

insulation, and other performance enhancing measures. This code also identifies improvements to air quality, resource conservation, and suggests various site improvements such as parking for hybrid vehicles and better storm water plans.

Whileexpeditingthegreeningof California’s building standards in 2007, Governor Schwarzenegger directed the commission to work with other state agencies to develop mandatory green building standards applicable to all occupancies in the state as part of the 2010 California Building Standards Code. The code has been designed to pave the way for further advances in the development of cutting-edge green building standards in an effort to meet the challenges of global warming identified by the governor as a critical issue. The Governor applauded the commission for adopting the first-in-the-nation code on July 17, 2008.

The International Code Council (ICC), publisher of multiple international model codes, publishes the California Green Building Standards Code. For information on the California Green Building Standards Code or how to obtain a copy of the California Building Standards Code please visit the commission website at [www.bsc.ca.gov](http://www.bsc.ca.gov) or contact the commission at (916) 263-0916.

*Source: California Building Standards Commission*

## Foul Thefts Threaten Stars of Fair Oaks Chicken Festival



*Tourist attraction. Visiting British visitor Sue Samios greets friendly fowl in Fair Oaks Village Main St.*

*Fair Oaks* - With the annual Chicken Festival hatching up for a September 19 blow out, Fair Oaks Village mascots have fallen foul to poultry theft.

Hens have been disappearing from parks, streets and gardens. “There are chicken-nappers in the village,” surmises Fair Oaks resident and fowl fan Hugh

Gorman. Witnesses have reported strangers lurking with intent (and with nets) in village parks favored by Fair Oaks’ iconic foragers. There are also reports of motorists luring hens into cars. “If people are stealing chickens, it must be for eggs,” Gorman concludes.

Whether the recession has driven outsiders to desperate

lengths is a moot point to villagers. They want the abductions to stop.

But, being nobody’s property, the feral birds scratch between legal parameters. All that protects them is public affection. Chamber of Commerce staffers feed them. Tourists photograph them. A main street hardware store offers cracked corn and a coffee shop sells bagged crusts for chicken snacks. Lately, flyers have appeared advising locals to “protect our mascots” by reporting thefts. Such signs warn that the current flock is down to mainly roosters and juveniles – an unhealthy ratio for harmony in any species.

Numbering 200 in happier times, the population has free range in central Fair Oaks. They possibly originated in the 1970s, from Gorman’s own uncooped backyard flock. An artist whose murals celebrate local flora and fauna, Gorman admits a fondness for feathered ferals. “They feed on

bugs you’d rather not have. I never have to stir my compost heap; a nice visiting rooster does that for me.” Eggs regularly appear in under hedges to supply breakfast to villagers. Legend has it that a Stockman Bar patron regularly cracked fresh free range eggs – garnered from a nearby planter box -- in his beer every day.

Though main street gift stores are loaded with chick-a-brac and the county’s “Welcome to Fair Oaks” signs sport roosters in silhouette, not everyone loves the mascots. They crow at indecent hours, gatecrash Slocum House weddings and foul sidewalks. Car accidents and nature control the population somewhat. Possums and raccoons catch an occasional squawker; coyotes lope into town for their sunrise coqs-au-village.

“I consider them chickens well spent,” shrugs Gorman. “They are self-replacing. But we still don’t want people stealing our



*Chickens large or small are generally held responsible for any fouling of Fair Oaks sidewalks.*

hens. I’ve hollered at people trying to catch them. That usually embarrasses them away.”

A park district employee also recently blew the whistle. “I called the Sheriff when I saw a stranger chasing chickens with a net,” reports the staffer. “Fortunately, the responding deputy was an animal lover. He told the guy to

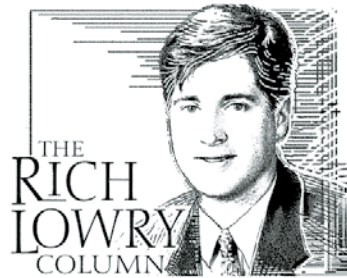
go away and never come back...”

General admission of the 4th annual Fair Oaks Chicken Festival is free.

For information, call Fair Oaks Recreation and Parks at (916) 966-1036.

*Text and photos by Susan Maxwell Skinner*





## Yes, Harsh Interrogations Work

If Dick Cheney had a fantasy scenario for how the Bush administration interrogation program worked, it might go like this: A top-level al-Qaida operative is captured, but resists traditional interrogation. He is then waterboarded, after which he becomes an invaluable resource. Eventually, the terrorist conducts tutorials on al-Qaida doctrine and operations for the benefit of American intelligence officers.

Except it's not a fable. It describes the course of 9/11 mastermind Khalid Sheikh Mohammed's post-capture career, according to The Washington Post. The Post report, together with newly released CIA documents, demolishes a key argument of opponents of so-called enhanced interrogation techniques -- that "torture" never works.

This contention always betrayed an insecurity. For all their thundering about the criminal immorality of coercive interrogations, opponents never dared admit that they could have elicited important, perhaps lifesaving, information. They treated it as a kind of metaphysical impossibility.

In so doing, they left a hostage to fortune. They had to hope that Cheney was wrong when he said that classified documents proved the effectiveness of the interrogations, and failing that, had to hope the documents would never be declassified. On this front, the release of the 2004 Central Intelligence Agency inspector general report -- declassified thanks to an American Civil Liberties Union lawsuit -- has been a disaster for them. In the intelligence business, it's called blowback.

The IG report said detainees in the interrogation program made the CIA aware of plots to attack the U.S. consulate in Karachi, Pakistan; to fly hijacked aircraft into Heathrow Airport; to derail

a train in the U.S.; to blow up gas stations in the U.S.; to fly an airplane into the tallest building in California; and to collapse bridges in New York. If any of the planned attacks in the U.S. had come off, many of the same critics braying about the CIA's interrogation program would be outraged about its failure to "connect the dots."

Overall, according to another newly released CIA document, "detainees in mid-2003 helped us build a list of 70 individuals -- many of who we had never heard of before -- that al-Qaida deemed suitable for Western operations." In the war on terror, learning the identities of these operatives is almost the equivalent of the ULTRA program breaking German codes in World War II.

The former CIA Inspector General John Helgerson tells The Washington Post that "waterboarding and sleep deprivation were the two most powerful techniques and elicited a lot of information." Such extreme methods should obviously be used only in a carefully controlled setting against top detainees harboring information about ongoing plots. Detainees like KSM and a few of his confederates, who provided intelligence valuable enough to justify their harsh treatment.

Years of bombast and distortion haven't lessened the enhanced-interrogation program. The Obama administration has put the CIA out of the interrogation business and will henceforth endeavor to limit itself to the minimalist methods in the Army Field Manual. Thus it enshrines an interrogation regime that wouldn't have gotten KSM to cooperate so quickly, if at all. And turns its back on what worked.

*Rich Lowry is editor of the National Review and co-author of the new spy thriller "Banquo's Ghosts."*

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# Keeping Alive the Memory of American Freedom

by Charles G. Mills

There are many signs that the United States is about to enter the darkest period of the revolution started by Franklin Delano Roosevelt. President Obama is trying to get the majority of all economic activity in the country under tight government control, one of the key signs of totalitarianism. With each new 1,000-page law, our personal liberty shrinks. Such tyranny depends on massive ignorance of what liberty was like.

Most Americans alive today do not remember a time when most people thought a metal detector was something used to find lost coins on a beach. They would be amazed to learn that in the twentieth century there was a time when anyone could get gold or silver as money, the private banks could make paper money, and anyone could contract to be paid in money adjusted for the value of gold.

In recent years, America's young people have been bombarded with historical lies. They are taught that the War

Between the States was simply a noble crusade by the North to end slavery. They are taught that the radical Congressional phase of Reconstruction was a reasonable attempt to protect the right of blacks to vote rather than one of the worst cases of political corruption in our history. They are not taught that states are sovereign bodies and that tariffs transfer wealth from one part of the country to another. They are not taught that there was a time when store or restaurant owners could choose their customers without limits, citizens could carry their guns wherever they wanted, and most people did not have identification cards or have to file tax returns.

A replacement of history by politically correct propaganda is facilitated by our dismal system of education. Ignorance is no longer a bar to a college degree; few college graduates know anything about the separation of powers among the branches of the government, or even what these branches are; even fewer know about the separation of power between states and the

federal government. Almost none of our young people can list the wars America has fought or put these wars in chronological order. Virtually none is familiar with free market theories or economic facts. Most confuse ending discrimination with civil rights.

If we enter an age in which the federal government dominates the economy in general and key sectors -- banking, real estate, health care, the automobile industry -- in particular, and can track the majority of its citizens' activities, it will not be easy to keep the memory of a free America alive. Certainly the public schools will be no help. However difficult it will be, however, we must tell the story to future generations.

We must tell the whole story. We must explain every major expansion and contraction of liberty in our history. We must explain the attitudes toward liberty of all the important political movements and presidential candidates. We must tell the military history of our country and explain the role

of promoting rather than stifling initiative in the lower ranks of our armed forces in creating our military superiority. We must explain the extraordinary role of voluntary organizations in our traditional society and compare it to the largely forgotten role of such organizations in medieval Europe. We must explain in a positive way that the unfettered free economy produces more food, clothes, houses, and real education than a managed or socialist economy. Above all, we must find a way to make sure this knowledge survives the hostility of a corrupt educational system.

*The Confederate Lawyer is copyright (c) 2009 by Charles Mills and the Fitzgerald Griffin Foundation, http://www.fgfbooks.com. All rights reserved. Charles G. Mills is the Judge Advocate or general counsel for the New York State American Legion. He has 40 years of experience in many trial and appellate courts and has published several articles about the law.*

# Soroptimist International of Citrus Heights



Rancho Cordova Officers

By Stefani Daniell

Soroptimist International of Citrus Heights hosted the Charter Party for Soroptimist International of Rancho Cordova on Saturday, August 22nd. There were more than 60 attendees to help celebrate the new club's charter. There was a silent auction and lunch was catered by Bonnie Hart. After lunch, Governor Sue Camp read letters from dignitaries. The new members were then inducted and were presented binders and

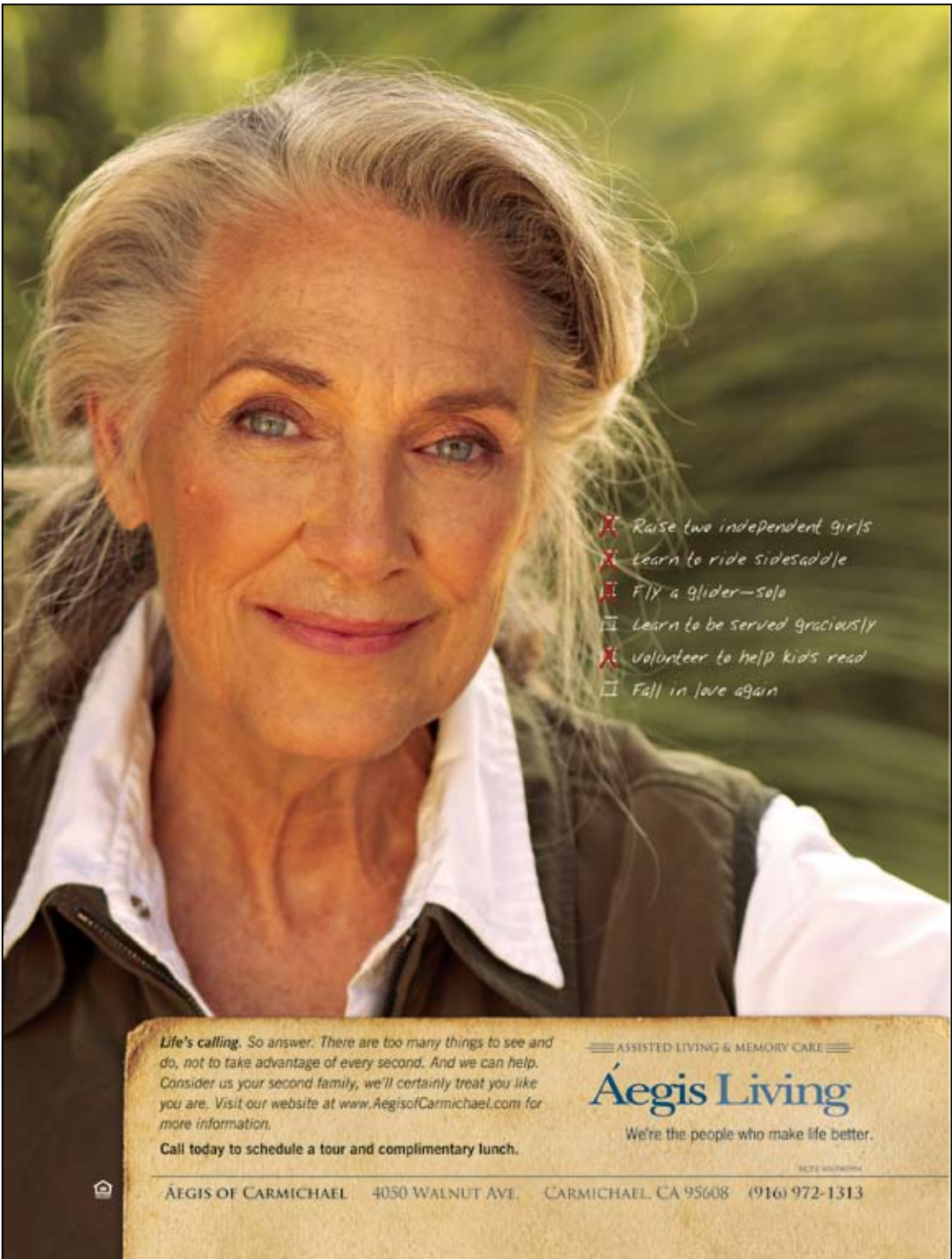
roses, and were "pinned" by members of the host club. The new officers were then installed and given gifts to coincide with their theme, "Inspire the Flame within Women." The new club was presented their Charter, gavel, and a beautiful banner, which was made by Jeannie Masbruch. Finally, the new President, Sheryl Longworth, spoke and thanked everyone who helped to form the new club.

## Bicyclist Dies – Suspect Arrested

CHP Release

On September 7, 2009 at approximately 8:25 p.m., Thomas Sorci, a 32 year old from Rocklin was riding a blue GT mountain bicycle in a southerly direction on eastbound Madison Avenue just east of Lincoln Oaks Drive. Marvin Hernandez, a 22 year old from Fair Oaks was driving a green 1993 Toyota Tercel on eastbound Madison Avenue in the #3 lane at approximately 45 mph east of Lincoln Oaks Drive. The bicyclist rode his bicycle directly into the path of the Tercel and was struck. The bicyclist was thrown from his bicycle and struck the roadway.

Immediately after the collision, Hernandez stopped and removed the bicycle from under his vehicle then got back in his vehicle and fled the scene. A citizen followed Hernandez and he was apprehended by CHP personnel and taken into custody. Hernandez doesn't have a California drivers' license issued to him. He was booked into Sacramento County Jail for 20001 VC- felony hit and run and 12500(a) VC- unlicensed driver. Sorci was not wearing a helmet and he was transported to Mercy San Juan Medical Hospital where he died from his injuries. Alcohol and/or drugs does not appear to be a contributing factor in this collision.



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# New Christy Minstrels Benefit Concert



*Sacramento* -- New Christy Minstrels Benefit Concert The New Christy Minstrels will perform at St. Ignatius Parish Center at 3235 Arden Way, Sacramento on Friday, September 11, 2009 at 7:30 in the evening. Tickets are \$35 for general seating and \$25 for bleacher seating. V.I.P. seating including appetizers and wine is \$50 (space is limited). For tickets, please call (916) 482-9666 ext. 212. Proceeds of this event benefit St. Ignatius Parish General Fund and Ministries. The very first of the big folk

groups of the '60s, the New Christy Minstrels was founded by Randy Sparks, who still leads the group today. With a total of five original minstrels — continuity almost unheard of in the music industry — the New Christy Minstrels features the very same performers who achieved worldwide acclaim in 1962-64, still dazzling audiences on a nightly basis. These five original artists have been joined by younger entertainers to achieve the same identifiable

NCM sound that has thrilled folks who care about singable melodies and memorable words for generations. The restored group has broken attendance records in several prestigious theaters, and has never appeared in concert without a standing ovation. They not only offer a wonderful show, they promise it. Be sure to tell your friends and neighbors this will be a great trip down memory lane! You can check out the group at <http://www.thenewchristyminstrels.com>

# Children’s Leagues Combine Sports and Christian Devotion



*Reprinted courtesy of the South Florida Sun-Sentinel*  
By Lois K. Solomon South Florida Sun-Sentinel  
January 5, 2009

Imagine a soccer, flag football or basketball league in which the coaches don't yell at the kids and the parents don't scream at the coach. Each team is equally divided according to players' abilities, in pursuit of a perfect mix of strong and weak players. Every kid gets an award at the end of each game, including one for "most Christ-like." And at some games, no scores are kept, to take the emphasis off winning. This scenario would be tough in many city recreation leagues. But for churches participating in Upward sports, strict rules about team make-up, score keeping and Christian devotion are parts of the game. "It's a spectacular program to introduce young people to sports," said Sea Ranch Lakes resident Jerry McFarland, a father of twin 8-year-old boys. "For many, it's also an introduction to Christianity," said McFarland, who coaches Upward teams at Christ Church United Methodist in Fort

Lauderdale as well as in city leagues. Participation in Upward leagues, for children in kindergarten through sixth grade, has almost doubled in Broward and Palm Beach counties over the past five years, from 1,219 kids in the 2003-04 season to 2,353 now. There were five leagues five years ago; now there are eight, with teams playing basketball, flag football, soccer and cheering. Whether they attend church or not, families appear to be connecting with the philosophy of Upward, which is based in Spartanburg, S.C. Across the country, programs have grown from seven churches in 1996 to 3,500 today. Upward attributes the growing popularity to a combination of factors: equal playing time for all children, ensuring no one sits on the bench for most of the game; an emphasis on learning the basics instead of getting to the next level; and engaging affiliated and unaffiliated Christians in a popular place — a ball field. "We've developed a fun experience so they want to come back," said communications director Maria Maddin. "If they don't come back, we won't have a chance to share Christ."

Another part of the appeal is the way Upward uses biblical lessons to connect the children to sports, to coaches and to each other, said John Daniels, a Boynton Beach parent who coaches Upward teams at Boynton Beach Community Church. His wife coaches an Upward cheerleading team. Before each practice and game, students discuss a Christian theme. "Taking time to go through the devotions allows me to connect with the kids," said Daniels, a father of two. "The responsibility is on my shoulders, and it's become one of the most enjoyable parts." At Boynton Beach Community Church, only 20 percent of the players' families belong to the church. Joining the league, which costs \$80, provides the children with a religious foundation they likely would not get otherwise, Daniels said. Christ Church's program fills up each season with 300 children, most of whom do not attend the church. Lauren Buschmann, minister to children and families, said she marvels at the manpower needed to run the basketball program, including 72 volunteer coaches and two staffers. Fair Oaks Presbyterian is running the Upward Basketball program with registrations starting in September, player evaluations in November, practices in early December and games starting in January. The league will include boys and girls from kindergarten through fourth grade. The cost is \$85.00 if registered before November 8th and scholarships are available. For more information e-mail Ken Friedman, Upward League Director at [kenvf2600@yahoo.com](mailto:kenvf2600@yahoo.com) or call Fair Oaks Presbyterian Church for more details. The phone number is 967-4784 ext. 869.



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# Pilgrimage Re-enacted



Re-enacting history is a lot of hard work

By Bethany Newey

Over 150 years ago, members of the Church of Jesus Christ of Latter-day Saints fled persecution in Iowa City to pull their handcarts across the plains to Salt Lake City, Utah facing hardships and struggles, interspersed with moments of joy. Beginning on Thursday, June 18, youth from the ages of twelve to eighteen in the Citrus Heights Stake of California reenacted this movement along the trails of Tahoe National Park. Pulling handcarts through the mountains for three days, youth experienced some of what the Mormon pioneers went through. Brigham Young introduced the

handcart system to the church members in 1855 in answer to their need of a less expensive method of transportation. Members of the families would pull the handcarts, rather than relying on teams of oxen or horses as traditional pioneering companies did. About four feet wide and six feet long, these handcarts held the belongings of whole families, leaving very little room to carry people. Members of the church today made handcarts resembling those used in the 1800s for the youth to use in this endeavor. Months in advance, youth worked on a physical schedule to prepare for the strenuous hike. Some youth worked together

to physically prepare by going on hikes, bike rides, and walks. Gary Thompson, Darren Ramos, and other young men trekked a fifty-mile hike around Mount Lassen the week before. “I’d much rather do a fifty-miler with a big pack again than pull around a cart with me. It was much easier. But it really helped me get ready for this,” says Ramos. Beyond physical preparation, youth made, borrowed, and went thrift-store shopping for traditional pioneer attire. The boys wore slacks, button-up shirts, vests, and cowboy hats while the girls donned long dresses or skirts with aprons, bonnets, and even bloomers.

Avoiding blisters and sprained ankles, however, the young men and women broke in sturdy tennis shoes and hiking boots.

Twelve-year-old Renton Bryan used his dad’s old shirts and cut off the collar for a traditional look. Others like Rebecca Reyes and Charity Strange wore clothes sewn and prepared for them by members of the church and parents. “My mom finished this dress the night before we left for the trek,” says Charity Strange of her full-length pioneer dress.

Leaders divided the 200 youth into six companies with four handcart “families each.” These families relied on each other and their valiant company commanders to help them through the trip. Older teenagers accepted the duty of acting as mothers and fathers to the younger members of their group. Adults walked alongside to assure safety, however, the youth could not rely on them for help and had to push alone. Chaperone Debbie Heninger states, “It’s a challenge knowing that I can’t help push up the hill while they all struggle. It’s hard on them and you wish you could help them out.”

Hiking up and down large hills, these young men and women really tested their strength and pushed themselves to the limit. One such downhill required tethering handcarts to trees to keep them from sliding down the steep path. “Attaching the carts to trees and having the ropes slow us down helped. A couple people slid down but we were all okay,” says Emily Wendell, the youngest girl in her company at twelve-years-old.

As well as a rocky trail, Indians attacked the carts, bad weather covered their camp, and young men had to join the army as 500 Mormon men did in 1846. All young men, not including fathers and commanders, joined the army and left the women to pull the carts. Staying behind to help, one such “father”, Morgan Robbins, struggled without the extra bodies to push, yet made it through. “When the boys left I was pulling my cart and pushing the cart in front of me to help them out. It was really hard.”

Two men dressed up as Indians and took food and water from the carts when they could. One such actor, Zachary Clark says, “Some carts kind of stopped and it was easy to steal stuff and others ran right past to get away.” Those members that had items stolen relied on their family and company to sacrifice their food and water for them. Rarely did they complain and simply trudged on to finish.

“No one has really complained this whole time. They’ve all been really good and helpful,” says Jocellyn Johnson, a sixteen-year-old “mother”. “It’s been fun being a ma and this group is amazing.” The families bonded and made sure their brothers and sisters stayed safe along the way and encouraged each other.

Bruised knees and cut legs with the occasional sprained ankle seemed the only injuries these kids suffered throughout the trip. Some of the younger youth, however, faked injuries to get the full effect of what earlier pioneers went through. Along the way, a leader stopped the carts and told stories of deaths and injuries their pioneer ancestors had.

Afterwards, family members made leg splints for the youngest boy or girl and they rode on the carts for much of the time later as an example. As the youngest, Wendell experienced the injury and the cart ride. “They tied the splint really tight so it actually kind of hurt, but riding in the cart was fun.” The rest of the family trudged on, taking care of their “hurt” sister.

As another example of what pioneers suffered, the carts stopped to listen to a woman who told them she could not longer go on in the journey and they must take care of her new-born babies. The companies then had to care for two toy babies as their own, holding them in their arms the whole way and keeping them in their sleeping bags at night. If the babies were not cared for, a burial took place along the trail in a shallow grave, just as real pioneers did for their dead.

Relief swept over each company as they arrived at camp in the late afternoon. Trekkers

appreciated a good meal and place to sleep more than ever before. “The food is good,” says Landon Clark, excited to rest from walking all day. Everyone ate a full meal, including seconds to fill them up for the night and prepare them for the next day.

Before bed, commanders reported how the day went for their company and congratulated everyone on a job well done. Bundled in sleeping bags to avoid attacking mosquitoes and find warmth, all did their best to fall asleep under the starry sky. Kayla Young, though tired and sore from a long day, found herself feeling very grateful for the things she has as a modern youth. “We have sleeping bags to keep us warm at night and all they had was some blankets. We have it really good.” The whole trip showed each trekker how blessed they are for the things they have.

On Friday night, the youth gathered under the trees to talk about their experiences. After singing songs together and hearing leaders speak to them about their ancestors, young men and women shared personal experiences with each other. Many got up and shared how thankful they were for the experience and what they had learned, as well as stories of what they had gone through and how it strengthened them.

Bonding together, many made great friendships that will last beyond their journey. “Being there together, all dressed up and working together, really unifies us. Everyone becomes friends and has fun. It’s a blast,” says Richard Gettys.

Overall, the youth and leaders alike loved the experience. “Going into this, I expected it to be hot, a fair amount of work, and a lot of fun. It definitely lived up to my expectations,” says Bishop Ned Telford, a chaperone for a company. Though tired, sore, and bruised, all expressed they had a good time and the work was worth it. As Charity Strange says, “It’s definitely fun. Everyone should try something like it. And it really helps me know what people went through when they were pioneers.”

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by Pastor Ray Dare

Life is not an unbroken series of victories. The fact is everybody experiences failure in life. We all have setbacks, failures, defeats, losses. Everybody makes mistakes. But sometimes a defeat can seem to overwhelm you. This is the way Job felt when he said, *“My days have passed. My plans are shattered and so are the desires of my heart.” Job 17:11* Have you ever felt like that? My plans are shattered and it’s too late to start over? The trouble with trying times is we stop trying. Failure is often the path of least persistence. But you must not let your defeats defeat you. If at first you don’t succeed, congratulations, you’re normal - try again. Many times success is just around the corner. How many ball games are won in the last seconds? You are never a failure unless you quit. You may feel like a failure, like you’ve failed at life, like you’ve let others down, let

# It’s Never Too Late To Start Over

yourself down and you feel stuck. What do you do? Three things. God says in Isaiah 43:18-19 *“Forget what happened before, and do not think about the past. Look at the new thing the I am going to do. It is already happening. Don’t you see it? I will make a road in the desert and rivers in the dry land.” Isaiah 43:18-19 (NCV)* **Forget the former.** God says, *“Forget what happened...”* You may be allowing your past to control your future, and that’s a mistake. You can’t change the past by worrying about it. I don’t care what your failure in life is. You are not washed up unless you choose to quit, unless you choose to reject the grace of God. You can either live in condemnation or you can confess your mistakes and get on with God’s plan. God says, “Let it go and focus on the future.” It’s not so much where you’ve been, but what direction your feet are headed now that counts. Forget the former and focus on the future. **Perceive the possibilities.** God says, *“Look at the new...”* Don’t ponder your past; perceive your possibilities. Be positive, *Expect God to complete what He started in you. “God began doing a good work in you, and I am sure He will continue it until it is*

*finished when Jesus Christ comes again.” Philippians 1:6 (NCV)* You may think, “It’s too late for me!” Don’t even think that way – not for a minute! Yes, you may have blown it. You may have made a mistake, but God is not through with you! The race is not over! It’s not how you start the race of life that matters - it’s how you finish. **Expect God’s help.** God says, *“I will make a road in the desert and rivers in dry land.”* God says “I will do it.” I will do for you what you cannot do for yourself. God says, ‘I will make a road...a way out.’ Maybe you’ve felt emotionally overwhelmed. God says, ‘I will make rivers in dry places...I will refresh you.’ One of my favorite verses in the Bible is Jonah 3:1 *“And the word of the Lord came unto Jonah a second time.”* I don’t care how many times you’ve failed, God never gets tired of forgiving and it’s never too late to start over! I want to personally invite you to church this Sunday and discover how God can help you start over. *See you Sunday, Pastor Ray*  
*New Community Christian Church*  
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# Counselor Says Families Losing Touch in Cyberspace

*Christian Newswire* - -- As social interaction changes from verbal conversations to texted acronyms or 140- character bites, parents and adolescents find themselves in a generational gap, widening a chasm of non-communication within families, says Dr. Jimmy Myers, owner and director of the Timothy Center in Austin and author of “Toe to Toe with Your Teens.” The Nielsen Company reports teens average 80 texts per day, or 2,272 a month. Inside Facebook reported 5.4 million users between the ages of 13 and 17 were using Facebook in February. According to Myers, parenting and adolescent issues associated with the emergence of technology is the most recent trend of concerns facing the family dynamic. “Unrestrained access and usage of social networking technology not only opens our kids up to cyber bullying, and unhealthy levels of social involvement, it also gives sexual predators and pornographers

a fertile field of young minds to exploit,” said Myers. “Setting down a set of rules, which both the parent and teen can agree to and live by, is essential to guiding families through these potential mine fields.” Myers has spent more than 25 years counseling teens and parents, including the last seven years through The Timothy Center, a unique counseling practice focusing on helping families find solution “Parents may not understand or be welcomed into kid’s ‘world beneath,’ but it is incumbent upon them to make every effort to learn as much as they can about it, because this is where teens spend so much of their time,” Myers writes. “Parents of teenagers should proactively keep abreast of teen culture because this knowledge offers a window into their child’s heart, mind and driving interests.” Myers offers practical advice to parents on a variety of teen issues in his new book, “Toe to Toe With Your Teen: A Guide to Successfully

Parenting a Defiant Teen Without Giving Up or Giving In,” available now in bookstores nationwide (Regal Books, ISBN 0830749012, \$14.99).

BIBLE TRIVIA

by Wilson Casey

1. Is the book of 2 Thessalonians in the Old or New Testament or neither?

2. Whom did God not allow to build the temple, as he had been a man of war? *David, Solomon, Rehoboam, Jesse*

3. In Proverbs 6:6, where/what should lazy people go to for wisdom? *Mountaintop, Temple, Priest, The ant*

4. What kind of place was Patmos, where John received his revelation? *Temple, Isle, Ship, Mountain*

5. In Revelation 20, what is the eternal home for those not written in the book of life? *Whirlwinds, Lake of fire, Underworld, Exile*

6. Who was the father of Gershom? *Adam, Noah, Moses, David*

ANSWERS: 1) New; 2) David; 3) The ant; 4) Isle; 5) Lake of fire; 6) Moses

*Wilson Casey's trivia book "Know It? ... or Not?" is available from Bear ManorMedia.com.*

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by Marlys Johnsen Norris

When one knows the Lord all the way to heaven is *heaven!* His amazing gifts of love are peace and joy immersed in His mercy and grace. A measure of contentment and happiness surrounds one; even in the crises of life when it occurs knowing in spite of it, God is in control. The example of faith

# Heaven Here and Now

in bloom is a testimony of a life lived in His presence and will. There are rewards in this life for those who adhere to and follow the instruction book God has preserved for us to read and follow - *the Bible.* A few moments in the presence of God is more precious and important than with the most influential person in the world! The love and power of Almighty God can and will change everything for one who will come to Him with a humble and contrite heart of a child. One is never too old to see their own spiritual poverty and come to the One and only Savior of the world. He is called wonderful counselor, Son of God, Yeshua, Messiah, Jehovah,

Jesus and He loves you with an everlasting love. His love for you caused Him to be an obedient Son and he came down from heaven to give you the gift of everlasting life by accepting Him and receiving Him into your heart and life. Won't you consider Him today? The context of a life lived in the presence of God in your heart is the WAY to heaven and *is heaven in the here and now!*

*Marlys Johnsen Norris*  
*NCPA Award Winning Author*  
**Marlys5934@sbcglobal.net**  
*“Intimacy Begins Going God’s Way”*  
*“Recipes for a Happier Marriage”*

# Obama says, 'Get Schooled'? No...Get God!

*Christian Newswire* - There is a simple response to the question "Why are our so many of our schools, and the students in them, in trouble?" The answer: God has been removed from the equation. When our children and teens are faced with drugs, teen pregnancy, suicide, violence, abuse, and so much more, they often turn to their teachers for answers. Sadly, their teachers don't have permission to say, "Try it God's way." Need Him Ministries has taken the opportunity to address this very issue. President Barack Obama is slated to give an address to the nation's school children on September 8. Later in the day, the 30-minute "Get Schooled: You Have the Right" documentary will air at 8:00 PM ET. The program, sponsored by The Gates Foundation, features President Barack Obama, Kelly Clarkson, and LeBron James. The "Get Schooled" program addresses the challenges facing US public schools.

At 7:59 and 8:31 PM ET, and during a mid-program break, viewers will see "Something's Not Right" the latest evangelism commercial by Need Him Ministries, an evangelism ministry based in Dallas. The commercial features a series of statements including "I'm failing; screwed up; alone; fear is killing me." It is simple and profound. Using real people, not actors, this effective television commercial relays a very direct message. "Like all of our Gospel spots for radio and television, we wanted to push the edge a bit," said Drew Dickens, Need Him Ministries' Executive Director, "and it was important to us to secure the time before and after this program to offer an eternal solution to the problems facing our country today." "Today in America, far too many young people enter adulthood unprepared for college, career, and life," said Allan Golston, president of The Gates Foundation's U.S. Program. Dickens agrees and

believes that "part of the problem is that we have removed prayer and the Ten Commandments from our schools and curriculum." The message of Jesus Christ and the importance of having a personal relationship with God will reach more than one-million homes on DISH and DirectTV. The documentary special will be aired in the first programming "roadblock" of any kind across all Viacom networks, including BET, MTV, VH1, CMT, Comedy Central, Spike TV, TV Land, and Nickelodeon. *About Need Him Ministries*  
*Founded in 1996 and created to provide an evangelism response strategy, Need Him Ministries enables anyone to speak live with a trained volunteer about how to begin a personal relationship with Jesus Christ. More than 1200 radio and television stations, billboards, and newspapers.*

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Travel to other unanticipated sites may be required. Kolbeck, Bauer & Stanton Medical Corporation, 3637 Mission Ave., Ste. 5, Carmichael, CA 95608. (MPG)

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

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**Help Wanted - Medical**

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

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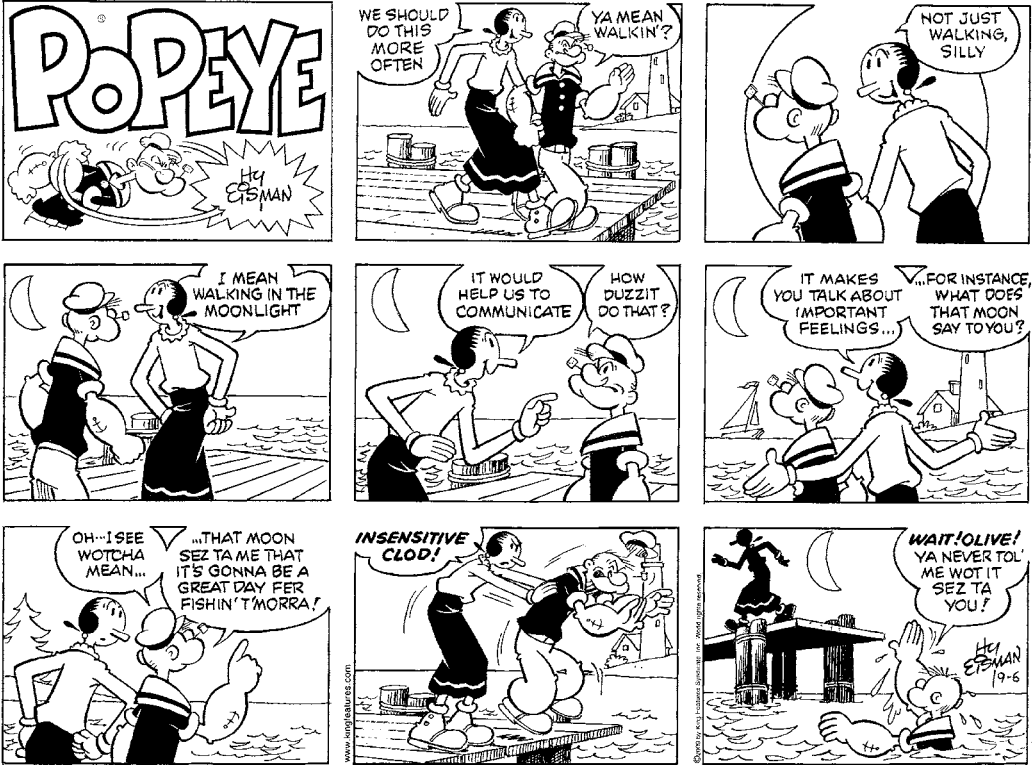
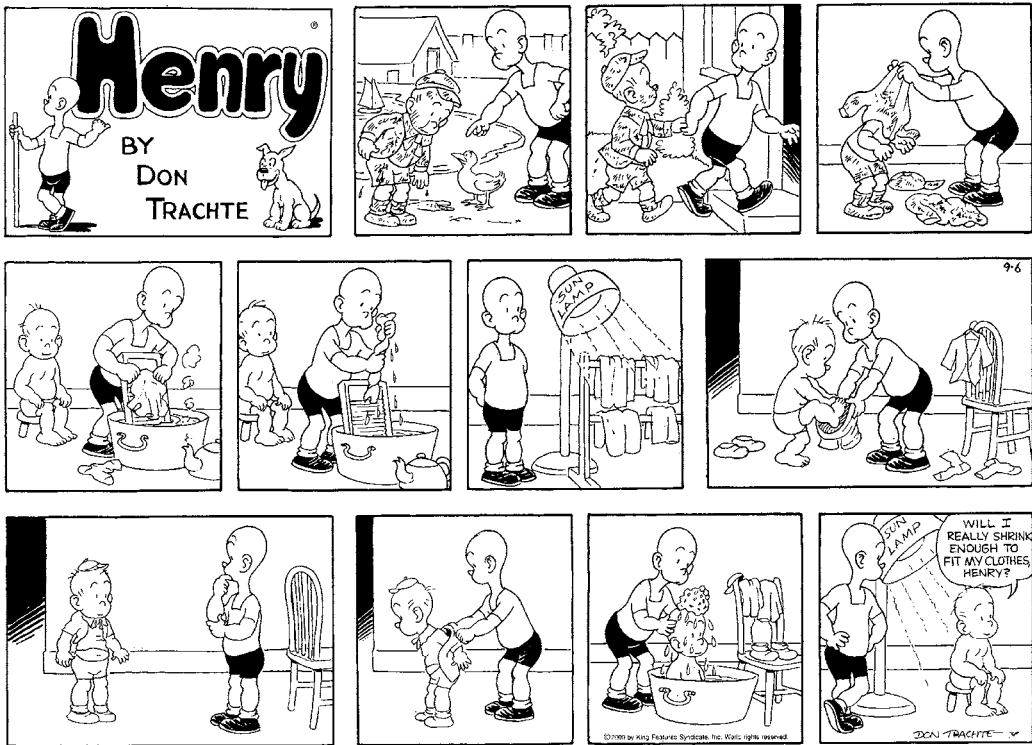
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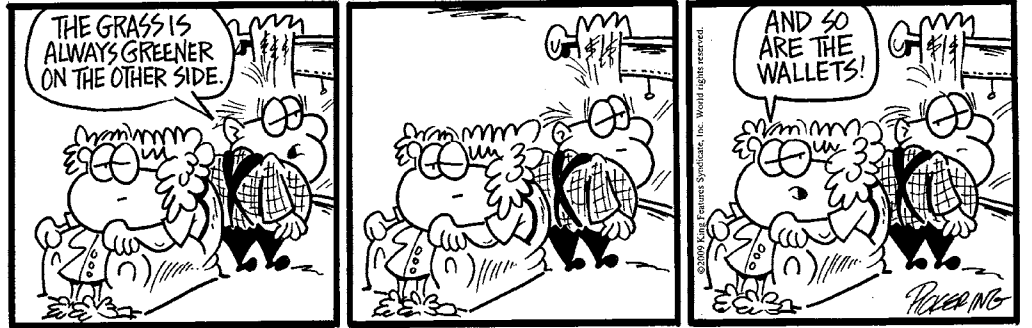
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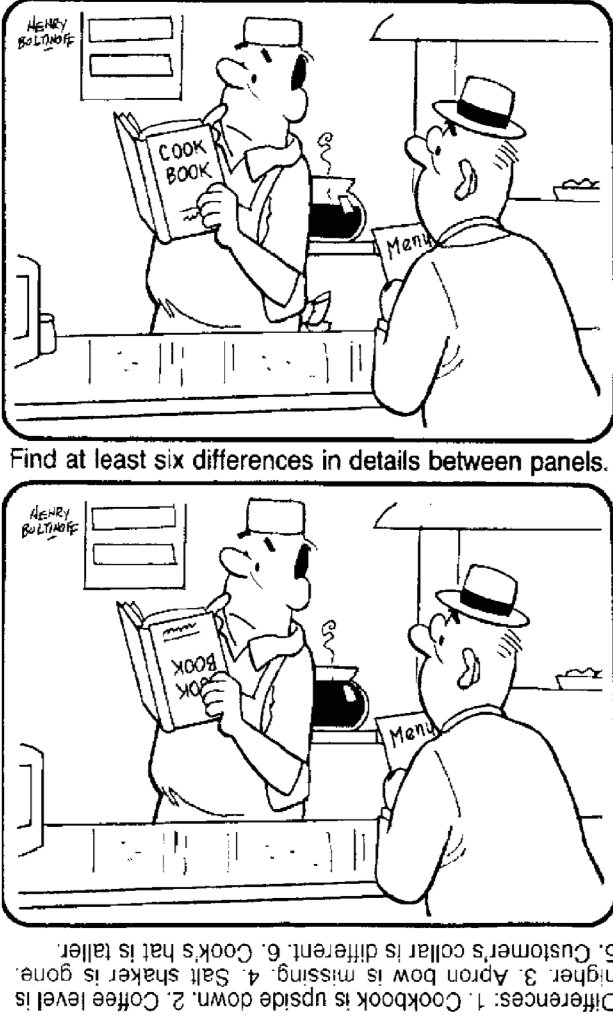
The Spats

by Jeff Pickering



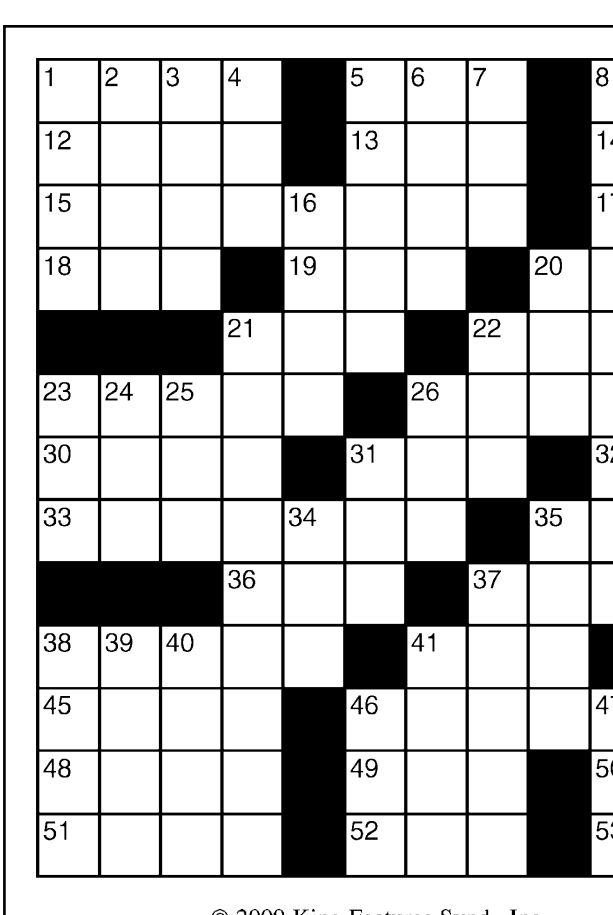
HOCUS-FOCUS

BY HENRY BOLTINOFF



HOCUS-FOCUS

BY HENRY BOLTINOFF



HOCUS-FOCUS

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?

Trivia

test

by Fifi Rodriguez

1. MUSIC: Who played the drums in the '60s pop music band "The Monkees"?

2. MEDICAL TERMS: What does it mean to suffer from "dysorexia"?

3. AD SLOGANS: Which airline asked customers in its advertising to "fly the friendly skies"?

4. PSYCHOLOGY: If someone had lachanophobia, what would he or she be afraid of?

5. ANIMAL KINGDOM: How many teeth does an adult pig have?

6. HISTORY: Which war of the 20th century was the first in which poison gas was used?

7. FAMOUS QUOTES: Which comedian once said, "I was married by a judge. I should have asked for a jury"?

8. GEOGRAPHY: What country's basic monetary unit is the rand?

9. LITERATURE: Who wrote the first American dictionary?

10. ENTERTAINERS: What was Gene Wilder's birth name?

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Weekly SUDOKU

by Linda Thistle

2			1			6		5
	9	7			5		4	
6				7	2			8
		1	9		8	4		
4			7				5	1
	5	8		2		7		
	3	2		6		1		
	7		8				9	6
8				4	9		3	

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

★ Moderate   ★★ Challenging  
★★★ HOO BOY!

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MAGIC MAZE

FEMALE ANIMALS

F H D A X U Q N K H E B Y V S  
P M J H E B Y V T Q S O L I G  
D B Y W T R P M K N S I F S D  
B Y W P A N T H E R E S S U K  
S Q O M K E I H E O D E F C R  
D B Z X W X U S Q R R N U O E  
N L J H F I D C A G A D Y Q Y  
W V T S Q V P N I N P M L K L  
I H F E C W W T N N O C L A F  
B Z Y W V U O Y N N E J S R Q  
P N M L J I S C T E L L U P H

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

Cow  
Doe  
Duck  
Falcon

Flyer  
Hen  
Jenny  
Leopardess

Mare  
Nanny  
Pantheress  
Pullet

Queen  
Sow  
Tigress

All Answers on Page 6

Contract Bridge

DETECTIVE WORK WORKS WELL

North dealer.  
North-South vulnerable.

NORTH

♠ A 10 8 2  
♥ Q 8 5  
♦ 9 4 2  
♣ J 6 3

WEST

♠ Q 6 5  
♥ J 7 4  
♦ A K 10 5  
♣ Q 7 2

EAST

♠ —  
♥ 10 9 6 2  
♦ Q J 8 7 3  
♣ K 10 8 4

SOUTH

♠ K J 9 7 4 3  
♥ A K 3  
♦ 6  
♣ A 9 5

The bidding:  

North	East	South	West
Pass	Pass	1 ♠	Pass
2 ♠	Pass	4 ♠	

Opening lead — king of diamonds.

Bridge is not what you'd call a guessing game. When you have a problem, there is usually a way to deduce the right answer. There are very few guessing situations where there isn't at least a smidgen of a clue to steer you in the right direction.  
Take this case where South is in four spades and West leads the K-A of diamonds. Declarer ruffs, noting that he will almost certainly lose two clubs,

and that to make the contract he must avoid losing a trump trick.  
This doesn't look like much of a chore, since the trumps are likely to be divided 2-1, but if South is by nature a cautious soul, he makes allowance for the possibility of a 3-0 trump division. This matter cannot be ignored, since if the spades are actually divided 3-0, the trump loser can still be avoided by initiating the suit correctly.  
Thus, if West has the Q-6-5, the lead of the king exposes the situation and wipes out West's potential trump trick, while if East has the Q-6-5, starting the trumps by cashing the ace first similarly overcomes the potential trump loser.  
How does declarer resolve the question of whether to play the king or ace first? Obviously, he doesn't just toss a coin; he starts by looking for clues instead.  
There is a strong indication that West does not have a spade void. With the A-K of diamonds and one or two of the other missing honor cards, plus a void in spades as well, he might have either overcalled or doubled for takedown at his first turn to bid.  
Declarer therefore plays the king of spades at trick three, and is rewarded for his caution when East shows out, rendering West's queen worthless.

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by Steve Becker

Praise in the Mountains

Northern California's Largest FREE Gospel Concert

Penn Valley: "New Time, New Place" This is the eighteenth year of this annual event. On September 5, 2009, at the Western Gateway Park in Penn Valley CA. (Approximately on hour drive from the Sacramento and just 10 minutes from our old Grass Valley Location) Seven Gospel Groups will be performing. This Non-Denominational event kicks off at 12:00pm and will end at 8:30pm and is very family oriented.  
Activities and musical styles will be pleasing to all ages. The concert atmosphere will be enhanced with family games giving away free prizes, interactive air jumps and children activities. There will be FREE drawings all day for prizes to keep the event exciting and at 8:30 pm: \$1,000 cash will be the grand prize. We are really excited about the return of internationally recognized, special guest: Lou Ann Lee. She has written and produced many popular worship songs to today and is a Winner of the Worship Division for GMA Music. Also Machaira will be performing songs from their latest release: "Show Me The Way" which was featured in the major feature film "Chores".

12:00, Times Seventy  
70's Rock  
1:15, Gods Country  
Country Western  
2:30, Dulac  
Rock Praise  
3:45, Gospel Motivators  
Gospel  
5:00, Machaira  
Rhythm & Blues  
7:00, LouAnn Lee  
Contemporary

Throughout the Day:  
Olde Tyme Religion Singers  
Cowboy Gary

Praise In The Mountains is a Non-Profit endeavor and admission is

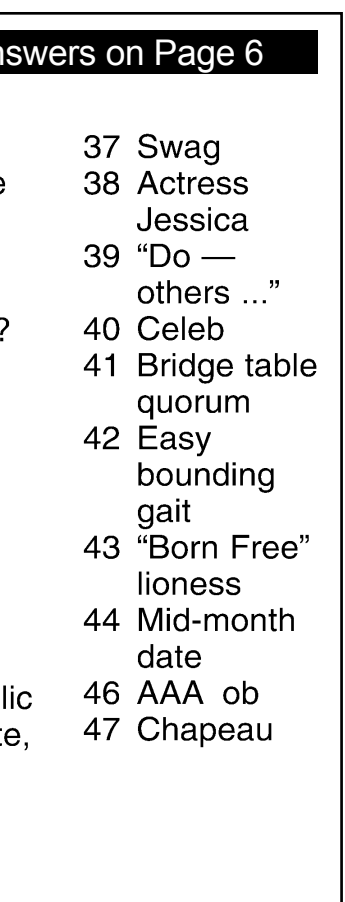
FREE. For more information call  
Dennis Hulbert 916-847-6772.

Praise in the Mountains is a Tax Exempt non-profit organization with the State of California and the IRS #91-178668.



MISTER BREGAR

By Dove Bregar



JUST LIKE CATS & DOGS

by Dave T. Phipps

KING Crossword

Answers on Page 6

ACROSS

1 Therefore  
5 Hot tub  
8 Datum  
12 Honeycomb compartment  
13 Coop dweller  
14 Wind instrument  
15 Common wintertime ailment  
17 — -podrida  
18 Peculiar  
19 LummoX  
20 Glisten  
21 — for tat  
22 Schoolkids' transport  
23 Muscle  
26 No purebred  
30 German car

31 Talk and talk and talk  
32 Mine, partially  
33 Filled the shelves  
35 Run, as colors  
36 Slippery fish  
37 Evil  
38 Partonesque  
41 Supporting  
42 Mainlander's souvenir  
45 Grooving on  
46 Became established  
48 List-ending abbr.  
49 So five

miutes ago  
50 Basilica area  
51 — & Taylor  
52 Distort  
53 Earl Grey's family?

DOWN

1 Repeat per formance?  
2 14-Across insert  
3 Satisfied  
4 Antiquated  
5 Young hog  
6 Riches  
7 Moreover  
8 Iron pyrite  
9 Competent  
10 Pop flavor

11 Squad  
16 Neologize  
20 Holster contents  
21 Trite  
22 Short cut?  
23 — -relief  
24 Same old same-old  
25 Bustle  
26 Frenzied  
27 Wish otherwise  
28 Prior to  
29 '60s  
31 Toothpaste, often  
34 Crucial  
35 Fir coat

37 Swag  
38 Actress Jessica  
39 "Do — others ..."  
40 Celeb  
41 Bridge table quorum  
42 Easy bounding gait  
43 "Born Free" lioness  
44 Mid-month date  
46 AAA ob  
47 Chapeau



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# A Silver Lining *by Sal Arrigo, Jr.*

## Come and Get It!

These words, immortalized by moms and grandmothers, needs no explanation: it is time to eat.

My wife is a great cook; she can discover a new recipe or make alterations to an existing favorite and create a delicious meal for just the two of us. In addition, we are involved in a food club that I created many years ago, and when it is our turn in the rotation, we cook for eight. I got to thinking, though, what happens when the day arrives when a person is cooking for themselves – cooking for one.

I met recently with Paulette Bruce, locally renowned cook and owner of “Good Eats,” a continuing series of cooking classes open to the public. Since I have taken classes from Paulette, who better to ask on cooking for one? I asked where she learned to cook and her answer was, “my nonna, my mamma, and all my foodie friends.” Paulette worked as an instructor for the HomeChef Company, but now concentrates on her own classes.

According to Paulette, the single man is a much “simpler cook, meat and potatoes,” while the single woman can cook for “one or a whole family, but they seem to go for more frozen meals than a man.” She described to me that woman are “sink gourmets,” meaning the meal is prepared in the kitchen, eaten in the kitchen and then placed right into the sink for cleaning. Cooking for a family of four and trying to reduce your habits to cooking for one takes time. Paulette imparts some advice: get a scale so you can measure the amount of ingredients, because it’s “very important to measure.” “Purchase (if you don’t already have) good cookware, the best you can afford.” Paulette reminded



Sal Arrigo, Jr.

everyone to check their pantries to make sure the ingredients are fresh, throw out “the oregano that has been in there for two years.”

What are some more additional tips for that person who is cooking for themselves? Here is what Paulette said:

- buy in bulk and pack in twos. In other words, if you go to Costco or Sam’s Club, go ahead and buy the big package of chicken breasts and then package into small servings.
- make a batch of oatmeal, then store in small containers for a week.
- make a big pot of soup, as that will last a week.
- frozen shrimp or scallops are great to have in the freezer, -- they cook quickly.
- make lasagna, chili or your favorite casserole and freeze in single portions. You can easily take out one at a time so you can have this over the course of six weeks instead of six days in a row.
- shop at a farmers market for fruit and vegetables, and buy only what you need.
- blanch fresh vegetables, package in plastic bags and have them ready to eat all week.

There is so much information that if I wrote down everything Paulette relayed to me I would have enough material to write my own cookbook. If you’d like to speak with Paulette or take a

class (and you get all the recipes from that class), give her a call at 916-498-9804 or visit [www.goodeatscooking.com](http://www.goodeatscooking.com). I can’t wait for the upcoming International Favorites, Appetizers, or the Italian dinner classes; I better go sharpen my knife. Ciao!

### Recipe for one

*Halibut Baked with Olives, Lemon and Basil*

- Extra Virgin Olive Oil
- 1 - 3 to 4 ounce Halibut fillet
- ¼ red onion, cut into paper-thin slices
- 1 small clove garlic, sliced as thin as possible
- ½ ripe tomato, sliced thin
- ½ lemon, sliced very thin and pitted
- 6 Kalamata olives, pitted
- Freshly ground black pepper and kosher salt
- 1/8 cup chopped fresh basil leaves
- ½ teaspoon fresh thyme leaves or ¼ teaspoon dried

Preheat the oven to 400 degrees. Brush extra virgin olive oil over the bottom of a small baking dish just to coat. Place the fish in the dish, scatter onion, garlic, tomato, lemon slices, and olives over the fish. Sprinkle with salt, pepper, basil, and the thyme. Pour a sprinkling of extra virgin olive oil over all so that the fish and vegetables are thinly coated. Place the dish in the oven and bake 20 to 25 minutes without opening the door. Garnish with additional basil and serve.

*Sal Arrigo, Jr. has worked in the field of Gerontology for more than 25 years. He is a professor at Sacramento St. University and American River College. Sal is also the Development Chair for the Alzheimer’s Aid Society and will have A Silver Lining as a regular column in this newspaper. You can contact him at 916-448-7001.*

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## A Few Minutes of Your Time Will Help Make Fair Oaks a Better Place to Live, Work and Play!

Dear Fair Oaks Residents:

Fair Oaks Recreation and Park District is seeking your input on a comprehensive Parks and Recreation Master Plan. The objective of this plan is to translate the community’s values and vision into an action plan for parks, recreation facilities and programs.

Three community meetings will be held to give Fair Oaks Residents the opportunity to provide input and help make the plan a success. Community input is the cornerstone of the Master Planning process and the District would like to obtain as much comprehensive input as possible. The upcoming meeting locations, dates and times are identified below.

**Community Input Meeting #1**  
Wednesday September 16, 2009  
6:00 P.M. – 8:00 P.M.

**Community Input Meeting #2**  
Monday September 21, 2009  
6:00 P.M. – 8:00 P.M.

**Community Input Meeting #3**  
Tuesday September 29, 2009  
6:00 P.M. – 8:00 P.M.

### MEETING LOCATION

Fair Oaks Veterans  
Memorial Amphitheatre  
(Located in the Village of  
Fair Oaks)  
7991 California Ave., Fair Oaks,  
CA 95628

*Please Note: Residents are welcome to attend all three meetings, however, the meetings are designed with the same format and information gathered at each meeting will be compiled into one overall document. If you are unable to attend one of the Community Input Meetings, you can visit the Fair Oaks Recreation and Park District’s Website at [www.fairoakspark.org](http://www.fairoakspark.org) and submit your input.*

Should you have any questions or need assistance, please contact Todd Sebastian, Assistant District Administrator at 966-1036 ext. 18 [rsebastian@fairoakspark.org](mailto:rsebastian@fairoakspark.org).

*We appreciate your time and look forward to your participation.*

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# Bill Simon to Speak at Republican Women’s Luncheon



Bonnie and Bill Simon

Folsom - The American River Republican Women Federated is honored to welcome guest speaker Bill Simon, free market economist and son of former Sec. of the Treasury William E. Simon, to our luncheon on September 19, 2009. Simon is a “Giuliani Republican,” who served as the Presidential candidate’ 2008 CA Campaign Chairman. In his 2002 race for Governor, Simon was heavily backed

by the California Republican Liberty Caucus. RLC members were active in top consulting positions for his campaign. Luncheon will be held at Lake Natoma Inn, 702 Gold Lake Drive, Folsom, CA 95630. Republican Women and men are welcome. Membership is open to all Republican Women and Men. Sign in at 11:30 A.M. Luncheon at 12 Noon. Cost is \$35. RSVP to 916-482-6069 by September 15, 2009.

# Andy’s Story

Andy Andersen, a resident of Orangevale, CA, needs your help. My husband first learned of his diabetes, high blood pressure and kidney disease a year and a half ago. Over the past year, his kidney disease has caused a progressive deterioration in his overall health. In April, Andy was diagnosed with end-stage renal failure. His condition has steadily worsened over the past few months and physicians have determined that he needs a kidney transplant to survive. In July, Andy was evaluated and deemed an excellent candidate for transplantation at UC Davis in Sacramento, CA. His sister, Susan Kort, offered one of her kidneys as a living donor. She has undergone a comprehensive battery of tests to ensure a proper match. Andy hit the transplant jackpot...they are a perfect match and are scheduled for the transplant on September 1st. As you may know, transplantation is very expensive. Even with health insurance, there

are significant non-reimbursable costs. A fundraising campaign has been established with the National Transplant Assistance Fund (NTAF) to help defray uncovered expenses such as donor testing, deductibles, co-payments and prescriptions. NTAF is a non profit organization that has been assisting the transplant community for over twenty years. All contributions are administered by NTAF exclusively for uninsured transplant-related expenses. Donations are tax-deductible to the full extent of the law. To support this cause: Make checks payable to: NTAF Southwest Kidney Transplant Fund, Note in memo section: In Honor of Andy Andersen. Send to: National Transplant Assistance Fund, 150 N. Radnor Chester Road, Suite F-120, Radnor, PA 19087 To make a credit card donation, please call NTAF at 800-642-8399 or visit [www.transplantfund.org](http://www.transplantfund.org). It’s never easy to ask for help



Bonnie and Bill Simon

and now is certainly no exception. Andy has touched the lives of many and we deeply appreciate the support he has received. At times like this, the assistance of family, friends and the community is crucial to help ensure a positive outcome. Your prayers and support are greatly appreciated. On behalf of the Andersen family, thank you for your kindness and generosity. Sincerely, Linda Andersen, 916-989-2689 [landersen1949@yahoo.com](mailto:landersen1949@yahoo.com)



From Loretta Pehanich, Director of Development and Public Relations, Christ the King Passionist Retreat Center

Danny Diaz, a member of Boy Scout troop 624 in Orangevale, completed his Eagle Scout project at Christ the King Retreat Center in Citrus Heights. He undertook reconstruction of the sign in front of the 59 year-old center. Project management involved replacing a crumbling wooden structure with a new steel support system, irrigation and new plantings. Diaz was a veritable contractor for the project, organizing everything from materials procurement to labor. Volunteers paused for a photo early in the project. From left to right standing are Justin Brown-Pinizzotto, Aaron Montag, Justin Lobo, Wesley Durham, and Blake Van Gundy. Seated l. to r. are Erick Bajamundi, Willie Diaz, and Danny Diaz.


# The STARS Come Out to Support Education

San Juan Education Foundation launches Hall of Fame to inspire students

The San Juan Education Foundation will bring Sacramento’s “stars” together in support of science, technology and arts programs during an event called an Evening with the STARS on September 26 from 6-9 p.m. at the home of Deborah Baron, 421 Crocker in Sacramento. A STARS Hall of Fame will be launched at this event to recognize alumni who have distinguished themselves in their profession

as well as a given back to the community by supporting youth. Inductees will include baseball great Dusty Baker, scientist and inventor of a virus-seeking “chip” Joe DeRisi, and other alumni who have achieved success. The Supper Club will provide five star catering and attendees will dance under the stars to stellar jazz and swing music provided by Rio Americano and Bella Vista musicians. Live and silent

auctions will help raise money for innovative learning grants. The San Juan Education Foundation is an independent, non-profit organization formed as a link between the community and San Juan schools. Tickets for the Evening with the STARS event are can be purchased online at [www.sanjuanfoundation.org](http://www.sanjuanfoundation.org) or by calling 916.989.0852.



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## Sheriff Meetings in Orangevale

The following is a list of dates and locations for the meetings. These meetings are every month with the exception of Orangevale. Orangevale is scheduled for every other month. Due to the holidays, there will only be one meeting for Orangevale in November and no meetings at all for December.

<b>Orangevale Community Meeting</b> 2nd Tuesday (alternating months) September 8th @ 1815 hours Orangevale Community Center 6826 Hazel Ave	<b>Gold River Community Meeting</b> 3rd Tuesday (monthly) September 15th @ 1815 hours	<b>Fair Oaks Community Meeting</b> 4th Tuesday (monthly) September 22nd @ 1815 hours La Vista School 4501 Bannister Road
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# Gold River Junior Team Tennis League Starts September 20th



The Sacramento Community Tennis Association (SCTA) is sponsoring a league for new tennis players. The league is called the Gold River Junior Team Tennis League and it is coming soon to Gold River Racquet Club. This tennis league is for anyone

ages 5 to 10 wanting to learn how to play tennis. The league will utilize a new format for learning to play called Quickstart. With shorter courts, and large foam balls the game is made easier to learn and play. The league will begin September 20th and run six Sundays through October 25th in the afternoons. This league is open to the community and membership with Gold River Racquet Club is not necessary for this program. The price of the league is \$79.00. Included in your registration is six weeks of team co-ed play, t-shirt, and much more. Also beginning September 17 practice will be held at 6:00 pm every Thursday evening for one hour. A fee of \$5/practice applies. Bring your tennis racquets, tennis shoes, dress comfortably and get ready to play tennis. You can stop by Gold River Racquet Club to sign-up or go online to [www.quickscores.com/scta](http://www.quickscores.com/scta). For more information call Bobby Martinez at (916) 521-6679.

# Volunteer Recognition Celebration & Health Screening and Fitness Fair



When you freely give your time to a community service agency or volunteer group Robinson's will give you free fitness and self-defense training in recognition of your community service when you become a student. When you visit any of the 18 area Robinson's Tae Kwon Do locations in September, let us know how many hours

you serve each month helping to make the community a better place to live. You can **qualify for up to three months of free training**, when you sign up for a minimum of six months. **By volunteering** and giving time to others you'll also **learn a skill** that can save your life and enjoy a workout that will **improve your health and fitness**. By making the community a better place to live, the Robinson's family will help you gain greater confidence, better health and reward your kindness with a 50% discount on classes. **AND** Join us for a Healthy Living Fitness Fair on Saturday, September 19th from 10am -4 pm. Learn more about healthy fitness, nutrition, weight control,

blood pressure, heart disease and reducing dependence on prescription drugs. With eighteen area locations, Robinson's is the first family name in Sacramento martial arts, so visit [www.robinsonstk.com](http://www.robinsonstk.com) to find a location near you.



# Rollingwood Rockets Remain One of the Top Local Area Swim Teams



Rocket High Point Winners (left to right): Haley York, Spencer Carlson, Abby Fulton, Sheridan Naulty, and Kaitlin Strain

Orangevale - For the 11th straight year the Rollingwood Rockets Swim Team came home victorious from the Sacramento Swim League Championships held in Woodland on July 18th and 19th. Seven teams and over 800 swimmers competed in the big meet, and the Rockets, once again, were the DOMINANT team, outscoring the 2nd place Del Norte Dolphins by 550 points! The Sacramento Stingrays were a close third to the Dolphins. Coach Kim Berrios and her staff watched with pride and amazement as Rocket swimmers turned in phenomenal times during the 2-day meet. "The kids were just swimming out of their minds", according to Kim. "We've been practicing for 16 weeks, focusing on technique, so when the big meet arrived, the kids were so ready. They've perfected their strokes during the season, and simply had to SWIM FAST at Championships". The weekend started out with the ever-popular team parade, and the Rocket swimmers and coaches entered in style with their "hippy/70s" theme costumes. After the parade, each of the seven participating teams was able to recognize one of their swimmers

as the "Outstanding Sportsmanship Recipient for 2009". Sixteen-year-old Ben Krug was chosen by his Coaches to represent the Rockets for this prestigious award. Thank-you Ben for your great sportsmanship, coaching, and for being a great role model for our little Rocket swimmers! All 140 swimmers competing at Championships contributed to the team's victory, and 5 Rocket swimmers earned a "High Point Trophy" for scoring the most points in their age groups. Six-year-old Kaitlin Strain took first place in both her individual events to capture the award. Other high point winners were Abby Fulton (9-10 girls), Spencer Carlson (9-10 boys), Sheridan Naulty (11-12 girls), and Haley York (13-14 girls). This High Point award was a first for each of these swimmers, which made it especially sweet and well deserved. The team held its annual awards banquet on Monday, July 20th, and all 170 swimmers received medals and recognition from their coaches. The 2009 swim season has been the most exciting and rewarding season ever. One of the highlights was a fun, non-league meet against the Conference Champion Gold

River Stingrays, led by the former Olympian and Head Coach Jeff Float. It had been 15 years since these neighboring swim teams dueled in the pool so there was much anticipation. After a day of fabulous races, friends competing against friends, and lots of dancing on the pool deck (kudos to the Gold River DJs!), the Rockets came out on top, defeating the Stingrays by 140 points. It was definitely a surprise to the Stingray coaches and families who underestimated the Rockets' strength. Looks like another friendly rivalry has begun! Kim Berrios has been an integral part of Rollingwood's swim program for the last 22 years. Hundreds of kids have learned to swim through her swim lesson program, and hundreds more have been a part of the Rollingwood Rockets Swim Team. Coach Kim and her staff of assistant coaches bring out the best in their swimmers by focusing on technique, and emphasizing personal improvement and sportsmanship. There is a real sense of team pride shared amongst the swimmers and members of the club. In addition to the many children that have learned to swim, Kim has brought adults into the lesson program, teaching swimmers of all skill levels; from beginners all the way up through fitness swimmers and triathletes striving to improve their stroke efficiency. Other popular programs offered at Rollingwood are the Fall Swim Clinic, the Summer Water Polo Clinic, and the Spring Swim Club. This year Coach Kim had 120 participants in the Swim Club, ranging in age from 4 to 16. This program serves as a great transition into Summer Swim Team. There is always something fun happening in the pool at Rollingwood! Please call Kim at 988-1727 for more information on the swim programs, or visit the club's website at [www.rollingwoodclub.com](http://www.rollingwoodclub.com).

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# Local Fencers Named to World Cup Team



Lindsee Rotz, 16 of El Dorado Hills, and John Hallsten, 15 of Sacramento

Becoming a competitive athlete at the international level can take years – even decades – to accomplish for the talented, hard-working few that ever make it to such a prestigious level. But only a couple of years after picking up a sabre for the first time, local fencers Lindsee Rotz, 16 of El Dorado Hills, and John Hallsten, 15 of

Sacramento, have been selected for the USA World Cup fencing team. Rotz and Hallsten train with Mihaly Csikany and Kristiyan Hristov at Hristov-Csikany Fencers club in Carmichael several days a week. Csikany and Hristov have won Gold medals at all levels of national competition in their native countries Hungary and Bulgaria

and participated in World Cups and Championships themselves. With thousands of athletes worldwide, fencers hoping to make an impact at the international level must dedicate many of their waking hours to training. Rotz and Hallsten are no exception. Lindsee Rotz, a junior at St. Francis, is the No. 10-ranked fencer of the 12-member team comprised of women aged 17 and younger. She was named to the team following her performance in the National Junior Olympics in Albuquerque, NM in February. She finished 16th out of 160 competitors. John Hallsten, a sophomore at Christian Brothers, is the No. 7 ranked fencer of the 12-member team comprised of men aged 17 and younger. He was named to the team following his top 8 finish in St. Louis, MO in the North American Cup in November. Both fencers are truly dedicated to their sport and aim to bring the medals home.

For more information on where to fence:

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# Anything But Average

By Laura Fetrow

Girl Scouts isn't just camping, crafts, badges and cookies, it's a program that enables girls to embark on life changing experiences such as: A Girl Scout troop in Lodi is saving \$28,000 to take a trip to the Girl Scout Chalet in Switzerland, one of four World Centers, for six days and will be finishing up there trip with a three day stay in Paris. Another Girl Scout is building a library for an orphanage in Mexico to earn her Gold award – the highest award in Girl Scouts. There are also special interest troops, which focus on earning religious awards or enriching their community. These are the types of experiences that build Courage, Confidence and Character – qualities all parents



want their daughter to have. Parents search for programs that will develop these qualities in their children and provide a vehicle for the exploration of opportunity and potential. Girls not only foster new hobbies and talents, but grow relationships with their peers by setting common goals and working toward them together. The Girl Scouts is a great

opportunity for Adults to give back to the community as well. When adults become leaders, they become the driving force behind the girls and their ability to explore new activities. There are so many options for girls when they participate in Girl Scouts, and when the outcome is – Courage, Confidence and Character, parents and daughters reap the benefits. Founded in 1912, Girl Scouts is still the leading authority on girls' healthy development, and builds girls of courage, confidence and character who make the world a better place. The local council, Girl Scouts Heart of Central California is headquartered in Rancho Cordova and serves nearly 29,000 girls in 18 counties\* in Central California. For more information, visit [www.girlscoutshcc.org](http://www.girlscoutshcc.org).

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<b>For Folsom:</b>	<b>For Fair Oaks:</b>
Safeway at Iron Point and Prairie City Roads	Safeway at Madison and Hazel Avenues

**Contact us now for Fall enrollment!**

**Call us at:**

**Jr./Sr. High • (916) 488-5601**

**Elementary • (916) 488-6740**

**Or visit us on the web at: [www.victorycs.org](http://www.victorycs.org)**

**3045 Garfield Avenue Carmichael, CA 95608**



Custom Landscape Design, Installation, Renovation & Maintenance

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

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## Christ the King

*Passionist Retreat Center*

6520 Van Maren Lane in Citrus Heights

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

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

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

**(916) 725-4720**

## Wellness Resource & Harvest Fair

Hosted By: Eskaton FountainWood Lodge • 8773 Oak Avenue • Orangevale, CA 95662 • PH: 916-988-2200  
An Assisted Living & Memory Care Community • Lic.#347003574 • Ask us about: Respite & Flexible Respite Care

Saturday, September 26, 2009  
9am to 2pm  
Location: 8773 Oak Avenue  
Orangevale, CA 95662

**Call Today For Information**  
**916-988-2200**

Lunch Special - \$4.00  
Hot Dog, Drink, Chips & Ice Cream

**VENDORS**

FREE health screenings (blood pressure, cholesterol, blood sugar, fat content & BMI), health professionals, arts, crafts, community resources, raffles, pony rides, exercise techniques, flu clinic and much more!

**FREE Concert**

Entertainment by the Capitol Pops  
Relax and enjoy the upbeat 65-member concert band. This will be their 10th year at Eskaton FountainWood Lodge. They will play marches, patriotic numbers, Broadway show tunes, golden oldies and popular music which feature instrumental and vocal solos.

Raffle proceeds benefit the Twin Lakes Food Bank & Orangevale Chamber Children's Charity. Both organizations are collecting shoes, socks, school supplies, gently worn clothes & coats, backpacks, and food.

**ESKATON**  
Senior Residences and Services

**[www.eskaton.org](http://www.eskaton.org)**

Events are subject to change