

AMERICAN RIVER

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Volume 4 Issue 9

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

First Edition for May 2009

Almost \$1 Million in Fines



64 Gas Stations Closed; 149 More on Brink of Closure

Contrary to public statements and political maneuvering, local air districts continue to issue fines to struggling gas stations to the tune of \$943,815 statewide for not complying with its expensive mandates. A recent survey of local air control districts revealed that standards for issuing fines vary from region to region.

"Our nation continues to cope with a deep recession," said Senator Dave Cox. "The inability of air control officers to understand the economic impact and the financial strain of their regulations on small businesses defies common sense. Regulators at CARB and local air districts should be more flexible when it comes to protecting Californians' jobs."

Senator Roderick D. Wright (D-25), a member of the Legislative Black Caucus, further criticized the narrow and unfair application of the regulations. He stated, "I am an advocate for clean air but we are talking about the closing of viable businesses and the loss of thousands of jobs for rank-and-file workers. Many of the stations that are trying to comply are being

hampered by high fees and difficult local permitting processes."

Senator Ron Calderon (D-Montebello), a prominent member of the Latino Legislative Caucus added, "Whether local air control districts are directly shutting down gas stations or the stations are closing because of the high fines, the end result is the same – stations are closing, workers are out of jobs and gas prices will go back up."

Survey results were compiled after a bipartisan group of lawmakers demanded full transparency of enforcement practices on gas stations by the California Air Resources Board (CARB) and 35 local air pollution control districts of the CARB Enhanced Vapor Recovery Regulation.

Senator Cox introduced a legislative proposal – Senate Bill 507 - to extend the effective date of enforcement for a year. Senate Bill 507 will be heard on Monday, May 18 in the Senate Environmental Quality Committee.

Of the estimated 10,000 gas stations operating in California, one third are deemed out of

compliance with CARB's requirement. This mandates that gas stations install new gas-dispensing nozzles to capture 98% of the vapor emissions instead of the current 95%.

Prior to the April 1 deadline, the President of the California Air Pollution Control Officers Association (CAPCOA) sent an open letter to legislative leaders assuring them that gas stations will not be shut down; and that there will be an open line of communication to "develop workable solutions."

In spite of this public relations spin, members of CAPCOA continue to fine small businesses.

"The \$1 million that has been collected from mom and pop shops will not be spent to help them comply. It goes into the Air District's General Fund. If the Air Resources Board and local air control districts don't stop punishing gas stations with these fines, more than 64 will be going out of businesses."

Sources: Letters from regional air control districts as of April 17, 2009, and Senator Dave Cox office.

Crystal Apple Awards Presented to Five San Juan Teachers

by Tim Jackson

Five San Juan teachers were honored Tuesday night, April 28, at the 6th Annual Crystal Apple Awards in Citrus Heights at the Van Maren meetinghouse of the Church of Jesus Christ of Latter-day Saints. Nearly 100 LDS youth attending local high schools and early morning religion seminary classes voted for their favorite teachers.

Two students introduced each teacher and presented the 2009 Crystal Apple Awards. This year's recipients were Tim Gager from San Juan High School, Michael Hallen, Casa Roble High School, Roy Pederson, Mesa Verde High School, Augustine Rene Sanchez from Casa Roble High School, and Katri Uno from Bella Vista.

The program was conducted and presented by the students, which was a thrill to see according to Mrs. Katri Uno of Bella Vista High. "I tell my students that reading and writing get you an interview but speaking gets you a job and I really believe that. I witnessed many fine speakers as part of the program. The ease and comfort level of each was very evident."

Stuart Poulsen a senior at Casa Roble conducted the evening program which included short talks by Brooke Knott and Ricky Gettys also seniors at Casa Roble. Brooke spoke about the excitement she had as a freshman



From left to right: Augustine Rene Sanchez, Katri Uno, Tim Gager, Michael Hallen and Roy Pederson

wanting to attend early morning seminary and High School like her older siblings. "I was so excited the first day I got up at 4:30 am to get ready for the 6:30 seminary class." Her comments brought laughter to the other students in the audience as she followed it with, "that didn't last too long. I soon realized I needed more sleep." Gettys spoke about the lessons learned in his before school religion classes. He stated that a more indepth study of events and people in scriptural writings helped him work, study and be more at peace during his years in High School. They were followed by a piano solo from Ryan Blaser, a senior at Del Campo High.

Concluding remarks were made by Marlon Smith, president of the Citrus Heights Stake of the Church of Jesus Christ of Latter-day Saints. President Smith a practicing dentist in Sacramento, reminisced about conversations he had with his father who grew up in rural Arkansas and attended K through 12 in a one-room schoolhouse. "My Dad always encouraged me to get a good education", Smith said. "likewise in the Church our leaders have always emphasized the importance of a good education for our members and you as public school teachers are an intrigal part of that process. We honor you for your dedication to teaching our youth."

"River-Friendly" Wins Award

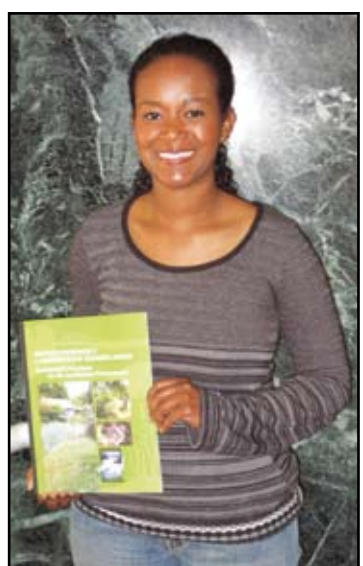
Sacramento - The River-Friendly Landscape Coalition is being recognized as a leader in protecting and enhancing the environment in the greater Sacramento community by the Sacramento Environmental Commission. The coalition consists of multiple government agencies, academic institutions, and non-profits in this region all working together to promote landscaping practices and designs that address multiple environmental issues, such as water, air, energy, and habitat. "Whenever one Coalition member promotes River Friendly Landscaping, all the members benefit from the program's holistic approach and shared message," said Dave Tamayo, Environmental Specialist with the Sacramento County Stormwater Program.

The RFL program is a whole systems approach to the design, construction and maintenance of landscapes to support the integrity of the Sacramento River watershed. There are seven main principles which are: 1)

Landscape Locally, 2) Landscape for Less to the Landfill, 3) Nurture the Soil, 4) Conserve Water, 5) Conserve Energy, 6) Protect Water & Air Quality, 7) Create & Protect Wildlife Habitat.

The Sacramento County Stormwater Program has promoted River-Friendly Landscaping (RFL) since 2005 beginning with its publication of the River Friendly Landscape Guidelines, and including free workshops for landscape professionals and home gardeners. Building on the success of these efforts, the county led the formation of the RFL Coalition in 2008, to enhance cooperation and mutual support among its member organizations. The Coalition includes SMUD, EcoLandscape California, Cities of Folsom, Roseville, Sacramento; Association of Professional Landscape Designers, and Regional Water Authority to name a few.

The Sacramento Environmental Commission presented the Leadership Award to the River-



Jeanette Watson with Sacramento County Department of Water Resources accepts the Leadership award on April 20, on behalf of the River-Friendly Landscape Coalition.

Friendly Landscape Coalition on April 20th at the County Administration Building, 700 H Street. For more information on the RFL program and for a complete list of coalition members, visit RiverFriendly.org.

Soaring to Healthy Heights



Hank Henderson, Jr. on the piano, Rachele Junkert on the accordion, dance groups and popular country singer, Bobby Maytum.

The entire event is free to the general public.

Partnering with SOAR to sponsor the Health Fair are Allied Waste, Area 4 Agency on Aging, City of Citrus Heights, Citrus Heights Collaborative, Mercy San Juan Medical Center, Northwest Neighborhood Association, Sacramento County Adult and Aging Commission, SMUD, Sunrise Recreation and Park District, and Wal-Mart.

The entire event is free to the general public. The first 500 senior attendees will receive a tote bag and hand fan.

For more information call (916) 722-8647.

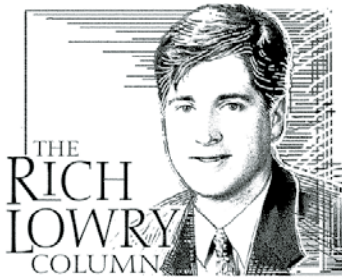
Citrus Heights: 2nd annual Senior Health Fair on Saturday, May 16th from 9 a.m. to 1 p.m. Fountain Square Rose Garden, 6237 Fountain Square Drive in Citrus Heights

More than 75 exhibits are expected, with demonstrations, and presentations dedicated to senior issues and concerns.

Presentation topics will include "Fraud and ID Theft", "Senior Nutrition", and "Driving Wellness". Other features include blood pressure readings, eye screenings, free massages

and hands-on demonstrations in dental health and animal care. There will be booths with information about legal services, healthcare, in-home care, housing, and other medical topics. Other exhibits will feature ideas and suggestions for leisure and fun activities.

Live entertainment will include



The Rise of the TARP State

The National Security Act of 1947, reorganization of the foreign-policy and military apparatuses of the U.S. government, created what historians call “the national security state.” Critics complain that the national security state vastly empowered government and cut the executive branch loose from legislative accountability. It marked the beginning of a hyperactive interventionism abroad.

Domestically, all the same criticisms apply to the consequences of the Troubled Assets Relief Program, which marks a new era in American economic policy just as the 1947 act did in foreign policy. Since last fall, we have seen the rise of the TARP state, characterized by sweeping interventions in the economy undertaken by the executive branch on its own authority or in defiance of the legislature.

Even its harshest detractors have to admit that the National Security Act did what it said; TARP is one the great misnomers in U.S. government. So far, the program has had nothing to do with troubled assets and has been used for purposes far afield from the justification -- getting such assets off the balance sheets of the banks -- presented to Congress when it passed last fall.

How many legislators thought that in supporting TARP they were giving the federal government the power to bail out the auto industry, let alone fire a CEO and effectively run the companies?

As he was using the leverage created by TARP to fire GM's CEO, President Barack Obama guaranteed warranties for GM and Chrysler cars. He set up special warranty accounts -- funded, naturally, with TARP dollars.

TARP is an endlessly flexible slush fund that has given the federal government warrant to intervene in the private sector however it pleases.

The administration doesn't only get to decide who gets TARP funds and on what basis, but whether firms can give the money back. In a meeting with bankers at the White House, Obama told those bank CEOs wanting to return federal dollars that they couldn't yet. The administration is on the verge of extending TARP funds to life-insurance companies, the latest sector of the economy agitating for government largesse. And TARP funds will contribute to the administration's \$1 trillion public-private plan to remove toxic assets from the banks, a plan structured to do a naked bootleg around any need for congressional approval.

Whatever he thinks of Obama's policies, former Vice President Dick Cheney should be delighted as an advocate of executive power. Obama has pocketed, in fact or in theory, all the presidential war powers defended by President George W. Bush, while expanding with relish the executive's role in the economy. In Obama, the national security state has met the TARP state.

The national security state is necessary given America's pre-eminent global role. And some sort of rescue had to pass during last fall's financial panic. But TARP has become a disgraceful transgression of democratic accountability and the wedge for a retrograde, highly politicized industrial policy. Nothing good can come from the TARP state.

Rich Lowry is editor of the National Review.

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Time to Tax Sacramento With Tough Love



By Ron Getty

In Sacramento, it seems the issue of the day is always the need for more tax revenue. Unlike Oliver Twist, however, the legislators demand more taxes; they do not ask for more taxes, and they never say please.

The antithesis of Oliver Twist, Sacramento is the embodiment of a looting “Robbing Hood.” Sacramento takes from the taxpayers and gives to the tax moochers, and has the effrontery to continue this looting by demanding that taxpayers vote yes on the coffer-filling Propositions 1A through 1E.

These five propositions on California's upcoming May 19 special election ballot are designed to save Sacramento from a fate worse than death — no money in the coffers to redistribute to moochers politically disguised as “those in need.”

The recently approved budget to close the \$41 billion deficit now has an \$8 billion “tax shortfall.” If three of the special initiatives fail, there will be another \$6

billion in “lost revenue.” That's a \$14 billion hole in the shoe without a shoe repair shop in sight.

This month, Sacramento expects to raid paychecks of \$8.9 billion in personal income taxes. That's \$8.9 billion taxpayers could spend more wisely as a personal economic stimulus.

It's time for tough love lessons on taxes for Sacramento. Just vote no on Propositions 1A through 1E. (Vote yes on Prop. 1F, which denies pay increases to legislators during budget deficit years, although it's just a bone thrown to the “taxpayer dogs.”)

How can California repair the \$14 billion hole in the shoe?

The state employs 345,000 people who average \$85,000 in annual pay and benefits. In comparison, private industry per capita pay and benefits averages \$45,000. If state employees' pay and benefits were scaled to average that of private industry, the \$40,000 reduction per state employee would repair the \$14 billion hole in the shoe.

Another cost-saving measure would be to index the state private industry unemployment percentage rate and state worker furloughs. Whenever the private industry unemployment level exceeds 3 percent, which is about a half-million workers, an automatic furlough would kick in at all state agencies for each full percentage point above 3 percent. Why? Fewer private industry workers means lower income tax revenues, which mean less money to keep paying government workers.

The state budget could be further cut by reviewing each state

department, division, bureau, board, and commission. The review would determine whether the taxpayer-funded government service should be discontinued, merged with other departments, or charge user fees to cover its budget, or whether the service should be competitively bid out at less cost to taxpayers.

Here are some other ways California could help taxpayers, especially those in lower income brackets:

- Repeal minimum wage laws to reduce overall unemployment and to promote employment of low-wage workers, unskilled workers, visa immigrants, and those with limited education or job experience. Repeal prevailing wage laws to increase the number of workers hired on state construction bond projects and enact market-competitive hiring under right-to-work laws.
- Benefit unemployed and low-wage worker families by exempting all food, drink, beverage, and clothing purchases in a single transaction of \$500 or less from city and state sales taxes.
- Exempt those ages 72 and over, and all fully disabled, and their life-partners, from paying income taxes or property taxes. Seniors and disabled who rent would receive property tax rebates.
- Exempt K-12 teachers from state income taxes on their teaching income and property taxes on their home. Teachers who rent would receive property tax rebates. The massive \$50 billion public school employment budget would be reduced as teachers would need less

pay because they would keep what they earn.

- Exempt home schooling parents from paying education property taxes, since they shouldn't have to pay to send someone else's children to government schools.

Exempt home schooling parents from paying state income taxes on the amount of time spent on home schooling and the cost of materials against their earned income. Home schooling parents who rent would receive an education property tax rebate.

These few tax relief fixes are limited in scope against the ultimate fix of repealing all taxes and starting fresh. To paraphrase Marc Anthony in Shakespeare's Julius Caesar, “Cry ‘Havoc’ and let loose the ‘taxpayer dogs’ of war on taxes.”

Finally, the taxpayers of California must send a livid message to the larcenous legislators of Sacramento and vote no on Props. 1A through 1E, in essence telling them, “Enough already!” Then taxpayers should vote yes on Proposition 1F, which denies pay increases to legislators during budget deficit years.

Ron Getty is a contributing author to the Libertarian Perspective and the senior staff member of a tax attorney with his practice located in San Francisco. His background includes an electrical engineering degree and 30 years of sales, marketing and advertising with small to large corporations. A Vietnam Veteran of Chu Lai - I Corps, he brings personal perspectives on veterans and their treatment by the government.

AMERICAN RIVER
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by Frank Creel

If one listens, Lent reveals much. We are reminded, for example, that God is a deus absconditus, a hidden God.

In the liturgical readings leading up to Easter, the Lord repeatedly “hides himself” from or “escapes from the power” of those seeking to kill him, because his hour has not yet come. The reason they seek to kill him, of course, is that they do not believe him when he claims to be God's son, that, as he puts it, when Abraham came to be, “I AM.”

We have thus revealed to us that God places a premium on faith. In another context, Jesus stated that those who made a show of their piety “already have their reward.” Just so, we, too, would already have our reward if we had the satisfaction of knowing for sure that God exists, or that Jesus is truly divine, or that our prayers are always heard.

This is not the state of affairs as God has it. God will remain hidden, utterly beyond our empirical certitudes. The only certainty is that he will continue to demand we believe.

In our secular doings, we have comparable inexactitudes. In the sphere of constitutional interpretation, for instance, the argument between advocates of original intent and those who propound a living constitution is as predictable as cherry blossoms in the Tidal Basin.

Some might say the tension between the two sides yields a beneficial dynamic of progress and continuity, allowing our basic law to adapt to changing conditions without slaying its spirit. Others -- myself among them -- would maintain that, without deference to the intent of the Founders, the Constitution cannot long remain basic, adaptable only through the amendment process it itself prescribes.

Our Forgotten Constitution

reverses as the result of sloppy thinking by some of its zealots.

The Philadelphia Convention's inspired contrivances mean little, for instance, without the emphasis on checks and balances and the separation of powers -- not only among the branches of government at the federal level but also between the central government and the sovereign states. Our constitutional arrangements will have no power to protect us from abusive power if the central government is forever aggrandizing itself at the expense of its constituent sovereignties.

Despite the centrality and obviousness of this truth, the chief advocates of “states' rights” have allowed their constitutional cause to be sullied by association with the moral low ground in the nation's long struggle over slavery and racial segregation. Had the Civil War somehow been avoided, had Jim Crow laws and racist lynchings not been chosen as popular responses to the humiliations of Reconstruction, had churches and schools been opened to all God's children -- it would be a lot easier to defend states' rights, original intent, and the “federal laboratory.”

It fell to Earl Warren's Supreme Court to desegregate the schools because families, schools, churches, cities, towns, states and the U.S. Congress, in that order, all failed in their responsibilities toward their fellow citizens. Bad law (and almost all federal statutes in the area of “police powers” reserved by the Constitution to the states are bad laws) is invariably the result of personal or political failure at lower levels.

The problem is on full display at the moment. Congress is trying to give the District of Columbia voting representation, even though the Constitution quite clearly provides such representation only to states. It also very clearly describes the seat of government of the United States as a “district,” a choice of words obviously made to separate it from the states.

On the other side, opponents of the bill are using the District's severe gun laws as an excuse to delay or prevent enactment. Gun owners in the District have long claimed those laws were unconstitutional. Recently, the

Supreme Court partly agreed with them.

Both sides, the advocates of voter representation for the District and the opponents of the District's gun laws, are in error. Yes, the Supreme Court is also in error.

Back to original intent. The intent of the Framers for the District of Columbia has already been made clear. With respect to the Second Amendment, the language of the Framers, and thus their intent, could hardly be more clear: “A well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed” (italics added). The first phrase in italics makes clear that the entity being prohibited from infringement is the lawmaking body of the government being constituted by the document, i.e., the United States Congress. The second phrase shows that the prohibition is absolute.

Therefore, all federal statutes related to possession of weapons are constitutionally illegitimate. The Supreme Court has been wrong to tolerate them.

The corollary, unsavory to sloppy thinkers like the National Rifle Association (NRA), is that the Second Amendment does not apply at all to cities and states, which are free to outlaw any and every lethal weapon. This is especially true of the District of Columbia, with receives all its legislative authority directly from Congress, as the Constitution prescribes.

Anyone truly devoted to the Constitution our Founders gave us must begin with the recognition that the greatest injury to its spirit was the Supreme Court's “doctrine of incorporation” under the patina of the Fourteenth Amendment. Under that doctrine, the Bill of Rights (intended by the Founders as the bulwark of the sovereign states and of the people against federal encroachments) was transformed into a bludgeon against the states and their citizens. It is under the pernicious influence of that doctrine that the rights of pre-born citizens have been obliterated, that prayer in the schools has been outlawed, that pornography is protected, that marriage is undermined, and that assaults on the Second Amendment will continue until Judgment Day.

The NRA has been validating the doctrine of incorporation for more than 30 years, ever since its lawsuit against the Morton Grove ordinances. It continues doing so today with its ill-advised palpitations over District gun laws.

Pea-shooters in the states and localities are no real threat to American liberties. The Founders, writing the Second Amendment, took no note of them. They were aiming at the central government they were cautiously setting up.

We are throwing caution to the winds. The federal government, especially under this president, it itself something of a deus absconditus, demanding our complete fealty and unquestioning faith.

But it is a false god. And the NRA is a false prophet.

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Frank Creel, Ph.D., has been a columnist for the Potomac News, Woodbridge, Virginia. His op-ed articles have been published in the Northern Virginia Journal, the D.C. Examiner, The Washington Times, and the New York City Tribune. In 1992, A Trilogy of Sonnets was published pseudonymously by Christendom Press.

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Mother of Twelve Celebrates Mother's Day

St. John's Shelter Celebrates Mothers at Annual Tea Party



Virginia Breault

By Julie Parker

All twelve of Virginia Breault's children were delivered via C-Section. "People always make it sound like it was a big deal, but it really wasn't. It wasn't like they all came at once."

Sunlight shines through the window onto Virginia, who sits in an easy chair in the corner of her living room. Two shelves of family photographs extend out from either side of her, mimicking her own rays of sunshine.

"I thought of the age difference between my youngest and oldest child, and about cried – almost 30 years. I just thought, 'Oh my God.' I couldn't believe it. Lordy."

She fondly remembers the process from her first birth. "You stayed in the hospital for ten days, getting a lot of bed rest, back rubs, and alcohol rubdowns." Three years later, things had changed. "Fathers couldn't be

in the room when mothers were in labor. Nobody could come in; not even my aunt. She was my closest relative. I was in this little, dark room; you'd think I was in prison, with a little window. I could see day, then night. It was terrible. You could hear other women in there screaming. Today, it's so different. I've seen my grandchildren being born, and everybody's in the delivery room; there's a crowd. One's got a movie camera."

She enjoyed motherhood immensely, sewing her own diapers and little kimonos by hand, when she didn't have a sewing machine. When the kids were older, she would shop at the old White Front store on Watt and Arden.

Cooking for a large family involved a lot of spaghetti and casseroles. "I'd be sure that I made it to last two days. There was one called 'Shipwreck Casserole.' I'm sure it had hamburger in it. I never did try Hamburger Helper. There was something about it that just didn't appeal to me. I thought, I do have my standards. When I was going to make a potato salad, I bought a ten pound bag of potatoes. I wouldn't know what it would mean to buy anything less."

I was in the kitchen fixing dinner one night. The kids were all on the floor watching some sporting event on TV and chattering. I peeked my head around the wall, looking at them. I thought, "Oh, my gosh. Where did they come from? Haven't I been blessed?" There is no other

word for it. I do know one thing for sure. That God gives babies to young mothers for a very specific reason, and that's because they have the energy to do it."

The family spent their vacations along the beaches of Southern California or north to Mt. Shasta, Weed, Dunsmuir and Mt. Lassen. "The kids absolutely loved it. Every place we went, we took one of our kid's friends. There weren't enough of our own, so we'd always have to take one of theirs. 'You've got six sisters. Why do you need to take a friend with you?'"

To instill the true meaning of Christmas, she would have the children select small items that they would enjoy, and then donate them to the Wellspring Women's Center. "I wanted them to get into the idea of giving and not just taking, and I think my children do a wonderful job. They are very good at working with people that have problems, like my daughters would be driving down by the mall, see a young woman standing with a baby, and put \$10 in her hands for diapers."

It's been a wonderful life. I think today I have 27 grandchildren, and 11 or 12 great-grandchildren already, and what's more fun than that?

I saw the Grand Canyon once. I thought it was beautiful. It's a sight. I have no desire to see it again. But, you can bring my grandchildren in here everyday, and I would never get tired of watching them."

St. John's Shelter Celebrates Mothers at Annual Tea Party

Five Sacramento Area Activist Moms To Be Honored



Teresa A. Halleck
President, Golden One Credit Union

Sacramento - All twelve of Five "Super Moms" will be honored by St. John's Shelter Program for Women and Children on Friday, May 8th, announced Michele Steeb, Executive Director of St. John's Shelter Program for Women and Children. These five honorees will be recognized for their contributions to both their families and the Sacramento community at the third annual "Celebrating Mothers 2009, A St. John's Shelter Program for Women and Children Tea Party" benefit set for 1:30 p.m., Friday, May 8, 2009 at the Hyatt Regency Hotel in Sacramento. Eight hundred guests are expected to attend the Mother's Day-themed event.

St. John's is the only shelter program in Sacramento County focused exclusively on homeless women with children - the most vulnerable of the homeless population. Its mission is to

support families to advance from a point of crisis to a position of self-sufficiency. Since 1985, the Program has served more than 24,000 displaced women and children. The country's economic downturn has brought increased attention to the problem of homelessness in Sacramento and the work that organizations such as St. John's are doing to assist these families in returning to our community as productive and empowered contributors to the community versus a continued drain on our increasingly scarce resources. St. John's Shelter was featured recently on The Oprah Winfrey Show and has received additional local, national and international coverage for its innovative and successful program.

This year's five Super Moms are as follows: Julie Steinberg — Mother, community activist and wife of Senate President pro Tempore Darrell Steinberg, Congresswoman Doris Matsui — Mother and Member of Congress, Terry Halleck — Mother and President, Golden One Credit Union, Dr. Thelma Scott-Skillman — Mother and President, Folsom Lake College, Michelle Upchurch — St. John's Alumna Mother of the Year.

"These women are 'role model mothers' in every sense of the phrase said Steeb. "They are not only extraordinary mothers to their families they are extraordinarily giving mothers to our community. We thank them for who they are and what they do as they make our community a much

better place in which to live."

The Tea Party is being co-chaired by Mayor Kevin Johnson, Sacramento County Supervisor Roberta McGlashan and Kathy McKim, Vice President-External Affairs, North/Central AT&T California. Its major sponsors include AT&T, Chevron and the Sacramento Business Journal.

Last year's event wildly exceeded our expectations," said Steeb. "And this, despite the very challenging economy, we are expecting 800 attendees! It's so gratifying to see the Sacramento community respond to the needs of this rapidly growing population. Though we have 100 beds, our average daily capacity this year is 112 women and children, and yet, we are still turning away more than 280 women and children each day," said Steeb.

St. John's mission is to support homeless women with children to advance from a point of crisis to a position of self-sufficiency. St. John's Shelter Program for Women and Children is the ONLY shelter program in Sacramento County focused exclusively on women with children - the most vulnerable of the homeless population. Since 1985, the program has served more than 24,000 displaced women and children. In 2008 the lives of more than 1,300 women and children were transformed at St. John's. Tickets are \$ 75.00 each and are available through www.stjohnsshelter.org or by calling Debbie Uhrenholt at either 916-207-6361 or at debbieuhrenholt@comcast.net.

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ROB

The Genealogy Association of Sacramento meeting will meet Wednesday 20th of May at Belle Coolidge Library, 5600 South Land Park Drive, Sacramento.

Lynn Brown is our speaker, and she will talk about Family Search "Labs" on how to navigate the FamilySearch.org site on the internet. It should be very enlightening for those of us who are slow learning to use computers.

Visitors and prospective members are always welcomed.

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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- Tech Skills

- SMA

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- Center for Employment Training

- CHP

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- Resume's Data Entry Specialist

- City of Citrus Heights

- SMUD

- Heald College

- Cover The Kids

- Citrus Heights Chamber

- Skills Center – Lemon Hill

- OSC

- Truck Driving Academy

- Safeway

- The Effort

- AccentCare

- Sunrise Tech Center & Winterstein

- U.S. Army

- All of Us or None

- 211 Sacramento

- Visions in Education

- DVIC/ Harmony House

- Chipotle

- CH Police Dept.

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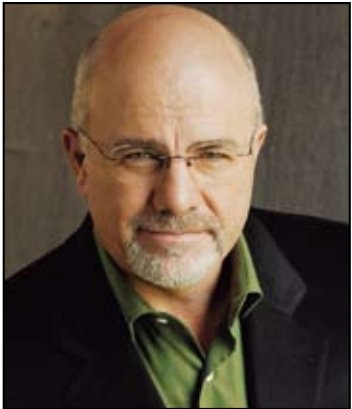
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Dave Says



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.

How Much is Enough?

Dear Dave,

In your plan, you talk about Baby Step 3 as saving enough to have three to six months of expenses in your emergency fund. My husband and I were wondering how you can determine whether you need to be on the low end or high end of that range?.

- Amanda

Dear Amanda,

Lots of times in a marriage you’ll have a situation where one person wants to save more, while the other is excited to move on toward investing. Technically, neither is wrong, so the emergency fund really deals with someone’s own personal level of peace. Remember Murphy’s Law, and how it says that says if something can go wrong it will go wrong? Your emergency fund is Murphy Repellant. Some people just want to make sure he doesn’t knock on the door, while others want to make sure he stays in the next county!

There are always practical considerations you can use to determine the amount of your emergency fund. If you both have very stable jobs, you’ll probably be okay saving up three or four months of expenses. But if just one of you works outside the home, or if one is self-employed or on commission, leaning toward the six month side is probably a good idea. Plus, you can always compromise. Start out with three months, but add a little every once in a while until you reach a point where you’re both comfortable!

- Dave

Finding the Deal

Dear Dave,

You mentioned on your show that you once bought a truck below wholesale price. Do you have any tips for finding a good deal on a used car?

- Anonymous

Dear Anonymous,

When it comes to things like this, I just go on a big treasure hunt. I don’t really care where I buy something, because the best deals will sometimes pop up in the most unlikely places. The rule to remember when buying big ticket items is this: He who has the most patience and the most information wins.

If you do a little research and don’t get car fever, you can find some pretty sweet deals. I’m all about good deals, so the patience part of the equation wasn’t a big thing for me. I did a lot of digging around while I was looking, and in the process became an expert on certain types of trucks in particular areas. It’s really hard to get burned if you have a little patience, and plenty of good, solid information!

- Dave

Keeping the Money From the Scumbag

Dear Dave,

My nephew was recently left a large sum of money from a life insurance policy after his mother died. She did not have a will. His father, who has been out of the picture for some time, is about to be granted custody, and he’s been asking lots of suspicious questions about the money. We don’t trust his motives. How can we help make sure the money is protected?

- Anonymous

Dear Anonymous,

You need to talk to a lawyer, and take this matter to probate court immediately. Tell the judge about the situation and your concerns. Ask him to put your nephew’s money into a trust through a bank or other third party. Otherwise, as his guardian, there’s a good chance the father will be granted control of the money.

I’m not big on bank trust departments, but I am big on keeping scumbags from taking money away from kids!

- Dave

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



By Laura Snyder

When it comes to rating hotels and motels, we generally use the number of stars as a guide: Five stars being the best, one star being the worst. That’s an okay system, but I find that my system is a better indicator of good or bad accommodations. My system is called the Caulk System. Instead of stars, I use the number of layers of caulk around the bathroom fixtures as my barometer.

If a certain hotel has only one layer of caulk, that is a very fine hotel indeed. With only one layer of caulk, one can be assured that this hotel will have fluffy towels that will have only been used by a select few and washed thoroughly between uses. The coffee machine will come equipped with herbal teas, hot chocolate, and the finest Columbian coffee in decaf and extra bold. Someone will bring your suitcases to the room, and extra blankets can be had with a single call to housekeeping. You may even be delightfully surprised by one of those little mints on your pillow each night.

Two layers of caulk is still a nice hotel that might be falling on hard times. Two layers means you can still get a free continental breakfast served cafeteria-style, but forget about those

Laura on Life

little wipes with which to polish your shoes or any form of snack on your pillow. The towels are still fluffy, but you have to pull someone’s teeth to get an extra one. The shower caps are still on the bathroom vanity, but that’s only because no one has used a shower cap since Jimmy Carter was president. They usually have a surplus of shower caps and are just hoping someone will wrap their wet swimsuit in one and take it home with them.

Three layers of caulk means that the hair dryer might short out on “high” and at least one light switch won’t turn on a light. The shower has two temperatures: ice cold and hotter than Hades, and in order to operate at full capacity, no one else in the motel can take a shower at the same time. The three-layer motel has a pool, but there may be unidentifiable foreign objects floating in it. The towels are low on the fluffy scale and they are only about the size of a postage stamp. When wrapped around you, it wouldn’t completely cover your behind if you are larger than a size 4.

Four layers of caulk is getting pretty dicey. The TV has only one channel... the Playboy channel. The air conditioner coughs to the rhythm of Beethoven’s 5th and bed bugs have built condominiums in the mattress. The bathroom vanity is made of plywood and covered with contact paper and the fluorescent light bulb, flashing like a strobe light, makes one feel like putting on platform shoes and doing the Electric Slide. Towels are scarce and threadbare.

Five layers of caulk means that there may not be any towels... or drywall. The first thing you experience is the overwhelming aroma of stale beer and vomit. It means that the five layers

of caulk are obviously not working because the faucets drip out of sync and the shower has one sub-par stream of water that shoots at a ninety degree angle directly at the shower curtain. If you move the showerhead so that you might use the stream to wash your body, the stream changes direction and shoots directly at the ceiling. Five layers of caulk also means that you will be unwillingly introduced to the sexual habits of the amorous couple in the next room.

I find myself writing this column on the back of a breakfast menu for a three-layer motel in the middle of Nowhere. I would much rather stay in a one- or two-layer hotel, but sometimes a girl’s got to take what she can get. For one thing, Nowhere doesn’t have any one- or two-layer hotels because there is nothing in Nowhere that anyone with some spare change would want to see.

We came here because my husband is part of a rocket club. If you are going to launch rockets, there is some kind of rule that you need to do this in the middle of Nowhere, just in case a rogue rocket should decide to take a side trip through some one-layer hotel’s lobby. No need to worry about that small detail, though.

If a rocket decided to fly horizontally from one end of Nowhere to the other, there would be nothing in its way except this three-layer motel. I think, perhaps that a rocket careening through this particular room could only improve it.

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.



Panel paints portrait of marijuana use

by Lauren Forcella

Dear Straight Talk: I read that you support marijuana legalization (MAR 25) and was surprised that someone as educated as you is not aware of the dangers of this drug. I have never used the drug, but it is a killer. The idea that it doesn’t lead to worse addiction is not true. There are thousands of stories on the Internet of destroyed lives. I had first-hand experience in Vietnam. Fellow soldiers who smoked had poorer vision, hearing, and reflexes — and because of this, they died on patrol. Others fried their brains and never were the same. That legalizing it would lead to decline in use is speculative at best. How many lives do we sacrifice with our liberal thinking? — Dick Parsons, San Clemente, CA

Dear Dick: I’m sorry for the loss you experienced in Vietnam. If there was ever an advocate for drug-free living, it’s me. All drugs have negative effects on the body and brain, marijuana included, and I support legalization only because I believe strongly that it will lessen use. It will also reduce exposure tremendously to the black market, the true “entrance to the store” for harder drugs. Instead of bickering over your letter, I asked the panel to paint a personal portrait of marijuana use. Read on for what’s it like out

there. More comments are on our website.

Lennon, 22, Fair Oaks, CA: I’ve only smoked marijuana 8 times. But friends and older adults who smoke socially are successful and fully-functioning. The only kid I know affected by marijuana, dropped out of school for a while, but he was also drinking profusely and using harder drugs. I believe people with addictions have emotional issues they’re not addressing.

Shelby 17, Auburn, CA: I tried weed once and it’s gross and pointless. Legal or not I won’t be using it. A few kids I know use it to relax or sleep better, but most of my friends don’t use.

Brie, 17, Ashland, OR: A friend with addiction to harder drugs said marijuana got him started. I’ve heard it hardens the cerebral cortex making it hard to think.

Jessie, 16, Ashland, OR: Probably 60 percent of teenagers at my school use it. A few are constantly “baked” and throwing their lives away, but most just use it socially on the weekends. Most have above average grades and take challenging classes. I don’t think it’s that harmful as I see my peers going to Cal Poly and other competitive colleges.

Sawyer, 18, Fair Oaks, CA: Marijuana is like ice cream. I use it when I feel bad or need a reward.

I like the sensation. I do feel a bit addicted so I curb my use, just like with dessert. I do think it makes you dumber, and I plan to stop. I have no interest in harder drugs. Weed is natural, I eat and sleep on demand, don’t feel edgy.

Clancey, 17, Sacramento, CA: I smoke several times a week and have good GPA and SAT scores. Some stoners seem stoned even when they’re not, but most kids are completely normal between smoking. I don’t feel dumber or slower, but I worry about it. I have an older cousin who smoked a lot when he was young and it seemed to stunt his cerebral development.

Steve, 18, Fair Oaks, CA: I don’t like alcohol because I might get sick or do something I won’t remember, but with weed, I’m never out of control. Blaming pot for bad grades is a cop-out. I think older people smoke it to avoid their problems, like the guy I buy it from. I don’t want to be like that. I just like how being stoned feels, everything has deep meaning. I only know a couple of people who went out of control but it was through harder drugs they encountered while buying pot.

To ask a question or be a panelist, write us at www.straighttalkforteens.com or P.O. Box 963, Fair Oaks, CA 95628.



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by Marlys Johnsen Norris

Not too long ago I heard a story that touched my heart. I was at a women’s retreat in Senora when a Sacramento area woman named Louise shared about her life and how God had miraculously provided numerous times for her and her children when her husband died suddenly leaving here destitute. The love and trust in God she exemplified over and over again was phenomenal as she shared her many answers to prayer. Louise began her story telling about her passion and love for the

A Child’s Influence

Word of God at a very young age. An exceptional child she would spend hours reading and studying memorizing and able to quote the Scriptures so well her pastor asked her to preach little sermons during Sunday worship services which led her to eventually becoming a child evangelist. During the Second World War she was invited to go to the various navy and army camps and preach the Gospel to the servicemen. She was so effective many young men and women would come forward and accept Jesus as their personal Savior. One Sunday just a few years ago while visiting a church in Bakersfield, she was sitting next to a gentleman who took a photo out of his wallet and asked, “Might this be you?” It was a photo of Louise when she was a child and she answered, “Why yes that is me.”

The gentleman continued. “You will never know how much it meant to me to hear you so many years ago share the love of God. It changed my life and kept me during those war years while I was in the battlefield. I have kept this photo in my wallet for fifty plus years to remind me of that glorious day when I met Jesus because of you. Your photo traveled with me through the war and your words gave me faith and strength.” “I tell you the truth, anyone who will not receive the kingdom of God like a little child will never enter it.” (Mark 10:15 & Luke 18:17) “And whoever welcomes a little child like this in my name welcomes me” (Matt. 18:5)

Marlys Johnsen Norris
INTIMACY BEGINS
GOING GOD’S WAY
Rinorris@sbcglobal.net

Partners in Caring

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.

A Respite in the Chaos

Christian Newswire - Unemployment figures are higher than they have been in 25 years. Foreclosures are at an all-time high. The burden on people who already face challenges in their home and workplace is increasing and they are looking for answers. Living Obedient in a Disobedient World examines errors that have been embraced which form barriers between us and our intimate relationship with God. Dr. Rock Moore, an author, Bible teacher and pastor, based his book on Psalms 62:7; “On God my

salvation and my glory rest; the rock of my strength, my refuge is in God.” “We cannot trust in ourselves and God, someone else and God, our religion and God, our view and opinions and God, or anything else and God,” Moore said. “It must be Christ and only Christ that our beliefs, our salvation, and our strength are rooted and founded upon.” Rock is the pastor of His House in the Canyons in California and has served in various ministries over the last 25 years. Living Obedient in a Disobedient

World is his first Christian book. “Dr. Moore’s book fits in with the ministry of Revival Nation,” said Greg Holmes, president of Revival Nation Publishing. “We are thrilled to announce this new release.” “Living Obedient in a Disobedient World” is available today. To order a copy online, go to www.revivalnationpublishing.com. To arrange an interview with Dr. Rock Moore or to get the book in your store, call Kim Sloan at 1-866-487-1361, ext. 702.

Presbyterians Again Uphold Sexuality Standard

Christian Newswire - An attempt to delete the Presbyterian Church (U.S.A.)’s constitutional requirement that its officers practice “fidelity within the covenant of marriage between a man and a woman, or chastity in singleness” has been defeated. As of April 27, 89 of the denomination’s 173 local presbyteries had voted against the deletion, while only 69 had voted in favor. The 2008 PCUSA General Assembly had proposed replacing the “fidelity and chastity” requirement with vaguer language lacking any standard for sexual behavior. It would have opened the door for ordination of persons in homosexual and other non-marital relationships. The amendment would have gone into effect only if ratified by a majority vote of the presbyteries, which it failed to receive. Alan Wisdom, IRD’s Vice

President for Research and Programs and Director of its Presbyterian Action committee, commented: “All traditional Christians can take encouragement that the Presbyterians have held the line on sexual morality. They have stood against the cultural pressure to legitimize any relationship between ‘people who love one another.’ They have maintained the Church’s historic teaching: that God’s provision for human sexuality is found in marriage-- the ‘one flesh,’ lifelong, life-giving union of the two created sexes. “The ‘fidelity and chastity’ standard represents the teaching of every major branch of the Christian faith around the world. It goes back to Jesus warning his disciples against ‘adultery [and] fornication’ among the ‘evil intentions’ that ‘defile a person’ (Matthew 15:19-20). By

reaffirming this standard, the PCUSA signals its intention to remain in the mainstream of global Christianity. “Christians understand how often, amidst today’s moral confusion, people fall short of the biblical standard. That is why the PCUSA constitution, as now reaffirmed, calls all people to repentance and new life in Jesus Christ. “This is fourth time in 12 years that PCUSA presbyteries have voted on sexuality standards. Each time they have upheld ‘fidelity and chastity.’ If ever there were a case when the church had made up its mind on an issue, this is it. Faithful Presbyterians ask the proponents of non-marital relationships to stop forcing this divisive issue and instead endeavor to live within the church’s constitution.” www.TheIRD.org



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BIBLE
TRIVIA

by Wilson Casey

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

2. From 1 Corinthians 16, on which day did Paul tell believers to put aside money for their offerings? *First, Third, Fifth, Sabbath*

3. Which book (KJV) begins, “Blessed is the man that walketh not in the counsel of the ungodly”? *Judges, Ruth, Ezra, Psalms*

4. What was Matthew’s occupation before becoming a disciple? *Tentmaker, Tax collector, Fisherman, Shepherd*

5. In Esther 2, who foiled a plot to assassinate King Ahasuerus? *Neco, Amaziah, Mordecai, Joshua*

6. What did Ruth and Boaz name their son? *Obed, Hushai, Abner, Jehu*

ANSWERS: 1) Old; 2) First; 3) Psalms; 4) Tax collector; 5) Mordecai; 6) Obed

For more trivia, log on to www.TriviaGuy.com.
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No Looking Back



By Jon Coupal

Between now and the May 19th special election, taxpayers will be inundated with political advertising in support of Proposition 1A. The Governor’s campaign team and the California Teachers Association are on track to spend well over \$10 million trying to convince voters that this measure is reasonable budget reform. Opponents, including virtually all taxpayer organizations, have their work cut out for them with a significantly less well funded, but very energized, grassroots effort to sink Prop. 1A. Despite the funding disadvantage, taxpayer interests have a few things in their favor. Not only is the complexity of the entire reform package hard for voters to understand, the high level of mistrust of the politicians backing the measure and the general resistance to tax increases make the passage of Prop. 1A less than a sure thing. Moreover, as Prop. 1A proponents try various new arguments in favor of the measure, they are quickly and effectively countered by opponents. For example, early in the campaign, the Governor stated that Proposition 1A has “nothing to do with tax increases.” That assertion didn’t even pass the laugh test and proponents have been forced to admit that, yes, if Proposition 1A passes, California taxpayers would

pay an additional \$16 billion in taxes they would otherwise not pay. Next came the “financial Armageddon” argument, predicting that we will have an immediate and catastrophic financial meltdown if voters reject Prop. 1A. But this assertion, also, has been revealed as little more than a scare tactic. The Governor’s own Director of Finance stated in a recent hearing that there would be no impact on the current budget year -- or budget year 2009-10 -- by the rejection of Prop. 1A. Another argument asserted by the proponents is that Prop. 1A is effective budget reform which, had it been in place 10 years ago, would have provided a real restraint on overspending. They even produce charts showing that state government would have been forced to place “excess” revenues in the “budget stabilization fund.” But whether Prop. 1A would have provided a moderation of government spending had it been in place for the last ten years is both academic and irrelevant. The fact is, that it wasn’t. And it is foolish to ignore what other political pressures might have been brought to bear on any existing budget restraint. The fact is, once a spending limit actually comes into effect, the political pressure to spend “excess revenue” is enormous. Indeed, this is precisely what happened to the Gann Spending Limit. No one understands this better than Bill Leonard, currently serving as a member of the Board of Equalization. He recently wrote a short piece in his “Leonard Letter” which reviewed the history of the undoing of the Gann Limit. Leonard notes that “in 1987’s growing economy, state revenues exploded and for the first time the state had more cash than the Gann Limit permitted to be spent on programs. In a wise bit of foresight, the Gann Limit already laid out that the default action for a surplus of revenue over the

limit was a rebate to every California taxpayer. Governor Deukmejian offered the Democrat legislature a plan to spend the extra revenue on infrastructure, but they balked and in the end every California taxpayer received a modest rebate check.” Believing that they were entitled to every last dime of taxpayer revenue, the tax and spend lobby’s reaction to the rebates was swift. They proposed Prop. 98 which guaranteed that K-14 spending be maintained at a certain percentage of the general fund. That measure barely passed with 50.7% of the vote. But, according to Leonard, by 1990 Governor Deukmejian “found it impossible to comply with both the Gann Limit and the Prop. 98 guarantee, so he and the legislature worked out a comprehensive ballot measure that loosened the Gann Limit formula to make it harder to ever reach the limit, while making the Prop. 98 guarantee more flexible so that it would stay around 40% of the General Fund under all circumstances, as well as increasing the gasoline tax for purposes of transportation construction. This became Proposition 111 and the voters approved it in 1990.” Leonard’s point here is important: “The lesson for the future is that if the spending limits of Proposition 1A of 2009 pass, they can and will be undone by the voters, too.” Thus, the question is whether a speculative budget reform -- one which allows its limits to be increased to reflect higher taxes -- and one which does nothing to control the appetite of the spending lobby is worth \$16 billion in higher taxes. For most taxpayers, the answer is clearly no. 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.

Citrus Heights Chamber Positions on Prop 1A

Chamber Positions on Special Election Ballot Measures Vote on May 19th!

The Board of Directors of the Citrus Heights Regional Chamber of Commerce (CHRC) voted on the May 19th Special Election ballot measures. After much deliberation, thought and research the following positions were taken:

Proposition 1A: State Budget. Changes California Budget Process. Limits State Spending. Increases “Raining Day” Budget Stabilization Fund. Placed on the ballot by: ACAX3 1 (Niello; R-Fair Oaks/Adams; R-Hesperia); SCA 13 (Ashburn; R-Bakersfield).

CHRC Position: Oppose. Argument against: We all want our state’s fiscal situation to improve but Prop 1A is the not the solution. Instead of “stabilizing” the budget, Proposition 1A will actually encourage a Tax Extension of the newly added 1% sales tax increase. If Proposition 1A passes, it is expected we will pay these higher taxes for up to an additional two more years. With the economy in shambles and unemployment over 11%, it could not be a worse time to support a tax increase disguised as a “rainy day” fund.

Proposition 1B: Education Funding. Payment Plan. Placed on the ballot by: ACAX3

2 (Bass; D-Los Angeles)

CHRC Position: No position- No position was taken due to the fact we opposed Proposition 1A and they are interlinked.

Proposition 1C: Lottery Modernization Act. Placed on the ballot by: ABX#12 (Evans; D-Santa Rosa); SCA12 (Perata; D-Oakland)

CHRC Position: Oppose. Argument against: Making assumptions that modernizing the state lottery to address current budget deficits by bringing in increased revenues is unlikely. Proposition 1C does not seem to be an immediate, responsive solution to our fiscal crisis.

Proposition 1D: Protect Children’s Services Funding. Helps Balance State Budget. Placed on the ballot by: ABX3 17 (Evans; D-Santa Rosa)

CHRC Position: Support. Argument in favor: Proposition 1D will redirect a considerable amount of revenue into reserves currently held by the state’s First 5 Commissions and transfer revenues annually over the next five years into programs such as child welfare and developmental disabilities, adoption and foster care. Although voting for this measure will not permanently divert funds, it is our

belief it would help alleviate some of California’s current budget crisis.

Proposition 1E: Mental Health Services Funding and Temporary Reallocation. Helps Balance State Budget. Placed on the ballot by: SBX3 10 (Ducheny; D-San Diego)

CHRC Position: Support . Argument in Favor: Proposition 1E will redirect funds from the mental health services account to the state’s Early and Periodic Screening, Diagnosis and Treatment program for the next two years. The success of Proposition 63, the Mental Health Services Act, has resulted in \$2.5 billion sitting in the state coffers. Diverting funds from these coffers will help reduce the cuts that otherwise would occur in other state funded programs.

Proposition 1F: Elected Officials’ Salaries. Prevents Pay Increases During Budget Deficit Years. Placed on the ballot by: SCA 8 (Maldonado; R-Santa Maria)

CHRC Position: Support. Argument in Favor: Makes sense that during times when our state budget is running a deficit, legislators and the Governor should not receive pay increases. This will also save the state millions of dollars and bring accountability to the legislature.



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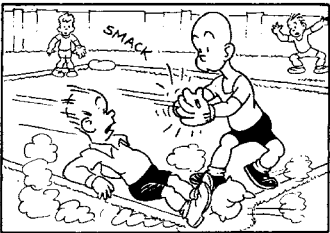
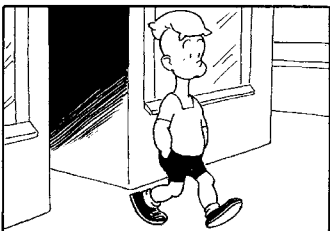
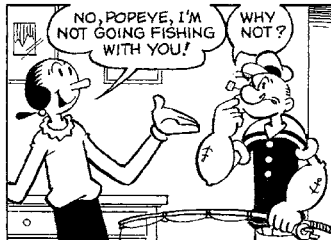
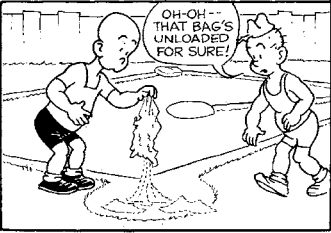
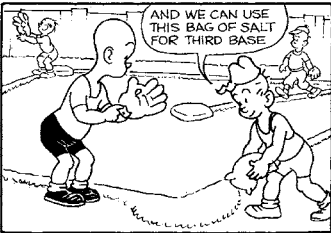
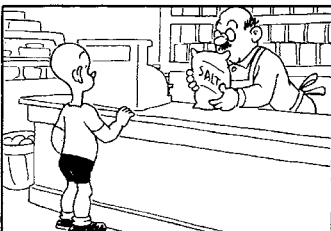
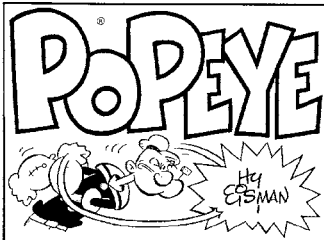
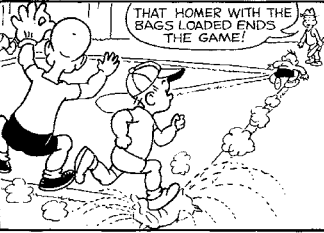
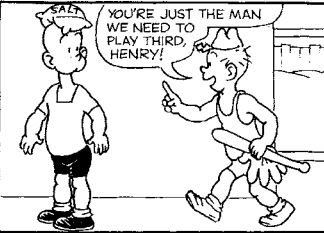
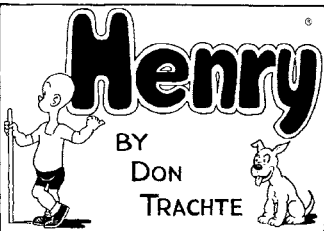
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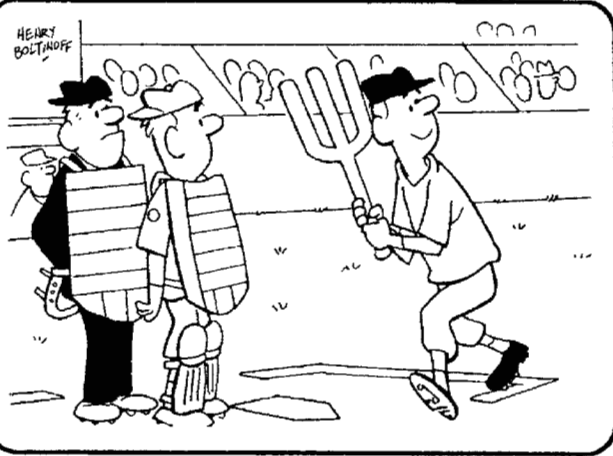
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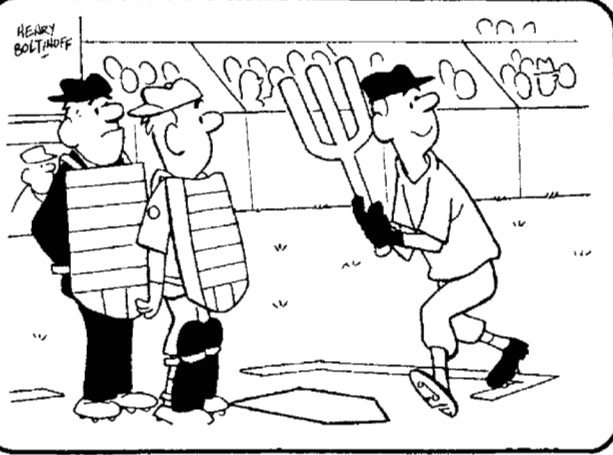


HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Batter is wearing gloves. 2. Shin guards are different. 3. Home plate is larger. 4. Umpire's mask is missing. 5. Stands are different. 6. More fans are added to crowd.

Trivia test

- 1. LITERATURE: Which literary character grew up at 4 Privet Drive?
- 2. LANGUAGE: What does the Greek prefix "pan" mean?
- 3. SCIENCE: What is the primary substance that makes up most of a plant's cell walls?
- 4. AD SLOGANS: What product's sales slogan was: "Tastes so good, cats ask for it by name"?
- 5. MYTHOLOGY: What does the Greek goddess Iris personify?
- 6. ENTERTAINERS: What was the name of singer Michael Jackson's famous California estate?
- 7. ANIMAL KINGDOM: What is the adjective used to describe bees?
- 8. ANATOMY: What is the correct medical name of the shoulder blade?
- 9. MOVIES: What is a "Close Encounter of the Third Kind"?
- 10. MUSIC: How many keys are on a standard piano?

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Weekly SUDOKU

by Linda Thistle

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

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

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

Best route	Distance	Portables	Updates
Built-ins	Maps	Position	Voices
Dash mount	Navigation	Receiver	Waypoints
Directions	POIs	Trip time	

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All Answers on Page 9

Contract Bridge

THE DARK SIDE OF THE PICTURE

South dealer.
Both sides vulnerable.

NORTH
♠ J 6 3
♥ J 7 6 5 2
♦ 9 4 3
♣ A Q

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

EAST
♠ 8 4 2
♥ 10 9 8 4
♦ 5
♣ 10 9 7 6 3

SOUTH
♠ A K Q 10 7
♥ A
♦ A K Q 10 8
♣ K 5

The bidding:
South West North East
2 ♠ Pass 2 ♣ Pass
2 ♥ Pass 3 ♦ Pass
4 NT Pass 5 ♦ Pass
7 ♣
Opening lead — king of hearts.

The skilled declarer continually seeks ways of improving his chances, even in those cases where he may already be a strong favorite to make the contract.

For example, consider this deal where a grand slam in spades appears a virtual laydown. The only possible threat is an unfriendly division of the missing diamonds, with West holding the length. Declarer can pick up the J-x-x-x(-x) of diamonds in the East hand

via a finesse.

However, if South had relied solely on a favorable diamond break in the actual deal, he would have finished a very unhappy individual. Thus, had he simply won the opening heart lead, drawn trumps and then cashed two top diamonds, there would have been no way for him to avoid losing a trick to the jack of diamonds.

But South was by nature a careful and pessimistic soul, and a good bridge player to boot, so he decided to give himself an extra chance just in case. After winning the opening heart lead, he cashed the A-K of spades and, when everyone followed, then led a spade to the jack.

Next came what might have proven to be an entirely unnecessary play — he ruffed a low heart in his hand. This was followed by the A-K of diamonds, and when East showed out, South now had another string to his bow.

He led a club to the queen and ruffed a second heart, felling West's queen. Dummy was then re-entered with a club, after which the J-7 of hearts furnished discards for the 10-8 of diamonds, and the contract was home.

In landing the grand slam, South did nothing very special. He merely added a slight extra chance — that West had started with the K-Q-x of hearts — to his already excellent prospects, and his cautiousness paid off in the form of 2,510 points (including honors) on his side of the score pad.

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Spiritual Enrichment Program Offered

CHRIST THE KING RETREAT CENTER presents a program of spiritual enrichment on five consecutive Tuesday evenings from 7 to 9 p.m. at 6520 Van Maren Lane in Citrus Heights.

Fr. Thomas Bonacci, CP, will discuss the world's spiritual traditions as dimensions of everyone's spirituality. "A New Emerging Spirituality for our world: the true, the good and the beautiful" is the title of the presentation on April 28. All five Tuesday presentations will be held in the La Casa Building (single story structure behind the main buildings).

Described by listeners as a dynamic and engaging speaker, Fr. Bonacci is traveling from the Bay Area to conduct this series. He is a Scripture scholar who has served in a variety of capacities throughout the U.S. since his ordination in 1972, including retreat director, religious superior, campus minister, and instructor.

The fee for all five nights is \$50; and it is \$10 per session (\$40 for seniors, or \$8 per session). Program details follow:

May 5: The God Above All Paradox, Silence, Beauty and Presence (Insights into "Seeing" and "Hearing" from Hinduism).

May 12: The Radical Nature of Self-Giving (Christ meets Buddha).

May 19: One Among Us is the Messiah, the Loving-Kindness of Justice as Mercy (Insights from the Prophets of Judaism).

May 26: The Splendor of the Word of God (Insights from the Night of Power and the Night Journey of Muhammad).

For more information, call Christ the King Passionist Retreat Center at 916-725-4720, ext. 306. Space is limited and reservations are requested.

Christ the King Passionist Retreat Center exists to promote the personal reflection and spiritual growth of all who come according to their needs. For the past 60 years the Center has offered a safe, welcoming, and prayerful environment while providing ministries of inspiration, education, and guidance.

Other programs upcoming in the summer months include retreats for married couples, silent or self directed retreats and a family retreat. Call Margaret at the Center, (916) 725-4720, ext. 302 for other scheduled events.

Free Concert by Community Band

The Capitol Pops Concert Band is a community band, comprised of VOLUNTEER MUSICIANS representing a cross-section of Sacramento and surrounding communities. All musicians donate their time and talent in order to play. It is a NONPROFIT organization. Any performance fees or donations received are used for purchase of new music and equipment, student scholarships, truck rentals for hauling large instruments, and the Directors salary. The ages of the Band members ranges from teenagers to senior citizens. The band performs marches, patriotic music, Broadway show tunes, movie music, golden oldies, popular music, and features instrumental soloists and vocalists. Jerry Lopes is the Director. The band performs from 12 to 14 concerts each year.

The Capitol Pops Concert Band's Twelfth Anniversary Concert is FREE

Saturday, May 16, 2009 — 7:30 to 9:30 P.M.

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Capitol Pops Concert Band, as a thank you to the audiences who have supported them.

Website: www.capitolpops.org

KING Crossword

Answers on Page 9

ACROSS

- 1 Long cut
- 5 Scrooge's cry
- 8 Treaty
- 12 Ready for the picking
- 13 Leading lady?
- 14 Perjurer
- 15 Concept
- 16 Author Fleming
- 17 Set of "Risk" tokens
- 18 Mark over a long vowel
- 20 Catnap
- 22 Trophy wife's partner
- 26 Speak like 51-Across

- 29 Central
- 30 100 square meters
- 31 Unctuous
- 32 Cartoon
- 33 Circulate
- 34 Praiseful poem
- 35 Entertainment
- 36 Horn noises
- 37 Britney and Christina, e.g.
- 40 Suspended
- 41 Spoof
- 45 Bridge
- 47 Part of UCLA
- 49 Responsibility

- 50 Teller's partner
- 51 Farm female
- 52 Elevator man
- 53 Bohemian
- 54 Gender
- 55 Zilch

DOWN

- 1 Gloomy
- 2 Verdi opera
- 3 Detail, for short
- 4 Inadmissible testimony of a sort
- 5 Existence
- 6 Ms. Gardner

- 7 Woodstock headliner
- 8 Shopping center
- 9 Black-and-tan terrier
- 10 Rotating part
- 11 Attempt
- 19 Chic no more
- 21 Peculiar
- 23 Surrounded by
- 24 Let fall
- 25 Some evergreens
- 26 Not-so-ugly Betty
- 27 Beach resort

- 28 GOP symbol
- 32 Messes up
- 33 Decorate
- 35 Half a sawbuck
- 36 Support system?
- 38 Optimistic
- 39 New Jersey county
- 42 Digging
- 43 Destruction
- 44 Latin 5-Down
- 45 Masseur's workplace
- 46 Apiece
- 48 Have bills

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ROCK DOC

By Dr. E. Kirsten Peters

It's eighteen miles from the front door of my house to the Snake River. The road between my home and the river is rural and empty. Even my 1987 truck gets good gas mileage going toward the river because the Snake is at the bottom of a big canyon. I coast along at an idle, looking at all the rock outcrops and some of the wildlife. (I have my priorities straight.) When my knees were in better shape, my dog and I would walk from the bank of the river to the top of the canyon. It's a vertical trip of about 2300 feet each way. The canyon is made of many layers of lava rock. I would pick my way upward, avoiding the very steepest parts by hugging the gullies. As an old lady, I limp along the railroad tracks by the river, covering the steep ground above me only with my eyes. I amble by the river in summer and winter, spring and fall, looking down into the water at the steelhead and carp in their season, at the occasional beaver eyeing my dog with great suspicion, and at the rock outcrops that continue to amaze me even after all these years. My walks may sound repetitious, I know, but I've got a simple mind, and the long ambles

Deep Time All Around

suit me (as well as the dog). The rock layers of the Snake River Canyon are horizontal, just as they formed millions of years ago when molten rock belched out of large fissures and covered thousands of square miles. It was only after all the rock layers were solidified that the Snake River Canyon started to fully form. It was created as the river eroded the rock, bit by bit, over vast stretches of geologic time. In a similar way, the Colorado River eroded the rocks of the Southwest, ultimately creating the Grand Canyon. You've heard about canyons and erosion in countless nature programs or merit badge lessons. But gradual erosion can create huge canyons only if there is lots and lots of time available for rivers to wear down and erode solid rock. In the 1700s most educated people believed the Earth was only a few thousands of years old. Sometimes modern geologists speak of those people with scorn, as if such a belief was nonsensical. But there's no disrespect in me when I note that, back in 1776, educated people assumed Earth history went back only as far as Old Testament times. But in Scotland a gentleman farmer and naturalist named James Hutton came to a different viewpoint. Hutton noted that if you pick up a piece of granite – the common salt-and-pepper rock you see in many mountains or in the stones used in bank buildings – the clear and jagged minerals in the rock are quartz. Looking at the streams of Scotland, Hutton saw quartz sand being eroded out of rock and moved downstream, getting rounder, mile after mile, in its journey to the sea. The quartz ends up in sandy layers on the beach. Those layers are sometimes made into solid rock, namely sandstone. If the rocky sandstone later gets lifted up onto land, we can see it. It all makes sense, once you accept the notion that Earth history is very deep, indeed. Hutton wrote about the day he clearly realized that the history of the planet must be millions and millions of years old. I imagine he felt a leap of joy when he first clearly saw the evidence for “deep time” around Scotland and his ideas fell into place. James Hutton wasn't a well-traveled man, and he wasn't a highly-trained geologist by modern standards. But he correctly deduced that the Earth is incredibly ancient from the simple evidence we can all see around us on Sunday strolls. It's the habit of clear-headed observation that gives science its backbone. And although the mindset to see the world in new ways can be encouraged by a good education, it doesn't depend on having any diploma or degree. Here's wishing you long springtime walks and the good fortune to see Mother Nature afresh. *Dr. E. Kirsten Peters is a native of the rural Northwest, but was trained as a geologist at Princeton and Harvard. Questions about science or energy for future Rock Docs can be sent to epeters@wsu.edu. This column is a service of the College of Sciences at Washington State University.*



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by Sal Arrigo, Jr.



Sal Arrigo, Jr.

The troops were assembled, orders in hand, knowing that destiny awaited them in their darkest hour. “It was like a Cavalry charge that you see in the movies,” states Boyd Jensen, husband of Diane Jensen who died of Alzheimer’s disease after 51 years of marriage.

Boyd was relating to me how many individuals – neighbors, friends and church members came to his aid as his beloved Diane dealt with Alzheimer’s. Once a vibrant, energetic lady who devoted many years in helping make the Elk Grove Strauss Festival such a success, Boyd said he watched his wife “take a long march to the grave. I know this disease, I’ve been through it, and it is terrible!” Boyd, a caregiver for seven years, who took an early retirement to care for Diane, had much support from their seven children and their families, but he began to realize he was living in a dark cave. “I was depressed; I was trying to do everything. I was trying to make Diane as comfortable as possible.” Even a trip to the dentist was a welcome respite for Boyd. He told me he was living in “Alzheimer’s prison,” but

he never lost his sense of humor, and Diane provided many funny moments at the most unexpected times. For instance, Diane once broke into song at a pharmacy, entertaining an elderly woman. Boyd “let out a laugh and thanked the woman for listening” he told me. Having a need to express himself, Boyd is now the Volunteer Coordinator for the 2nd Annual Alzheimer’s Aid Society Memorial 5K Run/Walk to take place on July 25, 2009. He is doing this to honor Diane, to keep active, and to let people know this terrible disease needs much more support. Boyd feels a great satisfaction from volunteering – letting other caregivers and their families know there is help for them in this community -- you just have to ask. In a final comment, Boyd urged others “to put their talents to use and volunteer at the 5K.” You can do so by calling Boyd at 916-635-5107. Go to the race website at www.memory5k.org for detailed information.

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.

State Fair Seeking Next Young Superstar!

Kids Can Compete for Cash & Prizes in State Fair’s 4th Annual Kids Talent Show

Sacramento - The California State Fair knows there are a lot of talented kids in the Golden State. That’s why the State Fair is once again inviting them to show off their skills by competing in the 4th Annual Kids Talent Show at the California State Fair. Preliminary auditions will be held on Saturday, May 23 at the Sacramento County Fair at Cal Expo from 9 a.m. - 1 p.m. Any California kid aged 15 and younger is invited to participate. Participants should come prepared to perform a 2-minute audition piece live in front of the judges. Singers and dancers preferred, though other talents will be accepted as well. The top finalists from the auditions will be asked to compete live at the California State Fair on September 1, 2009. The top three finalists in September will share a prize pot that includes cash, prizes and the official title of “State Fair’s Most Talented Kid.” Last year’s Kids Talent Show was a crowd favorite as 10-year old Jeremiah Whitfield-Pearson of Antioch won the title of “State Fair’s Most Talented Kid.” Jeremiah

won over the judges with a soulful rendition of “Listen” from the Dream Girls movie soundtrack. Jeremiah bested 14 other contestants from all over Northern California to claim the title. In addition to the title, Jeremiah received a prize package that included a \$250 check and the chance to be King for a Day at the State Fair. Since his success at the State Fair, Jeremiah has participated in the Hollywood Launch Program Showcase and performed at the House of Blues on Sunset Strip and at Universal City Walk. He played the role of Little Michael Jackson in the production of Soul Sistah and of young Joe in the stage reading of Lost Lady with a Violin. In addition he recorded the vocals for young Joe for the soundtrack Lost Lady with a Violin. Jeremiah has also performed at charity events in Los Angeles and in the Bay Area. “We are looking for kids that represent California’s diversity and talent so we urge anyone with a skill or a love for performing to come to the audition and give it a shot,” said Norb

Bartosik, CEO and General Manager of the California State Fair. “This will be a positive, confidence-building experience for these youngsters.” Auditions will be conducted on a first-come, first-serve basis. Participants or their parents can reserve an audition space in advance by calling (916) 274-6180 or emailing Poppy@caexpo.com. Those who call in advance will be guaranteed an audition time, while walk-ins may not receive one. Admission to the County Fair is FREE for Kids Talent Show participants and their parents. General Admission to the County Fair is \$3 for Adults aged 13-61, FREE for kids aged 0-12 and FREE for seniors over the age of 62; parking is \$10. For more information interested patrons should visit the California State Fair website at www.bigfun.org and click on the “Competitions” tab or call (916) 263-3010. Media inquiries should be directed to media@caexpo.com or 916-825-0646. The 2009 California State Fair will be held from August 21 to September 7, 2009 at Cal Expo in Sacramento, CA.

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River City Bank Corporation Announces Shawn Devlin New Chairperson



Shawn Devlin

Sacramento - RCB Corporation, the parent company of River City Bank (the Bank), announced today, (April 22nd) that current RCB Corporation board member, Shawn Devlin, has been elected as the Chairman of the Board of RCB Corporation. Effective immediately,

Ms. Devlin will assume the role of Chairman of the Board from Jon Kelly, founder and former Chairman of RCB Corporation, who will be retiring from the board. Ms. Devlin, the daughter of Mr. Kelly, was born and raised in Sacramento. She attended local schools and is a graduate of the University of San Francisco. She had a successful career in the banking industry for a number of years, holding various positions including Branch Manager, Real Estate Lender and Private Banker with Citibank, and the Boston Company, subsidiary of the Mellon Bank. She has been a member of the RCB Corporation Board of Directors since 2001 and currently serves as the Chair of both the Corporate Governance Committee and the Human Resources & Compensation Committee. She is the largest single shareholder of RCB with an

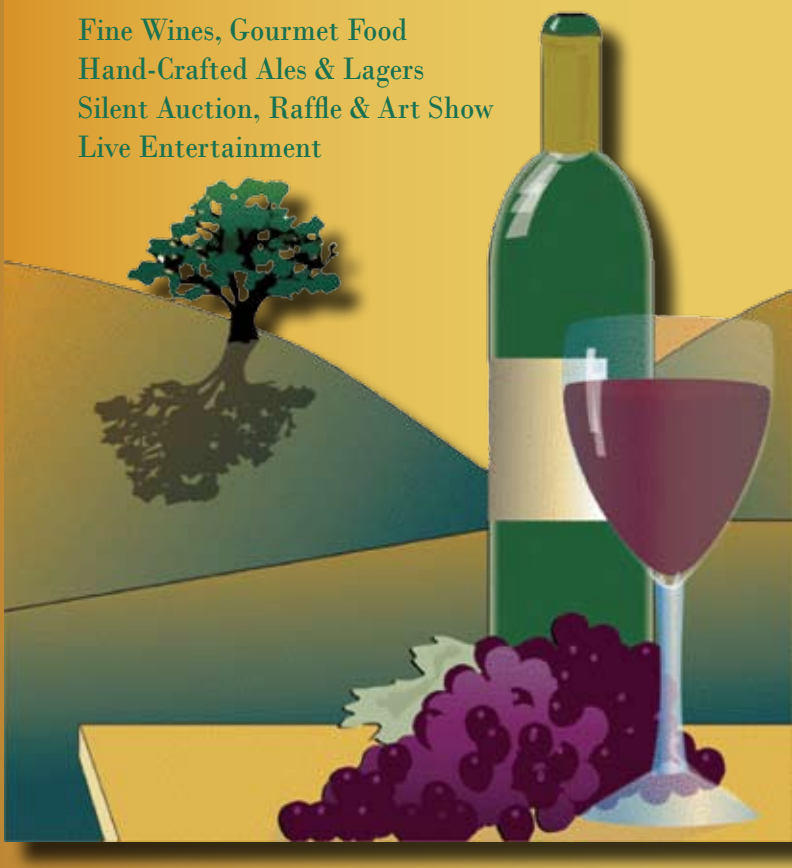
approximate ownership stake of 41%. Ms. Devlin resides in Santa Rosa, Calif. with her husband, Dr. Patrick Devlin and her son. “I am looking forward to working even more closely with Shawn as we continue our commitment to the long-term viability and success of the Bank,” said Stephen Fleming, President & CEO of River City Bank. Mr. Kelly will remain engaged and supportive of RCB as his firm; KKN, Inc. has been retained on a consulting basis by the Board of Directors. “Mr. Kelly’s contribution to the Bank since founding it 35 years ago has been phenomenal. His leadership, passion and commitment have been instrumental in River City Bank achieving its status as the largest independent bank in the Sacramento region today,” said Mr. Fleming. River City Bank is the largest locally-owned bank in the Sacramento Region.

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First Pitch for Baseball Academy Coming July 19th

The Dusty Baker Baseball Camp opens this year on July 19th in Rancho Cordova. Dave Stewart, Shawon Dunston, Jim Barr are among the twelve former major leaguers and veteran group of top-flight coaches providing instruction to students age groups; 9-12, 13-15 and 15-20 at the Sacramento area site. Approximately 5800 of the 7900 previous academy participants have moved on to high school, college or professional baseball.

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

Session One Ages 9-12
Sunday, July 26 – Friday, July 31

Session Two Ages 13-15
Sunday, July 26 – Friday, July 31

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Mike Finnerty

RiverCats Esurance Announce Interactive “High School Heroes” Promotion

Online voting to determine Bobbleheads to honor local favorite sports products

The Sacramento River Cats and Esurance have announced a first-of-its-kind promotion this season at Raley Field where fans and online voters have the ability to decide who is the Sacramento area’s favorite homegrown athlete. “High School Heroes” will start with an online vote, which began on Wednesday, April 29th at Rivercats.com/HighSchoolHeroes, where fans can vote between ten (10) of the area’s most prominent, recognizable sports stars from local high schools. Voting runs through Wednesday, May 20th and fans can vote as many times as they like. The top three (3) vote-getters in the online vote will have bobbleheads made in their likeness – donning their high school uniform! The three (3) finalists will be announced on Thursday, June 4th. On Saturday, August 22nd at Raley Field, fans will get to choose which of the three (3) finalists’ bobbleheads they want to receive that night. Whoever’s bobblehead runs out first will be



- named the favorite son/daughter of local high school sports fans and the “2009 High School Hero!”
- The list of semi-finalists is:
1. Dusty Baker (Baseball) – Del Campo High School
 2. Lance Briggs (Football) – Elk Grove High School
 3. Teddy Bruschi (Football) – Roseville High School
 4. Natalie Gulbis (Golf) – Granite Bay High School
 5. J.P. Howell (Baseball) – Jesuit High School
 6. Kevin Johnson (Basketball) – Sacramento High School
 7. Derrek Lee (Baseball) – El Camino High School

8. Dustin Pedroia (Baseball) – Woodland High School
9. Summer Sanders (Swimming) – Oakmont High School
10. Greg Vaughn (Baseball) – Kennedy High School

Individual tickets for this game and all games this season at Raley Field are currently available at the Raley Field Ticket Office or online at Rivercats.com. Premier seating at every River Cats game throughout the 2009 season can be secured through purchase of River Cats Full Season Tickets, Mini Plans or Group Packages. 2009 River Cats Season Tickets or Mini Plans can be purchased at the Raley Field Ticket Office or by calling the River Cats Ticket Hotline at (916) 371-HITS (4487).

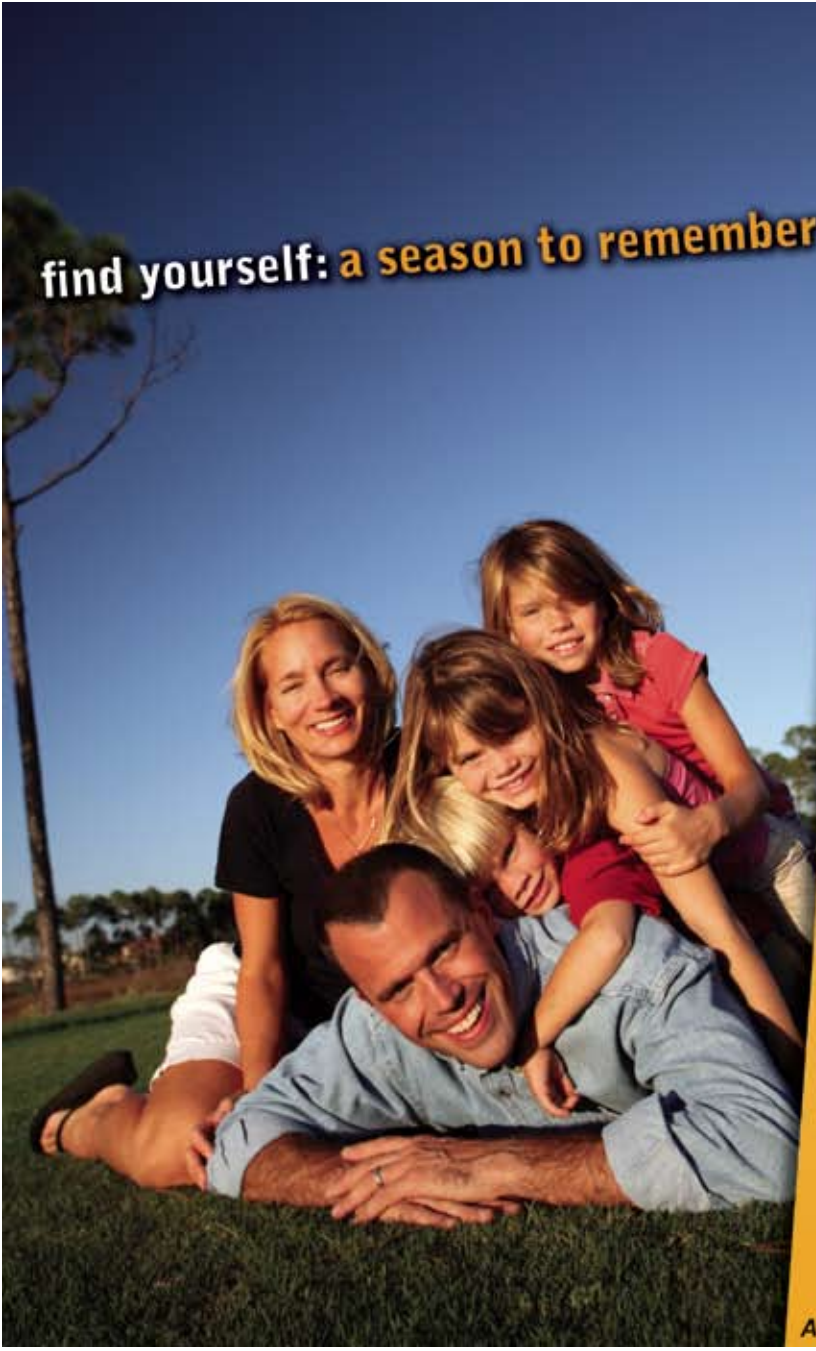
For more information about the 2009 River Cats season, visit www.rivercats.com. For information on other events at Raley Field, visit www.raleysfield.com.



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2nd Annual Memorial 5k Run/Walk

Benefit for the Alzheimer's Aid Society of No. California

The Messenger Publishing Group has agreed to be the lead print media sponsor for the 2nd Annual Memorial 5K Run/Walk, a benefit for the Alzheimer's Aid Society of Northern California.

Perhaps the most unique 5K Run/Walk event of the year, the run starts and ends in beautiful EAST LAWN Memorial Park at 4300 Folsom Blvd., Sacramento. The race director is Rich Hanna and Capital Road Race Management, and this event is the "City of Sacramento 5K Championship". It is scheduled for Saturday, 25 July 2009 at 8:00 a.m.

The excitement includes both elite and amateur runners and walkers, beginning with a Kid's Fun Run, as well as families and sponsors moving along a fast, scenic 5K course. Starting at EAST LAWN Memorial Park, the route traipses through the fabulous forties neighborhood on M Street before returning to the Park for one gorgeous, final-mile loop to the finish at the highest point in the city of Sacramento.

Many sponsors and other companies and groups are forming run/walk teams. Families will be running and walking in memory of a loved one with Alzheimer's. Both elite and amateur runners and walkers will be participating. Age divisions begin with a Kid's Fun Run for ages 11 and under. Divisions will proceed with 12 & under, 13-15, 16-18, 19-24, 5 year increments to age 80+. Awards will follow the event. Prizes will be awarded for overall winners and top three finishers in each division. All kids receive medals. As many as 5.2 million people in the United States are living with Alzheimer's, the 7th leading cause of death in America. It is estimated that 10 million baby boomers will develop Alzheimer's in their lifetime. The Alzheimer's Aid Society of Northern California assists people from Fresno to Yreka, and all of their services are free. All proceeds from this event will be used here in our community.

For more information contact Sal Arrigo Jr., Alzheimer's Aid Society of Northern California (916)448-7001 or visit our website at www.Memory5k.org or www.Memory5k.com

The Messenger Publishing Group includes the American River Messenger, the Carmichael Times and The Mercury, which serves Roseville, Rocklin and Placer County.

2nd Annual



Alzheimer's Aid Society Memorial 5k Run/Walk
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For registration or more info:
www.memory5k.org



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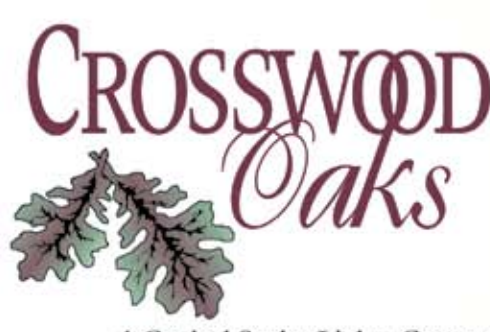


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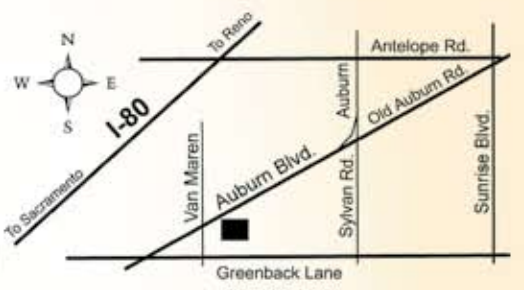
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