

AMERICAN RIVER

M E S S E N G E R



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Volume 4 Issue 8

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

Second Edition for April 2009

Citrus Heights Police Department Receive Service and Duty Award



L to R: Sergeant Eric Dias, Officer Jason Fritz, Officer Michael Dutch, Officer Emily Howlett, Officer Jennifer Kell, Officer Michael Coltharp, Community Service Officer Brian Wegesser (Not pictures: K9 Officer Salvatore Lombardo)

Citrus Heights - On Thursday, April 16, several members of the Citrus Heights Police Department were honored by the American Society for Industrial Security (ASIS) at a luncheon and awards ceremony held at the San Mateo Marriott in San Mateo, California.

Many members of the ASIS are former law enforcement officers now working as security managers from local casinos to bay area industrial parks. For the past 46 years, they have annually recognized law enforcement officers statewide who have distinguished themselves through exemplary service and devotion to duty. This award program seeks to generate increased public support for law enforcement by acknowledging officers' actions

from a single heroic incident to years of a distinguished career.

This year's recipients from the Citrus Heights Police Department were identified as Officer Emily Howlett, Officer Salvatore Lombardo, Officer Jennifer Kell, Officer Michael Coltharp, Officer Michael Dutch, Officer Jason Fritz, and Community Service Officer Brian Wegesser.

The officers were nominated for their response to an incident on Friday, August 29, 2008. Officers were flagged down by a distraught parent who reported that his seven-year old daughter's bicycle had just been taken from the 7700 block of Sun Hill Drive in Citrus Heights. The little red-head was very upset that her brand new bicycle had been stolen and was not sure that

her family would be able to replace it. As a team, the officers set out to replace the bicycle even at their own expense. They searched through many abandoned and recovered bicycles in the department's property room until they found one just her size that was like new and getting ready for destruction. One officer completed some minor repairs to the bicycle while off duty. The entire team donated their money from their own pockets to get a bicycle lock, horn, and two helmets (including one for her sister). About a week later, they presented the bicycle to the little girl and her family outside of her apartment on Sun Hill. The little girl and her family were extremely pleased with the new bicycle. In honor of the officers' efforts, the new bicycle owner named the bicycle "Blue Angel."

Officers at the Citrus Heights Police Department seek out opportunities daily to developing positive relationships and interactions with the public, especially children. Since taking over the department in June 2006, these and other officers have walked the streets picking up litter, painted over graffiti, mowed the lawns of abandoned houses themselves to keep neighborhood looking clean while off duty, bought lunches and groceries for the indigent and homeless at their own expense, and organized toy drives and free bicycle helmet giveaways. The actions of these officers in particular were noted as above and beyond their call of duty and the Citrus Heights Police Department is pleased that the ASIS sought to recognize their efforts.

Orangevale Rotary Adopts Mile of American River Parkway Trail



Orangevale Rotarians (from left to right: Dennis Metzler, Don Russell, Jack Corry, Bryan Daniel, Dave Harris, Paul Nelson, Hector Leanos), with help from Hector's wife, Debbie, prepare for their work on the trail.

Orangevale - April 25 will find Orangevale Rotarians working on the American River Bike Trail from mile marker 27 to mile marker 28. This is one project among many in which Rotarians across the region will participate on this date, which has been named Rotary at Work Day.

Orangevale Rotarians began this project on January 31 and expect to put in two additional workdays, July 25 and October 24, during 2009.

Under the leadership of Jack Corry, Rotary Adopt-a-Trail Coordinator, Rotarian volunteer stewards perform minor trail maintenance within their designated mile, including litter pickup, pruning, graffiti removal and restoration work. They are expected to perform 20 hours of litter pick-up or light trail clean-up/maintenance each calendar quarter. They also participate in training in trail safety,

trail maintenance, minor trail equipment (i.e. leaf blower, mower, etc.), non-native plant species identification, and communications.

The American River Adopt-a-Trail Program was initiated by the Gold Fields District, California State Park. It extends from the Hazel Avenue Bridge to Beal's Point. It surrounds Lake Natoma and continues to Folsom Lake, encompassing 13 miles.



Baskin-Robbins Offers "A Sweet Deal"

(Grassroots Newswire)

Mark your calendars - 31 Cent Scoop Night is back at Baskin-Robbins! America's favorite neighborhood ice cream shop is sweetening the spring season by hosting its third annual 31 Cent Scoop Night celebration on April 29, 2009, from 5 p.m. to 10 p.m., at all Baskin-Robbins locations nationwide, including those in the Carmichael area. During the event, the iconic ice cream brand will thank its loyal customers by reducing the price of all 2.5 oz. ice cream scoops to just 31 cents.

As part of 31 Cent Scoop Night, Baskin-Robbins will make a \$100,000 donation to the National Volunteer Fire Council's (NVFC) National Junior Firefighter Program. The program serves as an umbrella for local junior firefighter programs nationwide, which educate youths about the vital, life-saving work of volunteer emergency service members and help prepare future firefighters to keep our communities safe. The donation will provide scholarships to outstanding junior firefighters and support the National Junior Firefighter Program. In addition, on 31 Cent Scoop Night, select neighborhood Baskin-Robbins shops will invite their local fire departments to collect donations and scoop ice cream.



America's Favorite Neighborhood Ice Cream Shop to Donate \$100,000 to National Volunteer Fire Council's National Junior Firefighter Program

A Sweet Celebration

Ice cream lovers are encouraged to add some sweetness to the spring season by visiting any Baskin-Robbins store nationwide between 5 p.m. and 10 p.m. on April 29, including: Baskin-Robbins in Carmichael at 4712 Manzanita Ave and at 6131 Hall Lane, in Fair Oaks at 8894 Madison Ave, in Sacramento at 2820 Marconi Ave Ste 2, in Sacramento at 4355 Arden Way.

"We greatly appreciate Baskin-Robbins' support of the National Junior Firefighter Program through this generous \$100,000 donation," said Heather Schafer, NVFC executive director. "Providing scholarships to those who have shown dedication and commitment to the emergency services helps us ensure there will be firefighters to keep our communities safe for years to come."

For more information about 31 Cent Scoop Night go to our Facebook event page or visit www.baskinrobbins.com.

Federal Dollars Expected to Assist Regional Economy

Sacramento County has established a diverse team focused on maximizing and coordinating opportunities to garner local project funds from the American Recovery and Reinvestment Act. Led by the county's economic development chief Robert Leonard, the team is working to secure millions of stimulus dollars for local projects. By bringing together a wide variety of key players even before the specifics of the Recovery Act were known, Sacramento was poised to take advantage of the funds as soon as they became available. This

effort builds on excellent work done by the Sacramento Metro Chamber of Commerce early in 2009 to bring the region together around a coordinated stimulus program strategy.

Leonard says the key to success is bringing the right players to the table. "The goal isn't to compete with local agencies and jurisdictions for the same pot of money, but to leverage our partnerships to make the most effective use of stimulus funds," Leonard explains. "We have already nailed down funding commitments for job

development, senior nutrition programs, homeless assistance and transportation improvements exceeding \$40 million. We have nearly \$5.6 million coming in energy efficiency block grants alone." The County's partners include the Sacramento Housing and Redevelopment Agency, the Sacramento Area Council of Governments, the Sacramento Employment and Training Agency and SMUD. These agencies can help funnel the money directly to the highest priority needs.

Annual Spring Fest Celebration, May 2 & 3

Fair Oaks - Be sure to mark your calendars for the weekend of May 2 and 3, 2009, for the 60th Annual Fair Oaks Spring Fest (formerly Fiesta Days). This year's theme is "Pirates of the American River". The two-full day family event is sponsored by the Fair Oaks Chamber of Commerce and the Fair Oaks Recreation and Park District. It draws more than 10,000 people from all over Northern California.

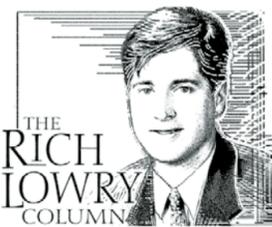
You can download the current schedule of events from the Chamber website: www.fairoakschamber.com.

A shuttle service is available from 8 a.m. to 4 p.m. both days. The service goes between Scandinavian Designs on Winding Way and Sunrise and Fair Oaks Village, and there's ample amount of parking at Scandinavian Designs.

Events begin Saturday at 10 a.m. with opening ceremonies and a parade through Fair Oaks Village. Festivities include games, craft and information booths, food concessions and exhibits. The Children's Carnival is returning this year with the admission of one low price for the entire day. Other activities include

a Frog Jumping Contest, school bands and the popular Toilet Bowl Race. The Fair Oaks Theatre Festival will also be putting on a play in the veterans Memorial Amphitheatre at Noon on Saturday.

Sunday's venue begins with a Pancake Breakfast and the annual Sun Run registration at 7 a.m. The races start at 8:05 a.m. and the Classic Car Show runs from 9 a.m. to 3 p.m. Craft and information booths, food concessions, Frog Jumping Contest, Children's Carnival and exhibits continue.



The CEO President

When first elected, George W. Bush aspired to be the "CEO president." The label referred only to his (overhyped) business sensibility. President Barack Obama has become the CEO president in fact, responsible for a swath of American industry and finance.

Obama flexed his corporate muscles recently and fired General Motors CEO Rick Wagoner for failing to produce a credible reform plan for his company. Obama said the next day that "GM is announcing that Rick Wagoner is stepping aside" -- as if Wagoner hadn't reported to the Treasury Department to receive his order to self-defenestrate.

It used to be that what was good for GM was good for the country; now, the country is going to decide what's good for GM. It used to be that presidents only could fire chiefs of staff and Cabinet members; now, Obama can fire any of the corporate officials who effectively work for him. It used to be that the country had clearly delineated public and private sectors; now, they are mashed together in an arrangement vastly increasing governmental power.

Two, if politicians and bureaucrats knew how to run car companies, they'd probably be working for Toyota or Ford. Obama's automotive task force has almost no experience in automobiles and includes no fewer than three experts on climate change (presumably on the off chance that GM and Chrysler revive enough to begin despoiling the planet again).

Three, once a corporation is dependent on government, it makes business decisions not on the merits, but to please its political masters. GM has been heavily involved in developing the politically correct Chevy Volt, an electric car. As Obama's automotive task force concludes, "While the Volt holds promise, it is currently projected to be much more expensive than its gasoline-fueled peers and will likely need substantial reductions in manufacturing cost in order to become commercially viable." You don't say?

The American system has a proven method of restructuring salvageable but insolvent companies that avoid all of these pitfalls. It's called Chapter 11 bankruptcy, where a judge can rip up a company's obligations and launch it anew without the taint of politics. It's where GM and Chrysler should have gone last fall (perhaps with some minimal government support), before the Bush administration first bailed them out in a fit of political panic.

Obama is raising the prospect of allowing the companies go into Chapter 11 if they can't soon find that elusive path to viability. He insists that he has no interest in running the auto companies, an assurance he can prove is sincere -- by not running the auto companies.

Rich Lowry is editor of the National Review.

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What's Wrong with Banning Black Cars?

By L.K. Samuels

When a proposal in California to ban black painted cars was revealed in March 2009, the blogosphere and talk radio buzzed with cries of "outrageous." The state legislature, under the auspices of the California Air Resource Board, pushed to reduce auto emissions by controlling the color of vehicles. Because black paint encourages heat absorption, any reflective material painted over dark-hued cars would likely fail to stop reflective heat, violating the 2006 California Global Warming Solutions Act (AB 32). And since black is the second most popular color for cars, the opposition was intense. In the face of angry voters, the eco-bureaucrats naturally back-pedaled on this unpopular provision.

But one wonders what is so awful about outlawing dark-colored vehicles? Why complain about the lack of individual choice? In recent years, America's policies have taken a sharp turn down the road of "banamania." Some West Coast cities have already banned plastic shopping bags, certain dishwashing detergents, and Styrofoam containers. The U.S. Congress outlawed the broadcasting of analog TV signals as well as sale of incandescent light bulbs. At least with the incandescent light bulb ban, which goes into effect in 2014, the government still lets people buy the more energy-saving compact fluorescent bulbs even though they

are laced with highly toxic mercury. American lawmakers seems to be on an outlawing-everything spree. The California Energy Commission is exploring regulations to outlaw energy-sucking big-screen televisions for the noble cause of the environment, denying charges that it wants to simply control people and do a little social engineering. In 2004, the California legislature banned teenagers from artificial tanning booths, citing increases in skin cancer as the reason. Some suggested that the lawmakers should have also outlawed tanning on the beach, but the sun refused to comply. In another case, local authorities have banned water bottles, mostly at universities and government buildings. In New Jersey, lawmakers nearly outlawed "Brazilian" bikini waxes. So the question becomes, why all the fuss over the color of a car? We've become a society hell-bent on banning whatever the political elite or some lobbying group doesn't like. Get used to it. So what if the state's gone wild? The legislature has been doing it for decades. We even criminalize particular vegetation. In fact, federal and state governments spend billions of dollars annually to eradicate a common variety of weed. Since much of the banning is done in the name of the environment, you can expect more where that came from. Now that CO² has been classified as a greenhouse pollutant considered harmful because of its

supposed climate change properties, it is only a matter of time before the biggest greenhouse gas is criminalized. Water vapor makes up over 95 percent of greenhouse gas, so it must be considered far more dangerous than the CO² and thus must be labeled as a harmful gas, outlawed and forced out of the atmosphere. How about gravity? People have been saying for years that gravity sucks! Why not liberate people from its heavy effect? We could all get around better without that annoying limitation of weight, and save all that money from expensive dieting, exercise, and weight-loss programs. Why not let the political system ban all sorts of inanimate objects, for whatever reason? Other democratic nations do it all the time. The Australian government recently banned child pornography on the internet. Unfortunately, the ban was soon extended to include many other types of sites. But nobody was supposed to know. When the international whistleblower site Wikileaks posted the banned list, the Australian Communications and Media Authority banned Wikileaks, which had discovered that blocked sites had nothing to do with porn most of the time. But the Australian censorship regulators had to do something to stop porn, so they imposed stiff penalties for violators. Any Aussie caught informing the public about the secret list can be jailed for up

to 10 years. And if a Website or blogger unknowingly links to one of the secretly outlawed Websites, that person's site can be secretly listed on the secret list as well! The penalty for linking to secret banned sites can be as high as \$11,000 per day, an amount that recently was levied on an anti-abortion site. After being taken offline, Wikileaks only terse comment was: "The first rule of censorship is that you cannot talk about censorship." But banning inanimate objects wouldn't harm free speech in the United States. Or would it? Actually, a federal judge in San Francisco issued a 2008 injunction to ban and shut down the U.S. Wikileaks site after it posted embarrassing documents (the injunction was lifted two weeks later). Maybe banning things could lead to unwanted consequences. Maybe banning black cars is also a free-speech issue. Maybe outlawing things could lead to censorship of ... [CENSORED].

L.K. Samuels is a contributing author to the Libertarian Perspective, a realtor from Carmel Valley and an editor and contributing author of Facets of Liberty, an anthology of political, economic, and sociological essays (Freeland Press). Samuels managed the Future of Freedom Conference series for five years in Southern California.

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Can Congress Cope With The Communications Age?

By Lee H. Hamilton

When I first came to Congress in the 1960s, dialogue between members of Congress and their constituents was straightforward. Every so often, a lawmaker would get interviewed on radio or television. Many sent monthly newsletters to the folks back home. They responded to letters, fielded and made telephone calls, and met as often as possible with the people who had sent them to Washington. It was by no means a perfect system — unless they made extraordinary efforts, legislators were often in touch with a smaller cross-section of the population than they should have been — but it worked tolerably well and was readily managed. Today, something very like the opposite situation prevails: lawmakers are deluged by e-mail messages from constituents and grassroots lobbying campaigns; they can be in touch with millions of people at the press of a "send" button or via a quick upload to YouTube; they can blog about their experiences on the floor of the House, hold videoconferences or telephone town meetings with people back home, and Twitter their thoughts to followers any time of the day or night.

The technology allowing communications between ordinary Americans and their elected representatives, in other words, is superb. Yet for all the words that flow back and forth between Capitol Hill and the country at large, it's not at all clear how much

actual dialogue is taking place. Part of this is a function of sheer volume. As the Congressional Management Foundation wrote in a 2008 report after surveying ordinary citizens and lawmakers and their staffs about their use of the Internet, "[T]echnological developments have been so rapid that neither citizens and the organizers of grassroots advocacy campaigns (the senders) nor congressional offices (the receivers) have learned to use it in ways that facilitate truly effective communications between citizens and Members of Congress. As a result, while more messages are being sent to Congress, it seems less actual communication is occurring." The survey found that no one is happy with the situation: Hill staffers feel overwhelmed, while almost half the people who wrote to Congress and received a reply were dissatisfied with the response and almost two-thirds believed their representatives "were not interested in what they have to say." Let's be clear about what's at stake here. A representative democracy depends on the give-and-take between lawmakers and those they represent. When that discourse breaks down — whether it's because

high-rolling campaign donors drown out ordinary voters, or because changing technology overwhelms the ability of congressional offices to understand and represent public sentiment adequately — then it threatens the legitimacy of the system. This presents a true challenge for Congress. Where the White House under President Obama has shown that it can use the Internet and social networking tools to mobilize a political base, it is largely a one-way street; no one expects a quick reply from the President to a letter or a text message. Congress is different. It is the tribune of the American people and we treat it accordingly: we not only expect two-way communications, we need them. That's how the system is supposed to work. In this period of transition to the new technologies, there are some promising signs. A few members of Congress have learned to make effective use of blogs, Facebook and even Twitter to stay in touch with constituents; the House and Senate both have channels on YouTube now, and though they're mostly filled with the equivalent of video press releases, I have no doubt that legislators will figure out more compelling

ways to use them. Meanwhile, the Congressional Management Foundation, after a decade of study, is working to convene congressional staff and grassroots advocates to develop ways to aggregate, verify, and manage online communications, so that Capitol Hill doesn't find itself so engulfed by citizens' messages that it tunes them out. In the end, adapting to new communications technology will require work on both sides of the equation. Members of Congress will need to develop the tools that allow them to manage immense volumes of "mail," and let constituents know the best and most effective ways of passing along their thoughts. Voters who want to have an impact will need to pay attention, and not just assume that sending a quick email or filling out a form provided by their favorite advocacy group will command attention. In the age of instant communications, in other words, it's not just the volume of words but the quality of the communication that matters. *Lee Hamilton is Director of the Center on Congress at Indiana University. He was a member of the U.S. House of Representatives for 34 years.*

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Shakespeare's "Romeo & Juliet" Opens April 24 at American River College Theatre

Here's much to do with hate, but more with love!—"Romeo & Juliet," William Shakespeare

"Romeo and Juliet," one of the world's great tragic love stories, will open at American River College April 24. The show, one of Shakespeare's early tragedies, is known for its "star-crossed" lovers and feuding families. With its thrilling broadsword fights, inspiring moments of friendship and love, and luscious sets and costumes, this production is ideal for Shakespeare fans both new and old. It will run at the American River College Theatre for two weeks only, closing Sunday, May 3rd.

Usually set in the city-state of Verona during the Italian Renaissance, ARC's production of this classic play will instead be set in the Spanish city of Cordoba during the 11th century. This was time and place when Muslims, Christians and Jews lived together in relative harmony under the enlightened rule of the Moorish Emirs. In the next hundred years this peace would be broken and the Jews and Muslims would eventually



Isaac Williams is Romeo and Cozette Roberts is Juliet in American River College Theatre's stirring production of Shakespeare's "Romeo and Juliet."

be forced from the country. Parts of our modern world are divided by cultural and religious hatred not unlike the family feuds that were common in Shakespeare's times. Director Pamela Downs thought that it would be interesting to set the production in a time and place that

offered an exotic stage for the exploration of prejudice. With the exception of a small amount of trimming, none of Shakespeare's text was changed for the production.

All performances of "Romeo and Juliet" will be at the American River College Theatre, 4700 College Oak Drive. Weekend parking is free in Lot "D" at the corner of college Oak and Myrtle, adjacent to the theatre. Weeknight parking is \$1. Ticket prices are \$12/general, \$10/student/senior/sarta. Group rates (for groups of 15 or more) are available.

For tickets and information, call the ARC Box Office at (916) 484-8234 or the ARC Arts Office at 484-8433.

"Romeo and Juliet" performance days and times are as follows:

Fridays & Saturdays, April 24, 25 & May 1, 2 at 8pm
Sundays, April 26 & May 3 at 2pm
Wednesday, April 29 at 12:30pm
Thursday, April 30 at 6:30pm

Drexel University Names Thompson Director of Recruitment for Northern California

Sacramento - Drexel University has announced the appointment of Nancy Thompson as its Director of Recruitment for Drexel's new Sacramento Center for Graduate Studies. "I am delighted to welcome Nancy Thompson to the Drexel family," said Carl "Tobey" Oxholm III, the University's Senior Vice President and Dean and CEO of the Sacramento Graduate Center. "Nancy's career in higher education has been focused on the working adult. She realizes first-hand how innovative Drexel's approaches are, and how they will ensure that our students who face challenging personal and professional obligations have the maximum opportunity to succeed in a nationally top-ranked master's program." A Granite Bay resident, Thompson brings 18 years of marketing and recruitment experience to Drexel. Most recently she was the Director of Graduate External Programs at California State University, Sacramento. While at CSUS, Thompson implemented marketing and management changes that led to a dramatic increase in student enrollment and program revenue. Prior to her work at CSUS, Thompson spent several years as the Director of the Working Professional MBA Program at UC Davis and was instrumental in getting



Nancy Thompson

to present that message to prospective students all over Northern California." The Center, a 20,000 square-foot facility at One Capitol Mall, offers higher education at the cutting edge. Its classrooms have been outfitted with \$1 million in state-of-the-art technology that brings the world to the Center and makes classes and presentations available on the Web and via podcast. Drexel is offering 10 master's programs and one doctoral program at the heart of Greater Sacramento's growth and economic development initiatives — entrepreneurial

business, information science, engineering, health care, and education — as well as the leadership skills the region's business, non-profit, and government sectors are seeking. The Center for Graduate Studies' initial master's programs started in January 2009 and include: Business Administration, Higher Education, Information Systems, and Library and Information Science. In September 2009, the university will add six master's programs in: Engineering Management; Nursing Education & Faculty Role; Nursing Leadership in Health Systems Management; Public Health; Science of Instruction; Human Resource Development; and a Doctorate in Higher Education Administration. Founded in 1891 in Philadelphia, Drexel is one of the largest private universities and is ranked as one of the nation's most innovative universities by US News & World Report. Drexel is widely recognized for its focus on experiential learning through its co-operative education program, technology and use-inspired research. For further information or to attend an Information Session, visit www.drexel.edu/sacramento or write sacramento@drexel.edu or call (916) 325-4600 or toll-free (888) 389-3781.

Legal Clarification Proposed to Protect Passengers from Bird Strikes

To safeguard the lives of the traveling public from bird strikes at airports, veteran GOP Senator Dave Cox introduced legislation to affirm airport officials' duties to remove wildlife. "Public safety must come first," said Sen. Cox. "Airport officials must have full and undisputed legal authority to protect the traveling public from bird strikes."

For years, Sacramento Airport officials have followed federal law which requires them to protect travelers from "bird strikes." Under federal depredation permit, every effort is made to divert wildlife from an airplane's flight path through harassment, trapping or relocation. As a last resort, airport personnel have the authority and responsibility to

remove wildlife to protect human lives.

At issue is a claim by officials at the state Department of Fish and Game that state law is silent on whether airport personnel have the approval to remove wildlife that threaten passenger safety.

Senate Bill 481, if passed, would resolve the concern raised by state Department of Fish and Game officials.

Specifically, SB 481 clarifies that the taking of wildlife at public airports to protect public safety does not violate state law. It further amends the Fish and Game Code to codify existing practice based on compliance with federal law. This bill does not expand the authority that any public use airport has under federal law to manage wildlife, including birds, to avoid collisions

with aircraft that endanger the public.

According to the Federal Aviation Administration, a total of 128 bird strikes were recorded at Sacramento International Airport in 2005, followed by 117 in 2006 and 113 in 2007.

"Sacramento International Airport has the highest number of bird strikes in the nation according to the FAA. This legislation will allow airport officials to continue to protect lives," Cox concluded.

Senator Dave Cox represents the residents of the First Senate District, which includes all or portions of Alpine, Amador, Calaveras, El Dorado, Lassen, Placer, Plumas, Modoc, Mono, Nevada, Sacramento and Sierra Counties. Contact his office at 916-651-4001, or via email at senator.cox@sen.ca.gov.

PUBLIC NOTICE

SMUD Invites Public Input on Proposed Rate Increase

SMUD is holding two public workshops and a public hearing with customers to discuss the need for a proposed electric rate increase.

Despite aggressive in-house cost containment in all discretionary areas, a 9.5 percent rate increase is proposed to go into effect September 1, 2009 after the summer peak-use period is over. A second 3.5 percent rate increase would go into effect January 2011.

The economic recession has impacted electricity revenues and turmoil in the credit markets has caused borrowing costs to rise and interest earnings to decline. Additional factors are adversely affecting SMUD's budget and have contributed to the need for a rate increase including:

- higher gas costs associated with contracts executed in 2008 and a reduction in hydro power from the Western Area Power Administration as the result of the three year drought
- the rising cost of required renewable energy contracts
- an aging energy infrastructure needing upgrades to ensure continued reliability and meet new federal grid security and reliability requirements

Even with the proposed rate increase SMUD rates remain among the lowest in California and would be approximately 23 percent below PG&E.

Public Workshops	Public Hearing
Thursday, April 23, 6 p.m.	Thursday, June 4, 6 p.m.
Wednesday, May 13, 9 a.m.	

All three meetings will be held at SMUD Headquarters, 6201 S Street, Sacramento, CA 95817

Information on the proposed rate increase, a copy of the General Manager's Report and Recommendations and the schedule of additional meetings can be found on smud.org. Copies of the report are also available at all Sacramento County Public Libraries.

Accommodations are available for disabled individuals. If you need a hearing assistance device or other aid, or have specific rate questions, contact Rob Landon, SMUD Rates Administrator at (916) 732-6222. Written comments should be sent to him at rates@smud.org or MS A451, SMUD, P.O. Box 15830, Sacramento, CA 95852-1830.



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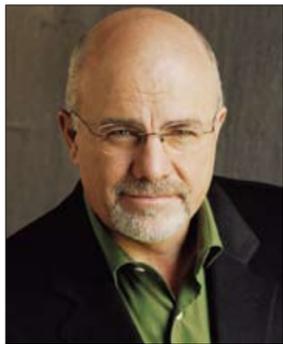


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Dave Says



It's the Lesson, Not the Money

Dear Dave,
I'm 19-years old and living at home while I go to school and work part-time. I make about \$400 a month. My parents have started your plan, and I feel like I should do something to help out with expenses. I could do this by paying my expenses, or paying them rent each month. What do you think?
- Ruth

Dear Ruth,
I love your attitude! If you're in college, getting a good education is your first responsibility. You're not making a lot of money, so you wouldn't be able to contribute much. I think \$100 a month would be very fair, but sit down with your parents and talk this over. You'll need money to live on, and they'll need to feel good about this. A plan that does both is a winner. What you give them at this point really isn't going to change their lives. It's a symbol of your character and your respect for your parents. A willingness to contribute and help out is a great thing, Ruth. There are lots of people out there who are twice your age, who still can't seem to grasp these concepts. Way to go!
- Dave

Small Hassle or Big Idea?

Dear Dave,
I own a small business that produces niche products. Lately, we've been getting calls from prospective customers who want to use our products in different ways. How do you advise handling an "outside the box" request?
- Sean

Dear Sean,
Ask yourself three basic questions: Can the product be produced in the needed quantity for a fair price? Will it be something you'll want to hang your reputation on? Do you really want to do this? If you answer "yes," additional questions arise. Can the product be used the way they want to use it? Must it be modified, and at what

cost? Can you supply it on time? I know I'm giving you questions, not answers, but in the end, providing a quality, functional product in a timely manner for a fair, profitable price is the key to a small business' success. An unusual request just might be a great entrepreneurial opportunity. It'll probably take some work, because when great ideas show up they're usually wearing work clothes. But do some research, and make the same basic manufacturing and economic decisions you would with a new item. Remember, this could open up a whole new market for you!
- Dave

Worried About the Agreement

Dear Dave,
I received an offer in writing from a credit card company. It's vaguely written, and it makes me nervous. It sort of leaves a back door open for them to go back on their word. I asked for another letter and they sent it, but now I wonder if I'm really okay in this situation.
- Dale

Dear Dale,
If you've got a document, and the language in it can convince someone in the future that you've both agreed to the specified terms, then that's enough - even if it's just three or four paragraphs long. Staple a cashier's check or money order for the agreed-upon amount to that letter, and send it back certified mail, return receipt requested, as fast as you can. Also, make sure you keep copies of the cashier's check or money order - along with the letter - in a safe place for the rest of your natural life! This is for your own protection, Dale. You never know when something like this will rear its ugly head again. This kind of thing can be a problem with credit card companies. It can be difficult to be certain that you've reached an agreement with them, because lots of them will lie to you in a heartbeat. Some of them lie to my team when we call them, and we don't even owe them money!
- Dave

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



Prom: To ask or not to ask

by Lauren Forcella

Dear Straight Talk: There's this guy from another school that I want to ask to prom. Some of my girlfriends say it's okay for the girl to ask, others say to always wait for the guy to ask. But how can he ask me when the prom is at my school? The problem is, I don't know if he likes me and if he rejects me I'll be so humiliated I probably won't go at all, even though, as it stands, I could go with friends without a date. What should I do? Please respond quickly, prom is around the corner.
- "Tandi", Auburn CA

Liva, 20, Hudson NY: It's silly to ditch prom just because the guy says no. I prefer guys to ask, however, I once left a note on a guy's car (after plotting for weeks) and was gently rejected. I ended up going with friends and had an awesome time. Senior year I also asked a guy, but he was one of my best friends and neither of us had dates. It was the perfect prom.

Michael, 17, Fair Oaks CA: A girl from a different school asked me by delivering a pizza-sized cookie with "Prom?" written across it.

Emily, 16, Sacramento CA: This day and age, there are no rules. Especially since he goes

to another school, ask him. If he does reject you (especially in a way that makes you give up on prom), then good, he wasn't a nice guy to begin with. In that case, go anyway. A new relationship may start to bud.

Diana, 15, Folsom CA: Waiting for guys to come through can drive us crazy! The worst that can happen is he says no and you know he wasn't as worthwhile as you thought.

Rachel, 17, Fair Oaks CA: This isn't the olden days! A girl has the same right to ask as the guy! But don't feel dependent on a date. If he turns out to be a jerk, take a friend. Prom is meant to be fun, so make it fun!

Dear "Tandi": Ouch, I hear some male bashing. A "no" answer doesn't make a guy "not nice", "unworthy" or a "jerk". He's just not feeling it. It's fair game to ask a guy out, but it's not fair to bash him or blame him for your misery if he says no. Keep reading for a male perspective. Additional comments are on the website.

Lennon, 22, Fair Oaks CA: Does he even know you like him?

Girls are so flirty these days a guy can't tell if a girl genuinely likes him or if she's just flirting for the sake of flirting. Girls control the

dating world this way, so they might as well be the ones asking. But if you want him to ask you, think of an obvious hint, then triple its obviousness.

Jack, 17, Auburn CA: If there's no chemistry and you are just hoping, you should be okay with a 'no' because you are crossing the line with assumptions. Nobody, male or female, should have high expectations without mutual chemistry. Since this guy is from another school, you have little to lose in asking, but if he's at your own school, lack of chemistry will make it awkward and guys might joke about it.

Most of the time, if a guy likes a girl, he will ask her. But if a guy and girl have energy between them, and the guy doesn't man-up and ask, then it's okay for the girl to ask. But wait until it's down to the wire because he might have an interesting way he's planning to ask you. A friend took his hoped-for date on a run by the river where he had written in chalk "Prom?" in huge letters on a slab of concrete.

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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California's Economic Competitiveness Deteriorates, Now Ranks 43rd

New Study Shows Path to Economic Recovery for States

Washington, D.C. — In the past year, California's economic outlook fell to 43rd nationally, according to a new report from the American Legislative Exchange Council (ALEC). The second edition of Rich States, Poor States: ALEC-Laffer State Economic Competitiveness Index offers a roadmap for economic recovery based on state policies that have a proven impact on growth.

Having one of the highest tax burdens of any state, poor labor policies, and a dysfunctional tort liability system all hurt California's economic outlook. Also of particular concern is the state's rapid accumulation of debt from years of borrowing. California's poor economic competitiveness ranking does not take into consideration the massive tax increases that were recently enacted. These tax increases are sure to make the state even less competitive in the future.

In the past ten years California has lost nearly 1.5 million residents in terms of net domestic migration —only New York has lost more during that period. Many of the tax refugees fleeing California headed to far more competitive and business-friendly bordering states like Nevada, which ranks 7th nationally and Arizona, which ranks 3rd. The Rich States, Poor States

study devotes an entire chapter to explain the erosion of economic competitiveness in the Golden State, and another to compare California's public policies with those of Texas.

The report also shows how federal stimulus dollars may simply encourage out-of-control state spending, which is up 124 percent over the last 10 years, without requiring states to make the tough decisions needed to bring about financial stability. "States were quick to hike spending and add programs during the good times," said Senator Dennis Hollingsworth, ALEC's California State Chairman. "Now we need to make the hard choices and not spend more than government takes in. The best solution to our budget woes is to control state spending and promote policies that foster economic growth and job creation."

Co-author and renowned economist Dr. Arthur B. Laffer (a former California resident) summarized the report's findings when he said, "States cannot tax their way into prosperity." Rich States, Poor States presents rankings of the 50 states based on the relationship between policies and performance — revealing which states are best positioned to make a recovery, and which are not. Laffer and his co-authors, Steve

Moore, senior economics writer at The Wall Street Journal, and Jonathan Williams, director of the Tax and Fiscal Policy Task Force for ALEC, analyze how economic competitiveness drives income, population and job growth in the states. They found that, "states with a high and rising tax burden are more likely to suffer through economic decline, while those with lower and falling tax burdens are more likely to enjoy robust economic growth."

"The top performing states keep taxes, spending, and regulatory burdens low, while the biggest losers in the book tend to share similar policies of high tax rates, unsustainable spending and regulation," said co-author, Jonathan Williams. "State governments that believe they can bring about economic recovery by growing government and increasing taxes are sadly mistaken."

TOP FIVE STATES

1. Utah
2. Colorado
3. Arizona

BOTTOM FIVE STATES

46. New Jersey
47. Maine
48. Rhode Island

From TV to Twitter & Beyond: Boomers Speak Out

On April 28th from 12:00pm to 1:30pm in the Hinde Auditorium (University Union, 1st Floor), the Sacramento State Gerontology Program will host "From TV to Twitter & Beyond: Boomers Speak Out." This event will include an informative presentation by Will Tift from the Area Four Agency on Aging, as well as a discussion with a panel of baby boomers.

This event is free and open to the public, so all interested faculty, staff, students, and community members are welcome to attend.

Please announce this event in your classes, and/or post and distribute the flyer around your office as you see fit. You are also encouraged to forward this email to any listserves, distribution lists, or individuals you feel might be interested.

We will have a registration table at the event. We can arrange to help instructors keep track of students in attendance for extra credit.

Thank you for helping us spread the word about this exciting event! If you have any questions, please contact my Administrative Assistant, Laurel Sunderman, at (916) 278-7163 or Sunderman@csus.edu.

Mother's Day Celebration Open House and Family Food Drive

Celebrate together this Mother's Day. Spend time with your mother, call or take time to drop her a note. Then come help honor your mother by helping other Mom's this May. Join the Robinson's Taekwondo Family in honoring Mother.

Bring four cans of your favorite vegetables to any Robinson's Taekwondo location throughout the Sacramento region and we'll give you free Cardio-kickboxing or TKD lessons for your whole family!

Anyone who's ever been a kid knows all Moms want you to eat your vegetables and exercise!

With eighteen area locations, Robinson's

is the first family name in Sacramento martial arts, so visit www.robinsonskd.com to find a location near you. Drop off your canned food donation any time in May. We'll see it goes to families in need in the Sacramento region. AND

Join the Robinson's family for a special Open House, Saturday May 9th 1 p.m.-4 p.m. to celebrate Mother's Day weekend. Have fun, win prizes, free classes, see extraordinary Taekwondo and Cardio-Kickboxing demonstrations and receive special gifts for Mom.



PG&E And SMUD Launch First-Of-Its-Kind Energy Efficiency Program for Business and Consumer Electronics

Retailers and Manufacturers Join Forces to Help Drive Efficiency in Electronic Products

As leaders in the field of energy efficiency, Pacific Gas and Electric Company (PG&E) and the Sacramento Municipal Utility District (SMUD) today announced a ground breaking program to encourage businesses and consumers to save energy and lower their costs for electricity. For the first time in the United States, utilities, retailers and manufacturers are joining together to help businesses and consumers become more informed about the benefits of purchasing energy-efficient electronic products. In addition to the two utilities, this Business and Consumer Electronics program includes Best Buy, Sears Holding Company, Wal-Mart, Sam's Club and Lenovo.

Administered in conjunction with the Environmental Protection Agency's (EPA) ENERGY STAR program, the Business and Consumer Electronics program provides marketing support to encourage manufacturers and retailers to educate, promote and sell the most energy-efficient televisions, desktop computers and monitors. Consumers will see co-branded signs on the most energy-efficient and cost-saving electronic products in participating retail stores.

"Californians are some of the most cutting edge technology consumers in the United States," said Brad Whitcomb, vice president of marketing and customer innovation for PG&E. "As a result, electronics account for almost 20 percent of the total electric consumption by residential users. PG&E's Business and Consumer Electronics team saw an opportunity for dramatic energy savings and designed a program based on proven industry experience and customer feedback," Whitcomb added.

The program is expected to save PG&E and SMUD customers up to 380

million kilowatt-hours (kWh) through 2011, enough to power more than 55,000 typical homes. "The Business and Consumer Electronics program will not only encourage energy efficiency in a new sector, it will provide retailers and manufacturers with the marketing support they need to help accelerate adoption of energy-efficient electronics," said Paul Lau, deputy assistant general manager for SMUD.

"Through this program, SMUD and PG&E are setting the bar for energy efficiency in business and consumer electronics in our communities and beyond."

Katharine Kaplan, EPA team lead, ENERGY STAR Product Development added, "The Business and Consumer Electronics program is a win for the environment, for businesses and for consumers. I'm delighted that the products promoted through the Business and Consumer Electronics program meet and exceed the stringent ENERGY STAR specification."

Currently, ENERGY STAR-qualified televisions use up to 30 percent less energy than standard units. If all televisions sold in the U.S. met ENERGY STAR requirements, consumers across the nation would save an estimated one billion dollars in annual energy costs and would reduce greenhouse gas emissions by the equivalent of taking about one million cars off the road.

"The Consumer Electronics program is a logical next-step strategy for managing ever-increasing energy use," said Stephanie Fleming, senior manager, Residential Sector, Northwest Energy Efficiency Alliance. "Our unique ability to work consistently with regional utilities and retailers throughout the Northwest will

streamline the effort and accelerate market adoption of next-generation, energy-efficient electronics," she added.

PG&E is a national leader in energy efficiency programs. Since the inception of these programs in 1976, PG&E customers have achieved cost savings of more than \$22 billion, avoiding the release of more than 135 million tons of carbon dioxide (CO2) into the atmosphere.

Pacific Gas and Electric Company, a subsidiary of PG&E Corporation (NYSE:PCG), is one of the largest combined natural gas and electric utilities in the United States. Based in San Francisco, with 20,000 employees, the company delivers some of the nation's cleanest energy to 15 million people in northern and central California. For more information, visit www.pge.com/about/.

As the nation's sixth largest publicly owned utility, SMUD has been providing electricity for more than 60 years to Sacramento County (and a small portion of Placer County). SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies and for its sustainable solutions for a healthier environment.

For more information, visit www.smud.org.

Established in 1992, ENERGY STAR is a joint program between the United States Environmental Protection Agency and U.S. Department of Energy designed to save money and help address climate change through energy-efficient products and practices at home and at work. For more information, visit www.energystar.gov or call 1-888-STAR-YES.

Senator Durbin Plans to Shut Down All Pawnshops

If Senate Bill passes, 50 million people will have nowhere to go for short term loans, according to SaveMyPawnShop.com

Senator Durbin introduced bill S. 500: "Protecting Consumers from Unreasonable Credit Rates Act of 2009" which would cap consumer interest rates at 36 percent. Although this sounds reasonable, it would also apply to short term loans like pawnshops. Under a 36% rate cap, when someone borrows \$100 and then repays the loan two weeks later, the customer will pay \$1.38 in interest on the loan. That amount of money is not enough to satisfy the Pawnshop's employee wages, storage, and paperwork costs associated with the loan.

While trying to shut down the Payday loan industry, Senator

Durbin is about to destroy the 3,000 year old pawnshop business. Thousands of satisfied customers of pawnshops have signed a petition on SaveMyPawnshop.com to tell Senator Durbin: "Thanks for lowering my interest rate, but you will put the pawn shop out of business".

Pawnshops are seeing records amount of traffic to their stores, spurred by high unemployment and the crippling 17 month recession. However, many of these stores might be forced to close if a new senate bill is signed into law.

Millions of people rely on pawnshops to pay for unexpected hospital bills, car breakdowns, and

other unforeseen expenses. If you talk to customers of a pawnshop, they will tell you that pawnbrokers are the only lenders willing to loan them money. In fact, during the great depression, the pawn shop was the only functional lender.

If pawn shops begin to close, who is going to provide these former pawnshop customers with the loans they need? The government (with yet another bailout)? A bank? In these tough times, banks are reluctant to loan money to consumers with good credit.

SaveMyPawnshop.com is asking Senator Durbin to reconsider this bill or at least talk to customers before shutting down pawn shops.



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Supervisor MacGlashan Announces Establishment Of Community Budget Oversight Panel

Citrus Heights – Sacramento County Supervisor Roberta MacGlashan announced during remarks to the Citrus Heights Chamber of Commerce today (April 14th) that she will be convening a group of community members to review the County's budget and identify ways to reduce spending, improve efficiencies, and eliminate unnecessary or outdated programs as she prepares to deal with an unprecedented shortfall in the County's General Fund budget.

"Hard working families are sitting around the kitchen table every night trying to figure out how they're going to make it through these tough times," said Supervisor MacGlashan. "It's time the County did the same. That's why I am putting together a group of people with a wide range of experience and knowledge to help me lead a frank discussion on the challenges of protecting taxpayers and providing essential services."

MacGlashan's decision to establish this committee comes as the County is preparing to deal with an estimated \$187 million shortfall in the County's General Fund. MacGlashan has called for additional information in previous years' budget hearings, with limited success. "I've been pushing for more transparency and accountability for years, and I simply cannot continue to wait any longer for accurate and complete information to make the tough decisions," continued MacGlashan. "I believe



Supervisor Roberta MacGlashan

this committee is necessary to getting the information I need to make Sacramento County work most effectively for the taxpayers."

"The County, like almost every local government in the state, has been hit hard by the economic downturn. It's time for us to open the books and make the same difficult decisions that families and small businesses are making," she said. "We must reduce spending to deal with these tough times, but we must do so responsibly and ensure that the County provides the most critical services at the greatest value to the taxpayers."

MacGlashan pointed out that the committee will be made up of volunteers with experience in budget and finance in both the private and public sectors. The committee will be tasked to act quickly, at no cost to the taxpayers, to provide additional oversight into the County's budget process as the Board of Supervisors prepares for preliminary budget hearings in May.

MacGlashan Then Announces Volunteer Budget Committee Members

Supervisor Roberta MacGlashan has announced that the following people have agreed to serve on a budget committee she has established to advise her on how best to deal with an unprecedented \$187 million shortfall in the County's General Fund. MacGlashan envisions the group providing increased transparency and honesty in the budget process, along with helping her establish a clear path towards ensuring the County of Sacramento has a more stable and reliable budget into the future.

The membership includes: Former United State Congressman Doug Ose will serve as Committee Chairman, Citrus Heights Mayor James Shelby, Folsom City Council Member Kerri Howell, Retired Sacramento County Finance Officer Geoff Davey, Undersheriff Mark Iwasa, recommended by Sheriff John McGinness, Chief Deputy District Attorney Cindy Besemer, recommended by District Attorney Jan Scully, People's Advocate Chief Executive Officer Ted Costa, Sacramento County Central Labor Council Executive Secretary Bill Camp, and Former Sacramento County District 4 Chief of Staff Dennis Rogers.

Former Congressman Ose said of the committee, "I am honored to be asked to help in this effort. The County's fiscal situation as it has developed over the past ten years affects all of us. Supervisor MacGlashan has recognized the

critical nature of the problem. We will be providing feedback immediately." Supervisor MacGlashan is also working with taxpayer groups and chambers of commerce to identify additional leaders to join this panel.

"I look forward to the recommendations that this committee will make to help the County through these extraordinary times, and appreciate their willingness to volunteer for their community," said MacGlashan. "I expect a frank and honest review of the County budget from this committee, and will be flexible with the committee membership, adding members when it makes sense to do so."

Food Stamp Benefit to Increase 13.6% Today for 2.5 Million Californians

Federal Stimulus Money Provides a Total of \$840 Million to California's Food Stamp Recipients over the next 18 months

Sacramento--John Wagner, Director of the California Department of Social Services (CDSS), announced today that participants in California's Food Stamp Program will receive a 13.6 percent increase in their monthly benefits beginning today.

Approximately 2.5 million Californians (1 million households) receive food stamps totaling approximately \$321.6 million each month. That is expected to increase to 2.8 million Californians (1.15 million households) in the upcoming year. The 13.6 percent increase will raise the average monthly food stamp benefit from approximately \$300 per household per month to approximately \$341 per household, resulting in \$47 million in additional federal dollars arriving in the state each month.

"These benefits help low-income families put food on the dinner table every day," said Wagner. "A 13.6 percent increase will dramatically help families, while also boosting California's economy in ways that benefit grocers, food manufacturers and growers."

The American Recovery and Reinvestment Act (ARRA), passed by Congress and signed by President Obama on February 17, 2009, provides for the 13.6 percent food stamp increase through federal fiscal year 2010. The Act also provides California with approximately \$22 million in administrative funding for costs associated with increased SNAP caseloads. (The federal food stamp program is now known as the Supplemental Nutrition Assistance Program, or "SNAP".) Participation in California's Food Stamp Program by those not already receiving CalWORKs or other assistance increased 21 percent between January of

2008 and December 2008, from 628,000 to 764,000 cases. To be eligible, households must meet asset requirements and have an income below 130% of the federal poverty level, currently \$2,297 a month for a family of four.

"We encourage everyone who thinks they might be eligible to apply for nutrition assistance benefits," Wagner said.

According to US Department of Agriculture (USDA) research, every \$1 of additional federal food stamp benefits results in a \$1.84 in local economic activity. More than 19,000 retailers and 62 Farmers' Markets serving more than 183 locations statewide currently accept food stamp benefits in California.

As part of the announcement today about the increase in the food stamp benefits, Dr. Mark Horton, Director of the California Department of Public Health, reminded Californians that they can eat healthier foods in difficult economic times because it is often less expensive than buying highly-processed, prepared foods that may be low in nutritional content.

"All Californians should eat more fruits and vegetables, buy produce in season when it is most affordable, and select whole foods, such as dried beans and grains, whenever possible," he said. "It not only makes sense from a health perspective, it makes good economic sense as well."

"Farmers' markets can be a great source of low-cost healthy foods," Horton said. "We are pleased that 62 farmers' markets across the state accept food stamp benefits, and we look forward to working with our community partners to increase that number even more."

Dr. Horton oversees the "Champions for Change" public

awareness campaign targeting low-income mothers in California communities that include a high number of food stamps recipients. The campaign, administered through a statewide network of community organizations known as the Network for a Healthy California, is aimed at empowering low-income Californians to exercise and choose healthy foods to combat obesity and its associated health effects, including diabetes and hypertension.

In addition to the food stamp increase, the ARRA also provided additional funding for the Emergency Food Assistance Program (EFAP). Under EFAP, commodity foods from the USDA are made available to California's food banks and food pantries for distribution to low-income Californians. The amount of commodities provided by USDA is based on economic need, as determined by the unemployment index and the U.S. census population.

In fiscal year 2008-09 through March 31, 2009, California received 48 million pounds of commodities from USDA. An additional 22 million pounds of commodities is scheduled to be received through September 30, 2009, plus another 10 million pounds of commodities under the ARRA.

The assistance comes as demand for food at California food banks is reaching an all-time high.

"No California family should have to face hunger," Wagner said. "In difficult economic times, the nutrition assistance safety net, which includes food stamps and the emergency food assistance program, becomes even more important. Californians who are able to make food donations to their local food bank or pantry are encouraged to continue to be as generous as possible."

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Buying Local is Good for You

By David Lillard

There are two hardware stores near my house. One is a big name-brand store that has everything I need at lower prices, open seven days a week. The other has inconvenient hours -- they close at noon on Saturdays -- and prices are a little higher. They don't have nearly the same selection either. So you'd think I'd shop at the super-convenient big box store on the new highway. Nope. I've decided it's in my economic self-interest to shop at the local mom and pop store.

Like many Americans, I face similar decisions several times each week, weighing the advantages of local vs. national chain stores. With the global economy in freefall, it's tempting to vote for the quick savings promised by a national chain, which can make you think you're doing the right thing for your family. But a closer look shows that the savings gained at Walmart or Sam's Club might cost more dearly, especially in these hard economic times.

Here are ten reasons to think local, buy local, and be local, as listed by the American Independent Business Alliance, a nonprofit group that promotes sustainable communities through strong local economies.

1. Buying local supports you and your family. When you buy from an independent locally owned business, significantly more of your buying dollar stays in the community and is used to make purchases from other local businesses, like local service providers and local advertisers (such as this newspaper!), which helps strengthen the economic base of your hometown. (Visit www.AMIBA.net to see case studies supporting this claim).

2. When you buy from local businesses, you're supporting local nonprofits. Studies show that small business owners give an average

of 250 percent more dollars in donations to local nonprofits than do large businesses. This should be especially important to any soccer mom with a son or daughter on a team or in Scouts, or someone who enjoys local theater and the arts.

3. Buying local keeps your community unique. Where we shop, where we eat and have fun -- all of it makes our community home. Our one-of-a-kind local businesses give a distinctive character to a place, and add to quality of life; they also bring in more tourist dollars. "When people go on vacation they generally seek out destinations that offer them the sense of being someplace, not just anyplace," says National Trust for Historic Preservation President Richard Moe.

4. Reduce your environmental impact. Locally owned businesses make more local purchases, which means less wasted fossil fuel for deliveries from afar. Also, when you shop in town or city centers, your purchases contribute less to sprawl, congestion, habitat loss, and pollution. You save money too, whenever you can walk instead of driving to buy.

5. Local business creates more good jobs. Small local businesses are the largest employer nationally, and the jobs they offer create stronger links to our communities. After all, where would you rather see a son or daughter work: at a local store where they might get valuable personal employer referrals, or at an impersonal national chain store checkout counter?

6. When you buy local, you invest in community. Local businesses are owned by your neighbors, people who live in your town, who are less likely to leave, and who -- like you -- are more invested in the community's future. Local businesses provide very important community

allies in tough economic times. 7. You get better service locally. Local businesses often hire people with a better understanding of the products they sell, and take more time to get to know customers. If a product causes problems, the local business is more likely to respond to your concerns in a personal way.

8. Buying local puts your taxes to good use. Local businesses, particularly those in town centers, require little public infrastructure investment, as compared to nationally owned chains built at the edge of town with taxpayer money for improved roads, water and sewer service.

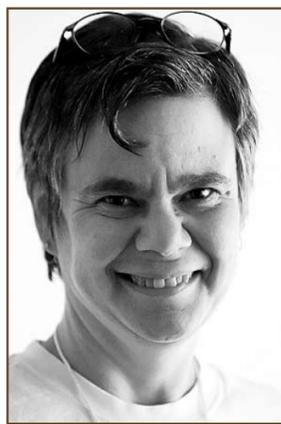
9. You can buy what you want, not what someone wants you to buy. A multitude of small businesses, each selecting products based not on a national sales plan but on the needs and requests of local customers, assures a buyer-friendly range of product choices.

10. Buying local encourages local prosperity. A growing body of economic research shows that in an increasingly homogenized world, entrepreneurs and skilled workers are more likely to invest and settle in communities that preserve their one-of-a-kind businesses and distinctive hometown character.

So, whenever possible, I buy local. Yeah, I may pay a little more for that new bathroom fixture at the local hardware, and deal with the occasional frustration of inconvenient hours. But I enjoy running into neighbors there. And nothing beats knowing the owner by name, and getting her tips on how to get a good seal on my pipe fittings. To me, it's worth it.

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David Lillard is co-owner of a small town newspaper in West Virginia, and co-editor of Blue Ridge Press.



ROCK DOC

By Dr. E. Kirsten Peters

A younger friend of mine bought a house nearby that was built in the 1880s. The structure had many shortcomings, like the ceiling over the main room that had quite an alarming sag. The new owner threw himself into major remodeling work as soon as he took possession of the place, partly just to prop the old place up.

Digging into the attic my friend unearthed layers of newspapers from the turn of the last century. When I stopped by the house, my generous contribution to all the hard work being done to reinforce rafters and crossbeams was to sit in a corner and read the old papers.

Newsprint doesn't age well. Some of the newspapers dug out of the attic have fallen apart into a few pieces, while others have crumbled into hundreds of individual bits. One arresting story I could read fully on some big fragments of paper was about several murders at a farmhouse. It was clear from the story the authorities didn't have a full theory about what had happened at the farmhouse -- and perhaps they never understood it.

Modern forensic scientists could go to work on the old tragedy if they had physical evidence like bloodstains preserved from the scene 130 years ago. But the scientists would have to go about

Piecing together ancient and fragile clues

some of their work differently than they would on a recent murder case, and therein lies an interesting story.

Just as newspapers can crumble to pieces over time, so can living molecules. DNA is a long string of chemicals, a bit like a chain that's been wrapped around a pole again and again. Over time, links of the chain are likely to fall apart.

Let's say you had a bloodstain from a historic murder scene, or even better from a geologist's point of view, some blood and fur from a beast that lived in the Ice Age. How could you gather genetic information about the material if the long DNA chain is now missing some links?

The answer lies in the fact that DNA is in each and every cell that's present in the sample. It's a bit like having many, many copies of the exact same issue of an old newspaper. If I had many copies of the same newspaper from a specific date a century ago, I could likely recreate each and every word that was published on that day, just by piecing together different parts of the paper from all the copies available. A particular copy of the paper might be missing the top corners of page A2, but some other copies would have that corner intact. So, using some information from a number of different copies, I could piece together the whole paper.

Using the same logic, scientists have developed ways to use a computer to compare all the broken bits of the DNA chain they analyze from different cells in the same sample. The computer, so to speak, lays out the short pieces of chain, looking for sections that are identical

to other sections. By doing many such comparisons, the computer can recreate the whole long sequence, just as I could do with many issues of the same historic newspaper.

Professor Brian Kemp of Washington State University investigates matters like the DNA of 10,000-year old human remains found in Alaska using this type of approach. In previous studies, Kemp has linked the DNA from ancient human remains to those of native people living in areas from California to South America. What we find in both modern and ancient samples are variations on the same basic theme: the DNA of tribal groups here in North America have much in common with people native to Siberia and Mongolia. That fits nicely with the archeological evidence that North America was peopled by folks who came from northeast Asia during the waning stages of the Ice Age.

Investigating prehistoric human migrations through ancient genetic evidence is just one of the avenues now open to us by piecing together many fragments of copies of preserved DNA. Such work was unthinkable just a generation ago, but it's now becoming routine.

Stay tuned for more news from prehistory.

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.

Student Council of CA's Largest Jr. College Endorses Student Bill of Rights

Students seek protection from anti-religious and political indoctrination in classrooms

By Luke Otterstad

Sacramento- In an 8-1 decision, Thursday, the Student Council of California's largest community college became the first in the state to pass a resolution seeking to protect students from anti-religious and political indoctrination in classrooms.

"I think we have accomplished a historic and very significant act today by passing this resolution to advocate for a Student Bill of Rights," said American River College Student Representative George Popko, who authored the Resolution.

The 22-year-old councilman who is also running for Student Body President later this month, added, "The purpose of the resolution is to go on record asking the administration to adopt the Student Bill of Rights as official campus policy."

The bill endorsed by the Council models conservative activist David Horowitz's "Student Bill of Rights," a bill which was introduced to the California Senate by Senator Morrow as SB 5 in 2005.

"SB 5 unfortunately lacked

active student support," commented Popko. But the passage of this resolution is just the beginning of what the presidential-hopeful believes will result in broad, state-wide student support.

Popko says he plans to present the Student Bill of Rights Resolution on May 3, before the General Assembly of the Student Senate of California Community Colleges, an organization representing 2.7 million college students.

Locally, on the campus, the Student Bill of Rights received student support, including from campus clubs.

"Students do not feel safe filing a complaint against a professor due to fear of their grade," said Victor Choban, President of ARC's Freedom of Speech club. "No student should be harassed or intimidated by their professor simply because they use their freedom of speech in a classroom discussion or essay."

The effort to protect and advocate for student rights is not the first of its kind for the Council. The recent actions of the Council are

part of the 18-member board's plan to follow through with their campaign promises, the majority of which pledged to address political and anti-religious discrimination.

One such action was voted on in February of this year, when the Council passed a resolution to form a Committee to investigate and respond to instances of anti-religious discrimination in classrooms.

However, the Committee's formation was vetoed by the college administration through a letter from ARC President David Viar to Student Association President Jacob Johnson on March 11, 2009, claiming the committee was "outside the purview of the student organization" and had "the potential to violate" non-discrimination policies of the college and District.

The Student Council responded to the administrative veto by re-introducing and passing a similarly-worded resolution which authorized the formation of another committee to address anti-religious discrimination.

New Scholarship Fund Established by City Employees

Applications are due on April 23

Rancho Cordova--March 24, 2009--Employees of the City of Rancho Cordova have exhibited their pride in the community in many ways, by supporting many activities and organizations throughout the year. Now, they have formed the PRIDE scholarship to present to a graduating Cordova High School (CHS) senior. "Recognizing the value of education and honoring exceptional youth are the best ways to demonstrate support for our community," said Lisa Brown, a member of the Employees' Advisory Team.

Applications are due on April 23 so the scholarship may be presented

at CHS Awards Ceremony on May 7th. Scholarship applicants must have a minimum 3.0 grade point average and have proof of acceptance at an accredited college, university, vocational, or technical college. Applicants must also write an essay about their student and community activities and about their academic plans. Essays should not exceed 700 words.

Applications for the 2009 PRIDE scholarship are available at City Hall, 2729 Prospect Park Drive, at the Counseling/Attendance Office at Cordova High School, or on line at www.cityofranchocordova.org, click on PRIDE Scholarship

under "Latest News & Updates." Application packets must be postmarked no later than April 23rd or be delivered to City Hall by 5:00 p.m. on that date. Entries will be judged by a panel of City employees.

"We want to reward young people who have demonstrated attributes of good citizenship in our community by helping them achieve their higher education goals," Brown concluded.

Rancho Cordova City employees were recently honored for their active participation in the community by the Cordova Community Council who recognized employees as "Volunteers of the Year."



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Niello Bill to Eliminate Property Tax Marriage Penalty is Approved

AB 321 Would Reconcile Inequity in Property Tax Law



Assemblyman Roger Niello

Sacramento - Assemblyman Roger Niello (R-Fair Oaks) received approval by the Assembly Revenue and Taxation Committee on Monday (April 13th) of legislation, AB 321, to amend a property tax provision that unfairly penalizes married homeowners.

Over twenty years ago, Californians recognized the need to provide tax relief to elderly homeowners. Voters approved two propositions to exempt taxpayers aged 55 or older from property tax reassessment when purchasing a replacement home of equal or lesser value. However, the implementing legislation included a one-time exclusion provision and also defined spouses as a single claimant.

As a result, siblings, friends, roommates, and unmarried couples who own homes jointly are each individually afforded their rightful exemption while married couples are unfairly restricted to one reassessment exemption per couple.

"Current property tax law unfairly penalizes married seniors," said Assemblyman Niello. "Seniors are hit with higher property taxes as they downsize from the larger homes where they raised their kids into smaller retirement homes. It's contemptuous. I appreciate the committee's recognition of this problem and the subsequent passage of the bill."

AB 321 was approved on a unanimous vote and now moves to the Assembly Appropriations Committee

Sacramento Area Foreclosure Assistance

Fair Oaks: Options to foreclosures will be discussed on Saturday April 25th by the nonprofit organization, The National Real Estate Council (NREC). Local property owners who are facing foreclosure are encouraged to attend. Topics to be discussed are seeking

your home when you owe more than its market value, negotiating a loan modification to lower your payment and Government bailouts. Tax and credit consequences will also be discussed.

The free seminar will take place at the Fair Oaks Library, 11601 Fair

Oaks Blvd, Fair Oaks, CA 95628 from 6:00PM to 7:00PM Saturday, April 25th. Private counseling sessions can be arranged after the seminar. Seating is limited, plan on arriving early to ensure seating.

Family Day Features California's Endangered Animals

TARGET FAMILY SATURDAY—

APRIL 25, 2009, Free Admission at The California Museum

Sacramento - Families can enjoy free admission on Target Family Saturday: California Critters and Crawlers at The California Museum on April 25, 10am-3pm. Inspired by Earth Month (April) and focused toward families looking for cost-effective entertainment, the Museum has partnered with Northern California organizations, like the Monterey Bay Aquarium, the Sacramento Zoo and the Department of Fish and Game to showcase the state's native and endangered creatures. Endangered species like the state's official reptile, the Desert Tortoise, predatory birds and others will make an appearance to highlight the growing threat of losing California's natural habitats. The Museum will also have arts and crafts, educational booths, face painting and entertainer Francie Dillon to charm the crowds.

The California Museum's partnership with Target began in March of 2008 when Target issued a grant to fund free admission programming to families, which Target renewed in 2009. The inaugural event on March 15, 2008 celebrated the exhibit

opening of "California Canines: Dogs with Jobs" and drew in over 2,000 visitors to the Museum. The Museum attracted approximately 4,500 guests for Sacramento's Free Museum day on February 7th, which was a 20% increase from the previous year, thus demonstrating the need for free family programming in Sacramento. The Museum has a second Target day planned for the autumn featuring California's musical diversity.

The California Museum, 1020 O Street, (corner of 10th & O Streets) Sacramento, CA, (916) 653-7524; californiamuseum.org

About the California Museum

The California Museum - home of the California Hall of Fame and California Legacy Trails - engages, educates and enlightens people about California's rich history and its unique contribution to the world through ideas, innovation, art and culture. Through captivating, interactive and innovative experiences, the Museum seeks to inspire men, women and children to dream the California dream and dare

to make their mark on history. Open Mon.-Sat. 10 a.m.-5 p.m., Sun. Noon-5 p.m.; Adults \$8.50, Students/Seniors (with valid I.D.) \$7, Children 6-13 \$6.00; Free for Children 5 and Younger. Parking is free on the weekends

About Target

Minneapolis-based Target serves guests at 1,591 stores in 47 states nationwide by delivering today's best retail trends at affordable prices. Target is committed to providing guests with great design through innovative products, in-store experiences and community partnerships. Whether visiting a Target store or shopping online at Target.com, guests enjoy a fun and convenient shopping experience with access to thousands of unique and highly differentiated items. Target (NYSE:TGT) gives more than \$3 million a week to its local communities through grants and special programs. Since opening its first store in 1962, Target has partnered with nonprofit organizations, guests and team members to help meet community needs.

Report Underscores Education Reform Needs

Sacramento -- On April 13th Senator Gloria Romero, Chair of Senate Education, again highlighted the need for reform in California's education system based on a report released yesterday by the California Dropout Research Project stating one in three high-school students will drop out of school before graduating.

"It is simply unconscionable that we can project a failure rate in educating future generations," said Romero (D-East Los Angeles). "I'm not willing to wait one more year—and lose another 140,000 students—to enact serious reforms. We must make changes now that will enable kids to succeed in school and put California back on a path to real and long-term economic recovery."

According to the report in California, students abandon middle and high schools at the rate of 140,000 per year—equivalent to the populations of Pasadena, Elk Grove or the entire County of Napa—and cost taxpayers \$46 billion annually in crime, social welfare, health, public assistance and other taxpayer costs. Even in the best of times, the high costs of dropouts to the state are a drain but, today starting new engines of economic growth are the rallying cry of all state and national governments eyeing recovery.

"California's needs an education system that produces more skilled high-school graduates today more than at any other time in our past," said Romero.

In fact, for every \$500 of wealth that households headed by a high-school dropout accumulate; households headed by high-school graduates possess approximately \$5,000. This means that there would be an additional \$74 billion in collective wealth in the United States if every household were headed by an individual with at least a high-school diploma, according to a 2008 report by the Alliance for Excellent Education.

The Public Policy Institute of California predicts there will be twice as many high-school dropouts in



Current High School Dropout Rate Means 1 in 3 Students Will Fail

California in 2025 as there will be jobs to support them, meaning twice as many high-school dropouts will have no hope for employment. This evidence underscores the importance of early intervention and prevention.

In March the Senate Committee on Education held an informational hearing with the objective of viewing education initiatives through the lens of economic recovery. The hearing and outlined the steps needed to ensure that a skilled workforce, representative of the state's diversity, industry and need, will be ready to fuel the next stage of economic growth in the state. Further, this year Senators Romero and Steinberg have also co-authored SB 651 that would use data to assist educators in developing better public accountability and a stronger focus on dropout prevention.

"California's economic development strategy must focus on growing human capital, and human capital starts with education," said Romero. "Education is the single most important factor in ensuring a capable and competent society in which every member has the opportunity to succeed."

A recent report by UCLA's Institute for Democracy and the California Educational Opportunity Report, Education and Access (IDEA) and

All Campus Consortium on Research for Diversity (ACCORD), found widespread correlation to renewed attention of the relationship between educational investment and the state's economic health. The "achievement gap" represents the difference between what California public school students achieve today versus what they will require to gain work in a global economy. To that end, Senate Democratic members have introduced a package of legislation "Jobs of Tomorrow" which asserts the real link between education and the economy. These bills seek to enhance California's education system through:

- SB 675 (Steinberg) - Clean Technology and Renewable Energy Job Training, Career Technical Education, and Dropout Prevention Act of 2010
- SB 471 (Romero and Steinberg) - Education: stem cell research
- SB 515 (Hancock) - Career technical education
- SB 43 (Alquist) - Health professions
- SB 725 (Hancock) - Regional occupational centers or programs: California Apprenticeship Preparation Program
- SB 651 (Romero and Steinberg) - Drop out tracking
- SB 747 (Romero) - Career technical education-aerospace

Bella Vista, Casa Roble, and Pasteur Named 2009 California Distinguished Schools

The California Department of Education has announced that Bella Vista High School, Casa Roble Fundamental High School, and Louis Pasteur Middle School have each been selected as 2009 California Distinguished Schools.

"Being named a California Distinguished School is a hard earned recognition," said Superintendent Dr. Pat Jaurequi. "The staff, students, parents, and community of Bella Vista, Casa Roble and Louis Pasteur deserve credit for this award, as they work together each day to ensure the delivery of innovative, rigorous, and student-focused instruction in a collaborative learning community."

The 2009 California School Recognition Program (CSR) directly focuses on California's students and their entitlement to an equitable and rigorous education. Under the 2009 CSR, the

California Distinguished Schools Award identifies and honors those schools that have demonstrated educational excellence for all students and progress in narrowing the achievement gap.

"Bella Vista, Casa Roble, and Louis Pasteur have implemented practices that ensure each student has the opportunity to reach his or her highest potential. From the use of individual student data, to project based learning, and an emphasis on improved test taking strategies, these schools are examples of the hard work that occur each day in San Juan schools," said Board of Education President Richard Launey.

In order to be invited to apply for Distinguished School honors, schools must meet a variety of eligibility criteria including designated federal and state accountability measures based on No Child Left Behind (NCLB),

Adequate Yearly Progress (AYP), and the Academic Performance Index (API) requirements. This year, the selection process required schools to provide an in-depth description of two "signature" practices implemented at the schools that are replicable, and directly related to the success of their students. During an intensive site visitation by a trained team of external educators, additional evidence about the effectiveness of the "signature" practices was gathered and analyzed.

For more information about the California School Recognition Program, including a list of corporations, foundations, and associations whose generous contributions along with registration fees from the attending schools make the awards ceremony possible, please visit: www.cde.ca.gov/ta/sr/cs/

Rancho Cordova Is Finalist for All-America City Honors

The City of Rancho Cordova is a finalist for the 2009 All-America City Award. The award which is often dubbed the Nobel Prize of Communities is given by the National Civic League to the top 10 cities for outstanding civic accomplishments.

Rancho Cordova is among 32 finalists. The 10 All-America City winners will be announced at the 60th annual All-America City Awards competition in Tampa, FL in June.

"We feel honored and privileged to be finalists in this very prestigious competition," said Rancho Cordova City Manager Ted Gaebler. "Even though we are a young city, we have responded to and developed strong relationships with the various segments of our community that demonstrate the inclusiveness, collaboration, civic engagement, and innovation of the All-America City Award."

The City of Rancho Cordova, with a population of 61,000, celebrated its 5th anniversary of incorporation last July. A flourishing community, Rancho Cordova recently received a two-step upgrade in its bond rating to an A+ rating by financial leader Standard & Poor's.

"We wanted to highlight some great accomplishments in Rancho Cordova," said Police Chief Reuben Meeks, who submitted the City's nomination. "We achieved those accomplishments because of the collaborative effort among Rancho Cordova citizens, the youth in Police Athletic League (PAL), City staff, and our police officers."

Crime data for 2008 when compared to the previous year's statistics indicates a reduction of violent crimes in Rancho Cordova by almost 14% and a 25% decrease in property crimes. During the past two years, the population has seen an 8% increase.

"Not only have we made great strides overall in the type of services provided in the City in a very short period of time, but we are seeing the positive effects of having a local police force in deterring crime," City Manager Gaebler said after results from a 2008 survey showed that residents' perception of public safety concerns had shifted since a 2006 survey.

Concerns about drug use, gang violence and robbery have decreased significantly and Rancho Cordovans are now more concerned with

speeding and unsafe driving. The 2008 survey also showed that 82% of residents are satisfied with the provision of City services, a significant increase from the 76% satisfaction rate expressed in the 2006 survey.

The highly coveted All-America City Award was established by the National Civic League of America in 1949 to honor the best role model cities in the country. Winning the All-America City designation is a distinction for a lifetime. Since the program's inception, more than 4,000 communities have competed and more than 500 have been named All-America Cities.

The winning cities are selected based on their performance in identifying, discussing, and forming solutions to society's challenges and the cities' achievements in resolving them. The next step in the Award process will be a presentation by members of the community, City officials, and City staff at the finals competition in June.

For more information, please contact Marta Boeger in Rancho Cordova's Economic Development Department at (916) 851-8879.

TRIVIA CHALLENGE

What do you know?

FUN FACT Question

What American city has long held the tradition of using vegetable dye to turn it's river green on St. Patrick's Day?

Trivia Challenge Questions

1. SPORTS: The NCAA Men's basketball tournament called "March Madness" is also known as "The Big" what?
2. HISTORY: What woman won the Nobel Peace Prize in 1979?
3. GAMES: How many Triple Word Score spaces are on a Scrabble Board?
4. COOKIES: What Girl Scout cookie is their best-seller?
5. ART: American artist Grant Wood used his dentist and his sister as models for what classic painting?
6. MUSIC: 3 Points: What band flies "like an eagle"? What bandleader was always "In the Mood"? We used to sing along with what goateed conductor?
7. TV: What was the family name on the Cosby show?
8. GEOGRAPHY: 4 points: What are the capitals of the 4-corners states?
9. KIDDIE LIT: Who spun straw into gold?
10. HOUSES: The White House is the most-visited house in

Fun Fact Answer: Chicago

QOTM Answers: 1. "Dance" 2. Mother Teresa 3. Eight

4. Thin Mints 5. American Gothic 6. Steve Miller Band, Glenn Miller, Mitch Miller 7. Huxtable 8. Phoenix, Salt Lake City, Denver, Santa Fe 9. Rumpelstiltskin 10. Graceland

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by Marlys Johnsen Norris

Deceived or the Real Thing

and want to destroy your soul. They will tell you that they have a new, deeper revelation from God and claim to have spiritual insight and understanding that your pastor and church leaders do not have. Beware.

2. False ministers usually attack and criticize the spiritual leaders of the local church. They convince people to follow them and destroy the credibility of the church leaders who are called by God to watch over their congregation and stand up to them. These false prophets and ministers have no biblical stand for their revelations.

3. False ministers usually have a message of doom, destruction, and death. When a pastor and a congregation refute these ministers of Satan strongly, they start prophesying their doom. They boldly say, "I pronounce upon you doom and destruction. Thus saith the Lord, 'You shall surely die.'" Their words clearly mark them as ministers of Satan.

4. False prophets and deceivers usually claim that they have been sent to you by God as His special messengers, and they usually come from a distant place. Usually he doesn't have any. The Bible says, "If any would not work, neither shall he eat." (2 Thes 3:10)

5. False ministers usually have a rebellious, unteachable spirit and will recognize no authority over them. "Rebellion is as the sin of witchcraft" (1 Samuel 15:23) Scripture warns us to "Obey our pastor and elders that have rule over you, and submit yourselves." (Hebrews 13:17)

6. False ministers and deceivers will appear to have the supernatural

without the fruit of the Spirit. Their life does not demonstrate the fruit of God spirit which is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance. (Galatians 5:22-23) They may come in sheeps clothing, but inwardly they are ravening wolves. You will know them by their fruits.

7. False ministers who drift in and out of church congregations have no roots—no spiritual ties, no affiliation with a local church, no pastor who can vouch for them, no reputation that can be verified. They drift around the country and don't want anyone calling to check on them. They know not one person you can call to give them a good report. Everywhere they have been they have caused discord, trouble, and heartache. They have left the sheep wounded and deceived and they have done nothing but harm. The Bible says, "Believe not every spirit, but try the spirits whether they are of God, because many false prophets are gone out into the world. (1 John 4:1)

"For we are not wrestling with flesh and blood—contending only with physical opponents—because against the despots, against the powers, against (the master spirits who are) the world rulers of this present darkness, against the spirit forces of wickedness in the heavenly (supernatural) sphere." (Ephesians 6:12)

Marlys Johnsen Norris
Award Winning Christian Author
Contact me at:
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Step Into Manhood While Walking with God

New Book Reveals Life Lessons for Men Through Stories of Eight Biblical Heroes

Christian Newswire - At a time when greed and corruption seem to run rampant and morals seem nonexistent, many people wonder where to look for role models. Brad Sullivan offers a message of hope and a solid plan for men of all ages, as well as anyone who wonders, "what makes a real man?" His new book, *Stepping Into Manhood: A Take-Action Handbook for Men* (published by AuthorHouse), presents eight values of manhood through the stories of eight men from the Bible.

Sullivan, an internationally known pastor, outlines eight critical steps that every man must take to step into manhood. These steps represent eight abilities core to what Sullivan defines as a "real" man—the ability to lead, worship, pray, give, prioritize, protect, fight for beliefs and achieve. Each of these qualities equal one

vital step into manhood, and each is showcased by a man from the Bible who Sullivan believes most reflects that quality. The biblical heroes are Joshua, David, Elijah, Abraham, Jesus, Zacharias, Gideon and Paul. Each story includes scripture reference, key definitions, an affirmation and an action section in which readers can identify personal strengths and weakness and make notes. Although the stories are told independently of each other, they form a practical plan of action that is easy to understand and apply.

Mobile, Ala., Mayor Samuel Jones writes, "I commend Pastor Sullivan for his very informative and effective writing. I certainly recommend *Stepping Into Manhood* to all people, especially those men who struggle with discovering their place in this world and beyond."

A combination instruction manual and workbook, *Stepping Into Manhood* can be used for personal or group study, and as a teaching tool for men's ministries, churches and conference settings.

About the Author: Brad Sullivan travels nationally and internationally as a pastor and evangelist. A Christian from a rich heritage of ministry, he has been called to serve in a variety of settings, including church services, revivals, conferences and international crusades. Sullivan lives in Mobile, Ala., with his wife, Mary, and son, Slade. Stepping Into Manhood is his first book.

AuthorHouse is the premier book publisher for emerging, self-published authors. For more information, please visit www.authorhouse.com.

Brent Jones Is Keynote Speaker for May 7 National Day of Prayer Breakfast in Rocklin

Former professional football star Brent Jones is coming to Rocklin as the keynote speaker at the Fourth Annual South Placer County National Day of Prayer Breakfast. He comes more as a Christian than a former athlete for his appearance on Thursday, May 7, at William Jessup University.

Jones is best remembered by sports fans for his contributions as a tight end for three Super Bowl victories playing for the San Francisco 49ers. In his 11-year career in the National Football League Jones had 417 receptions for 5,195 yards and 33 touchdowns. He earned All-Pro honors three times and played in the Pro Bowl four times.

In high school his success on the baseball diamond overshadowed his football activity. Jones was a second string football player. It was when he went to Santa Clara University on scholarship that his football skills blossomed. He was first-team all-conference for three years, and earned conference Player of the Year honors as a senior. He made some All American teams.

Football was never Jones' highest priority. From his high school days, Christianity was most important. "It took a lot of hard work and dedication to become a successful NFL pro, but football has never been my top priority in life," says Jones. "I discovered that there was more to life than sports. You see, I had a significant void on the inside that athletics and friends could not fill. Later I realized that the key to fulfillment and contentment in life was a personal

relationship with Jesus Christ."

Jones has been an active participant in Young Life, an organization started in 1940 to work with adolescents. His Brent Jones Young Life Open, now in its 23rd year, will take place on June 1 at the Almaden Valley Country Club in the San Jose area. Last year the golf tournament raised \$51,000 for Young Life.

Following his NFL career, Jones was a talented presenter on TV for ESPN football, Monday Night Football and three Super Bowls.

The local day of prayer event is in its fourth year. It has grown each year after having attracted approximately 200

people to its first breakfast. John Allard, chairperson expects upwards of 750 people for the Brent Jones appearance.

National Day of Prayer, created by Congress in 1952, is a day when people of all faiths are asked to come together and pray, especially for their nation.

Tickets priced at \$12 for adults and \$6 for students can be purchased online at www.jessup.edu/SPCNDPB. The event is scheduled for 7 a.m. at the Academic Warehouse on Rocklin's William Jessup University campus. The university is located at 333 Sunset Blvd.

Bad Times Make Good Neighbors: An Big Increase in Christian Volunteering Due to the Crisis of Our Economy

Christian Newswire - The largest Christian online volunteer matching website, ChristianVolunteering.org, has shown a 300% increase in traffic in 2009 from a year ago. As people have difficulty finding a job, many of them are turning to volunteering to keep themselves busy. Other groups are showing similar growth: applications to AmeriCorps, a national service group, have tripled since last year; twice as many people participated in January's Martin Luther King Day of Service; and significant growth is expected for National Volunteer week, April 19-25th.

Andrew Sears, Executive Director of TechMission (www.techmission.org), the nonprofit that runs ChristianVolunteering.org, says, "Bad times make good neighbors. In these tough times, many Christians are following the call of Jesus to love their neighbor."

ChristianVolunteering.org and other TechMission websites have served over 650,000 unique visitors in 2009, and they expect to match

over 10,000 volunteers this year. Last March, TechMission started a group on Facebook called the One Body of Christ Experiment, in an effort to bring together Christians and to get them serving their communities. Only a year later, the group is now one of the largest Christian groups on Facebook with over 846,000 members, and is bringing thousands to ChristianVolunteering.org to volunteer.

ChristianVolunteering.org is free and works similar to job matching sites like Monster.com except matching volunteers to volunteer opportunities. Potential volunteers can search nearly 5,000 volunteer and short-term missions opportunities from over 4,000 organizations.

The recent passage of the Serve America Act will increase national service programs like AmeriCorps from 75,000 full-time positions to 250,000 positions. As TechMission is the only evangelical-based nonprofit currently receiving an AmeriCorps National Direct grant,

it is uniquely positioned for growth given the number of volunteers that come from churches (35% of volunteers come from faith-based organizations and provide time valued at \$52 billion/year). To handle this increased demand, TechMission is planning to expand its urban ministry internship program from 40 full-time interns to 80 this year.

Other Christian organizations are also joining the drive to help others during hard economic times. A recent partnership with BibleGateway.com and ChristianVolunteering.org will place thousands of volunteers serving the poor this year. ChristianVolunteering.org's other partners serve over 35 million low-income individuals each year and include the Association of Gospel Rescue Missions, World Vision, Mission America, Christian Community Development Association, Here's Life Inner City (Campus Crusade), Catholic Archdiocese of Boston and YouthPartnersNet (formerly Compassion USA).

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www.avefmc.org

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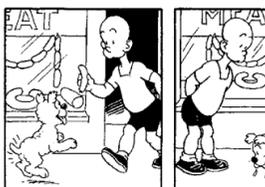
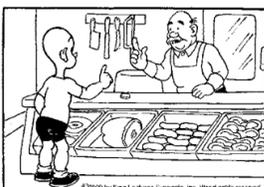
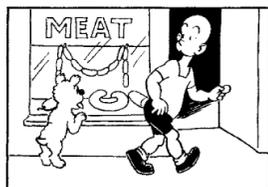
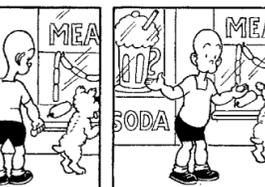
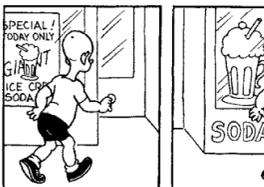
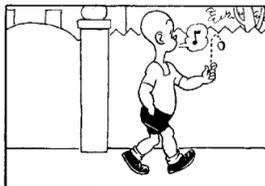
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The Spats

by Jeff Pickering



HOCUS-FOCUS

BY HENRY BOLTINOFF



Differences: 1. Man's hat is black. 2. Rolls are missing. 3. Woman's blouse is different. 4. Bird added on the right. 5. Food is missing from basket. 6. Bird is eating a cracker.

Trivia test by Fifi Rodriguez

- MOVIES: What was the name of the college that was the setting for "Animal House"?
- AD SLOGANS: What product had the slogan, "They plump when you cook 'em."?
- AUTOS: What inspired Cadillac's iconic tail fins in the 1950s?
- GENERAL KNOWLEDGE: What does the Ishihara test determine?
- MUSIC: Who was the last musician to perform at the 1969 Woodstock music festival?
- TELEVISION: What was Phoebe's twin sister's name on the sitcom "Friends"?
- ANATOMY: How long does it take for a toenail or fingernail to grow from base to tip?
- WEATHER: Most tornadoes in the U.S. form during what period of the year?
- FAMOUS QUOTATIONS: Which 20th century comedian said, "Happiness is having a large, loving, caring, close-knit family in another city"?
- GEOGRAPHY: What is the only Canadian province that borders the Great Lakes?

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Weekly SUDOKU

by Linda Thistle

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

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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Orienteering at River Bend Park

With summer recreation looming, you can learn how to use a map and compass in a beautiful American River park at an orienteering meet on Sunday, April 26. The meet at River Bend Park (formerly Goethe) in Rancho Cordova is sponsored by Gold Country Orienteers. This meet will feature three courses: beginning, advanced beginning and intermediate. Beginner instruction will be available. Registration will be from 9 a.m. to 12 noon. The courses can be started between 10 a.m. and 12:30 p.m. The cost is \$5 for GCO members and \$6 for nonmembers, for each individual or team going out together, and \$2 for a second map or second course. To get to the park, take Highway 50 east of Sacramento to the Bradshaw exit. Go left (north) to Folsom and turn right. Go to Rod Beaudry, turn left and go into the park. The parking fee is \$5.

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

Bright Day Women's Workshop

Come into a fun, educational workshop designed to give you wellness and empowerment skills. Jumpstart your life & receive:

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Cost: \$10 • April 29th, 7:00 - 8:30 p.m. Sierra 2 Center for the Arts & Community, Room 11 2791-24th Street, Sacramento, 95818.

FREE gift and helpful educational handouts. RVSP today! Space is limited. (916) 256-9963 or e-mail: highestgood2000@yahoo.com

Nancy Kilgore, MS, is a national trainer and author on women's issues. She has appeared on radio and television.

See website: www.brightday4all.com

Splash Into Summer at Swanston Park

2350 Northrop Ave, Sacramento 95825
Saturday, May 16, 2009
10:00 a.m. to 2:00 p.m.

Be here as we turn on the water in our Spray Ground, for the beginning of another fun summer! The event will also include...

- Health and Wellness Faire, promoting healthy children through physical activity and healthy nutrition.
- Interactive booths and games!
- Live Entertainment!
- Free BBQ!
- Bounce House!

This event is free and all community members, family and friends are welcome!

For more information visit our website at www.morpd.com or call (916) 333-6464. In partnership with the Sacramento County Childhood Obesity Prevention Coalition.

Confused About the May 19 Election Issues?

To learn more and get the five propositions sorted out, join the Sacramento Republican Women at their May 6 monthly meeting.

A panel of speakers will present both sides of the issue on the five propositions pertaining to the 2008/9 budget. It's a great opportunity to get the facts and ask your questions so you can make a truly informed decision at the ballot box. There'll be a fun and interactive session to help all of us understand in practical terms current federal legislation too.

Don't miss this highly charged, informative and fun program and luncheon. Make plans today to come to: Northridge Country Club, 7600 Madison Avenue, Fair Oaks, Wednesday May 6, 2009 at 11:30 am. Luncheon cost \$25.00. For reservations call Cammie at 939-9560.

All Answers on Page 12

Contract Bridge

GOOD DETECTIVE WORK WORKS WELL

East dealer.
East-West vulnerable.
NORTH
♠ K 5
♥ A J 6 3 2
♦ K 6
♣ J 9 4 3

WEST
♠ J 10 8
♥ 5 4
♦ 9 8 5 4 2
♣ 10 7 5

EAST
♠ A Q 9 7 3
♥ 9
♦ J 10 7 3
♣ K Q 6

SOUTH
♠ 6 4 2
♥ K Q 10 8 7
♦ A Q
♣ A 8 2

The bidding:
East 1♠ South 2♥ West Pass North 4♥
Opening lead jack of spades.

The bidding by the opponents often helps declarer find his best line of play. In this deal, for example, South has a far greater chance of making four hearts because of East's opening bid than he would if East-West had remained silent. East's one-spade opening drew a neat blueprint for declarer to follow to a successful conclusion.

West led the jack of spades, and East took the king with the ace and cashed the queen. East then returned the jack

of diamonds. Having already lost two tricks, South's problem was to avoid two club losers. This could not be done against most divisions of the East-West cards, but South found the winning solution by relying largely on the clues furnished by the bidding.

Declarer could see 12 points in dummy and 15 points in his own hand. This left only 13 points to account for East's opening bid, and even that number had been reduced to 12 by West's lead of the jack of spades. East was therefore virtually certain to hold both the king and queen of clubs. All that remained was to take advantage of this knowledge.

Declarer won the jack of diamonds with the queen, drew two rounds of trumps and ruffed his last spade in dummy. He then played the king of diamonds to the ace and led a low club.

When West followed low, declarer played the nine. East won with the king but found himself endplayed. He had to return a spade, a diamond or a club, and whichever he chose was bound to give South the rest of the tricks.

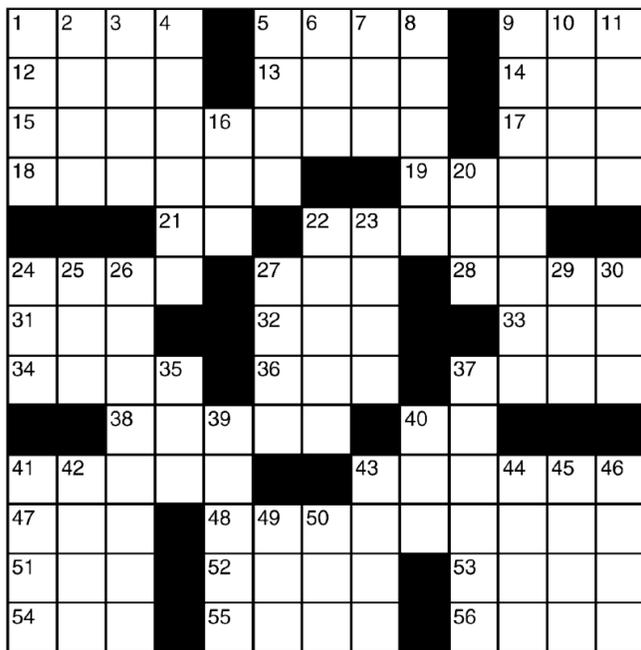
Of course, if East had held the ten of clubs in addition to the K-Q, the endplay would not have worked. But in that case, no other line of play would have been successful either.

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by Steve Becker

KING Crossword

Answers on Page 12



ACROSS

- Audacious
- See 6-Down
- Waste no time
- Hebrew month
- Brewery creations
- Peculiar
- Breakfast spuds
- "Family Guy" daughter
- Tire patterns
- Adversary
- Mother
- Ask (for), as a loan
- Wan
- Occupation

- Shakespeare sobriquet
- Writer Buscaglia
- Parisian pal
- Stickum
- Dalai —
- "Of course"
- Mile fractions
- Go in
- Greeting
- Fibula neighbor
- Aromatic resin
- Perp. to vert.
- Base runner's goal
- Lamb's dam
- Exam format
- Unyielding
- Gullet

- Right on the map?
- Knight's backup
- Provocative
- Food safety org.
- Bloodhound's clue
- Weak, as an excuse
- So-o-o-o handsome
- Monkey —
- With 5-Across, "open sesame" man
- Spelldown
- No liability

- Web site intro
- The same (Lat.)
- Provocative
- Food safety org.
- Gist
- Marge's hubby
- Sacred Egyptian bird
- Very crumb
- Vast expanse
- Domestic beer?
- Davidson of "The Crying Game"
- Fish eggs

- Speck
- Blackbird
- Embellishment
- U.S. resort lake
- Chance
- Yon folks
- "The Music Man" locale
- Sash
- Rani's wrapper
- Covering
- Clothing store department
- pro nobis
- Manuel

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Local Students Make the Grade

Azusa, CA - The following students made the spring 2008 academic Deans' List at Azusa Pacific University. They are honored for semester grade-point average of 3.5 or above. These students are joined by 1,475 receiving the same honor.

Adam C. Lofgren is a Antelope, CA resident. Lofgren is a graduate of Wood Creek High School and the son of Mr. and Mrs. Bruce E. Lofgren. Lofgren is an Applied Exercise Science major.

Rebecca J. Melody is a Carmichael, CA resident. Melody is a graduate of Victory Christian School and the daughter of Mr. and Mrs. Michael P. Melody. Melody is a Music major.

Amy C. Snyder is a Citrus Heights, CA resident. Snyder is a graduate of Del Campo High

School and the daughter of Mr. and Mrs. Mark C. Snyder. Snyder is a Business Administration major.

Michelle L. Van Regenmorter is a Carmichael, CA resident. Van Regenmorter is a graduate of Del Campo HS and the daughter Mr. and Mrs. Merlyn J. Van Regenmorter. Van Regenmorter is a Mathematics major.

Shayfer T. Wayne is a Carmichael, CA resident. Wayne is a graduate of Denver Christian High School. Wayne is a Theater Arts major.

Alicia R. Wilson is a Carmichael, CA resident. Wilson is a graduate of Capital Christian High School and the daughter of Mr. and Mrs. Scott A. Wilson. Wilson is a Global Studies major.

Azusa Pacific University is a comprehensive, evangelical,

Christian university located 26 miles northeast of Los Angeles. A leader in the Council for Christian Colleges & Universities, APU is committed to God First and excellence in higher education. Offering more than 60 areas of undergraduate study, 26 master's degree programs, and 7 doctorates to a total student population of more than 8,500 on campus, online, and at seven regional centers across Southern California, APU has been recognized as one of U.S. News' Best Colleges for six years running and by Princeton Review as one of the Best in the West. APU graduates are known for professional excellence, the highest ethical standards, and their desire to make a difference in the world.

For more information contact:
Allison Oster

Boston, Mass. -- Kelly R. Smerling, a resident of Carmichael, has recently been named to the Dean's List at Boston University for the Fall semester. Boston University is the fourth

largest independent university in the United States, with an enrollment of more than 29,000 students in its 17 schools and colleges. The university offers an exceptional grounding

in the liberal arts, a broad range of programs in the arts, sciences, engineering, and professional areas, and state-of-the-art facilities for teaching and research.

Christmas In the Village 2009 Lighting Display Spaghetti Dinner Fundraiser

April 25th, 5:00 to 8:00pm

VFW Hall, 8990 Kruthof Way, Fair Oaks (between Sunset and Winding Way off Hazel Blvd)

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- 1st runner-ups will be awarded with Greater Sacramento Titles
- Winner will attend a minimum

of 25 public appearances, fund raisers, parades, grand openings and special community events. Call director for application and more information - 721-3824

Miss & Teen & Pre-Teen is open to ladies who are single, never been married, nor a parent and of good morals an character.

Pre-Teen contestants 11 - 12 years
Miss contestants 16 - 27 years
Teen contestants 13 - 17 years

Mrs. / Ms. is open to ladies who are single, married, with or without

children and of good morals and character.

Mrs. / Ms. contestants 18 years and older

If Miss Sacramento is unable to use her scholarship with one year of her reign and or graduation, it will be awarded to her first runner-up. If Teen Sacramento is unable to use her scholarship within one year of graduating high school, it will be awarded to her first runner up.

Mary Purvis
Local California Director

Volunteer Tutor Opportunity

Dear Community Partner:

Sylvan Middle School, and San Juan Unified's Prevention and Intervention Office are excited to begin Project Success, a pilot program aimed to assist students who would benefit from additional academic support. To make this opportunity a success, we need your help! We are in need of adult volunteers as Mathematics and English tutors, on Tuesdays during the school day. You will work with students ages 12-14, in grades 7 or 8. Project Success,

provides support to students who would benefit from working in small learning groups, as well as developing skills in goal setting, organization, and communication.

The level of Mathematics is, Pre Algebra which includes introductory Algebra skills. The reading support consist of short, timed reading passages and reading comprehension.

Scheduling of student groups, supplies and curricula will be provided. Additionally, there will also be a trained credentialed professional

in the room to support you.

All we need from you is your time and experience for one to two hours each week between 8:00am-2:30pm. Sylvan Middle School is located at, 7131 Auburn Blvd., Citrus Heights, CA 95610. If you would like to be a part of this exciting pilot program, please contact Renee Mello for more details, and to schedule a time that works best for you. Renee may be reached at the number or e-mail below.

E-Mail: rmello@sanjuan.edu

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Donate Vehicle: RECEIVE \$1000 Grocery Coupons, Your Choice. Noah's Ark, No Kill Animal Shelters. Advanced Veterinary Treatments. Free Towing, IRS Tax Deduction. Non-Runners. 1-866-912-GIVE. (Cal-SCAN)

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Kawai upright piano and bench, used, excellent condition, oak finish. \$3000

The 16th Annual "A TASTE OF FAIR OAKS"



Left to right: Peggy Carter, Terri Perrin, Wendy Moore, Sharon McClain, Susan Wanier; Kim Vargas and Trude Vasquez (event chair). Missing from photo: Jan Bass-Otto, Ray LaPoint, John Easterbrook, Jennifer Garets and Cecilia Ghiardi

The Fair Oaks Chamber of Commerce is proud to sponsor the 16th Annual "A Taste of Fair Oaks". This Food, Wine and Microbrew tasting event will be held on Friday, June 5, 2009 from 6pm until 10pm, at North Ridge Country Club 7600 Madison Avenue, Fair Oaks, CA. Area restaurants, wineries and regional micro breweries will

be in attendance for guests to taste and sample the exhibitors' food and beverages. In addition to the sampling of wine, beer, food and desserts, attendees will enjoy live music, an art show, golf putting contest (\$5,000 grand prize), gift raffle and both a live and silent auction. The 'Taste' is the Chamber's largest fund raising event of the

year. The proceeds from the event help the Fair Oaks Chamber support the local communities by offering free events throughout the year. In addition, a portion of the proceeds will benefit VIVA, Volunteers in Victim Assistance, a full service center for victims of violent crime/trauma. For the small business owner, this event provides an excellent opportunity for you to support the local community while effectively promoting your business. Please call the Chamber office at 967-2903 for marketing opportunities.

Tickets for the Taste will cost \$35 per person during the advance sales campaign which will start April 1st and end June 1st. A special raffle will be held for advance ticket purchasers; the prize will be a \$200 Bed and Breakfast Gift Certificate accepted at hundreds of B & Bs throughout California. Tickets sold after the 1st of June, and at the door, will cost \$40. Tickets can be purchased by calling the Chamber office (967-2903) and on-line (after May 1) at www.fairoakschamber.com. Please be reminded, attendees must be 21 years of age or older.

Welcome Signs Are Welcome Addition To The Village

If you have driven through the Fair Oaks Village in the last week, you have undoubtedly noticed the addition of numerous bright new signs welcoming visitors and guiding them to businesses, shops, parks, and the amphitheater. The new signs were officially unveiled by Sacramento County Supervisor Roberta MacGlashan at a ceremony on May 1 that was attended by many local business and property owners, as well as nearby residents and interested citizens.

The project is the first project in a series of street improvements to be implemented by the Fair Oaks Village Enhancement Committee. This is a volunteer group of property and business owners, representatives of the Park District, Water District, Planning Commission, and



Sacramento County, as well as others. The group formed in early 2007, and last year with the help of a noted planning consultant, developed a Vision for the future of the Village. "We are very excited to see our first project of the Vision be installed. And we're delighted with the enthusiastic support we have received from the Village community," said Shenna Mealey, the Enhancement Committee Chair and a local business owner.

"I am certain that this is just the first of many improvements our committee will help bring to the Village over the coming years." The committee meets twice a month to work on its mission of "implementing improvements that will enable the Fair Oaks Village to increase its viability as a thriving business district. Meetings are open to the public. More information can be found on the committee's website at www.fovec.net.

Garbeau's Theatre Closing After all

By Mark Ferreira

After launching a two-month campaign to try to save Garbeau's Dinner Theatre and twice believing they might have succeeded, owners of the 27-year old community landmark have announced they will be closing their doors on May 31st. "We obviously misinterpreted our landlord," said Mark Ferreira, CEO and co-owner of Garbeau's.

The owners had believed that after meeting a well-publicized financial deadline on March 16th, they would be able to negotiate rent with their Washington-based landlord, Andy Lakha of Lakha Investments, Inc., headquartered in Bellevue, Washington. Instead, they were told the negotiations would be dependent on a new April 1st deadline, which was met with help from the offices of Senator Dave Cox, Senator

Darrel Steinberg, and Board of Equalization Member Bill Leonard. "When we opened, we made a disproportionately large sales tax deposit," Ferreira explained, "and their offices moved with incredible speed to reassess the deposit and refund a substantial portion."

While declining to negotiate the rent, Lakha did offer to waive all past and future monies owed in exchange for a clean walk away. "We appreciate his allowing us to operate through May 31st and we hope the best for his future tenant," Ferreira said.

Garbeau's is continuing plans for their Easter brunch, comedy nights, Thursday evening karaoke, their current weekend production There's a Little Bit of Broadway in Everyone, and closing parties through May. Until then, the owners are asking everyone who has a memory at Garbeau's to

come as a patron or visitor and sign a wall in their theater. "Even though it will be eventually painted over, we want Garbeau's to have a permanent presence here," said co-owner Andrea Castel.

Though reopening Garbeau's in the future is a possibility, Ferreira says discussing it is premature. "For now, we would simply like to celebrate our last production surrounded by friends." He concluded, "We did the best we could with what we had and we will be forever grateful for the community support we've received."

Garbeau's website is posting information regarding which theaters have pledged to honor Garbeau's season passes through 2009. More information can be found at www.garbeaus.com or by calling Garbeau's box office at (916) 985-6361.

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It is Free and it only takes a second. Wouldn't it be wonderful if the soldier received a bunch of these? Make the site a favorite and send one every day!

For more information contact Joe Fraccola, 916-638-8720

Sacramento Entertainment Agency Talent Search

When: Thursday April 23rd
Where: Dante Club, 2330 Fair Oaks Blvd. (near Howe Ave.)
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Talent should arrive by 6:30

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State Legislature Declares April 20-26 West Nile Virus and Mosquito and Vector Control Awareness Week



Campaign Alerts Public of the Threat of West Nile Virus and Other Diseases

Sacramento – Mosquitoes and warm weather go hand in hand. Coinciding with the launch of mosquito season, the California State Legislature declared the week of April 20-26, 2009, West Nile Virus and Mosquito and Vector Control Awareness Week in California. West Nile virus is a mosquito-borne disease that can result in debilitating cases of meningitis and encephalitis, and death to humans, horses, avian species and other wildlife.

“The economic downturn has led to an increase in home foreclosures,” said John R. Rusmisl, president of the Mosquito and Vector Control Association of California (MVCAC). “Many of these now vacant homes have neglected swimming pools and other sources of mosquitoes that will need to be inspected and treated by mosquito control technicians in order to avoid large outbreaks of West Nile Virus.”

The following safety precautions are recommended by the California

Department of Health Services: 1) Avoid spending time outside when mosquitoes are most active, especially at dawn and the first two hours after sunset. 2) When outdoors, wear long pants and long-sleeved shirts. 3) Apply insect repellent containing DEET according to label instructions. 4) Make sure doors and windows have tight-fitting screens. Repair or replace screens that have tears or holes. 5) Eliminate all sources of standing water, which can support mosquito breeding. 6) Contact your local mosquito and vector control agency if there is a significant mosquito problem where you live or work.

The Legislature’s resolution, passed on Feb. 26, 2009, acknowledges that in 2008, West Nile virus resulted in 15 deaths in California and sickened more than 438 others. The California Department of Public Health and the federal Centers for Disease Control and Prevention predict West Nile virus will again pose a public

health threat in California in 2009. Adequately funded mosquito and vector control, disease surveillance and public awareness programs are the best way to prevent outbreaks of West Nile virus and other diseases borne by mosquitoes and other vectors.

To learn more about activities in your area for West Nile Virus and Mosquito and Vector Control Awareness Week, contact your local mosquito and vector control agency. Contact information can be found on MVCAC’s Website at www.mvacac.org.

MVCAC represents 63 special districts and other subdivisions of local government responsible for mosquito and vector control, surveillance of West Nile virus and other vector-borne diseases, and public education programs to help Californians protect themselves from disease.

MVCAC advocates safe, effective and environmentally friendly methods of mosquito and vector control.

New Chief Executive Hired

Rancho Cordova
– April 13, 2009 –
The Rancho Cordova Chamber of Commerce announces that they have hired Jane Daly as the new Chief Executive. Jane has a business development background in the banking industry. She has been a Rancho Cordova Chamber board member and served as president of the board in 2003. She is active in the Rancho Cordova community and is a member of the Rotary Club of Rancho Cordova Sunrise.



Jane Daly



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The We Care About Our Kids Golf Tourney is sponsored in part by California Family Fitness, Century 21 Select Real Estate and Carmichael Times. Special guest players include members of the Sacramento Valley Broadcast Legends. Enjoy 18 holes of golf on the beautiful fairways and greens along the American River, featuring lunch, cart and fees with registration. Proceeds go directly to helping kids 'at risk' in the 'latch key' hours after the

school day ends. The Wall Youth Foundation works hard and smart to give parents and children a safe, supervised youth center with study assistance, computer lab and music programs...and yes video games. Donations are tax deductible. Fees are \$100 per golfer, or foursome discounted at \$360. Register in advance as play is limited to forty golfers during this event. Sponsorships available. The Wall is a 501 C 3 non-profit organization. Learn more at www.thewallcarmichael.com. Call 916-482-2088 for information and registration before May 1, 2009.

WHEN: Monday, May 11, 2009 beginning at 9 a.m.
WHERE: Ancil Hoffman Golf Course, 6700 Tarshes Drive, Carmichael, CA

Taking a Monday off to play golf and help kids in the community makes you a 'good sport' too!



Sacramento Capitals Schedule For 2009 Season

To Order Tickets: gocats.net

SACRAMENTO CAPITALS 2009 HOME MATCHES

July 1 Preseason Event	Capitals Charity Challenge Benefiting Keaton Raphael Memorial and Braden Durant Foundations	Washington Kastles
July 3	Opening Night Game On!	Newport Beach Breakers
July 5	Family Night	Newport Beach Breakers
July 10	Marquee Match Featuring Michael Chang for Sacramento Capitals	St. Louis Aces
July 13	Drop Shot Diva Day Featuring Anna Kournikova for St. Louis Aces	Philadelphia Freedoms
July 18	Caps Idol II	Kansas City Explorers
July 21	Marquee Match Featuring The Bryan Brothers for Kansas City Explorers	New York Sportimes
July 22	Pink Night Benefiting American Breast Cancer Foundation	Host TBD
July 24	East & West Conference Championships	Hosted by Washington Kastles
July 26	WTT Finals	

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Mike Finnerty

SureWest Kicks Off Sports Show



Look for the SureWest Sports Show Van at your next game

Not only can you get your local youth and high school sports news online, but now you can get your news in the form of a new 30-minute weekly sports show with the new "SureWest Sports Show". Leading independent communications holding company SureWest Communications has joined forces with Front Page Sports (www.frontpagesportsonline.com) to launch the only youth and high school sports show in the greater Sacramento region. This new sports program can be seen on SureWest digital cable channel 702, as well as online by going to www.surewestsports.com. "We are proud to have partnered with a company as dedicated to the greater Sacramento community as SureWest," said Mike Finnerty, editor-in-chief and president of Front Page

Sports. "This show has an opportunity to do something great for our community by putting the spotlight on the efforts and accomplishments of youth and high school athletes," said Finnerty. The program will soon be made available for viewing on SureWest's online customer homepage, My SureWest (www.surewest.net), and in the SureWest digital TV On-Demand library. In addition to scores and highlights of youth and high school games from around the greater Sacramento region, each program includes a spotlight interview with a coach and player, interviews with local sports writers as part of the "Sports Chat" segment, and the "Players of the Week" are announced. The show also looks ahead at key match ups, and will soon provide a sports tips

segment from expert instructors from around the region. "Sacramento residents have been demanding a show like this due to the enthusiasm surrounding youth and high school sports," said Peter Drozdoff, SureWest's vice president of marketing. "To meet that demand we created the 'SureWest Sports Show,' the first program to send cameras to both youth and high school sporting events so young athletes and parents can watch game highlights on their TVs and online." The "SureWest Sports Show's" first season will capture the majority of the winter sports season and playoffs as well as the entire spring sports season and playoffs. Additionally, summer action from Little League All-Stars and other youth sports will be covered. **SureWest Sports Show information**
• New show airs every Wednesday at 7:00pm (shows air daily throughout the week)
• SureWest Cable Channel 702 or www.surewestsports.com
• Time: 28-30 minutes
• Segments: Game highlights, Players of the Week, Sports Chat with local reporters, Spotlight Interviews with coach and player, trivia question, scores and stats
Show contact (questions, comments, suggestions): feedback@surewestsports.com

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Bipartisan Team Stunned By 'Extremism' Allegations

'Veterans, families should not be viewed as a threat'

By Bob Unruh

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Members of both sides of the aisle in Congress are expressing outrage and seeking an investigation into a new Department of Homeland Security report on "extremism" that targets U.S. military veterans, opponents of abortion and supporters of other conservative causes.

U.S. Rep Pete Hoekstra, R-Mich., was horrified at what he described as a "shoddy, unsubstantiated" document that was delivered to law enforcement across the nation. "I am concerned at what appears to be a shoddy, unsubstantiated, and potentially politicized work product that has been disseminated to the Intelligence Community, and law enforcement as a finished intelligence product," he wrote to DHS chief Janet Napolitano. "The report appears at best sloppy and unprofessional and at worst a representation of political bias being passed off as intelligence analysis by DHS."

According to the Washington Times, Rep. Bennie Thompson, D-Miss., said he was "dumbfounded" that the report was, in fact, released. "This report appears to raise

significant issues involving the privacy and civil liberties of many Americans – including war veterans," Thompson told Napolitano in a letter.

"As I am certain you agree, freedom of association and freedom of speech are guaranteed to all Americans – whether a person's beliefs, whatever their political orientation, are 'extremist' or not," Thompson said. He said he was disappointed and surprised the report would be issued. And he demanded to know what types of further activities DHS had planned regarding the issue.

The federal agency's report is called "Rightwing Extremism: Current Economic and Political Climate Fueling Resurgence in Radicalization and Recruitment." It already has generated a lawsuit by talk radio host Michael Savage.

As WND reported, a public-interest legal group submitted a Freedom of Information Act request to the DHS demanding to know why it calls Americans who support the 2nd Amendment and dislike lax immigration "extremists."

Now Hoekstra, the top Republican on the House Intelligence Committee, is offering his criticism and demanding to know why, as ranking member of the committee, "which is

responsible for authorizing funding for this office," he was not given a copy of the report but had to obtain it from open sources on the Internet. "I would appreciate clarifications as to why this report was not provided to the committee and an understanding of what other reports DHS may be failing to provide to the committee," he wrote.

He also wanted some clarifications: "The report purports to analyze 'rightwing extremism' without defining the term or specifying by name a single group that falls into this category," he said. "According to the imprecise analysis contained in the report, 'rightwing extremists' could include groups dedicated to opposing abortion or illegal immigration as well as those who may not agree with the new administration's 'perceived' stance on several issues including illegal immigration and restrictions on firearm ownership.

"On their face, these statements may appear to cast legitimate viewpoints – in fact some viewpoints that recently constituted administration policy – in a suspicious light. Without any specific reporting to support such vague statements it is easy to see how they are offensive to many people," he wrote.

A spokesman for the federal agency told WND today that the DHS would refuse to identify the actual authors of the report. The agency also would not comment on any procedures or actions it may take in response to the controversy over the report. But to the Associated Press, a DHS official confirmed there were concerns by the agency's office of civil rights about some of the language in the report. It was issued anyway, the agency said.

Napolitano earlier described the charges in the report as assessments, "not an accusation." Hoekstra called on the ombudsman for the office of director of National Intelligence to investigate the report itself. "Our nation's veterans and hardworking families that may be facing tough times should not be viewed as a threat and neither should citizens who oppose out-of-control federal spending and tax hikes," he wrote.

The congressman, who has sponsored a constitutional amendment to protect the rights of parents to raise their children, also was disappointed by the report's assertion without substantiation that unemployed parents may foster "rightwing extremist" beliefs in their children. "Beyond apologizing for its obviously offensive references, the

administration needs to get to the bottom of how and why a report like this was written, and put standards in place to keep it from happening again," Hoekstra said.

"I would also appreciate an explanation of the assertion, which is somehow tied to 'rightwing extremists,' that there is a 'perception' that illegal immigrants were taking away jobs from Americans in the 1990s because they were willing to work for lower wages," the congressman wrote. "Regardless of one's view on immigration policy matters, it cannot be seriously disputed that the protection of the American workforce is one of the driving considerations for the current structure of U.S. immigration law. For DHS, which is charged with administering the immigration laws, to apparently not understand this core principle is shocking," he added. "When may we expect the office to start consistently producing quality intelligence products?" he wondered.

Savage teamed up with the Thomas More Law Center of Ann Arbor, Mich., to file a lawsuit against Napolitano over the report. "It is a civil rights action brought under the First and Fifth Amendments to the United States Constitution, challenging the policy, practice, and custom of the

United States Government that targets for disfavored treatment those individuals and groups that are considered to be 'rightwing extremists,'" the complaint said.

According to the federal government, characteristics of members of the suspect group of people include those who: 1) Oppose restrictions on firearms, 2) Oppose lax immigration, 3) Oppose the policies of President Obama regarding immigration, citizenship and the expansion of social programs, 4) Oppose continuation of free trade agreements, 5) Oppose same-sex marriage, 6) Has paranoia of foreign regimes, 7) Fear Communist regimes, 8) Oppose one world government, 9) Bemoan the decline of U.S. stature in the world, 10) Is upset with the loss of U.S. manufacturing jobs to China and India.

The case seeks a declaration that the DHS policy violates the First and Fifth Amendments, a court order permanently enjoining the policy and its application to the plaintiffs' speech and other activities, and the award of reasonable attorneys' fees and costs.

Bob Unruh is a news editor for WorldNetDaily.com.

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