

AMERICAN RIVER

M E S S E N G E R



Governor Threatens to Get His Way

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Honoring Memorial Day

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Design Scholarship Challenge Issued

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Volume 4 Issue 10

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

Second Edition for May 2009

New Fair Oaks Village Signs Loved a Little Bit Too Much!



Supervisor Roberta MacGlashan and Shenna Mealey, Chair Person of the Fair Oaks Village Enhancement Committee at the Sign Unveiling Ceremony, May 1, 2009.

Fair Oaks - Business owners, property owners, and area residents gathered last week with County Supervisor Roberta MacGlashan to celebrate the arrival of new decorative directional signs in the Fair Oaks Village. The signs at the Village entrances provide a pleasant welcome, while other

signs guide visitors to the Village attractions such as the Fair Oaks Theater Festival amphitheater, or Village Park where concerts are held throughout the summer.

The colorful new signs are topped with a new Fair Oaks Village logo incorporating a chicken honoring the Village's locally famous poultry

First sign stolen just five days after installation

residents. Villagers and visitors alike expressed enthusiasm for the new signs last weekend as they attended in the annual Fair Oaks Spring Fest.

Unfortunately, someone—resident or visitor unknown—liked the new signs so much that they felt a need to take one home.

“Of course, we are thrilled that the signs have been so well received, but it is very disappointing that someone would think it was okay to remove public property,” said Shenna Mealey, chair person of the Fair Oaks Village Enhancement Committee, the organization behind the sign effort. “Our committee is working hard to enhance the special character of the Village for the enjoyment of our whole community.”

The signs were produced and installed through a partnership between the Fair Oaks Committee and Sacramento County. “The committee has very little money and we all know what difficult financial state Sacramento County is in. It is very frustrating to have to replace a sign so soon,” Mealey commented. Sacramento County transportation staff is working on methods to make it more difficult to remove the signs in the future.

In response to the popularity of the new signs, committee members will be producing small replicas of the “Welcome to Fair Oaks Village” sign which will be for sale at local Village businesses.

Tommy T's Comedy Club Opens in June at Former Garbeau's Dinner Theater

Gold River - The comedy club will feature a 7,000-square-foot theater with seating capacity for approximately 350 people. The club will also feature a full restaurant and bar, with an extensive list of drinks and dinner specials. It will open in the Garbeau's Dinner Theatre location, which will close its doors on May 31st.

Tommy T's will be open 7 days a week. Monday will be open-mic night followed by karaoke, while Wednesday through Sunday will feature national touring comedians.

Scheduled to headline in June at the club is Tony Roberts from BET's Comic View, master of musical sound effects Jay Lamont and SINBAD.

Owner Tommy Thomas, who also owns Tommy T's Comedy & Steakhouse in Pleasanton, celebrated his 30th year in the comedy business this year. Ed Tracey, General Manager for the new club is ecstatic about the new club. “Tommy T's Comedy & Dinner Theatre will make an exceptional addition to the Nimbus Winery”, said

Tracey, a comedian himself and host of a weekly television show in the bay area. “This will be the premiere comedy spot for comedians and patrons alike”.

The Nimbus winery is located at 12401 Folsom Boulevard in Rancho Cordova and is easily accessible from highway 50, just off the Hazel Road exit. To order tickets or for more information, go to www.tommyts.com or contact Ed Tracey at the Pleasanton club at (925) 497-4537.

Stanford Home: Building for Children



Over 40 volunteers gave their time on the renovation.

Volunteers from Perry-Smith LLP, a Certified Public Accounting firm, led by Mr. Handyman employees spent the day on April 25th upgrading the home of John and Gail Barney of Citrus Heights, who received services from Stanford Home for Children. More than forty volunteers from Perry-Smith, Mr. Handyman and Stanford Home for Children painted the exterior of the house, landscaped the yard, fixed appliance leaks and replaced light fixtures.

“This has been an enormous help for all of us, and we are so appreciative,” said Gail Barney. “There was such an outpouring of love for the whole family. We really appreciate everything Stanford Home has done for us.”

At both the company level and employee level, CEO Bob Perry-Smith says giving back to the community is a priority. Last year, the company volunteered at another nonprofit, but this year wanted to give back to a local family. “The way this project came together was simply remarkable,” said Keith Diederich, Stanford Home executive director. “Thanks to

the generosity of Perry-Smith and Mr. Handyman, we were able to make the Barney family more comfortable in their home.”

Perry-Smith called Stanford Home for Children, which had already been in discussions with its maintenance contractor,

donated all labor and tools needed.

Founded in 1900 by the Stanford family, Stanford Home for Children was operated by the Sisters of Mercy, who ran the orphanage through the late 1980s. Today, Stanford Home provides a comprehensive array



Mr. Handyman leads the project for Stanford Home for Children

Bob Mihalus of Mr. Handyman, about helping the Barney family. Mihalus had already approached Stanford Home about helping a local family after Mr. Handyman completed a similar charity project. Working together, the companies identified the volunteers and supplies needed. Perry-Smith also donated \$5,000 to pay for supplies. Mr. Handyman

of community-based, family-centered services for 1,800 children and family members each year who receive professional treatment and compassionate care to help them regain self-confidence, overcome challenges and move toward independence.

For more information, visit www.stanfordhome.org.

Citrus Heights Police Department Launches New On-line Crime Alerting Service

Citizens empowered with near real-time neighborhood crime information available 24/7/365.

Citrus Heights - The Citrus Heights Police Department and CrimeReports.com have announced a new On-line Crime Alerting and Mapping Service that provides easy to read incident crime maps and automated alerts to the citizens of Citrus Heights. The service, located at <http://www.citrusheights.net> or <http://www.crimereports.com> provides neighborhood crime data in near real-time and is available now.

The CrimeReports service is free to the public and allows citizens to receive automatic daily, weekly or monthly email alerts if/when crimes occur near their home, office, local school, etc. Citizens can also view reported crime activity on an easy to

use map for any location within the City of Citrus Heights boundaries. Crime incident data is updated nightly and includes: Incident type, Date, Location, Distance from citizen's address, Event identification/case number, Brief crime incident description.

The crimemapping allows community members to view the crime incidents of the entire city over a specific time period. Additionally, filters were developed to allow community members to view incidents within the various Citrus Heights Neighborhood Associations.

“CrimeReports.com will prove particularly valuable to those in the community who want to stay informed about what is going on in

their neighborhoods and empower citizens to work with the police department to address neighborhood crime issues,” said Commander Bryan Roberts of the Patrol Services Division.

CrimeReports.com provides law enforcement agencies with an affordable and easy-to-use Web-based service that lets them share up-to-date neighborhood crime data with the public. Community members can then access this information for free, empowering them to make informed decisions to help improve the safety of their families, friends, property and the community at large.

For more information, please visit www.CrimeReports.com

Red, White & Blue Parade Seeking Entries

Citrus Heights - One of the City of Citrus Heights' most popular events year-after-year is the Annual Red, White & Blue Parade, scheduled for Saturday, June 27th. The 10th Annual patriotic parade starts at 9:00 a.m. and proceeds along Sunrise Blvd., between Madison and Greenback (from Uplands Way, north of Madison, to the northwest corner of the Sunrise Mall parking lot near Greenback Lane).

The City of Citrus Heights is seeking additional parade entries to participate in this popular event that attracts between 5,000 to 8,000 spectators. Every year, over 100 entries and more than 1,000 participants line up to make the parade a stunning success and an ultimate crowd pleaser. The City of Citrus Heights charges a minimal entry fee of only \$10, which covers the processing time for the required paperwork. Entries are encouraged to

embrace the Red, White & Blue theme when designing their floats. Floats range from highly elaborate designs, to simply decorating a vehicle with colored banners and balloons. It all depends on the imagination of the entry organizers!

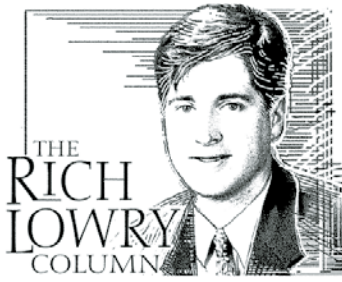
The 10th Annual Red, White & Blue Parade is a great way to reach out to the local community and support public endeavors. Current entries in the Parade include the antique fire engines from Sac Metro Fire, vintage and classic cars, Slamson from the Sacramento Kings, and much more. The Parade will also feature various musical marching band entries, including the “Governor's Own” 40th Infantry Division Detachment One Army Marching Band and the award-winning Citrus Heights Community Marching Band. Local government officials, pageant winners, and other celebrities will also participate in the parade.

Sponsored by the City of Citrus Heights and other local businesses, the Red, White & Blue Parade celebrates the City's incorporation and the spirit of Citrus Heights Marching Forward into the future! For additional information or to register on-line, please visit the City's Web site at www.citrusheights.net or contact the City's Public Information Office at (916) 725-2448.

VOLUNTEERS NEEDED FOR PUBLIC EVENTS!

The City is looking for volunteers to assist with its community events throughout the summer. This is a great way to get involved with the local government and have a lot of fun helping make the City's events a success.

Please contact the City's Public Information Office at (916) 725-2448 to sign-up!



The debate over the just-released Justice Department memorandums on interrogation techniques ended as soon as they were dubbed the “torture memos.” Forevmore, they will be remembered as the legal lowlights of a “dark and painful chapter in our history,” as President Barack Obama put it.

Rightly considered, the memos should be a source of pride. They represent a nation of laws struggling to defend itself against a savage, lawless enemy while adhering to its legal commitments and norms. Most societies throughout human history wouldn’t have bothered.

The memos cite conduct that is indisputably torture from a court case involving Serbs abusing Muslims in Bosnia: “severe beatings to the genitals, head, and other parts of the body with metal pipes and various other items; removal of teeth with pliers; kicking in the face and ribs; breaking of bones and ribs and dislocation of fingers; cutting a figure into the victim’s forehead; hanging the victim and beating him; extreme limitations of food and water; and subjection to games of ‘Russian roulette.’”

In contrast, we carefully parsed each of our techniques to ensure it wouldn’t cause “severe physical or mental pain or suffering.” This touchingly legalistic exercise at times took on a comic aspect. We could put a caterpillar in a box with a detainee afraid of stinging insects, Abu Zubaydah, so long as we didn’t falsely tell him the caterpillar was a threat to sting. We could put detainees in diapers so long as “the diaper is checked regularly and changed as needed to prevent skin irritation.”

Several of the harshest methods -- sleep deprivation, stress positions and waterboarding -- could easily constitute torture, depending on

The Case for the ‘Torture Memos’

their application. The tone of the press coverage makes the very act of subjecting these methods to close legal analysis seem dirty, as if the Justice Department should have come down with a case of the vapors when asked for guidance.

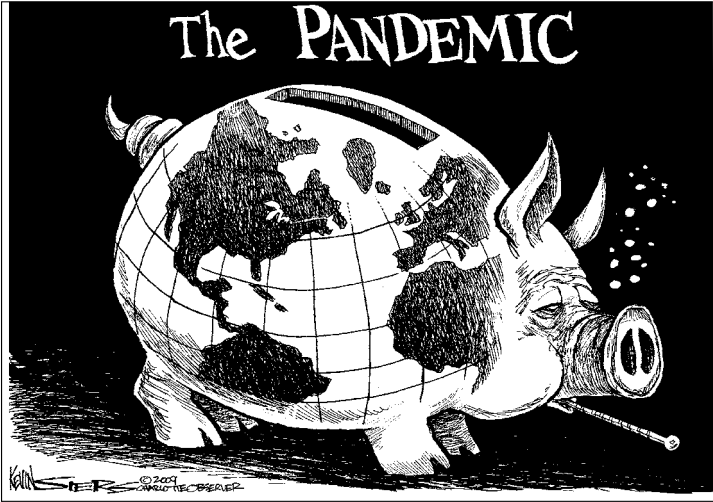
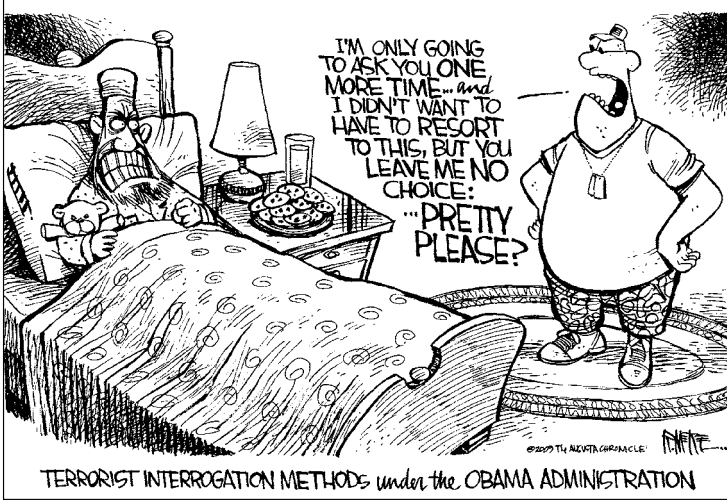
But there is a line somewhere between the highly restricted methods approved in the Army Field Manual for interrogation of enemy soldiers and illegal torture. The only way to find and honor that line is by lots of lawyerly analysis of practices that -- in the words of Director of National Intelligence Dennis Blair -- “read on a bright, sunny, safe day in April 2009, appear graphic and disturbing.”

Reasonable people can disagree about whether the Bush administration succeeded in its balancing act. Waterboarding has always been the most controversial method, and it was used 183 times -- in short bursts not exceeding 40 seconds -- against top al-Qaida captive Khalid Sheikh Muhammad in March 2003. Were intelligence benefits gained commensurate with the frequent resort to this method?

If we had a more mature political culture, this and other questions could be thoroughly examined by a special congressional committee. (As it happens, the CIA produced a memo on the benefits of the interrogation program that has never been released.) But such an inquiry would inevitably descend into a hyperpoliticized takedown of the CIA and the Bush Justice Department for “war crimes.” The frenzied reception of the “torture memos” is just a preview.

Rich Lowry is editor of the National Review.

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To Get His Way, the Governor Issues Threats



By Jon Coupal

Polls show that the revenue shifts and tax increases contained in the six measures placed on the May 19th Special Election ballot by the Legislature and governor are not going over well with voters. Californians are angry. They are already paying the highest taxes in the nation and are in no mood to increase taxes at a time when they risk losing their own savings, jobs and homes.

In his desperation to get his hands on more taxpayer cash in a declining economy, Governor Schwarzenegger has gone to the old tax raiser standby -- threats to public safety. Unfortunately, this bullying approach, when backed with a fat campaign purse,

has proven effective in the past.

The trick is to convince enough voters that if there is an emergency and they call 911, the phone will keep ringing and no one will respond. Need a firefighter, police officer or paramedic? Sorry, because you were such a stingy piker and rejected a tax increase, you will not get the services you value most.

The governor has said that if Propositions 1A through 1F do not pass next week, he will cut firefighter positions. Issuing this threat was unwise for two reasons. First, as was pointed out by radio talk show host John Kobylt, of the "John and Ken Show," if the governor was to do this during fire season, "He would be run out of town naked."

Second, and more important, three of the six measures on the May 19 ballot have nothing to do with the current budget. Proposition 1F deals with lawmakers' pay. Proposition 1B addresses the future restoration of education funds. And Proposition 1A, although it is a \$16 billion tax increase, will have no impact for another two years.

The truth of the matter was revealed by the governor's own Director of Finance, Mike Genest, in recent testimony before the Commission on the 21st Century

Economy. When asked what the impact of Proposition 1A would be in the next two years, Genest responded, "There wouldn't be." (For the record, after this admission, Legislative Analyst Mack Taylor has stated that, because of declining revenues, California is at least \$8 billion short for the current budget year. But that newly estimated revenue forecast has nothing to do with Proposition 1A, the lynchpin of the reform package).

So even if the governor were to continue to threaten public safety -- he has already shifted his attention to the debate over legalizing marijuana -- voters need to understand that they are free to reject Proposition 1A and its additional \$16 billion in new taxes without inflicting harm on the state's current fiscal health. The only ballot measures that impact the current budget are 1C, 1D, and 1E. Combined, these propositions would mortgage the state lottery and shift money from segregated accounts for mental health and early childhood development to bolster the general fund.

Whether Gov. Schwarzenegger truly believes that these measures are in California's best interests or not, he is willing to use coercion to try to win their passage. By threatening fires services, he has

just sent a very public ransom note to California voters, those whose safety at all times should be his top priority. And because he is backed with a campaign war chest of over \$15 million, much of it from those who would benefit from continuing the record high tax increases, he may scare enough voters to give him the victory that he needs to maintain any shred of credibility in his little remaining time in office.

Taxpayers need to hold firm and reject Proposition 1A. They, better than the Sacramento elite, understand the detrimental impact of higher taxes on the personal economies of California families as well as the economy of the state as a whole.

If Proposition 1A is defeated, California voters should receive two awards. First an honorary Ph.D. in economics for understanding that the state cannot tax its way to prosperity, and, second, a medal for bravery for standing up to the bullying threats of the governor.

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.

Memorial Day: Remembering Those Who Have Sacrificed the Most

By Bob Eoff, Sacramento Valley Campus Director, University of Phoenix

We live in a country that is defined by “liberty and the pursuit of happiness”, a gift that has been handed to us by soldiers and veterans who put their lives on the line or, in some cases, given their lives so that we may have this precious gift. In order to help us remember those sacrifices, Memorial Day was enacted as a national holiday in 1971, and its observance has become an annual tradition for many United States citizens.

While we cannot personally thank those who have passed in the line of duty, there are many things we can do in Northern California to assist California's veterans and active duty military. There are over 2 million veterans and active duty military personnel in California who are all facing an array of challenges that no previous generation has dealt with. Active military are facing multiple deployments, veterans are dealing with the effects of Post Traumatic Stress Disorder and struggling

with the transition from military life to a standard 9 to 5 workday.

Veterans, Active Duty and those serving in the California Army National Guard need flexibility while transitioning from military life to civilian life, from their families, friends, employers and educators. Many veterans are returning to a job climate where employers would love to hire these talented young men and women, but there are no jobs to offer them. Thus, many veterans are choosing to expand their education, or begin their journey with higher education for the first time.

As educators, we feel a personal responsibility to ensure the success of any veteran looking for assistance or guidance in their higher education pursuits. We also feel a great sense of pride every time an active military member or veteran receives a degree, as we know the amount of personal obstacles they must surmount to achieve such a great accomplishment. In honor of these brave individuals, we take part in community events that assist veterans and troops who are currently deployed.

As Memorial Day weekend

approaches, I call upon everyone in the community to take a moment to think about those who have and who are putting themselves in harm's way. These brave men and women are our modern-day heroes, and deserve our admiration on this day. I also call upon our legislators and policymakers at all levels to consider the special circumstances of California's veterans and active duty military. The sacrifices they have made should not be in vain. Our elected officials must remember them in their decisions and take an active role in making sure their needs are being met when it comes to transitioning from combat to everyday life.

Last of all, I call upon the education community to help veterans make a positive transition to being a civilian. There is so much potential for these individuals who have given all in the defense of our country. Their real life experiences will enrich our classrooms, and bring perspective to our students and faculty. We must reach out to them and help them achieve their educational goals.

I encourage all of us to include in our Memorial Day traditions

an opportunity to pay tribute to those veterans who have served faithfully in the defense of our country. It is their sacrifices that we memorialize, and their commitment to freedom that we honor.

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MESSENGER

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Publisher - Paul V. Scholl

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Memorial Day is for Patriots

The following guest editorial by the national commander of The American Legion

By David K. Rehbein

In some circles, patriotism has become a synonym for arrogant or jingoistic. Some people even use it as a political weapon; “Don’t question my patriotism,” they say. Yet, this Memorial Day, and every other day for that matter, we should remember that those who died for this country are the true patriots. Supreme Court Justice Oliver Wendell Holmes called Memorial Day, “our most respected holiday,” and urged that “we not ponder with sad thoughts the passing of our heroes but rather ponder their legacy – the life they made possible for us by their commitment and pain.” At its core, Memorial Day has always commemorated the universal all-encompassing understanding of, “No greater love than this does any man have, that he lay down his life for his friends.” President Lincoln put their sacrifice into perspective at the battlefield in Gettysburg when he said, “The world will little

note, nor long remember what we say here, but it can never forget what they did here.” After the terrorists struck us on 9/11, America was changed. Our all volunteer force responded. People with comfortable jobs left their towns and deployed with their Reserve and Guard units. Some even joined the active-duty forces. The existing military responded in its typical heroic fashion, overthrowing a tyrannical regime in Afghanistan and battling ruthless insurgents in Iraq. Thousands gave their lives. The call to freedom came and they answered. Just as their predecessors in the two world wars, Korea, Vietnam, Beirut, Grenada, and the Persian Gulf, the War on Terrorism is being won by ordinary Americans making extraordinary sacrifices. One such man was Marine Cpl. Travis Braddock-Nail of Portland, Ore. He played the drums, loved punk rock and drove his mother crazy with his tattoos. Although he hoped to attend college, he

extended his stay in Iraq to help his platoon. “The platoon wasn’t surprised by his decision. He would always step in and take his spot,” a Marine buddy recalled. Travis was killed two months later in an explosion during a mine-clearing operation near Karbala. We owe Travis, and the men and women like him, our unending respect and gratitude. The Preamble to The American Legion’s Constitution states in part, “to preserve the memories and incidents of our associations in the Great Wars.” On Memorial Day, we call on all Americans to do this. Memorial Day is not about trips to the beach or sporting events. It’s not about politics. It’s about people who have decided that the United States is worth dying for. It’s about patriots. David K. Rehbein, of Ames, Iowa, is national commander of the 2.6 million-member American Legion, www.legion.org, the nation’s largest wartime veterans organization.

After the Parades and Picnics

"Only the dead have seen the end of war." - Plato

Johann Christoph Arnold
for Memorial Day 2009

Everybody loves a long weekend. But this year's Memorial Day ought to be a lot more meaningful to all of us. We need to see it as a chance to pray for lasting peace and for our President, that he may lead our country to a new vision. Otherwise, our future will be marked by continuous open-ended global warfare, and we will have many more deaths to commemorate with each passing Memorial Day. Today we should not only remember the dead, but celebrate life. We need to think about what Memorial Day really means--what the life of every deceased soldier means to his or her family, and to us. These men and women were people like you and me. They loved their country and they loved their families. They had hopes, dreams and ambitions. They lived--and were willing to die--for a cause in which they truly believed. I believe all war is wrong--and most people do. Who isn't for peace? As the old saying goes, "All war is civil war, because all men are brothers." But I also know that

many of those who die in warfare sacrifice themselves to save others. Would we have the same courage? Families who have lost loved ones in combat should be comforted to know that even though they are no longer with us, their lives can still serve a greater purpose. No person dies in vain; every death carries a valuable lesson for the living. Children need to learn about the importance of human life, and every life story has something to teach them. This is true education. We need to channel our energies into positive efforts that will bring people together. Let's become better role models for our children. To do this we must put aside all our fears, frustrations and anger. We must recognize that we have relied too much on our own knowledge and skills to solve our daily problems. We have forgotten God and lost our sense of community. In this light, Memorial Day ought to be a time to visit our neighbors, local veterans, and nursing home residents. Too often, we don't even know who our neighbors are. Everyone needs someone to talk to. By sharing with others, we will find

out that we have much in common. When the speeches and parades are over, let's also take time to stop by the local cemetery to stand beside those who are still mourning. Let's grieve with them. People are often reluctant to open up and share their needs with others. Yet only by allowing others to help carry their burdens will they find healing. Then the vision of freedom for which so many brave men and women died in past wars will become real. Wherever people find one another and have community together, the peace that we all long for will be found. Let's pray for those that have not yet found this peace. Alfredo Molano, a Colombian exile in Spain, once wrote, "The true end of a war is the rebirth of life--the end of fear, the right to die peacefully in one's own bed, and the return of laughter." Some of my best friends are veterans, and I have had to think of them in light of these words. I have seen the scars they continued to carry long after the fighting was over--in some cases right up to the present. These are wounds that only time and prayer can heal.

Calling For Artists Enter KVIE’s Open Juried Art Competition

Sacramento - KVIE is seeking emerging and established artists to take part in a televised fundraising event which will be seen by 60,000 art-loving viewers. Artists have an opportunity to win cash prizes so enter your best work in the region's most prestigious art competition. Artists who are juried into this show are heavily promoted through television, direct mail, web, and live events leading up to the three-day telecast. The deadline for art submissions to be delivered to the KVIE Studios at 2030 W. El Camino Avenue, Sacramento CA 95833, is June 12, 13, 14, 2009, between 9:00am and 5:00pm. Submissions must be accompanied by the official contributor form available at kvie.org/artauction.

Two jurors with broad artistic backgrounds and knowledge have been selected as this year's jurors. Eric Dahlin is a renowned ceramic artist with a M.A. from Sacramento State University. An instructor at Encina High School for 33 years, his humorous and whimsical sculptures can be viewed in galleries throughout the area. Our second juror is D.Neath, one of the founders of Sacramento's Second Saturday Art Walk and a former three-term President of the Sacramento Center of Contemporary Art. She is also a founder of Chalk It Up! Sacramento, a benefit for children's art education programs. Art can be submitted in a multiple range of categories, including oil and acrylics

on board or canvas; watercolors; pastels; drawings; photography; sculpture; and fine crafts (clay, wood, metal, fiber, wearable art). Other works on paper including etchings, lithographs, and monoprints (Giclee prints accepted only with certificate of authenticity but are not eligible for awards). Works selected by the jurors become part of KVIE's "Art Auction" fundraiser. There is no entry fee. Artwork must be an original work of the submitting artist. Sculpture must stand securely and cannot exceed 100 pounds. For more information and to download a contributor form visit kvie.org/artauction.

Caring and Sharing Closet Benefits WEAVE

Sacramento - Want to spring clean and help the community at the same time – go to the Pavilions Shopping Center on Fair Oaks Blvd, Sacramento, and visit either Julius Clothing (580 Pavilions Lane) or Ralph Lauren (530 Pavilions Lane) and bring a bag of gently used suits, dresses, pants, skirts, shirts and work-related men's and women's clothing—a minimum of four garments. Clothes will be delivered to WEAVE (Women Escaping a Violent

Environment) and its Suited For Success program. The purpose is to help people re-enter the workplace through its professional dressing program. Additionally, participants will be coached in interviewing skills. As a thank you for your contribution, Julius Clothing and Ralph Lauren will give \$200 off any \$750 purchase or \$500 off any \$1,500 purchase. This offer expires May 31, 2009. In its 87 years in business,

the Anapolsky family – owners of Julius Clothing and Ralph Lauren stores, continues to care about the community through its numerous philanthropic endeavors. Providing exceptional service in a relaxed atmosphere is important, but caring and taking part in making the community the best place possible is most important. A great marketing event – yes. Helping the community – even better.

Senior Gleaners Musical Fundraiser

Senior Gleaners Inc (SGI) will present their first annual Musical Fund Raiser. 'Rockin to the Oldies' will feature oldies from the 40's, 50's and 60's. The fund raiser will be held at the Radisson, in The Grove, at 500 Leisure

Lane, Sacramento, on Saturday May 30th, at 7 pm. Tickets are \$25 donation and can be purchased at Double D Florist and Gifts, 727 M St., Rio Linda or at the SGI Facility at 1951 Bell Ave in Sacramento,

as well as at the door the night of the performance.

For more information contact SGI Public Relations department at 916.925.3240 x 104

The Genealogy Association of Sacramento meeting will meet at 1 p.m. June 16, 2009 at Belle Coolidge Library, 5600 South Land Park Drive, Sacramento.

Dr. Bob LaPerriere will be speaking on "Women's Health Issues on the Overland Trail" and "Gold Rush Medicine". Early Medical terms are sometimes a problem for researchers.

We are the oldest active genealogy organization in the Sacramento area, and the public and prospective are always cordially invited to attend meetings.

Sacramento German Genealogy Society
Monthly Meetings & Annual Seminar
<http://www.sacgergensoc.org>

The meetings are held at 1pm in St. Mark's Methodist Church Fellowship Hall on Lusk Dr. & St. Marks Way. St Mark's is located directly behind Country Club Plaza near Watt and El Camino. The seminar will be at the Turn Verein 3349 J St.

TUESDAY, MAY 26, 2009
Topic: "Stories and Demonstrations of German Folk-dancing"
Presenter: Mario Herger, speaking on German dance,

with demonstrations by the "Alpentänzer"

Mario Herger's life work is the preservation of ethnic dancing. This meeting and demonstration will be one to remember! We'll move the furniture around so that Mario Herger can introduce examples of actual German dances performed by the dance group Alpentänzer – which we'll witness up close!

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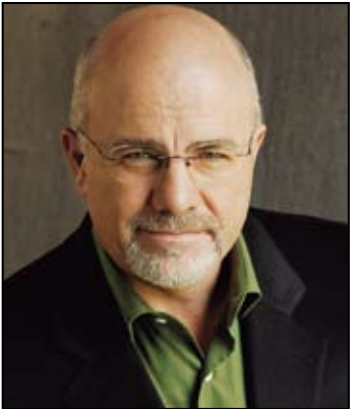
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Dave Says



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

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

Ramsey earned his Bachelor of Science degree in Finance and Real Estate from the University of Tennessee. A frequent speaker around the country at large-scale live events, Ramsey is a passionate and inspiring presenter who is at ease on both sides of the mic. More than 500,000 people have attended Ramsey’s live events. He resides with his wife, Sharon, and their three children, Denise, Rachel, and Daniel, in Nashville, Tennessee.



Karen Scalf Linamen

Ever feel down? I mean REALLY down?

A couple months ago I was wrestling with putting on my socks and boots when it dawned on me that one of my socks was too thick for my boot. So I did the only thing that seemed fitting at that moment: I collapsed weeping onto the couch.

As I bawled, I found myself pondering the fact that most people aren't defeated by a single sock and shoe. In fact, lots of people not only handle this same challenge every morning with finesse, many of them dress themselves fully and even go on to do productive things with the rest of their day like hold down jobs or watch youtube.

But this small challenge left me feeling exhausted and overwhelmed.

I'm fine now, but it was an eye-opening moment.

Which leads me to my question of the day: What do we do when it dawns on us that we're not coping particularly well?

They say that knowledge is power, and I tend to agree, so the first thing I did when I

That Tax isn’t Fair

Dear Dave,

What exactly is the Fair Tax, and how is it different than the system we currently have in place? .

- Evan

Dear Evan,

The basic premise of the Fair Tax is that it’s immoral to tax someone’s income. If you work and make money, that money should be all yours. That may be a shocking statement in today’s socio-political climate, but I think it’s a reasonable statement. For all intents and purposes, the Fair Tax is basically a sales tax. People would only pay taxes on items they buy, except for food, basic clothing, and other kinds of necessities. This system would do away with the IRS, its massive mountain of regulations, and its thousands of employees. It would also eliminate the need for the 401(k)andRothIRAs,becauseyou could just save your own money.

The argument against the sales tax is that it’s regressive. This means it’s more of a burden on poor people, because they would pay a higher percentage of their overall income. But there’s a valid counter-argument. As I make more money, I also save more, give more and spend more. And if I spend more under the Fair Tax system, then I’m actually paying much more in taxes!

More than anything, proponents of the Fair Tax are saying that our current method of taxation is wrong. They also believe that as much money, if not more, could be raised with a properly-implemented national sales tax as with an income tax. Keep in mind that nothing this side of Heaven is perfect. We’d see a lot of job losses if the Fair Tax system were put in place. Tax preparation services

and things like that would simply cease to exist, but it would also take a lot of the politics and special interest garbage out of the system.

Some people want you to think that Fair Tax supporters are against taxes or government in any form, and that’s just not true. The rallies that have been held lately were made up largely of people who are against government waste, deficit spending and debt. In part, the income tax is designed to motivate people to do certain things the federal government wants them to do, and the rallies are also against the idea of making government the big daddy with answers to everyone’s problems.

- Dave

Stop the Allowance to Beat Debt?

Dear Dave,

We’re trying very hard to get out of debt. We were wondering if it would be a good idea to put giving our kids an allowance on hold until we get everything paid off.

- Erin

Dear Erin,

Don’t stop giving them money! What you’re doing can be a great lesson for your children. But you definitely should stop calling it an allowance. In my mind, there’s a lot of victim mentality attached to that word. You’re not “allowing” anything, you’re rewarding success!

Kids should learn at an early age that money is connected to work. Even a kid who’s in kindergarten is old enough to begin doing some age-appropriate chores around the house.

We did this kind of thing in our home, with all of our kids, but we called it a commission. If they did their jobs, they got paid. If they didn’t, they didn’t get any money. It didn’t take long for them to make the connection!

- Dave

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

Giving Depression the Boot

sock-inspired bawl-fest on the couch was put aside my denial and admit that I was depressed.

The second thing I did was try to get a handle on what this newsflash really meant. After all, if knowledge is power, then perspective is power harnessed. What meaning was I going to assign to my little discovery? I decided that no matter what I was feeling right then (which happened to be hopeless and fatigued) my feelings were NOT an accurate portrait of my life or my future. I embraced the viewpoint that, at that very moment, my body/brain chemistry was askew, kinda like a broken thermostat, and that I needed to do whatever it took to get it fixed so I could start measuring my life in a healthy, accurate fashion once again.

The third thing I did was let someone who loved me know that I was having a hard time.

Letting people who care about us know when we are struggling is a great step.

There are lots of ways to do this. For instance, we can wear T-shirts with informative slogans. One of my sisters bought me a T-shirt once featuring the cartoon of a cow lying on its back with all four hooves in the air. The caption? "Really. I'm fine." A shirt like this is a great choice when you realize you're in trouble but there's a part of you that still wants to stay in denial.

And later, when you've progressed beyond the denial phase into the expedient-solutions phase you can always change into the T-shirt I saw at the mall that said bluntly, "I'll have a Venti Decaf

Karen Linamen is a professional



By Laura Snyder

Summer is coming and with it comes Diet Season. It’s not so much of a coincidence. It’s just that when a woman knows that she will be required to wear a bathing suit at some point in the next few months, her mind automatically goes into “lock-down” mode.

All I have to do is imagine what a bathing suit would look like on my body and a part of my brain curls up into the fetal position. Suddenly, even white powdered donuts look like a diabolical spy trying to penetrate my defenses.

It doesn’t really matter what you call it – diet, detox, fasting – it’s all the same word for starving.

I once lost 35 pounds on a low-carb diet, so I thought I’d try it again. A low-carb diet is great. You get to eat as much as you want of anything except carbohydrates like bread, sweets, fruit, potatoes and



Babysitter's cleavage invites trouble

by Lauren Forcella

Dear Straight Talk: I'm 15 and what you call “well-endowed”. I have been babysitting for a family down the street since I was 13. The parents divorced shortly after I started, and the father (“Jon”) moved out and I haven’t seen him for awhile. Last night, after I’d put the kids to bed, Jon let himself into the house with a key and said he wanted to see the kids. When I told him they were asleep, he got this weird look on his face, looked straight at my cleavage and said, “Do you have a boyfriend?” I felt my face turn bright red. Thankfully, “Sophia”, the mother, pulled up right then so that was the end of it. Then Sophia, who usually drives me home if it’s dark, told Jon to drive me home! Nothing happened, but it was really uncomfortable and neither of us spoke. What should I do? It’s not like he did anything. Some of my friends would have even been flattered because Jon is really hot. Don’t tell me to tell my mom. I just want to know what to do if he comes over again. — Creeped-out in Dixon, CA

Nicole, 19, Arcata, CA: If you think men looking at you is bad now, it only gets worse. Rule of thumb: if a man looks at your breasts and you don’t mind, he’s probably harmless; if you feel unsafe, follow your instincts. If that means quitting, do it.

Lennon, 22, Fair Oaks, CA:

rice. Though, as it turns out, those foods seem to be the only ones that make you want to get up in the morning. So... that was a problem.

When I whined about it one morning, lying on my side of the bed like a corpse, my husband had an idea.

Jokingly, he said, “You know, I heard that Viagra is going to offer a stimulus package.”

My eyes rolled toward him and I managed a bit of biting sarcasm when I said, “Well, you don’t need any stimulation, so until Viagra comes out with a little pink pill, I think we can pass on that offer.”

A little miffed, he got out of bed while I prayed my electric blanket would short circuit and give me the jolt I needed to start another day. Why couldn’t I like coffee?

My low-carb diet did get results, though. And I never felt hungry. Of course, I never felt much of anything except tired.

The hardest thing to get used to is figuring out what to have for breakfast each morning. I couldn’t have fruit or breads or cereals and there is only so many ways to cook eggs before they begin to sport a pitchfork and grow horns. I began to experiment with vegetable medleys. Perhaps if I put some peas in a bowl and poured milk into them, I could pretend it was a bowl of Cocoa Puffs. But though I could

fake color-blindness for a short time, there was no getting past the taste. Nope, definitely peas... with milk.

Carrots and yogurt, maybe? My stomach started to erupt at the thought. Broccoli and cheese? It sounds good at any other time, but breakfast was made for carbs.

So okay, what about meat for breakfast? I started with bacon because, well, I associate bacon with breakfast. But bacon and cottage cheese is... not good. And if I had to choke down another egg, I just might have to start a campaign to sterilize chickens!

A banana turned out to be the end of my weight-loss program. Like Eve, a seemingly innocuous fruit led me into temptation. Once I allowed myself the sweet pleasure of fruit for breakfast, my body would not stop at anything less than a cookie jar full of Double Stuff Oreos.

“Take that!” it said. “How dare you keep me away from real food!”

When your body starts yelling at you as if it’s a separate entity, you know you’ve gone too far.

As I munched on my Oreos, I wondered how I could get out of wearing a bathing suit all summer.

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.

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New Pew Forum Poll Explores Why Americans Change Religious Affiliation

Diverse reasons, but distinct patterns emerge

Christian Newswire -- A new survey by the Pew Research Center’s Forum on Religion & Public Life finds that Americans change their religious affiliation early and often, and the reasons they give for changing - or leaving religion altogether - differ widely depending on the origin and destination of the convert.

“Faith in Flux: Changes in Religious Affiliation in the U.S.” is a follow-up to the “U.S. Religious Landscape Survey,” conducted by the Pew Forum in 2007 and released in 2008, and is based on over 2,800 callback interviews with members of the largest segments of the population that have changed religious affiliation.

The poll results offer a fuller picture of the “churn” within religion in America, where about half of adults have changed religious affiliation at least once in their life.

Key findings include:

- Most people who change their religion leave their childhood faith before age 24, and many of those who change religion do so more than once.
- Many people who have left a religion to become unaffiliated, the group that has grown the most from religious switching, say they did so in part because they stopped believing in the teachings of their childhood faith. Many also cite disillusionment with religious people and institutions as reasons for becoming unaffiliated.
- Many people who have left the Catholic Church say they did so because they stopped believing in Catholic teachings. This is true for half of Catholics who have become Protestant as well as two-thirds of Catholics who have become unaffiliated. Many fewer say they left because of the clergy sexual abuse scandal.
- In contrast with other groups, Americans who have switched from one Protestant denominational family (e.g., Baptist, Methodist) to another tend to do so because of changes in life circumstances, such as marriage or moving to a new community.

The report, including a detailed executive summary, methodology and topline questionnaire, is available online (pewforum.org/docs/?DocID=409).

For the original “U.S. Religious Landscape Survey,” visit religions.pewforum.org.

If you are interested in arranging an interview with a Pew Forum researcher or need more information, please contact Lorelei Coyle at 202.419.4556 or lcoyle@pewforum.org or Robbie Mills at 202.419.4564 or rmills@pewforum.org.

The Pew Research Center’s Forum on Religion & Public Life delivers timely, impartial information on issues at the intersection of religion and public affairs. The Pew Forum is a nonpartisan, nonadvocacy organization and does not take positions on policy debates. Based in Washington, D.C., the Pew Forum is a project of the Pew Research Center, which is funded by The Pew Charitable Trusts.



Calvin and Lisa Wulf

"To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps." 1 Peter 2:21 (NIV)

"Hi, I'm calling about your church. Do you have exciting music?" asks the seeker.

"Sure do," the pastor replies.

"Is your Sunday School a lot of fun?"

"Absolutely."

"Does your church promise that its members will never face pain, sorrow or difficulties ever again?"

"We guarantee it!"

Believe it or not, this is a real radio commercial. Who wouldn't love a church like this? We all want to feel good and be happy

"No Pain – No Gain"

by Calvin and Lisa Wulf

carefree individuals. We believe an enjoyable existence is our God-given right. If life isn't easy, comfortable and trouble-free, there's something radically wrong.

We'll do anything to avoid pain. But the fact is we can't. Cancer strikes the faithful. Jobs are lost in a shifting economy. Accidents claim the lives of children. If the church can't keep bad stuff from happening, why stay?

Perhaps we're looking in the wrong direction. The cross should be the focal point of our faith in Christ, not whether we manage to live the good life. Becoming conformed to Christ is the real goal.

No church can promise us a pain-free existence. Jesus doesn't even do that. If we're serious about spiritual growth, there will be pain. How else will we truly know Christ unless we enter into his suffering in some real measure?

Want to leave behind your "feel good faith" and really get serious?

Try this:

• Take stock. Are you more

interested in the easy life or in knowing Christ?

• Release your expectations. Pain is a part of life no matter who you are.

• The early Christians suffered great hardship and kept the faith. Can you do less?

Find a picture of Christ on the cross and ponder his suffering. To a Christian the cross is everything. So don't run away from it and stop shopping for the perfect life. Extreme discipleship has a cost but you will find peace in the midst of trouble. Remember - no pain no gain. We guarantee it!

Living for God (TM) offers resources on Christian living.

Check them out at www.livingforgod.net or call (719) 578-8837.

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Partners in Caring

Annual Seminar for Faith Leaders on End-of-Life Care is Set for June 3

Seriously ill and dying individuals, and their families, often turn to faith communities for support during their illness. Yet faith leaders may feel unprepared to care for people coping with complex medical, ethical and interpersonal issues that surround a person's last days. The Center for Healthcare Decisions will host Partners in Caring, an engaging seminar to help faith leaders gain confidence in supporting people near life's end. The program will be held from 8:30 am – 4:30 pm on Wednesday, June 3 at the Sierra Health Foundation Conference Center in Sacramento.

Partners in Caring is intended for community clergy, rabbis and priests; staff and volunteer chaplains; parish nurses and health ministers. Presenting faculty include physicians, other health professionals and faith leaders who will discuss: Important concepts in setting goals for care near the end of life, Legal issues around life-sustaining treatment and advance directives, Information about pain management, including myths and misconceptions, How to partner with the medical team to address issues around suffering, Ways to address the spiritual needs of patients and families, and How to facilitate communication and be present with the dying.

Attendees have given high marks for the quality, value and sensitivity of material presented. Past participant Pastor Debbie Naramore with The Rock of Roseville Church notes that the program included “amazingly dedicated, professional speakers.

This was one of the best seminars I've ever attended.”

“Partners in Caring grew out of interviews with area faith leaders who said that while they often are called upon to minister to families facing end-of-life issues, most haven't received training about these issues in their educational preparation,” said Kathy Glasmire, CHCD Associate Director. “We designed this seminar to meet their needs.”

Partners in Caring is sponsored by the Center for Healthcare Decisions, a nonprofit organization that has played a leadership role since 1994 in local and state

activities around end-of-life care, and the Compassionate Care Alliance, a regional coalition of healthcare professionals and community members encouraging discussion about end-of-life issues.

The registration fee for the seminar is \$60, which includes a light breakfast, lunch and all program materials. If two or more people attend from the same congregation or organization, the cost is reduced to \$50 per person.

For more information and a registration flyer, visit: www.chcd.org or call the Center for Healthcare Decisions at (916) 851-2828.

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www.avefmc.org

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Friends of the Library Mine Gold Nuggets

It's mid-year and once again the Friends of the Orangevale Library are seeking to mine more gold to benefit the Orangevale Library. Our biggest annual gold nugget is the Bodacious Book Sale, coming up Thursday, June 4, 8:30-5, Friday, June 5, 8:30-5 and Saturday, June 6, 8:30-12 noon at Divine Savior Parish Hall, 9070 Greenback Lane, Orangevale.

Along with thousands of gently used books—bestsellers, mysteries, cooking, crafts, history, parenting, self-improvement, humor and children's books, there's more. There's the "It-gets-better-every-year" Boutique where customers choose a free gift upon joining Friends of the Library. The Boutique, much like an upscale gift shop, offers something for everyone: extraordinary home accessories, gourmet wines, children's delights, T-Shirts for teenagers and interesting items for men. This year's selection is indeed a cornucopia, and again the gifts are free with a Friends Membership, which has a nominal fee.

The purpose of joining Friends is altruistic in nature as it helps build the library collection and produce more community programs. Let it be well-known, that statistically, we rank third in memberships of the Sacramento Public Library's total 27 branches, even though we are one of the smallest branches.

Over the past, the Friends have pursued their endeavors creatively and relentlessly, mining gold nuggets like \$281,000 in library renovations last April, receiving a generous grant award from Wal-Mart, negotiating with Orangevale Water Company to insert news about Friends activities in a billing mailer, a jewel of a nugget, since it does not increase postage costs to the water company, and hosting celebrity authors at our local Grange Breakfast, with proceeds benefitting the library.

With what other major entity do busy, industrial Friends engage in advocacy on behalf of the library? To name a few, Orangevale Rotary, Boy and Girl Scouts, Casa Roble Interact Club, partnership with a local pediatrician to Distribute Books for Babies kits to new parents, community service performed by students from local middle and high schools, Target Booster program and System Friends. What are the measurable results in gold nuggets? Orangevale Rotary \$1,000 grant, Target Branch Booster Program \$725.00 and System Friends \$1,000 grant.

The big dream, and never letting go of it, of course, is securing a permanent home for the Orangevale Library. All these efforts and programs—purposely—keep the goal of acquiring a new library in the limelight in people's minds.

Back at the ranch, what is going on at the library during all this FOL activity? Besides promoting and being wholeheartedly supportive, Branch Supervisor Coral Proctor coordinates programs sponsored by Friends and others--Pajama Story Time, Catch the Reading Bug, Gardens of the British Isles, Travel to Scotland, Living With Alzheimer's/Dementia and more.

Your attendance and that of your families and friends at the Bodacious Book Sale would, indeed, be a complementary—much appreciated gold nugget—for our community to enjoy and rejoice.

*Be Bodacious!
Come early!
Come daily!*

The Vitamin Shoppe Helps to Raise Funds

Citrus Heights - (Grassroots Newswire) - Statistics show that over 30 percent of the world's population suffers from micronutrient deficiencies. Vitamin Angel is a non-profit organization dedicated to providing vital nutrition in the form of supplements to developing countries, communities and individuals in need.

During the entire month of May, The Vitamin Shoppe in Citrus Heights will accept cash donations on behalf of Vitamin Angels. The goal is to eradicate childhood blindness caused by vitamin A deficiency (VAD) worldwide by the year 2020. The Operation 20/20 campaign will alleviate vitamin A deficiency by providing just two high-dose vitamin A capsules to children ages 1 to 4 and lactating mothers each year for a course of four to five years.

"We are really proud to be a part of this great initiative," said Robert Whiting, district manager of the local Vitamin Shoppe. "We hope the entire Citrus Heights-area community will join us in helping children across the world."

Last year, Operation 20/20 reached more than 5.5 million children in 16 countries around the world to prevent VAD childhood blindness. In addition to the vitamin A, all the children received deworming medicine to improve the absorption of the vitamin A and help combat intestinal parasites.

"To help support their tremendous efforts, this year we've added a new limited edition reusable bag with the Vitamin Angels' logo on the side," said Tony Truesdale, president and chief merchandising officer of The Vitamin Shoppe. "For just a \$5 donation, customers get a reusable bag and help more than 125 kids at the same time. It's a win for everyone, but especially for the kids we can help."

The Vitamin Shoppe is raising funds for Vitamin Angels in store at the register. Customers can donate \$1 or more to the campaign and sign a Vitamin Angels paper angel to hang in the store. Any customer who donates \$5 or more will receive a limited edition reusable bag. On-line customers can also donate with each purchase at www.vitaminshoppe.com.

For more information, please contact The Vitamin Shoppe in Citrus Heights, located at 6147 Sunrise Blvd., at (916) 725-1616.

Help Suit Up Homeless Dads This June



Celebrate the Dad in your day, join us to make fathers feel special this June. Bring in an old business suit to donate to homeless men who need business clothes for interviews and we'll give you a month of free lessons for you and your Dad.

Getting a job is a huge challenge when you have

been homeless. Getting a suit for that all important job interview is often financially impossible when you have to choose between food for your family and clothes for yourself.

Help us help homeless Dad's find a new job by donating your Dad's old suit and he can get a new one.

Mira Loma High School Team Claims National Science Bowl Championship

San Juan Unified School District's Mira Loma High School beat out other schools from across the nation to claim the U.S. Department of Energy's National Science Bowl championship. The Mira Loma team beat out Lexington High School from Lexington, MA in this morning's final round.

The Mira Loma team will receive an all-expense-paid science research trip to attend the International Science School at the University of Sydney, Australia along with \$1,000. The team included students Edward Lee, Andrew Chen, Heather Yee, Rishi Kulkarni, and Sriram Pendyala along with Coach James Hill.

"This is an extraordinary accomplishment that we can all be proud of," said San Juan Unified Superintendent Dr. Pat Jaurequi. "Mira Loma has long been known for its high quality of science instruction in the region and entire state of California. Today's win of the National Science Bowl is just another confirmation that the hard work and dedication of students and staff at Mira Loma place them among the best in the nation."

More than 500 students from 42 states, the District of Columbia, Puerto Rico and the U.S. Virgin Islands competed in this weekend's National Finals of the 19th annual Department of Energy National Science Bowl. Earlier this spring, more than 20,000 students from across the country participated in regional Science Bowls. Sixty-seven high school and 36 middle school regional Science Bowl champions received all-expense paid trips to compete in the National finals in Washington, D.C.

The Department of Energy created the National Science Bowl in 1991 to encourage students to excel in mathematics and science and to pursue careers in these fields. More than 150,000 students have participated in the National Science Bowl throughout its 19 year history.

Orangevale Rotary Awards School Grants Totaling \$3500

Technology scored big as applicants for Orangevale Rotary's School Grants sought various high-tech devices to enhance instruction. The club received 18 applications from eight schools.

Winning teachers included Ottomon's Tako Stathem, Karen Giddings, and Beth Oneto, Twin Lakes' Melissa Cowles, and Oakview's Carol Jacobs, who are purchasing the "Elmo High Document Camera."

Pershing's Brent Fullmer received a grant to partner with the school's parent group to purchase the "ActiveExpressions Promethean," a handheld device to assist with answering questions. Pershing's Dancy Dobrenick received funding for an additional grant to purchase ActiveExpressions ActiviSlates. Students can write on these slates at their desks and send what they write to a projector which displays their answers on a screen.

Ottomon's additional grant recognizes the importance of reading as the basis for all education with a "Book in a Bag" program, serving as motivation for improvement in reading skills at the third grade. It was awarded to Erin Garducci.

San Juan School District Students Receive Scholarships From Air Force Association

Sacramento - AFA Claude Farinha, Gold Rush Chapter 116, held its annual Awards and Scholarship banquet. There were thirty-three high school and eleven college students who live in the Sacramento area who applied for scholarships. The students were vying for the \$22,000 in scholarships, which were awarded on April 30th. As in past years, the competition was extremely competitive. Initially, each applicant has to qualify by meeting a minimum Grade Point Average (GPA) and for High School students attaining a minimum Scholastic Aptitude Test (SAT) or American College Testing Program (ACT) score.

GPA's for high school students averaged 4.09 and as high as 4.61. GPA's for the college applicants averaged 3.62 and as high as 4.0. SAT and ACT scores are equally impressive. Each applicant was further assessed for their leadership, community and extra curricular activities and achievements and was graded on the composition and content of a personal essay. Congratulations to the following four students from the San Juan Unified School District who were chosen.

Alexander Elicit, a senior at Casa Ruble High School received a \$5,000 scholarship. Pauline Stewart from Rio Americano High School who has been admitted to Cornell University's College of Engineering received a \$2,500 scholarship. Tanner Stevenson, a senior at Bella Vista High School received a \$2,000 scholarship. Monica Sing from Mira Loma High School received a \$1,000 scholarship.

If you are interested in applying for a scholarship for 2010, all of the information for applying is on AFA Chapter 116 web site <http://www.afa-sacto.org>. just click on 2010 Scholarship Information.

Rancho Cordova Lowe's Store Helps Make Mda History

More than 1,600 Lowe's stores across the U.S. nearly double previous record by raising \$4.3 million

Rancho Cordova - Defying typical nonprofit fundraising across the United States this year, Lowe's is at the top of a long list of retail and restaurant partners to report a record-breaking \$18 million in Shamrocks Against Dystrophy sales. At the conclusion of the 26th annual Muscular Dystrophy Association (MDA) Shamrocks Against Dystrophy campaign, Lowe's reported \$4.3 million in sales, nearly doubling the previous record of \$2.3 million raised by one retail grocery two years ago. The \$1 and \$5 Shamrocks donations have now raised more than \$200 million for Jerry's Kids.

Generous customers of the more than 1,600 participating Lowe's locations showed their commitment to the Shamrocks Against Dystrophy campaign through donations starting at \$1. Several partners, including Lowe's, extended the program beyond the original March 17 deadline due to its overwhelming success and the greater need in tough times that has left nonprofits struggling to raise funds. Although a nationwide effort, all money raised stays in local communities and provides hope to families living with muscular dystrophy and related diseases.

"We want to thank our loyal customers for their tremendous support and are extremely proud of our Lowe's team that got behind this effort 100-percent," said Randy Sargent, store manager of Rancho Cordova.

We're grateful to our partners for reaching out to their customers, for even a small donation," MDA President and CEO Gerald C. Weinberg said. "The overwhelming generosity of the local Rancho Cordova community demonstrates that there is so much good in the world. We can't thank everyone enough."

Through Shamrocks Against Dystrophy, \$1 and \$5 donations help fund research for treatments and cures, support group sessions, clinic fees, MDA summer camp, mobility and communication devices, and much more.

For more information about MDA, visit www.mda.org.

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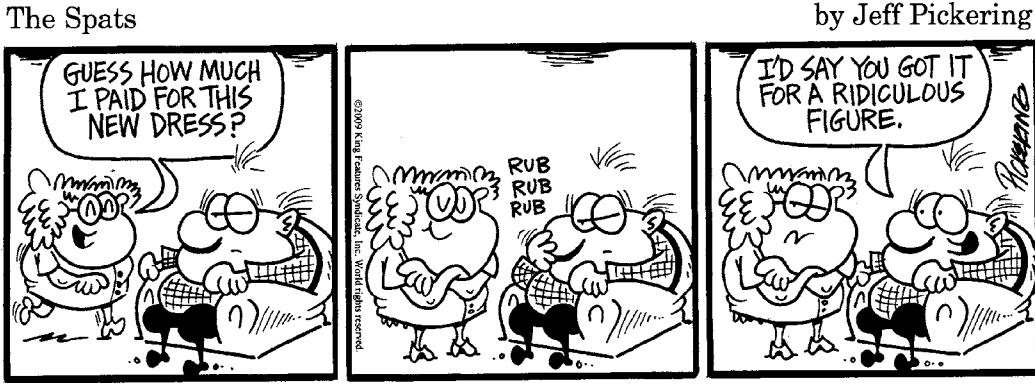
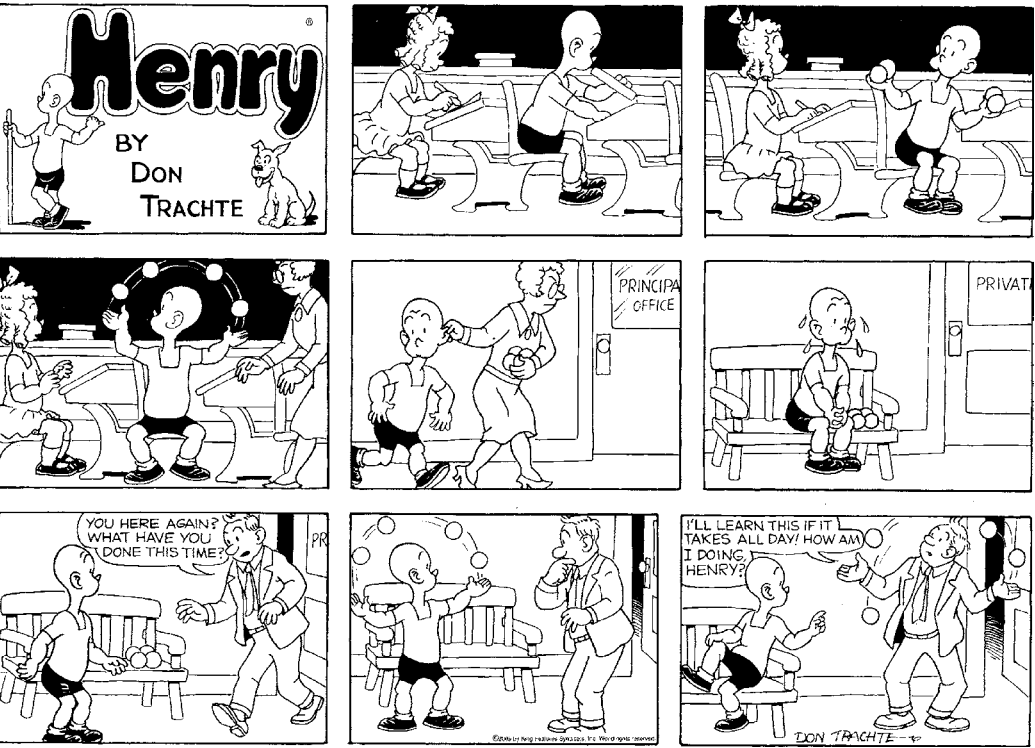
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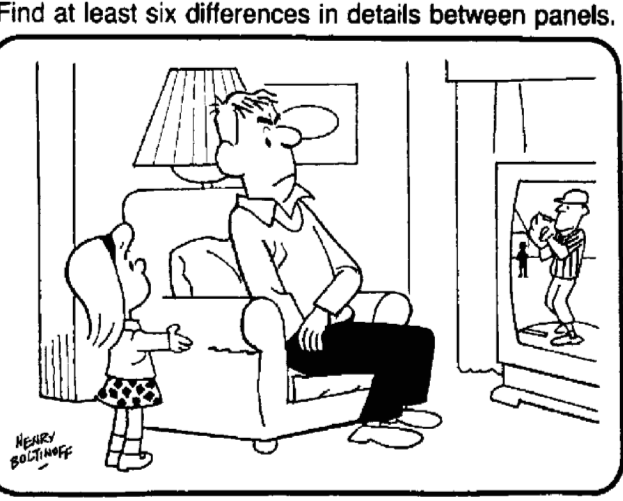
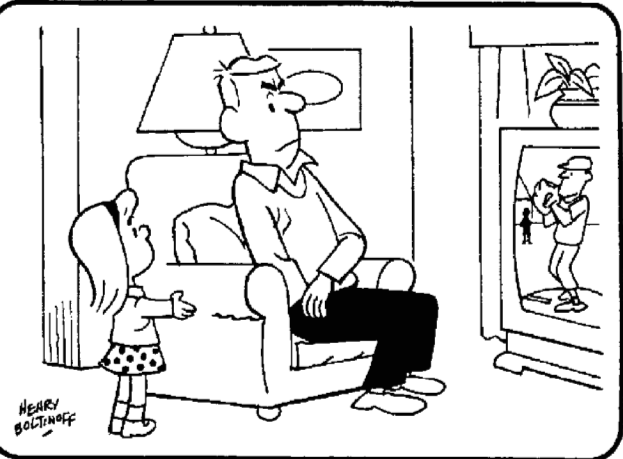
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HOCUS-FOCUS



Differences: 1. Lampshade is different. 2. Skirt pattern has changed. 3. Uniform is different. 4. Plant is missing. 5. Window and drapes are wider. 6. Dad's hair is different.

Trivia test

- HISTORY: The Battle of Hastings was fought for control of which country?
- U.S. STATES: How much did the United States pay Russia for the Alaskan territory in 1867?
- MUSIC: Who wrote and sang "The Theme from Shaft"?
- LITERATURE: What was the London address of Sirius Black's ancestral home in "Harry Potter and the Order of the Phoenix"?
- GEOGRAPHY: Where is Mount Vesuvius?
- TELEVISION: Who played Morticia on "The Addams Family" television series?
- INVENTIONS: Which scientist played a major role in the invention of peanut butter?
- ENTERTAINERS: Which entertainer also is known as "The Divine Miss M"?
- AD SLOGANS: Which company featured the ad slogan: "Because I'm worth it"?
- FAMOUS QUOTES: Who once said, "A dog is the only thing on earth that loves you more than you love yourself."

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Weekly SUDOKU

by Linda Thistle

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

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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ACADEMY MAGIC MAZE AWARD HOSTS

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

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

Astaire Benny Carson Crystal
DeGeneres Goldberg Hope Jackman
Jessel Kaye Lemmon Letterman
Martin Rock Stewart

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All Answers on Page 9

Contract Bridge

A DIABOLICAL PLAN SUCCEEDS

South dealer.
Neither side vulnerable.

NORTH

♠ J 9 7 4 3
♥ 7 3
♦ 8 5 3 2
♣ 6 4

WEST

♠ A 10 8
♥ Q J 10 9 4
♦ 9 6
♣ 9 7 3

EAST

♠ Q 6
♥ 8 6 5 2
♦ A 7 4
♣ J 10 8 5

SOUTH

♠ K 5 2
♥ A K
♦ K Q J 10
♣ A K Q 2

The bidding:
South West North East
3 NT Pass Pass Pass
Opening lead — queen of hearts.

Let's say you hold the South hand and open three notrump, passed all around. West leads the queen of hearts. How would you play the hand? When the deal occurred, South won the heart with the king and quickly realized that if he played the king of diamonds at trick two, he would almost surely go down one after a sec-

ond heart lead, which would leave him with only eight tricks.

So South began to think about how he might possibly steal three notrump, and after a few moments he came up with a scheme that actually had a reasonable chance of success. At trick two, he led the king of spades!

Now just imagine you're West and the only cards you can see are the dummy's and your own. It would certainly seem logical to assume that declarer has the K-Q-x of spades and is trying to get you to take the ace.

If that were the case, you would probably duck the king of spades at trick two — which is exactly what happened when the deal was played. South then led the king of diamonds at trick three, and at the end of play West discovered he'd been had.

If you were the actual West, you might feel embarrassed about having fallen victim to such a ruse — even though you'd have lots of company with other Wests. Instead of chastising yourself, however, you'd be better advised to credit declarer with making an extraordinarily good play and let it go at that.

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by Steve Becker

Free Workshop on Fundraising and Grant Writing

Sacramento - Assemblyman Roger Niello (R-Fair Oaks), has announced that he will be hosting a free workshop for non-profit organizations to learn about fundraising and grant writing on June 3, from 1:00pm to 4:30pm at Howe Park in Sacramento.

Non-profit organizations rely heavily on fundraising and grants to pay for their daily operations. This workshop is designed to give these organizations the keys to empower themselves and learn how to create sustainable funding in addition to providing assistance with grant writing.

Information on grant writing and a session titled, "Building Sustainable Funding in Economically Challenging Times" will be provided during the event.

"Non-profit organizations have been hard hit during the recession and they have been doing more for the community with fewer funds. Many organizations are looking for new and creative ways to keep their doors open and my hope is that this workshop will help them accomplish their goals," said Assemblyman Niello.

For additional questions or to register for the event, please contact Assemblyman Niello's District Office at (916) 349-1995 or email Assemblymember. Niello@assembly.ca.gov. The following is the location and time of the workshop. While the event is free, registration is strongly encouraged.

Lions Craft Fair

Don't Miss This Event

Quality Crafters, Hand Painted Glass, Purses, Scarves, Unique Jewelry and Much More!

June 20th, 9:30 am to 4:00 pm
Rusch Park,
7801 Auburn Blvd,
Citrus Heights

Orienteering at Sacramento Bar

Take a hike in a beautiful American River park and learn how to use a map and compass at an orienteering meet on Sunday, May 31.

Orienteering is a fun and challenging sport for individuals and families. Using a detailed map, compass and a set of clues, you navigate from point to point to find a series of designated places. The sport can be done as a competitive race or a leisurely hike and is great for youth groups, outdoors enthusiasts, adventure racers and anyone seeking a physical and a mental challenge. This meet will feature beginning, intermediate and advanced courses. Beginner instruction will be available.

Registration will be from 9 a.m. to 12 noon. The courses can be started between 10 a.m. and 12:30 p.m. The cost is \$5 for GCO members and \$6 for nonmembers, for each individual or team going out together, and \$2 for a second map or second course. The parking fee is \$5.

For more information, visit www.goldcountryorienteers.org or contact Dave at 916-332-0271 or gcodave@comcast.net.

KING Crossword

Answers on Page 9

ACROSS

- Vacationing
- Weapon handle
- Major leagues
- Carnival city
- Look lecherously
- Norway's capital
- Bully
- Revolution period
- Bill
- Come before
- Talcum, e.g.
- In an earlier time
- "— not choose to run"

- Long sandwich
- Different
- Belgrade resident
- Wrigley product
- Domesticated
- Inquired
- Petrol
- Zero
- Melody
- Gaudy
- Stunt double, e.g.
- "Of course"
- Flock
- youngster
- MySpace alternative
- Neighborhood

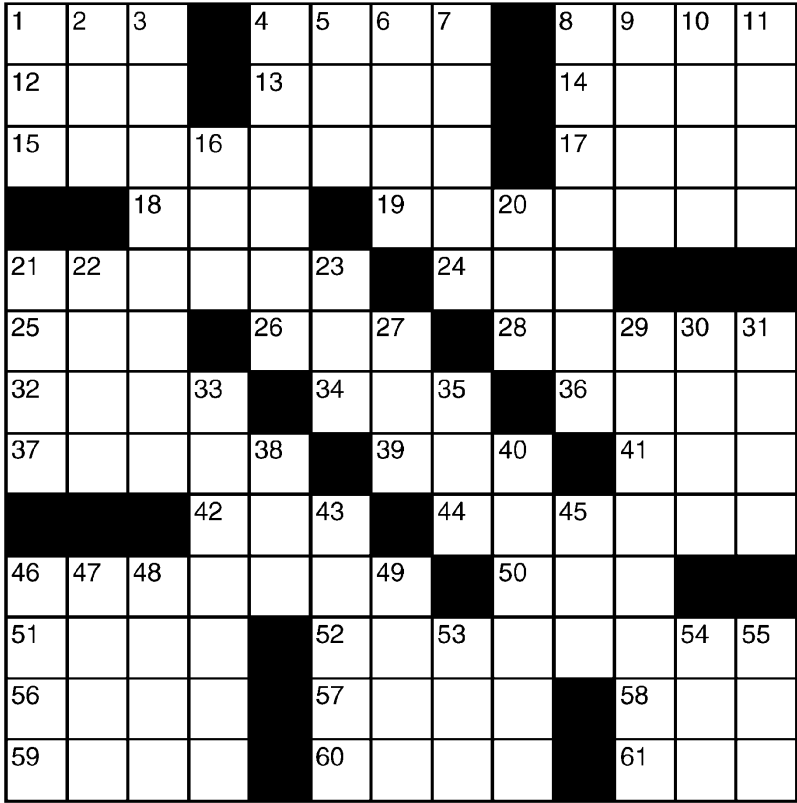
- Pinocchio, at times
- X-ray descendant
- Designer Vera
- "Desire Under the —"
- Chow down

DOWN

- Scepter topper
- Christmas tree, often
- Adroit maneuvering
- Calvin's companion
- Time of your life?
- Envelope feature

- Aquarium favorite
- Refuse to buy
- "Gotcha"
- Pleased
- Angry
- Bankroll
- Freudian concept
- Tower city
- Pindaric works
- Bad hairpiece
- Annoy
- Attractive
- Eastern bigwig
- Depend (on)
- Pellet-filled chair

- Wrestlers' surface
- Accomplished
- Lord
- Wimsey's creator
- Soldier's arm
- Symbol of intrigue
- Cabbage salad
- The O'Hara estate
- Congregation's cry
- Manicurist's concern
- Rotating part
- Man-mouse link
- Set of equipment



Savage’s Lawyers Issue Complaint to U.K. Chief

London advocates demand ‘substantial sum,’ retraction, apology, warn of further action

By Art Moore © 2009
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Lawyers in London for Michael Savage issued a defamation complaint today to British Home Secretary Jacqui Smith for posting a press release announcing the popular talk-radio host’s ban from entry to Britain along with murderers, terrorists and others who advocate violence.

“The allegations in the Press Release constitute serious and damaging allegations which are actionable under English law,” declares the complaint from Olswang LLP, a leading London firm.

Savage’s British legal team asks for a response within seven days, warning of further legal action unless Smith agrees to pay a “substantial sum,” issues a new press release with a retraction and apology, and pays the talk host’s legal fees. “This matter is extremely urgent and defamatory material concerning our client has had enormous circulation both inside and outside the United Kingdom,” the complaint continues.

Savage says that if the complaint goes forward, the discovery process would include investigation of how his name ended up on the list. “I am pretty sure there will be a trail going back high up in the Obama administration,” he said on his nationally syndicated radio show today.

As WND reported last week, Smith explained the ban was necessary, because it was “important that people understand the sorts of values and sorts of standards that we have here, the fact that it’s a privilege to come.” On Wednesday, Savage sent a letter to Secretary of State Hillary Clinton, asking that she call on the British government to withdraw the ban.

The letter to Clinton, issued by the nonprofit Thomas More Law

Center, appeals to international conventions, arguing Savage is being punished “for what he says in the United States and not what he has said or intends to say in the United Kingdom.”

The complaint sent to Smith notes Savage was listed with people accused of terrorism and states the “controversial daily radio host” is “considered to be engaging in unacceptable behavior by seeking to provoke others to serious criminal acts and fostering hatred which might lead to inter-community violence.” The allegations are “entirely false,” the complaint asserts. “At no time has our client provoked or sought to provoke others to commit crimes or serious criminal acts.” The complaint warns that if Savage were to proceed with a defamation suit, he likely could recover substantial damages.

Savage’s attorneys charge the home secretary’s press release was “expressly intended to “name and shame” their client.

Savage also asked Clinton’s State Department to find out the origin of the listing. In the letter to Clinton, Thomas More’s president and chief legal counsel, Richard Thompson, argues Savage’s radio show is not broadcast in the U.K., and it’s unlikely many British citizens had even heard of him.

“It is extremely suspicious that the Home Secretary’s office would select an American radio talk show host to place on their so called ‘least wanted list,’ when that individual has never taken steps to enter their country,” Thompson writes. Thompson points out the ban on Savage has caused a “political firestorm” in the U.K., with some British citizens claiming the move was made to “give political cover to the list that concerns mainly Muslims.”

Savage hosts the nation’s third most popular radio talk show

in the U.S., with an estimated 8 million listeners a week on about 400 stations, according to his syndicator, the Talk Radio Network.

Thompson appeals to Article 19, section 2 of the International Covenant on Civil and Political Rights, which both the U.S. and U.K. have signed: “Everyone shall have the right to freedom of expression; this right shall include freedom to seek, receive and impart information and ideas of all kinds, regardless of frontiers, either orally, in writing or in print. . . .” In addition, he says, the ban violates Article 10 of the European Convention on Human Rights, which also establishes “the right of freedom of expression.”

Thompson, in conclusion, “respectfully demands” that Clinton and the State Department “take all necessary steps” to call on the U.K. and Home Secretary Smith to rescind the ban and asks that

he be kept “informed of the steps you plan to take and are taking.”

In an interview with the BBC May 5, Smith said Savage is “someone who has fallen into the category of fomenting hatred, of such extreme views and expressing them in such a way that it is actually likely to cause inter-community tension or even violence if that person were allowed into the country.” Savage told WND last week his message for Smith and the people of the U.K. was, “Shame on you. Shame that you’ve fallen to such a low level.”

“It’s interesting to me that here I am a talk show host, who does not advocate violence, who advocates patriotic traditional values – borders, language, culture – who is now on a list banned in England,” Savage said. “What does that say about the government of England? It says more about them than it says about me.”

The U.K. list also includes Hamas leader Yunis Al-Astal, former Ku Klux Klan grand wizard Stephen Donald Black, neo-Nazi Erich Gliebe and radical American pastor Fred Phelps, known for his virulent anti-gay protests at funerals. Phelps’ daughter Shirley Phelps-Roper also is on the list.

Smith said the British government believes the people on the list have views or attitudes that could provoke violence. “If people have so clearly overstepped the mark in terms of the way not just that they are talking but the sort of attitudes that they are expressing to the extent that we think that this is likely to cause or have the potential to cause violence or inter-community tension in this country, then actually I think the right thing is not to let them into the country in the first place. Not to open the stable door then try to close it later,” she said. “It’s a

privilege to come to this country. There are certain behaviors that mean you forfeit that privilege.”

The others on the list are Jewish nationalist Mike Guzovsky; imprisoned Russian skinhead leaders Artur Ryno and Pavel Skachevsky; and Islamic leaders Wadgy Abd El Hamied Mohamed Ghoneim, Abdullah Qadri Al Ahdal, Safwat Hijazi, Amir Siddique, Abdul Ali Musa, Samir Al Quntar and Nasr Javed.

On his website, Savage is appealing to his listeners to contribute his legal fund, which he has used for various efforts, including a lawsuit last year against the Council on American-Islamic Relations for waging a boycott using excerpts of his copyrighted remarks. In this case, however, CAIR has sided with Savage, arguing “freedom of speech is a two-way street.”



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A Silver Lining *by Sal Arrigo, Jr.*

Customer Service

When I talk with my Sacramento State students, whose average age 21-23, I tell them that no matter what career choice they are making, the mature customer, the senior citizen will touch their business. I remind them look around the next time they are shopping and tell me how many “gray hairs” are shopping as well. I ask them to consider the fact that a 55-year-old couple today may well still be shopping 30 years from now.

Want to tap into this market? If so, then you need to do some relationship marketing. I have to tell you, folks, we are still so hung up on anti-aging products, and making clothes for the younger generation, that many businesses have not come very far in their dealings with older consumers. I’ve developed a list of seven commandments (I’ll present three today) for you to read to get a better understanding of the mature consumer for those who are eager to serve the senior citizen.

1. Thou shalt not patronize your senior customers. I once heard a young clerk refer to a gracious older customer as “cute.” Babies are cute, and so are



Sal Arrigo, Jr.

puppy dogs, but the senior is not “cute.” Seniors have been around the block a few times and can sense when they are not being taken seriously. Please, no pats on the head, literally or figuratively, for mature adults. You wouldn’t like it either.

2. Thou shalt never forget that for your senior customers, service is more important than efficiency or even cost. An example that comes to mind is our banking industry. While using an automatic teller machine may be more efficient than using a “live” teller,

we need to be mindful that the trip to the bank may be one of the social highlights for that week. Banking isn’t the only area where personal contact is crucial. Asa Jennings, General Manager of Mather Golf Course told me, “seniors have a huge social and economic impact on our golf course, and I try to visit as many of them (seniors), just to say hello, “

3. Thou shalt remind thyself that in dealing with older customers, the adage “time is money” has a whole new meaning. Every businessperson knows that older people like to talk. But only the smart people learn to listen. Granted, taking time to listen to your customer’s chatting can be inefficient, at least in the short run. Granted, too, that if there is a long line at the check-out counter, you have only so much time you can give to any one customer. Still, it is important that you and your sales staff go that extra 15 seconds with a friendly senior customer.

Jay Rubash, owner of Lone Star Service Auto Repair in Citrus Heights states, “Dad told me to treat seniors with respect. I will explain their car repair in detail. Seniors may not always trust mechanics, but I’ll do my best.” They are grateful.” Time is money. In the next A Silver Lining, I’ll continue with my marketing commandments. Since our local and national economy is in need of a real boost, for now the above can be a guide.

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.

TAPS - The Final Salute *by Judy Zimmerman*



Judy M. Zimmerman

When my husband (a retired Air Force officer) died, the funeral director assured me he would make all the necessary arrangements for a military honor guard during the committal ceremony at the cemetery.

Later that week, I became curious about the significance of a twenty-one-gun salute and the familiar, melancholy melody of TAPS. My research revealed the following:

THE TWENTY-ONE-GUN SALUTE

The origin of the twenty-one gun salute is lost in the shadows of history, but it is commonly believed it started as a multiple of the number seven’s astrological and Biblical significance. Seven planets had been identified and the phases of the moon changed every seven days. The Bible states that God rested on the seventh day after Creation.

Three was the number of omnipotence and the Deity. Therefore three times seven was the ultimate honor that could be bestowed on a VIP.

The twenty-one-gun salute is actually fired by rifles at one-minute intervals on the day of internment of a president, ex-president or president-elect. It is also rendered in honor of the arrival or departure of the President of the United States, the sovereign or chief of state of a foreign country, and the member of a reigning royal family.

What can the family of an eligible veteran expect if they request military funeral honors? An honor guard detail shall consist of not less than two members of the Armed Forces. One member of the detail shall be a representative of the parent Service of the deceased veteran. At a minimum, the ceremony will include the folding and presenting of the American flag to the next of kin and the playing of Taps by an electronic recording or by a bugler, if available. Today, there are so few buglers available that the military services often cannot provide one.

TAPS

During the Civil War, the American Armies used the French Tattoo (“Lights Out”) for Taps, which had been used in Europe to notify soldiers to cease an evening’s drinking and return to their garrisons. It was sounded an hour before the final bugle call to end the day by

extinguishing fires and lights.

But this call did not suit General Daniel Butterfield of the Union Army. With the help of the brigade bugler, Oliver North, General Butterfield wrote Taps one night in July 1862 while in camp at Harrison’s Landing, Virginia. He considered it a more peaceful and soothing call to signal the end of the day’s activities. (The last five measures of Tattoo resembles Taps).

Apparently, Taps was also first used in connection with military funerals during the same campaign. It was unsafe to fire the customary three volleys over the grave due to the enemy’s proximity, so the sounding of Taps was substituted as the most appropriate ceremony.

These words were written for Taps: Fades the light, And afar Goeth day, Cometh night; And a star, Leadeth all, Speedeth all, To their rest.


More Information; Let the funeral director know immediately if you would like to arrange the appropriate military honors as part of the committal ceremony. A military discharge form DD214 is required. Military retirees, call 1-800-531-5803 and www.militaryfuneralhonors.osd.mil. The 21-gun salute (7 military members firing 3 volleys) is provided specifically for individuals who die on active duty.

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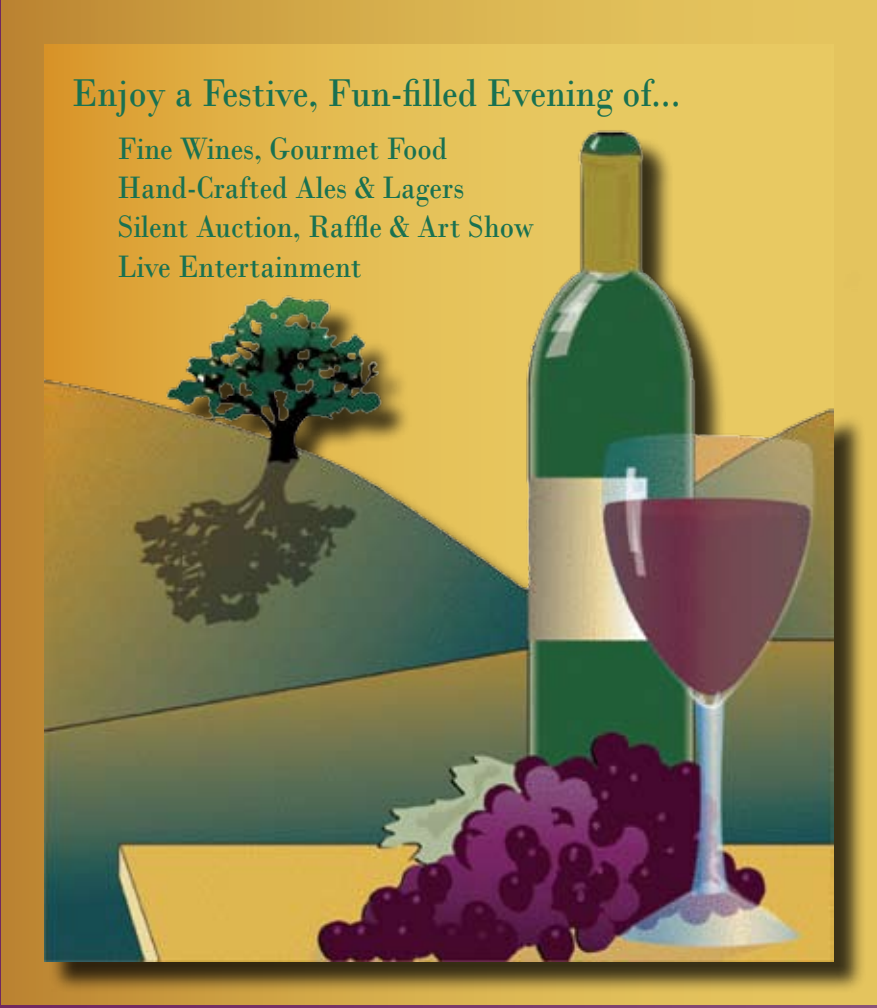
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DC Comics 2009 Design Scholarship Challenge Announced

Aspiring graphic design students compete for \$25,000 tuition scholarship and a chance to work on a DC Comics marketing campaign



Sacramento - Aspiring graphic designers have until June 8 to submit entries to the “2009 Design Scholarship Challenge” to compete for the national prize, an opportunity to work with DC Comics on an upcoming marketing campaign for “Absolute Justice” and a \$25,000 tuition scholarship to one of the sponsoring design schools. Hopefuls should submit entries to one of the schools which are: the 11 International Academy of Design & Technology (Academy) campuses, located in Chicago, Detroit, Las Vegas, Online Campus, Orlando, Sacramento, San Antonio, Schaumburg (IL), Seattle, Nashville, and Tampa; as well as Brooks Institute, Brown College, Collins College, and Harrington College of Design. The first round of judging will be conducted by a panel of faculty and employees at each local campus and winners will be selected by June 19, 2009. The final round will be conducted by a national panel including representatives from DC Comics. The National Winner will be announced in July at San Diego Comic-Con 2009. “A local winner will be selected from each campus and all 15 will receive a \$5,000 tuition

scholarship to the sponsoring school of their choice plus a three-day, two-night expense-paid trip to San Diego to attend Comic-Con 2009 where the national winner will be named and will receive an additional \$20,000 tuition scholarship to the sponsoring school of their choice,” said Tom McNamara, senior vice president, Art & Design group of Career Education Corporation. “This is an opportunity to experience the real world of graphic design with all of its challenges. The entry requirements are demanding, but the rewards will jump start the education and future careers of several talented students.” The contest is open to legal residents of the United States who will graduate from high school or receive a GED between January 1, 2006 and July 31, 2010. The contest application, along with detailed instructions is available at www.visualdiner.com. See rules for full eligibility requirements. Void where prohibited. Participants must submit original designs for a print and an online advertisement for the “Absolute Justice” graphic novel, full of some of the most popular DC Comic characters, along with a completed detail sheet,

which includes a short inspiration statement. Local winners will receive a second creative brief and specifications for an as yet-to-be released DC Comics publication and must present a second set of a print and an online advertisement to a panel of judges at Comic-Con 2009. In addition to the finished print and online advertisements, local winners must also submit a binder on their design process including a written summary of people contacted for information about the project and the advice they provided, sketches, illustrations, photographs or digital images of the project as it evolved from concept to completion, a summary of influences on their entry and a written summary of their overall concept. “This is more than a scholarship competition,” McNamara said. “It’s an opportunity to gain experience and exposure in the world of graphic design and to test one’s hand in a rewarding and exciting line of work.” For more information, please contact IADT Sacramento communications representative Kristene Smith at 916-698-1880 or via email to kristene@kristenesmithinc.com.

Sacramento State Takes Men’s and Women’s Tennis Title

Sacramento State claimed its seventh overall Big Sky Championship on Sunday at the Gold River Racquet Club in Gold River, Calif. The Hornets defeated Eastern Washington 4-0 and will now represent the conference at the NCAA Championship. Sacramento State earned wins at the No. 2 and 3 doubles to give the Hornets a 1-0 lead. Holden Ching and Marko Starcevic teamed up for an 8-4 victory over Eastern Washington’s Pannhara Mam and Daniel Pez, while Jason Smith and Artur Klimenka beat Art Karas and Julian Sanchez 8-5. The Hornets quickly took the No. 6 singles when Klimenka downed Pez 6-1, 6-1. Jason Smith made the score 3-0 with a 6-0, 6-2 victory over Mam at No. 2 singles. Kiryl Harbatsiuk came back from 5-2 in the first set to beat Nico Riego de Dios 7-5, 6-2 at the No. 1 spot and clinch the win for Sacramento State. The 2009 championship was a rematch from last year; however, Eastern Washington defeated the Hornets 4-3 in that match. The Eagles close out the season with an 18-8 overall and 6-2 conference record. They entered this year’s championship as the No. 2 seed. For the eighth time in as many years, the Sacramento State women’s tennis team won the Big Sky Conference title. The Hornets



defeated Northern Arizona, 4-0, on Sunday at the Gold River Racquet Club to extend their winning streak to 62 consecutive matches against conference opponents. Sacramento State was pushed in all three doubles matches before eventually prevailing. The No. 1 duo of Katrina Zheltova and Melissa Valenzuela broke a 4-4 tie and pulled away for an 8-4 victory over Orsi Golovics and Edit Suhajda. The pair was followed by a victory at No. 2 from Joyce Martinez and Clarisse Baca over Leslie Vial and Kim Van Ginkel, 8-5. The No. 3 match was led by NAU’s Yumi Hasegawa and Stacey Pinchbeck, 6-4, when play was stopped. In singles competition, the Hornets posted two quick wins at the bottom of the ladder to take a 3-0 lead. Aileen Tsan defeated Hasegawa, 6-0, 6-1, at No. 6 and Martinez downed Pinchbeck, 6-2, 6-0, at No. 5. The winning point came from Zheltova at No. 1 when she bettered Suhajda, 6-0, 6-4. The three unfinished singles matches were all close. At No. 2, Valenzuela dropped the first set to Golovics (6-4) but led 3-0 in the second. The Nos. 3 and 4 matches were nearly identical as both Luba Schifris (No. 3) and Baca (No. 4) rallied to win the first set 7-5. The pair also trailed in the second set 1-0.



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For more information call Bruce Carmichael at 1-530-644-3067, or E-Mail: bdcarmichael@sbcglobal.net. Visit the camp website at www.dustybakerbaseballcamp.com

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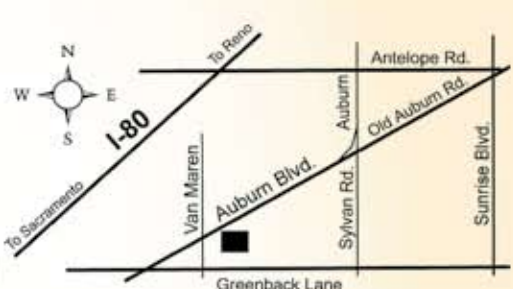


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