

# AMERICAN RIVER MESSENGER



## Honoring Memorial Day

Page 3



## Laura on Life: “Dad’s Day”

Page 4



## Transparency & Accountability in the Budget

Page 10

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Volume 4 Issue 11

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

First Edition for June 2009

## “Garden of Hope” Raises Funds to Help Stop Domestic Violence



*Chantelle Dills, Miss California Teen, Kayley Marshall, Princess Miss Citrus Heights and Kat Ramirez, Citrus Heights Ambassador give a personal showing to Cindy McCormick of Giselle’s Travel of donated watercolor artwork titled “Freedom Feathers” donated by Rocklin area artist Lauri Dickinson at the “Garden of Hope” event in Citrus Heights.*

*Citrus Heights* - Garden of Hope, a transformational Art Show and Auction was held on Saturday, June 6th at the City of Citrus Heights city offices in the ornamental garden area. It was well attended by many local supporters and artists, all appearing to support this fundraiser for the Domestic Violence Intervention Center. Thirty-eight artists donated their works of art to be auctioned off to raise funds to support the center.

Entertainment was provided by local artists Scott Berry, Judi Ceynowa, Rita Fischer, Marilyn Gale, Susan Parker, and Catch a Fire Dance Company. The Domestic Violence Intervention Center would like to thank the many volunteers and organizations who helped to make the fundraising event a reality. Your support makes their mission “Partnering for Peace, In Our Homes, In Our Schools, In Our Communities” possible.

## San Juan Alumni Association Announces Scholarship Recipients



*Left to right: Jamie Ball, Qudsia Wahab, Paige Sutton, Lina Reznik, Emily Reed, Neda Namiranian, Angela Jou-Fang, Anahita Yazdi and Stephen Stowe*

*Citrus Heights* - The San Juan Alumni Association was formed in 1980 as a social group and to support their Alma Mater, San Juan High School. With the scholarships that were awarded in 2009 of \$16,500, the total scholarships awarded to San Juan High School students is \$199,050. The San Juan Alumni Association is made up of Alumni of San Juan High School and Past/Present San Juan Faculty. Three General Meetings a year are held to socialize and discuss upcoming San Juan Events and Reunions. Three SJAA Newsletters are also sent to

all dues paying members.

*For details you can go to our website at [www.sanjuan.edu/SanJuanAlumniAssoc](http://www.sanjuan.edu/SanJuanAlumniAssoc).*

*The Scholarship Winners for 2009 are:*

1. Stephen Stowe, Robert Cornwell Scholarship in the amount of \$3,000.
2. Anahita Yazdi, Robert Cornwell Scholarship in the amount of \$3,000
3. Jamie Ball, \$1500 Scholarship given in memory of Nick Tomich, class of 1929
4. Angela Jou-Fang, \$1,500 Scholarship given in memory of the Tom Pendergast, former teacher.

5. Neda Namiranian, \$1,500 Scholarship given in memory of Ken Pendergast, class of 1979

6. Emily Reed, \$1,500 Scholarship given in honor of Paul Krumhaus, former teacher

7. Lina Reznik, \$1,500 Scholarship given in honor of Barbara Morarity-Van Dyke, class of 1977

8. Paige Sutton, \$1,500 Scholarship given in honor of Bob Nielsen, class of 1958 and former teacher

9. Qudsia Wahab, \$1,500 Scholarship given in honor of Principal Ward Andrus

## Hazel Avenue Construction Starts

*Sacramento County* - The Sacramento County Department of Transportation (SACDOT) has initiated construction startup for Phase 1 of the Hazel Avenue Improvement Project. This project will reduce congestion and improve safety and mobility for all modes of transportation in this corridor. As part of construction related activities, there will be impacts to the public which are summarized below:

- **Road & Lane Closures:** Construction work will require some road and lane closures on Hazel Avenue. These closures will vary from week to week. Residents can check [www.hazelavenue.org](http://www.hazelavenue.org) for a current listing of road and lane closures.
- **Parking Lot Changes:** The Nimbus Fish Hatchery is adjacent to the project construction site. A portion of the parking lot is being used as a staging area for construction activities and equipment. As a result, the size of the hatchery parking lot has been temporarily reduced. To accommodate the large number of visitors that use the parking lot, the California Department of Fish & Game has opened up an auxiliary lot that is located just west of the existing parking lot. Hatchery visitors should follow

posted signs for auxiliary parking lot information. Parking lot users are urged to carpool to reduce the need for parking spaces.

- **Bike Trail Detours:** Construction activities related to expansion of the Hazel Avenue bridge from four to six lanes will have impacts to the bike trail on the American River Parkway and connecting bikeways. Bicyclists are urged to follow detour instructions on signs posted on bikeways and approaches and to check [www.hazelavenue.org](http://www.hazelavenue.org) for additional detour information.
- **Safety:** Hazel Avenue motorists are being asked to use caution throughout the construction area and observe posted speed limits and signs. Motorists can be cited for exceeding the speed limit and fines are double in construction zones.

This Phase 1 project will have impacts on users of Hazel Avenue, the Nimbus Fish Hatchery and the American River Parkway. Motorists and hatchery and parkway users will be informed about construction related road and lane closures, bikeway detours and other impacts through press releases, newsletters and webpage updates. Residents are asked to follow posted signage. Residents

can check [www.hazelavenue.org](http://www.hazelavenue.org) for current project information.

Phase 1 project construction costs are \$20 million and will be covered with a combination of: Developer Fees, Measure A Sales Tax funds and State and Federal funding sources. It is anticipated that the Phase 1 project will be completed by December 2010. Roadway improvements included in Phase 1 project work include:

- Widening Hazel Avenue from four to six lanes over the American River Bridge from U.S. 50 to Curragh Downs Drive.
- Construction of new bicycle and pedestrian facilities including improved connections to the American River Parkway.
- This includes bike lanes and a barrier separating bicycle/pedestrian/equestrian modes from vehicle traffic on the bridge over the American River.
- California Highway Patrol (CHP) enforcement area.
- Architectural treatments on the bridge structure and decorative street lighting.

*Please contact Dan Regan (Communication & Media Officer) at 874-7056 or [regand@saccounty.net](mailto:regand@saccounty.net) for additional information.*

*Fair Oaks* - Judy Farrell of ReMax Gold - Gold River and Ron Walker of Prudential NorCal Realty were all smiles and toasting to a great time at the 16th Annual Taste of Fair Oaks, held at the North Ridge Country Club, June 5th in Fair Oaks.

The event featured twenty-two local wineries, four microbreweries, fourteen gourmet food vendors, a silent auction and raffle. The event was a benefit for “VIVA” – Volunteers in Victim Assistance, helping victims of violent crime, and presented by the Fair Oaks Chamber of Commerce.

## Toasting the “Taste of Fair Oaks”



## Citrus Heights Neighborhood Wins Prestigious International Award

*Citrus Heights* - On Friday, May 22nd at the Neighborhoods USA (NUSA) Conference in Spokane, WA, the Sylvan-Old Auburn Road (SOAR) Neighborhood, one of the ten Neighborhood Groups located within the City of Citrus Heights, received first place honors in the Multi-Neighborhood Project Partnerships category for their highly-acclaimed 2008 Senior Health Fair event. By receiving the first place category recognition, SOAR was also selected by the NUSA Judges as the prestigious 2009 Neighborhood of the Year.

Selection of the Neighborhood of the Year Award winner was based on the degree to which the NUSA panel of judges felt the project was innovative, overcomes obstacles, mobilizes community resources, and creates partnerships between people of different ages, cultures or economic stature who would not ordinarily work together, the extent of grassroots involvement, volunteer contributions, and the potential for the project to be replicated by other neighborhoods

throughout the U.S. and abroad.

SOAR held its first annual “SOAR to Healthy Heights” Senior Health Fair on Saturday, May 17, 2008, and found the event to be a tremendous success. Recognizing the need for Senior Citizen related programs and events, SOAR took the lead on the event and involved several other community partners, including the City of Citrus Heights, the Sunrise Recreation and Park District, the Sacramento County Adult and Aging Commission, the Citrus Heights Collaborative, Sacramento County Senior Nutrition Services, Mercy San Juan Medical Center, Area 4 Agency on Aging, and many dedicated community volunteers. The event featured over 50 exhibits/information tables (no selling of products was allowed), useful demonstrations on how to prevent falls and make your home more safe, workshops/lectures on various medical topics, musical and dancing entertainment, and healthy snacks for the 200+ number of attendees.

According to Dr. Jayna Karpinski-Costa, SOAR Neighborhood President and Citrus Heights Vice-Mayor, “The SOAR neighborhood took the lead but we won in the category of Multi-Neighborhood Partnerships. It really is a team effort and truly a well-deserving recognition of the hard work of a lot of very dedicated people. I am exceptionally proud of this accomplishment which puts Citrus Heights Neighborhoods on the map globally!”

Recently, SOAR held its 2009 “SOAR to Healthy Heights” Senior Health Fair on Saturday, May 16th and increased attendance by 50% (over 300 attendees). The event is once again planned to take place in May 2010 with even more enhancements to be implemented.

*For more information, please contact the SOAR Neighborhood President and Citrus Heights Vice-Mayor, Dr. Jayna Karpinski-Costa, at (916) 722-8647 or visit the City’s Web site at [www.citrusheights.net](http://www.citrusheights.net).*





Next, Nancy Pelosi should find a way to work in the Bilderberg Group, the annual gathering of global elites that is a perennial obsession of conspiracy theorists. It's the only thing missing from her wild tale of CIA misconduct that's so implausible, she had trouble keeping it straight at her instantly notorious "I was misled" press conference.

For Pelosi's account to be accurate, the CIA must have engaged in one of the most baroque and ineffectual conspiracies in the history of Washington. Remember: Pelosi claims that the CIA lied to her in a September 2002 classified briefing and told her that it hadn't waterboarded high-level al-Qaida detainee Abu Zubaydah. To support her version, Pelosi needs to stack implausibility on top of implausibility in a precarious Jenga tower of self-justification.

The CIA must have convinced Porter Goss, the Republican congressman (and subsequent CIA director) who was present at the 2002 briefing, to lie and pronounce himself "slack-jawed" at Pelosi's account. It must have forged the "contemporaneous records" CIA Director Leon Panetta has cited that show Pelosi was told of the waterboarding. It must have either pulled the wool over Panetta's eyes or enlisted the active engagement of the Obama nominee in a monstrous machinery of deception.

Even Oliver Stone wouldn't touch this screenplay. And why would the CIA have lied to Pelosi in 2002? Even in her telling, the briefers informed her that the enhanced interrogation techniques had been found to be legal. So there was no wrongdoing to cover up. And even by Pelosi's account, the CIA told one of her aides in a February 2003 briefing that it had used waterboarding, and the aide passed it along to her.

# Pelosi as Martyr

It's pointless to lie to the principal when a few months later you are going to funnel the information to her through a subordinate. In short, Pelosi has uncorked Washington's least believable and most internally inconsistent denial since Bill Clinton wagged his finger over "that woman."

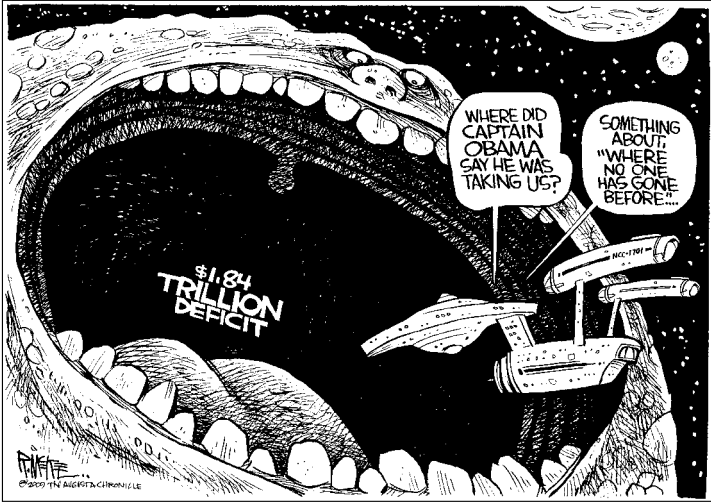
Pelosi's motivation for putting her reputation -- and perhaps her speakership -- on the line is more subtle than Clinton's. She is sacrificing her credibility on the altar of moral vanity and rhetorical excess. She is trapped under the terrible freight of the word "torture," the left's obligatory swearword for the Bush interrogation program.

Torture is a war crime, and anyone complicit in it is a war criminal. It admits of no wiggle room. For Pelosi to acknowledge she knew of torture as far back as 2002 and did nothing to stop it is to condemn herself as an unindicted co-conspirator in George W. Bush's crimes. Better to obfuscate and dodge, and remain adamant about a "truth commission," even when she can't tell the truth herself.

Pelosi's inaction years ago speaks more eloquently than her denunciations of the Bush administration since. Even if she was uncomfortable with the use of waterboarding, she clearly didn't consider it torture. If she had been told that the CIA was burning detainees with cigarettes, would she also have implicitly approved? Let's hope not. But given the choice between forswearing the simplistic and morally self-gratifying attack on Bush as a torturer, and hurling herself on a pyre in front of the national press corps, Pelosi chose self-immolation.

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

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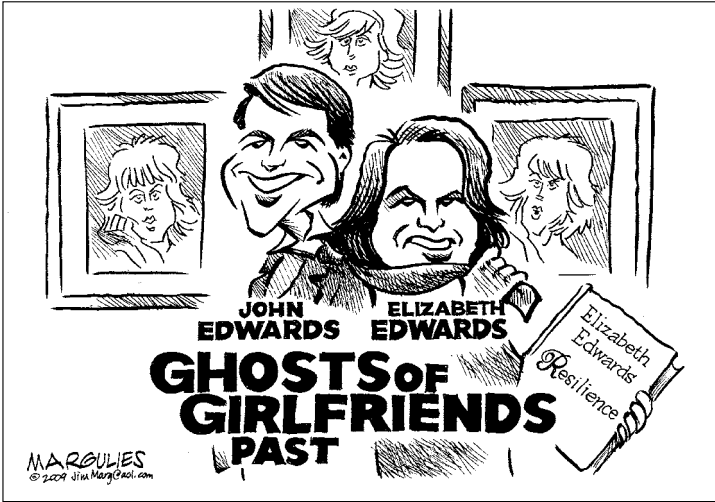


By Jon Coupal

Last week, this column set forth the various messages that were sent to our political leaders via the stunning defeat of the budget "reform" package of Propositions 1A-1E. Despite stacking the deck and outspending opponents by at least 10 to 1, nearly two-thirds of voters rejected the proposals and the \$16 billion in tax increases they would bring.

Among the messages sent by the voters is that the status quo is over. 'No' is going to be a new word in the lexicon of many of our elected leaders. They are going to have to shut off the spigot of taxpayer revenue for their powerful political constituencies that have controlled Sacramento for so long.

Also, voters were crystal clear in statement about their tax burden. Voters are not happy about carrying the highest tax burden in the nation so our public employees can continue to be the highest paid in all 50 states and so that special interest contributors get tax breaks. The post hoc rationalizations by various left of centerpundits about how this was not a vote about



# The Reaction

taxes range from weak to silly.

Another message -- one that has been sent by voters before -- is that deception in politics can be fatal, as well as immoral. The worst thing our elected officials can do is try to fool the voters. Here, the notion that Prop 1A had nothing to do with tax increases (the Governor's early position) didn't even pass the laugh test. The effort by the legislature to present a deceptive ballot title, ballot label, ballot summary -- as well as cherry-picking the arguments "against" -- was despicable. And it backfired.

Knowing that the voters sent these messages with a high degree of clarity, the next question is to discern whether they were received by their intended audience -- California's existing political leadership and, if so, what will be the response? Some of the Governor's early reactions were quite positive. Indeed, at least for now, he is sounding like the man we elected to replace Gray Davis and who triumphantly rode into Sacramento to blow up the boxes. After Tuesday's rejection, he has stated in fairly clear terms that further tax increases are off the table.

Even the Democrat leadership is being very reticent about saying the "T" word too loud. Seems as though that last Tuesday was an epiphany.

But then the next question -- and one that responsible taxpayers have been asking for years -- is whether in their drive to cut government spending, will our elected leaders exact revenge on voters by cutting programs most working and productive citizens want

and need, or will they reduce spending by targeting our most wasteful and corrupt programs first?

Will the Integrated Waste Management Board be eliminated before the California Department of Forestry eliminates positions? Will the legislature hold hearings on the labor abuses rampant throughout California government at all levels? (For example, LAUSD pays 160 teachers not to teach -- they just show up to work and do nothing except collect their paychecks). Or will California's best and brightest teachers be fired before the lazy and incompetent ones are laid off?

Will our elected leaders dust off the California Performance Review and begin to implement its recommendations for streamlining government enthusiastically, or will they just go through the motions, implement a few minor provisions and claim that there is no more fat in state government? Will our legislative leaders breathe new life into JLAC (Joint Legislative Audit Committee) and aggressively review long existing state programs to see, first, if the program is still as high a priority as it was when the authorizing legislation was enacted and, second, assuming that the answer to the first question is yes, is the program being administered in a cost effective manner?

Will dangerous inmates be released early, or will the Department of Corrections reduce the costs of incarcerating prisoners? California is perhaps the least efficient in corrections costs, nearly double

the per-inmate costs of the national average. Taxpayers would be well-served if political leaders ignored the political influence of the prison guards and seriously considered contracting out prison services.

These are legitimate questions and voters will be watching to see if the reductions in state spending are imposed in a rational manner preserving our most needed programs -- especially public safety -- or whether our political leadership will exact some sort of revenge against voters for turning down the proposals on May 19th. Regrettably, we have already heard some legislators adopt a "we'll show them" mentality as they review spending priorities.

But that would be a mistake. Our elected leaders have already made one huge political miscalculation this year. Cutting needed programs and services while leaving vast amounts of waste, fraud and abuse will not be tolerated by the voters. If that occurs and Californians perceive that our elected leaders are reacting to the May 19th election like a petulant child, the stern message of the May 19th vote will pale in comparison to the reaction of voters during the next election cycle when most of these leaders have to face reelection.

Jon Coupal is President of the Howard Jarvis Taxpayers Association - California's largest taxpayer organization -- which is dedicated to the protection of Proposition 13 and promoting taxpayers' rights.

AMERICAN RIVER  
MESSENGER

“Written by the people for the people”

**Publisher - Paul V. Scholl**

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Sacramento  
Region H1N1  
Update

Sacramento – Cases of H1N1 flu are being reported in all 50 states, and the Sacramento area is no exception. The U.S. Centers for Disease Control (CDC) reports that, nationwide, higher levels of influenza-like illness are being seen than is normal for this time of year.

In light of that, Sacramento County Health Officer Glennah Trochet, M.D. reminds residents to take the same precautions they normally would with any respiratory illness. “We urge anyone who is experiencing a fever and flu-like symptoms to stay home from work or school until their fever is gone and they feel better,” said Dr. Trochet. “Covering your cough and washing your hands frequently are also important prevention steps to keep from spreading or getting the flu.”

Public Health will continue to investigate disease outbreaks of all types as it normally does. But Trochet says that while cases of H1N1 flu are being reported in some schools, closing schools may not be necessary. Likewise, if an employee in the workplace comes down with the flu, there is no greater need than with seasonal flu to make workforce notifications or conduct additional office disinfecting procedures beyond normal routine maintenance.

“At the beginning of the H1N1 outbreak, health officials were exercising extreme caution since H1N1 was brand new and no one knew how bad the virus was,” said Trochet. “But now that we understand that it is at least as mild as seasonal flu, the closures and notifications that were initially implemented are no longer required,” she said. Trochet cautioned that flu can still be a serious illness. Approximately 36,000 people die every year in the U.S. from seasonal flu, and there have also been a number of deaths around the nation reported from H1N1 flu.

General information about H1N1 flu is available on the Public Health web site at <http://www.SCPH.com>. Citizens can also sign up to receive Twitter updates from SacPublicHealth on our home page.

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# Fair Oaks Cemetery Memorial Day Ceremony Honors the U.S. Coast Guard

The Eleventh Annual Memorial Day Ceremony was held Saturday, May 23th at the Fair Oaks Cemetery, with formal ceremonies starting. Vice Chairman of the Fair Oaks Cemetery District, Thomas Askins served as the Master of Ceremonies. The musical program was provided by the Fair Oaks Village Singers, Ed Silver, Director, American Veterans Band, conducted by Warren "Bud" Turner, and Bagpiper Donald Duncan.

The Fair Oaks Cemetery District and the Memorial Day Ceremony Committee created one of the most inspiring Memorial Day ceremonies. This year's theme honored "The United States Coast Guard".

Honored Speaker, Captain J.J. O'Connor, will speak on the mission of the U.S. Coast Guard. Keynote Speaker for the event was Congressman Dan Lundgren. Congressman Lundgren provided a flag that was flown over the nation's capitol. This flag will fly over the Veterans Memorial for one year in honor of all Veterans of the U.S. Coast Guard. The flag honoring All Veterans of the Armed Services, which was flown over the memorial this past year, was retired and formally presented to Bob Clouse, Board Chairman Fair Oaks Cemetery District. A formal Color Guard and Rifle Salute Team from VFW District 17 will provide military honors and assist the Commanders of the local VFW, American Legion and the VFW Auxiliary to the laying of the wreath at the memorial in honor of over thirteen hundred veterans who are buried in the cemetery.



American Veterans Band, conducted by Warren "Bud" Turner, performed many patriotic tunes for this year's attendees.



Honored Speaker, Captain J.J. O'Connor, spoke on the mission and the history of the U.S. Coast Guard.



Bagpiper Donald Duncan provided a serene musical backdrop to the annual ceremony.



(L-R) Thomas Askins, Master of Ceremonies and Vice Chairman of the Fair Oaks Cemetery District, Congressman Dan Lundgren, Senator Dave Cox, 1st District, and Supervisor Roberta MacGlashen enjoy the ceremonies.

# Memorial Day Ceremonies at Mount Vernon Park



The 42nd Memorial Day Tribute was held at Mount Vernon Memorial Park in Fair Oaks on Monday, May 25th. The annual event once again drew thousands to the park.

The National Anthem was performed by soloist Ms. Christie Fleeman. The Invocation was offered by Major Ivan Williams of the California Air National Guard. This year's patriotic musical salutes were performed by the 59th Army Band. Music included "God Bless America", "America the Beautiful", and an Armed Forces Salute Medley.

A special "thank you" goes out to all those who volunteered and supported this year's program; including local Boy Scouts, Cub Scouts, Veterans of Foreign Wars, Sacramento Metro Fire District, the staff at Mount Vernon and the Al Shusterman Agency.

Guest speaker Rear Admiral Paul F. Zukunft, Eleventh District Commander of the United States Coast Guard offers his inspiring speech to thousands of attendees.



The ceremony of the missing soldier was presented in remembrance of all those who have defended our country, giving their lives for our freedom.



The "Folding of the Flag" ceremony was presented and described in traditional form. This ceremony touches the heart of all who hear its symbolism. If you do not know the history of this ceremony, it is worth researching.



Families and friends pay their respects to loved ones and heroes who have passed.



Join Citrus Heights for the 10<sup>th</sup> Annual...

Red, White & Blue

PARADE

Saturday, June 27<sup>th</sup>  
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Sunrise Blvd.

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

Come Celebrate our 10<sup>th</sup> Anniversary Parade!

Parade Attractions:

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# Father's Day: Call Your Father



Grandpa Pauli, surrounded by his son Gabriel, his wife Trish and grand-daughter Kendra, grand-daughter Hailey (visiting from Florida), (I'm holding grand-daughter Kylie), and daughter Jennifer, holding her daughter Kearston, all out to watch one of Gabriel's baseball games.

By Paul V. Scholl, Publisher

In a media-hyped society that too often beats up fathers and the family unit, we forget or neglect the importance of our fathers. What do fathers do? They worry, a lot, but they will never mention it. They struggle to make financial ends meet, they survive, and we all prosper. They

think about college, and how they will ever pay to get you there. They do without, so you can do "with". They hope for grandchildren, before they are too old to play with them. They pray for safety, your safety, more times than you will ever imagine, until you are also a parent. For those of us whose fathers have passed, we know what that

endless void is like. It changes you when it happens, and lives with you forever. "If I could send him just one more card..." Dad's don't say much. But in their silence they say "I Love You" thousands of times. So send your Father's Day card early. Plan to call early in the day. And if you haven't done so lately, be sure to say the words "I Love You Dad".



By Laura Snyder

This Father's Day, like every other Father's Day, my thoughts go careening back to the time I was a mouthy teenager. My father was often upset with me for some smart-aleck comment I would make. I guess, even then, I was in training to be a humor columnist, but with remarkable hindsight, I can see now that practicing my sassiness on my Dad wasn't the smartest thing I could've done. He was proud of me when I stuck up for myself with other people, however, with him, he probably wished I would shut my trap before he needed to ground me again. My Dad was a man who valued moments of solitude that are rare in a family of six. There was nothing he liked to do better than sit in a forest glade for hours, waiting for a deer to appear. He must've hated to shoot it to supplement our family's grocery bill. Otherwise, sitting out in the woods for hours would've seemed like a waste of time. At least, that's what I liked to think. He was conflicted like that a lot.

## Laura on Life Dad's Day

The vacations we took were always fishing trips. He would've loved to go fishing out in a boat on a quiet lake all by himself, but being of a practical nature, almost to a fault, he had to concede that more fish could be caught if all six of us were in that boat with lines in the water. So there we were: Four, loud, life-jacketed children and two adults trying to keep up with the hook-baiting. We'd sing songs, softly. Dad said if we sang too loud we'd "scare the fish away." I used to wonder how we would scare them away because I never saw a single fish that had ears. Now that I'm a parent, I know that the soft singing was to ensure my parent's sanity. We'd invent poems to lure the fish to our lines. Poems like: "Fishy, fishy in the brook, won't you come and bite my hook." Throughout these childish shenanigans, my Dad, chain-smoking his way through his second pack of Lucky Strikes and wearing his favorite fishing hat, would calmly steer the boat, bait hooks and bail out the boat when water accumulated. The bailing bucket was also a visible, silent threat. We knew that if anyone had to go to the bathroom while we were out, they had to use the bucket, because my Dad warned, "We're not going back until we're done fishing!" Thanks to Dad, we are all blessed with gigantic bladders now.

We were never sure what the barometer for "done" was, though. Was it measured in hours, in the number of fish caught, or was it measured by the shade of red my parents' faces were before they exploded. Now that I am a parent I can say that perhaps "done" was the moment just before Dad gave in to the urge to throw us all in the lake and make us swim back to the cabin. My father tried to teach us many rules to live by: Don't talk back. Get good grades. Don't pass gas at the kitchen table. Eat your vegetables. Don't Smoke. Don't drink. Don't pass in a no-passing zone. Don't cheat on your spouse. Don't divorce. But no matter what he'd taught his kids, my father lived by his own set of rules. He was the King of "Do As I Say, Not As I Do." For those of us who chose to listen to him, life turned out pretty good. For those of us who chose to emulate him, life is still a struggle. So, I guess you could say that my father always knew what the right thing to do was, but many times he chose not to do it. Dad lived his life on his own terms... and died the same way, on September 9, 1985 – before we were done needing him.

Laura Snyder is a nationally syndicated columnist, author & speaker. You can reach Laura at [lsnyder@lauraonlife.com](mailto:lsnyder@lauraonlife.com) Or visit her website [www.lauraonlife.com](http://www.lauraonlife.com) for more info.

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# POPPOFF!

with Mary Jane Popp

## WHY GIRLS TALK...WHY BOYS DON'T

As a parent, do you feel you need a survival guide to connect with your teen? Now you have that guidance from Susan Morris Shaffer and Linda Perlman Gordon. They offer a nurturing voice for those years of confusion and crisis, and they let us know how different boys and girls can be in "Why Girls Talk" And What They're Really Saying and "Why Boys don't Talk" And Why It Matters. According to Shaffer and Gordon, teenage girls often worry about how others view them, and as a result, they resist expressing their honest feelings for fear of not being accepted. They may continue to talk a lot, but often they express what they think they ought to say. So they offer suggestions to help develop a girl's sense of self. This allows girls to thrive despite the normal setbacks of teenage life like not being invited to a party, having less than stellar athletic skills, breaking up with boyfriends, or not doing well on exams. So, they explain how to: 1) Identify effective strategies for interpreting necessary information from the drama of girl's daily lives. 2) Assist parents in developing skills to help their daughters to establish a strong sense of self while sustaining the parent-child bond. 3) Strike a balance between the stereotypes of the "mean girl" and

the "nice girls" so daughters can create a sense of authentic self. 4 Explore parents' boundaries to avoid over identification with, and investment in, social success and failures of girls. In their companion book on boys, they introduce the importance of staying connected with boys. In their research, they found the range of acceptable outlets for boys to be much narrower. Society pressures mothers into pushing away their sons for fear that their children may become dependent and enmeshed. Becoming a man is understood as becoming autonomous, self-sufficient, and separate. This may be achieved at the expense of learning how to stay connected with others, be intimate, participate in family responsibilities, and create a community. So the authors include this advice for boys: 1) Encourage empathy in the home. 2) Help build closeness and sense of family. 3) Interrupt the cycle of racism by discussing all aspects of tolerance. 4) Read subtle boys' cues. 5) Set firm, consistent limits to encourage responsibility. 6) Participate in school and community activities to make sure your child's needs are met when you're not present. These are just a few of the examples used in both books. Susan Shaffer is a parenting expert, and acclaimed gender equity specialist. Linda Gordon is a clinical social worker and trained mediator. You can

check out their website at [www.parentingroadmaps.com](http://www.parentingroadmaps.com). It's up to you, and being a parent is no easy task. You need all the help you can get. These ladies hope to get you to take it in stride.

Check out the "POPPOFF" Radio show live Monday thru Friday AM-950 KAH1 at 3 PM & 10 PM for provocative fast-paced informational and entertaining radio listening!

June DiMaggio, niece of Joe DiMaggio and Radio personality Mary Jane Popp, co-author of "Marilyn, Joe and Me" will be signing books at **The Almost Perfect Bookstore** 1901 Douglas Blvd Roseville June 20 from 1-4 PM A special will be offered this day only!

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by Pastor Ray Dare

I heard a story about an American Indian Brave that found an eagle’s egg and put it into the nest a prairie chicken. The egg hatched with the rest of the chicks and began to grow up with them. All his life, the eagle, thinking he was a prairie chicken, did what prairie chickens did. He scratched in the dirt for insects and seeds, he clucked and cackled. He flew in brief thrashings of wings just a few feet off the ground. After all, that’s the way prairie chickens were supposed to fly. Years passed and the eagle grew very old. One day, he saw a magnificent bird far above him in the sky. Gliding gracefully on the powerful wind currents, it soared effortlessly with hardly a beat of its strong golden wings. “What a beautiful bird!” said the eagle to his neighbor. “What is it?” “That’s an eagle” clucked the neighbor. “But, don’t give it a second thought – you could never be like him – you’re just a prairie chicken!” And the eagle never did. He died thinking he was a prairie chicken.

## You Don’t Have to Stay the Same

What a tragedy! Created to soar into the heavens, he was conditioned to stay earthbound. He lived beneath his potential. Right now, you may find yourself in a situation much like the eagle. You know you are created for more than you’ve experienced to date. You have the ability to move well beyond your self-imposed limitations, or the limitations that others have placed on you. You feel like an eight cylinder automobile straining on four. The Bible teaches that every person is designed for excellence. Nobody wants to be mediocre, to live beneath their potential. God never meant for you to live that way. He wants you to live above your limitations and realize His powerful ability that’s available for your life. The Bible tells a story about a man named Jabez, who learned to live beyond his limitations. The Bible says that Jabez prayed a short and simple prayer, asking God to bless his life. God answered his prayer and Jabez he began to live above his own limitations and those that others labeled him with. One of the most interesting things about Jabez is his name. The name Jabez in Hebrew literally means “Painful”. Apparently he caused his mother so much pain at childbirth that she named him “Painful”. How would you like to have that name? To go all

through life, “What’s your name, son?” “Painful.” What a big handicap! To be called “a pain” all your life. He was labeled, “That kid’s a pain!” Everyone in the world knew it. He was rejected; labeled. His name was a constant reminder that even his mother regretted his birth. Yet Jabez would rise above his handicap. He wouldn’t let his conditioning or the label of others interfere with God’s plan for his life. Question: Who has labeled you? Who has conditioned you? Who has said to you, “You’ll never change!” “You could never be like that!” “You’ll never amount to anything!”? The problem is, you believed it and it’s held you back from becoming all that God wants you to be. God wants you to live free from self-imposed limitations. Free from the limitations others have placed on you. But like Jabez, it starts with turning to God. It starts with getting God’s view of you, rather than the view of others or even yourself. You don’t have to stay the same. God wants to do great things in your life. “Call unto me, and I will answer you, and show you great and mighty things, which you do not know.” Jeremiah 33:3 (NKJ)

See you Sunday, Pastor Ray  
New Community Christian Church  
www.YourNewChurch.org

## Consider With Me the Life Situation of Adam and Eve



by Pastor Rich Reimer

Consider with me the life situation of Adam and Eve. You will find their story in the first book of the Bible, the book of Genesis, Chapters 2-3. Take it literally or symbolically but either way there is a message about living with constant temptation. You see, as the story is told, there is a lush garden in which Adam and Eve resides along with all the animals. In that “Garden of Eden” they have everything they need for life and happiness. In amongst all the flora and fauna, God the Creator, points out to Adam and Eve two trees. God says one is the tree of life and the other is the tree of the knowledge of good and evil. Now if you have heard this story you

know what happened. Eve was tempted by the serpent and she ate some of the fruit from the second tree and shared it with Adam who also ate. They yielded to temptation and incurred eternal consequences. I, being the son of missionaries, have heard this story since childhood. It was only this past year that I came to understand a new truth from that story. It is a truth that speaks deeply to me about living in a culture of constant temptation. You see, there is no time reference between the moment God showed them the two trees and gave them warning and the moment when Adam and Eve took that fateful bite. So this was their real life situation. They lived every day in between the two trees. The forbidden fruit was there waving in the gentle breeze day in and day out. It caught their eye; it beckoned them; even after the sun went down they fantasized about the tree. How many days or years went by with Adam and Eve living in a state of constant temptation, living between the two trees? We can only speculate. The day came when they both succumbed to the temptation and the rest is history.

Here is my point. *Before* Adam and Eve’s first sin they lived with constant temptation. All those who adhere to religious faith and who seek to live spiritually and morally fit lives need to realize this Biblical reality. Metaphorically, we too live constantly between these two trees. There will always be some person, some material object, or some bit of information that bears the lure and enticement of the tree of the knowledge of good and evil. That tree never dies! Living in isolation won’t help, neither will following the injunction of Jesus “if your eye causes you to stumble, pluck it out ...! (Matthew 5:29-30) You can run away from sexual temptation like Joseph ran from Potiphar’s wife (Genesis 39:12) but another temptation waits just around the corner. There are a host of offensive and defensive actions taught in the Bible to help the spiritually devout stay devout Ephesians 6:10-18. Avail yourself of every means to resist temptation. But accept the truth that today and every day we live between two trees, which “tree” are you focused on today?

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# Builders' Exchange Hires New Executive Director

*Sacramento* - The Sacramento Builders' Exchange (SBE) is proud to announce it has hired **Joshua L. Wood** as its new Executive Director and charged him with leading the 1,550 member trade association. Mr. Wood has been with SBE since 2006, serving first as Governmental Affairs Coordinator and, most recently, as Political Director. During his tenure at the Builders' Exchange, Mr. Wood has successfully lobbied against increasing various city and county building fees, worked to retract a passed construction and



demolition-recycling ordinance and re-pass the ordinance without upfront deposits for complying companies and lobbied the Sacramento City Council to pass the Railyards project, the nation's largest infill project. Through Mr. Wood's efforts, the Builders' Exchange organized a 300 e-mail web-based advocacy campaign to support the development. In his new position, Mr. Wood will be responsible for growing the organization by supporting its members and by continuing to work on behalf of the construction community as a whole.

# Rancho Cordova Prepares Key Presentation for All-America City Final Competition

Twenty-two Rancho Cordovans are rehearsing the important presentation that will determine the City's fate regarding this year's All America City award. The final competition will take place June 17th to 19th in Tampa, Florida and the 10 winning cities will be announced June 19th. Rancho Cordova is one of 32 finalists for the prestigious title. The award is given by the National Civic League for outstanding civic accomplishments. During the three-day competition, finalist delegations will present challenges and solutions to a jury of national experts from across the U.S. Rancho Cordova's presentation will target and highlight the City's law enforcement achievements, civic triumphs, and the City's diversity. The 22-member delegation includes residents, students, City officials and police officers, and members of the business community. "We wanted our delegation to be representative of our City's many demographics,"

said Shelly Blanchard, Executive Director of the Cordova Community Council. "Our delegates range in age from 4 years to 70+." The City's application was written and submitted last year by Sgt. Ray Roberts of the Rancho Cordova Police Department. "The written application earned us the finalist title but the delegates' presentation will determine if we get the All-America City award," said Blanchard. She further explained that the group's travel expenses were being funded at no cost to the City. Various fund-raising events have been sponsored to earn monies for the trip. The City of Rancho Cordova, with a population of 61,817, celebrated its 5th anniversary of incorporation last July. It is by far the youngest city in the competition. "And we think that it's the first city in Sacramento County in more than 10 years to be a finalist," said Blanchard. "Winning the All-America City title is like being awarded the Nobel Prize or winning the Super Bowl," she continued.

"It will be used to attract new businesses, build civic pride, and boost values in our town." The highly coveted All-America City Award was established by the National Civic League of America in 1949 to honor the best role model cities in the country. Winning the All-America City designation is a distinction for a lifetime. Since the program's inception, more than 4,000 communities have competed and more than 500 have been named All America Cities. The 10 winning cities are selected based on their performance in identifying, discussing, and forming solutions to society's challenges and the cities' achievements in resolving them. For more information, contact Blanchard at (916) 273-5704 or go on-line at [www.ranhocordovaallamericacity.com](http://www.ranhocordovaallamericacity.com). Donations to the delegation fund can be sent to the Cordova Community Council, 2729 Prospect Park Drive, Suite 117, Rancho Cordova, CA 95670; please write All-America fund in the memo line.




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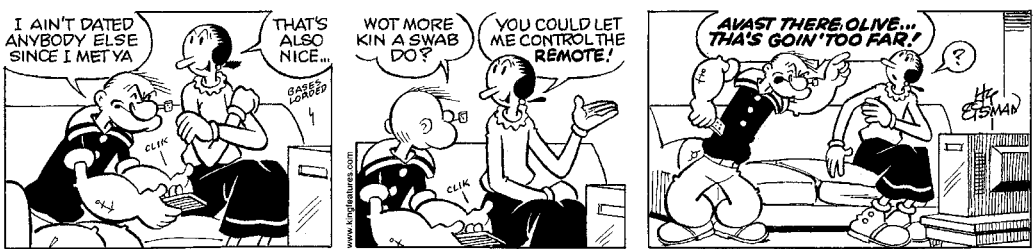
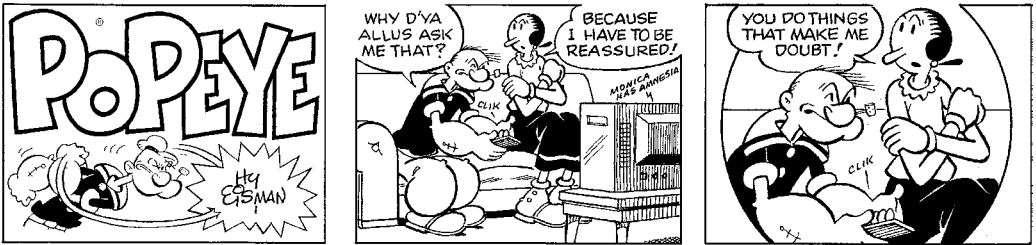
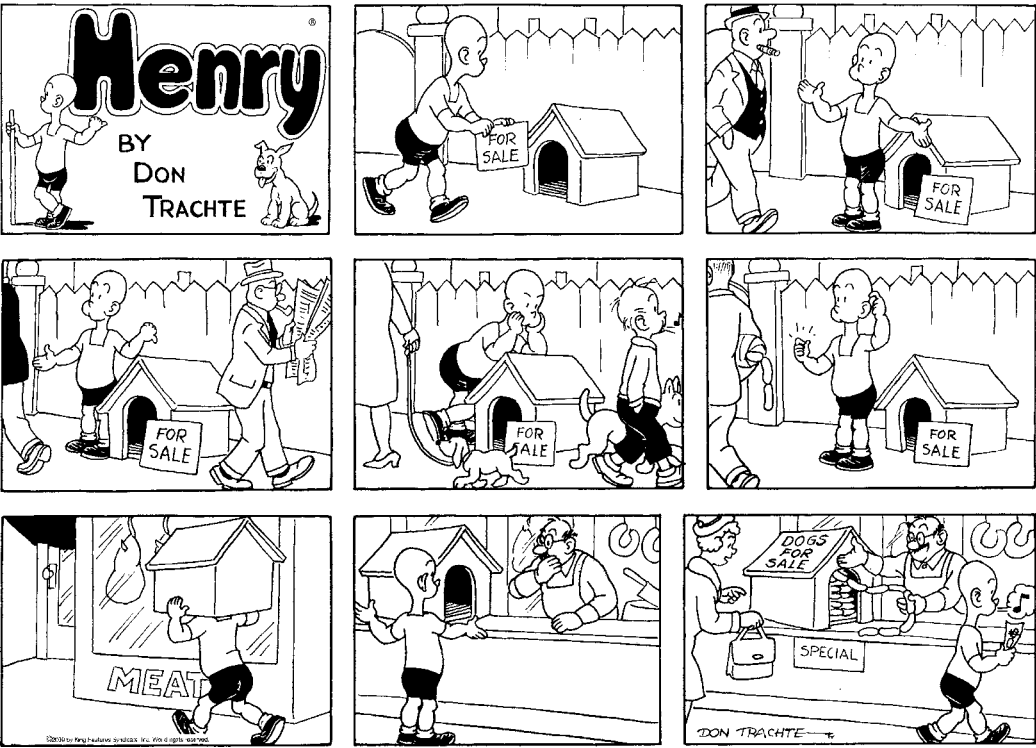


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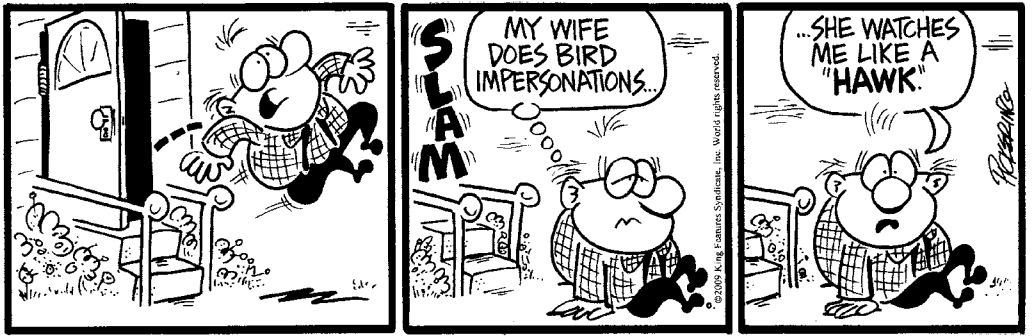




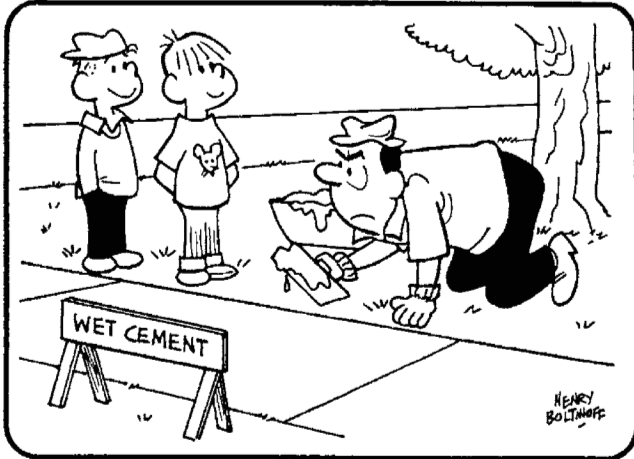


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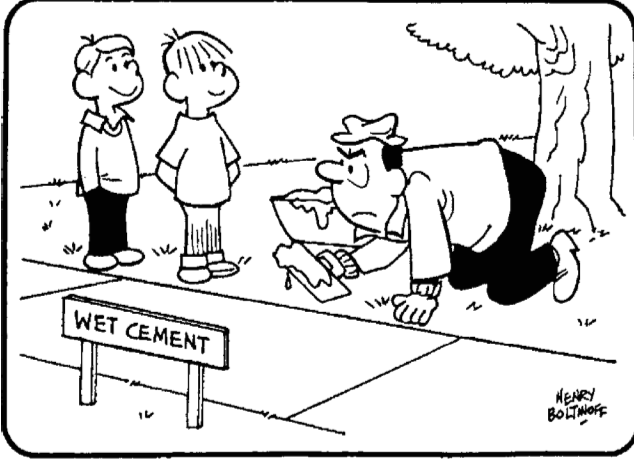
by Jeff Pickering



HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Sign legs are different. 2. Hat is missing. 3. Man's sleeves are longer. 4. Boy's shirt is different. 5. Tree trunk is broader. 6. Distant walkway is missing.

Trivia test by Fifi Rodriguez

- 1. MOVIES: In which movie did the actor Jeremy Irons play his own twin brother?
- 2. TELEVISION: What show spawned the spinoff sitcom "Good Times" in the 1970s?
- 3. MUSIC: What kind of instrument is a fife?
- 4. GEOGRAPHY: Where is the Nullarbor Plain?
- 5. PERSONALITIES: Where was humorist Garrison Keillor born?
- 6. SCIENCE: What is the third most common element in the Earth's atmosphere by percentage, after nitrogen and oxygen?
- 7. GENERAL KNOWLEDGE: What is the official anthem of the United Kingdom?
- 8. LITERATURE: In which of Shakespeare's plays do the characters of Beatrice and Benedick appear?
- 9. GEOLOGY: What was the name of the single "supercontinent" from which modern-day continents are believed to have formed?
- 10. ASTRONOMY: Which planet's two moons are named Phobos and Deimos?

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Weekly SUDOKU

by Linda Thistle

	8			1		6		
9			3					4
		4			5		3	
		3			8			1
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	5		6				2	
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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 ● LITTLE

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

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

Bear Dipper John Toe  
Big Man Finger League Women  
Bighorn Green men Rascals Wonder  
By little Harbour Rock

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All Answers on Page 9

Contract Bridge

TREADMILL TO OBLIVION

West dealer.  
Both sides vulnerable.  
NORTH  
♠ A Q 9 8  
♥ K J 4  
♦ K Q 9 8 3  
♣ 9

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

The bidding:  
West North East South  
3 ♠ Dble Pass Dble  
Pass Pass Dble  
Opening lead — king of clubs.

How a player fares in bridge over the long haul is largely a matter of how many mistakes he or she makes. The luck factor may be important in the short term, but in the long run, it is the mistake factor that determines how well or poorly a player does. Take this case where East doubled four spades on the bidding shown. It was a dreadful double because East had no reason to think his side could

score four tricks after his partner had opened with a pre-emptive bid.

Even worse, the double was disastrous because it helped declarer make the contract by revealing that the trumps were bunched in the East hand. Declarer then proceeded to put this information to maximum use.

West led a club and continued the suit. Declarer ruffed with dummy's eight and played a low heart to the ten. After the finesse succeeded, South cashed the A-J of diamonds and A-K of hearts, scrupulously avoiding any trump leads.

He then cashed dummy's king of diamonds, discarding a club, and continued with the queen. East, now down to the K-J-10-3 of trumps and the queen of hearts, ruffed with the ten. He then returned the queen of hearts, ruffed by declarer with dummy's nine.

The nine-of-diamonds lead compelled East to ruff with the jack and return a spade from the K-3 into dummy's A-Q. As a result, South made four spades doubled.

Without the double, declarer would almost certainly have led a trump earlier in the play, after which he could not have recovered.

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by Steve Becker

Classic Car Show in Citrus Heights

By Mary Godfrey

A Classic Car, Custom Motorcycle, and Rat Rod Car and Motorcycle Show is being held on June 20th from 9 to 2 in the Grand Oaks Shopping Center located at 7951 Auburn Blvd. in Citrus Heights.

The show is free to the public, but if you wish to enter your pre-1974 car or motorcycle, there is a \$15 entry fee. All proceeds will go to Capitol People First, a non-profit organization for people with developmental disabilities. A small portion will go to a new rehabilitation program to train those interested in restoring classic cars. Trophys, Raffles, 50/50, food, music and fun for all!

Choral Masterworks

Sacred Heart's Schola Cantorum and Vox Nova will present a concert with Conductor Donald Kendrick entitled Choral Masterworks in Sacred Heart Church, 39that J Street on Sunday, June 14th at 3 PM. The concert will feature repertoire spanning many centuries including Renaissance motets, Gregorian Chant, and German Romantic compositions by Mendelssohn and Nystedt.

The choir will also sing modern works by Keith Christopher and Carey Landry along with spirituals by Jester Hairston and William Dawson. The performance will showcase a preview of some of the works that Schola Cantorum will present on their upcoming July Concert tour to Austria where they will perform in the Cathedrals of Vienna, Salzburg and Graz.

The suggested donation at the door is \$15 General and \$10 Students/Seniors.

To purchase advance tickets please call Schola's hotline at (916) 962-6056. Sacred Heart Church, 39th Street at J Street, Sacramento, CA 95816

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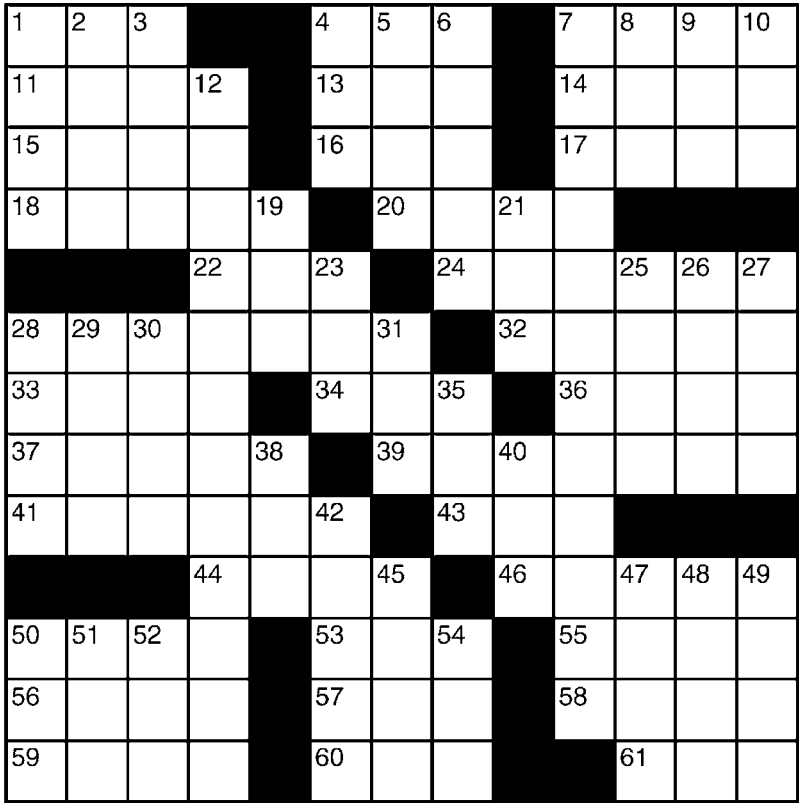
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Vacation Bible School is for kids Kindergarten through 6th grade. For the week, \$25 per child (\$20 for siblings). Scholarships are available.

For registration information, please call Christ the King Lutheran Church at (916) 988-2484 or go to ChristTheKingOV.org. We hope to see you there! J Street, Sacramento, CA 95816

KING Crossword

Answers on Page 9



ACROSS

- 1 Possess
- 4 Beast of burden
- 7 Frost
- 11 USPS delivery
- 13 Fun and games
- 14 Foot fractior
- 15 Capri or Wight
- 16 Scratch
- 17 Attend
- 18 Larceny
- 20 Netting
- 22 AAA job
- 24 Get smart
- 28 Sleepwear
- 32 Interruption
- 33 "Once — a time ..."

- 34 Jewel
- 36 Birds' home
- 37 Pinochle ploys
- 39 Worldly septet
- 41 Houston team
- 43 Friend
- 44 Egyptian goddess
- 46 Hook-nosed Muppet
- 50 Titanic vanquisher
- 53 Uppermost
- 55 Lumber
- 56 Provo's state
- ... and its country

- 58 Beach stuff
- 59 Carry on
- 60 Pea house
- 61 Fellows
- DOWN
- 1 Leave out
- 2 Cleanse
- 3 Cleopatra's river
- 4 Upper limb
- 5 Line of fashion?
- 6 Threaded nail
- 7 Timeline points
- 8 Lennon's lady

- 9 Performance
- 10 Pi follower
- 12 On both sides
- 19 Huck's chum
- 21 Part of R.S.V.P.
- 23 "— the Dog"
- 25 Fencing prop
- 26 Cold War initials
- 27 Household critters
- 28 Cougar
- 29 Tarzan's clique
- 30 Shock somewhat

- 31 Wield a needle
- 35 Clear the decks
- 38 "Help!"
- 40 Run-down horse
- 42 Stop slouching
- 45 Mediocre
- 47 Ark builder
- 48 Region
- 49 Probability
- 50 Plant prickly
- 51 Timetable abbr.
- 52 Took off
- 54 Writing tablet

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

## Father’s Day

A look at the calendar shows Father’s Day fast approaching on June 21, 2009. We first began celebrating Father’s Day around 1908, but it was not a national observance until President Nixon proclaimed it so in 1972. It was President Johnson in 1966 that had designated the third Sunday of June as “Father’s Day.”

So often people go through life meaning to express their thoughts and feelings to a loved one, but never find the time. Back in 1992 my Dad spent the Christmas holiday in a Pennsylvania hospital. He and my Mom were visiting my younger sister’s family when Dad developed a lung infection. It was Christmas Eve when the day my sister called to tell me the news. I was shocked; here was a person who had been the Rock of Gibraltar all his life. My Mom, two sisters and I had never experienced many sick days with Dad, so his going to the hospital to me was stressful.

The good news was Dad made a full recovery and was out of the hospital in four days. However, the situation made me think about my Dad, and I guess the realization of his mortality was startling. My



Sal Arrigo, Jr.

wife, Colleen, said to me “he’s not a man of steel, he’s only human,” but I’m not sure -- and I’ll tell you why. Dad was the person who took me to my first ice hockey game at Madison Square Garden in New York. We also spent many hours watching games together on an old black and white television.

Dad introduced me to the sights and sounds of major league baseball. Dad many times took me to the Knights of Columbus Father-Son night, and often a sports star was the guest of honor. There were many great memories to recall, but the greatest lessons I learned were that family comes first and that a loaf of bread on the dinner

table was mandatory. Dad told me it was time to earn a buck when I turned 15. What? Who wanted to work when all your friends were playing? You know, I’m glad I went to work, but I didn’t appreciate the work-ethic lesson until years later.

When Dad worked full time as a longshoreman, I can remember some long drawn out strikes. In all that time, my family never missed a meal. I’m sure my parents made sacrifices, and you can bet their determination to provide for me and my sisters has rubbed off. Was my Dad the man of steel? You bet!

So to my Dad who passed away more than seven years ago, Happy Father’s Day. Those life lessons you taught us all are firmly in place.

If you’re reading this, give your Dad some thought today, and say thank you.

*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.*

# Transparency and Accountability in the County Budget



By Sacramento County Supervisor Roberta MacGlashan

The Sacramento County Board of Supervisors makes choices about its priorities and how it funds discretionary programs. This is the Board’s job, and one that I take seriously. However, it is necessary for the budget document to clearly show what spending is mandatory, and what spending is not. I have been fighting this battle for years now.

Thankstothehardworkofacitizen’s committee I established in April, we are finally moving in a direction that will bring greater transparency to the County’s spending choices. The Sacramento County general fund exceeds \$2 Billion – the public deserves to know how that money is spent on meeting mandates and

funding local discretionary priorities.

Every program Sacramento County provides is disclosed in the budget, and fits into one of the following categories: Mandate, Discretionary Law Enforcement, Safety Net, Quality of Life, General Government, and Prevention/Intervention programs.

I have a lot of questions about the spending that occurs in “mandated” programs. What is the mandate? What law makes the expenditure a mandate? Is there a level of service mandated? Do our expenditures exceed the minimum mandated amount? Unfortunately, most of this information is not readily available in the budget.

The lack of transparency was put into clear focus when I discovered that Sacramento County was providing non-emergency health care to people illegally residing in Sacramento County. This expenditure was completely discretionary, but it was not disclosed in the budget.

This means that, for years, the County was providing discretionary services to citizens of other countries at the expense of services to legal residents, but was not disclosing that fact to the Board of Supervisors or the public. I successfully fought to eliminate this expenditure.

With Sacramento County facing an unprecedented fiscal crisis, I formed a citizen’s ad hoc budget committee with representatives from chambers

of commerce, law enforcement, city councils, and taxpayer groups. This committee rolled up their sleeves and went to work, immediately recognizing the need for additional transparency in the County budget.

After reviewing a significant amount of information, the committee devised a matrix that very clearly analyzes each program for mandatory and discretionary spending. This decision-making tool, when completed by County staff, will be a significant step towards breaking through this barrier to transparency.

This is not just about dealing with this year’s budget crisis. It is about providing future Board members with clear information about discretionary expenditures approved in the past. Discretionary programs should be evaluated every year, and the Board needs to consider whether these discretionary expenditures meet the needs of the citizens from one year to the next.

I appreciate the hard work of the budget committee. The all-volunteer group spent many hours on behalf of the citizens of Sacramento County to help me evaluate our present budget situation, come up with possible short-term solutions, and start the thought process for how to best govern the County going forward in a way that is transparent and provides for much greater accountability than has existed at the County level in decades.

# Leadership Citrus Heights



The Citrus Heights Chamber of Commerce is accepting applications for the seventh annual 2009-2010 Leadership Citrus Heights program, which will commence on October 6, 2009.

The class meets for eight months and is limited to 25 adult participants. Mercy San Juan Medical Center is the event sponsor, hosting the classes each month in the medical center conference room at the hospital on Coyle Avenue, and providing dinner to the participants. The classes will be held the 1st

Tuesday of each month for 4 1/2 hours with Graduation taking place on June 1, 2010.

Contact the Chamber for an application. Last year’s Leadership Citrus Heights sold out so interested parties are encouraged to act soon. The Chamber can be reached at (916) 722-4545 or [bettie@chchamber.com](mailto:bettie@chchamber.com). Applications are available at the Chamber office located at Fountain Square 7115- A Greenback Lane. The class is open to men and women who live or work in Citrus Heights.



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GHC’s Rocklin location is the company’s fourth branch, which opened in December 2007. GHCS has been a leader in quality in-home care since opening its first branch in 1994 in Los Gatos. A second branch followed in San Mateo, then a third in Modesto. The Rocklin branch recently expanded and moved the office to a new suite on Lonetree Boulevard.

GHCS is dedicated to providing excellent in-home care to seniors and the medical community in the greater Sacramento area, including parts of Placer and El Dorado counties.

We are a non-medical home care agency that specializes in assisting with personal care, bathing, dressing, cooking, cleaning, laundry, transportation, shopping, errands, companionship, as well as hospice and respite help.

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# SCSO Choral Soundscapes Caps Inaugural Mondavi Season



Mezzo-soprano Hannah Penn performs with the Sacramento Choral Society and Orchestra on June 7th at the Mondavi Center in Davis

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The verdict is in!

The Sacramento Choral Society & Orchestra’s Choral Soundscapes performance on Sunday, June 7th confirmed that their decision to hold its 2008-2009 season at the Mondavi Center was indeed the right decision for the organization to make.

“We believe that we have been able to offer a stronger artistic product through our music-making at Mondavi this season,” says SCSO Conductor Donald Kendrick. “The nuance and the clarity that Mondavi offers the music – and the audience – are both refreshing and gratifying.”

The SCSO’s Choral Soundscapes was a departure from the usual fare of providing large works during a performance. Instead Conductor Donald Kendrick chose to offer a well chosen array choral orchestral chamber works spanning three centuries from the Baroque era through the modern American era featuring music by Bach, Handel, Michael Haydn, Chesnokov, Thompson, Whitacred and others.

Mezzo Hannah Penn shimmered vocally in Corigliano’s gossamer Fern Hill based on poetry of Dylan Thomas. Soloists Joyce Scolnick and John Martin charmed the audience with their singing in Rutter’s vivid arrangement of seven well-loved American Spirituals, Feel the Spirit. The Chorus rose to the occasion by memorizing this half hour work and the orchestra showed its versatility in the blues-jazz idiom. The warmth of the choral sound throughout the evening was compelling and Kendrick’s clear, energetic and expressive conducting guided the SCSO choral-orchestral ship deftly and with great precision.

The SCSO is please to offer its 2009-2010 choral orchestral season at Mondavi once again. Information regarding the new season will be available on the SCSO website [sacramentochoral.com](http://sacramentochoral.com)

The SCSO is also proud to launch a new Stained Glass Sacramento series with organist Stephen Janzen at the newly renovated Cathedral of the Blessed Sacrament at 11th & K Streets. “We are very pleased to offer these performances in Sacramento with this new series featuring chorus and organ,” states Conductor Donald Kendrick. Tickets will be on sale for this series via the SCSO website.

The SCSO has been nurturing the arts and taking care of business since 1996. For more information, please visit their website: [sacramentochoral.com](http://sacramentochoral.com)

# Spare Time Clubs Tennis Professionals Capture Three United States Tennis Association National Indoor Titles



*Sacramento* - In a clean sweep of the doubles titles, Spare Time Clubs tennis professionals captured the Men’s 30 Doubles title, the Women’s 30 Doubles title, and the Mixed Doubles title at the USTA Men’s 30, Women’s 30 and Mixed 30 National Indoor Championships. The tournament was hosted by the Spare Time Indoor Tennis Center from May 1 – 4.

Gold River Racquet Club Head Tennis Professional Marty Rothfels and Broadstone Racquet Club Tennis Professional Novak Nash won the National Men’s 30 Doubles title. Rothfels-Nash, unseeded in the Men’s 30 Doubles event, defeated the #4, the #1 and the #3 seeded teams on a march toward the tournament title. In a crowd-pleasing semi-final match against the top seeded team of Neel Grover and Arthur Hernandez, Grover-Hernandez led 4-1 in the third set tie breaker. Playing gutsy tennis, Rothfels-Nash prevailed by winning five tie breaker points in a row, for a final score of 6-4, 4-6, 7-6(4). In the finals, in another very exciting match, Rothfels-Nash clinched the title with yet another come-from-behind tie breaker victory. Down 5-1 in the 2nd set tie breaker against #3 seeds Chad Dyer and Jeffrey Hechemy of Kentucky, Rothfels-Nash won six points in a row to take the title with a 6-4, 7-6(5) victory.

In Women’s 30 Doubles, the #2 seeded team of Gergana Avramova-Hunt and Isabella Kling captured the title in a decisive win over the #1 seeds, Gee Gee Garvin and Margaret Lumia, 6-2, 6-1. Avramova-Hunt is a teaching professional at Rio del Oro Racquet Club and the Assistant Coach of the Sac State Women’s Tennis Team. Isabella Kling is the General Manager and Head Tennis Professional at the Spare Time Indoor Tennis Center.

Men’s Doubles Champion Novak Nash partnered with his wife, Carmel Nash-Hill, a teaching professional at Broadstone Racquet Club, to capture the Mixed 30 Doubles title. Originally from Australia, the unseeded husband-wife team defeated Isabella Kling and Marty Rothfels 6-7(4), 6-3, 6-4 in the semi-finals and Gergana Avramova-Hunt and Mark Fairchilds in the finals. Defending champions Kling and Rothfels finished third in this year’s event, winning the bronze ball.

These national titles are added to the USTA National League titles the Spare Time Clubs teaching professionals garnered over the last calendar year. Marty Rothfels, Novak Nash, Isabella Kling and Carmel Hill-Nash led their 10.0 USTA Mixed Doubles League team to a national title in 2008. Kling and Nash-Hill were members of the 2008 National League Women’s 5.0 Championship team. Novak Nash was a member of the 2008 National League Men’s 5.0 Championship team.

Players had to be at least 30 years old to participate in the USTA Men’s 30, Women’s 30 and Mixed 30 National Indoor Championships. Winners in each event received a coveted “gold ball.” A hallmark of tennis achievement, a gold ball is only awarded to winners of USTA National Championships. Silver balls are awarded to finalists in each event. Third place winners receive a bronze ball.

## The Bow-Wow Beauties “Putting on the Dog” Annual SPCA Fund-Raiser

Kay Burton’s Bow-Wow Beauties will hit the doggie runway at 11:30 a.m. on Saturday, June 27 to benefit the Sacramento SSPCA.

Rick Johnson, SPCA Executive Directive, will be the guest emcee for the event in which anything can happen when dogs dressed in canine fashions model their fancy duds to music. The event will be held outdoors in a shady patio area at the Gold River Bel-Air Shopping Center, at the south end next to the Hallmark store. Bel-Air will be selling hot dogs, chili and sodas for \$2.00, starting at 11:00 a.m. All proceeds



Kay Burton entertains the crowd

to benefit the SSPCA.

A large variety of dogs, all sizes and breeds will be dressed in the latest canine fashions. The pet’s performance and a raffle will highlight the Sacramento SPCA annual Fund-raiser.

“The show brings people and animals together and helps make the public aware of the need to rescue and adopt the homeless animals in the Sacramento community.”

For more information, email: [Kayburton1@comcast.net](mailto:Kayburton1@comcast.net)

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