AMERICAN RIVER

Sarah Palin



McCain makes bold choice for Vice President

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Great opportunity for kids ages 5-19 to get involved

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Soccer Team takes first place in prestigious tournament

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Volume 3 Issue 17

Serving Citrus Heights, Fair Oaks, Carmichael, Orangevale & Gold River First Edition for September 2008

"We Will Never Forget!"



Co-Founder September 11th Memorial-JoAnn Davis, Flight 93 Pilot and Co-Pilot Wives- Sandy Dahl and Melodie Homer, Co-Designer with Larry Davis- David Mueller, Lt. Governor John Garamendi and United States Air Force **Travis AFB Honor Guard**

As the seventh anniversary of the of the most horrific day in modern United States History approaches, The California State Fair celebrated the memory of those who perished September 11, 2001. Dedication of the September 11th Memorial was held on "Military and First Responders Day".

Despite the sounds of rides and games from the festive Midway, The September 11th Memorial was packed with humbled visitors reliving the day that no one can forget. Respectful whispers of parents and grandparents explaining their own experiences of that morning to children that were too young to remember seeing the unreal images on every T.V. and newspaper.

The Dedication Ceremony, filled with fair-goers, Veterans and friends and family of those who perished September 11th, began with the Presentation and Posting of the Colors by United States Air Force Honor Guard from Travis Air Force Base while Connor Mickiewicz sang a powerful rendition of the National Anthem. A Boy Scout Troop raises their little hands to salute as the Flag marches in from of them. Each of the them too young to remember the events being honored, but are still standing tall and proud to be an American. California Exposition and State Fair Chairman, Marko

> PRESORTED STD. **US POSTAGE** PAID PERMIT 32 Rancho Cordova, CA

Mikotin welcomed and introduced Key Note Speaker, Lt. Governor

John Garamendi. The Lt. Governor shared with the crowd the dedication, devotion and overwhelming support that was given to Founders Larry and Joann Davis in order to build this memorial. Unfortunately, Founder Larry Davis past away before his vision was completed. The project was then bestowed to his wife, Co-Founder Joann Davis and Co-Designer David Mueller. Mrs. Davis was presented with a "Commendation of Distinguished Achievement" by Lt. Governor John Garamendi on behalf of her and her husband, Co-Designer David Mueller and the many supporters of this project.

Sandy Dahl and Melodie Homer, wives of Flight 93 Pilot Jason Dahl and Co-Pilot LeRoy Homer Jr. spoke of the American Resolve and support they have received over the years. How honored they were to have had these men in their lives. As they spoke, their eyes sparkled as much as the gold United Airlines Wings they proudly wore over their hearts. The crowd listened hand in hand, shoulder to shoulder. Everyone reliving that day that no one can, or should, forget as tears were quietly being wiped away.

For the conclusion of the Dedication, the Honor Guard returned to perform the Flag Folding with a powerful narration

that brought chills to everyone. The strength of the Honor Guards voice as he explained the colors in the United States Flag was emphasized as the Flag began to unfold in front of the gleaming replicas of the Twin Towers. The blue mirrored glass that was used in the production of the Towers reflected a chilling image as the unfolding took place. As two Honor Guards were holding the Flag, reflected in the Towers was the crowd that came that day to pay their respects, it looked as though the spirits of the Victims of 9-11 were Saluting back out from the Towers. Connor Mickiewicz, returned to lead everyone in singing "God Bless America" which was sung by everyone in the plaza with more passion than has been sung in

Memorials like the September Memorial cannot be 11th forgotten, it is up to families to continue to share the experiences with our future generations. The flame of Patriotism that was resonated throughout the United States following this horrific day cannot dwindle. The moment it does, the memories of each and every person, First Responder and Soldier that has given their life since that day, because of that day, died for ungrateful citizens of a lost country. "

WE WILL NEVER FORGET!" State Fair Media Relations

RT Board Conditionally Approves Fare Increase

Transit District (RT) Board of Directors conditionally approved a fare increase at the conclusion of the RT public hearing held on Monday, August 25, 2008. The Board of Directors also conditionally approved various strategies, in re-balancing response to an expected \$18 million loss in state funds for Fiscal Year 2009. The final outcome of the state budget, which has yet to be passed, will determine if and when rebalancing strategies would be implemented.

The Board of Directors conditionally approved a fare increase effective January 1, 2009, but may elect to charge the new fares as soon as November 1, 2008. If the loss of state funds exceeds \$6.8 million of the expected \$11.3 million shortfall, RT staff will return to the Board of Directors to seek approval to amend the RT fare policy.

The Basic fare would increase by 25 cents (\$2.25), the Basic daily pass would increase by \$1 (\$6) and the Basic monthly pass would increase by \$15 (\$100).

The Board of Directors also conditionally approved the elimination of the Paratransit Group Pass effective November 1, 2008. If the severity of the loss of state funds prompts this

4	1
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action, passengers who qualify for complementary paratransit demand-response service and possess a Paratransit, Inc. photo ID card will no longer be able to ride the RT bus and light rail system free of charge, but can pay the Discount fare.

Additional re-balancing strategies accepted by the Board of Directors include adjustments to fare revenue projections, and reduced staffing levels and a hiring freeze of non-critical positions. An increase in pension amortization levels to 30 years and renegotiation of transfer agreements with connecting transit agencies would require

further action by the Board of Directors.

The Board of Directors did not approve RT staff recommendations to reduce bus service, implement a parking fee at park-and-ride lots, or increase the cost of the Paratransit monthly pass. RT staff will need to explore additional cost-cutting measures and revenue generating opportunities to balance the remaining \$2 million shortfall.

"RTriders should not be unjustly burdened by the state's continued raid of funds dedicated for public transit," Mike Wiley, General Manager/CEO, stated.

Passes and Stickers	Current Fare	New Fare	Fares	Current Fare	New Fare
Basic Daily Pass	\$5,00	\$6,00	Basic Fare	\$2.00	\$2.25
Discount Daily Pass	\$2,50	\$3.00	Discount Fare	\$1.00	51.10
Basic Monthly Pass	\$85,00	\$100.00	Central City Fare	\$1.00	\$1.10
Basic Semi-Monthly Pass	\$42.50	\$50.00	Discount Central City Fare	\$0.50	\$0.55
Senior Disabled Monthly Sticker	\$42.50	\$50.00	Shuttle Service Fare	\$1.00	\$1.10
Senior Disabled Semi-Monthly Sticker	\$21.25	\$25.00	Discount Shuttle Service Fare	\$0.50	\$0.55
Student Monthly Sticker	\$42.50	\$50.00	Transfer Fee	\$0.25	\$0.50
Student Semi-Monthly Sticker	\$21.25	\$25.00	Discount Transfer Fee	\$0.10	\$0.25

Protecting Neighborhoods from Blighted Properties

Do you know the role of County Code Enforcement when it comes to vacant properties? With the amount of foreclosed and abandoned houses on the rise throughout the County, it is Code Enforcement's job to ensure that these houses do not become a neighborhood eyesore or a nuisance to community members due to disregard or neglect while they are in the foreclosure process or on the market to be sold.

"It is the responsibility of the property owner to make sure that all the structures on the property are secure," said Carl Simpson, Code Enforcement Chief. "By law, we are mandated to insure public health and safety not only for the community and adjacent property owners, but also for future property owners."

According to Carl Simpson, Code Enforcement Officers have responded to more than 258 complaints of open, accessible and vacant properties in unincorporated Sacramento County since January of this year. Code Enforcement staff respond to these complaints within 72 hours.

While a vacant house is not in violation of the County Code simply because it is vacant, Code Enforcement will investigate complaints that a home is not properly secured and being accessed by unauthorized people. Once the complaint has been investigated, Code Enforcement is authorized to secure the property against intruders.

As part of the vacant house blight deterrent, Code Enforcement also monitors neglected landscaping in vacant homes. The County Code specifies that landscaping must be maintained by the property owner and that grass and weeds don't exceed 12 inches to reduce blight, protect the public right-of way and reduce potential fire hazards.

If you see illegal activity or people who shouldn't be on a vacant property, contact the Sheriff's Department non-emergency contact line at 916-874-5115. If you see a vacant home whose landscaping has not be properly maintained, or would like to report a vacant home that is becoming a nuisance, you can file a complaint at 916-875-5656, Monday through Friday, 7 a.m. to 9 p.m. or at: http://www.msa2. saccounty.net/dns/codeEnforcement/ Pages/default.aspx

Grocery Bag Tax? A Guest Commentary by Jon Coupal

It's the biggest tax hike you've never heard of. In a last ditch effort, California grocers, retailers and environmental groups are attempting to resurrect a fiscally reckless bill to impose a 25-cent tax on all paper and plastic bags Californians get at the grocery store. This bill could cost grocery shoppers billions a year -- and come on top of already skyrocketing

food, gasoline and energy prices. When the original legislation imposing the tax, AB 2058, failed to pass through the Senate Appropriations Committee at the beginning of August over concerns about how much it would cost, an eclectic coalition of special interest groups joined together to get another bag tax bill introduced. The "gut-and-amend" bill is even worse because it would subject even paper bags to the list of items taxed.

For grocers and retailers, this new

bill would allow them to charge you

for your bags, while claiming the government is making them do it (think Cleavon Little holding a gun to his own head in the 1974 classic movie "Blazing Saddles"). The sad reality is this new bill, AB 2769 will only punish consumers and do very little to make the environment any cleaner here in California.

Grocery stores are set to pocket a staggering \$150 to \$200 million of those funds, grabbed directly from their own customers. So why are grocers so willing to throw their own customers under the bus? While still a little unclear, it is troubling that the proposal envisions stores being able to recoup five or ten cents from each bag recovered.

But consumers still lose. According totheCaliforniaDepartmentofFinance, there is a "lack of accountability for the use of the [the balance of the] funds," which is why the department has opposed this legislation. That's a polite way to say we really don't need a massive new state bureaucracy.

In any event, this proposed tax couldn't come at a worst time. Grocery bills have increased over six percent from one year ago. Prices for staples such as bread, milk, eggs and flour are rising sharply, surging in the past year with double-digit increases, according to the U.S. Labor Department. California families, already pinched by soaring grocery bills, may take another big hit to their household budgets if the California Legislature and Governor add an additional 1-cent per dollar sales tax increase to close this year's state budget deficit -- ignoring the deficit this action could cause in the monthly budgets of those families who can least afford it.

It should be no surprise that, according to a recent statewide poll, 58 percent of Californians were opposed to this new bag tax.

This legislation is not only harmful to Californians who will pay the additional taxes, but it is unnecessary. Paper bags can already be recycled along with other paper products. (My family takes all our paper bags to a food closet for the poor.) Mid-way through last year, California became the first state to mandate plastic bag recycling at large grocery stores. The year before, in 2006, over 800 million pounds of plastic bags and film were recycled -- enough recycled material to build backyard decks for 1.5 million homes. Even the bill's author, Assemblyman Lloyd Levine of Woodland Hills, admits these efforts to increase recycling are working, reducing waste

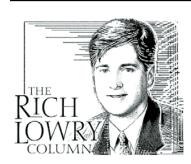
and increasing recycling. The problem is, not everyone knows that grocery bags are fully recyclable. Many people don't know

how or where to recycle bags after

a trip to the restaurant, dry cleaner, store or pharmacy. Just like with other recycling efforts, by educating the community and implementing a proactive recycling program, we can positively impact the environment without increasing grocery costs.

If the intent of these groups is to genuinely protect consumers and the environment then they should focus their efforts on further enhancing and promoting California's current recycling programs, rather than trying to pass huge tax increases that feather their own nests. It would be a winning situation for California families, businesses and the environment alike. Jon Coupal is President of the

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



"It's almost as if they take pride in being ignorant," Barack Obama mused the other day, blasting Republicans for ridiculing his exhortation to the nation to make sure its tires are properly inflated. Ah, behold the open-mindedness and cross-partisan understanding. Remember two years ago when Obama was only a media darling and not yet The Anointed One? Back then, his appeal was the extraordinary sensitivity he had for the views of others. He wrote a best-selling campaign book called "The Audacity of Hope" that was carefully unaudacious in its on-the-one-hand, on-theother-hand weighing of the issues of the day, giving the impression that nothing pained him so much as not being able to agree with the other side, though he thoroughly understood and respected its arguments.

That iteration of Obama was tossed under the bus long ago (no word on whether the tires were adequately inflated). It's been replaced by an Obama who -- between pauses gazing regally into the middle-distance during his orations -- betrays a dismissive contempt for all differences of opinion.

"Nobody really thinks that Bush or McCain have a real answer for the challenges we face," he said, responding to a John McCain attack ad. Nobody does? Are all those people who vote Republican simply delusional? Or are they pretending to believe things that they really don't to conceal unseemly motivations -- powerhunger, bitterness, racism?

The most elemental act of political civility is to concede the good motives of your opposition. Obama lately can't even muster that. Obama is now such a puffed-up figure that

The Audacity of Haughty

he's vulnerable to the pinprick of ridicule. Having failed to get much traction against Obama heretofore, the McCain campaign scored recently with a pointed but lighthearted ad comparing him to Britney Spears and Paris Hilton and the distribution of tire gauges to mock his tire-pressure comments.

"They're making fun of a step that every expert says would absolutely reduce our oil consumption by 3 to 4 percent," Obama said of the tire gauges, suggesting that the making-fun particularly bothered him.

It has to be hard for Obama to maintain a sense of proportion. First, it has become Democratic dogma that in reply to any Republican attack, a Democratic candidate has to hit back twice as hard. This makes it impossible to calibrate a response -- the only option becomes the nuclear option. Second, given the idolatry of the press and his most fervent supporters, Obama would need prodigious reserves of humility to keep from taking himself too seriously.

On the question of tire pressure, he was wrong when he said that properly inflating tires would save enough gas to make up for whatever oil we might get from more offshore drilling. Only an estimated 27 percent of cars have underinflated tires, and having properly inflated tires saves at most only 3 percent on gas consumption, so the number gets quite small. Obama's estimate of an overall savings of 3 percent to 4 percent on gas consumption is wildly optimistic. But it's his critics who are ignorant (and proud of it!).

The new Obama is displaying the audacity of haughty.

Rich Lowry is editor of the National Review.

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McCain's Stunner: Gov. Sarah Palin

Romney, Pawlenty bypassed for former Alaska beauty queen

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by Art Moore

Sen. John McCain has burst into the national conversation about Barack Obama's big night with a stunning choice for vice president, bypassing conventional picks such as Mitt Romney and Tim Pawlenty to tap Alaska's 44-year-old first-term governor and former beauty queen, Sarah Palin.

McCain announced his choice at a rally in Dayton, Ohio.

"I have found someone with an outstanding reputation for standing up to special interests and entrenched bureaucracy, someone who has fought corruption and the failed policies of the past ... someone with executive experience who has shown great tenacity," McCain said of Palin, a staunch pro-life advocate and, notably, in contrast to the Arizona senator, a supporter of drilling in the Arctic National Wildlife Refuge.

McCain, celebrating his 72nd birthday today, emphasized her roots in the working class, noting that both she and her husband, Todd, are union members. "She's not from these parts, and she's not from Washington, but when you get to know her, you're going to be as impressed as I am," McCain said.

Palin, long mentioned as a selection that would excite the party's base, told the enthusiastic crowd in the battleground state she is prepared to serve. "I know that it will demand the best I have to give, and I promise nothing else," she said.

Perhaps alluding in part to McCain's bold decision to make her his running mate, Palin said it's always safer to avoid risk. "But politics isn't just a game of competing interests and clashing parties," she said. "The people of America expect us to seek public office and serve for the right reason. The right reason is to challenge the status quo and to serve the common good."

The rumors of a Palin pick built overnight when ABC News reported a charter aircraft from Anchorage owned by a McCain supporter landed at a small airport outside Dayton. Former Massachusetts Gov. Romney, Minnesota Gov. Pawlenty, former Pennsylvania Gov. Tom Ridge and Sen. Joe Lieberman of Connecticut had been mentioned as other possible picks. Sen. Kay Bailey Hutchison's name also came up this week. McCain told KDKA radio in Pittsburgh in an interview aired vesterday he would not make a final decision until after talking with his wife, Cindy. She returned

Republic of Georgia.

Top-rated radio host Rush Limbaugh, a barometer for party leaders, called Palin a "fabulous" choice. "I knew it would be the the Republican Party who would be the first to have a woman working at 1600 Pennsylvania Ave," he said.

Palin is only the second woman to join major-party presidential ticket, after Democratic Sen. Walter Mondale chose Rep. Geraldine Ferraro in 1984. "There is no question the Obama campaign is hurting from this," said Limbaugh.

Democrats just completed a convention focused on healing a bitter divide between Obama and supporters of Sen. Hillary Clinton, many of whom are seen as ripe for defection to a Republican ticket with a woman. The Obama campaign, fresh off the candidate's acceptance speech last night before some 80,000 supporters, dismissed McCain's pick as inexperienced. "Today, John McCain put the former mayor of a town of 9,000 with zero foreign policy experience a heartbeat away from the presidency," Obama spokesman Bill Burton said in a statement. Burton also criticized Palin's suport of oil drilling in the Alaskan National Wildlife Reserve – which McCain has opposed – and her opposition to abortion.

"Governor Palin shares John McCain's commitment to overturning Roe v. Wade, the agenda of Big Oil and continuing George Bush's failed economic policies. That's not the change we need, it's just more of the same," Burton said. Rep. James Clyburn, D-S.C., called the Palin choice "very risky," equating it with the first President Bush's selection of much-maligned Sen. Dan Quayle in 1988.

"Being thrust on a national stage like that could be very tough," said Clyburn, according to Mark Halperin's Time magazine blog. "I just think that it is very risky for McCain to do this, but it may be all he has left," the Democratic lawmaker said.

McCain's plan is to appear together with his running mate at rallies in Ohio, Pennsylvania and Missouri prior to the party's convention, which begins Monday in the Twin Cities. McCain's advisers fueled speculation in recent weeks about Lieberman and Ridge, both supporters of abortion rights, which drew a strong negative reaction from many in the party base.

Palin's strong pro-life views were highlighted earlier this year when she and her husband Todd were informed she was carrying a Down syndrome child but chose to continue the pregnancy. "We've both been very vocal about being pro-life," Palin told the Associated Press in April. "We understand that every innocent life has wonderful potential."

The day after the birth, the Palins said in a statement: "We knew through early testing he would face special challenges, and we feel privileged that God would entrust us with this gift and allow us unspeakable joy

Gov. Sarah Palin as he entered our lives. We have faith that every baby is created for good purpose and has potential to make this world a better place. We are truly blessed."

The Palins have five children, including an 18-year-old son, Track, who joined the Army last year. Pro-life leaders already are hailing McCain's pick. "Absolutely brilliant," said Mathew Staver, chairman of the activist legal group Liberty Counsel and dean of Liberty University School of Law. Staver is attending a meeting of likeminded leaders in Minneapolis, ahead of the Republican convention next week, and he says Palin has "electrified conservatives."

"The excitement was palpable among conservative leaders when they heard that Gov. Palin was Sen. McCain's choice for vice president," he said. "There is a high level of optimism among conservative leaders that the McCain-Palin combination is a ticket that will connect with values voters." Staver noted that along with a strong pro-life record, she is "pro-marriage" – a reference to her opposition to same-sex marriage - and a lifelong member of the National Rifle Association. "Personnel is policy," Staver said. "With the selection of Gov. Palin, Sen. John McCain has proven that he can exercise sound judgment. Gov. Palin has electrified conservatives.'

Palin, who grew up in Wasilla, Alaska, near Anchorage, earned a reputation as an intense point guard for her town's state dubbed her "Sarah Barracuda. At the time, she was head of the school's Fellowship of Christian Athletes and led the team in prayer before games. In 1984, she became Miss Wasilla and earned second place in the Miss Alaska contest. She earned a bachelor's degree in journalism, with a minor in politics, from the University of Idaho. After a brief stint as a sports reporter for local Anchorage television stations, she worked as a commercial fisherman with her husband, Todd.

championship basketball team, which

Palin was a member of the Wasilla City Council from 1992 to 1996. She was elected mayor of Wasilla in 1999 and later elected president of the Alaska Conference of Mayors. She made an unsuccessful run for lieutenant governor in 2002. One year later, Gov. Frank Murkowski appointed her ethics commissioner of the Alaska Oil and Gas Conservation Commission. But she resigned in protest in 2004, charging fellow Republicans with a "lack of ethics" for legal violations and conflicts of interest.

In November 2006, with little support from her party, she was elected governor, becoming Alaska's first to be born after it achieved statehood. She wasted no time continuing her ethics push, passing a bill and setting aside her party lawmakers' pork projects. She notably killed the infamous "Bridge to Nowhere" project, saying the state needed to become self-sufficient.

Time for

by Anthony Gregory

Looking at the budget crisis, Governor Schwarzenegger has ordered a temporary reduction of the salaries of 200,000 state employees to the minimum wage. This gesture is largely symbolic, for it will probably not last very long. Meanwhile, the governor is scheming to borrow \$9.3 billion more in the form of a water bond.

Some commentators have pointed out this disconnect, but Schwarzenegger has consistently championed bonds while claiming fiscal discipline. He campaigned in 2003 on a platform including large bonds, and within a month of election he was campaigning around the state for a \$15 billion bond.

He's supported bonds ever since, most notably in 2006 when he backed a bipartisan \$42.7 billion bond package transportation and education infrastructure, housing programs, and flood control.

California needs dramatic reforms. The budget crisis is very real, and with a recession kicking in nationwide, the reforms will have to amount to much more than a temporary cut in state employee pay.

For the last several years, the federal government, through the Federal Reserve, has been prompting an artificial, inflationary boom in the American economy, particularly in real estate. As the economic laws of gravity reassert themselves, as savings and investment and supply and demand fall back into balance with one another, an economic "bust"—recession, depression, downturn, whatever you want to call it—is inevitable. Prices must fall, as they have been in housing. Businesses will have to cut back on production costs. Americans will have to spend less. This situation is painful, but it cannot be stopped through government spending. Delaying it will make it worse.

The government too, at all levels, must cut spending. It is only fitting that the public sector, which brought on this mess, should have to take a hit as well as the private sector and the millions of families and businesses

throughout America. State governments have no wealth of their

own—they have only what they forcibly confiscate through taxation, forfeiture,

and eminent domain or what they borrow on behalf of future generations, without their consent, through bond schemes; but that can't persist forever. Unlike the feds, state governments can't just print more money—which is a blessing, because that is the cause

So something has to give. Libertarians have always argued that the government

should do virtually none of what it does today—that the best solutions to society's

problems and needs come from private enterprise, community, family, individuals cooperating voluntarily, without a politician's gun to their head.

This agenda might seem quite

radical. Well, so will a much more modest vision of slashing government, at least compared to the budget-busters currently running the state. But we need

relatively radical reforms to deal with this

severe budget crunch. The state should sell off its extraneous assets. According to economist William Shughart at the Independent Institute, "California is sitting on a gold mine of surplus property that could be sold for ready cash. According to the real estate division of the Department of General Services, the state government's landlord, on January 2, taxpayers owned 22,727 buildings and more than 6.7 million acres of land at 2.313 sites.'



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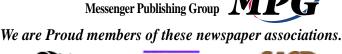
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First Edition for September 2008

In 1914, Congress passed

Smith-Lever Act, which

created the National Cooperative

Extension Service, part of the

United States Department of

Agriculture. This led to the

organization of the National Boys

doing this kind of work with

children from farms. For example,

Oscar Benson, superintendent

of schools in Wright County,

Iowa, also had adopted the

clover leaf symbol for his clubs.

When he left to enter the service

of the Farmers Cooperative

Department Demonstration Work

in Washington, D.C. he took the

idea of the clover leaf with him,

which ultimately led to the 4-H

being adopted as the symbol

for the National Boys and Girls

Shambaugh, a wealthy business

with whom she had had a working

relationship for several years,

which eventually blossomed into

a romance. At 55, Ira was 20 years

older than Jessie, but they were

very much in love. The couple

soon became the parents of two

involvement with 4-H and

remained active in civic and

welfare work until she suffered a

hip fracture in 1971. Soon after,

she developed pneumonia and

died just before her 90th birthday.

Jessie is buried in Clarinda, Iowa,

since Jessie Field knelt in the

soil with her students planting

a garden. The clubs throughout

the United States now number in

the thousands, and are in nearly

80 foreign countries as well.

Agriculture and homemaking

are still a big part of 4-H's focus,

but in order to adapt to the needs

of a new generation, many more

interests are being pursued, such

as photography, marine science,

Several men have been credited

in history books with starting the

4-H clubs. Undoubtedly, Jessie's

quiet and modest demeanor, never

seeking the limelight, opened the

door for others to be credited with

Jessie if she had really started the

4-H, she responded, "That's not

important. I'm sure the idea must

have been in many minds at the

time, this wish for helping country

boys and girls. The important

thing is, a way was found, and it

did help them. Don't write about

club members, "To Make Our

Best Better" is still the motto of

rare individuals who come along

only once in a lifetime. The

lives she touched were changed

noted journalist, summed up her

character beautifully when he

wrote, "Probably even on the

streets of Heaven, Jessie will

find some small angels who

need her nurturing."

Jessie's motto for her early

Jessie Field was one of those

William Allen White, the

me, write about the idea!"

4-H'ers today.

forever.

When a reporter once asked

the organization's success.

astronomy, computers

geology to name a few.

The 4-H has come a long way

Jessie continued her

children, Bill and Ruth.

next to her husband.

In 1917 Jessie married Ira W.

Clubs.

Jessie wasn't the only person

and Girls Clubs.

4-H: How It All Started



by Penny Howard

Whenever you see the youngsters in their 4-H uniforms displaying their skills in animal raising or agricultural pursuits at State or County fairs, did you ever wonder how the 4-H Clubs started and who started them? Well, now you will know. It was Jessie Field, a young, dedicated school teacher in Page County,

In 1901, while only 19 years old, and in her second year of college, she was asked to assume the teaching position at the Goldenrod school, a small one room country school near Clarinda, Iowa. As she knelt in the soil instructing her students the art of gardening during their after school meetings, neither she nor her students realized they were sowing the seeds of a movement that would spread across the nation and around the world, the 4-H Clubs.

Jessie taught the three R's as required by law, but she also felt the children needed more, that their education should reflect the needs of rural living, such as improved farming methods and home management, that would prepare them for the life they would assume as adults.

In the mornings before the school bell rang she taught them gardening. Next, she started a Girls' Home Club and a Boys' Corn Club after school. Jessie's goal was to instill a sense of pride and self worth in the children growing up on farms. The motto for all her clubs was, "To Make Our Best Better."

In 1905 Jessie's brother, Henry, suggested she run for the office of Page County Superintendent of Schools to replace George Colbert who had accepted another position.

"How can I" she asked. "I'm only 24, and besides, I'm a woman." (At that time women couldn't even vote.)

He finally convinced her that as superintendent she would have more influence on the quality of education than she did as a teacher. So, in spite of her trepidation she threw her hat in the ring, and was appointed acting superintendent in June 1905. In the fall of 1906 she was elected to the position and re-elected in 1909.

As superintendent, Jessie visited each of her 130 schools at least twice a year, and encouraged all of her teachers to implement the same after-school programs she had started at the Goldenrod school.

In the fall of 1906 Jessie planned a district-wide Junior Exhibit in which the schools' clubs could win medals, ribbons, and cash prizes. It was a big hit with the schools, the children, and the community. Each year after that proved more popular than the year before.

In 1909, when they heard there was to be an International Corn Show in Omaha, Nebraska, with even bigger prizes, they packed up their exhibits and took them to Omaha. Many of the boys and girls took top honors in prizes and money. To the surprise of all, the group won first place for the County Collective Exhibit. The prize was a little red Brush onecylinder automobile. The boys and girls quickly voted to give it to "Miss Jessie" so she could visit their schools more often.

The clubs' success at the Corn Show in Omaha generated national publicity, prompting Robert Ogden, head of the Rockefeller Southern Educational Fund, to bring together school superintendents from 12 southern states to find out what was going on in Page County, Iowa.

The work Jessie had begun in Page County was being extolled throughout the state by P. G. Holden of the State College of Agriculture at Ames, resulting in the spread of more youth clubs in Iowa and, finally, to other states.

A report by the New York Times on June 9, 1910, stated: "Starting with one small club in Page County, Iowa, several years ago, these organizations of country boys have spread throughout the state, have overlapped the boundaries of Iowa, have been crawling eastward until they are now at the threshold of New York and ready to step in."

For some time, Jessie had dreamed of a summer camp for the boys, a 10-day period of intense training in all aspects of farm living. It was enthusiastically supported by the merchants, businessmen, and farmers, who were so impressed with the success of the boys in various contests around the state.

The first Boy's Farm Camp was held in the summer of 1910, with instructors from the college at Ames invited to teach. In addition to corn judging, there were classes in stock judging, and other farm related subjects, and sports.

The following year, 1911, the first girls' camp was held. It was called "Camp of the Golden Maids". They studied various domestic arts, such as sewing, cooking, bread making, canning, and housekeeping.

Not every boy or girl could win trophies or prizes, but if they entered and participated in a certain number of contests they were awarded a three-leaf clover pin. This was Jessie's way of giving the students recognition and encouragement for continuous participation in the clubs.

The pin had an "H" on each leaf, which stood for HEAD to think and know, HANDS to do everyday things well, and HEART that will use all this to help others. In the center was a kernel of corn with the word Page on it, and on the stem was printed "Iowa" The clover itself symbolized conservation, because it is one of the crops used to build nitrogen in

Although Jessie designed this special pin in 1907, it wasn't until 1910, when a couple of benefactors donated money to the clubs, that a way was paved for the production of the pins. They were first awarded in 1910.

Later, Jessie added another leaf for good luck. The fourth "H" stood for Health. The new pins were first distributed in Page County in 1912.

The Clover 4H Club will be having their first meeting of the year on Tuesday, September 9th. The meeting will begin at 7:00pm at the Fair Oaks Presbyterian Church, located at 11427 Fair Oaks Blvd, just south of Madison.

by Shelby Wagner, Club Vice President

4H is a great opportunity for kids ages 5-19 to get involved in a large number of projects, including hiking, Junior Master Gardener, baking, archery, sewing, crafts, computers, animals and more. There are many other projects available through our club, and also through other clubs in Sacramento County. Enrollment is only \$12.00 per member per year. Things made or grown during the 4H year may be entered in County or State Fair. There are also a number of community service and leadership opportunities that present themselves. At our first meeting

you will be able to meet other 4H

members, meet with a variety of



High school-aged 4Hers are encouraged to attend the annual State Leadership Conference. Held at a UC campus, this four-day event gives 4H members the opportunity to learn even more about leadership and community service. There is also time for meeting and networking with other 4Hers from around the state in a college setting.

4H leaders, learn about different projects, and sign up for the ones you're most interested in. If you are looking for a way to have fun and make friends, 4H is for you!

If you'd like more information about Clover 4H Club or other clubs in our area that are part of the 4H Youth Development Program, please call Lisa at (916) 987-1175.

Sign Code Enforcement an Issue with You?

Several business people who are members of the Fair Oaks Chamber of Commerce are not happy with the code regulations for signs in the County of Sacramento. The Fair Oaks Chamber of Commerce Political Affairs Committee, under the guidance of Don Troutman, is looking into the situation.

Other parties that are concerned

encouraged to contact Don Troutman and express their interest. The best way of contact would be through email: soberdon@ comcast.net . If that is not possible you may call the chamber office at (916) 967-2903 or leave a message at CSTL (916) 961-2691.

Once some of the interested parties are identified we will set up or interested in this issue are an steering meeting to discuss what

and how we want to address the issue. This is not the time to remain in the background because this is an issue that affects all businesses.

Sincerely, Don Troutman Clean & Sober Living

(916) 961-2691 www.clean-and-sober-living.com

ARC Enrollment Reaches All-time High

At the end of the first week of the fall semester, American River College enrollment has surged to an all-time high of 37,386 students. Last fall's week-one count was 35,034, making the increase a 6.7% jump.

The Natomas Education Center alone is now at 3741 students—up almost 50% from the approximately 2500 enrolled there when the Center opened in 2005.

The Los Rios Community College District (of which ARC is a part, along with Cosumnes River College, Folsom Lake College, and Sacramento City College), is now at more than 87,000 students, up from 81,975 last year at this time.

"An uncertain economy always motivates a certain number of people to return to school for new or additional training," says ARC President David Viar. "In addition, the high cost of four-year schools, combined with concerns about family budgets, has encouraged parents and

students to choose ARC and our sister colleges for their first two years of instruction, before transferring to CSU, UC, or other universities."

Both space and state funding for all these additional students is in short supply, Viar notes. Within those constraints, however, "the college has worked diligently to help students find places in existing classes, so that they do not suffer delays in working toward their educational goals."

State Fair Honors Brave Men & Women

ArmedForces&FirstResponders **Honored on August 19**

Sacramento – The California State Fair is proud to once again reserve a day to recognize those that honor us on a daily basis with their service and bravery. On Tuesday, August 19, men and women who serve as members of the Armed Forces and First Responders, including law enforcement, military (active and veteran), firefighters, and paramedics, whether in uniform or not, will receive free admission to the Fair with valid identification. In addition, there will be special exhibit areas throughout the Fair staffed by armed forces, veteran groups, law enforcement, fire and allied emergency service agencies highlighting their services as well as providing interactive activities. One of the special events that

will take place on August 19 is the re-dedication ceremony of the September 11 Memorial at 12:30

Speaking at this respectful tribute is Sandy Dahl, wife of United Flight 93 Pilot Jason Dahl. The tribute features a steel I-beam, a 125,000 pound piece of wreckage from "Ground Zero" at New York City's World Trade Center; and a 5,000 pound granite ball and fountain faucet inscribed with the names of the fallen as well as new

renovations for 2008.

This spring Cal Expo began renovation on the final two exhibits commemorating Flight 93 and the Pentagon. The Pennsylvania monument is a fountain with a spiral steel "flame" rising out of the water, while the Washington Monument is a representation of the Pentagon made from pure granite.

The September 11 Memorial Plaza is located near the Main Gate of the fairgrounds and next to Expo Center Building 2.

Media may contact the California State Fair Media Center at (916) 263-3108 MediaCenter@ or calexpo.com.

Monthly Military Retiree & Spouse Meeting

Our monthly meeting of military retirees/spouses is scheduled for 10 Sep 2008. Our meeting starts promptly at 1030 hrs, and it will be held in the former McClellan AFB Chapel, Bldg 5712. Our speaker

will be Louis Conter, who is a survivor of the battleship Arizona, when Pearl Harbor was attacked. This is a great presentation from a great warrior. You will not want to miss his presentation. Questions

volunteer staff at 916-561-7476, Mon thru Thurs, between 9AM and

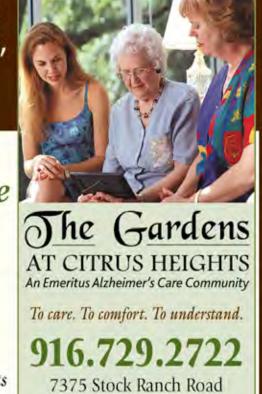
Chief Moses Dir, Military Retiree Office

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By Lauren Forcella

Dear Straight Talk: After reading the column about how to help prevent suicide (July 16), I want to say that, over the years, I have attracted friends who were cutting, depressed, anorexic, or bulimic. I'm strong and happy and I would reach out to them. But it got crazy. I became emotionally exhausted from trying to keep them pumped up when all they talked about was how they didn't know if they could keep living. Sometimes it got so bad I wouldn't even pick up the phone. The thing was I never knew how to tell anyone else, like a parent or school professional. I was afraid the situation wasn't that big of a deal, that this was just normal teen depression. There was also a pride, like, "they came to me, I will be the one to help them." And I questioned counseling because I thought my friends would be less open with an adult stranger than they were with me. But after one friend was hospitalized for attempted suicide, I realized this thinking is dangerous. The best thing is to straight-up ask the person if they are thinking about death and suicide. Listen and

straight talk for teens

Teens talk about helping at-risk friends choose life

the hero. And, definitely, tell an adult. I once told a teacher about a friend who was bulimic and a few days later he was really grateful. —

From Beau, 19: I'm also a cheery person and I have learned to provide a safe, comfortable emotional environment for friends in need. Just knowing someone cares makes a difference; you don't need to have the answers. Basically, I try to get people to believe in themselves and see that hardships can be sources of strength. I look at life situations, like my dad's passing away or breaking up with my girlfriend, positively, and that's what I try to teach.

From Kenny, 19: People come to me for help almost for the opposite reasons. I've been through a deep depression where I couldn't get out of bed and all I could do was cry. I took different medicines, did counseling and anger management, and learned about breathing and how to break down situations differently in my mind. Now I'm off the medicine and consider myself a success story. Many people think that those who say they are suicidal are just looking for attention. But the need for attention is real. The key is, don't act like a counselor. Don't say things like, "Why are you depressed?" And don't use "poor you" statements. I used to do that, but then I would get those 3AM phone calls. Instead, I

tell the story of how I beat my depression and anger, and insist they get professional help like I did. What's really bad is some friends steer you the wrong way with, "What? You're not drinking with us tonight? Not smoking pot tonight?" They don't get how vulnerable you

are when you're depressed. Dear Lara: Thank you for a conversation-starter that is sure to save lives. Many teens find themselves with a friend who needs help and your experience of what to do and what not to do is so excellent I would like to highlight your closing words: "The best thing is to straight-up ask the person if they are thinking about death and suicide. Listen and show you care, but don't try to be the hero. And, definitely, tell an adult."

I'd also like to thank Kenny for urging his friends to get counseling - and noting how dangerous it is to steer a depressed teen toward drugs or alcohol. Drugs and alcohol are involved in almost all teen and college-age suicides. If the teen and college community learns to shield depressed friends from drugs and alcohol, rather than encouraging or pressuring them to "party it off," even more lives will be saved.

Write to Straight Talk at www.StraightTalkForTeens.com or PO Box 963, Fair Oaks, CA 95628.

POPPOFF!

with Mary Jane Popp

Natural Remedies

He's been around for a few years... quite a few years. Let's say some 37 books plus all kinds of Radio and Television interviews later, Dr. Earl Mindell is the International Guru of Vitamins and Natural Health. From his first endeavor, Earl Mindell's Vitamin Bible to his latest, Dr. Mindell keeps on top of the hottest and latest natural cures. Did you know he is a Pharmacist and Nutritionist and Herbalist too? The good Doc told me, because of those titles, he has a unique point of view on natural and alternative health. Because of his background, he has firsthand knowledge of how drugs work in the body, how they are prescribed, and why doctors prescribe them. In no uncertain terms, Dr. Mindell said, "the best thing for your health is to avoid prescription and over-the-counter drugs and turn to natural remedies to relieve what ails you." He also said that the real secret to fabulous good health well into old age has a lot to do with common sense and moderation. I guess that's a thing we have a hard time with in this country. I did love his analogy, "If you put water in your car's gas tank, your car will break down. Doesn't it make sense that if you eat a lot of junk food and often drink sugary beverages that your body is going to break down?" Hhmmmm, food for thought!

So here comes his "Natural Remedies For 101 Ailments" book to show us how our body can use all the natural remedies and preventive strategies to keep it running in top condition. He covers Acne to Wrinkles and a whole lot in-between. For example, he gives a definition of

the condition...like Acne. Then he goes into Supplements to use like: Chromium, Selenium, Vitamin A, Vitamin C, Vitamin E, and Zinc with how much of each to take. Then he tackles the Herbs like Echinacea and Goldenseal. I thought that was for colds. Oh well, what do I know? He also suggests trying Aerobic Exercise, Detoxification, Drink eight glasses of water daily, Eat more raw veggies, and Eat yogurt with five live cultures. Then avoid High-fat foods and junk foods, Refined Carbohydrates, Stress, Sugar, Caffeine, and Chocolate. I think my life just came to an abrupt end. NO CHOCOLATE!!! For Wrinkles, he really sets the record straight that we CAN control the number and severity of them. I was all ears. For the supplements, he suggested: Multivitamin/Mineral/ Antioxidant formula, Nucleic acids, Vitamin C, Vitamin E and SOD, (no, not grass...Superoxidedismutase)... ooooookay!!! For Herbs, it was Wild

Naturally, Dr. Mindell goes into much more detail as to how much and how often to do and take things, but he claims these strategies will help us run in top condition. If you'd like more info, log on to www.drearlmindell. com. Oh, and STAY HEALTHY!!!

Yam. Then try Drinking six to ten

glasses of pure water everyday, Eat

fresh fruits and veggies, Get enough

sleep, (at least seven to eight hours)

and Lose weight if necessary. Also,

avoid Excessive sun exposure.

Check out the "POPPOFF" Radio show Monday thru Friday on AM-950 KAHI 10AM-Noon and Saturday on AM-1240 KSAC 11 AM-Noon for provocative fast-paced informational and entertaining

Statement on the Debate Over





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Considering Homeschooling? Good News for Parents

Christian Newswire/ -- The good news for homeschooling families in California is that the California Court of Appeal for the Second Appellate District ruled unanimously that "California statutes permit home schooling as a species of private school education," effectually reversing

show you care, but don't try to be

the opinion issued last requiring February parents who homeschool to holding teaching credentials.

This is a huge victory all California homeschooling families, as well as families are considering homeschooling, since the original opinion would outlawed

education in California if it had remained in effect. This ruling provides complete confidence of a parent's legal right to teach their own children in California and, with the advent of SB 777 recently signed into law, may provide new "talking points" for Christian homeschoolers who want to let other parents

educational alternatives for their children.

"With school starting just around the corner, we want parents to know that our ministry assists parents who are considering homeschooling by providing a free DVD and



brochure with information on why a home education in today's culture provides the best option for their children's spiritual, moral and academic training", said Denise Kanter, founder and director of the national outreach, Considering Homeschooling Ministry.

In a call to Christian parents

know of the urgent need to find and churches, Randy Thomasson of the California-based Campaign for Children and Families says, "To rescue their children, loving parents need to find an alternative to government schools, and every church needs to make it a priority to help parents be in charge of their children's education again."

> "We are very thankful for those individuals and organizations who have worked so diligently to protect and defend parental rights and the freedom to homeschool in California, and the nation. Perhaps one way every homeschooling family can help perpetuate these freedoms is to enlighten and encourage

other parents to investigate the blessings of home education", remarked Kanter.

Considering Homeschooling Ministry, a not-for-profit national organization, with its free DVD, resources and web site (www. consideringhomeschooling. org), will encourage families to provide their children with a safe, Biblical home education.

Lowering the Drinking Age by Stephen Wallace, Chairman and CEO of SADD

Inresponsetothereneweddebate over underage drinking, SADD (Students Against Destructive Decisions) reemphasizes its stance in opposition to lowering the drinking age.

SADD believes that lowering the current minimum-age drinking laws would likely do little, if anything, to reduce problematic drinking behaviors on college campuses and would contribute to the downward age trending of initiation into alcohol use by legally moving it into the high school community. According to SADD's Teens Today research, students in grades 6-12 ranked the drinking age as the number one reason why they choose not to use alcohol.

According to The Surgeon General's Call to Action to Prevent and Reduce Underage Drinking, alcohol use by young

people is a leading contributor to death from injuries, plays a significant role in risky sexual behavior, increases the risk of assault, and is associated with academic failure and illicit drug use. Specifically, this report highlights that:

· An estimated 1,700 college students die each year from alcohol-related injuries; Approximately 600,000

students are injured while under the influence of alcohol: · Some 700,000 students are

assaulted by other students who have been drinking; and

· About 100,000 students are victims of alcohol-related sexual assaults or date rapes. In addition, impaired driving

crashes kill thousands of young people each year and injure many

As the nation's preeminent peer-

to-peer youth education, prevention, and activism

organization, SADD provides students with the tools and resources they need to make healthy choices and help their friends and peers to do the same. SADD students abide by a "No Use" policy, in which they do not support or condone the use of alcohol by underage young people.

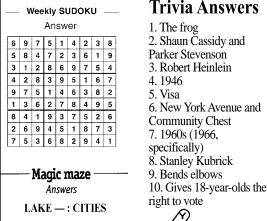
For more information about SADD, visit sadd.org, For additional facts and details about this issue, visit why21.org.

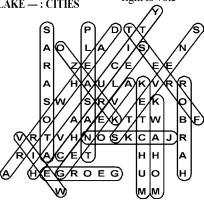
Stephen Wallace broad experience as a school psychologist and adolescent counselor, and speaks frequently to young people, families, and the media about youth development and decision-making. He is the author of the new book Reality Gap: Alcohol, Drugs, and Sex— What Parents Don't Know and Teens Aren't Telling.





www.trendsntreats.com





King Crossword **Answers**

Solution time: 25 mins.

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First Edition for September 2008

Citrus Heights News & Views

BARNES&NOBLE

BOOKSELLERS

September Autographing **Events at Barnes & Noble** 6111 Sunrise Boulevard Citrus Heights, CA 95610

Event: The Citrus Heights Barnes & Noble store welcomes fans of the Eragon saga to come in costume for a thrilling night of Renaissance Faire-themed activities and contests from 10:00pm - Midnight. The store will remain open late to sell the third book in the series, Christopher Paolini's Brisingr, at the stroke of midnight, when it officially goes on sale. Reserve your copy of the book in the store in advance of the party for the opportunity to win Christopher Paolini books and merchandise. Local author Ken Ramirez will discuss and sign copies of his "Naida's Quest"

fantasy trilogy at the event! Date: Friday, September 19,

10:00pm - Midnight

*This event is part of a weekend (September 19-21) fundraiser at Barnes & Noble for Bella Vista High School and Mills Middle School. During this weekend Barnes & Noble will donate a percentage of every sale made with a special Bookfair voucher to the schools. Vouchers will be available in the store over the weekend so that patrons may support the school.

Event: Best selling author John Lescroart will sign copies of Betrayal at the El Dorado County Main Library in Placerville for their 3rd annual "Wine for Words" event. The evening will include wine tasting from 5 local wineries, Ursa Vineyards, DK Cellars, Madrona Vineyards, Wofford Acres Vineyards and Fenton Herriott Vineyards, with each guest receiving a special event

At 5pm a catered dinner by Diane Wilkinson will be served. There will also be a raffle for prizes donated by local wineries and merchants. Raffle tickets will be \$1 each or \$10.00 for 15.

Seating is limited, so reserve your table early! Tickets are \$50 per person and are available at the El Dorado County Main Library. The Citrus Heights Barnes & Noble will be selling the books to be signed and purchased as part of the fundraiser. All proceeds from this event will go towards the purchase of new library books for children and adults.

For more information please call the library at 530-621-5540. You may also visit the library website at www.eldoradolibrary.org. This event is sponsored by the Friends of the Library.

Date: Sunday, September 28,

Timing for Building Citrus Heights Community Center Questioned

Former Councilmember and Mayor Bret Daniels, along with Jim Remick, both candidates for Citrus Heights City Council, called on the City Council today to suspend moving forward with building the \$11 million dollar Citrus Heights Community Center in light of the Council's decision Thursday to reject the previously submitted bids and to rebid the project.

"This is not the time to be building a community center", Daniels said, "In addition to my concern that we might be sued for rejecting the low bid from the current process, I'm very concerned that the city is allowing itself to be pulled into the politically popular extremes of building design that ends up costing more than they benefit taxpayers".

City staff recommended rejecting the bid because of an unacceptable level of energy and environmental design experience by Ascent Builders, Inc.

"I'm amazed that the City Council would be okay with spending \$11 million dollars to build a community center when our roads and sidewalks are in such disrepair", said Remick, "You risk having your teeth rattled out of your head when you drive on Greenback Lane in the area of Auburn Blvd or Sunrise Blvd. Obviously, no one from this

council drives down Birdcage Lane. The lack of cohesive sidewalks and the poor maintenance of crosswalk markings along Sunrise Blvd are unsafe and an embarrassment."

Both candidates said fixing already existing infrastructure and making sure our commercial areas are clean and vibrant should be a priority. "Sales in the city are down almost 10%. You don't put in a nice pool when your house is in disrepair," said Daniels. Remick added, "We support the idea of a community center. Just not right now and not until our economy takes an upturn."

Assemblyman Niello Opposes Legislation to Ban Charity Bingo Machines

Bill could eliminate bingo fundraising for **Sacramento County charities**

Citing the need to slow down and wait for a decision pending in federal court, Assemblyman Roger Niello has voted to oppose legislation that will effectively eliminate electronic bingo for many Sacramento County charities and hundreds of charities statewide.

Sacramento County Charities such as the Society for the Blind, the Stanford Home for Children, WIND Youth Services which provides services for homeless children, Disabled Sports USA, and Saddle Pals, an organization that provides horseback riding therapy to many developmentally disabled children, annually raise millions of dollars for their cause in Sacramento County Bingo halls with the use of electronic bingo. SB 1369 (Cedillo) will effectively eliminate the ability of these charities to raise this money by banning electronic bingo and establishing a "remote caller" system of bingo that has proven to be ineffective in other jurisdictions.

"This issue is currently before a federal court which will soon render a decision regarding the legality of the electronic machines. There is no need to jump the gun with legislation that has been amended at the last minute and rammed through the legislature that will have such a devastating effect on these charities until the decision from the court has been delivered.

The Legislature has had a standing practice of not getting in the middle of pending court decisions, and this issue should be no different," said Assemblyman Niello.

Sacramento County established a county ordinance that allows electronic bingo to be played in local bingo halls with staff made up of volunteers. Last year, Sacramento County Charities took in over \$4.5 million dollars that will have to be replaced through other means if this legislation is approved by the legislature and signed by the

SB 1369 was approved by the State Assembly and sent to the State Senate.

Chamber of Commerce Business Expo at Sunrise Mall

The Citrus Heights Regional Chamber of Commerce is pleased to announce our 20th Annual Business Expo will be held at Sunrise Mall on October 11 & 12, 2008. The Business Expo provides the perfect opportunity for you to showcase your products and services to

thousands of potential customers in the community. The average attendance at Sunrise Mall is 30,000 per weekend. You work hard to find your customers. Most of them don't seek you out - you have to find them. The Business Expo gives you the opportunity to make the best use

of your time on the two busiest shopping days of the week as your market comes to you. You may sell at this show. Please contact Renee Larscheid, Membership Director, at (916) 722-4545 or renee@chchamber.com, as soon as possible to reserve a booth.

Grandparent Support Group

Second Tuesdays of the Month Advent Lutheran Church 5901 San Juan Avenue Citrus Heights, California 10 AM – 12 Noon

The Grandparent Support Group is for Grandparents Parenting and/or Caretaking their Grandchildren.

The goal of a support group is to create a warm, non-judgmental atmosphere where members can discuss concerns and share information. Support groups among grandparents serving as parents are of great value. Groups offer emotional support and advice on how to deal with common problems. Members can talk about their problems without embarrassment, give support

and encouragement to each other, share coping strategies, release feeling such as anger and guilt, make new friends, and help deal with feelings of social isolation.

Contact: Frances Larson Grandparent Liaison Home/Business: 967-6805 Cell: 220-7725 Email: Frances@Reliasense.com

School Supplies Are Needed!

be collecting school supplies for local elementary school students. They need rulers, paper, pencils, calculators, crayons, scissors, backpacks and more. While you are our shopping, please pick up some school supplies to help out our community youth that may need a little helping hand. Bring your new school supplies to the Lions Clubhouse, 7521 Community Dr., off of Sylvan Rd.. Please come any Wednesday evening between 6:00 pm and 9:00 pm.

Thank You!



Member

FDIC

County of Sacramento **Municipal Services Agency**

Town Hall Forum Focusing on Fair Oaks, Gold River, and Orangevale Thursday, September 18th, 2008 Orangevale Community Center 6826 Hazel Avenue, Orangevale, CA 95662 6:00-9:00 p.m.

- Hosted by District 4 County Supervisor Roberta MacGlashan and County Executive Terry Schutten
- View a slide show presented by Code Enforcement on how to deter neighborhood nuisances
- Visit over 2 dozen information booths and speak with representatives of County departments and special districts

Light refreshments will be provided. Seating is limited so please RSVP to Shannon Arata at 916-875-1514 or aratash@saccounty.net.

During the month of August the Citrus Heights Lions Club will



2008 National Assisted Living Week This year's theme is "Filling Life assisted living communities will

"Filling Life With Love"

If we look back on our lives, the fondest memories are often associated with events that happen with our family members and friends. Life's fondest moments are cherished and new memories are created when people who care about each other celebrate events.

Nearly one million seniors and individuals with disabilities in 38,000 assisted living residences nationwide will celebrate the 14th Annual National Assisted Living Week, begins on Grandparents Day, Sunday September 7 and runs through September 13.

Assisted living staff members and residents alike anticipate this event and months in advance begin planning activities around a theme.

With Love" and Cimino Care invites the community to join the celebration. The week spotlights the vital role assisted living plays in caring for our nation's seniors and individuals with disabilities. The "Filling Life With Love" theme celebrates and pays tribute to the exceptional involvement of all providers, families, volunteers and individuals from the surrounding community.

CiminoCare will be celebrating their 20 year anniversary while honoring National Assisted Living Week, September 7-13, 2008. Locally CiminoCare has two assisted living memory care communities, Citrus Heights Terrace and Arden Park Villa, and one independent senior living facility, Auburn Oaks, along with two other bay area communities. Each of the

host various events to celebrate and honor this exciting week. Local area residents are welcome to stop by anytime for a tour or to learn more about assisted living or other senior care options.

Families and visitors will have the opportunity to meet the residents and staff at Citrus Heights Terrace and Arden Park Villa and learn about the services provided there. CiminoCare

invites community to help us celebrate our 20 year anniversary and participate in the "Filing Life With Love" celebration. Moments of shared laughter and fun benefit everyone involved, and create new cherished moments to remember.

For further information or to have a feature story please contact Mary Ann at 650-464-6922

SOROPTIMIST INTERNATIONAL of CITRUS HEIGHTS

The members of Soroptimist International of Citrus Heights would like to announce our current meeting times. SICH meets the first and third Wednesday of each month at Denny's on the corner of Greenback Lane and Sunrise Blvd. at 12:00pm. The mission of SICH is to promote the advancement of women through volunteer service to the community.

We are a group of women dedicated to the promoting interest and involvement in our community to better the lives of women and girls.

If you are interested in attending a meeting or finding out more about our club, please contact Sue Green, Membership Coordinator, at (916) 996-4349 or seg1seg@aol.com.

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(between Sunrise and Antelope)

License # 347001498

www.CitrusHeightsTerrace.com

Fair Oaks News & Views

Church Buys Over 200 Backpacks to Lift Back to School Burden

As families in the greater Sacramento area struggle to make it through difficult economic times, New Life Community Church of Fair Oaks tried to help lift the burden for over 200 kids in the San Juan Unified School District.

"We wanted our administrators, teachers and families to know that we've literally got their back!" said Mark Tucker, senior pastor of the 800 member congregation. "With gas prices and food prices increasing, we wanted to reach out in a practical way to ease the financial strain for families in our community."

New Life's staff was moved to action after learning that several families, whose children attend Kingswood Elementary, could use some assistance with backto-school supplies. In just a matter of weeks, donations and volunteers rallied behind the church's efforts, helping to exceed the church's goal of distributing

"Every kid in our district should have the opportunity to have the best when school starts!" Pastor Mark enthusiastically declared in a recent Sunday morning service. "We are all experiencing economic hardship, but if we put our resources together we can still make a difference!"

The backpacks, stuffed with muchneeded school supplies, were distributed on Saturday, August 23rd at New Life's 1st Annual Family Fun Day. All the families that were approved through an easy application process were invited out to enjoy an afternoon of free BBQ, giant inflatables, face painting, crafts, games, live music and more. In addition, New Life was able to purchase \$1400 worth of gas cards and gift cards to Wal-Mart, WinCo and Target that were raffled off to further reduce economic strains on

families. More than 150 congregants of New Life Community Church volunteered to help make the event a success, including interpreters that were able to reach out to the Spanish and Ukrainian-speaking families that came.

Additional funds that were left over are being donated toward the purchase of supplies for classrooms of Kingswood Elementary School, money that many teachers would normally spend from their own pockets. With plans to incorporate more schools and families next year, New Life Community Church is looking to partner with other organizations in this community effort in 2009.

New Life Community Church is located at 8101 Sunset Ave. in Fair Oaks. For more information, please call the offices at (916) 536-LIFE (5433) or visit www.aboutnewlife.com.

6th Annual Community Field Show at Bella Vista High School

The Bella Vista High School Band would like to invite the community to attend our 6th Annual Community Field Show on Saturday Sept 27th from 6:00 pm to 8:30 pm at Bella Vista High School Stadium. This event came about as a thank you to the community for their continuous support. It is an evening of music with barbecue, desserts, and beverages, along with a raffle and a 50/50 drawing.

entertainment will provided by the Bella Vista Marching Band. We would also like to thank our surrounding middle schools for their participation in our show as well. As the LAST marching band in the Bella Vista High School but also our District, we are honored

and privileged to represent not only Bella vista high school but also our entire school district.

Bella Vista High School Stadium, 8301 madison Ave, Fair Oaks, CA 95628. Admission Sponsored FREE. by Bella Vista Band Boosters

Renowned Organist Recital

Frederick Swann's long career has included recital engagements in all 50 of the United States, in major churches, concert halls and cathedrals throughout North America, Europe, Asia and Australia. He has performed with prestigious orchestras and collaborated with renowned choral organizations. It has been said that Mr.

Swann has probably presided over more ranks of pipes and stopknobs on a regular basis than any organist in history. This recital is presented as part of the American Guild of Organists Celebration of the International Year of the Organ.

September 21, 2008 Frederick Swann, organist

In Recital 5:00 pm Fair Oaks Presbyterian Church 11427 Fair Oaks Blvd., Fair Oaks, Ca 95628

916-967-4784 Church Office 916-799-1472 Carol Newton

\$10. gen. - \$5.00 Student Under 10 no charge

Raley's Dietitian Teaches Cooking with **Healthy Grains Classes**

Classes **Resources and Recipes**

West Sacramento, Ca. – Health experts advise consumers to incorporate more whole grain foods in their everyday diets. But 80 percent of Americans are not getting the recommended three servings per day. One reason could be simply that they don't know how to prepare them, or how to add them to meals.

But what is a whole grain? And

why does it matter? Raley's Corporate Dietitian, Earline Griffith, R.D., will answer these questions and more in upcoming Cooking with Healthy Grains

"I'll be teaching some no-fuss, delicious whole grain recipes and techniques to increase your intake of wholesome foods – while working within a budget," said Griffith.

Natural Foods Kiosk inside each store:

Thursday, Aug. 28 - Bel Air Market at 2760 East Bidwell in Folsom Friday, Sept. 5 – Raley's at 8870 Madison Ave. in Fair Oaks

Friday, Sept. 12 – Raley's at 10430 Twin Cities Road in Galt

Friday, Oct. 3 – Raley's at 4650 Natomas Blvd. in Sacramento

For more information, please call

Classes are 2:00 p.m. - 4:00 p.m. at the 916-373-6387 or email wellness@raleys.com.

Pay for college without going broke

Fair Oaks man teaches free workshops to help parents save thousands in process

Parents that are planning on sending a child to college in the next few years, but aren't quite sure how to pay for it can now rest a

Tary Farnholtz of Dollars for College, Inc. has been educating parents in the community about what to do if they haven't saved enough

'It's really sad, but most parents that we talk to have done real well financially, but never found the time to save for college, and now they're facing a bill of \$18,000-\$45,000 a year, and they don't know who to turn to,' he says. 'Further, most of the time, all they hear is to not even bother applying for any aid because they make too much money. However, most of the time, that is simply not true...even if they make a six-figure

Tary's affiliation with College Planning Specialist of Carlsbad, CA who have worked with over 3000 families in the last 15 years ranging from single moms to corporate CEO's, swears he can help anyone get through the process and save a bundle....no matter how good of a student they have or how much money they make.

'Simply put, we show parents the truth that they aren't hearing anywhere else about how the college process really works, and how they can get their child into a top school, help that student pick a career that will suit them and pay them well, and save thousands of dollars in the process."

Parents will have a few opportunities to hear Tary speak. He is teaching his class

'How to Give Your Kid a 4-Year College Education...Without Going Broke!' The workshop dates are Saturday, August 30th at the Carmichael Library, 5065 Marconi Avenue 10:15-11:45am, Wednesday September 3rd at the Fair Oaks Library, 11601 Fair Oaks Blvd. 6:15-7:45pm, Thursday, September 4th at the Fair Oaks Library, 6:15-7:45pm, and Thursday September 18th at the Carmichael Library 6:15-7:45pm.

We'll discuss everything from the greatest myths about the college process, to how to send your student to a fancy private school for less than the cost of a junior college... it'll be like learning how to get a brand new Lexus for the price of a used pick up truck,' he grins.

Topics will also include why private scholarships and 529 plans are a waste of time, how to double or even triple the amount of free money you receive from each school, and how to avoid the one mistake that will kill your chances of getting any money at all that almost every other parent will make this year, and much, much more.

'They will learn a ton, and I do my best to make the class fun,' he says. 'It's like I'm giving them a super bright flash light to navigate a pitch black cave, while all the other parents continue to stumble around blindly!

'Don't forget: the class is totally free, but seats are limited by the size of the room and many families have had to be turned away at the door of recent workshops due to no reservation being made. You can reserve a seat by calling (916) 966-8800.

The Woman's Thursday Club of Fair Oaks Luncheon Oaks' clubhouse in Fair Oaks.

The Woman's Thursday Club of Fair Oaks will hold its Membership Luncheon on Thursday, September 11, 2008, at the Saint Francis Episcopal Church, 11430 Fair Oaks Boulevard, Fair Oaks, CA. The luncheon will begin at 11:30 AM.

The purpose of the luncheon is to launch the new club year and introduce the club to those who are interested in joining. All sections, special interests and philanthropies will be represented.

General meetings are held on the second Thursday of each month from October through May at the Women's Thursday Club of Fair

Varied programs of special interest to the members are presented at these meetings. Sections also meet once a month but on different days.

The club holds a fashion show luncheon in the spring to fund the three scholarships it offers to community high school graduating seniors for advanced education. Other supported projects include the Children's Receiving Home of Sacramento, Fair Oaks Chamber of Commerce special events, Fair Oaks Summer Band Concerts, Maryhouse, and the U.S. Forest Reforestation Project. There are separate sections for members

to enjoy. These are Book, Bunco, Bridge, Garden and Chat and Chew (social).

The Women's Thursday Club of Fair Oaks was organized in March of 1902 by a group of like minded women in the community. It is open to women residing in Fair Oaks and the surrounding areas. All of the club's past and present activities indicate the significant role the club has played in living up to its motto "Service, Culture and Friendship".

For more information or to make a reservation for the luncheon, please call Sue Easterbrook, Membership Chairperson, (916) 967-2024.

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First Edition for September 2008

Carmichael News & Views

Supervisor Susan Peters Sponsors Free Family Concert at Pioneer Park

A free "Concert in the Park" will be held Saturday, September 13, at Pioneer Park from 3 to 6 p.m. co-sponsored by Sacramento County Supervisor Susan Peters and the Sunrise Recreation and Park District with corporate support from Mercy San Juan Medical Center and McClellan Park.

The fun starts at 3 p.m. with activities for the entire family, and then John Skinner's Fabulous Band will be the featured entertainment at 4 p.m. playing a variety of easy listening music. Small children will be able to participate in face painting and a bounce house while older youngsters will be able to enjoy a rock wall climbing. Light refreshments also will be available for purchase during the event.

"The Old Foothill Farms area has a strong sense of community and holds a special place in my heart because it is the part of Sacramento County where I was raised", says Peters. "To assist in maintaining that neighborhood spirit, I am pleased to sponsor



John Skinner's Fabulous Band

again a "Concert in the Park" oriented for the entire family to enjoy with activities for all generations."

"Everyone is welcome and the best way to enjoy the event is to bring a picnic, blanket and lawn chairs for a relaxing time in the late afternoon concluding in the evening's early hours. This event is a great way to celebrate the neighborhood and special thanks to Mercy San Juan Medical Center and McClellan Park for their help

to bring back the concert for a third year in a row."

Pioneer Park is located at 5100 Verner Avenue near Pioneer School.

Helping with the concert will be the Old Foothill Farms Community Task Force, a volunteer neighborhood association organized for the betterment of the area that has sponsored tree planting, neighborhood watch, and monthly meetings.

Assemblyman Niello to Host Workshops to Help Small Business Owners Protect themselves from ADA Lawsuits

Assemblyman Roger Niello (R-Fair Oaks), will be hosting two breakfast workshops to help small business owners protect themselves from lawsuits filed under the Americans with Disabilities Act (ADA).

ADA laws are complicated and many businesses need help understanding what they can do to make sure they are in compliance. The workshop will feature a series of speakers from the California State Legislature, Citizens Against Lawsuit Abuse, and local government planning departments.

Information will be provided on past and current legislative efforts to resolve this problem, current ADA business requirements, simple changes businesses can make to prevent lawsuits, and protection once a suit has been filed.

"Businesses need to be able to operate in a regulatory environment that is predictable and they need to be provided with opportunities to correct access problems before facing lawsuits that potentially threaten their very existence. Many small business owners have fallen victim to ADA lawsuits and it is my hope that we help business owners not only understand how to avoid these problems, but also how to make their businesses more accessible for everyone," said Assemblyman Niello.

Assemblyman Niello will be hosting two workshops in the 5th Assembly District designed to assist small businesses understand ADA laws and how to protect themselves from ADA litigation. For additional questions or to RSVP, please contact Assemblyman Niello's District Office at (916) 349-1995. The following is a list of workshop locations and times. A light breakfast will be provided and an RSVP is requested.

Arden Arcade September 12, 2008 8:00a.m.-10:00a.m. Clarion Hotel 2600 Auburn Blvd. Sacramento, CA 95821

FAHN & COMPANY PRESENTS SACRAMENTO COMMUNITY CENTER THEATER An Intimate Evening With **THURSDAY SEPTEMBER 11** 7:30 PM sacramento RHYTHM & ROMANCE OF KENN **FRIDAY SEPTEMBER 26** GET TIX NOW! 7:30 PM sacramento "The triumphant return to Sacramento..." GET TICKETS AT THE SACRAMENTO CONVENTION CENTER BOX OFFICE (NO SERVICE CHARGE) CHARGE TICKETS BY PHONE (916) 808-5181 OR PURCHASE ONLINE AT TICKETS.COM PRODUCED BY FAHN & COMPANY PRESENTS

Handcart Trek in the Sierra Wilderness



14 companies winding their way to the top of the ridge

by Naomi Harper

Over 120 local LDS youth recently traded comfort, home cooking, and hand held devices for suspenders, bonnets, and handcarts to experience the physical trials, struggles, and hardships of the early pioneers. The event, known informally as Trek, is organized and put on to strengthen understanding and appreciation of the sacrifices of those who had gone before them. Planning for the July 2008 Handcart Trek began early in the year to move 14 handcart companies over 15 miles of rugged terrain on the present-day Mormon-Emigrant Trail in the Sierra wilderness.

High school age youth from the Carmichael Stake of the Church of Jesus Christ of Latter-day Saints gathered at Tragedy Springs near Hwy 88, sat and listened to several pioneer vignettes before loading up their carts with minimal provisions and embarking on the three day trek. U.S.D.A. Forest Ranger Frank Tortorich, who's also a historical researcher on the Mormon-Emigrant Trail and westward migration, explained the fate of early advanced scouts at Tragedy Springs. Two young men on the trip were actual descendents of one of the ill fated scouts and others were descendents of members of the early handcart companies. Historically, no handcarts ever crossed the trail established just months after gold was discovered in Coloma. But with the construction of Sutter's Mill complete, members of the Mormon Battalion returned to the Salt Lake valley blazing the trail with wagon trains.

The youth reenacted various historical events throughout the three days and also became acquainted with hardships, trials, and personal tragedies. They were attacked by mountain men and later rescued by Porter Rockwell, a colorful and

somewhatfolkloricfigureinMormon history. They also witnessed the burial of a young pioneer couple's baby and were asked to share some of their meager provisions with a distressed women whose desperate circumstances left her without food but with gold. The pleading women offered the members of the passing companies gold nuggets in gratitude for answering her prayer for help. Later on the trail, the same companies exchanged their gold nuggets for food at the trading post. One company only shared a little and found themselves in distress at the trading post with only one gold nugget for the entire company to trade for food.

Two very significant events along the way involved even greater sacrifice and choices that elicited emotional responses from the leaders and the youth. At one point, all the young men were mustered into the Mormon Battalion to assist the U.S. Army in the Mexican War, leaving the young women to move the remaining handcarts up the rocky terrain alone. Audible thoughts of 'how could they possibly do this?' were heard as the young men marched away leaving mothers, grandmothers, sisters, and wives to go forward facing the western frontier alone. However, the young women came together, gathering around the carts, in the yoke, on the ropes, and in the rear, pushing and pulling the remainder of the way. Over and over young women hiked back down the hills to assist the next carts until all the carts reached the top. Shocked by how fast the young women and carts arrived, the young men cheered! And, though they rose to their challenges, the young women eventually made it clear that

it was "so nice to have the boys".

One of the most poignant trials the groups had to face was a crossing of the Sweetwater River.

Adult leaders on the trek described it this way: "The Saints had to cross many rivers in their journey to the valley. The Sweetwater was one of these, and they crossed it more than 5 times. Shortly after completing the crossing, they were enveloped in a snowstorm that was unusually severe and long-lasting. They were already wet from the crossing, and the wetness froze the clothing to their bodies. Men who once had been strong sat on the frozen ground and wept, as did the women and children. Many simply could not face going into the frigid water one more time. Three eighteen-year-old boys belonging to the relief party came to the rescue, and to the astonishment of all who saw, carried nearly every member of the ill-fated handcart company across the snowbound stream." Following the retelling of the story, young men volunteers from the companies were called to carry the women across the river. The companies were told, "Ladies, you have already had an opportunity to test your strength. Remember that there will be times in your life when you may need to depend on your husband to carry you." Every young man stood, then stepped forward to participate. Tears welled up as young women expressed a quiet

Coordinating the safety of the participants with the medical team and the protection of the wilderness with the El Dorado National Forest Amador Ranger District received the highest priority from the planners and 30 member support team. Leaders say the handcart trek tested the will, resolve, and strength of these young pioneer participants. Trek youth gathered again at the end to share feelings of appreciation and gratitude for "what the pioneers went through then in order for them to have a wonderful life today".

thank you.

HUGE Parking Lot Sale - Reserve your Space NOW!

Saturday, Sept. 20, 7am - 5pm. Setup: Friday, Sept 19th (all day) or after 5am on Saturday the 20th. Location: Sierra Arden Church, 890 Morse Avenue (Corner of Morse and Northrop, near Fair Oaks and Watt).

8 foot wide space, \$25

12 foot wide space, \$30. \$5 discount for repeat sellers. Reservation: Call 916-483-5501

Victory Christian Schools Grades K – 12

For 45 years, Victory Christian Schools have been offering an outstanding academic program in a safe environment of spiritual nurturing, allowing students the opportunity to grow to their full potential in Christ.

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Orangevale News & Views Mom's-R-Us BBQ for Families Is Your Money Working See Hard 25 Von Do?

Mom's-R-Us, a free mother's support group for women who are raising children of all ages, prepares for a new year of friendship, support, fun activities and learning how to be the best parents we can be. Mom's-R-Us is a ministry of the Orangevale church of Christ located at 5915 Main Ave, in Orangevale. Mothers/ Grandmothers who are raising children/grandchildren invited to join! The group will meet Tuesday mornings from 9:30am -11:30am beginning September 9th at the Orangevale church building. Free child care will be provided for infants up to two years old. A Christian based Preschool Program will be provided for children 3-5 years old, while mothers are attending the support group. Free of charge as well.

Kicking off their year will be the eagerly anticipated "Welcome Back & Get Acquainted Barbeque for Families". It will



feature a barbecue and volleyball for all, as well as jump houses for the children. The event will be held Saturday, September 6th from 6-8:30pm at above address. Meat and beverages will be provided. Families are asked to bring either a side dish or dessert.

Everyone is welcome to join in the fun, get acquainted with last year's moms group and come to learn about this year's exciting program.

For more information or to enroll in this year's session, please call 916-988-2011.

Holiday Craft Fair at East Valley Church

East Valley Church of Orangevale is Hosting a Holiday Craft Fair on November 15, 2008. Premium Space \$75.00 & Basic Space \$65. For an application or more information call EV at 916.988.1717 or email; EVCRAFTFAIR@ Comcast.net.

Overalls Dance Club

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A Cure for Loneliness A Way to Outgrow Those Two Left Feet A Genuine Fountain of Youth Activity Where is all this fun happening?

Thursday Evenings 7:30 to 9:00 PM Orangevale Grange 5807 Walnut Avenue Orangevale, CA 95662 916 988-0806 or 916 988-6021

"classes "link No Partner Needed - Casual Attire -Refreshments Served

Or go to www.asdsc.org and click the

American Cancer Society

Relay For Life of Orangevale

September 6 -7, 2008 Louis Pasteur Middle School

IT'S NOT TOO LATE TO GET INVOLVED! There are many ways to support this important community fundraiser:

1. Cancer Survivors: Gifts and a complimentary breakfast (9:00 - 9:45) await our honored survivors at the Survivors' Tent. We invite you to walk the 1st lap of the Relay at the Opening Ceremony at 10 a.m.

2. Form/ Join a Relay team: Contact Team Captain Coordinator, Lorraine Silvera, to learn more about this exciting 24-hour cancer fundraiser and to register your team. (phone: 806-8261)

3. Attend the Relay! You don't have to be on a team to experience the magic that is Relay. Join your community in the fight against cancer. Don't miss the Opening Ceremony at 10 a.m. and the Luminaria Ceremony at 9 p.m.

4. For more information, call Ann Hively: 425-2406

as Hard as You Do?



Kirk Camunez

It's Labor Day, which, ironically enough, means that many people are taking the day off work. But if you're like most people, you spend most of your days working hard. And if you're going to achieve your long-term goals, such as a comfortable retirement, you'll want your money to work hard for you,

What can you do to keep your money gainfully employed? Here are a few ideas:

· Invest for growth. Many people make the mistake of investing too conservatively. Of course, the stock market will always fluctuate, and some price drops can seem frightening. Yet if you try to "play it safe" by investing strictly in conservative investments, such as bonds and certificates of deposit (CDs), you could be taking another type of risk: the risk of losing purchasing power. That's because fixedincome investments may not provide a return that keeps up with inflation. To really have your money work for you, then, you should include at least some growth-oriented investments, such as stocks, in your portfolio. You can't eliminate the risk of losing principal, but you may be able to reduce it by purchasing quality stocks and holding them for the long term.

• Don't take "vacations" from investing. If you want your money to continually work hard, don't give it a vacation. Yet that's just what many people do, especially following an

event that is commonly perceived as detrimental to the financial markets, such as a war, a corporate or political scandal or a spike in oil prices. But in the past, the markets have always rallied, even after the most disturbing news. And while it's true that past performance is not a guarantee of future results, it's also true that investors who stop investing for a while, as they wait for "things to get better," generally earn poorer returns than those who have stayed invested, through good times and bad.

• Take the emotion out of investment decisions. It's been said that fear and greed drive the markets. In other words, investors sell stocks when their prices are down because they are afraid of further drops, and they buy more stocks when the prices are high in the hope of earning even more profits. In other words, their emotions cause them to do the opposite of the most famous piece of investment advice: Buy low and sell high. Don't make these mistakes. Your money will work harder for you if you invest it in a careful manner, based on your individual needs, goals and risk tolerance.

 Review your portfolio regularly. To make sure your money is, in fact, working hard, you'll need to check on it from time to time. That's why it's a good idea to have regular portfolio reviews, preferably with an experienced financial advisor. Over time, your needs may change, or your investments themselves may evolve in a way you hadn't anticipated. If these things happen, you may need to make some changes to your portfolio so that you can take advantage of new opportunities.

By following these suggestions, you can help your money work for you in the years and decades ahead. And, as is often the case in life, hard work can bring good results.

This article was written by Edward Jones for your Edward Jones financial advisor.

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First Edition for September 2008

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Final Maturity: Make Whole Call

McDonals Corporation

Final Maturity: Make Whole Call

Wal-Mart Stores

10/15/37

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Final Maturity: Make Whole Call

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Page 9 First Edition for September 2008

Gold River News & Views

Political Publisher to Speak at Luncheon

California Political News and Views, will be guest speaker at the American River Republican Women Federated Luncheon on September 13, 2008. He served three terms as California Republican Parliamentarian, President of California Republican Assembly and Founder of the Assemblies to name a few.

Stephan has been very active in numerous campaigns and causes over the past 45 years; Nixon for Governor in 1964, Goldwater for President in 1964, Reagan for Governor in 1966, Reagan for President in 1976 and 1980,

Stephan Frank, Publisher of served as Deputy Political Director, full time on behalf of prisoners and Simon for Governor (CA) in 2001-2, Senior Adviser, Jones for US Senate (CA) in 2004, Advisor to California Republican Party for Special Election in 2005.

Mr. Frank currently advises Past campaigns and causes on "Netroots", the use of the Internet for building the base, moving the National Federation of Republican message, broadening the reach of phone banks and voter contact. He works on the development of volunteer organizations in support of candidates and causes, including creating coalitions. He also is working with People of Faith in support of candidates and causes.

Stephan was the developer of member of California Electoral POW/MIA bracelet with Bob College in 1980. Most recently he Dornan. He worked seven years

those missing in action. Including organizing of offices in over 100 US cities, creating collateral material, doing radio and TV appearances nation wide and negotiating with the North Viet Namese, Viet Cong, Khmer Rouge Pathet Lao in Europe and Asia on behalf of the families of the POW's and MIA's.

The Luncheon will be held at Lake Natoma Inn, 702 Gold Lake Drive, Folsom, CA 95630. Republican Women and Men are welcome. Membership is open to all Republican Women and Men. Sign in at 11:30, Luncheon at 12 Noon. Cost is \$27. RSVP to 916-435-9730 by 9/9/08.

Guide-Dogs for the Blind Scholarship Winner!

Emily Cheng is currently raising her ninth Guide Dog puppy, Colbert, from her home in Gold River. She is a teen leader in her puppy raising group, Puppies with Promise of Sacramento. Four of the dogs she has raised have become working Guide Dogs throughout the United States. In 2006, Emily spent her summer as an intern in veterinary clinic observing and helping the veterinarians and staff at the Guide dogs for the Blind campus in San Rafael. She recently received a \$2,000 scholarship from Guide Dogs for the Blind for her work with the organization.

In addition to dedicating her life from age nine to Guide Dogs for the Blind, Emily has also devoted much of her time to Girl Scouts. She is a Senior Girl Scout and has earned her Silver and Gold Award. For her Girl Scout Award project, Emily organized a Guide Dog for the Blind awareness booth at a local fair.

While in high school, Emily has been involved in her school's InterAct Club, Save Darfur Club, and Environmentalist Club. She also received a \$500 scholarship from the California State PTA for her efforts in the community.

Emily is a nationally ranked women's saber fencer. She competes throughout the United States and holds the title as the 2006 Gold Medalist in the Division II category at the USFA National championships. Most recently she received the Bronze medal in the Division 1A category and a fifth place medal in the Junior category at the 2007 USFA National Championships earning her A rating.

In the fall, Emily will be attending the Ohio State University in Columbus, Ohio. She is currently undeclared in her major. She is planning on using her freshman year to explore her



Emily Cheng and Colbert

possibilities. Emily will be part of the Ohio State University Fencing Team, who are currently the 2008 NCAA

champions. Once Emily is finished with college and has a career, she wants to pick up with Guide Dogs again and continue

raising puppies for Guide Dogs for the Blind

Kay Burton is a longtime columnist and supporter of the SSPCA and other rescue groups. To share your family pet story with our readers, email: Kayburton1@comcast.net

The Friends of the Folsom Library's Fall 2008 Book Sale

The Friends of the Folsom ages, DVDs CDs, videos, audio 4:00pm, admission FREE. Library's Fall 2008 Book Sale cassettes and more! will be on September 19th -Library's meeting room.

We'll have wonderful bargains

21st, 2008 in Folsom Public 19th, 5:00 pm to 8:00 pm, or (916) 608-8743 or www. admission \$5.00

The Sale is on Saturday 20thth in gently used books for all and Sunday 21st, 9:00am to

For more information, The Preview Sale is on Friday please call (916) 355-7374 friendsofthefolsomlibrary.org

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Garbeau's Rewards "Repeat Offenders" for **Rocky Horror Return**



The Rocky Horror Show is well known for outlandish costumes, audience participation, and midnight productions. As the show returns to Garbeau's this October, owner Mark Ferreira is also recognizing another staple of the cult classic: frequent repeat attendance. "The show was a hit list year," Ferreira stated, "and it helped that there was a core of about thirty fans who came to every single production."

This year, Garbeau's is offering "Frequent Flyer" passes to its October midnight productions. A "5-pack" is valid for any five Rocky Horror performances and a full pass is valid for all ten performances.

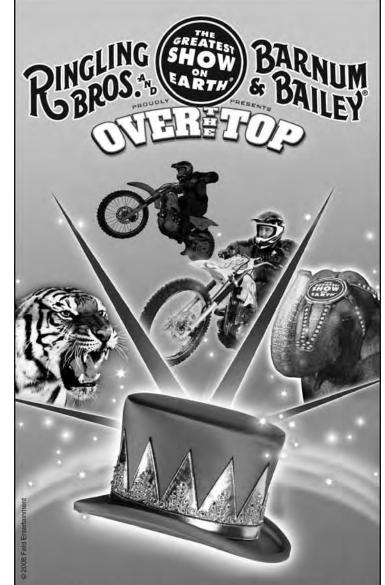
Purchased by August 31, prices are \$50 for a 5-pack (\$50 savings) and \$80 for a full pass (\$120

From September 1st through September 29th, prices will increase to \$75 for a 5-pack and \$125 for the full pass.

Passes are valid for only one admission per performance. Passes are non-transferable and not redeemable for cash.

The live version of The Rocky Horror Show returns to Garbeau's October 3 – November 1, Fridays and Saturdays at midnight. 18+ ID is required and costumes are encouraged. Passes can be ordered by calling the Garbeau's box office at (916) 985-6361. More information





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SAVE SO ON TICKETS FOR KIDS LINDER 1	21		

***(Excludes Circus CelebritySM, Front Row and VIP seats. No double discounts.)

For the fastest and easiest ways to order tickets, go to www.Ringling.com, www.ticketmaster.com, ticketmaster Retail Locations, ARCO Arena

Box Office or call (916) 649-8497

TICKET PRICES: \$14 - \$17 - \$23

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Saturday 13 Sept - Rancho Cordova Elks Lodge:

Group: 30's-40's-50's Dance Band Event: Dinner & Dance Date: Saturday 13 September 2008 Time: 6:30-9:30 PM

Price: \$15 per person (Reservations suggested)

Elks members & guests. Location: Rancho Cordova Elks Lodge, 11440 Elks Circle, Rancho Cordova, CA 95740 Sponsor: Rancho Cordova Elks Lodge Phone: 916-635-8038

Proposition 6 Targets Illegal Immigrant Gang Members

by Jan Scully and John McGinness

On June 22, Edwin Ramos was making a left turn onto a narrow street in San Francisco when Tony Bologna's car briefly blocked him. Mr. Bologna, 48, whose sons Michael, 20, and Matthew, 16, were also in the car, politely backed up his vehicle.

What was Ramos' response?

He pulled alongside Bologna's car and without a word shot and killed the father and both sons. According to San Francisco police, Ramos is a native of El Salvador, a reputed member of the notorious MS-13 street gang, and illegally in the U.S.

The senseless murders of Tony Bologna and his sons are clear evidence of systemic problems in California's criminal justice system, which block effective enforcement of our anti-gang laws, particularly in cases involving juveniles, illegal immigrants, or both.

That's why we support Proposition 6.

As longtime members of the law enforcement community, we see an urgent need to balance programs for crime prevention and early intervention with aggressive enforcement against felony gang activity. To achieve this balance and a sustainable statewide gang suppression policy, law enforcement throughout California developed Proposition 6, the Safe Neighborhoods Act, which will be on the November ballot. Under Prop 6, the Bologna murders might not have occurred.

As it turns out, Ramos was no stranger to law enforcement. At age 17, he beat and kicked a passenger on a San Francisco bus, an assault captured on videotape. He was briefly incarcerated, then released. Four days later, he attempted to rob a pregnant woman. He was prosecuted as a juvenile on both charges, but was not turned over to federal immigration authorities.

In March of this year, Ramos was stopped for driving a car without a license plate. His passenger (identified as a fellow MS-13 gang member) attempted to discard a gun, which



police recovered. Ramos was arrested, and when the gun could not be tied to him he was released from jail without being held for immigration charges. The gun was later determined to have been used in a double homicide.

Here in Sacramento, the Sheriff's Department is still struggling with the loss of Detective Vu Nguyen, shot and killed last year during a sweep of known gang hangouts. The Sacramento District Attorney is prosecuting a 16 year old alleged gang member for the murder.

There is little satisfaction in sending a 16-year-old to prison for life. We must act swiftly and forcefully to contain gang violence. The murder of Detective Nguyen and the unprovoked Bologna homicides scream out for earlier intervention and better enforcement. In cases like these, the overwhelming loss is deepened by a sense these crimes could have been avoided.

Proposition 6 gives enforcement more resources, including improved gang data bases and GPS capacity to monitor convicted gang members. In court, it expands the use of "deferred entry of judgment," which permits juveniles convicted of firsttime non-violent felonies to have their records expunged if they comply with court imposed conditions. Outside of the justice system, Prop 6 invests in juvenile early intervention and programs like police athletic leagues, to offer young people alternatives



to gang involvement.

If Proposition 6 were in place today, a 17-year-old like Ramos participating in a gang assault could be charged as an adult. If, like Ramos, he was an illegal immigrant, Proposition 6 would require he be held without bail and his status reported to immigration authorities.

With gang murders increasing, now is the time for action. Crime in California. including homicides, dramatically through most of the 1990s. From 1999 to 2006, the number of homicides throughout the state increased by almost 500. Department of Justice reports indicate that virtually the entire increase in homicides from 2000 to 2006 was attributable to gang murders. While California's homicide rate was climbing, from 1999 to 2006 the composite homicide rate for the other 49 states dropped.

California must distinguish between kids who make mistakes with drugs or theft, and the threat posed by violent juvenile gang members. We must distinguish between immigrants who work to support their families, and brutal foreign nationals who

Proposition 6 make these distinctions, ensuring both accountability and sustainability for anti-gang programs that benefit all of California.

Jan Scully is the Sacramento County

John McGinness is the Sacramento

Hit And Run Fatal Motorcycle Accident



Officer Lizz Dutton, Public Affairs Officer

On August 24, 2008 at approximately 8:35 p.m., Michael Winnett, a 46 year old from Sacramento was riding a 2006 Kawasaki Vulcan motorcycle on westbound Madison Avenue approaching Lincoln Oaks Drive at

approximately 45 mph in the left lane. An unidentified driver, was driving a grey 1991 Hyundai Elantra was stopped on southbound Lincoln Oaks Drive at the posted stop sign. The driver of the Elantra began to pull out and make a left hand turn onto eastbound Madison Avenue and failed to see Winnett's motorcycle approaching. The left front of the Hyundai struck the motorcycle and ejected Winnett. Winnett was thrown approximately 30 feet into the left hand turn lane of eastbound Madison Avenue at Lincoln Oaks Drive. Winnett was transported to Mercy San Juan Medical Hospital

with major injuries. Due to Winnett's serious internal injuries he died at the hospital approximately 26 hours later. Winnett was wearing his helmet at the time of the accident.

Immediately after the collision, the driver of the Hyundai fled on foot and was not located.

If you witnessed this collision please call Officer Putman at the North Sacramento CHP office at (916) 338-6710.

This collision is still under investigation.

Motorcyclist Dies in Suspected DUI Crash

Officer Lizz Dutton, Public Affairs Officer

On August 18, 2008 at approximately 1:45 a.m. Robert Warn, a 24 year old from Rocklin was riding a 1998 Suzuki GSX R600 motorcycle on southbound San Juan Avenue approaching Madison Avenue at approximately 80 mph. Alexander Vizitiu, a 27 year old from Elverta was driving a white 2008 Ford Crown Victoria on eastbound Madison

Avenue at the intersection of San Juan Avenue. Vizitiu had a steady green signal and was proceeding through the intersection when his vehicle was struck by the motorcycle. Due to Warn's speed and failure to stop at the red traffic signal his motorcycle struck the left rear of the Ford. The impact caused Warn to be thrown his motorcycle in a southerly direction where he came to rest on the roadway. Due to the

blunt force trauma he received, Warn was pronounced dead at the scene. (Sacramento Coroner's Case # 08-04411). Warn was wearing a helmet at the time of the collision. Vizitiu was not injured. Warn is suspected of driving under

the influence of alcohol.

This collision is still under investigation.

Woman Dies in Traffic Collision in Elverta

Officer Lizz Dutton, Public Affairs Officer

On August 17, 2008 at approximately 5:57 p.m., Kerrina Bradley a 28 year old from Roseville was driving a silver 2006 Honda Accord on eastbound Elverta Road west of 16th Street at approximately 45 mph. Kathy Turner, a 50 year old from Lodi was driving a silver 1993 Toyota Tercel on westbound Elverta Road east of 16th Street at approximately 45 mph. As Bradley approached 16th Street she began to make a left turn onto northbound 16th Street directly in the path of the Toyota. Turner attempted to swerve to the left

to avoid the Honda, however; she was unable to avoid striking the right side of the Honda. The impact of this collision caused the Honda to spin out of control and the right rear of the Honda struck a maroon 2007 Ford Focus driven by Karyn Henderson, a 39 year old from Sacramento. The Ford Focus was stopped on southbound 16th Street at Elverta Road. The right front passenger of the

Toyota, Ofhelia Cordero-Garcia, a 60 year old from Lodi was transported to Mercy San Juan Medical Hospital where she died from her injuries. (Sacramento Coroner's Case #08-

04409). The driver of the Toyota, Turner complained of pain to her chest and had minor lacerations and will seek her own medical aid. The driver of the Honda, Bradley was transported to UC Davis Medical Center for complaint of pain to her back and had lacerations to her head and upper extremities.

All parties were wearing their seatbelts during the collision. Alcohol and/or drugs are not believed to be a factor in this collision. The roadway was closed for approximately one hour.

This collision is still under investigation.

88 Year Old Passenger Dies in Traffic Collision

Officer Lizz Dutton, Public Affairs Officer

On August 19, 2008 at approximately 12:56 p.m., Margaret Munger, a 39 year old from Fair Oaks was driving a blue 2002 Dodge Dakota pickup on eastboundMarconiAvenueapproaching Ione Street. Conrad Murray, an 89 year old from Sacramento was driving a 2008 Saturn westbound on Marconi Avenue at Ione Street. Conrad began to make a left turn onto Ione Street directly in the path of the Dodge. The Dodge

struck the right side of the Saturn and continued out of control causing it to roll over two times.

Munger was transported to UC Davis Medical for complaint of pain to her right shoulder. Munger's 4 year old daughter was also transported to UC Davis for bruising and precautionary Munger's daughter was reasons. properly seat belted in a Child Restraint System which most likely saved her life and lessened her injuries.

Murray was transported to Mercy

San Juan Medical Center with lacerations to his head and body, a fractured hip, and a dislocated shoulder. His wife, 88 year old Lovenna was also transported to Mercy San Juan Medical Center where she was pronounced dead. Both of the Murray's were not wearing their seatbelts at the time of collision. Murray's driver's license was suspended due to a medical disability.

This collision is still under investigation.

California's Mandatory Dog **Spay and Neuter Bill Fails**

California's Mandatory Dog Spay and Neuter Bill Failed by 5-27 Vote in State Senate; **Senators Respond to Outcries** from Pet Owners

Business Wire - In a resounding defeat for Assemblyman Lloyd Levine's (D.-Van Nuys) proposed mandatory pet spay and neuter bill, AB 1634, the State Senate today rejected his often-amended bill by a vote of five in favor and 27 opposed.

Concerned Dog Owners of California (CDOC) has steadfastly led the opposition to the bill from its inception and galvanized dog owners not only throughout California, but across the nation, to express their opposition to the proposed legislation.

CDOCgalvanizednotonlyindividual dog owners in California to write their elected officials to urge their rejection of the AB 1634, but also coordinated activities among a broad range of dog clubs and related organizations to urge defeat of the bill.

"Right issue, wrong bill," said Cathie Turner, Executive Director of CDOC. "We are ecstatic that our elected officials saw the merit in our arguments against this ill-conceived and poorly written legislation. Unenforceable laws that cost Californians money and infringe on personal rights are the last thing we need in California. At the same time, CDOC does believe that we all have to work together to reduce irresponsible pet ownership, and we will continue to work with everyone to achieve that

Prior to its defeat in the Senate, the bill passed in the Assembly on a close 41-37 vote.

to Bill McFadden, According President of CDOC, "This would have been a law that law enforcement admits

cannot be enforced and that would have endangered the health of dogs. Permanently identifying dogs, increased education regarding responsible dog ownership, enforcing the laws against illegal import of dogs from beyond California's borders - all make more sense than this ill-conceived bill that was promoted by extreme animal rights

The mission of CDOC is to provide information and education to elected officials and others so that legislation and regulation will promote the health, well-being and appropriate care of all dogs, protect the rights and responsibilities of dog owners and breeders, and support responsible dog ownership.

CDOC is located at 22647 Ventura Blvd., #108, Woodland Hills, CA 91364. The CDOC website is CDOCA.org.

Helicopter Crash Survivor Eric Henrikson Announces Major Donation to Trauma Center

Three years ago, Sacramento County Sheriff's Deputy Eric Henrikson survived a horrific helicopter crash that claimed the lives of two friends and fellow officers. On Tuesday, Aug. 26, Henrikson announced that he is making a major donation to Mercy Foundation to benefit the Mercy San Juan Trauma Center that he credits for saving his life.

"What they did for me was a miracle. I know how committed the people at Mercy San Juan are to the Trauma Center and that they have an excellent program. But if something I can do can make it even a little better, then I want to be there for them the way they were there for me," Henrikson said.

Henrikson said he has asked that some of the funds be committed to specialized education for trauma nurses. The remainder of his donation will benefit the trauma areas of greatest need, which will be determined by Mercy San Juan's leadership team.

Joining Henrikson announcement was his mother, Dee Wilkerson, Mercy San Juan President Brian Ivie, Mercy Foundation President Bridget McCarthy, and surgeons Mark

Owens, MD, Leon Owens, MD, and Joelle Jakobsen, MD - the doctors who guided Henrikson through a series of medical procedures and through months of intensive care.

Mercy San Juan's trauma team encompasses many aspects of the medical center, beginning with Emergency Department physicians and staff. Surgeons from various specialties work side by side with specially trained nurses, physical therapists, pharmacists, respiratory therapists, social workers, and chaplains.



Gray Areas are important too.

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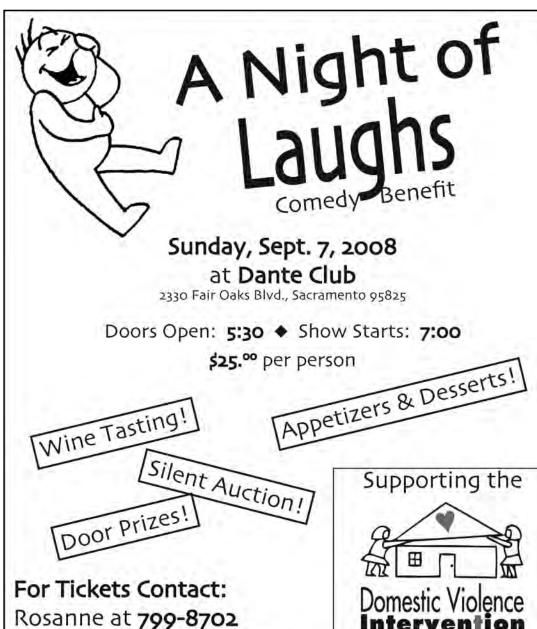
FACTA is only one piece of legislation that affects your business. There are others:

- HIPAA Security Rule
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- Numerous individual state laws (such as the Texas Whistle Blower Statute)

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By Pastor Ray Dare

Like the Olympic games, the Bible says the Christian life is like a race. However some people never reach the finish line. For one reason or another, they putter out and die with unfulfilled dreams, and unrealized potential; without ever becoming what God intended them to become. That's a tragedy. The apostle Paul said in 2 Timothy 4:7, "I have done my best in the race, I have run the full distance, and I have kept the faith." Are you going to be able to say that about your life? That you did what God made you to do? That you fulfilled God's purpose for your life? Where do you get the power you need to fulfill God's purpose for your life? Here are thee ways...

Recharge yourself daily. To keep on keeping on, you must learn how to recharge yourself daily. "We do not become discouraged because our spiritual being is renewed day by day." 2 Corinthians 4:16. That means you recharge every 24 hours. Strategic Air

hours a day as a shield of protection for our nation. How do they keep them full of gas? They do mid-flight refueling. You have to learn how to refuel mid-flight, in the middle of your hectic lifestyle. How do you do that? You take 30 minutes or so and spend time in worship, prayer, and Bible reading. You don't find the time for

this, you make the time. Receive help from God's Family. As long as you pretend to be selfsufficient, you short-circuit God's power in your life. You need to admit your inadequacy and say, "God, I can't handle this alone! I need the help of others!" If you don't have any strong Christian friends, a small group, a mentoring relationship, or people around you that will support you, do ministry with you and even help you in practical ways then you're hurting yourself spiritually.

God never meant for you to live life alone, to serve Him alone, to be alone. There are no Lone Rangers in God's Kingdom; no super heroes, no superstars. We all need the help of others in the Body of Christ. That's why is so important to attend church every Sunday and not just "attend" but to get involved, becoming a participator and not just a spectator. If you're not a member of any church I invite you

family. You're not going to make it on your own. God intentionally puts weaknesses in our lives so we realize how much we need each other. You need to receive the support of God's

Rely on God's Grace. Do you know how many years it took Noah to build the ark? 120 years. Can you imagine working on anything for 120 years? Where did he find the strength to keep going? The Bible tells us in Genesis 6:8, "Noah found GRACE in the eyes of the Lord." The Christian life is not a matter of will-power...that is your power. It's a matter of God's Will and God's Power. That's part of grace, the Will and the Power to do God's purposes. When God gives you the will to do something, He also gives you the power to do it. You must learn to rely upon His power and not your own. This is His promise to you today, "God who began the good work within you will keep right on helping you grow in His grace until His task within you is finally finished..." Philippians 1:6 (LB).

See you Sunday, Pastor Ray

New Community Christian Church www.YourNewChurch.org

Where to Get the Power You Need Find Your Key to Happiness goal is to hunger and thirst after the righteousness of the Lord the



by Marlys Johnsen Norris

Happiness appears to be a priority in life. Without a doubt everyone desires to be happy and some people strive all of their lives to find happiness and never quite attain it. Their goal takes them nowhere and they wonder why!

There are many ingredients one

they can come

to a place where they experience true happiness. By this I do not mean a happy moment that is short lived, but an inner peace, joy and contentment that lasts into eternity.

will not find these qualities unless they have come to the place where they put God FIRST and they are honoring and pleasing Him in every area of their life. Yes FIRST, that means before everyone and everything that occurs.

Now that sounds like a big order for some people. However God makes everything very simple and you will never know His unique and wonderful plan for your life until you are willing to "Go God's Way". Truth is, until one comes to the place where they invite God into their heart and life, happiness will escape indefinitely. When ones

goal is to hunger and thirst after the righteousness of the Lord, the doorway is open to receive God's blessings and experience true happiness as a result. Allow God's Word to speak to you.

"But seek first His kingdom and His righteousness, and all these things will be given to you as well". (Matthew 6:33) "And we pray this in order that you may live a life worthy of the Lord and may please him in every way." (Colossians 1:10)

Don't waste another day doing your own thing. Listen to the heartbeat of God. He is calling you and knocking on the door of your heart today. Today is the day of Salvation!

Marlys Norris Award Winning Author for "Recipes for A Happier Marriage" "Intimacy Begins Gong God's Way" Senior Gleanings Marlysj@sbcglobal.net



We've got an extremely grave problem on our hands. In fact, Christians are literally being targeted by one of the most powerful Islamic organizations in the world.

Let me get straight to the matter ... The Organization of the Islamic Conference (OIC), the largest lobbying body of nations within the United Nations (U.N.) - including countries in the Middle East, Asia and even South America - is pushing an anti-Christian agenda with full force.

They're attempting to pass a sinister resolution called "Combating Defamation of Religions." It sounds palatable - However, a careful reading shows that it boldly targets men and women of faith, like you and me, who speak out - in any way - against Islam.

Please understand, this radical proposal essentially discriminates against Christians

sharing the Good News. It could make the proclamation of your faith an international crime - punishable by imprisonment ... even death.

When Supreme Court Justice Scalia said in a recent dissent, "America is at war with radical Islamists," he was exactly right. We are seeing worldwide persecution of Christians as part of the radical Muslim mission to "take the world for Islam" - by purging Christianity from the face of the earth.

In Saudi Arabia, a Muslim father violently cut out his young daughter's tongue and burned her alive upon learning she had become a Christian.

In Africa, a leading Gospel singer was seized, stuffed into a cargo box - with a single hole for air - and left for a month to go crazy or die. After two years, she was released, fled her captive country, and was granted political asylum in Denmark.

· In Iran, a couple was tortured for reading the Bible.

· Two men in Algeria were tried and

convicted for possessing Christian books. Make no mistake, the ACLJ is absolutely dedicated to combating this perilous resolution at the United Nations. In fact, our European Centre for Law

and Justice (ECLJ) is officially recognized by the U.N. - which is absolutely critical right now as we work aggressively as your voice on this issue. I am personally leading a team of ACLJ and ECLJ attorneys and staff researching, preparing reports and oral presentations - on your behalf, to protect your religious freedom.

We're calling on the U.N.'s High Commissioner of Human Rights to vehemently oppose this dangerous resolution and focus instead on improving existing international law to protect the religious beliefs of all individuals.

We need your support, in prayers and giving, as we launch our nationwide campaign to aggressively defeat this bold anti-Christian bigotry. There is no other choice - we've got to win this battle for freedom at the U.N., or the ramifications for Christians will be staggering. Let me hear from you quickly.

American Center for Law and JusticeP.O. Box 90555, Washington, D.C. 20090-0555Phone: (800) 296-4529

Catholic Clergy Correct Misrepresentation

Christian Newswire - The Confraternity of Catholic Clergy repudiates the inaccurate statements made by Speaker Nancy Pelosi. We also endorse the statement made by Archbishop Raymond Burke (Prefect of the Apostolic Signatura): "Catholics, especially politicians, who publically defend abortion should not receive Communion, and that ministers of Communion should be responsibly charitable in denying it to them if they ask for it, 'until they have reformed their lives.

When asked when does life begin, Pelosi replied "over the centuries, the doctors of the church have not been able to make that definition ... St. Augustine said at three months." She went on to say that the Church's official teaching on abortion is only fifty years old. Although true that Humanae Vitae was written in 1948, the Catechism in 1992 and Evangelium Vitae 1995, nevertheless, the Catechism

#2271 "Since the first century the Church has affirmed the moral evil of every procured abortion. This teaching has not changed remains unchangeable. Direct abortion, that is to say, abortion willed either as an end or a means, is gravely contrary to the moral law.'

This contradicts the premise that this has been an undecided issue within the Church. Rooted in the Gospels (Luke 1:39-45), it is explicitly stated in the Didache, a document going back more than fifty years to almost two THOUSAND years (50 AD)

It is disingenuous to invoke the Mediaeval biology of Augustine, based on the primitive biology of

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Aristotle (4th c. BC). Aristotle proposed that we begin as vegetative (plant) then develop into sentient (animal) and finally rational become (human). Augustine accepted that but NOT as an article of faith. The perennial and infallible teaching is that abortion is always grave evil. Abortion (including the willful destruction of human embryos) and euthanasia are always intrinsically evil since they involve the intentional killing of innocent life.

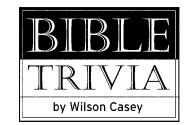
Regardless of party affiliation, candidates and voters are subject to the Natural Moral Law. Not all valid issues are of equal importance. There is a hierarchy of values and the highest being the defense of innocent life. Abortion and euthanasia are always intrinsically evil since they involve the intentional killing of innocent life. Other issues such as capital punishment and war may involve legitimate debate. Other concerns such as the environment and the economy merit serious consideration. The right to life, however, is the highest value we have as American citizens and as Catholic Christians



Dancing is wonderful training for girls; it's the first way you learn to guess what a man is going to do before he does it.

CHRISTOPHER MORLEY

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- 1. Is the book of Colossians in the Old or New Testament or neither?
- 2. Which book may be summarized as, "The end of the world as we know it"? Proverbs, Ephesians, Hebrews, Revelation
- 3. From Acts 22, where was Paul brought up? Jerusalem, Derbe, Anathoth, Jericho
- 4. How many books of the Bible (KJV) begin with letter "Z"? Zero, 1, 5. From Ecclesiastes 3, there is a
- time to kill and a time to do what? Plant, Embrace, Heal, Rest 6. In James 3, what can no man tame? Evil, The tongue, Lions,
- ANSWERS: 1) New; 2) Revelation; 3) Jerusalem; 4) 2; 5) Heal; 6) The

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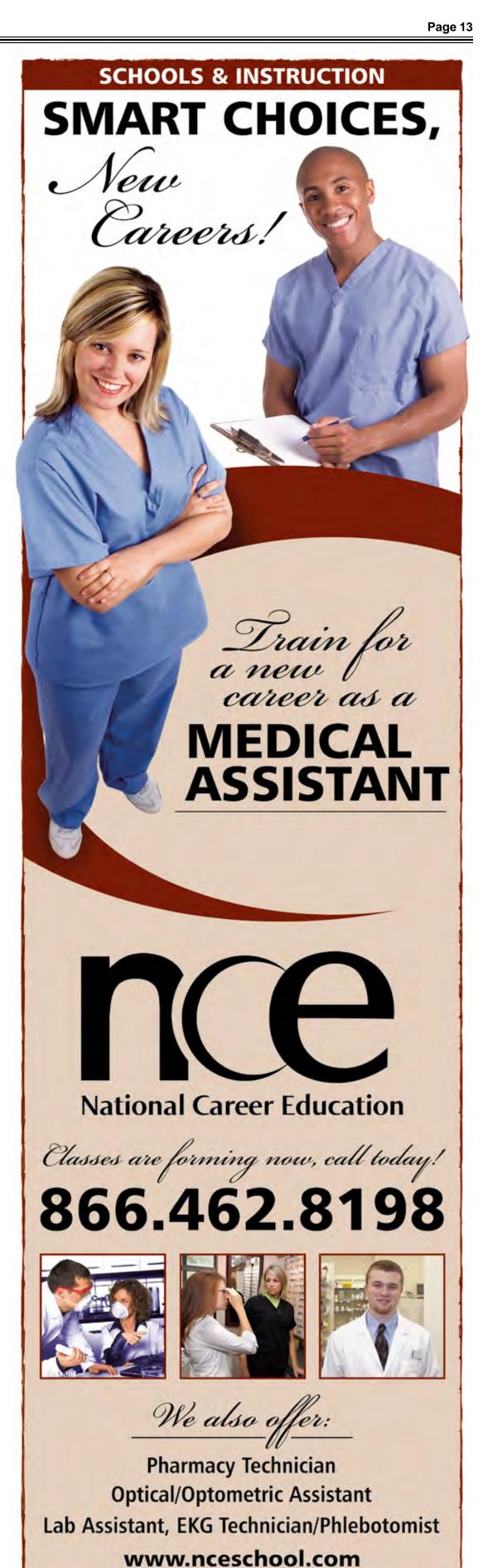


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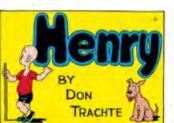


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THERE!!

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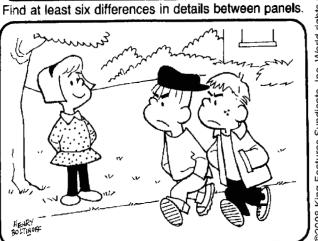
by Jeff Pickering







HOCUS-FOCUS HENRY BOLTINOFF



Differences: 1. Dress is dotted. 2. Jeans are black. 3. Different boy is wearing cap. 4. Bushes have been added. 5. Girl's bow is gone. 5. Side window is gone.

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1. ANIMAL KINGDOM: What is the underside of a horse's foot called? 2. TELEVISION: Who played the Hardy Boys in the 1977 television series "The Hardy Boys/Nancy Drew Mysteries"? 3. LITERATURE: Who wrote the book "Starship Troopers"?

4. HISTORY: When did the Philippine Islands gain independence from the United States? 5. ADVERTISING: What company's old

advertising slogan said its product was "everywhere you want to be."

6. GAMES: In Monopoly, which gameboard spaces are adjacent to Tennessee Avenue?

7. GENERAL KNOWLEDGE: In what decade was a standard system of Daylight Savings Time adopted in the United States?

8. MOVIES: Who directed the movie "2001: A Space Odyssey"? 9. ANATOMY: What is the function of the brachialis muscles?

Amendment of the Constitution do? © 2008 King Features Synd., Inc.

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10. GOVERNMENT: What does the 26th

Weekly SUDOKU

by Linda Thistle

6					4			8
5	8			2			1	
		2	8			7		
4				9			6	7
		5	1			3		
	3				8		9	
	4			3			2	
		9		5	1	8		
7			6					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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 $MAGIC\ MAZE\ lackbox{lack}$ LAKE — : CITIES XVSQNKHEBYWYTRO L J G(S) E B P Y D T T W U R S OPLAIISGDNB ZXVRLZESCEQEEOM EHAULAKVRRC | W W S R V U E K S O Q P I N O L A A E K T T W J B F VHNOSKCAJRH $C\ E\ T\ E\ C\ A\ H\ H\ Y\ A\ X$ AVHEGROEGUUOSHQ P N M K W J H F E C M M B Z Y

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

Arrowhead Charles Forest Geneva

George Harbor Havasu City Jackson

Ketchum Mohawk Ozark Pleasant

Sarasota Stevens

Answers on Page 4

Contract Bridge

AN ARTISTIC CULMINATION

South dealer.

Neither side vulnerable. NORTH **♠** 10 7

♦ A **♣**K Q 9 8 2 WEST ♦ K̂ Q 10 5 4 3

♣10 6 SOUTH **♦** K Q J 3 2 **♥** A 6

	-K		
The bide	ling:		
South	West	North	Ea
1 💠	Pass	2 ♥	Pa
2 🏚	Pass	3 💠	Pas
3 ♥	Pass	3 🛧	Pa:
4 ♠			
O	1 1		

ass Opening lead — nine of diamonds.

Given the distribution of the East-West hands, it's not surprising that South failed to make four spades on this deal from a national pair championship. However, the play at one table where declarer went down one produced an astonishing conclusion.

West began by leading his singleton diamond to dummy's ace. South didn't care much for his prospects and

had to hope for favorable distribution plus some help from the opponents. So at trick two, he crossed to the ace of hearts and led the four of clubs. West put up the ace and returned the jack of hearts to dummy's king

Declarer cashed the king of clubs, discarding a diamond, but when he next tried to cash the queen, East ruffed with the nine of spades. After overruffing with the jack, South ruffed a diamond with dummy's seven and led a heart, expecting to ruff low in his hand. But East put a stop to that by ruffing with the five, forcing declarer to overruff with the queen.

South was now able to trump another diamond in dummy with the ten, but when he then led a club from the table, East applied the coup de grâce by ruffing with the six. Declarer overruffed with the king to score his ninth trick, but this sequence of plays had created a most unusual denouement. Thanks to East's continual uppercutting tactics, West's A-8-4 had become the three highest trumps and won the last three tricks!

It's comforting to know that the gods of chance, who can be rather fickle at times, occasionally display a sense of humor.

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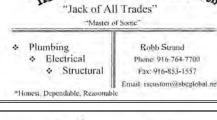
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ALTERATIONS

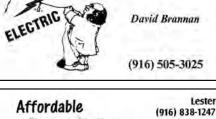
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Answers on Page 4

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KING Crossword

28

ACROSS

- 1 Government agts. 5 Part of a
 - roadie's load Competent
- 12 Latin 101
- word
- 13 Luau bowlful 14 Spruced up
- 15 Succotash
 - ingredient
- 17 Profit
- 18 Where the
- action is 19 Actress
- Jackson 21 Boast
- 24 High
- 30 Peculiar 33 Worldwide

star

work grp. 34 Name

mockingly

Something

About Mary"

"There's

- 35 Mainlander's memento
- 36 Solidify
- 38 Profound
- 39 Listener 41 Listen to
- land

- 54 Ollie's pal 55 That girl
- 56 Needle case 57 Do mailroom
- 59 Shipwreck cause
- 2 Eastern
- potentate
- Position
- 5 Mimic
- New Zealand
 - -pong

- "It's a Wonderful Life"
- Tall, thin person
- 11 Sicilian volcano
- 20 Lounge
- around 22 Valhalla VIP
- 23 Dorothy's
- antagonist
 - dance
- 52 Afternoon affair

- mountain 25 Act
- 37 Formerly
- 43 Sarajevo's
- 46 High-carb entree

- work
- 58 Sweet potato
- **DOWN** 1 FDR's dog
 - Titled lady
- Old bird of
 - Clarence, in

- 10 Deposited
- 16 Prohibit

- 25 Leprechauns'
- 26 Hearty brew 27 Guiding principle

29 Sheltered

38 Chest component 40 Concerning

31 Sandra or

Ruby

34 Actress

32 Pickpocket

Spelling

43 Low voice 44 Aware of

42 Springtime

abbr.

- 45 Wan 47 Fill till full
- 48 Verifiable 49 "Yeah, right!"

First Edition for September 2008 Page 15

"Select" Soccer Team Takes First Place at Prestigious Tournament



Front row (from left to right) - Sarah Bencivengo & Sierra Baltzley. Middle Row: Rebekah Clark, Megan Hausman, Melissa Gerdes, Bailey Davidek, Amanda Larivee, Madelyn Brown, Jordan Hicks, Cianna Moncada-Roman, Amanda Elliott, Alyssa Arreguin, & Caitlin Lane. Back Row: Coaches Jennifer Baltzley, Dan Probasco, Jared Lane, & Tim Clark.

Del Dayo Based Girls (U12) 'Select' Soccer Team Takes First Place at Prestigious Land **Park Tournament**

The River City Spirit girls underage-12 'select' soccer team scored an impressive string of victories this past weekend on their way to winning the championship of the annual Land Park Shootout soccer tournament.

The Spirit began the weekend by defeating the Fair Oaks Magic III by a score of 4-0. They then went on to defeat the Sierra Galaxy 1-0 and earned a berth into the championship game by winning their flight with the defeat of the Land Park Heat, 3-0.

In the title match, the Spirit defeated the Elk Grove Energy by scoring 3 goals in the first half then locking the game down with tough defense to prevent the Energy from scoring. The final score was 3-0. Prior to the title match, the Elk Grove Energy had not given up a single goal in their tournament games.

"The girls have worked very hard over the spring and summer to build their skills, and their dedication to training is now paying off in these bigname tournaments," said Spirit head coach Tim Clark.

For the weekend, the River City Spirit scored a total of 11 goals in four games. None were scored against them.

The River City Spirit is a 'select' soccer team playing in the River City Youth Soccer League, which is an affiliate of the California Youth Soccer Association (CYSA). Half of the Spirit's core roster originates from the North Natomas area of Sacramento, while the other half comes from the Del Dayo area, near Watt and Hwy 50. Head coach Tim Clark has coached youth soccer for 8 years. He is the President of the North Sacramento Youth Soccer Foundation, and he was also a founding board member of the Sacramento North Soccer Club, one of the largest youth soccer clubs in the Sacramento area.

The Land Park Shootout is an annual CYSA sanctioned "select" soccer tournament hosted by the Land Park Youth Soccer Club. Every year, the tournament draws dozens of the best teams from all around Northern California to compete for the top

Please contact Tim Clark for more information or for a high resolution photo of the team with their championship medals.

American River Junior Team Tennis League Coming Soon...

The Sacramento Community Tennis Association (SCTA) is sponsoring a league for new tennis players. The league is called the American River Junior Team Tennis League and it is coming soon to Gold River Racquet Club. This tennis league is for anyone ages 8 to 14 wanting to learn how to play tennis. The league will utilize a new format for learning to play called Quick start. With shorter courts, and large foam balls the game is made easier to learn and play.

The league will begin September 21 and run six Sundays through October 26 in the afternoons. This league is open to the community and membership with Gold River Racquet Club is not necessary for this program. The price of the league is \$59.00. For that you get six weeks of team co-ed play, bag



of gear, and much more.

Open house, registration, and player evaluation will be at Gold River Racquet Club on:

August 28th from 7:00 pm to 9:00 pm

September 7th from 1:00 pm to 3:00 pm September 14th from 1:00

pm to 3:00 pm

Bring your tennis racquets, tennis shoes, dress comfortably and get ready to play tennis.

For more information call or email Ted Burchett @ (916) 616-2127 or Ted_burchett@yahoo.



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River Cats Playoff Schedule Gm. 5: Sun., Sept. 7 at Salt

The Salt Lake Bees clinched the Pacific Conference North Division title and will be the River Cats' opponent in the first Lake (6:05 p.m.) round of the 2008 Pacific Coast League playoffs, beginning Wednesday, September 3rd at Raley Field. The complete schedule of the first-round series with game times:

Sacramento vs. Salt Lake -PCL Playoffs (Round 1) - All times Pacific

Gm. 1: Wednesday, Sept. 3 at

Gm. 2: Thursday, Sept. 4 at Raley Field (7:05 p.m.)

Gm. 3: Friday, Sept. 5 at Salt

(6:05 p.m.) - if necessary

Lake (1:05 p.m.) - if necessary Tickets ARE still available

Gm. 4: Sat., Sept. 6 at Salt Lake for both games at Raley Field (Rivercats.com for ticket info).

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Raley Field (7:05 p.m.)

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A Tax Increase is a Tax Increase

By Jon Coupal

of a budget "deal" that Don Perata claimed he had with Governor Schwarzenegger. But those rumors dissipated faster than roaches under a flashlight beam when Perata was pressed for details. That was good news for taxpayers because the proposed deal, with its massive tax increases, was a non-starter for those California economy.

The rumored deal involved a "temporary" sales tax increase that would not only be repealed in three years, but would actually be reduced taxpayers.

resurrect this proposal, we hope that our elected leaders keep in mind a couple of simple concepts. First, even a temporary tax increase is still a tax increase. Any legislator who pledged not to raise taxes would be breaking that pledge -- irrespective of any characterization that the increase would sunset at some point in the future or that the funds would somehow be "returned" to taxpayers.

Second, does anyone think that the same tax-and-spend forces pushing for massive tax hikes now are simply

years and let the sales tax doubt voters -- especially in rate revert to what it is now? Last week, we heard rumors Or even lower? No one in Sacramento is that stupid or naive. If the Legislature goes along with this rumored deal and imposes an additional one cent sales tax, don't expect it ever to go away. As soon as it is approved, the new programs and employees who depend on it will begin their campaign to make the tax permanent.

The French have a desperately trying to save the saying, "There is nothing so permanent as the temporary." When Pete Wilson confronted the budget crises of 1991 he responded with a penny and a quarter tax increase, with a half cent to sunset the next until it is "paid back" to the year. However, as soon as the half cent expired, state and In case there is an effort to local officials found a way to extend it. They figured Californians had become accustomed to the higher tax and could be lured into approving Proposition 172, touted as a way to boost local law enforcement and fire protection. Several wildfires, given great publicity by the tax backers, allowed Proposition 172 to pass by a narrow margin. We have been paying the extra 1.25 cents ever since.

Any Republican who would consider voting for this is saying three things. First, they would be saying "Californians

Republican districts, would agree with this assertion. Second, a vote for this proposal is saying, "California government -- both at the state and local level -- is relatively free of waste, fraud and abuse and we have cut to the bone." Again, voters are likely to respond to this assertion with a barnyard expletive. Finally, a Republican vote for this would be saying "My political career is over and I going into the Witness Protection Program."

One final point needs to be made about the partisan nature of the budget impasse. The Howard Jarvis Taxpayers Association is a nonpartisan organization with a significant percentage of its members being Democrats. (Note that many are seniors who consider themselves "Reagan Democrats.") But in this budget fight, it is an absolute truth that only the Republican legislators are carrying the banner on behalf of the taxpaying public. We are hopeful that some members of the other party will take a firm stand against tax increases. When they do, they will have our full support.

Jon Coupal is President of the Howard Jarvis Taxpayers Association - California's largest taxpayer organization - which is dedicated to the protection of Proposition



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