

AMERICAN RIVER

M E S S E N G E R



Mac Huss Memorial Golf Tournament

Page 3



Laura on Life: "It's all in the Interpretation"

Page 4



Looking Beyond Government Solutions

Page 9

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Volume 4 Issue 14

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

Second Edition for July 2009

Baseball Coach Anderson Honored



Guy Anderson

Rancho Cordova - The Rancho Cordova City Council presented a Proclamation of Recognition to Guy Anderson, Cordova High School's baseball coach, at the

Rancho Cordova City Council meeting on Monday, July 20th in the Council Chambers located at 2729 Prospect Park Drive.

Anderson has just returned from Chicago where he was one of 12 people inducted into the 2009 National High School Hall of Fame that is administered through the National Federation of State High School Associations. Being selected to this Hall of Fame is the highest honor that someone who is associated with high school sports can receive.

Anderson has been Cordova's baseball coach since the school opened in 1963. In 2001, he retired from his teaching and administrative positions but he continues to coach the baseball team as well as the

Junior American Legion team.

Molding and shaping young men into leaders is what Anderson is known for. Several of his players have gone on to play in the major leagues. A lot of them played on their college teams and many are university, high school, or Little League coaches. But Anderson's "number one goal is to develop good citizens, making sure they are humble and demanding that they are aggressive athletes."

The National High School Hall of Fame honors athletes, coaches, officials, administrators and others for their extraordinary achievements in high school sports. Anderson was nominated by Pete Saco, Sacramento Section Commissioner.

California Small Businesses Face \$50,000 Cost from State Implementation of AB 32



Study Finds Greenhouse Gas Program Will Eliminate 1.1 Million Jobs and Increase Expenses for Families

Sacramento - (Business Wire)

-- A new study released today (July 13, 2009) found that small businesses in California will pay an additional \$49,691 as a result of the California Air Resources Board's implementation of AB 32. Citing severe economic impacts, a coalition of small business organizations called today for the suspension of the regulatory proceedings to implement California's greenhouse gas program until the report's findings are analyzed and mitigation measures are added to the state plan.

The report concluded that when the program is fully implemented, the average annual loss in gross state output from small businesses alone would be \$182.6 billion, approximately a 10% loss in total gross state output. This will translate into nearly 1.1 million lost jobs in California. Lost labor income is estimated to be \$76.8 billion, with nearly \$5.8 billion lost in indirect taxes.

"We support the state's efforts to curb greenhouse gas emissions, but we are very concerned that these costs will apply disproportionately to California small business. Consumers will be hurt and the environmental goals will not be achieved," said Esteban Soriano, Chairman of the California Small Business Association and a founding member of the California Small Business Roundtable.

The analysis of the state Scoping

Plan was led by Sanjay Varshney, Dean of the College of Business Administration, California State University, Sacramento and Dennis H. Tootelian, Ph.D., Professor of Marketing and Director, Center for Small Business, California State University, Sacramento. The study reveals that when the plan is fully implemented, California families will be facing increased annual costs of \$3,857.

Varshney explained that the study's cost analysis was based on the California Air Resources Board's own findings, which revealed significant cost increases. The study's findings are consistent with the Peer Review analysis that CARB commissioned, which also concluded that the cost of the AB 32 Scoping Plan would be significant, and that CARB had significantly underestimated these costs.

"Given California's current economic plight, the state must refrain from imposing new fees on taxpayers to pay for an expanded bureaucracy," said Michael Shaw of the National Federation of Independent Business. "When Assembly Bill 32 authorized this program in 2006, CARB promised to develop a greenhouse gas plan that would provide benefits to small business, not bankruptcy."

The study also found that in order to cope with the increased costs generated by the AB 32 program, consumers will be forced to cut their

discretionary spending by 26.2%.

"Californians will be getting less and paying more. How can the small business community survive in a political climate so determined to put us out of business?" asked Griselda Barajas, owner of Tex Mex Restaurant in downtown Sacramento, where the study was released.

"Many lawmakers who enjoy our tacos will see a significant increase in their daily lunch bills if these problems are not addressed," said Barajas. "All of the Capitol community folks who dine at Tex Mex will have to bear the burden of an unfunded mandate placed against my business."

According to the authors, the study utilized IMPLAN, a widely used economic modeling program that has more than 1,500 active users in the United States and internationally. These include clients in federal and state government, universities, and private sector consultants. Joining the California Small Business Roundtable and the National Federation of Independent Business at Monday's event were the California Hispanic Chamber of Commerce and the Sacramento Black Chamber of Commerce. For a copy of the study, please contact Alison MacLeod at 916-225-6317 or amacleod@ka-pow.com.

Source: California Small Business Association

CAW Tunnels Under I-80 Near Citrus Heights to Install New Water Main

Citrus Heights - California American Water is completing the final stage of a \$4.6 million dollar project to replace aging water mains in the Lincoln Oaks water system and improve the reliability of the water system. In this final stage, contractors for the company are excavating and tunneling down 19 feet under Interstate 80 near Antelope Road to install a 24-inch casing containing a 12-inch water main. The main will run for 520 feet under I-80 and tie into existing mains located in neighborhoods on each side of the highway.

"Boring under a freeway is

a complicated undertaking but has real benefits," said Northern California general manager Andy Soule. "This additional intertie will increase the reliability of our water system with the minimum amount of new pipe."

This is the final phase of a \$4.6 million dollar project to relocate water mains in several neighborhoods in the Lincoln Oaks service area.

California American Water, a wholly owned subsidiary of American Water (NYSE: AWK), is the largest investor-owned water utility in the state,

providing high-quality and reliable water and/or wastewater services to approximately half a million people. Founded in 1886, American Water is the largest investor-owned U.S. water and wastewater utility company. With headquarters in Voorhees, N.J., the company employs more than 7,000 dedicated professionals who providedrinkingwater,wastewater and other related services to approximately 15 million people in 32 states and Ontario, Canada. More information can be found by visiting www.amwater.com.

Chain Restaurants Must Now Provide Nutritional Information

Sacramento - California is the first state in the nation to adopt a statewide menu labeling law (SB 1420). The landmark legislation requires California chain and fast-food restaurants to post calorie counts on menus and menu boards, part of an effort to address the state's growing obesity epidemic. The new law applies to chain restaurants with 20 or more locations statewide and is designed to provide consumers with the information they need to make healthier food choices. In California, over 17,000 restaurants will be affected by SB 1420. The Environmental Management Department is the local enforcement agency for Sacramento County. Compliance efforts for this law will be incorporated into food facility inspections.

The bill will be phased-in with full implementation January 1, 2011. During the first phase, July 1, 2009 to December 31, 2010, restaurants have two options to comply with the law. Restaurants must provide a brochure placed at the point of sale that includes calorie, sodium, saturated fat, and carbohydrate information for every standard menu item. For sit-down restaurants, the



information must be provided at the table. Drive-thrus or fast-food restaurants are required to have the brochures available upon request.

As a second option, restaurants can comply with the second phase requirements and list calorie information for all standard menu items on menus and menu boards next to the menu item. Drive-thrus shall continue to have a brochure available upon request and must have a notice that the information is available. By 2011, all restaurant chains will be required to post calorie information

for all standard menu items on menus, menu boards, and display tags.

Environmental Health Chief John Rogers notes that the new law will allow consumers to make informed decisions about the food they and their families eat. "It is a good start to address obesity issues and it will get people's attention," he said. "I believe consumers will be surprised at what they will see."

For more information about menu labeling in Sacramento County, go to www.emd.saccounty.net.

Huntington Square Lane Home Invasion Robbery

CHPD Release, 7/14/09

A Citrus Heights resident reported that two masked suspects entered his apartment and forced him along with a visiting friend to the ground while holding a knife and a gun. One suspect forced the visitor to empty his pockets while the

second suspect brought the resident victim to the bathroom, stealing medication and cash. During the incident, the victim suffered a superficial laceration to his finger. He was treated and released at the scene by the Fire Department. The suspects fled in a blue 90's Ford full size pick-

up truck with a regular cab and a matching blue shell, possibly driven by a third suspect.

Anyone who witnessed the incident, or those with information about the suspect or suspect vehicle, is asked to immediately call the Citrus Heights Police Department at (916) 727-5500.



The Waxman-Markey Travesty

The cap-and-trade bill passed the House of Representatives shrouded in a fog of willful ignorance and calculated irrationality.

No one could be sure what he was voting for -- not after the 1,200-page bill had a 300-page amendment added at 3:09 a.m. the day of its passage. The bill is so complex and jerry-built that even its supporters can't know how, or if, it will work. And it's metaphysically impossible for someone to know whether the motivating crisis, impending planetary doom, will ever materialize.

Other than that, it's a model exercise in thoughtful lawmaking.

The architects of the so-called Waxman-Markey bill bought off every possible interest group no matter what the policy consequences until they had a bare majority to slam it through the House sight unseen (a physical copy of the final bill didn't yet exist when it passed). Mission accomplished, although at the price of a ramshackle bill that won't succeed on its own terms, even as it introduces costly distortions and invasive bureaucratic controls into the economy.

The basic idea of cap-and-trade is that government establishes an economywide cap on carbon emissions and then creates emission credits, which companies can buy or sell among themselves. It is essentially carbon rationing designed to suppress traditional sources of energy.

Because cap-and-trade is meant to create pain in an economy dependent on fossil fuels for 85 percent of its energy, the only way to make it politically salable is to vitiate it. Originally, the Obama administration counted on \$80 billion a year from the government's sale of emissions credits. To win over industry, Waxman-Markey gives the credits away for free. Poof! There goes the revenue. The upshot is that an

Environmental Protection Agency analysis says that under Waxman-Markey, there will be no reduction in emissions by 2020. The progressive Breakthrough Institute estimates that emissions could continue at their current business-as-usual rate through 2030. Perversities abound. According to the Los Angeles Times, under the bill, the U.S. "would use more carbon-dioxide heavy coal in 2020 than it did in 2005." Time magazine writes that "the total amount of renewable energy generation under Waxman-Markey would actually be less than the renewable energy that would have been produced without the bill."

Isn't saving the planet grand?

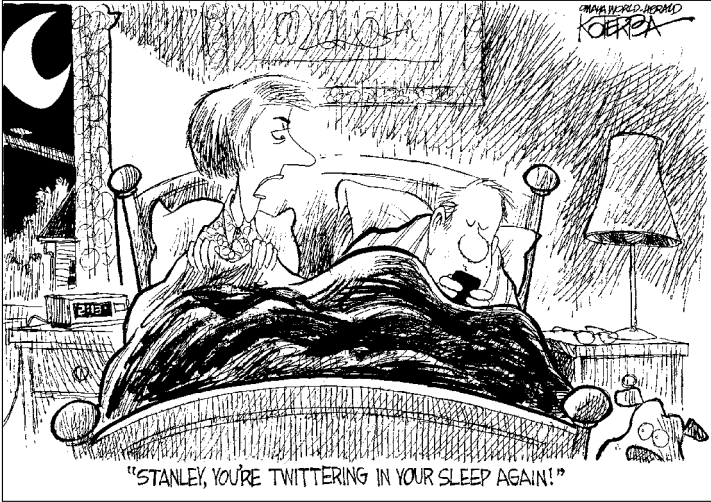
Even if Waxman-Markey were perfectly formulated, it would reduce global surface temperatures by only one-tenth of 1 degree Celsius in 100 years. That's a negligible difference, purchased at a great price. The watered-down version is still so threatening to energy-intensive industries that it mandates tariffs on goods from countries that refuse to hamstring themselves so foolishly.

Democrats resorted to any expedient to pass Waxman-Markey as a long-term play: get the bureaucratic structure in place, then work through regulators, the courts and legislation to tighten the screws later. For them, that's the ultimate promise of the Offsets Integrity Advisory Board, the Carbon Market Oversight Interagency Working Group, the International Reserve Allowance Program and all the rest of the vast regulatory machinery engendered by the bill.

President Barack Obama called it an "extraordinary first step." Extraordinary, indeed.

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

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Selfish Political Class Fuels Deficits and Bailouts



by Allan C. Brownfeld

There can be little doubt that our economy is increasingly out of control. Government bailouts of Wall Street, banks, and auto companies have been growing. The Bush administration initiated these efforts, and the Obama administration has increased them dramatically.

Federal Reserve Chairman Ben S. Bernanke said in early June that the nation needs to begin planning now to eventually bring taxes and spending in line; he warned that large budget deficits, if sustained, could deepen the financial crisis and choke off the economy. His statement reflects the growing concern among economists and investors that the nation's long-term fiscal imbalances could stand in the way of economic recovery by driving up the interest rates that the government, business, and consumers pay to borrow money. The rate the government pays has already risen in recent weeks.

The national debt is projected to double from about 41 percent of the economy last year to more than 82 percent by the end of the next decade. After that, things will get worse, budget analysts say, as more and more members of the baby boom generation receive benefits from Social Security and Medicare. The latest government estimates show Social Security beginning to pay greater benefits than taxes collected by 2016, a year sooner than projected last year. The so-called trust fund will be depleted by 2037, four years earlier than 2008 predictions. Medicare is in even worse condition, paying out more in benefits than collections for the second year in a row. So far, President Obama has offered no plan to rein in these costs.

When you have a huge budget deficit and need to reduce it, you

have only two options: cut spending or raise taxes. Our politicians do not want to do either. They do not want to raise taxes because that would antagonize the voters, especially those who trusted "no new tax" pledges. And politicians have a vested interest in continued increases in spending -- not in cuts.

Members of Congress subsidize, in one form or another, a host of special interests -- farmers, businessmen, universities, labor unions, welfare recipients -- and each group has a special Political Action Committee (PAC) that contributes to Members' campaigns. Cuts in the subsidy will provoke cuts in the contributions. The result: every group gets what it wants, and budget deficits skyrocket. Added to all of this business-as-usual subsidization are the bailouts of failed banks, Wall Street firms, and auto companies -- turning traditional ideas of free enterprise on their head. Sadly, both Republicans and Democrats have been co-conspirators in this undertaking.

We have, in fact, created in America a permanent political class that has an interest in ever-expanding government. This is something the Founding Fathers sought to prevent -- and would be sorry to see.

Thomas Jefferson, in a letter to Edward Carrington, observed that "the natural progress of things is for liberty to yield and government to gain ground.... One of the profoundest preferences in human nature is for satisfying one's needs and desires with the least possible exertion; for appropriating wealth produced by the labor of others, rather than producing it by one's own labor.... In other words, the stronger the government, the weaker the producer, the less consideration need be given him and the more might be taken away from him. A deep instinct of human nature being for these reasons in favor of strong government, nothing could be a more natural progress of things than for liberty to yield and government to gain ground."

It was because of their fear of governmental power that the Framers of the Constitution limited government through the Bill of Rights and divided its authority through our

federal system. By establishing the executive, legislative, and judicial branches -- and by dividing authority between the state and national governments -- the Framers hoped to ensure that no branch of government would ever obtain so much power that it would be a threat to freedom.

The kind of activist government we have now -- involved in every aspect of people's lives, now even running an automobile company -- is the opposite of what the Founding Fathers had in mind. From the beginning of history, the great philosophers predicted that democratic government would not long preserve freedom. Plato, Aristotle, and, more recently, De Tocqueville, Lord Bryce, and Macaulay, predicted that men would give away their freedom voluntarily for what they perceived as greater security. French political philosopher Bertrand De Jouvenal noted that "the state, when once it is made the giver of protection and security, has but to urge the necessities of its protectorate and overlordship to justify its encroachments."

Voters say that they are against big government and oppose inflation and deficit spending, but when it comes to their own particular share, they act in a different way entirely. Long-time Minnesota Congressman Walter Judd once recalled that a Republican businessman from his district "who normally decried deficit spending berated me for voting against a bill which would have brought several million federal dollars into our city. My answer was, 'Where do you think federal funds for Minneapolis come from? People in St. Paul?'".... My years in public life have taught me that politicians and citizens alike invariably claim that government spending should be restrained, except where the restraints cut off federal dollars flowing into their cities, their business, or their pocketbooks."

If each group curbed its demands upon government, it would not be difficult to balance the budget and restore health to the economy. Human nature, however, leads to the unfortunate situation in which, under representative government, people have learned that they can vote funds

for themselves that have, in fact, been earned by the hard work of others.

This point was made 200 years ago by British historian Alexander Tytler: "A democracy cannot exist as a permanent form of government. It can only exist until the voters discover they can vote themselves largess out of the public treasury. From that moment on, the majority always votes for the candidates promising the most benefits from the public treasury -- with the result that democracy collapses over a loose fiscal policy, always to be followed by dictatorship."

The Founding Fathers never envisioned the creation of a permanent political class such as the one we have now. They believed that men would be farmers, businessmen, doctors, lawyers, teachers -- and would devote several years of their lives to public service and then go home to continue their careers. Today, however, we have professional politicians -- men and women who support their families by holding political office and intend to do so for many years. Their motivation is clearly whatever will permit them to do so, not the long-run best interest of the country.

Still, we must keep in mind that Members of Congress respond to our demands. As long as we seek to be subsidized by government, the politicians of both parties will comply. In this sense, our own selfishness -- as well as theirs -- is the culprit.

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Allan C. Brownfeld is the author of five books, the latest of which is *THE REVOLUTION LOBBY* (Council for Inter-American Security). He has been a staff aide to a U.S. Vice President, Members of Congress, and the U.S. Senate Internal Security Subcommittee. He is associate editor of *The Lincoln Review* and a contributing editor to such publications as *Human Events*, *The St. Croix Review*, and *The Washington Report on Middle East Affairs*.

AMERICAN RIVER MESSENGER

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California’s Cost of Obesity Climbs to \$41 Billion

Business Wire -- More than just unhealthy, California’s increasing girth is crippling the state’s economy, according to a study of the economic cost of obesity in California released today by the California Center for Public Health Advocacy (CCPHA). In just six years, reported economic costs of adult overweight, obesity and physical inactivity have nearly doubled and are now costing California an estimated \$41 billion a year. An update of a 2000 report, the study shows a 33 percent rise in obesity rates contributed to sharp increases not only in health care costs but also in lost productivity. The report is based on the latest available data and scientific research on the relationship between overweight, obesity, and physical activity, and their collective impact on health care expenditures and worker productivity. “To put this in perspective, the economic cost to California of adults who are obese, overweight and physically inactive is equivalent to more than a third of the state’s total budget,” says California State Controller John Chiang. “Think of the programs we could protect, the children we could educate and the families we could help if we could recapture those dollars by investing in prevention. These figures demonstrate the real and very unsettling financial impact of the obesity epidemic on a California economy already in crisis.” A leading national health econometrics consulting firm based in North Carolina, Chenoweth & Associates, was commissioned by the California Department of Health Services in 2000 to generate the first cost

of obesity study. CCPHA hired the firm to update the study to get a more contemporary picture. Chenoweth and Associates found that overweight and obesity claimed a slightly larger percentage of the annual costs (\$21 billion) than did physical inactivity (\$20.2 billion). They also predict that the trend for dramatic growth in costs will continue and conservatively project that by the year 2011 costs will climb to \$53 billion. “These rapidly escalating costs paint an alarming picture for our state,” says Dr. Harold Goldstein, executive director of the CCPHA, which commissioned the study. “They underscore the need to build community health and prevention into public policies at every level, from national health care reform and the state’s use of federal stimulus funding to regional growth and local policies that help people to eat healthy food and be more physically active.” In addition to a new statewide figure, today’s study provides an accounting of obesity costs by county. While it is not surprising that the largest counties have the largest costs, the numbers nevertheless are staggering: Los Angeles County – \$11.9 billion; Orange County – \$3.3 billion; San Diego County – \$3 billion; Alameda County – \$2.2 billion; Santa Clara County – \$2.1 billion; and Sacramento County – \$1.7 billion. As dire as the report’s findings may be, the authors point out that even small improvements in health can have a considerable impact. A 5 percent improvement in the rate of physical activity and healthy weight over five years could trim almost \$12 billion from the state’s obesity costs. “The obesity crisis may seem

overwhelming, but California has successfully tackled big health issues before,” says, Kim Belshé, Secretary of California Health and Human Services Agency, who helped design and lead the state’s nationally recognized tobacco programs. “The key is to establish concrete changes at the federal, state, and local level to make it easier for people to make healthier choices. This study shows that if those changes can help just one Californian in twenty reduce their weight and become more physically active, we could realize significant savings and begin to turn this crisis around.” Echoing the need to address environmental issues that encourage poor diet was the study’s funder. “There are many communities where it is easier to get a cheeseburger than an apple. Communities such as these are designed for disease because of poor planning and policies that actually contribute to the epidemic,” says Robert K. Ross, M.D., president and CEO of The California Endowment, which funded the study. “In order to address the obesity epidemic effectively we must take a cogent look at what is driving it. We must move toward local, state and federal policies that seek to improve community environments and develop opportunities for physical activity.” CCPHA is an independent, nonpartisan, nonprofit organization leading efforts in California to understand and address the state’s growing obesity crisis. For more information on this legislation, visit the CCPHA site at: [www. publichealthadvocacy.org](http://www.publichealthadvocacy.org).

Source: California Center for Public Health Advocacy

Orangevale Resident Makes SSU Dean’s List



Jacqueline Perez

Orangevale - The spring 2009 Dean’s List at Sonoma State University has been announced. Jacqueline Perez, the daughter of Richard and Gilda Perez in Orangevale is being recognized based on her outstanding Grade Point Average. This is the second semester that Miss Perez has been named a recipient of this prestigious award. As a third year (junior) medical major student, Jacqueline is pursuing

a career in the medical field as a Physician’s Assistant. Upon graduation from Sonoma State University, she will continue on her educational endeavor by seeking a Master’s Degree in her chosen field either at UC Davis or Stanford University. She is an honors graduate (class of 2007) of St Francis High School in Sacramento. Her hobbies include animal advocacy and collecting teddy bears.

Summer Time Tax Tip: Tax Benefits For Job Seekers

Sacramento – Many taxpayers spend time during the summer months polishing their résumé and attending career fairs. If you are searching for a job this summer, you may be able to deduct some of your expenses on your tax return. Here are the top six things the IRS wants you to know about deducting costs related to your job search. 1. In order to deduct job search costs, the expenses must be spent on a job search in your current occupation. You may not deduct expenses incurred while looking for a job in a new occupation. 2. You can deduct employment and outplacement agency fees you pay while looking for a job in your present occupation. If

your employer pays you back in a later year for employment agency fees, you must include the amount you receive in your gross income up to the amount of your tax benefit in the earlier year. 3. You can deduct amounts you spend for preparing and mailing copies of a résumé to prospective employers as long as you are looking for a new job in your present occupation. . 4. If you travel to an area to look for a new job in your present occupation, you may be able to deduct travel expenses to and from the area. You can only deduct the travel expenses if the trip is primarily to look for a new job. The amount of time you spend on personal activity

compared to the amount of time you spend looking for work is important in determining whether the trip is primarily personal or is primarily to look for a new job. 5. You cannot deduct job search expenses if there was a substantial break between the end of your last job and the time you begin looking for a new one. 6. You cannot deduct job search expenses if you are looking for a job for the first time. For more information about job search expenses, see IRS Publication 529, Miscellaneous Deductions. This publication is available on the IRS Web site, IRS.gov or by calling 800-TAX-FORM (800-829-3676).

Win \$5000 at the Mac Huss Memorial Golf Tournament!

Fair Oaks - Sign up today for the annual Mac Huss Memorial Golf Tournament presented by the Fair Oaks Chamber of Commerce! This year we will be having a four person scramble and a shotgun start at 8am on Friday, August 28th, at Ancil Hoffman Golf Course. We will be concluding around 12:30pm for a BBQ lunch served at the course. We will also be having large raffle and a Hole-In-One contest for \$5000! Entry fee is \$85 per person and includes green fees, cart, lunch, tee prizes, and loads of fun! Mac Huss was a loving husband, father, community leader, and builder of spirit was Mac Huss. In 1966 he moved with his family to Fair Oaks. He then became president of the Fair Oaks Chamber of Commerce in 1979, and in 1983 was elected



president of Fair Oaks Rotary. He was one of the original founders of American River Bank, and was on the Board of Fish (Friends Interested In Severely Handicapped). He was a pilot, an avid golfer and president of his own building company. When he was president of Fair Oaks Rotary, his project was to build a house in a day. It happened! The club raised

enough money to help remodel the downstairs of the Fair Oaks Community Center. This tournament is in memory of Mac’s passion for life, adventure and golf, and in keeping his spirit of community involvement alive in Fair Oaks. There are a few more sponsorships available, for more information you can visit www.fairoakschamber.com and click on the link for the Mac Huss Golf Tournament. Registration forms are available online or at the Fair Oaks Chamber of Commerce office. If you have any questions, please call the tournament Chair Dustin Buck at 916-967-2903 or you can send an email to info@fairoakschamber.com. We look forward to seeing you out there for this fun event!

Bicycles for B.U.G. Award Winners! The Citrus Heights Kiwanis Club sponsored the Bringing Up Grades



Edward Chihaia with his new bike, along with his brother Daniel and his mother Daniela. Dianna Batt, Principle from the Coyle Ave School, presents the award from Kiwanis.

All students who maintained their grades from the previous trimester and brought up one or more grades received B.U.G. Award certificates on Thursday, June 4th during an assembly at Coyle Avenue School, and were entered into drawings for four new bicycles with helmets and locks. There was excitement in the air as all the names of the students who qualified were announced. Kiwanian Bill Hooper performed the drawing. The primary grades winners were Mariana Rubalcava and Edward Chihaia, both 2nd Graders while the intermediate grades winners were Jamall Dominguez and Vanessa Huynh, both 5th Graders. Kiwanian Hooper took the winners’ orders for color and style, and delivered the bicycles to the school. Kiwanian Dianna Batt, Principal at Coyle Avenue School, presented the bicycles to the winners the week after school was out. The children and their families were thrilled!



American Cancer Society Relay For Life of Orangevale Cancer Survivor Dinner, September 2nd, 6 – 8 p.m.

The 3rd annual Orangevale Relay For Life will take place at Louis Pasteur Middle School September 19-20, 2009. To honor and celebrate the many cancer survivors in our community, we invite local survivors and their loving caregivers to accept our invitation to a special pre-Relay event at

the Orangevale Community Center September 2nd. A Mexican dinner donated by the La Placita restaurant, an uplifting and entertaining program, raffle prizes and gifts await our honored guests. Learn more about the Relay For Life of Orangevale and all of the

special ceremonies, services and surprises planned in your honor. Call Lorraine Silvera, Event Chair, for more information and to make a reservation: 806-8261. We look forward to meeting you soon! **Join us in the fight against cancer!**

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

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Dave Says



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

Ramsey offers life-changing financial advice as host of a nationally syndicated radio program, “The Dave Ramsey Show,” which is heard by nearly four million listeners each week on more than 350 radio stations throughout the United States. His syndicated column, “Dave Says,” can be read in more than 270 print and online publications worldwide.

How to Not be a Hypocrite

Dear Dave,
My husband and I are taking your classes. We own a roofing company. We offer six months, same as cash,

and we accept credit cards. What are your feelings about our doing this? Does it make us hypocrites?
- Monique

Dear Monique,
If I accepted credit cards, it would make me an absolutely huge hypocrite, but you don’t do what I do for a living.
If this bothers you, it might be a good time to search your heart and ask yourself if these practices are blessing your customers. If you conclude that they are not, and you decide to discontinue those financing deals, you’d better come up with some other marketing strategies. You will lose clients over such an unusual decision!
Of course you could still offer some of those kinds of deals while actively discouraging their use. You could tell your customers that if you were in their situation, you’d just save up for a few months and pay cash rather than using a credit card or other financing options. That way the decision is theirs. But how will they react to such an uninvited suggestion? The last thing you want to do is encourage more credit, but the next-to-last is to run good business off.
No, I don’t think you’re being hypocritical, Monique. You have some big decisions to make about the quality of your customer service, though. Ten years from now, you want to know you tried your best to do the right thing for them, and you’ll always want to know you’ve done the right thing for your business.
- Dave

A Very High Lifestyle
Dear Dave,
I’m 23-years old. I make \$23,000 a year. I have a Rolex and a BMW. I also have \$20,000 in credit card debt and a \$26,000 car loan. I’m having a hard time making all the payments. Would a debt settlement company be a good idea?
- Darren

Dear Darren,
Debt settlement companies are awful. They charge you for doing what you can do on your own for free! Let’s get to the root of your problem. What were you thinking? You can’t get rich while you’re busy trying to look rich! Take a look at the stuff you’ve bought. I expect the watch and the car are only part of the picture. Do you see a pattern? I do.
The average millionaire doesn’t wear fancy clothes and drive a fancy car. Your world is all about flash and looking good, but real life and real life finance are not.
Sell the Rolex. That heavy watch is holding you down. Sell everything that isn’t absolutely necessary. Sell the car, too. Get a small loan to make up the difference and pay it off as quickly as possible. It’s better to owe \$6,000 than \$26,000 in debt.
It’s always easier to build wealth when you don’t have payments hanging around your neck. Work an extra job nights or weekends. You’d be surprised how much you can make throwing boxes at UPS or delivering pizza.
You’ve made a really big mess, but with some hard work you can clean it up. I figure it will take you about 18 months. Why don’t you surprise us both and do it quicker than that?
- Dave
**Please visit www.davesays.org for more financial advice.*



By Laura Snyder
Interpretation is all a matter of who is doing the interpreting, isn’t it? Our planet’s inhabitants have so many diverse languages. It’s not surprising that very often leaders of nations are misinterpreted and misquoted. If the world were less tolerant than it already is, the lack of understanding caused by misinterpretation could’ve ended our species long ago.
Fortunately, the human species has learned to realize that interpretation is not infallible. We’ve learned this fact through our children. As parents, we try to understand our children and to make ourselves clear, but a child interprets what we say through the filter of their own limited experiences.
For example, a few years ago, my daughter, who is a very smart cookie, was having some trouble in Math. It was second grade. She was doing subtraction and just couldn’t understand the concept of borrowing the one. I was trying to get her to understand by repetitiously going over the drill: Borrow the one, then take away the smaller number from the larger number.
Suddenly she stopped me with, “So, mommy, when do we put it back?”

Laura on Life

It’s All in the Interpretation

“Put what back?”
“The one.”
“Well, we don’t.”
“Then that’s not borrowing, it’s stealing.”
She had a valid point. The lights suddenly came on in my head as I realized that she was taking the word “borrow” very literally and that’s why she was having a hard time. She wanted to give that “borrowed” one back at some point, and it wasn’t happening.
“Okay, here’s what we’re going to do,” I said. “When you are subtracting, you are going to pretend you are a robber and you are going to take away and you are going to steal not borrow. And when you are adding, you are going to be the good guy by adding to and giving, not lending.”
From that time on, she never had a problem with her math. It was all in her interpretation of the words.
My son, when he was younger, knew that when he threw something in the trash, he never saw it again. It was very traumatic for him, apparently. He didn’t know where it went, just that it was gone. Because he heard that the garbage men buried the trash somewhere, he called our trashcan the “portal to the underworld;” something he undoubtedly picked up from his older brother. His reasoning was a little skewed, of course. Interpretation of this logic needed the back-story before it could be understood.
You see, children have a language and understanding all their own. Each one is different. It is for adults to determine the correct interpretation while leaving our minds wide-open to account for the almost certain inaccuracies in their logic. Or, in some cases, for our inaccurate representation of certain words.
You can’t take anything for granted when interacting with a child. One day, a few years ago, when I threatened to ground one of my kids for some transgression, a look of horror came over his face as he cried, “Please don’t bury me!”
Apparently, he thought that graveyards were for “grounding” people who did bad things. I felt like I had just run over a puppy.
I believe that the best foreign diplomats probably are those who have a lot of children. Consider this: If war is the result of a breakdown of diplomacy, and diplomacy can only be reached with understanding and a wide margin for interpretation errors, then truly, our children may very well be the reason the human race has not only survived, but thrived. Our children have taught us that interpretation is everything.
Laura Snyder is a nationally syndicated columnist, author & speaker. You can reach Laura at lsnyder@lauraonlife.com Or visit her website www.lauraonlife.com for more info.

Mercy San Juan Guild Hosts Annual Fundraising Event

Carmichael - The Mercy San Juan Medical Center Guild will host its annual Art Auction & Spirits event on Saturday, August 1. This marks the second year for this event, which serves to raise funds for the hospital. “All of us with the Mercy San Juan Guild extend an invitation to our friends and neighbors in the community to join us for this fun, worthwhile event,” says Marti McDade, Mercy San Juan Board Member and Chairman for the event. “This is a great way to show your support for the services and care Mercy San Juan provides to patients in our area.”
This year’s event will feature a variety of pieces from local artists, including ceramics, oil paintings,

watercolors, sculptures and photography. Attendees will have the opportunity to bid on the various items during both silent and live auctions. In addition, there will be appetizers and wine and beer tasting. The evening’s wines will be provided by Bogle Wineries and Sierra Nevada Brewery will be providing the beer. To participate in the evening’s tastings, attendees must purchase a souvenir tasting glass for \$10. Cash, check and credit cards will be accepted at the event.
CBS 13’s Dave Bender will serve as the evening’s auctioneer. The silent auction will take place between 5-7 pm and the live auction will get underway at 6 pm at 6555 Coyle Ave., Room

150, Carmichael (Entrance on North Side of Building)
This fun evening provides the community with an exciting way to support Mercy San Juan as it continues its healing ministry. It’s also a great way to support local artists and to purchase wonderful art at great prices.
The Mercy San Juan Guild is a coalition of men and women who help comprise the more than 300 individuals who volunteer regularly at Mercy San Juan Medical Center. The Guild supports the hospital’s gift shop, information desk, personnel services and various other programs. . The Guild also conducts fundraisers, such as the Art Auction & Spirits event, to support patient care projects at the hospital.

4th Furlough Day Goes Too Far, Says Veteran Republican Sen. Cox

Sacramento -- Republican State Senator Dave Cox, who negotiated three budgets while serving as Assembly Republican Leader, expressed reservations and concerns about news reports of a possible fourth furlough day for state workers.
“Like the Governor, I am frustrated that he and the Legislature have not been able to reach an agreement to our state’s \$26 billion cash flow crisis,” said Sen. Cox. “But asking state workers to take a fourth furlough day, without a comprehensive solution to the overall budget problem, is not reasonable.” In the Governor’s latest budget

proposal to the Legislature, he presents an additional 5 percent salary reduction on top of the current three-day furlough state workers are taking. If the Legislature accepts this plan, it puts the total salary reduction at 20 percent for current state employees. While it is unlikely that the Legislature will accept this proposal, the Governor can execute this reduction simply through the issuance of another furlough day. On January 29, Judge Patrick Marlette of the Sacramento County Superior Court ruled that the Governor has broad authority to furlough state workers.

Cox further stated, “During these unprecedented financial times, state worker compensation will be reduced but a sudden and immediate 20 percent reduction to a family’s monthly income is too much.”
Senator Dave Cox represents the residents of the First Senate District, which includes all or portions of Alpine, Amador, Calaveras, El Dorado, Lassen, Placer, Plumas, Modoc, Mono, Nevada, Sacramento and Sierra Counties. Contact his office at 916-651-4001, or via email at senator.cox@sen.ca.gov.



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by Pastor Ray Dare

When you go through situations in life, those difficult times, those hurts, what happens to you is not nearly as important as what happens in you. What happens to you is temporary but what happens in you is eternal. The kind of Christian you are is shown by the way you respond to problems. If you cop out, gripe, complain or run from your difficulty, you're not a very mature person either spiritually or emotionally. But if you learn from difficulty you just keep growing and growing. You're going to be hurt in life many, many times because life is not fair. It just isn't. You will have problems, difficulties and hurts that will make you bitter or better. You will either grow up or give up. You'll either become what God wants you to be or your heart will shrivel up and become cold and hard and resentful. It's your choice.



by Marlys Johnsen Norris

In the past few days I have heard people say such things as: "You need to love your life and should have a passion for life." Reflecting on those words about loving life or having a passion helps one to realize we only just lived it the best we knew how, never once thinking about the value it should hold.

How to Handle Life's Hurts

Everybody has difficulty in life. Few people faced the difficulties and hurts that Paul did in life. Yet he learned to grow through his problems. 2 Corinthians 6:4, *"In everything we do we show that we are God's servants, by enduring troubles, hardships and difficulties with great patience."*

What do you do when you face those difficulties in life? Romans 5:3-4 *"We can rejoice when we run into problems and trials for we know ... they help us learn to be patient. And patience develops strength of character in us and helps us trust God more each time..."* The result? God wants you to learn something. That's the whole purpose for the problems and difficulties you're facing. Every storm is a school. Every trial is a teacher. Every difficulty develops us. Most of us are slow learners. Most of us have had to learn something more than once. If you don't learn something God will bring it again in your life. It will come back.

Some of you are facing a major difficulty right now. It may be an illness and you don't feel good. Or you have a problem at work, a financial problem, or a strained relationship(s). God wants to say this to you, "Don't give up. Grow

up." That's what God wants to do through that difficulty. He doesn't want you to give up. He wants you to grow up. He wants you to mature, develop, and become more and more like the person He wants you to be.

It's always easier to cop out than it is to develop character. But God can change situations; God can change personalities. He can change you, but He won't if you're always walking out the back door. **It is never God's will to run from a problem.** Never. If you do, you will face it again later. The problem with running from problems is they go with you! When you go, your problem goes with you!

So what is the right response to difficulty? Confess your part. If you brought it on yourself, admit it. Stop blaming other people. Stop making excuses and allow God to grow you. If someone has hurt you, go to that person according to Matthew 18 and resolve the issue, but never run from the problem. Allow God to grow you through it.

See you Sunday, Pastor Ray

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Love & Passion for Life

Have you noticed some people's focus is on having a profound fear of dying? Yet they lack any expression of loving or having a passion for their life? They are living but their focus is more on losing an opportunity to live! Some people's fear is so strong they could not even talk about death or face the fact that one day they certainly will die. It seems that their denial actually intensifies their fear.

Then, there are those few fantastic people who have truly grasped the value of loving their life and that passion has moved them in the direction of serving their family, community, church, state, government and world. These are the people whose passion and love for life excels in numerous ways. They have such caring natures and don't we love them

for it? We never see or hear these people complaining about their lot in life or even the stress caused by some problem they face. They become our hero's as they forget about themselves and focus on solutions to help all of us.

There is a wonderful Scripture that comes to mind as I think about these people that says, "If you lose your life for My (Christ's) sake, you shall find it." Another words when we spend our lives helping and giving to others, we do find the abundant and plentiful life God provides.

Marlys Johnsen Norris
NCPA Award Winning Author

Marlys5934@sbcglobal.net
"Intimacy Begins Going God's Way"
"Recipes for a Happier Marriage"

Christian Evangelist/Author Calls on Believers to Accept Evolution

Rev. Michael Dowd brings unorthodox message to Sacramento area in July
Origin of Species turns 150; Plume publishes *Thank GOD for EVOLUTION*

As museums and universities the world over prepare to celebrate the 150th anniversary of On the Origin of Species this fall, evangelist Michael Dowd on a mission to help fellow Christians accept evolution. Rev. Dowd will bring his cosmic gospel message to Mountainside Center for Spiritual Living in Placerville and the First Congregational Church of Auburn this month. Dubbed an "evolutionary evangelist" by Discover magazine, Michael Dowd is a traveling preacher with an unorthodox message: "Evolution is God's will and humanity's salvation, and contrary to popular belief, Armageddon and the Apocalypse are not inevitable."

His new book *Thank GOD for EVOLUTION*—published in paperback this summer by Plume—celebrates science as sacred and has been publicly praised by religious leaders from priests to rabbis, and prominent scientists, including 5 Nobel Prize winners—a NASA senior astrophysicist among them.

Like the founder of his faith, Dowd preaches that the mythical Kingdom of Heaven really is at hand for those who have eyes to see. For him, that means "evolutionary eyes." It's a point of view that many true believers initially find blasphemous, but Dowd's version of evolution is unlike anything most Christians have heard preached from a pulpit. As a former fundamentalist, Dowd says that he understands why Christians demonize Darwin.

"It's no wonder that Bible-believing born again Christians have roundly and rightfully, in my opinion, rejected evolution. Who wants to forsake their faith and family for a meaningless, mechanistic, Godless existence with no hope of Heaven? I sure didn't, and no amount of evidence was going to change my mind. Then, I had a road to Damascus experience. The most Christ-like man that I had ever met, a Buddhist-come-Catholic monk, opened my eyes to a holy way of seeing the 13.7 billion year epic of evolution. For the first time in my life, my head and heart were in harmony. I knew then and there that I would devote my ministry to evangelizing evolution, not just as theory, but as a new theology, a new way to really walk with God."

Rev. Dowd radically reinterprets core Christian concepts in the context of current best science. "We wouldn't let a first century dentist fill our children's teeth, so

why are we letting theologians from the same period fill their heads? The world isn't flat. The sun and stars do not revolved around us. And yes, we evolved over billions of years. Isn't it glorious!" exclaims Dowd.

Among his many unorthodox interpretations, Dowd preaches that the concept Original Sin was never literally about a woman in a garden tempted by a snake to eat forbidden fruit. Instead, he says that it "points to the reality of inherited instincts around safety, sex and status that served the survival of our ancestors at an earlier stage in our evolution, but are woefully mismatched for modern times."

While Dowd doesn't preach fire and brimstone, he is quick to connect the consequences of an overheating planet to the concept of Hell, and America's inaction on this issue to the apathy of a generation of believers who are waiting on the world to end.

"It's not a surprise that America is not leading the world in our response to climate change when polls show that one in three of us believe that these are the end times anyway," explains Dowd. "So, why bother?"

Following in the footsteps of his tradition's founder, Dowd travels town to town teaching and preaching the gospel, only his good news is billions of years old. He calls it "the sacred story of everyone and everything." Openly thumping Origin of Species, Dowd passionately shares how, other than Jesus, no one has brought him closer to God than Charles Darwin.

Several times a week, Dowd's sermons and seminars take awestruck audiences across America on a whirlwind 90-minute tour through billions of years, from the Big Bang to the human brain. He enthusiastically evangelizes how he sees God in all of it and where religion fits into the big picture.

Rev. Dowd represents a new breed of believer. For Dowd, fossils strengthen his faith, not test it. He calls them "proof positive of the amazing grace that has guided us through deep time to the present moment."

"For evolutionary Christians, everything is sacred," shares Dowd. "All land is holy land. All water is holy water. We are all God's children, and no one is getting left behind. For better or worse, we're in this together."

Raised Roman Catholic, Michael served in the military, graduated at the top of his class from an evangelical college, earned a master of divinity

degree, and pastored three churches. As a Christian college student, he would argue with anyone who thought that the world more than 6,000 years old and withdrew from a science course that taught evolution.

During nearly eight years of living on the road with his wife Connie Barlow, an acclaimed author of several noted science books on evolution, the couple have spoken to over a thousand religious and secular audiences, from Catholic schools to college campuses.

Dowd's radical reinterpretation of religion is liberating literalists on the left, right and center of the divisive decades-long debate over Darwin vs. Design.

"Evolution is about much, much more than whether we emerged from a long lineage of mammals and monkeys," explains Dowd. "While we may share 98 percent of our DNA with chimpansees, I'm focused on the role that evolution will play in shaping our future.. Evolution offers us the real promise of Heaven on Earth, and that's a belief that I can shout 'Amen!' to."

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BIBLE TRIVIA

by Wilson Casey

1. Is the book of Galatians in the Old or New Testament or neither?
 2. From Joshua 6, on the seventh day, how many times did the men of war march around Jericho? 1, 3, 5, 7
 3. In His first recorded miracle, what did Jesus turn into wine? Goat's milk, Grape juice, Fig cider, Water
 4. From 1 Chronicles, what king was buried with his sons under an oak tree? Neco, Jehoash, Saul, Rezin
 5. How many New Testament (KJV) books are named for a woman? 0, 1, 2, 3
 6. In the story of creation, what did God call the darkness? Blackness, Night, Fourscore, Trinity
- ANSWERS: 1) New; 2) 7; 3) Water; 4) Saul; 5) 0; 6) Night
- For more trivia, log on to
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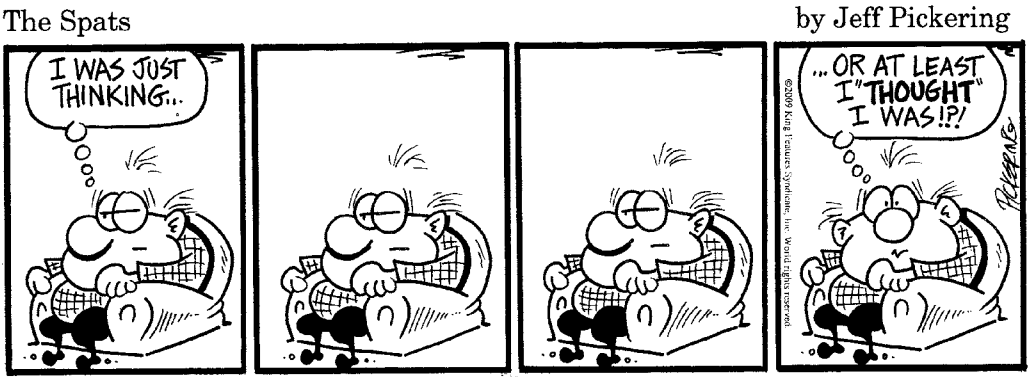
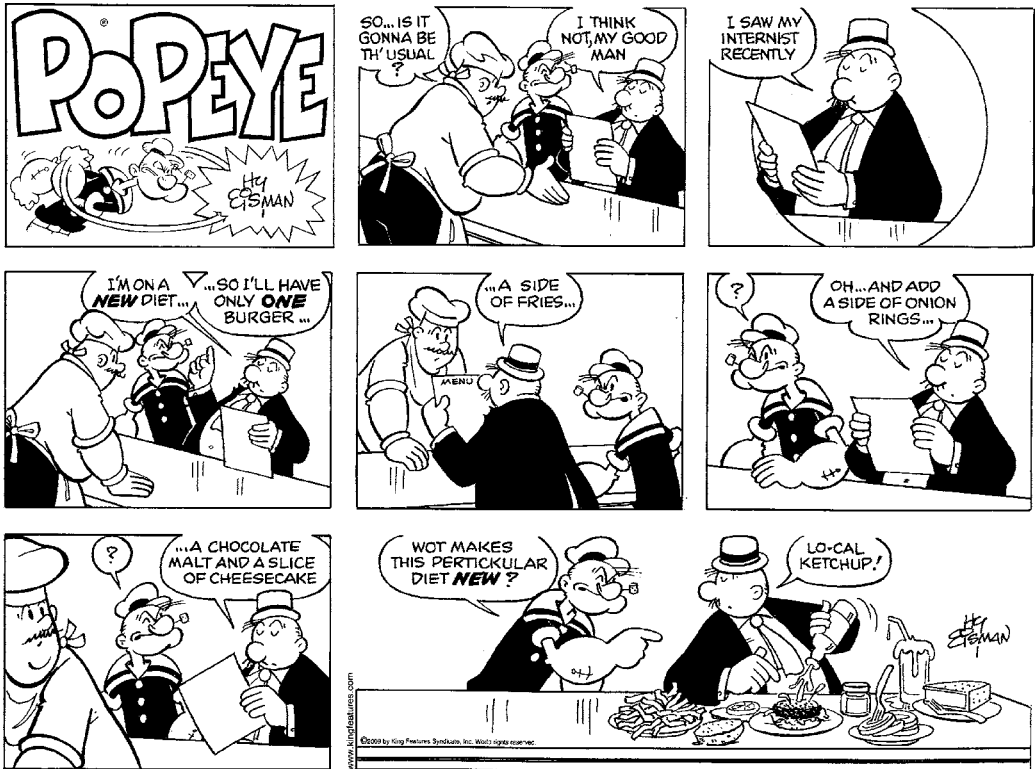
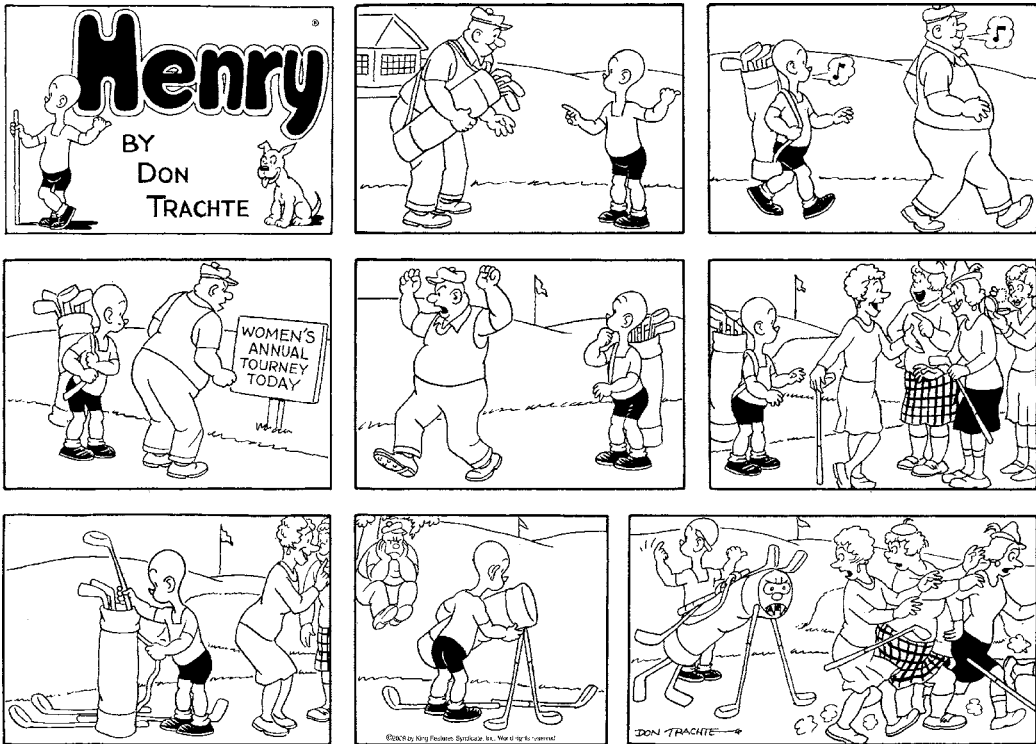
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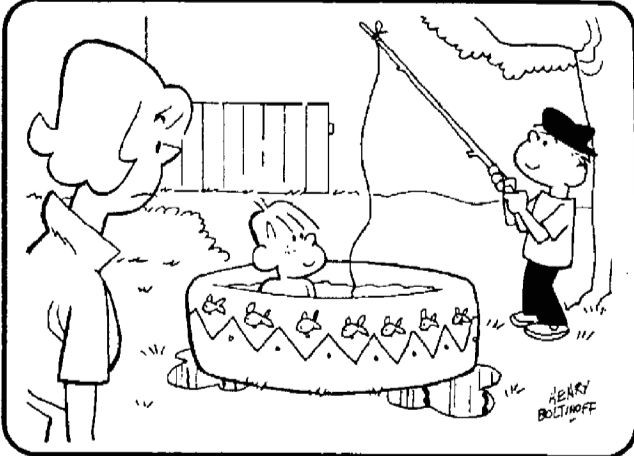
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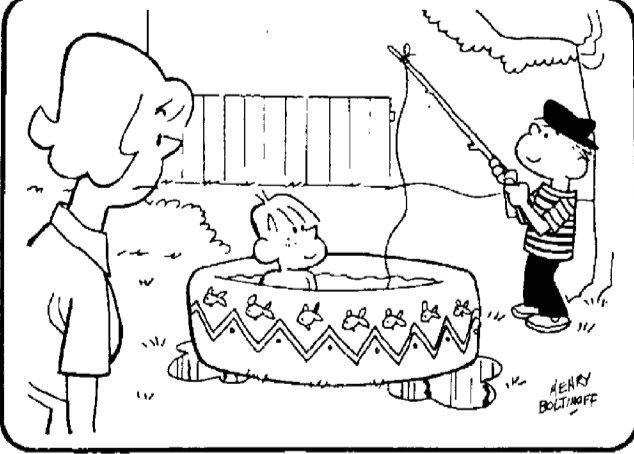
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HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Foot zigzag is different. 2. Shirt has stripes. 3. Mom's collar is different. 4. Fence is longer. 5. Fishing pole is shorter. 6. Boy's nose is different.

Trivia test by Fifi Rodriguez

- GEOGRAPHY: On which continent is the country of Djibouti located?
- FOOD & DRINK: Who is credited with naming, if not inventing, the sandwich?
- MOVIES: Who played the lead in "The Invisible Man"?
- GAMES: In Monopoly, what are the four railroad spaces named?
- HUMAN ANATOMY: What is a more common name for the umbilicus?
- GENERAL KNOWLEDGE: A Big Band dance called the "Lindy Hop" was inspired by which real person?
- RELIGION: Noah's Ark landed on what mountain, according to the Old Testament?
- ENTERTAINMENT: Who created the catchphrase "Bam!" on television?
- HISTORY: What was the Stanley Steamer?
- SCIENCE: Why does the brain produce endorphins?

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Weekly SUDOKU

by Linda Thistle

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

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

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

Gamay	Mourvèdre	Pinot Noir	Tempranillo
Grenache	Nebbiolo	Pinotage	Teroldego
Malbec	Norton	Sangiovese	Zinfandel
Merlot	Petite Siran	Syrah	

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All Answers on Page 6

Contract Bridge

IT TAKES TWO TO TANGO

East dealer.

East-West vulnerable.

NORTH		EAST	
♠ 10 7 2		♠ 8 6 5 4	
♥ Q J 2		♥ 10 5 4	
♦ A Q 8 2		♦ K	
♣ A 10 3		♣ 9 8 5 4 2	
WEST		SOUTH	
♠ A K Q 9 3		♠ J	
♥ 8 3		♥ A K 9 7 6	
♦ 10 9 7		♦ K J 6 5 4 3	
♣ Q J 7		♣ 6	

The bidding:

East	South	West	North
Pass	1♥	1♠	2♦
2♣	4NT	5♠	6♦
Dble			

Opening lead — king of spades.

Expert players don't always play expertly. They make mistakes, just like anyone else, but the big difference is that they err far less frequently than ordinary mortals. What's more — and this part is not fair — they seem to get more publicity for their bad bids and plays than they do for their good ones.

Take this deal, for instance, played many years ago in an intercity match between Los Angeles and Houston. With a Houston pair sitting North-South and a Los Angeles pair East-West, the bidding went as shown. The slam reached was certainly sound

enough, though six diamonds would have been a better contract.

West led the king of spades, East playing the four, and continued with the ace, South ruffing. Declarer drew trumps, claimed the balance and chalked up 1,210 points for making six hearts doubled.

Of course, the slam should have been defeated. West had two chances to beat the contract and muffed them both!

First of all, the opening lead should have been a diamond. East, the player not on lead, had doubled six hearts, which called for an unusual lead in accordance with the slam-doubling convention. The only side suit that had been bid by North-South was diamonds, so this was the unusual lead being requested.

If West had led a diamond, East would have ruffed, returned a spade and then gotten another ruff to defeat the slam two tricks — 300 points.

Even after West led the king of spades, he still could have saved the day by switching to a diamond. But he blithely ignored East's play of a low spade on the king — which clearly told West to stop playing spades — and continued with the suit. After that it was curtains.

The moral, if there is one, is that bridge is a partnership game, and you can't afford to ignore warning signals from your own partner. Once, maybe there's some excuse for, but twice, never!

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The Mission Oaks Computer Club Will Meet August 13th

Carmichael - The Mission Oaks Computer Club will meet 13 August 2009 from 1:00 PM to 3:00 PM at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael, CA. Adam Lacey, Applications, Etc, will discuss a potpourri of subjects: upgrading to a new computer; backing up your data to a CD, on line, and/or hard drive; and transferring data. A question and answer period will follow the meeting. First-time visitors are welcome.

For additional information call (916) 366-1687 or visit our website: <http://missionoakscomputerclub.org>.

Marketing Forum Will Target Large Employee Community

Reinventing Folsom Boulevard Business Group in Rancho Cordova

Rancho Cordova - "How can we take advantage of the 50,000 Rancho Cordova employees south of Highway 50?" will be the subject of a forum on Monday, July 27th at 6 p.m. Hosted by the City of Rancho Cordova Economic Development Department, the meeting will be held in the Mills Station Building located at 2900 Mather Field Road (next to the light rail stop).

"The forum will provide an opportunity for local business owners to strategize marketing ideas to reach the area's large employee community, many of whom are unaware of the variety of businesses that exist along the Folsom Boulevard corridor," explained Megan McMurtry, Economic Development Specialist for the City.

The meeting is the latest in a series of workshops and forums that the City has sponsored for the Reinventing Folsom Boulevard Business Group. The purpose of this group is to pool resources and information and work towards meaningful solutions that will improve the local business climate.

To RSVP for the July 27th forum or to obtain more information, please contact McMurtry at (916) 851-8782 or email her at econdev@cityofranhocordova.org.

Roger Niello's Community Meeting

Arden Arcade/ North Highlands

Friday, July 31st

Mimi's Café

2029 Alta Arden

Expressway

Sacramento

Come Voice Your Opinion!

KING Crossword

Answers on Page 6

ACROSS

- Cried like a crow
- Sweet potato
- Plead
- Open-mouthed
- Microbrewery product
- Ostrich's kin
- Gondolier, typically
- "Ben-Hur" author
- Race place
- Augments, with "out"
- Long March leader
- Copper head?

- Thing of value
- Heidi's home
- Some exams
- Grated
- Petunia, for one
- That is (Lat.)
- Church section
- New again
- Congregant's seat
- Started
- Bocelli solo
- Breakfast option
- Southern Belgian

- Lessen
- Superlative ending
- Disencumber
- Emphasize slyly
- In medias —
- Golfer Ernie
- Fashion
- DOWN
- Upper limit
- Past
- Belts
- Duel tool
- Skin (Suff.)
- Bored one
- Remark re Yorick

- He spoke for Bugs
- Birds' bills
- Host
- Visitor
- Textbook chapter
- Home
- Scratch
- Miss.
- neighbor
- The whole shooting match
- Helix
- Following
- Tokyo, once

- Midsize kangaroo
- Prior night
- Wine option
- Pays out
- Less refined
- Obliterate
- Isn't perpendicular
- Sports
- Spring wind?
- Touch
- Tramcar contents
- Up to, in verse
- Compass pt.

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Budget Crisis Forces Us to Look Beyond Government Solutions



By Assemblyman Roger Niello

California’s budget situation is a shaky bridge with a weak foundation, distorted by structural deficit and buckling under ongoing obligations; just one crisis away from collapse. Enter the recent national financial meltdown. Such was the backdrop as I sat through the testimony as a member of the Budget Conference Committee this past month. The writing should have been on the wall: deep cuts had to be made, priorities had to be set. Yet throughout the conference committee meetings, the conversation

centered less on priorities, and more on “either government does it, or it doesn’t get done. Members of the conference committee were wringing their hands at the thought of having to make budget cuts and scaling back the size of government. This budgetary crisis has provided us with an opportunity to help people understand that we don’t have to be so reliant on government. As this crisis has taught us, government can’t be all things to all people. Surely, certain obligations are the province of government and a safety net must exist, but I have always insisted that the private sector must play a strong role in any real recovery. Recently, I had the opportunity to attend a conference on workforce development where I met Barry Hathaway, CEO of the STRIDE Center, <http://stridecenter.org/> located in the SF Bay Area. The STRIDE Center is a computer training center with a steady focus on employment. STRIDE focuses on the importance of the goal at the end; the job itself, not abstract skills, but what employers are

asking for as a pre-requisite to employment. So often the State funnels money into programs that tend to keep people on a perpetual runway...never taking off, never translating their skills into a lasting career. For this reason, the employment-centric STRIDE Center model is compelling. It instills real skills for careers that are hiring right now. I left feeling optimistic about the ability of motivated community based organizations to help turn this economy around by training the jobless or underemployed for this new economy with good, high-paying jobs. Developing skill sets that not just anyone can do, providing real, transferable certificates. It is conceivable that organization such as STRIDE could connect with the State’s CalWORKS program to transition those who are down on their luck into sustaining, fulfilling employment. Community based organizations like STRIDE prove that it doesn’t always have to be a choice between what government does and what is left undone.

District Owners Renew Bid Assessment Contract

Citrus Heights - The Sunrise MarketPlace Business Improvement District was voted a five-year extension tonight (July 9, 2009) by its ownership. The secret ballot vote by property owners was tallied at Thursday night’s Citrus Heights Council meeting. Nearly three quarters of the property owners voted to assess themselves a tax to allow Sunrise MarketPlace to continue its collaborative effort for the

stores, services and restaurants in the 10-block corridor along Greenback and Sunrise. The vote was 91.96% to 8.04%, in favor of the contract renewal. Following the vote, Council voted 5-0 to ratify Sunrise MarketPlace’s renewal. “We’re obviously pleased to receive a vote of confidence, especially in this economy”, said Executive Director Kathilynn Carpenter. “We look forward to

working with our businesses to promote the District and to continue our successful partnership with the City over the next five years.” Mayor James Shelby echoed Carpenter’s statement. “It sends a message in this economy when property owners vote to pay an assessment. You are to be commended on the job the District is doing.” The new contract begins January 1, 2010.

Homicide and Kidnapping Reported

CHPD Release, 7/12/09

On 7/12/09, at approximately 2320 hours, the Citrus Heights Police Department received a safety bulletin (BOL) from the Novato Police Department (NPD), regarding a crime they were investigating. NPD was investigating a homicide in their jurisdiction. CHPD was notified to be on the lookout for James Mitchell, DOB 4/24/82, who was wanted for the homicide investigation in Novato. The BOL also contained information that he had kidnapped his 1 year old child and was on the run. NPD

had also issued an Amber Alert. NPD provided information to CHPD that the suspect may be in Citrus Heights and specifically in the Parkoaks Drive area. At approximately 2340 hours, a CHPD officer patrolling in the area of Parkoaks Dr, located the suspect’s vehicle, 2007 Honda Accord, parked on Parkoaks Dr, near Meadowcreek Way. Officers set a perimeter in the area. Officers discovered the 1 year old victim inside the suspect’s car. The victim was asleep on the floorboard of the locked car. She was rescued from the car. At

the same time, the suspect called CHPD dispatch and informed them he wanted to turn himself in, but that he was walking the streets and did not know where he was. With the assistance of a helicopter from the Sacramento Police Department, the suspect was located in the roadway near where he had parked his vehicle. He was taken into custody without incident. The victim was taken into custody by Sacramento CPS. NPD detectives responded to Citrus Heights and took custody of the suspect and his vehicle.

Priority Number One



By Supervisor Roberta MacGlashan

Protecting the safety of the citizens it serves is the most basic function of government, especially at the local level. It is the service citizens expect before any other, and should be the top priority of those elected to represent the people. Law enforcement is my number one priority as a member of the Sacramento County Board of Supervisors. Times are difficult for everyone right now, and Sacramento County has to live within its means. This year’s budget required that over \$180 million be cut from the County budget. Reductions in special funding from State sources forced further cuts in specific areas. While the need to cut spending is clear, it is also clear that the last place the County should look to make cuts is in law enforcement. Unfortunately, the budget first proposed to the Board of Supervisors called for significant reductions in the Sacramento County Sheriff’s Department. The proposed reductions were unacceptable. First, general fund allocations to the department were proposed to be reduced by

\$38.2 million. Second, previously negotiated salary increases for Department personnel, including deputies, added \$18.3 million in new costs to the Department. And, Proposition 172 revenues – a voter-approved statewide law enforcement sales tax – declined by \$18 million over last year. With a few additional cost increases, the total shortfall to the Sheriff’s Department was about \$80 million. This level of reduction in the community’s law enforcement would have been severe, unacceptable, and dangerous. I took the following steps to address the shortfall: First, I convened an ad hoc citizens’ budget committee to assist me in identifying cost reducing measures in other areas of the County budget. I included representatives of law enforcement in this committee, as well as business leaders and taxpayer organizations. Second, after working with my budget committee, I proposed a new budget tool – a spreadsheet that clearly identifies mandated vs. discretionary spending – to assist the Board in prioritizing our discretionary spending. Third, I identified over \$20 million in savings outside of law enforcement available to restore funding to the Sheriff’s Department. I succeeded in persuading a majority of the Board of Supervisors to cut other programs by \$12.5 million – saving the jobs of approximately 100 deputies. More work was needed, though. The Sheriff’s Deputies gave up \$10.6 million in salaries and benefits – saving the jobs of an additional 70 deputies. Recognizing the serious nature of the cuts proposed to

the Department and the impacts such cuts would have on public safety, the Board of Supervisors unanimously directed staff to identify an additional \$10 million to fund patrol services during a hearing on July 14, 2009. Staff will be reporting back to the Board on July 28. Significant improvements have been made. Assuming staff presents a viable plan to the Board to restore an additional \$10 million to the Department, when added to the \$12.5 million I fought to restore and \$5 million in savings related to the jail, the Board will have restored \$27.5 million of the original \$38.2 million in cuts originally proposed by County staff. Add the \$10.6 million that the deputies have given up in salary, and approximately \$38.1 million has been restored to the Sheriff’s Department, saving the jobs of 240 deputies and ensuring a basic level of law enforcement for the unincorporated area of the County. But the work is not done. I am still looking for additional ways to cut costs to restore additional patrols and investigative services to the community. Further, the County is pursuing federal grants, with an application for over \$32 million currently pending at the US Department of Justice. As your Supervisor, I will always put law enforcement first. It is the most basic service that the County provides. In order to get through this difficult time, we all need to feel safe in our communities. The County needs to prioritize its spending. We say law enforcement is our number 1 priority, and I am committed to ensuring that we spend your money on the things that matter most.

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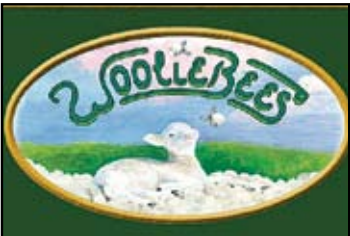
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with Mary Jane Popp

1001 WAYS TO BE ROMANTIC

Do you think romance rolls around only once a year? Think again, if you want your love life to be spectacular. According to America’s Romance Authority, **Greg Godek**, a little attention and affection can go a long way towards a really nice love life. And let’s not forget a heat generating romance that can last a lifetime. He tells all in **“1001 Ways To Be Romantic”** and from Oprah to my POPPOFF Radio Show, we need to listen up. Godek is a living and breathing resource for romance, and he proves like his advice to men: “Many men think their love lives are pretty good if they are having sex. Unfortunately, many don’t know their partner’s thoughts on the relationship, or are completely misguided about romance is.” He teaches men how to keep a relationship burning strong. Godek speaks to women also: “Women are constantly looking for ways to spice up their relationship. They are blessed and cursed with the intuition and insight to know the relationship needs a makeover. “He tells his readers if his first taste is hot enough, not only will he be back for more but he may do the cooking! Greg also has Romance Tips: For Single People: Create and fill out an application for the job of boyfriend or girlfriend. How do you know when to get serious? When intimacy becomes

more important than excitement. For Newlyweds: Present your new wife or husband with a lifetime relationship warranty or send a card that says Happy 100th Anniversary...99 years in advance! Go on a second, third, and fourth honeymoon. For Married People: Get a vintage wine for every year of your marriage or hang your wedding vows in your bedroom. Renew your vows. Create a private ceremony just for the two of you. Then you can go to a Year’s Worth of Romance starting with: Everyday: Compliment your partner. Spend 20 minutes of uninterrupted time together. Say “I love you” at least three times a day. Take an extra minute when kissing goodbye. Look for romantic concepts in the newspaper. Weekly: Bring home one small unexpected gift or present. Share an afternoon or evening together. Write at least one little love note. Mail something to your partner. Romance to last 30 Days: Plan at least one romantic surprise for the month. Rent at least one day a month as date night. Annual Romance: Think of an unusual way to celebrate your partner’s birthday. Create a special romance category in your household budget. Make plans for your anniversary way in advance. And don’t let lack of moola get in the way. Matinees are cheap or have a wine and cheese picnic. Don’t forget shop at second hand shops and vintage stores. The most important message of **“1001 Ways To Be Romantic”**



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

A Silver Lining *by Sal Arrigo, Jr.*

July 20, 1969

As a kid, I always had a fascination with outer space. I bugged my Dad to purchase Estes Model Rockets so my sister and I could launch them and pretend that we were going to the moon. I read as much as possible on the nine planets (in those days) and could not wait until something celestial was going to happen. Would there be a meteor shower, the planets aligning themselves for the first time in hundreds or thousands of years, or a total a solar eclipse? I’m not saying all these events happened when I was a kid, or may happen when I’m an adult, but it is the fascination of what has been accomplished-- or what remains to be accomplished-- as we look toward the heavens. “Houston, Tranquility Base here, the Eagle has landed . . .”, and then “That’s one small step for Man, one giant leap for mankind.” I can recall the chills as Neil Armstrong, first human to step on the moon, relayed these words from approximately 238,000 miles in space to a nation who watched in amazement as this historic event unfolded. In fewer than 10 years since President John F. Kennedy had challenged the nation to send a man to the moon, Americans did what many thought impossible. For this, we have to thank Alan



Sal Arrigo, Jr.

Shepard, the first man into orbit for the United States. Russia blasted off before this with Yuri Gagarin, but to this day, America’s space program remains far superior to the Soviet accomplishments. Where were you that day? The decade of the 60’s ushered in radical changes; we had Vietnam, Woodstock, assassinations, Richard Nixon in the White House. We also had Captain Kirk and Mr. Spock, but we had Apollo 11, 40 years ago, to take our minds literally to the twilight zone. Since that historic day, our space program has seen the launching of the space shuttle program, an International space station, a robot probe landing on the planet Mars, and countless satellites hurtling around the solar system as Earthlings continue to explore the outer limits of space. We recently had the space station streak across the Sacramento night sky, but who

was watching? We’ve become a bit cavalier, it seems, about these events, forgetting how amazing it is that they take place at all. Once in a while, go out and observe these wonders-- can you locate those satellites that were launched so that we might enjoy cell phone service and digital television? Think back in time and wonder – what did July 20, 1969, do for the conscience of America and those heroes who were launched into space? I like to walk outside and observe the night sky or look through a telescope and see the moon up close and personal. When was the last time you went out into a rural or mountain area, away from any artificial light, and really looked at the beautiful night sky, just on the off-chance you might see a shooting star? If you have young children, think about doing just that one of these nice summer nights. You may be cultivating the imagination of someone who one day will become the Neil Armstrong, Buzz Aldrin or Michael Collins of his or her generation! *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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PUBLIC ENEMIES
(Rated R)

John Dillinger, one of the better known Depression-era gangsters, had an affinity for robbing banks in the Midwest, a fact that is central to director Michael Mann's "Public Enemies." Acclaimed for a cinematic style that values intensity and realism, Mann rarely disappoints by exploiting Dillinger's essential charisma in a full tilt. As a populist avenger against the banks that were clearly unpopular during the dark economic times of the era, Dillinger found the public enthralled with his daring exploits. Apparently, eager journalists were also suckers for his jaunty charm. Dillinger may have been a magnetic figure, but he was decidedly a cold-blooded killer, and "Public Enemies" offers plenty of gunfights and violent shootouts to prove the point. Mann wisely picked Johnny Depp to portray John Dillinger, who not only bears a physical resemblance to the bank robber, but carries himself with the disciplined efficiency of the professional crook thinking of little else than planning the next heist. The film focuses on a narrow period of time when

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Reviews

GANGSTER LIFE
GETS FULL STAR
TREATMENT IN
"PUBLIC ENEMIES

Dillinger is released from prison and embarks on a bank robbery spree crossing multiple state lines at a time that federal laws had not yet been passed to deal with interstate criminal activity. For those who want to understand the psychology of a public enemy, Mann does little to inform us about the notorious criminal's past. When Dillinger tells the pretty hat-check girl Billie Frechette (Marion Cotillard) that he's fond of "baseball, movies, good clothes, fast cars, whiskey and you," it pretty much sums up his interests, except leaving out the small detail of his passion for crime. In fact, Dillinger is so taken with the movies that he boldly takes meetings at the local cinema. Though we are getting ahead of the story, Dillinger famously meets his demise outside Chicago's Biograph Theatre during an FBI stakeout. That Dillinger was a master criminal for his time is evident in the rise of J. Edgar Hoover's (Billy Crudup) Federal Bureau of Investigation, when a federal police force was often frowned upon. Hoover famously made it his mission to bag Dillinger, assigning no-nonsense agent Melvin Purvis (Christian Bale) to head up the task force headquartered in Chicago. Armed

with modern methods such as wiretaps and some good old-fashioned harassment, Purvis and his crew pursued Dillinger and assorted other crooks, including the psychotic Baby Face Nelson. There are plenty of spectacular machine-gun shootouts outside banks and other venues. Purvis staged a late night raid on the rural northern Wisconsin hideout at Little Bohemia. It was a seriously botched affair, as innocent civilians leaving the scene were gunned down, while Dillinger managed an improbable escape into the woods. In fact, Dillinger mastered escapes several times from the law, once famously breaking out of an extremely well-guarded jail, using the local Sheriff's Ford for a speedy getaway. On another occasion, Dillinger is seen wandering unescorted through the Chicago Police Department's Dillinger Squad, looking over exhibits that detailed his crime sprees, while agents nearby ignore his presence. Since Dillinger was a big movie fan, one can only wonder what he would think of Johnny Depp's portrayal. On his last night at the Biograph, he appeared to enjoy Clark Gable's notorious gambler in "Manhattan Melodrama," blissfully unconcerned with the fate that awaited a hunted criminal. "Public Enemies" would probably be viewed as a testimonial. For the rest of us, Mann delivers a crisp, brutal realization of a crime spree that captured the public's imagination during the Depression. "Public Enemies" is a really good film, for superb acting by Depp and company and for the director's keen eye on faithfully recreating the era in sharp detail.



Smoking heroin leads teen to deadly addiction

by Lauren Forcella

Dear Straight Talk: I've been hiding my boyfriend in my basement bedroom because his parents kicked him out. What nobody knows is that he is addicted to heroin. We both began smoking it in our cigarettes, or sometimes snorting it, and now he has starting shooting it. Please help. I don't want to do it anymore. He says he wants to stop, but all he does is get more. Maybe he sounds awful to be a heroin addict but he is a beautiful person and I love him. I don't want him to go to jail or be homeless if I tell my parents about him. How can I get him to quit? – Desperate in Salinas, CA

Brie, 18, Ashland, OR: A wonderful friend of mine got hooked on meth. His father kicked him out, too. He dropped out of school and was couch surfing and living on the streets. He kept saying he'd quit, that he'd go to rehab, but then he would just get high again. A group of us contacted his father about how worried we were. I don't think he ever would have gone to rehab if we hadn't informed his parents how bad it was. They sent him to a rehab facility for over a year. He's clean and sober now but will forever have to be careful.

Michael, 17, Fair Oaks, CA: My cousin became addicted to

heroin after knee surgery when he was prescribed OxyContin. It took two years before anybody realized how bad it was. At that point, our family gathered for a rehab intervention and I was part of it. We walked into complete chaos. His floor was covered with syringes, strainers, dumped over pill bottles, cigarette butts, little chunks of black heroin tar, everything just littered. He was so far gone he could do nothing but feed the habit and not get sick. Every two hours he was having withdrawals.

Seeing him was one of the scariest things I've ever witnessed. Here was a guy I had looked up to my whole life. Now his skin was white and hanging, his cheeks puffy and distorted, his eyes rimmed with dark purple. He looked like the guy from Beetlejuice. When we took him outside, the sun made him sick. Just driving to the airport, he had to shoot up.

The interventionist was a recovered addict himself, and he said that once you start shooting you need rehab for at least a year just to manage — and even after 30 years clean, you can slip-up in a second. It's so addictive it takes over. You're no longer you, you become the drug.

Nobody in their right mind would ever do this to themselves, that's why it's so important to NEVER use these drugs. It's a

one-way ticket to being dead or losing all your freedom to feeding the addiction. You need to tough up and blow the whistle on both of you. He won't do it. He's already too far gone. It's up to you.

Dear Desperate: It IS up to you. And blowing the whistle means getting yourselves to a HOSPITAL, so please stop worrying about jail. If you're afraid to tell your parents the truth, drive to the hospital and tell the doctors the truth. They know exactly how to help you and how to involve your parents constructively. If your boyfriend won't go, go on your own and help him from there. He really is too far gone. You say you love him. Now prove it.

Readers: if you know someone using heroin, meth, crack, or cocaine, be a true friend and tell someone who can help them. As you heard from Brie and Michael, families aren't always aware. Required reading for all teens and parents: Tweak by Nic Scheff and Beautiful Boy by David Scheff.

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