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Serving Citrus Heights, Fair Oaks, Carmichael, Orangevale & Gold River Second Edition for August 2008

Sac County Sheriff Believes in the Power of Prevention



Students participating in PROMOTION, a free summer camp in the Valley Hi region complete individual art pieces that came together to form one large picture in the end, symbolic of their community.

Donation will fund substance abuse prevention in the community

by Cole Forstedt

People Reaching Out (PRO) today announced a \$15,000 donation from the Sacramento County Sheriff's Department to support its youth substance abuse prevention programs.

The donation will provide resources for PRO After School, a unique youth-to-youth mentoring program that has grown to serve 16 school sites and gives local high school students the opportunity to mentor an elementary or middle school child. The funds will also allow People Reaching Out to offer free "Parenting for Prevention"

classes and provide parents important tools to help steer their kids away from drug and alcohol use.

"We are very pleased to be able to provide this money to People Reaching Out," said Sacramento County Sheriff John McGinness. "Around 80 percent of the people that we book into the Sacramento County jail every year are under the influence of drugs or alcohol use or because of a dependency on alcohol or drugs - and they commit other crimes to support their habit. Programs like the ones offered by People Reaching Out impact kids early in their lives and can make the difference in the path they choose later in life."

The National Substance Abuse and Mental Health Services Administration recently reported that the greater

number of activities that youth are involved in significantly reduces the rates of cigarettes, alcohol, or illicit drugs use. In Sacramento County, 12 years of age is the average age a child takes their first drink. People Reaching Out provides programs for youth that replace the temptations of drug and alcohol use and puts kids in a safe environment where they are taught and encouraged to make healthy choices for themselves.

"We are very grateful to the Sheriff's department for its donation," said Staci Anderson, executive director of People Reaching Out. "Funding is limited for prevention services and this money is critical to keeping our programs available for our kids. We appreciate the Sheriff's recognition of the value of prevention programs."

The funding is provided by the Sacramento County Sheriff's Department as part of a state program to donate 15 percent of all asset forfeiture money to community organizations that combat drug use and gang activity. Since 1999, the Sheriff's department has provided nearly \$300,000 to local groups and organizations.

People Reaching Out is a non-profit grassroots organization formed in 1981, providing substance use and violence prevention programs, free of charge for youth and their families. In its 27 years of service, People Reaching Out has reached more than 1 million youth and families in the region. For more information about PRO programs, please visit www.peoplereachingout.org.

William Jessup Students Make a Global Impact



Student Josh Ribb takes a photo of playful Tanzanian children earlier this summer at a "Kids Club" event that was hosted by the William Jessup University contingent in the East African country.

By Gabrielle Jackson

In many countries where poverty is widespread, the reality of living on the streets is imminent. The threat of becoming just another homeless statistic is rampant in Tanzania, where the unemployment rate is extremely high and families struggle to make ends meet.

Unexpected help arrived just in time for one Tanzanian family of two college-age teens, named Victor and Imani, who were threatened with losing their home in impoverished Ujiji, the oldest town in western Tanzania.

Students from William Jessup University learned about the family's plight while on a mission trip earlier this summer to East Africa and felt a strong desire to reach out and make a difference in a country where the average family income is around \$350 a year and infant mortality rate is about 7.4 percent.

A group of six students, led by Daniel Gluck, William Jessup's Campus Ministries Director, met the family in Ujiji and were later invited to their home for dinner. Over dinner conversation and a large meal, the students discovered that the family was literally days away from being evicted, threatened with the reality of trying to survive on the hostile Tanzanian streets.

Their simple homestead wasn't much; just a rough composite of mud and straw overlain with paint that peeled down the wall, exposing the earthen skeleton.

But this was their home and it was now in jeopardy of being taken away because it was impossible for the family to come up with the 50,000 Tanzanian Schillings needed to pay the past six months' rent. Although 50,000 Tanzanian Schillings is only the equivalent of \$45 American dollars, the disadvantaged family simply had no way of raising the money.

Huddling together and discussing the situation, the William Jessup group realized that for about \$6 apiece they could save the family from eviction and an arduous existence. The group unanimously decided to pool their money and present the gift to the family's father after the meal.

"Tanzania, or more so the people of Tanzania, have opened my eyes to a hope and faith stronger than I have ever seen," said Michelle Ross, a sophomore from Rocklin. "It brought me to tears to know that what we considered pocket change was a huge blessing in disguise to a large family in need."

Helping this family retain their residence is only one of the life changing experiences the William Jessup students experienced while serving in Tanzania. In addition to this encounter, the students also visited a local Bible college where

they presented leadership principles in a lecture series.

The group also hosted five separate "Kid's Club" events where 60 to 100 Tanzanian kids participated each day in skits, crafts, and music-making facilitated by William Jessup undergrads.

"These children are considered the forgotten members of society," explained Gluck. "The ability to spend time and build relationships with them was truly impacting. Even just being able to have crayons and construction paper was an absolute thrill for them."

Service is an integral component of the education program at William Jessup. However, the six-person team that returned from South Africa chose to go above and beyond in their capacity to minister to those less fortunate.

Tynisha Mims of Citrus Heights, a junior at William Jessup, best summarized the impression the trip made on the students, which included Melissa Sullivan, Rachel Williams, Josh Ribb and Luke Spray.

"We are all one and need to have a burning desire to help one another by lending a hand, a shoulder, and an ear," Mims said. "With that, there is no such thing as a stranger, but only brothers and sisters. I am bringing that back with me and choosing to live like a national."

Medi-Cal Patients Are Losing Access to Needed Medication

Medi Cal cuts and pharmacists 224,000 Californians Sign Petition Urging the Governor and Legislature to Rescind Medi-Cal Cuts

Business Wire - The ten percent Medi-Cal provider cuts that went into effect on July 1, 2008 have already created hardships throughout California for pharmacists and the patients they serve. More and more pharmacies have been forced to stop filling Medi-Cal prescriptions because pharmacies lose money on nearly every prescription filled. To date, 224,281 Californians have signed petitions urging the Governor and Legislature to rescind the cuts to ensure that patients receive the medications they need to

live healthy lives.

"Our fears regarding these Medi-Cal provider cuts are coming true," said Lynn Rolston, chief executive officer of the California Pharmacists Association. "Pharmacists have been forced to make the incredibly difficult decisions to turn away patients. This has been a real struggle for pharmacists as they have served many of these patients for years and have become like family. However, some pharmacists have no choice as long as the state reimburses them at \$10, \$20 or \$ 50 or more below actual cost of the drug. It's not rocket science: You can't stay in business if you are losing money on nearly every transaction. It's a sad situation, one that can hopefully be remedied by the courts or through an alternative solution by the Legislature."

While the provider cuts affect all health care professions, the impact on pharmacy is so dire that a grassroots coalition called Patients for Access to Medicines, which has more than 40 organizations representing millions of patients and providers, was formed to speak in a unified voice against the cuts. Pharmacy organizations along with patient and senior advocacy groups such as the Mental Health Association in California, the Asthma & Allergy Foundation of America, the California Association of Health Plans and AARP, among many others, recognize and are speaking out against the adverse effects these cuts will have on the patients they represent.

"Pharmacists have been encouraged by the support we have received from patients across the state," said Rolston. "If you listed all the petition signatures end to end, it would stretch ten miles."

A report, Assessing the Effects of Medi-Cal's Ten Percent Across-the-Board Provider Reimbursement Reductions on Access, Services and

the Pharmacy Provider Network, produced by Health Management Associates, shows that the reduction in Medi-Cal reimbursements will result in pharmacies receiving reimbursements for many of the drugs they dispense that are less than the cost of acquiring and dispensing the drugs. As a result, many pharmacies are being forced to stop accepting Medi-Cal prescriptions, which could make it difficult for Medi-Cal patients to obtain the medicines they need.

These findings support a trend that has taken place since the Medi-Cal provider cuts went into effect last month.

"The real tragedy is that many of these patients cannot go for even one day without their medication," continued Rolston. "Especially those with HIV, mental illness or cancer. Any disruption in care can have long term adverse complications, and will result in patients turning to emergency rooms for care or worse, which will cost the state far more money than the projected savings from these Medi-Cal cuts."

To learn more about Patients for Access to Medicines or the view the Health Management Associates report, visit www.calaccessrx.org. The Web site also includes summaries of actions taken by pharmacies across the state since the cuts went into effect as well as testimonials by patients who, in some cases, have been unable to have their prescriptions filled.

Patients for Access to Medicines is a coalition founded by the California Pharmacists Association, the National Association of Chain Drug Stores and the California Retailers Association, to fight the ten percent Medi-Cal provider cuts. The coalition consists of patient advocacy organizations, senior groups and pharmacies throughout California.

West Nile Hits Sac

The first human cases of West Nile Virus for 2008 have been reported in Sacramento County. West Nile Virus (WNV) is a mosquito-borne illness that initially came to the United States in 1999.

The first individual is a 29-year-old woman who lives in North Highlands. She had been hospitalized with neuroinvasive disease, but is now home.

The second individual is a 33-year-old man from Citrus Heights. He, too, was hospitalized with neuroinvasive disease and has now been released.

In previous weeks, West Nile Virus has been confirmed in mosquito samples, birds, and sentinel chickens in various portions of Sacramento County.

Sacramento County Health Officer Dr. Glennah Trochet said: "It is critical that residents continue to take precautions to avoid getting bitten by mosquitoes. Most individuals who are infected with WNV will not experience any illness. Others will have mild to moderate symptoms such as fever, headache and body aches that usually last a few days but can continue as long as several months. However, WNV can cause severe illness in some individuals. Although those over 50 years of age and people with diabetes are at the greatest risk for paralytic disease, encephalitis



First Human Cases of West Nile Virus for 2008 Reported in Sacramento County

and meningitis, our first two cases of 2008 show that we are all at risk for this disease."

WNV is transmitted to humans and animals through a mosquito bite. Mosquitoes become infected when they feed on infected birds. Human-to-human transmission of WNV generally does not occur.

Last year in Sacramento County there were 26 reported human cases of West Nile infection with one death. In 2007 in the state of California, there were 380 reported human cases of West Nile infection in 30 California counties. So far this year, there are 38 reported human cases, and no deaths, among nine California counties.

The Sacramento-Yolo Mosquito and Vector Control District encourages residents to reduce their risk of

acquiring mosquito-borne diseases by practicing the "Seven D's":

DRAIN any standing water that may produce mosquitoes.

DAWN and DUSK are times to avoid. These are the times when mosquitoes are most active.

DRESS appropriately by wearing long sleeves and pants when outdoors.

DEFEND yourself against mosquitoes by using an effective insect repellent, such as DEET, Picaridin or Oil of Lemon Eucalyptus. Make sure you follow all label directions!

DOOR and window screens should be in good working condition. This will prevent mosquitoes from entering your home.

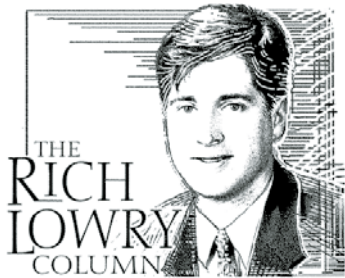
DISTRICT personnel are available to address any mosquito problem you may be experiencing by calling 1-800-429-1022.

Sacramento County Public Health offers a West Nile Virus information line recorded in English, Spanish, Cantonese, Vietnamese, Hmong, Mien, Arabic and Russian is available at (916) 874-2000 and toll-free at 1-866-319-2001 for 916, 707 and 530 area codes.

For information about WNV or to report dead birds, visit <http://westnile.ca.gov>.

Additional WNV information can be found at: www.fightthebite.net www.westnile.ca.gov www.scph.org

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Politically, John McCain should be a candidate for involuntary committal -- he's a danger to himself.

If McCain is going to have a chance, he needs to run an un-McCain-like campaign, more negative than he'd prefer, more focused on domestic policy and less freewheeling: Think of a Republican Hillary Clinton circa this year's Ohio and Pennsylvania primaries.

McCain surely would be more comfortable running a race emphasizing character, national security and a few pet causes such as earmarks. But he has to leave his comfort zone -- something he may resist because he labors under an outdated self-image.

McCain often seems to think of himself as he was back in 2000 during the glory days of the "Straight Talk Express": a political phenomenon who was the fresh face on the national scene, beloved of the press. A conspiracy of circumstances -- most important, the passage of time -- has seen all his former star qualities (and then some) assumed by Barack Obama.

A McCain comeback has to begin in a deconstruction of Obama as too risky to be president, executed in a traditional, block-and-tackle campaign (of the sort McCain has never yet been able to run). The playbook is partly provided by Hillary Clinton, who found her voice in lunch-bucket appeals to working-class white and Hispanic voters.

She did not, of course, defeat Obama, but McCain ought to be encouraged by how close she came. She too was a plodding speaker, drew much smaller crowds than Obama and was outspent and out-organized.

For a contemporary Democrat,

McCain Should Take a Page from Hillary

Hillary ran a center-right campaign; she talked of blowing Iran to smithereens, downed shots of Crown Royal and appealed frankly to blue-collar whites. These mostly substanceless gestures conveyed a sense of toughness that endeared Hillary to her working-class voters and highlighted a vulnerability of the polished but aloof Obama.

McCain has a higher natural toughness quotient than Hillary. But he has never spoken persuasively to economic concerns, which -- for all the focus on the Middle East -- will predominate this year.

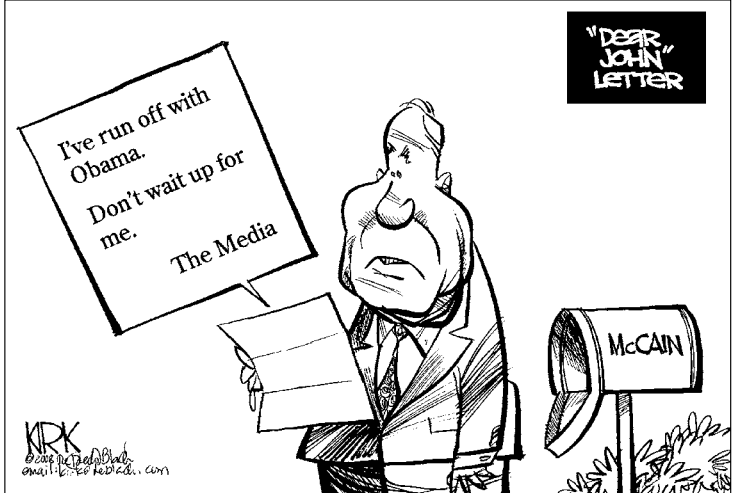
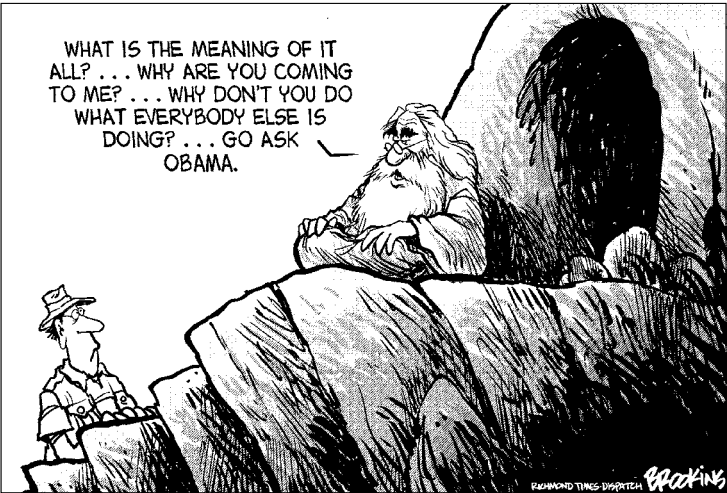
McCain's campaign needs a unifying theme, and one less abstract than "country first." Here again, he should take a page from Hillary, offering a conservative version of her occasional theme of a "fighter for you." In particular, he should be fighting for middle-class Americans against ineffectual government and tax-and-spend liberalism.

McCain has to give voice to the anger and frustration of the American public. He has to complain that Washington is broken and argue that both parties have let voters down. In 2000, he was the feisty -- even angry -- crusader against Washington and the status quo. He needs to find that old populist mojo again.

The fighter theme would tap into the public mood of disenchantment with Washington and politics. It would suit McCain, who is at his best when expressing an outraged irascibility. And it would communicate a certain vigor, perhaps mitigating concerns about his age.

But it must be harnessed in a tight, hard-hitting campaign uncharacteristic of McCain. This year, simply letting McCain be McCain is a formula for failure.

Rich Lowry is editor of the National Review.
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Eminent Domain: Is the Government Here to Help?



by L.K. Samuels

Is the government here to help? I pondered that question after being elected to a citizen's committee to advise the California city of Seaside on whether it should reinstate eminent domain powers. After all, I was now an elected official. I was part of the government.

That question resonated louder after I was elected chair of the Project Area Committee (PAC). I was now deep in the belly of the beast and wondered whether I would be listening to crying citizens pleading for us not to seize their property. However, the committee was mainly advisory. Still, we worked hard and listened to lawyers, consultants, and citizens and discovered that we were not going to make the final decision.

What I failed to anticipate was how government systems truly operate on the local level. I assumed that government this close to the citizenry would be fair

and honest. I had a rude awakening. The city spent thousands of dollars trying to convince my committee about the benefits of eminent domain, while simultaneously saying they were taking a neutral stand.

In meeting after meeting, we were told about all of the government-sponsored goodies available for those displaced by eminent domain. There were tax advantages. There were friendly consultants to help homeowners and businesses relocate. Any business could be relocated across town or across the nation. Rezoning would magically take place as needed.

The fantasy began to crumble when citizens in the audience told their stories. We first heard from those in the auto repair industry, who felt that they were unwanted in Seaside. They said that if their property was taken, they would be unable to relocate in Seaside. I asked why. They said that there was no land zoned for their type of business. In fact, they had already been zoned out of their current location. If their building were ever to burn down, they could not rebuild.

Other unsettling information began to drift into the committee hearings. Business owners said that they had tried to redevelop their property but city officials blocked their attempts. One businessman wanted to construct four apartments or condos on a second floor, the exact mixed-use formula that Seaside authorities claim to encourage. But at every turn, he was turned down. Finally,

they told him they did not have enough water credits for his project.

My committee understood that the whole area was under a water moratorium. Then again, our committee had been set into motion because a baseball player-turned-developer, Reggie Jackson, had proposed a 250-room hotel and had plunked down \$50,000 to get the ball rolling. Of course, the obvious question came up. If a local businessman could not obtain a water permit for four bathrooms, where was Reggie Jackson going to get one for 250 bathrooms? Nobody in the government agency would answer that question.

Other business leaders had similar stories to tell. Some had attempted to work closely with the Seaside Redevelopment Agency but seemed to have run into intractable roadblocks. These citizens expressed their desire to improve the downtown area of Seaside but were denied access, as if the city purposely wanted to create blight.

What I soon discovered was that the city-hired consultants and lawyers were saying things that did not match what the citizens were experiencing. Government officials confidently said that they played fair, but a number of citizens cited nightmares instead. Although my PAC group was told that redevelopment laws protect property owners from all sort of abuses

during the eminent domain process, an older woman told a different story.

This woman owned a property in a hot eminent domain area. She refused to be bought out, although the Seaside Redevelopment Agency had threatened her with eminent domain. When her tenants left, she attempted to rent out the property. Every time she had an interested tenant, the city government refused to grant a use permit. After three years without rental income, the woman was forced to sell the property to the government at a price she considered unfair.

I got the feeling that the city only wanted massive redevelopment projects that brought in big tax revenues. Perhaps this was why Seaside's elected official ignored their own citizen's committee's 7 to 1 recommendation not to reinstate this power, as well as the voter-approved Prop. 99. All five city council members voted to reinstate eminent domain powers. They completely ignored the wishes of the citizens. From my position, it looked like the government was more interested in helping itself to future tax revenues than in helping the community.

L.K. Samuels is a realtor from Carmel Valley. He is editor and contributing author of *Facets of Liberty*, an anthology of political, economic, and sociological essays (Freeland Press). Samuels managed the *Future of Freedom Conference series* for five years in Southern California. *Libertarian Party of California* / 14547 Titus Street / Suite 214 / Panorama City / CA / 91402-4935



The Risks of Ranching Our Oceans

by Joe Roman

Earlier this year, Virginia officials endorsed a proposal to establish more than a million oysters in Chesapeake Bay. Oysters in the Chesapeake. That's as natural as maple syrup in Vermont, crawfish in Louisiana, salmon in the Pacific Northwest. Except in this case, the Virginia Marine Resources Commission isn't looking to restore the native bivalve, *Crassostrea virginica*, which gets its scientific name from the state. Rather it wants to bring in a new, exotic species from Asia, known as the Suminoe oyster.

The introduction may help increase the population of bivalves in the Chesapeake, at least in the short term, but it's a risky, unappetizing idea. The farming of exotic oysters and other shellfish is a gateway for invasive species that can harm natural ecosystems.

Aquaculture, the ranching of our oceans, is a relatively new idea. Whereas most of our land animals--think cows and sheep--were tamed thousands of years ago, the majority of marine animals have been domesticated only in the past few decades. Because we're new at this, we're bound to make mistakes.

In the western United States, for example, oysterculture has introduced more than 40 exotic species. The predatory oyster drill, Japanese eelgrass, and a seaweed dubbed the oyster thief for its ability to smother shellfish beds were accidentally transplanted along with the bivalves in the last century. The oyster industry in San Francisco Bay, the source of many invasions, has closed. But these and other exotic animals and plants continue to destroy commercial and recreational fisheries, decrease native biodiversity, and impact human health through the transfer of disease.

It isn't just oysters. In the 1990s, a California firm imported South African abalone in its search for new species to culture. The abalone was contaminated with a parasitic worm that deforms the shells of mollusks, reducing their value. The worms soon spread to nearby rocky shores. The company went bankrupt. The invader was stopped in its tracks only after more than 1.5 million potentially infested native mollusks were removed by hand along southern California's coasts. The eradication was a rare success.

Now about those "Pacific" salmon. If you grill a pink slab of salmon from the West Coast this summer, you're likely barbecuing a farm-raised finfish, introduced from the Atlantic. The domesticated Atlantic salmon is often raised in open pens from Alaska to the Pacific Northwest. More than half a million have already escaped. They've been found in the wild in 77 Canadian rivers, competing and interbreeding with native species. As with mollusks, the greatest danger can come in the smallest forms. Parasitic sea lice, imported with farmed Atlantic salmon, may be driving local Pacific salmon, and wild fisheries, to extinction.

Aquaculture can be done well, with native species and careful controls. In Prince Edward Island, Canada, local blue mussels are raised in long stockings suspended in the water column. They grow quickly and have more meat than their wild counterparts. And virginica oysters are being raised in New England and the Chesapeake. It's still on a small scale, but results are promising, with new businesses

opening each year.

There is no quick fix for our estuaries, including the Chesapeake. We've overexploited most of our wild marine resources, from oysters to finfish, poisoned them with pollution, or drowned them in sediment. Vast oyster reefs once extended throughout Chesapeake Bay, providing food for local and commercial harvesters, and helping to clean the waters by reducing nutrients and algae. In the 1890s, more than 100 million pounds of oysters were landed each year in the Chesapeake. Nowadays, watermen would be lucky to get a million.

However, the introduction of the exotic Asian Suminoe oyster isn't likely to save the bay. A 2004 report by the National Research Council debunked the myth that the Chinese oyster will rapidly increase production and improve water quality. In fact, the release of foreign bivalves has been tried before in the Chesapeake. In the 1950s, Japanese oysters were brought in to help the ailing industry. By 1959 an exotic protozoan parasite

known as MSX caused massive oyster mortalities. The exotic bivalves never caught on, but that didn't stop one of their parasites from spreading through what was left of the native oysters on the East Coast. The Chesapeake and its oysters haven't recovered since.

As aquaculture continues to grow, government funding for aquatic invasive species management needs to be increased. (Almost all federal funding now goes to terrestrial agriculture.) Federal risk assessments should be mandatory before any new species is brought to our shores. All new species should be considered potentially invasive until proven otherwise.

Most importantly, let's properly manage and celebrate our local cuisine: Dungeness crabs in the Pacific Northwest. Cajun crawfish, Maine lobsters, and Chesapeake oysters. There's no need to order out.

Joe Roman is a visiting fellow at the Gund Institute for Ecological Economics at the University of Vermont and author of "Whale" (Reaktion, 2006).

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Subscriptions should be mailed to American River Messenger, 7405 Greenback Lane, #129, Citrus Heights, CA 95610. Subscription rate is \$20 per year within Sacramento county, \$30 outside Sacramento county. The ARM is published twice monthly.

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84 Year Old Volunteer Sets Example

How a “Hammer” Helped Build Rebuilding Together

Carl Hammer saunters through the office door of Rebuilding Together Sacramento, calling a friendly “hello!” He has come to check the warehouse for supplies for his next home modification project.

“Carl is a great example of how our volunteers help this organization succeed,” said Carrie Grip, executive director of Rebuilding Together Sacramento, as he walks in. She makes no understatement. Thanks to volunteers, Rebuilding Together Sacramento, the local affiliate of the national home repair nonprofit organization, has improved thousands of lives and homes and grown into a fully-staffed, multi-service nonprofit organization in its relatively short lifespan of 17 years.

And 84-year old Carl Hammer has been a part of it all since day one. It is because of Carl’s help that the Safe at Home program exists; that Christmas in April became Rebuilding Together; and that hundreds of volunteers have come on board to help make dreams come true. He has accumulated thousands upon thousands of volunteer hours, had a fund established in his honor, and left a legacy of kindness that will set the standard for Rebuilding Together volunteers as the years move forward.

Hammer, who also has made famous his own creation – “Carl’s Jam” – and teaches senior exercise classes three days a week (also as a volunteer), has much to say about this organization he has helped build. “I read somewhere that people who volunteer live four to six years longer...volunteering is probably the most heartwarming, healthy thing you can do. It brings a sense of accomplishment and fulfillment,” said Hammer.

And so he’s volunteered endlessly for 17 years. When Hammer came to work with Rebuilding Together in 1992, the organization was called “Christmas in April.” Originally, Hammer’s role with the organization brought him to work with local high school students, particularly Jesuit students, to repair schools within the Catholic Diocese.

With the help of Sacramento high school students, 10 different projects were completed, totaling up to \$80,000 worth of work. Hammer also worked with other volunteers on annual home repair days, revitalizing homes throughout Sacramento that were considered substandard. Soon, however, “Christmas in April” grew into Rebuilding Together Sacramento, and with additional resources available, Hammer felt himself called in another direction. As he worked on homes, he began to see a great need for additional



Thanks to special volunteers like Carl Hammer, the nonprofit is helping thousands

improvements and home safety in the homes of seniors.

“We could see that in homes of seniors, many needed more than just simple repairs; they needed safety items. There was much more that we could do than we were doing through the rebuilding events,” he said.

With this need in mind, Hammer spearheaded the Safe at Home program for the Sacramento chapter in 2000, after hearing about the program at a national Rebuilding Together conference. This program provides free or affordable home safety modifications to seniors who want to live independently in their homes, but can’t without installing proper safety equipment.

Hammer said he felt there was a great need, and it was a niche he wanted Rebuilding Together Sacramento to fill. Under his leadership, hundreds of seniors have lived in greater comfort and safety for the past eight years. “I knew that I wanted to help seniors, because that’s what I was. Plenty of people volunteer, but often the senior population is ignored in our culture. Somewhere while people were volunteering elsewhere, a senior was sitting at home with a broken door but couldn’t get up to fix it. Once I realized that, I knew this is where I wanted to put my time,” said Hammer of his motivation to start the Safe at Home program.

Not every house, however, is an easy fix. Hammer said that occasionally, volunteers witness disturbing sights: poor living conditions, elder abuse or the health of a client in jeopardy. Despite these disheartening obstacles, however, Hammer and a core group of volunteers have carried on. How does one maintain such dedication? “Volunteering is a commitment,” he said. “You have to make that commitment, and volunteers who are serious about their work would probably say this is the best experience they’ve had in their life.”

Hammer takes that commitment with him all the way home and into his

kitchen, where he spends time making his famous jam – which he sells solely to raise money for Rebuilding Together Sacramento.

“I started making jam because I couldn’t find any that I liked! Then I would sell it to people for donations to Rebuilding Together. We’ve raised \$10,000 with the jam,” he said. And it’s worth the donation. With flavors such as nectarine spice, boysenberry, pomegranate, and peach, “Carl’s Jam” has quite the reputation among the Rebuilding Together community; perhaps a reputation almost as respected as its maker.

Because of volunteers like Hammer, Rebuilding Together Sacramento continues to grow and fulfill its mission. Volunteering doesn’t just benefit those receiving services, however. Of volunteers, Hammer said:

“We’re providing an outlet for their energy. People have to have a purpose in life, and volunteering for this organization gives people a reason to get up in the morning.”

Hammer’s words resound as a call to action for those who want to make a difference in the community. It only takes a small effort to change someone’s life, and when several small efforts come together, an organization can truly carry out its mission. “We could not survive without our volunteers,” said Grip. “Because of their committed service, we’re able to carry out our mission and help more people in our community to live in greater comfort, safety, and independence.”

Rebuilding Together is the nation's largest volunteer home repair organization, and the Sacramento affiliate is dramatically changing neighborhoods and lives. It helps people live independently in comfort and safety through its Safe at Home program, generous single-sponsor workdays, and Rebuilding Dreams events that take place twice a year. The next Rebuilding Dreams Event will take place on Saturday, October 11, 2008 in North Highlands. To volunteer or donate to Rebuilding Together, please call (916) 455-1880.

Free Prostate Screenings Offered at Mercy General and Mercy San Juan

Appointments will be scheduled beginning September 9

Who: Medical Staff at Mercy General Hospital and Mercy San Juan Medical Center

What: Free Prostate Cancer Screenings

Eligibility: Men ages 50 or older Men ages 40 or older who either have a family history of prostate cancer or are African-American

Where & When:
Mercy San Juan Medical Center
September 16 and September 17
Mercy General Hospital
September 25

Contact: Appointment Only
Appointments will be scheduled beginning September 9. Please call Monday through Friday: Mercy San Juan Medical Center (916) 537-5262 Mercy General Hospital (916) 453-4182

Why: Prostate Cancer is the most common cancer, other than skin cancers in American men. The American Cancer Society estimates that during 2008 about 186,320 new cases of prostate cancer will be diagnosed in the U.S. About one man in six will be diagnosed with prostate cancer during his lifetime. Prostate cancer is the second leading cause of cancer death in American men, behind only lung cancer. The American Cancer Society estimates that 28,660 men in the U.S. will die of prostate cancer in 2008. Fortunately, the disease is detected earlier and the death rate is decreasing.

About Mercy General Hospital
Mercy General Hospital has been serving the Sacramento community for more than 100 years. Founded by the Sisters of Mercy, Mercy General has been at its current site in the heart of East Sacramento since 1925. Mercy General Hospital has 342

licensed beds, a physician staff of more than 700 and delivers 2,600 babies annually. Mercy General is one of six Sacramento area hospitals that are part of Catholic Healthcare West (CHW), a system of 42 hospitals and medical centers in California, Arizona and Nevada and the nation's eighth largest healthcare system.

About Mercy San Juan Medical Center
Mercy San Juan Medical Center is a 260-bed facility that serves more than 150,000 people each year from north Sacramento County, south Placer County and beyond with a broad array of quality programs and services. Mercy San Juan has made the Thomson national “100 Top Hospitals” list each of the last two years by excelling in such areas as quality care, patient safety and growth. Doctors are the cornerstone behind teams of healthcare professionals who lead nationally recognized programs such as bariatric surgery, cardiac, neonatal intensive care and trauma. Mercy San Juan is part of Mercy, which also operates Mercy General Hospital, Mercy Hospital of Folsom and Methodist Hospital.

★ VETERANS POST ★

by Freddy Groves

Veterans Used as Guinea Pigs

Veterans who served in Afghanistan and Iraq have been used as guinea pigs by the Department of Veterans Affairs in drug studies long after it was clear there was a problem. Chantix, typically used as a smoking cessation drug, can cause suicidal thoughts and actions, especially in veterans with post-traumatic stress disorder.

Early on, doctors at the VA became concerned about psychotic episodes, suicides and hallucinations in veterans who were taking Chantix. No warnings were given out, however, and more Chantix was given to veterans in the experiment.

In October 2007, based on doctors’ concerns, the VA finally decided to do a review.

The following month, the Food and Drug Administration warned doctors that it appeared “increasingly likely” that Chantix is associated with “serious neuropsychiatric symptoms.”

In January 2008, the drug maker Pfizer came out with a warning label.

A month later the FDA came out with yet another alert.

In late May, the FAA put a ban on air traffic controllers and pilots using Chantix. On the heels of that, the VA decided to send out letters to 32,000 veterans who’d taken Chantix. The letter warned, among other things, about driving or operating machinery.

It wasn’t until June 18, long after

VA doctors first became alarmed, long after the first FDA and Pfizer warnings, that the VA finally sent out letters using the word “suicide” as a possible side effect.

After a big expose, the House Veterans Affairs Committee decided to take a close look at the VA’s handling of Chantix. End result: Secretary of the VA James Peaks said that the VA would review all drugs given to veterans with PTSD.

Why is it that VA officials have to be backed to the wall and dragged before Congress before they do the right thing?

Write to Freddy Groves in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to columnreply@gmail.com.
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Military Graduates Hometown News



Air Force Airman Leigha M. Lewis has graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

During the six weeks of training, the airman studied the Air Force mission, organization, and military customs and courtesies; performed drill and ceremony marches, and received physical training, rifle marksmanship, field training exercises, and special training in human relations.

In addition, airmen who complete basic training earn credits toward an associate in applied science degree through the Community College of the Air Force.

She is the daughter of Julia Minyard of San Juan Ave., Fair Oaks, Calif., and Chris Lewis of Sunnyvale Saratoga Road, Sunnyvale, Calif.

Lewis is a 2007 graduate of Del Campo High School, Fair Oaks.

Air Force Airman Shane L. Gibbs has graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

During the six weeks of training, the airman studied the Air Force mission, organization, and military customs and courtesies; performed drill and ceremony marches, and received physical training, rifle marksmanship, field training exercises, and special training in human relations.

In addition, airmen who complete basic training earn credits toward an associate degree through the Community College of the Air Force.

He is the grandson of Mary Lutz of W. McRae Way, Glendale, Ariz., and Jaque Marsh of Auburn Blvd., Citrus Heights, Calif.

Gibbs is a 2007 graduate of Deer Valley High School, Phoenix, Ariz.

Army Pvt. Joshua M. Cornelison has graduated from Basic Combat training at Fort Sill, Lawton, Okla.

During the nine weeks of training, the soldier studied the Army mission and received instruction and training exercises in drill and ceremonies, Army history, core values and traditions, military courtesy, military justice, physical fitness, first aid, rifle marksmanship, weapons use, map reading and land navigation, foot marches, armed and unarmed combat, and field maneuvers and tactics.

Cornelison is the son of Michael Cornelison of Radford St., Citrus Heights, Calif.

The private is a 2007 graduate of Whispering Pines Academy, Susanville, Calif.

Navy League Sponsors Award

On Friday, June 27th 2008 Command Master Chief John Lawrence was given a fitting military farewell from the men and woman of Coast Guard Air Station Sacramento after 30 years of honorable service. His career included service aboard Coast Guard cutters, and all manner of Coast Guard aircraft. His last duty assignment,

Coast Guard Air Station Sacramento, John served as the Command Master Chief, and air station maintenance supervisor. It was John’s responsibility to look after the morale and welfare of the Air Stations enlisted personnel as well to ensure operational readiness of the four Lockheed C-130J Hercules aircraft. Master Chief John Lawrence

was honored with a Certificate of Appreciation from John Meyers, Vice President, Military Affairs, Navy League Sacramento Council, for his outstanding honorable service to US Coast Guard. For more information call Joe Fraccola, Public Affairs Officer at 916-638-8720.

Critical Need for Food Bank Volunteers

Senior Gleaners, Inc. is in critical need of volunteers for our Transportation Department to donate time as drivers, swamper and office help. We have a fleet of 30 trucks available to pick up and redistribute salvage grocery product. A swamper needs to be able to get in and out of the back of the trucks and be able to life approximately 40 lbs. Drivers must have at least a Class “C” drivers license and be able to drive trucks other than simis. Office volunteers would file, answer phones and complete bills of lading and receipts.

SGI is the largest foodbank in

7 Northern California counties and Northern Nevada, a volunteer organization that leverages donations to charitable food lockers in the Sacramento Valley. All volunteers are over 50 years of age (average age is 74). SGI was organized in 1976 by 37 senior citizens concerned about hunger in the community, and has grown to over 1,300 members serving over 135 Northern California charities. Come harvest time, the Gleaners are at the farmers’ beck and call picking tomatoes, lettuce, squash, plums, pears, etc. The farmers are anxious to plow the fields for the

next crop. If Senior Gleaners does not arrive, the food will be wasted, and consequently someone will be turned away from a soup kitchen.

Volunteering for Senior Gleaners, Inc. would go a long way toward fulfilling our mission:

“To alleviate hunger among the poor and elderly and to glean surplus food, at low or no cost, from every available source, for distribution among the needy members and other charitable organizations in a fair and equitable manner.”

If you are interested in joining our Volunteer Force, please call for details: 916.925.3240 ext. 127

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Appointments

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E-Z TO FIND

Map showing location at 6225 Binet Dr SA, Citrus Heights, CA.

Citrus Heights News & Views

New Burlington Coat Factory Arrives in Citrus Heights

Consumer-friendly prices a strong focus for the retail coat authority

“Smart, savvy shoppers have a reason to celebrate,” says Charles Pina, store manager of the new Burlington Coat Factory located at Greenback Shopping Center. The retail coat authority is slated to open its 37th location in California on Friday, August 29th and is inviting area residents to its grand opening celebration.

Shoppers at Burlington Coat Factory can expect to find famous labels and trend-right fashions at great value for the entire family.

“Our buyers are in-tune with the latest trends and are aware of what the consumer wants,” said Jack Moore, president of Burlington Coat Factory. “When buying for our stores, our buyers shop like our customers: choosing the latest styles from the best labels at the lowest possible price. This strategy affords us to acquire the same famous labels as department and specialty stores at a fraction of the cost; passing the savings onto our customers.”

The 69,408 square foot location will feature a wide variety of the

current trends in ladies’ dresses, suits, sportswear, maternity and accessories; top name men’s suits and sportswear; quality, name brand shoes for men, women and children; famous label clothes for kids of all ages, and of course - COATS - the largest selection of coats in the nation.

Burlington Coat Factory’s Home Décor Department is chic and affordable, offering a huge assortment of home goods from around the globe including bedding, bath accessories, the latest home accents, housewares and gifts.

Burlington Coat Factory is also known for its distinctive Baby Depot Department. Staffed with knowledgeable associates, Baby Depot offers a huge selection of quality brand names for every baby need, including strollers, car seats, furniture, toys, clothing and accessories. Expectant parents can register with their National Baby Registry, making it easy for family and friends to purchase that special gift.

“We are thrilled to be establishing a presence in the Citrus Heights community,” said Mark Nesci, CEO

of Burlington Coat Factory. “This new location is an example of our growth and demonstrates our commitment to providing high quality products at consumer-friendly prices and creating a one-stop shopping experience for our customers.”

About Burlington Coat Factory
Burlington Coat Factory, the retail authority in coats, offers a broad selection of branded quality merchandise at everyday low prices across many product categories, including ladies’ sportswear, menswear, family footwear, children’s clothing, baby furniture and accessories, home décor and gifts, along with the largest selection of coats for the entire family in the nation. The updated Burlington Coat Factory, founded in 1972, has expanded from a single store selling coats to a multi-department retail chain with more than 390 stores in 44 states, predominantly under the “Burlington Coat Factory” name. Burlington Coat Factory was purchased by Bain Capital in 2006.

Additional information can be found at www.BurlingtonCoatFactory.com.

San Juan High Facelift Begins

by *Barbara Morarity*
Van Dyke, San Juan Alumni Association

The work began today on the \$23 million renovation of the 95-year old San Juan High School. in Citrus Heights. The school is a registered Historic Landmark. As some of the bricks in the front of the building were removed, Eileen Metzger, an alumna from the Class of 1963, marveled at all the history made at the school. She said some of the bricks they were removing should be used as a special memorial of the schools past. Eileen is currently in the process of planning the 45-year class reunion for her class. She said she wishes some of her classmates could have been with her at the school today to see the changing of an era. As sad as some of the alumni are about the changing of the school, they are also excited about the future for the school

and its students. San Juan is a very good school and contains very talented students. San Juan High has generated numerous City leaders, successful business owners, sports figures, an ambassador, news anchor, and many other successful career persons. If you have any doubts about San Juan High School, just ask any member of the San Juan Alumni Association about their alma mater. The San Juan Alumni Association was formed in 1980 by a few alumni to support San Juan High School. It is currently 1300 dues paying members strong. Since the inception of the SJAA, it has awarded over \$180,000 in scholarships to San Juan students. The alumni association also supports the school financially and by organizing volunteer time. It has been estimated that over \$300,000 has been donated by alumni and SJ staff to support the school. The San

Juan Alumni Association is hosting a San Juan ALL-CLASS Reunion Picnic on Saturday, October 4th 2008 at Rusch Park, to celebrate San Juan’s 95th Anniversary. For details about the association or the picnic, please e-mail to sanjuanalumniassoc@gmail.com. Anticipating the current educational wave of Career technical Education, San Juan High School has some existing programs that are very successful including the Culinary Academy, Baking Arts Academy, Media Arts program and Construction Technology program. Those programs will be expanded, and new programs added. If you would like additional information about San Juan High and the changes taking place, please contact (916)971-5112 or <http://www.sanjuan.edu/NewSanJuan.cfm>.



Artists rendering of future San Juan High

RT Bus & Light Rail Passes Now Available at City Hall

Are you interested in saving money on gas and taking the bus or light rail for a change? You’ll also help out the environment and our local air quality.

Good news...Citrus Heights City Hall is now a sales outlet for Regional Transit (RT) passes! Starting in August, the City started selling RT passes out of City Hall located at 6237 Fountain Square Drive (corner of Greenback and Fountain Square). The passes are valid for travel on RT busses or the light rail. The current fare passes include the following:

- Basic Fares:
- Basic single fare ticket book - 10 tickets per book = \$20
 - Basic monthly pass - good for unlimited rides for one month = \$85
 - Basic semi-monthly pass - good for unlimited rides for the first or last half of the month = \$42.50
- Senior/Disabled Fares:
- Senior/Disabled monthly stickers - good for unlimited rides for the first or last half of the month = \$21.25



one month = \$42.50

- Senior/Disabled semi-monthly stickers - good for unlimited rides for the first or last half of the month = \$21.25

Student Fares:

- Student stickers - good for unlimited rides for one month = \$42.50
- Student semi-monthly stickers - good for unlimited rides for the first or last half of the month = \$21.25

FREE Concert in the Park starring John Skinner’s Fabulous Band

District 3 Supervisor Susan Peters, Sunrise Recreation and Park District, Mercy San Juan Medical Center and McClellan Business Park are co-sponsoring a FREE Concert in the Park starring John Skinner’s Fabulous Band. Music will feature a variety of styles from Swing to Easy Listening. This

FREE Concert in the Park event will take place from 3:00-6:00PM with music to begin at 4:00PM on Saturday, September 13, at Pioneer Park which is located at 5100 Verner Avenue near Pioneer School. Bring your family and plan a picnic in the park. Don’t forget to pack a blanket, lawn chairs and

a snack. Parking is available at Pioneer School. There will be face painting and a mobile climbing wall and bounce house for children. For additional information, please contact the Sunrise Recreation & Park District at (916) 725-1585.

Exciting Times for Rusch Park

Exciting times for Rusch Park Neighborhood Area 2. The speakers for the August 21st meeting will be Jennifer Daw representing Fresh and Easy Neighborhood Market to let us know how their plans for a market at

Auburn and Coachman are progressing and Mary Poole, City of Citrus Heights, will discuss the Walkability Program and answer questions we have regarding city activities.

Make plans now to attend and invite

your neighbors too. Location of the meeting:

Ascension Lutheran Church, 7607 Garden Gate Dr, Citrus Heights 95621. 7:00 PM

Questions: 916-995-4370

Report Blocked Signage and Overgrown Trees & Shrubs

The City Needs Your Help!

There are many locations in the City of Citrus Heights where trees, shrubs, and other vegetation have grown into and over the public right-of-way (this is called encroachment). Additionally, encroachment is not just vegetation; it is also the improper dumping of rocks, dirt, appliances etc. onto streets and sidewalks. Encroachment is causing maintenance issues with streetlights, street name signs, and regulatory signage throughout the City. Encroachment over sidewalks and into streets blocks visibility and access causing a safety concern for traffic and pedestrians. This is an ongoing problem that the City of Citrus Heights deals with constantly. The City has started a new program to be more proactive in the struggle to keep our streets and rights-of-ways as safe as possible. City Staff are currently and systematically sweeping the city,

starting with the arterials and collector streets. When City Staff discovers an encroachment issue, they take a photo, document the address and send a letter asking the resident/homeowner to cut back vegetation or remove any objects blocking the right-of-way. A follow-up inspection is then conducted 7-10 days later to ensure compliance. If the encroachment stems from private property/residential owners, it is the responsibility of the property owner to maintain. The City appreciates the cooperation of residents in clearing encroachment problems. The City needs your help in reporting blocked signage, overgrown trees/vegetation, or any other type of



encroachment issues that are affecting the public right-of-way. If you notice an encroachment problem, please report it to the City’s General Services Department at (916) 727-4770 or via e-mail. You may also use the on-line service request form.

Sac State Basketball Coach Welcomed

Bill Hooper, President of the Citrus Heights Kiwanis Club, welcomes the new Sac State head basketball coach Brian Katz, a Casa Robles High School graduate. He spoke to the Kiwanis Club of Citrus Heights about Sac State basketball and the prospects for next year’s team. Katz is proud of his first class of recruits and feels his team is going to provide academic and athletic success.

The Citrus Heights Kiwanis Club meets at Denny’s Restaurant at the corner of Sunrise & Greenback every Wed. nesday at 7:00am. Guests are always welcome.

On Wed. Aug. 27th, SMUD Director Renee Taylor will be speaking. Guests are also welcome to attend.



Bill Hooper, President of the Citrus Heights Kiwanis Club, welcomes the new Sac State head basketball coach Brian Katz

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Fair Oaks News & Views

Local Woman Goes Against the Odds for the Love of Pets!



Millie Finch, owner, and her staff at Trend-n-Treats

While many would say the retail world is experiencing an economy nightmare a local woman goes against the odds by opening a brand new retail business in Fair Oaks, called Trends-n-Treats Pet Supply-Spa-Boutique. The new business is family owned & operated and located in the Quail Pointe shopping Center at Madison and Sunrise blvd.

Trends-n-Treats specializes in a wide variety of premium pet nutrition including raw diets and offers a large assortment of quality pet supplies and unique boutique items! Pets who get an opportunity to experience a service in the Trends-n-Treats Pet Spa are in for a real treat! The Hydro surge bathing systems are used for all baths and the air is purified by the Ecoquest system. Trends-n-Treats has a charming welcoming appeal

when entering the store. You'll be greeted by friendly, knowledgeable staff who have a genuine love of pets. They even offer free carry out service!

Owner Millie explained how she took her time in opening the Spa section. She said she didn't want a factory type atmosphere. One where dogs just come and go all day while unhappy staff work away as they try an keep up with the demand. Instead Millie created a soft, non clinical environment and complete with state of the art materials and equipment. She took her time in choosing a full time pet stylist and a full time bather. Trends-n-treats pet stylist Vanette and bather Claire both enjoy working at Trends-n-Treats and are amazing at what they do. They truly care about the success of Trends-n-Treats which

is a rarity for most businesses. Both women receive health benefits and other perks not often available in today's economy.

Millie and her friendly staff hope you and your pets will stop by and support their locally owned family business and take advantage of free samples of premium pet nutrition, quality, caring grooming & "coming soon" Pet Bowen massage services. Or if you prefer, you can bathe your own pet in the spa using our Hydro Surge Massage Bathing Systems.

Stop by, meet our friendly & knowledgeable staff who have a genuine love of pets and a passion for providing you with excellent customer service including, "Free carry out service!"

See our ad on page 4

6th Annual Fair Oaks Dog Walk

This year's Fair Oaks Dog Walk takes place on Saturday October 4th, 2008.

The event features a two-mile walk for dogs and their humans along the beautiful American River Parkway.

Along the way, attendees will enjoy free treats and water, live music with the Silverado Jazz Miners, vendor booths and raffle prizes. You won't want to miss the many fun events including a synchronized spinning demonstration and doggie contests such as musical sit (canine version of musical chairs) or enjoy the parade of pooches, many in unusual costumes!

Also on hand, the Hazel Ridge

Veterinary Clinic will provide pet microchip services for just \$20. This is excellent insurance in the event that your beloved dog ever goes missing.

Registration for this fun family event begins at 8:30 a. m. in the Fair Oaks Village Park and the walk begins at 9:00 a.m. The registration fee is \$10 for the first dog and \$5 for each additional dog. T-shirts are available to order with your pre-registration. Additional information and registration is available on the website: www.fairoaksdogwalk.com.

Proceeds benefit FORDOG (Fair Oaks Responsible Dog Owners Group), TEAM



(Teaching Everyone Animals Matter) and the Fair Oaks Chamber of Commerce.

County to Offer Free Inspection

...But fees will increase for those who won't play by the rules

On July 29, County Code Enforcement changed the way they do business when dealing with complaints about blight, junk, rubbish and general neighborhood nuisances to help property owners who have received complaints and increase compliance.

Effective September 1, when

Code Enforcement receives a complaint, a letter will be issued to the property owner with details of what must be corrected and by when. If the property owner needs more information, or the complaint is complex, they may request an in-person visit by an officer at no charge. Officers will talk with the property owner, educate them about what needs to be corrected, take photos for documentation and let property owners know if the situation is not corrected there will be a \$470 fee on the next visit. If

officer comes out a third time, and the situation is not corrected, there is an additional fee of \$335.

"We think this will do a better job of working cooperatively with residents to preserve neighborhoods and prevent blight," said Carl Simpson, Code Enforcement Chief. "And the higher fee will get people's attention as well as help cover our actual costs. This is about working together for the community, not about levying fees."




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 Schuttan
- 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.



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Capitol Pops Concert Band August 28

The Capitol Pops Concert Band is a community band comprised of VOLUNTEER MUSICIANS representing a cross-section of Sacramento and surrounding communities. All musicians donate their time and talent in order to play. It is a NONPROFIT organization. Any payment or donations received is used for purchase of new music and equipment, student scholarships, expenses for hauling music stands and large instruments,

and the Conductor's salary. The ages of the Band members ranges from teenagers to senior citizens and numbers from 65 to 70 members. The band performs marches, patriotic music, Broadway show tunes, movie music, golden oldies, popular music, and features instrumental soloists and vocalists. Jerry Lopes is the Director.

NEXT EVENT: FREE Band Concert featuring the Capitol Pops Concert Band. Banjoist John

Wilder will be the guest artist on the program. Several band members will be featured as soloists on the program.

WHEN: Thursday, August 28, 2008 @ 7:00 P.M.

WHERE: Fair Oaks VILLAGE PARK, 7997 California Ave. (behind the Community Clubhouse) Bring chairs / blankets for sitting, a picnic dinner. Pizza and ice cream sundaes will be available for purchase.

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 little easier.

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

"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 income."

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 Tuesday, August 26th at the Carmichael Library, 5065 Marconi Avenue 6:15-7:45pm, Saturday, August 30th at the Carmichael Library 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 Fair Oaks 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.

Gardening for the Health of It

Gardening for seniors (50+) covers all aspects of gardening including guest appearances by UC Master Gardeners plus planned field trips. This 18 week class,

sponsored by San Juan Unified School District, has a \$20 material fee payable to instructor on the first day of class.

Class begins August 20

,Wednesday morning, 9:00 AM till 12:00 noon at McMillan Center, Fair Oaks Park, 8020 Temple Drive., Fair Oaks. For more information call Alicia @ 966.3535.



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Carmichael News & Views

Creating Your Legacy; Telling Your Story

A free community presentation

On two dates in September, two of Ray Stone Inc. Active Adult Communities will host a workshop on how to pass on our life experiences, lessons learned, values, beliefs and blessings. “Creating a legacy is more than a scrapbook or photo album. It is about defining what is important to you and sharing it in your way with those close to you. Because if you don’t tell your story your way, someone will and it may not be what was really important and significant to you,” states Marsha Vacca, guest speaker for the event. “Having your living trust or will in place ensures you pass on your wealth and other valuables. But, what about passing on your values? Your beliefs, experiences and life lessons? Creating a legacy is all about passing on not only your valuables but your values.”

The presentation will discuss the history and use of ethical wills, a non-legal document used to pass on life lessons, values and blessings. In addition, ways to preserve your legacy will be explored – from making audio and video tapes and DVDs to scrapbooks to handwritten letters to photography. Maureen Arney, of Images by M Photography, will join Marsha and show how she has helped families capture personal histories through black and white photographic art.

All community members are welcome to attend this inspiring and informative presentation. RSVP by calling Winding Commons at (916) 485-0100 or Campus Commons at (916) 929-3966. Refreshments will be served.

First Opportunity to Attend the Free Seminar

Where: Winding Commons
6017 Winding Way in Carmichael
(916) 485-0100

When: Saturday, September 20
1:30 p.m. to 3:00 p.m.

Second Opportunity to Attend the Free Seminar

Where: Campus Commons
22 Cadillac Drive in Sacramento
(916) 929-3966

When: Thursday, September 25
1:30 p.m. to 3:00 p.m.

Winding Commons and Campus Commons are part of Ray Stone Seniors Communities, a group of independent living adult communities serving the Greater Sacramento region and the Central Valley. Ray Stone Seniors Communities offers their signature P.S.S. – Personalized Service with a Smile – providing their residents with personalized, quality services by friendly staff, among friendly neighbors.

Borrowing Local Government Funds Not the Answer to State Budget Crisis

Business Wire—The leaders of California counties, cities and special districts are joining together to make it clear to legislative decision makers that borrowing local government funds to close the state’s \$15.2 billion budget deficit is not the answer and will only hurt local governments and California residents.

In a letter sent Tuesday (Aug. 5th) to the Governor, Senate and Assembly, presidents from the California State Association of Counties, League of California Cities and California Special Districts Association voiced their strong opposition to any budget deal that relies on suspension of Proposition 1A and Proposition 42.

“This is a fiscally irresponsible solution that does nothing to resolve the state’s budget problem and undermines any effort to restore the state to fiscal stability,” the presidents stated in the joint letter.

Passed in 2004, Proposition 1A prohibits the state from taking local tax property taxes except during true fiscal emergencies. Proposition 42, passed in 2002, requires revenues from the sales tax on gasoline to be used solely for transportation purposes. Both propositions were overwhelmingly supported by California voters.

In the joint letter, local leaders are also reminding the Governor and Legislature that these voter-approved propositions required borrowed revenues be repaid within three years, with interest, “causing more debt and delaying real solutions.”

In addition, local governments are facing their own financial difficulties due to the economic downturn and a drop in sales and property tax revenues. Most local governments have already adopted budgets and made tough decisions to come up

with balanced plans. The state’s borrowing of local revenues would only put holes in these budgets by requiring even deeper cuts at the local level.

The well-being of California’s future requires lawmakers to address the state’s fiscal challenges in a responsible manner. Local government leaders are eager to work closely with the Governor and Legislature to find a long-term budget solution for California.

For more information about the impact on local governments, contact the executive directors of the California State Association of Counties, League of California Cities or California Special Districts Association. For a copy of the letter, visit the CSAC Web site at www.csac.counties.org

Fine Arts for Rent

Imagine being able to change the paintings in your home or office every few months, or whenever you feel like redecorating, without enormous expense. It’s possible to do just that by renting original art from the Sacramento Fine Arts Center. Paintings can be rented on a monthly basis, or rented and purchased later. An entirely new show of original paintings by member artists are on display now at the Sacramento Fine Arts Center, and may be rented for a minimal monthly fee. The first month’s rent may be applied toward the purchase price. This Fine Art Rental Program makes original art affordable to all.

Exhibits in this special gallery change every three months. The approximately 100 works showing each time have been created by accomplished member artists so you can choose from a variety of art styles and media.

Located in Carmichael the center is a non-profit corporation founded in 1985 to serve the community as a center of original art. This is a great way to try out a painting before buying it. Sometimes a painting that you loved in the gallery doesn’t look quite the same in your house. More than 200 local artists currently are active members of the art center,

and many contribute to the rental gallery. The artwork reflect styles ranging from impressionist and abstract, to realistic and surrealist. The cost of renting a painting varies from \$10.00 to \$30.00 a month depending on the size of the piece. The center tries to keep rental prices reasonable to make it as easy as possible for people to have real art in their homes. If a client decides to buy a painting after renting it, the first month’s rent is applied to the purchase. Prices to purchase paintings range from \$100.00 for a small piece to more than \$2,500 for larger works, with the average price about \$600.

The program is also good business for companies, displaying local artists at a reasonable cost. If a company redecorates or relocates, it’s easier to rent than to buy, and some companies like to rotate their artwork. Also, a company may not be able to budget for original art, but can easily afford the low rental costs. Paintings are hung on the walls of the rental gallery so they can be easily viewed by potential clients. The center also houses two additional galleries for their art groups to hold exhibits and a variety of other shows, both regional and international.

Altogether the art center has over 6000 square feet of space with two exhibition galleries, meeting and instructional studios, library, gift shop and staff offices. The Sacramento Fine Arts Center receives a commission from each sale, which is used to partially fund the organization. Volunteers and a small staff operate the center five days a week Tuesday through Saturday 11 am to 3 pm, admission is free. The Sacramento Fine Arts Center is located at 5330-B Gibbons Drive, between Walnut and Garfield in Carmichael. Two member art groups are responsible for displaying most shows (Northern California Arts - NCA and Watercolor Artists of Sacramento Horizons – WASH) which change regularly. The Galleries are open on Second Saturdays until 8:30 pm and include refreshments and sometimes music for visitors. The rental gallery can be viewed also at that time. In addition, the center offers workshops with well known local artists for a small charge, and open time for artists to paint on Tuesday nights (Hang out with Art) that is free. For more information, call Sharon Drysdale in the office at (916) 971-3713.

‘Noises Off’ Opens August 22

Chautauqua Playhouse announces the first show of its 32nd season, NOISES OFF by Michael Frayn, opening August 22, 2008, at the Playhouse. The show will run on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through September 21st. All performances will be held at the Chautauqua Playhouse, 5325 Engle Road in the La Sierra Community Center in Carmichael. Admission is \$17 general and \$15 students, seniors, children and SARTA members.

In NOISES OFF, characters stampe in and out of doors, voices rise and trousers fall in this old style fast and furious farce! The play opens with a touring company dress rehearsing a conventional farce and takes the clichés of the genre - stock characters and situations - and gives them inventive and hilarious new twists! It has been called “The funniest farce ever written.”

The production is directed by Diane Bartlett and features Jennifer Russell,



Rodger Hoopman, Warren Harrison, Julie Betschart, Walter Thompson, Daryl Petrig and many others. Set design is by Rodger Hoopman, with lighting by Ross Aldrich. Costumes are by Eileen Beaver.

For tickets and additional information call the theatre at (916) 489-7529 (PLAY). Information and tickets are also available through the Chautauqua Playhouse website: www.cplayhouse.com.

Bruce A. Behrens Appointed as Chief Legal Counsel by RT Board

The Sacramento Regional Transit District (RT) Board of Directors announced the appointment of Bruce A. Behrens as Chief Legal Counsel at the RT Board Meeting held on Monday, August 11, 2008. Following a national search, the Board of Directors voted unanimously to name Behrens to the position. He will join RT on September 15, 2008, and succeeds Mark W. Gilbert who recently retired after 29 years with the District.

As a member of the executive management team, Behrens will oversee a staff of attorneys practicing litigation and transactional law. He will advise the Board of Directors, officers

and employees on a wide range of legal, business and government affairs.

Behrens has served as Chief Counsel for the California Department of Transportation (Caltrans) since September 2000. He began his work for Caltrans in 1973 as a staff attorney, representing Caltrans in litigation, providing house counsel over a broad variety of subjects, and later serving in its legislative affairs office from 1995 to 2000.

“RT is extremely fortunate to have a person of Bruce Behrens’ caliber onboard,” Roberta MacGlashan, RT Board Chair and Sacramento County Supervisor, stated. “His outstanding

qualifications and extensive knowledge of legal issues affecting environmental review, transportation planning and funding, and contract litigation are most impressive.”

“This is an exciting time to be joining the RT team,” Behrens stated. “Since coming to the Sacramento area to attend law school in 1970, I’ve watched RT evolve and grow into an integral part of our regional transportation system. I look forward to serving the RT Board and the community to build on that strong foundation, and to help deliver quality transit services and solutions that improve our region’s 2equality of life.”

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Orangevale News & Views

Letter from the President...



As my term begins, I look forward to some positive changes as your new President. The Chamber has a new Board of Directors and a ton of new and exciting ideas! I welcome all of you to visit me at the monthly mixers. They are growing larger every month and it

is a great time to mingle and promote your business with other business owners. I want to thank all of the Board of Directors and the Ambassadors for the fabulous job they all did at the Installation Dinner/ Mixer. The food was awesome and we had a great turn out! As a result, to the rising cost of living, the Chamber is implementing an increase in our new membership fees. Beginning September 1, 2008 the fee for a New Business Membership will be \$125.00 for the year. New Non-profit and Community Service Organizations will be \$75.00 for the year. New Individuals and seniors will be \$40.00 for the year. For current members renewing, the increase will

be in effect January 1, 2009. You can save money now by renewing your membership early and paying the current rate, your due date will stay the same. So renew today!

Our Honorary Mayor's Race is still going on. Please watch for up-coming events from our candidates and give them your support. Good luck to Brad Hill, John Sullivan and Lisa Montes as they try to collect the most votes!

Please feel free to contact the office with any questions or concerns, we are happy to serve the business and the community.

Sincerely Yours,
Lorraine Silvera

Smart Ways to Respond to a Down Market



Kirk Camunez

If you're an investor, you may have been disappointed with how the markets have been reacting this summer to the news of high oil prices and other short-term events. Nonetheless, your long-term financial goals don't have to be jeopardized by these losses — if you know how to respond to them.

Here are a few moves to consider:

- Stick to your investment strategy. It's almost always a bad idea to make long-term investment decisions in response to short-term market fluctuations. If you have built a diversified portfolio of quality investments, you're better off just "staying the course" during a market decline. (Keep in mind, though, that diversification, by itself, cannot guarantee or protect against loss.) If these investments were suitable for you before the market drop, they'll still be appropriate when the market turns around.

- Don't try to "time" the market. It would be great if you could know when the market had reached its low or high points, or which days would be "losers" and which ones "winners." If you had that foresight, you could always jump in and jump out of the market at the right times. Unfortunately, no one can make those predictions with

any accuracy. And those people who do try to "time" the market in this manner end up jumping out at the wrong times and missing both short- and long-term market rallies. By staying invested through market ups and downs, you can make progress toward your long-term goals.

- Look for buying opportunities. By definition, a market decline means that stock prices are lower — which means you may find some good buying opportunities. Of course, you'll want to know if the stock's price is low because of the effects of the broad-based market decline or because of other factors specific to the stock, such as poor management, non-competitive products or a decline in the industry to which it belongs.

While making these moves can help you get past the market decline, it doesn't mean that a severe price drop can't affect you. If you need money to pay for an unexpected cost, such as a major car repair, you'll likely take a hit if you have to sell stocks when the market has fallen substantially. But you can avoid this problem by putting three to six months worth of living expenses in an emergency fund, preferably in a "cash" or "cash equivalent" account.

Nobody likes to see big declines in the stock market. But if you're a long-term investor, you've built an emergency fund and you've rebalanced your portfolio to fit your risk tolerance, you'll be in a much better position to withstand these market drops — and you'll be well prepared for an eventual recovery.

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

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MAKING SENSE OF INVESTING

A Local Teacher and Cancer Survivor's Amazing Journey

Trajan Elementary teacher, Diana Schroeder, began a courageous journey of survival in December of 2004. In spite of weeks of excruciating headaches during the fall semester, Diana continued to teach and never called in sick. When the headaches became so severe that she could hardly function, she finally agreed to see a doctor. A MRI revealed a shocking reality: Diana had multiple brain tumors. Without surgery she would not live through the night. With surgery she was given a 50% chance to live one year...

Diana underwent surgery on December 4, 2004, at Kaiser Hospital under the skillful hands of Dr. Williams. Even though the surgeon had successfully removed all of the tumors, Diana still faced a difficult two months of both radiation and chemotherapy. Although she lost her hair, she did not lose her great sense of humor and her very determined, stubborn will to live. During her brief stay in the hospital, friends and family crowded into her hospital room and shared in the atmosphere of laughter and hope. Cards, flowers, and continuous loving support from family and friends at home helped strengthen Diana's determination to win the battle against brain cancer.

"And so the journey begins...." In January of 2005 Diana sent out a very upbeat, inspiring letter to her family and many friends. Thanking everyone for their loving support, she described how her sense of humor had given her and her family the power to fight the unknown. It was not surprising that many cards from former students, co-workers, friends and family reflected on this wonderful quality and how it had touched their lives.

Diana's letter also attributed her positive spirit and determination to combat cancer to other important characteristics such as her commitment to family and friends throughout the years which resulted in a natural outpouring of loving support from both near and far. The anticipated joy of the birth of a new granddaughter and her enduring love for her husband

and best friend, Bob, allowed her to make decisions that ultimately affected the nature of her healing process. A dedicated teacher for many years, Diana received continuous cards and letters from former families and students that brought tears to her eyes and filled her with a sense of inner peace and joy.

Diana ended her letter describing perhaps her strongest weapon in the fight against cancer: "My willingness to fight is another characteristic that helps me in planning this new journey. I have always been a fighter, supporting family, friends, and students. My

determination and stubbornness will now allow me to meet the challenges of our new journey."

In August of 2006 Diana and her family hosted a lively, laughter-filled Hat Party to celebrate her on-going recovery and survival and to thank everyone for their continuous, loving support. Three and ½ years have passed since Diana's surgery and she is happy to report that a recent MRI came out clear showing that she is definitely in remission. Her advice to others fighting cancer? Keep your chin up! Have a good sense of humor!

American Cancer Society
Relay For Life of Orangevale
Cancer Survivor Dinner
August 19: 6 – 8 p.m.

The 2nd annual Orangevale Relay For Life will take place at Louis Pasteur Middle School September 6-7, 2008. To honor and celebrate the many cancer survivors in our community, we invite local survivors and their loving caregivers to accept our invitation to this special pre-Relay event at the Orangevale Community Center. A Mexican dinner donated by the La Placita restaurant, an uplifting and entertaining program, raffle prizes and gifts await our honored guests.

Learn more about the Relay For Life of Orangevale and all of the special ceremonies, services and surprises planned in your honor. Call Ann Hively, Event Chair, for more information and to reserve seats at the dinner: 425-2406. We look forward to meeting you soon!

Join us in the fight against cancer !

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Gold River News & Views

Lots of Home Building & Sales in Rancho Cordova

New home construction is strong in Rancho Cordova, thanks primarily to two large residential projects by Beazer and Lennar. Permits for new home construction in the City of Rancho Cordova surpassed the mid-year projected number that was set by City staff last December.

The Building Department’s end of the fiscal year report showed that 315 permits for new single family homes were issued by the City, exceeding the 250 that was budgeted in the mid-year adjustment. The City’s fiscal year runs July 1st through the following June 30th.

“Although the 315 number was considerably fewer than last fiscal year when we issued 698 new home

permits,” said Tom Trimberger, the City’s Chief Building Official, “we’re pleased that there is still a lot of construction going on in our community. That means jobs, attractive new homes and continued vitality for the community.”

The valuation chart in the year-end report disclosed the amount of private investment in Rancho Cordova buildings was about \$150 million, about 45% of the peak in fiscal year 05/06.

The Rancho Cordova City Council and City staff members are committed to supporting both the business and residential communities. “We have traditionally been a community with more employees than residents. Now, through this building surge,

people are able to live near their jobs improving their quality of life” said Trimberger.

Christine Hamilton, Vice President of Beazer Homes Sales, reported that approximately 70% of the Capital Village homes under construction in Rancho Cordova are already sold “because it is surrounded by employment, a town center, and new parks, making it an ideal live, work, and play location for families and singles.”

The City of Rancho Cordova, celebrating its fifth anniversary, is based at City Hall that is located at 2729 Prospect Park Drive, Rancho Cordova, CA 95670; phone is 916-851-8700; website address is www.cityofranchocordova.org.

Will the Real City of Rancho Cordova Please Stand Up?



Special Commentary by Lonn Maier

A sleeping giant is about to awaken and pounce on Gold River. But unlike the gentle Goliath of Gulliver’s Travels or Puff the Magic Dragon, it is not friendly.

The Rancho Cordova Parkway is a proposed multi-lane freeway interchange that will serve as the main traffic drain for an estimated 100,000 cars in the new urban area called Easton in Rancho Cordova. It will dominate the landscape between Sunrise and Hazel on US 50 in ways unheard of. It is located in Gold River on a parcel referred to as the Tenderfoot Meadow, just south of Tenderfoot Drive in Eureka Village. It will reach 32 feet in the air, and have lighting that shoots another 40 feet in the air.

Residents of Gold River aren’t happy with the proposed massive traffic drain for a couple of reasons. Well, maybe more.

For starters, air quality emissions from cars include carbon monoxide, carbon dioxide (a green-house gas), nitrous oxides and sulfur oxide, not to mention particulate matter from diesel trucks and cars. Thousands of pounds of the toxic stuff will cloud homes nearest the interchange. Even those further away -- as far as 1,000 feet -- will be affected by the air emissions, according to state-sponsored research studies.

The City of Rancho Cordova’s own analysis shows that under buildout conditions, uses in the Planning Area may produce 14,296.66 tons of reactive organic gasses (ROG), 3,168.86 tons of NOx, and 8,420.85 tons of particulate matter (PM) 10 microns in size

per year.

Hundreds of children and parents alike frequent the nearby Prospect Park, which is located a mere 100 yards from the proposed interchange. Kids running their hearts out will be inhaling the emissions from the thousands of vehicles that pass through Tenderfoot Meadow every day.

How about noise? If two years of construction noise that will result in sleepless night for many residents is not enough, the decades of additional freeway drone from stop and go traffic that follows will be, to say the least, intolerable.

Safety. Present plans call for a “structural gap” in the freeway on-ramp wall that will allow anyone, including children, immediate access to US 50 by simply walking up the meadow hill and onto the freeway. Enough said.

And honestly, does anyone really think that building a freeway interchange within 50 feet of someone’s backyard a good thing?

Apparently some city officials in Rancho Cordova do.

“But it’s all part of the Plan,” City staff will say. Well, which Plan are they talking about?

“Honestly, does anyone really think that building a freeway interchange within 50 feet of someone’s backyard a good thing? Apparently some of the City officials do.”

If it’s the City’s General Plan, there’s a huge gap between their talk and the way they walk.

The City’s adopted General Plan makes several statements that would lead the person on the street to believe that the City is a concerned steward of its citizens. The General Plan, by the way, is the guidance document that provides goals for decades to come, that let citizens know City leaders are responsible and have an attractive plan for the future.

A closer look is warranted. Take for example the City’s Goal AQ.2. It says: “Support land use patterns and densities that lessen air quality impacts.” Or how about Goal AQ.3: “Support...a circulation system design that reduces vehicle trips and emissions.” And one more commitment: Action AQ.2.4.1

Lonn Maier is a resident of Gold River and co-chair of the Gold River Interchange Committee; he can be reached at gric@sbcglobal.net

Did You Know the Gold River Credit Union Gives You Access to Your Direct Deposit Even Before They Receive the Money?

In 1996, the Gold River community welcomed a much needed credit union for its residents and business employees. Since that time, the credit union has become friend and family to many who have found what a help a credit union can be.

Whether it’s the use of their free ATM, opening a checking account, raising a credit line on your Visa card, or being able to use your direct deposit even before your funds are received, you can do it fast and with a personal atmosphere.

Another benefit to the community occurred in 2004 when the Gold River credit union connected with many other credit unions nationwide to provide service to their members. That means



By Gold River Resident Kay Burton

whatever credit union you are with, you most likely can use this credit union to access your other account.

Call them at 638-8238 to find out if your credit union is part of their shared

branch connection. Or, you may want to stop by and become one of the many business professionals and residents who have found what a convenience it is to bank right here where you live or work.

We hope that you too will say, as many of us have, “What took me so long? This is now my credit union.”

We have changed both our business and personal banking needs to Big Valley Federal Credit Union in Gold River and we are pleased to have done so. We are enjoying the convenient location, the friendly and helpful staff, and the security we experience. It’s hard to see from BelAir, but it’s just across the parking lot next to Applebee’s.

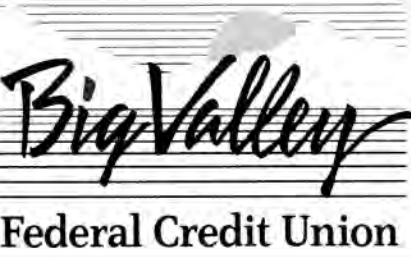
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Event: Dinner & Dance
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Time: 6:30-9:30 PM
Price: \$15 per person (Reservations suggested) Elks members & guests.
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Sponsor: Rancho Cordova Elks Lodge
Phone: 916-635-8038

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CALA Report Finds Nearly \$200 Million in Litigation Costs to Our Prison System

California Citizens Against Lawsuit Abuse (CALA) released a report detailing litigation costs to California's prison system, finding that taxpayers have spent more than \$191 million over the past six fiscal years in verdicts, settlements, outside counsel and staff salaries to deal with inmate-initiated litigation.

"We are already spending a tremendous amount of money on our prison system," said Lorie Zapf, executive director of San Diego CALA. "To see nearly \$200 million dollars diverted from more important prison issues such as overcrowding and health care to process petty lawsuits filed by convicted criminals is disheartening."

The report, titled "Citizens in Chains: The High Cost of Prisoner Lawsuits to California Taxpayers," examined the number of lawsuits filed, the number of staff dedicated to these lawsuits, outside counsel hired to defend these suits and verdict and settlement monies that resulted from such cases. The report did not examine the salaries of litigation coordinators at each state prison or the administrative costs associated with inmate-initiated lawsuits, such as the prisoners' filing fees and court costs, which are paid for by the prison system.

"Prisoners deserve access to the courts to protect their rights, including due process and freedom from cruel and unusual punishment. But I struggle to see how having a magazine confiscated is cruel and unusual punishment. Too many prisoners are filing countless frivolous small claims that cost more to process than the actual verdict or settlement," said Jim Nielsen, former minority leader of the State Senate and former chair of the Board of Prison Terms.

The state spent more than \$32 million on these lawsuits, enough to fund the care and feeding of nearly 500 prisoners. Considering California's budget is already billions of dollars short, citizens should demand these funds are spent in more productive ways.

"With the increase of crime in our state, public safety must be a number one priority," said Harriet Salamo, founder and chair of Crime Victims

United. "Prison is supposed to be about punishment and rehabilitation and prisoners must be held accountable for frivolous claims from lawsuits paid for by taxpayers. Such lawsuits prevent money from going to rehabilitation and punishment, which could raise recidivism."

CALA, which serves as a watchdog over the civil litigation system, called for common sense reforms such as a bill that was killed earlier this year that would have eliminated frivolous claims from lawsuits. Other proposed reforms include stricter adherence to the Prison Litigation Reform Act, strengthening of the California Department of Corrections and Rehabilitation's Administrative Appeals process and the creation of an Office of Litigation Prevention.

The report is available in its entirety at www.cala.com. If you have questions or would like additional information regarding the report or Citizens Against Lawsuit Abuse please contact Diann Rogers at CCCALA@comcast.net or 916-212-8995

Measure Helps Reduce Shaken Baby Syndrome

In a bi-partisan effort to reduce Shaken Baby Syndrome, a form of child abuse, Senators Dave Cox (R-Fair Oaks), Alex Padilla (D-Pacifica) and Elaine Alquist (D - Santa Clara) along with experts from Prevent Child Abuse California held a press conference today to stress the importance of public education.

Lawmakers are pushing for the passage of Senate Bill 825 to establish a statewide shaken baby prevention program.

"As a father of three and a grandfather of six, it is unconscionable to think that an innocent child can be harmed," said Sen. Dave Cox who represents the Northeastern part of California. "Shaken Baby Syndrome is preventable with the help of public education programs."

Senate Bill 825 would establish a three-year parent education program in hospitals throughout California patterned after a successful program in New York State, where Shaken Baby Syndrome cases were cut in half. Recently, hospitals in Sacramento County have been using the program with similar results.

"Educating new parents is an essential step to save the state millions of dollars and, more importantly, the lives of children," Senator Alex Padilla said.

Nearly a third of children diagnosed with Shaken Baby Syndrome die. Of the surviving children, 60 - 75% live with a significant disability. Disabilities caused by Shaken Baby Syndrome include mild and severe retardation;



From left to right: Senator Alex Padilla, Sen. Dave Cox and Adam, a victim of Shaken Baby Syndrome with his guardians.

paralysis, including quadriplegia; cerebral palsy; seizure disorder; and blindness. Experts estimate that 150 infants and young children become victims of this severe form of Shaken Baby Syndrome in California every year.

The Maryland Department of Health and Mental Hygiene estimates Shaken Baby Syndrome-related health care in the U.S. costs up to \$16 billion annually. For Shaken Baby Syndrome survivors, the cost of health care can be as high as \$3 million per child for the first five years of the child's life. Funding for the program established by SB 825 would come from the state's Children's Trust Fund, which derives its revenue from

voluntary donations and birth certificate fees. The bill specifically prohibits General Fund tax money from being used.

SB825 has received bipartisan support and is endorsed by the California Nurses Association, the American Academy of Pediatricians, the Children's Law Center of Los Angeles, the California Children's Hospital Association and state's Departments of Public Health and Social Services.

"Informing parents and caregivers of the life threatening effects, like brain damage or death, of shaking a small child may help reduce these tragedies," Cox concluded.

Crossroads Treatment Center Golf Tourney

Do you wish you could do more for children in your local community but don't have the time? Crossroads Treatment Center, a non-profit community based treatment agency (located in Orangevale, Citrus Heights and Carmichael), is hosting their first annual "Swing For Youth" golf tournament benefiting the children and the program in which they live.

Crossroads Treatment Center cares for children between eleven to seventeen years of age that have suffered the most horrible types of abuse imaginable. Abuse that has, many times, occurred at the hands of the ones they look to for safety, love and guidance. Imagine a life where you are scared when you hear your bedroom door open, not knowing if it is your mother who beats you, or her

boyfriend, that may want something else. Imagine a life where you do not know when your next meal is coming, or you are left unattended for days on end having to provide for your siblings because of not knowing when, or if, your parents are returning. These are just some of the many stories that our children have been forced to endure. Where these stories seem to end is where Crossroads Treatment Center's story begins. Since 1996 Crossroads goal has been to provide these children with a safe environment in which they can heal and eventually reenter back into the community. This is accomplished through various forms of therapy, group activities and our on-site educational program.

With hopes of raising funds to better serve our current and future children,

On September 15, Crossroads Treatment is hosting its first annual "Swing For Youth" golf tournament. This tournament is taking place at the exclusive North Ridge Country Club located in Fair Oaks. The days events include a round of golf, lunch, dinner, wine tasting, raffles, tee prizes, putting contests, and much, much more. Registration begins at 10:30am and the tee off is at 12:30pm. Tickets to participate in the tournament are \$175 per person or \$600 per foursome. Various donations and sponsorships for the event are also greatly needed. For more information about the fundraiser or about us visit www.crossroadstreatmentcenter.org or call (916) 729-2721. Last day to sign up is September 12th and spots are limited so sign up fast.

Kaitlyn's Law- Never Leave a Child Unattended

Instead of Saving a second.....**Save a Child!** "4 R KIDS SAKE" designates the month of August as Purple Ribbon month due to the tragic loss of 6 month old Kaitlyn Marie Russell. Kaitlyn died from hyperthermia after being left unattended in a parked vehicle in 2000. The Campaign is to bring awareness regarding Kaitlyn's Law while honoring the children who have lost their lives as a result of being left unattended in a motor vehicle. Although August is the designated month for awareness, the public should be reminded that a child should never be left unattended in a vehicle at any time of the year and regardless of weather conditions.

Never leave a child in a car without appropriate supervision

- The temperature inside a vehicle can become like an oven within minutes
- A child's temperature increases 3-5 times faster than that of an adult and

they can become dehydrated within 10 minutes or less

- Cracking windows, having a vehicle of larger size or lighter color does little to reduce the temperature inside your vehicle

Please don't forget your precious cargo in the back seat

- Dozens of children die yearly when they are accidentally forgotten in their child restraint in the back seat of a vehicle

- Place your child's diaper bag or backpack on the front passenger seat

- Place your purse, briefcase, or personal items in the back seat compartment with your child

Always keep car doors locked and keys out of the reach of children

- Children have become trapped inside the passenger or trunk compartment after gaining access into an unlocked vehicle or by obtaining keys left within their reach

School is Back in Session

San Juan Schools are back in session, today. The City of Citrus Heights and the San Juan School District are asking for your cooperation to improve safety for our children.

Speed:
Parents driving to and from school sites are reminded to slow down. Speed limits in school zones are 25 MPH. School age children do not understand the concept of vehicles requiring time and distance to stop. Children will run into the path of a vehicle.

California Vehicle Code Section 22350 - requires drivers to operate

a vehicle at a speed that is safe for the existing roadway conditions, regardless of the posted speed limit.

Parking:
Parents are reminded to park only in legal parking areas. Red zones are red for a reason. A curb could be red to allow drivers to see children walking, or to allow space for vehicles to turn in or out of a driveway. Do not park in passenger loading zones. Passenger loading zones are intended for you to come to a stop, allow the passenger to exit on the curb side, and then drive away. Do not park in front of a driveway. It is illegal and is a major annoyance to residents who

live near schools.

Pedestrians:
Please teach your children to cross at the crosswalks. Crossing mid-block, or from between parked cars, is dangerous! Drivers can not see children due to their smaller size. Parents must set the example and cross at the correct locations as well. Your children learn from your actions!

Our children learn from our actions....set a good example whether it be as a driver or pedestrian! Kids who get speeding tickets as new drivers learned to drive fast from mom and dad.

CHP Start Smart Program

The California Highway Patrol invites parents and their young children ages 15-19 yrs old to attend a Start Smart class. The Start Smart program is geared towards the reduction of senseless collisions and injuries involving teen drivers. Start Smart traffic safety issues directly affect new drivers in a way no other program does. Start Smart speaks directly to those with a permit and to the newly licensed driver. This program discusses with the drivers accident avoidance

techniques, accident causing elements, driver responsibilities, and it discusses local area traffic collision trends. Laws pertaining to provisional licenses, driving under the influence and Zero tolerance will be discussed. You will also hear a live testimony from a parent who lost her own child.

By providing teens and their parents with the traffic safety information, they are made aware of the reality that they face and the opportunity to better prepare them to know what precautions

Running Out of Gas Proves Hazardous



Officer Lizz Dutton, Public Affairs Officer

On August 6, 2008 at approximately 5:55 a.m., Raashnay Hundley, an 18 year old from Sacramento was driving a dark green 1992 Lexus LS400 on eastbound I-80 just east of the northbound SR-51 split. Hundley's vehicle ran out of gas and her vehicle became disabled in the #4 lane (7 lanes at this location). It was still early dawn and her headlights and emergency flashers were activated but within minutes her vehicle was struck

by a white 1992 Mazda pickup. The driver, Fabian Jauregui, a 35 year old from Elk Grove observed the disabled Lexus and attempted to steer to the right but was unable to avoid clipping the right rear of her vehicle. Jauregui was able to pull to the right shoulder; however, the Lexus was still disabled in the eastbound lanes. Hundley called 911 to advise she had broken down. Jack Nunez, a 35 year old from Elk Grove was driving a 2007 white BMW on northbound SR-51 transitioning to eastbound I-80 in the #5 lane. Next to Nunez's vehicle to the left front was a semi truck in the #4 lane Nunez observed the semi truck move to the right directly in front of his vehicle so he moved to the #4 lane. As Nunez changed into the #4 lane he was unable to see the Lexus that was disabled in the lane until the last second. The BMW struck the rear of the Lexus pushing it

approximately 120 feet forward and to the right shoulder. The BMW spun around and came to rest in the #1 lane.

Hundley was transported to Mercy San Juan Medical Hospital with major injuries to her head and is listed in serious condition. Nunez was transported to Mercy San Juan Medical Hospital for complaint of pain to his legs and chest.

All parties were wearing their seatbelts during the collision. Alcohol and/or drugs are not believed to be a factor in this collision. This collision is still under investigation.

As A Reminder- If you experience engine problems or notice your vehicle is running out of gas, ALWAYS attempt to pull to the far right shoulder or any safe location. Remember to check your gas gauge regularly and don't risk running out of gas, especially on the freeway.

From A Business Standpoint,
IDENTITY THEFT
is not just a black and white issue.

The Gray Areas are important too.

DID YOU KNOW THAT NON-COMPLIANCE WITH FEDERAL LAWS COULD COST YOU PERSONALLY, OR COST YOUR BUSINESS, UP TO \$1,000,000 IN FINES AND UP TO 10 YEARS IN PRISON?

As a business owner, you know there are laws every business must follow. However, results of a recent survey by zTelligence and Fellowes Inc., (July 2005), showed only 13.1% of business owners recognize the term "FACTA." That could mean that nearly 87% of all business owners aren't aware that FACTA:

- Is federal legislation that went into effect June 2005
- Can shut your business down whether you have two or two thousand employees
- Can result in major fines to you and your business by the FTC for non-compliance
- Provides another avenue for lawyers to file lawsuits against your business on behalf of

customers or employees

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

- HIPAA Security Rule
- Gramm, Leach, Bliley (GLB) Safeguard Rule
- Numerous individual state laws (such as the Texas Whistle Blower Statute)

We can help. Our Affirmative Defense Response SystemSM (ADRS) can help your business at virtually no cost. To learn more, please make the call. 916.995.2697

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A Night of Laughs

Comedy Benefit

Sunday, Sept. 7, 2008
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Sponsors: **SureWest Foundation ♦ Dante Club**

Examining the Common Threads of Conversion

Christian Newswire/ -- For some people, the path of faith is a relatively straight one. The faith of their childhood sustains them to the end of their days. For others, the path is more circuitous, involving a conversion from one faith system to another. Walk into an evangelical suburban megachurch and you're likely to encounter a large group of former Roman Catholics. Surprisingly to some, your chances of meeting a former evangelical at the local Catholic parish are increasing. Organizations like Jews for Jesus promote conversion to faith in Christ. This phenomenon raises several questions. What really happens when a person converts? What are the consequences?

In the new book *Finding Faith, Losing Faith* (Baylor University Press, 2008), authors Scot McKnight and Hauna Ondrey provide compelling answers to the questions surrounding conversion. Scot McKnight is a widely-recognized authority on the New Testament, early Christianity, and the historical Jesus and a professor of religious studies at North Park University (Chicago, Illinois). For the last decade, he has been reading stories of conversion. For the purposes of this book, he and Ondrey have chosen to examine several specific scenarios: conversion from Jewishness to Messianic Jewishness, from Roman Catholicism to Evangelicalism, and from Evangelicalism to Roman Catholicism. The book opens with a discussion of a fourth scenario, the conversion experience most people have never considered--conversion from orthodox Christianity to apostasy (choosing to walk away from the Christian faith).

Finding Faith, Losing Faith clearly draws on the scholarly strengths of its authors, who present compelling

evidence in support of the patterns of conversion. While the excellence in research and presentation will certainly appeal to academic audiences, the real examples of conversion take center stage--fascinating, personal stories that will resonate with many readers. Among the many conclusions presented, McKnight and Ondrey point out that in some situations an individual's decision to leave a faith system could have been prevented, if only someone had been willing to address the source of the disenchantment. Finding Faith, Losing Faith will be an invaluable resource for pastors and lay leaders who want to understand the dynamics behind conversion and deal proactively with the underlying problems that cause people to leave--particularly those that instigate the departure from faith altogether.

Prop 8 Campaign Announces Official Catholic Effort

Catholics for ProtectMarriage.com identified as leader

Christian Newswire/ -- The Yes on Proposition 8, ProtectMarriage.com campaign - also known as the CaliforniaMarriageProtectionAct - announced today that Catholics for ProtectMarriage.com, led by the Knights of Columbus, California Catholic Conference and Catholics for the Common Good, has been established as the official Catholic grassroots effort dedicated to passing Proposition 8. All lay Catholic organizations and individuals are invited to join.

Catholics for ProtectMarriage.com is inspiring Catholics across the state to stand up for restoring marriage in California. "Our strong Catholic faith teaches us the importance of treating all of God's children with love and respect, it also teaches us that marriage between a man and a woman is the foundation of the family - the first school of love, peace and justice," said Bill May, chairman of Catholics for ProtectMarriage.com. "The ruling

by the California Supreme Court nullifying the legal definition of marriage in state law was a shock to Catholics and other citizens who are concerned about how this will affect their own children's understanding of marriage."

May also serves as chairman for Catholics for the Common Good, a lay Catholic apostolate founded on the social teachings of the Catholic Church. Catholics have a long history of supporting marriage as being between a man and a woman. They played a key role in passing Proposition 22 in 2000, in which more than 61% of California voters overwhelmingly supported upholding the definition of marriage as being between one man and one woman. Catholics for ProtectMarriage.com joins the growing list of religious and non-religious groups working to pass Proposition 8.

"The fight to protect marriage is an all-encompassing effort that affects everyone in California," said Ron Prentice, chairman of the ProtectMarriage.com initiative. "We're honored to have Catholics for ProtectMarriage.com offer us

Sanctification



by Marlys Johnsen Norris

Sanctification occurs during a person's daily walk with God. For a Christian believer, the process of sanctification takes a lifetime. Bit by bit one learns to apply the Word of God to their life and the root and depth of the submission to its truth, yields a life that is enriched by the power of God. It is when one

reflect continuous spiritual growth and maturity in their personal relationship and knowledge of God. The super-natural gifts of God's Spirit are evident in their various ministries and service to the kingdom of God. Each progressive step moves one toward achieving God's ultimate purposes; predestined to be conformed to the image of God's Son. (Romans 8:29) The legacy and testimony one leaves for future generations is profound. Their desire to glorify God is evidence of their life's message that others may also come to accept Jesus as their personal Savior to know and love the Lord with their whole heart and soul in the future.

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

Former NFL Star Your Spiritual Coach?

Former NFL All-Pro Wide Receiver Wants to be Your Spiritual Coach

Christian Newswire-- Danny Abramowicz, former NFL all-pro wide receiver and coach, has created a television show with EWTN Global Catholic Network called "Crossing the Goal," which uses a sports show format to encourage men to get into spiritual shape.

"On this show, we talk to men about the things that are happening in their lives right now and we challenge them to do something about it," said Abramowicz, who played for the New Orleans Saints and the 49ers. "Guys respond to a challenge. The Lord will

help them, but they have to admit that something is not right in their life."

Abramowicz -- who ranked, in varying years, in the Top 10 for receptions, receiving yards, and touchdowns -- admits that he is a former party boy whose life once revolved around his ego and booze. He says he and his three co-hosts -- Peter Herbeck, vice-president of Renewal Ministries; Curtis Martin, founder of Fellowship of Catholic University Students; and professional broadcaster Brian Patrick -- provide real solutions to the spiritual challenges men face.

Segments include "The Kickoff," where the problem of the day is quickly presented; "The Game Plan," where two team members lay out the

City Seminary Open House

City Seminary will hold two Open Houses for the Fall 2008 semester. The public is invited. Meet the faculty. Register for classes.


Tuesday, August 19, 2008; 7 – 8:30 PM. Belle Cooledge Community Center, 5699 South Land Park Drive, Sacramento (across the street from the Belle Cooledge Library).

Thursday, August 28, 2006; 7-9 PM. Double Tree Inn, Arden and Bus-80 (across from Arden Fair Mall) Sacramento.

For more information, call 451-4168 or visit the web site at: www.cityseminary.org

THE OBSERVATION DECK

All sorrows can be borne if you put them into a story or tell a story about them.



ISAK DINESEN

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BIBLE TRIVIA

by Wilson Casey

1. Is the book of Immanuel in the Old or New Testament or neither?
 2. From Psalm 139, where did God "knit me together"? *Heaven, Mother's womb, Before time, Mountain*
 3. In Hebrews 7:2, who was the "king of righteousness"? *Neco, Joash, Melchisedec, Zechariah*
 4. From Exodus 2, who met his future wife at a well in Midian? *Moses, Noah, Isaac, Gideon*
 5. In Deuteronomy 34, who buried Moses? *Servant girls, Shepherd boy, Joshua, God*
 6. Which city was home to the harlot Rahab? *Jericho, Perga, Beersheba, Joppa*
- ANSWERS: 1) Neither; 2) Mother's womb; 3) Melchisedec; 4) Moses; 5) God; 6) Jericho

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10 am - 11 am
Evening Adult Study: 7 pm - 8:30 pm

Sundays: Worship ~ 9:30 am
Sunday School ~ 11 am *For All Ages*
www.oakavefmc.org



CALLING ALL PASTORS:

7th The American River Bank - KFIA
annual Pastor's Appreciation Breakfast
is Coming September 25th.

This years Speaker will be Author & Radio Host
Steve Arterburn of "New Life Live".

The event will be held at
The Vizcaya Hotel & Conference Center at 2019 21st street.
This Free event is designed to honor area Pastors but room is limited,
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REVIEW by Charles Glover



Tropic Thunder

The motion picture industry, when dealing with certain genres of filmmaking, wants the portrayal of events as real, and sometimes as raw as possible.

In the film “Tropic Thunder”, this pursuit to make the film as real and raw as possible is taken to a whole new, and dangerous, level. The director decides that these actors will give their all when faced with real fear. He has them dropped into a zone full of drug runners

and other dangers.

“Tropic Thunder”, which stars Ben Stiller (who also co-wrote and directed the film), Robert Downey Jr., and Jack Black is raunchy, foul-mouthed, yet it’s a good time. It’s one of the better comedies that I have seen this summer. What surprised me about this film was the amount of action it has. It isn’t a bad thing; in fact, this makes the film a little more believable. And in turn, it makes it that much better.

In between the jokes are explosions, and in between the belly laughs come

gunshots. I was expecting a little action, but I was surprised that the action sequences arguably outnumbered the jokes. But when those jokes came, they made as big an impact as any explosion.

“Tropic Thunder” is a film that slams Hollywood and the motion picture industry, making fun of things like studio chiefs, actors and big-budget movies. Much of the humor comes from these knocks on Hollywood -- from fictional trailers that depict the previous works of the actors in the movie, to very entertaining cameos.

One of the cameos in the film comes from Tom Cruise as a profane studio head who is only in it for the money, and the glory of being the best. Honestly, this is a great character, and Cruise was spectacular and funny. I couldn’t catch my breath when he was talking with terrorists at one point during the film. His rant is terrific.

That’s how I would characterize “Tropic Thunder”, terrific, but at the same time it’s not perfect. The film has pacing issues, and some things could have been done away with, such as some of the guts and gore in the beginning of the film. To be honest, it’s really minor stuff, but even the small stuff can produce distractions from the bigger picture.

In the end, when looking at this bigger picture, “Tropic Thunder” is both an action film and a comedy, and it can be a little raunchy and even intense at times. The film is balanced, if not a little sluggish, and it has a good cast that includes a surprising Cruise not appearing or acting like himself. For some, that might actually be a good thing.

Grade: A-

Charles Glover is a journalism major at California State University, Sacramento. He has reviewed movies for “The Current” at American River College. His entertainment/popular culture blog can be seen at www.myentertainmentopinon.blogspot.com.

Student Athletes Awarded



The academy awards the “Dusty Baker Cup” to the student athletes that carry a 3.75 GPA or above in school and show strong community involvement while participating in sports. Only a select group are chosen by the staff to receive the award. This year’s award recipients from session two were Jimmy Boras, Ryan Todd, Ethan Gallagher, Ryan Rodriguez, Billy Faul, Casey Sklar and Kevin Mackin, all pictured above.

The Dusty Baker International Baseball Academy completed its 25th season on July 27th with a strong turnout of local youths. The camp was held at two sites this year, Hagan Park in Rancho Cordova and Capitol Christian Center in Sacramento. The split sites allowed more flexibility in the coaching exercises and drills and more one-on-one time for specialized coaching techniques. There were over 100 participants in this year’s training camps.

Dave Stewart and Jim Barr were among the twelve former major leaguers and veteran group of top-flight coaches providing instruction to student groups ages 9-20. Other coaches included Lloyd

Moseby, Roland Office, Bob Oliver, Hal Steinback, Rich Murtray, Jalal Leach, Bruce Carmichael and Cordova High School Coach Guy Anderson.

This was a fantastic learning experience and training program for all the young baseball players. Many young pitchers received direct coaching from both Dave Stewart, former ace of the Oakland A's and Jim Barr, a team record holder for the San Francisco Giants.

Approximately 5800 of the 7900 previous academy participants have moved on to high school, college or professional baseball. Active outstanding graduates are current major leaguers Geoff Jenkins, Derek Lee, Darren Oliver

and the 2007 Cy Award winner Carsten “C.C.” Sabathia.

Dusty Baker and the Academy wish to thank their many sponsors including: Raley’s, Blue Diamond Almonds, Coca-Cola, Holiday Inn of Rancho Cordova, Goodline Sports, Schutt Sports, Easton Sports, Rawlings, Capitol Christian Center, the American River Messenger, the Carmichael Times and all the others who helped make this year’s camp another success.

For a brochure, or to find out about next year’s camp, call Bruce Carmichael at 1-530-644-3067, or E-Mail: bdcarmichael@sbcglobal.net. Visit Dusty’s website at www.dustybaker.com

CLASSIFIED

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DONATE YOUR CAR...To The Cancer Fund of America. Help Those Suffering With Cancer Today. Free Towing and Tax deductible. 1-800-835-9372 www.cfca.org (NANI)

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(ARM)



Beauty

Braids & Weaves 24/7 Specialists in Dry Hair, Problems, Braiding/ Weaving Tracks - \$15 Press/Curl \$45-\$65 LOC/Appt 821-8888. Now Hiring (ARM-M)

Business Opportunities

ABSOLUTELY RECESION PROOF! Do You Earn \$800 in a Day? Your Own Local Vending Route Includes 30 Machines and Candy for \$9,995. MultiVend LLC, 1-888-625-2405. (Cal-SCAN)

Are you tired of... Other people making it big while you work more and more just to stay caught up with your bills? Spiraling costs and debts? Your business owning you rather than you owning it? Never having the freedom to enjoy the fruits of your labor? Improve life's journey with an unequalled business opportunity, and product that improves everybody's health. For information how to become a part of one of the fastest growing company call 916-205-8118. (Serious enquires only) (ARM)

SPORTS MINDED Successful Entrepreneur seeks Self-starter, must be \$\$\$ Motivated, Team Player, ready to produce Health & Wealth NOW! 1-800-221-8429. (Cal-SCAN)

WANT TO EARN \$1K - \$5K PER WEEK? GUARANTEED ACCTS. SAFE INVESTMENT! MONEY BACK GUARANTEE. 100 YEAR OLD INDUSTRY. 800-896-2492 CALL 24 HRS/7 DAYS. (VOID IN LOUISIANA, ARIZONA, COLORADO) (NANI)

Earn up to \$500 weekly Assembling angel pins in the comfort of your own home. No experience required. Call 813-425-4348 or 813-425-4361 or Visit www.angelpin.net (NANI)

START YOUR OWN highly profitable home business. Make upto \$500 daily part-time starting right away! Call for FREE report: 1-818-576-0388 Code: CL19270. (Cal-SCAN)

Do you dream of owning your own business? Pre-Paid Legal Services, Inc. is a publicly traded company on the NYSE and is expanding its services in your area. Full-time/part-time marketing opportunities available. For more information on how to become an Independent Associate of this fascinating company or if you would like to know more about our legal service plans, call today! Tony Lamm, Independent Associate, at 916-773-1421. (ARM)

Clothing

LEVIS 501's (Pantalones de Mezchilla)\$1.50 ea (c/u), mixed w/other brands(mezzclados con otras marcas),min. order 1200 jeans/orden min. 1200 pantalones). This week only!818-522-9824 (SWAN)

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Computer Care Complete PC Care and Maintenance Installs, upgrades, virus removal, wireless. Affordable prices- Same-Day Service. Call Todd 916-529-5954 (ARM)

GET A NEW COMPUTER Brand Name laptops & desktops Bad or NO Credit – No Problem smallest weekly payments avail. Its yours NOW – 800-932-3721 (NANI)

GET A NEW COMPUTER Brand Name laptops & desktops Bad or NO Credit – No Problem Smallest weekly payments avail. Its yours NOW – 800-804-7475 (NANI)

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A NEW COMPUTER NOW! Brand Name Bad or NO Credit – No Problem Smallest weekly payments avail. Call NOW 1-800-640-0656 (NANI)

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All Types of Construction -kitchen & bath remodels, new construction, roofing, decks, fencing, dual pane replacement windows. Free estimates Lic# 830054 (916) 335-1325 (ARM)

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Peña Family Daycare - Small in home family care. Clean and Safe environment. Nutritional snacks and meals provided. Preschool like setting. (916) 972-1540 www.penafamilydaycare.com (ARM)

Elder Care

Residential Care Home Loving Care. Nancy's RCFE in Citrus Heights 916-508-1436 (ARM-M)

Electrical

Brannan Electric Small & Large Jobs.Visa MC Accepted. Cooling-Attic Exhaust Fans Installed Lic. 832017 Insured 916-505-3025 - Dave (ARM-M)

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Affordable Fencing Redwood specialist. Dedicated on time service. Lifetime steel post. Senior discount. Lic. 742683 916-773-1350 (ARM-P)

Sierra Pacific Fence, Fences, decks, Retaining Walls 100% neighborhood discounts XLNT prices Free estimates 483-1883 License 606100 (ARM)

Financial / Money to Loan

Homeowners Don't Short Sell Your Home as a first option. A home can generate \$2,600,000 of tax-free income. Let me help you create additional income & front

page 1040 deductions BK/CR 916-868-1041 (ARM-B)

Real People helping Good People find Real Debt Solutions! Linda Findley 916-300-0611 lafindley@team72goodcredit.com (ARM)

\$\$\$ ACCESS LAWSUIT CASH NOW!!! As seen on TV. Injury Lawsuit Dragg? Need \$500-\$500,000++ within 24hrs after approval? Compare our lower rates. APPLY NOW 1-866-386-3692 (NANI)

GET FAST CASH! 24/7! Instant pre-approval by phone.Bad Credit OK. No faxing.Cash in 24hrs. Apply now!1-800-354-6612 (NANI)

Are You Drowning in Debt? Financially Stressed Out? We can save you thousands & Stop the Harassment! Get Help Now with a FREE Consultation! Call 1-888-246-2304 (NANI)

TOO MANY BILLS? Pay off your debts up to 50-80% off. One free affordable monthly payment. 98% Approval Rate. 1-866-608-BILL (2455) Visit www.paylessolutions.com (NANI)

\$\$\$CASH\$\$ Immediate Cash for Structured Settlements, Annuities, Lawsuits, Inheritances, Mortgage Notes & Cash Flows. J.G.Wentworth #1 1-(800)794-7310 (NANI)

STOP YOUR DEBT INSANITY Full service solution for credit nightmares. Mortgage Arbitration. Credit Repair. Debt Stlmt. 916-300-0611 (ARM)

\$\$\$ GET LAWSUIT CASH NOW-Oasis Legal Finance #1 See us on TV Fastest Cash Advances on injury cases-within 24hrs. Owe nothing if you lose your case APPLY FREE CALL NOW 1-866-353-9959 (NANI)

\$\$\$ CASH FAST \$\$\$ Fast Cash Advances Against Inheritances, Lawsuits, Structured Settlements, Annuities, Lotteries, and Military & Regular Pensions. (No VA or W/C) Call Now 1-877-726-6639. www.1-877-72-MONEY.com (Cal-SCAN)

Need Cash Quickly?? \$\$\$\$ Stay at home and make money. Best Program FREE Video Go to www.FREEDOM51.com

Want To Earn \$1K - \$5K Per Week? Safe Investment. Money Back Guarantee!! 100 Year Old Industry. 800-896-2492 Call 24/7 (NANI)

Reverse Mortgages If you are a senior citizen, you have no doubt heard of a reverse mortgage. For ALL of the information and none of the obligation, call Len Lamb at 728-6653. (CT)

For Rent / Lease

1,000 sq. ft. commercial warehouse with small office. Lease or mo. to mo. \$650.00. Easy frwy access I-80 @ Madison. Call Lisa (916)331-0840. (ARM)

For Sale

SAWMILLS FROM ONLY \$2,990 –Convert your Logs to Valuable Lumber with your own Norwood portable band sawmill. Log skidders also available. www.NorwoodSawmills.com/500A -Free Information: 1-800-578-1363 x300-N. (Cal-SCAN)

GIGANTIC MIRRORS. Jobsite leftovers, 48"x100"x1/4" (15), \$99/ each, 72"x100"x1/4" (11), \$145/ each, 72"x50"x1/4" w/1" Bevel, \$115/

each. 84"x60" w/1" Bevel, \$135/ each. Free delivery. Installation available. A & J Wholesale, 800-473-0619.(NANI)

Electric Wheelchair Jazzy/1121 Brand new batteries - custom footguards - cane holder - basket - metallic blue. New \$5,700 - Sacrifice \$1,450 obo - Cash Only Please - (916) 488-4154 (ARM)

Health and Beauty

DIET PILLS Maximum prescription strength Phenitromine, 37.5 mg. blue and white capsules, 60 count, \$77.95. No Prescription needed. Free Shipping! 1-800-627-7896 ext. 807 (NANI)

Look Younger in Less Than a Day! www.hydrateskin.com then call 916-988-3027 ask for a Free Sample (ARM)

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Heating & Air

Christopher's Heating & Air Low Rates, Quality Service 223-1744 (ARM-M)

AC Repair Low Prices 487-4609 (ARM)

Help Wanted

Part-Time Front Desk Receptionist. Purpose Driven chiropractic clinic seeks P/T front desk help for growing practice. Visit DiscPump.net to get to know us, then send resumes to SpinalHealth2@sbcglobal.net or fax resume to 916-988-7811 (ARM)

POST OFFICE NOW HIRING. Avg. pay \$20/hr or \$57K/yrincluding Federal Benefits and OT.Placed by adSource not aff.w/ USPS who hires.1-866-574-4775 (SWAN)

\$\$\$19 PEOPLE WANTED\$\$\$ \$1,200-\$4,400 Weekly Working from Home assembling Information packets. No Experience Necessary! Start Immediately! FREE Information 24hrs. **CALL NOW!** 1-888-222-0833 (Dept.75) (NANI)

SHIPPING & RECEIVING TRAINEES. Learn stock and inventory control management. Formal and on-the-job training. Fully paid training with scheduled raises. Paid relocation. Prefer H.S. grads to age 34. Call 1-800-345-6289. (Cal-SCAN)

INTERNATIONAL CULTURAL EXCHANGE Representative: Earn supplemental income placing and supervising high school exchange students. Volunteer host families also needed. Promote world peace! 1-866-GO-AFICE or www.afice.org (Cal-SCAN)

***** AVON *** Reps needed.** Part time or Career. Internet access required. 1-800-887-7618. (Cal-SCAN)

FIREFIGHTER & EMT. Paid on-the-job training for H.S. grads. Must be physically fit and under age 34. Good pay/benefits. Paid relocation. Call 1-800-345-6289. (Cal-SCAN)

REMOTE SUPPORT TECHNICIANS Needed to support our online backup clientele. Onsite Techs needed throughout California to replace Hard Drives, Cards, etc. Visit: www.RemoteDataBackups.com/jobs (Cal-SCAN)

SUPPLEMENTAL INCOME! Place and Supervise International High School Students in families in your community! Training, compensation, international travel incentives. Call Phyllis at 1-866-523-8872. (Cal-SCAN)

\$\$\$HELP WANTED\$\$\$Earn Extra income assembling CD cases from Home. No Experience necessary. CALL OUR LIVE OPERATORS NOW! 1-800-267-3944 Ext 1044www.easywork-greatpay.com unavailable (MD,WI,SD,ND) (NANI)

SALES. Seeking Business minded Marketing rep's, New Technology/ Globally, Training available, F/PT, Residual income, Commission, Fax Resume 916.910.2002 (ARM)

SECRET SHOPPERS NEEDED IMMEDIATELY For Store Evaluations. Local Stores, Restaurants, & Theaters. Training Provided, Flexible Hours. Assignments Available NOW!! 1-800-585-9024 ext. 6262 (NANI)

Weareseekingdynamiccustomer service oriented individuals with great communications and typing skills needed to work on behalf of our company this service representative will earn up to \$3000 monthly any job experience needed. Email at danielperex1980@yahoo.com if interested (ARM)

Wanted: 29 Serious People to Work From Home using a computer. Up to \$1,500-\$5,000 PT/ FT www.REBvision.com (ARM)

LOAN OFFICER OPPORTUNITY. US Home Funding seeks licensed Loan officers to work from home. Strong support, Excellent commissions. Phone: 800-788-4498. Fax: 866-255-3371 or email: hr@ushomelifunding.com (Cal-SCAN)

PART TIME JOBS. The Navy Reserve has part-time jobs for one weekend each month + two weeks a year. Ages 18-39, w/w prior military service. Call 1-800-345-NAVY. (Cal-SCAN)

JOBS, JOBS, JOBS! California Army National Guard. No Experience. Will pay to train. High School Jr/ Sr & Grads/ Non- Grads/ GED. May qualify for \$20,000 BONUS. 1800GoGuard.com/ careers (Cal-SCAN)

ELECTRICAL APPRENTICESHIPS. Openings in all aspects of electrical work. Paid training, benefits, and advancement opportunities. High school grads ages 17-34. Paid relocation expenses. Call 1-800-345-6289. (Cal-SCAN)

LOAN OFFICER OPPORTUNITY. US Home Funding seeks licensed Loan officers to work from home. Strong support, Excellent commissions. Phone: 800-788-4498. Fax: 866-255-3371 or email: hr@ushomelifunding.com (Cal-SCAN)

ABLE TO TRAVEL. National Company Hiring 6 people. No experience necessary. Paid training and Transportation. Over 18. Start ASAP. 1-888-921-1999. (Cal-SCAN)

Mystery Shoppers earn summer gas money. Up to 150\$/ day. Undercover shoppers needed to judge retail and dining establishments. Exp not req. 800-742-6941 (NANI)

DATA ENTRY PROCESSORS

NEEDED! Earn \$3,500 - \$5,000 Weekly Working from Home! Guaranteed Paychecks! No Experience Necessary! Positions Available Today! Register Online Now! www.BigPay/Work.com (NANI)

HAIR STYLIST NEEDED — We are a contemporary, new, drama-free salon located in Carmichael. Must have clientele following—low booth rent, move-in specials. Call 916-481-3864 (ARM)

MANICURIST NEEDED — We are a contemporary, new, drama-free salon located in Carmichael. Must have clientele following—low booth rent, move-in specials. Call 916-481-3864 (ARM)

\$\$\$19 PEOPLE WANTED\$\$\$ \$1,200-\$4,400 Weekly Working from Home Assembling Information packets.No Experience Necessary! Start Immediately! FREE Information 24hrs. **CALL NOW!** 1-888-248-1359 (Dept.75) (NANI)

HOME REFUND JOBS! Earn \$3,500-\$5,000 Weekly Processing Company Refunds Online! Guaranteed Paychecks! No Experience Needed! Positions Available Today! Register Online Now! www.RebateWork.com (NANI)

AWESOME CAREER Government Postal Jobs\$17.80 to \$59.00 hour Entry Level.No Experience Required / NOW HIRING!Green Card O.K.Call 1-800-913-4384 ext.104 Closed Sundays. (NANIG)

WORKATHOME-GOVERNMENT JOBS. Computer based from home, Customer Service, Data Entry, Typing, Administrative / Clerical. Flexible Hours, full benefits. Call for information, 1-888-611-9333 (NANIG)

Exp & professional filing clerk needed to organize and file for private residence. Must have own trans. Hrs: 12:30-5:30pm, m-w-f. \$12/hr. \$180.00/wk flat. Resume to: FAX: 916-638-9951. (ARM)

Government Jobs-\$12-\$48/hr Paid Training, Full benefits. Call for information on current hiring positions in Homeland Security, Wildlife, Clerical and professional. 1-800-320-9353 x2100 (NANIG)

Post Office Now Hiring. Avg. Pay \$20/hour or \$57K annually Including Federal Benefits and OT. Offered by Exam Services, not Aff. w/ USPS who hires.1-866-574-4781 (NANIG)

AWESOME CAREER Government Postal Jobs\$17.80 to \$59.00 hour Entry Level.No Experience Required / NOW HIRING!Green Card O.K.Call 1-800-913-4384 ext.102 Closed Sundays. (NANIG)

AIRLINES ARE HIRING - Train for high paying Aviation Maintenance Career. FAA approved program. Financial aid if qualified -Job placement assistance. CALL Aviation Institute of Maintenance (888) 349-5387 (NANI)

AIRLINES ARE HIRING - Train for high paying Aviation Maintenance Career. FAA approved program. Financial aid if qualified -Job placement assistance. CALL Aviation Institute of Maintenance (888) 349-5387 (NANI)

ATTEND COLLEGE ONLINE from Home. "Medical," "Business," "Paralegal," "Computers," "Criminal Justice." Job placement assistance. Computer available. Financial aid if qualified. Call 800-510-0784 www.

CenturaOnline.com (NANI)

TIRED OF BEING BROKE? Get paid daily. No experience required. Local training. 888-211-4268 www.happyandhealthyfamily.com (ARM)

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DRIVER - CDL Training: \$0 down, financing by Central Refrigerated. Drive for Central, earn up to \$40K+ 1st year! 1-800-587-0029 x4779. www.CentralDrivingJobs.net (Cal-SCAN)

DRIVER: Don't Just Start Your Career, Start It Right! Company Sponsored CDL training in 3 weeks. Must be 21. Have CDL? Tuition Reimbursement! www.JoinCRST.com 1-800-781-2778. (Cal-SCAN)

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DRIVER- \$5K SIGN-ON Bonus for Experienced Teams: Dry Van & Temp Control available. O/Os & CDL-A Grads welcome. Call Covenant 1-866-684-2519 EOE. (Cal-SCAN)

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Classified cont.

\$1000 weekly! Excellent Benefits. Need CDL-A & 3 months recent OTR. 1-800-635-8669. (Cal-SCAN)

WANT HOME WEEKLY With More Pay? \$.41/mile for company drivers! Home weekends and great benefits! Run our Western region! Heartland Express 1-800-441-4953. www.HeartlandExpress.com (Cal-SCAN)

Household Help

Household Helper. Let Dad do it. Hauling and Gutter Cleaning. Call and ask me if I can do it! 613-8359 (ARM)

Handyman Light Carpentry, Painting, Roofing, Sheetrock, Punchlists, Reliable, Honest, Insured. Bus. Lic. 335502 Call Dave (916) 743-2477 (ARM)

Housecleaning. Move In -Out Complete Clean trash hauling yards clean carpets windows repairs paint gutters. 761-0447 (ARM-M)

House Cleaning/Pet Sitting Sparkling clean home guaranteed. Professional pet care. Experienced, dependable, reasonable rates. Call Madeline 916-723-1608. (ARM)

Handyman, JR Handyman Service Randy 916-880-6742 Joel Carter 916-637-3825 (ARM)

Homesitters on Wheels, Office needs two RV'ers with RV's for Petsitting 916-483-5146 (ARM)

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Garden/Landscaping American Landscape Maintenance, Dependable Weekly Maintenance or One-time clean-up. 487-7905. (ARM-M)

Landscape/Pools Designing & Building Custom Pools, Landscapes & Drainage for You. 916-630-7665 #626207 (ARM-M)

Lawn and Garden Service Bi-weekly or monthly Call for FREE estimates 965-8224 (ARM)

Property Maintenance: fence building and repair, tree trimming, lawn care and basic clean-up. Call Ron at 916-203-2068 (ARM)

Lawnmower Service Mow & Edge your lawn 4 times per month for a fee. Call Bob 916-456-5281. (ARM)

Tall Weed Cutting Low Rates 916 524-7477 (ARM)

Miscellaneous

RICHMOND'S HUNTING CLUB Come hunt with us - 20K acres Doves, Quails, Pheasants, Ducks and Geese For information: Dennis Sanders 530-913-5817 or Les Edwards 530-458-3814 (ARM)

CHRISTIAN DATING & FRIENDSHIP SERVICE. Over 100,000 members, countless relationships & marriages since 1989. Singles over 40 call anytime for a free package, 1-800-437-1926 (NANI)

International Inventor's EXPO. Las Vegas - Oct. 18th -19th, 2008. FREE admission. Inventions Worldwide. Booths available. See investors, buyers, and licensee's www.inventbay.com/inventorsexpo or call 1-888-999-4391 (NANI)

Miscellaneous Items For Sale

DIRECTV FREE 4 Room System! All 265+ Channels FREE 4 Months! Includes Movie Channels! 95 HD Channels! Ends Soon, Ask How! Packages Start \$29.99! FREE DVR/ HD! 1-800-973-9044 (NANI)

SEARSCentral Cooling Systems from Sears Home Improvement Products. Full Line of CARRIER(R) & KENMORE(R) products. ENERGY STAR(R) qualified systems. Call for a FREE in-home estimate. 1.877.669.8973 (NANI)

***A L L Satellite Systems are not the same.** Programming starting under \$20 per month, HDTV programming under \$10 per month and FREE HD and DVR systems for new callers. CALL NOW 1-800-799-4935 (NANI)

DIET PILLS Maximum prescription strength Phenotamine, 37.5 mg, blue and white capsules, 60 count, \$77.95. No Prescription needed. Free Shipping! 1-800-627-7896 ext. 807 (NANI)

Moving-Must Sell!! Arcade style Nintendo Popeye game with quarter mechanism. Works also without mechanism connected. It's a joy for small children to see Pluto try to catch Popeye and save Olive Oil. For the serious video player. The game is a real challenge. \$500 or best offer. Call Shirley at 482-4188. (ARM)

FREE DIRECTV 4 Room System! All 265+ Channels FREE 4 Months! Includes Movie Channels! 95 HD Channels! Ends Soon, Ask How! Packages Start \$29.99! FREE DVR/ HD! 1-800-620-0058 (NANI)

DIRECTV Satellite Television, FREE Equipment, FREE 4 Room Installation, FREE HD or DVR Receiver Upgrade. Packages from \$29.99/mo. Call Direct Sat TV for details 1-800-380-8939 (NANI)

MEMORY FOAM THERAPEUTIC NASA VISCO MATTRESSES WHOLESALE! AS ON TV TWIN-\$299 FULL-\$349 QUEEN-\$399 KING/CAL KING \$499 CRAFTMATIC A D J U S T A B L E S - \$ 7 9 9 FREE DELIVERY 25 YEAR WARRANTY 60 NIGHT TRIAL 1-800-ATSLEEP 1-800-287-5337 WWW.MATRESSDR.COM (NANI)

DIRECTV Satellite TV. Save \$18/month for 12 months.Free Install 4-Room System; Free HD or DVR upgrade. Packages from only \$29.99/mo. Call Expert Satellite 1-866-926-2066 (NANI)

Musical Instruments

WORLD GUITAR SHOW, Buy, Sell, Trade, Marin Civic/San Rafael, July 26-27, Pomona Fairplex, August 2-3, Saturdays 10-5, Sundays 10-4. Bring your gear!! www.TXShows.com (Cal-SCAN)

Notary

Mobile Notary Services Certified Loan Signer Paralegal Services Powers of Attorney, Wills Will Travel to Your Home or business 916-508-7080 (ARM)

Notary Services Hospital, Care Home or make arrangements. Call (916) 482-9388 for details. Ask for Debbie or leave message. (ARM)

Painting

All Pro Painting Res/Com. Quality work free est. sen disc lic914715 Ph 607-0523 (ARM)

Pets

Pet Sitting/House Cleaning Sparkling clean home guaranteed. Professional pet care. Experienced, dependable, reasonable rates. Call Madeline 916-723-1608. (ARM)

Dog Poop R Us. They poop, we scoop. Specializing in dog poop removal services. 916-DOG-POOP (ARM)

Pet Sitters Wanted! Gold River has a need for pet sitters. References required. Please call 916/ 635-5590. (ARM)

Home Sitters on Wheels office needs two RV'ers with RV's for pet sitting. Call 916-483-5146 for more information. (ARM)

Annie's Pet Sitting Services Liscensed, insured and bonded. Vet. tech. exp. Ref. avail. 916.202.6952 (ARM)

Novenas & Prayers

NOVENA TO ST. JUDE May the sacred heart of Jesus be loved, adored, cherished and preserved throughout the world now and forever. Sacred heart of Jesus have mercy on us. St. Jude worker of miracles pray for us. St. Jude helper of the hopeless pray for us. Amen. Say this prayer nine times a day for eight days. On the eighth day your prayer will be answered. It has never been known to fail. Publication must be promised. Thanks you St. Jude. M.J.P. (ARM)

Wanta go to heaven without dying? Rent the exciting movie "Left Behind" Pray aloud, "Lord Jesus, forgive my sins, come into my heart!" He Loves You! (ARM)

Real Estate Homes For Sale

Smart Buyers Check out this one in Gold River Two-story prestigious Hesperian Village Home. Secluded cul de sac. 2800 sq. ft. 3 bedroom, 2 bath with loft. Built-in bookcases and large desk. Formal dining room, living room with fireplace, large family room. Plantation shutters, carpet, window coverings, Mexican paver tiles in entry, family room, kitchen and laundry room. Epoxy 3-car garage floor. Oversized backyard with extended stone patio, brick planters, variety of mature trees. New Lifetime concrete shake roof. Fabulous rock waterfall and pond. Built-in granite BBQ. Home backs up to greenbelt. \$515,000. Lorraine Foster, ReMax Gold 916-933-6190 (ARM)

3BR 2BA Foreclosure! Only \$48,900! Bank Owned! Call for Listings & Info. 800-279-1604 (NANIG)

Motivated Seller- Great Buys-two homes-Good Areas. #1 updated kitchen & 3BDRM, 2BA, near Crestview shopping, \$289,000, #2 Dream Kitchen w/granite-tiled & beautiful bathrms & floors. \$260,000. Glenda Hill 761-7548. (ARM-M)

Real Estate Land For Sale

LAND AUCTION 200 Properties Must be Sold! Low Down / EZ Financing. Free Brochure. 1-800-756-2087. www.LandAuction.com (Cal-SCAN)

Buy HUD Homes from \$199/mo! Payments from \$199/mo! Financing Referrals Available! For Listings & Info 800-508-8178 Ext. 1276 (NANI)

ABSOLUTE STEAL River Access! Washington 6 AC - \$49,900; 15 AC - Old Farm Buildings - \$89,900. Top quality acreage in stunning setting! Limited available. EZ Terms. Call WALR 1-866-836-9152. (Cal-SCAN)

ARIZONA LAND BARGAIN 36 Acres - \$29,900. Beautiful mountain property in Arizona's Wine Country. Price reduced in buyers market. Won't last! Good access & views. Eureka Springs Ranch offered by AZLR. ADWR report & financing available. 1-877-301-5263. (Cal-SCAN)

ALMOST HEAVEN. Washington/Idaho border. 6 ac just \$49,900. Calendar cover beauty in Palouse Country. Rare acreage in an area where land is rarely available. Rolling hills, river access, near town & golf, close to WSU. Has it all including great price, must see. EZ terms. Call WALR 1-866-836-9152. (Cal-SCAN)

FORECLOSURE SPECIAL! 100+ Acre Colorado Ranch for \$49,900. Year-round roads, utilities. Access to 6,000+ acre recreation land. Call 1-866-OWN-LAND x4392. (Cal-SCAN)

MONTANA HORSE RANCH and Hunting Camp. 160 acres w/mountain views, \$139,900. 480 acres - borders BLM Land, \$349,900. Great birds and huge elk and deer. Miles and miles of BLM trails. Call 1-877-229-7840 www.WesternSkiesLand.com (Cal-SCAN)

NEW MEXICO SACRIFICE! 140 acres was \$149,900, Now Only \$69,900. Amazing 6000 ft. elevation. Incredible mountain views. Mature tree cover. Power & year round roads. Excellent financing. Priced for quick sale. Call NML&R, Inc. 1-888-204-9760. (Cal-SCAN)

NEW TO MARKET- Colorado Mountain Ranch. 35 acres-\$39,900. Priced for Quick Sale. Overlooking a majestic lake, beautifully treed, 360 degree mountain views, adjacent to national forest. EZ terms. 1-866-353-4807. (Cal-SCAN)

NEW TO MARKET. New Mexico Ranch Dispersal 140 acres - \$89,900. River Access. Northern New Mexico. Cool 6,000' elevation with stunning views. Great tree cover including Ponderosa, rolling grassland and rock outcroppings. Abundant wildlife, great hunting. EZ terms. Call NML&R, Inc. 1-866-360-5263. (Cal-SCAN)

UTAH RANCH DISPERSAL. Experience the fun and relaxation of having your own 40 acres in the great outdoor recreational area of the Uintah Basin. Starting at only \$29,900. Call UTLR 1-888-693-5263. (Cal-SCAN)

NEW ARIZONA LAND Rush! 1 or 2-1/2 "Football Field" Sized Lots! \$0 Down. \$0 Interest. \$159-\$208 per month! Money Back Guarantee! 1-877-466-0650 or www.SunSitesLandRush.com (Cal-SCAN)

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All Answers on Page 4

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essel	39	Grouch
dy	40	Part of the
ord's wife		foot?
each	43	Superlative
olfram		suffix
rainbow	44	Perched
ust hang	45	Praise in
out		verse
alley tools	46	Fresh



by Delia Fling

This time of year always brings with it the shock that another summer will soon have ended, and school is back in session. I fondly remember those first days in the classroom. Those first days were exciting, reuniting with old friends on another adventure in learning. Excuse my waxing poetic here, but being the daughter of a teacher, September always brings with it the prospects of new beginnings. And while some equate the smell of burning leaves in the air with this picture, I think more of the smell of newly sharpened pencils, pretty colored notebooks and new books. But most of all I remember my English teacher’s rite of yearly passage, the “What did you do last summer?” composition. In retrospect I am sure it’s intent was to teach us to develop our own written voice, but at the time it felt more like an ordeal. In my case it was a chronicle of family outings laced together with a few adjectives... usually pointing out to all I wasted another summer just hanging out.

INTEGRITY M O R T G A G E

A Tribute to Teachers - What I did last summer...

Fast-forwarding to this summer, as a tribute to all my teachers I’d like to try my hand at it again.

During my hiatus from writing my column this summer I am pleased to announce I have joined Integrity Mortgage here in Orangevale. I am thrilled at the opportunity to work with my broker Michael Harris, who has been in the industry over 35 years. I am especially fortunate to have Renee Scarboro whose unparallel experience processing loans offers our clients benefits unmatched in the area. I look forward to working along side my colleagues, Mike Miklaus and John Parra. Integrity Mortgage is an approved FHA lender with certifications to do CalPERS and CalSTRS loans. This gives us versatility in providing our clients with the optimum loan to match their needs.

The summer has continued to bring changes in mortgage availabilities and qualifying criteria. Many borrowers should note that first time homebuyer programs still exist and are fairly accessible. One of the best-kept secrets out there caters to participants of CalSTRS and CalPERS. These two retirement plans have put money up front and

center thereby filling a significant void in the marketplace brought about by the credit crunch. Each specific plan offers unique programs designed to make home ownership affordable. How would you like to buy a home with down payment assistance and have payments deferred on that money for 5 years? That is the sizzle of the CalSTRS current offering. The requirements are NOT difficult to meet, and the red tape is almost non-existent! The benefits are so phenomenal it makes you think about going back and getting your teaching credential! In fact if you are a teacher and are interested in purchasing a home now or in the near future here is a “Back to School Special”... I urge you to contact me and I can easily qualify you. California Real Estate valuations are at a decade low and interest rates are still at historically low levels. These unique times combined with what CalSTRS has to offer will allow me to turn your dream house into reality.

How did I do, teach?

Delia Fling is a Mortgage Planner with Integrity Mortgage in Orangevale. Please contact her at 916-284-0066 or email dfling@pacbell.net with any questions or comments.



by Phil Cowan

Election Day is less than three months away, and thanks to the initiative process, there are a variety of measures on the ballot that seek to strengthen the state’s already firm grip on your family’s finances. This year, we have the usual potpourri of initiatives, twelve so far, with a couple of others still a possibility. Most of the attention will be focused on Proposition 8, which seeks to amend the California constitution with a traditional definition of marriage. Millions will be spent, and the debate will be spirited, but my guess is that most people already know how they’ll vote on that one. It’s the others that concern me, propositions that I think most folks don’t really have an opinion about, but when they read the brief ballot summary, think, “Yeah, that seems like a good idea,” never bothering to consider the long-term cost

Fiscal Responsibility at the Ballot Box

involved. Therein lies the problem. The cost is enormous.

It starts with Proposition 1, the “Safe, Reliable, High-speed Rail Bond Act...” High-speed rail would be wonderful, something we’ve talked about for years. This measure calls for 9.95 billion dollars in general obligation bonds to make it so. But really, how much high-speed rail do you think ten billion will buy us? By the time we pay for surveys, analysis, and environmental impact reports, throw in the natural waste that comes with any government operation, and the money will be gone before a spike gets driven.

Proposition 3 calls for bonds in the amount of 980 million to build children’s hospitals. Now, you’d have to be some kind of ogre to oppose children’s hospitals, but how acute is the need to spend a billion dollars on the effort right now? Are we tripping over ailing kids? And once we build these children’s hospitals, who will pay to operate them? Care to guess?

Proposition 10 seeks to appropriate five billion in bond money to spend on alternative fuels and renewable energy. Sounds nice, but essentially they want five billion dollars of your money to prop up an industry that is not

economically viable on it’s own merit in the open market. In other words, a typical government investment.

If you’re still feeling generous, how about another 900 million for Proposition 12, the “Veterans Bond Act of 2008”? Nobody wants to turn their back on veterans, but when did it become the obligation of California taxpayers to make good this nation’s debt to its military vets?

Add it all up, and we’re talking about almost seventeen billion dollars in new long-term debt, added to the already enormous financial difficulties this state is facing. I believe the rough economy we’re currently experiencing is a result of what a friend of mine refers to as “people buying their groceries with their Visa card,” the expectation that we can always pay for it later. Eventually we find that we can’t, just as California finds that it cannot meet its current obligations. So why pile on more? Because government is confident in its ability to take as much of your money as they deem necessary. Just because our leaders are fiscally irresponsible doesn’t mean we have to be. Vote NO to any new bonds. Our children will thank us.

Fair Gives Parking & Admission Discounts

This year the California State Fair celebrates its 40th anniversary at Cal Expo. To commemorate that milestone, the organization today unveiled an all new pricing structure that decreases parking and admission prices on certain days. On Mondays and Thursdays the State Fair will offer free parking at Cal Expo until 4pm, and \$5 State Fair admission until 5pm (Labor Day excluded).

While the promotion is timely because of the economy, State Fair sources have indicated that the special pricing has been in the works for a while and is in response to a myriad of factors, not just the economy. “We’ve been looking for a fun way to celebrate Cal Expo’s 40th anniversary,” said Norb Bartosik, Cal Expo CEO and General Manager. “With so much attention

on the economy and gas prices, we thought a meaningful discount like this one would help commemorate our anniversary and also give fairgoers some much needed financial relief.”

The anniversary promotion will be in effect on Mondays, August 18 and 25, and on Thursdays, August 21 and 28.

This new promotion is in addition to a myriad of other discounts available to frugal fairgoers, including:

- Kids Day—Every Tuesday kids ages 12 and under receive free admission. The RCS carnival offers \$1 carnival rides for everyone.
- Armed Forces and First Responders Day—Tuesday, August 19 the men and women who serve as first responders can enjoy free admission

to the Fair with proper identification in or out of uniform.

· Read & Ride—Kids in grades K-8 can read three books and get three free carnival rides any day of the Fair.

· Free Concerts—General viewing of all State Fair concerts is free with Fair admission. Free seats can also be secured by going to the Golden1 Stage at 4 pm on the day of the concert for a free concert seat wristband.

For a complete list of free and discounted activities at the 2008 State Fair, or more information about any of the above, please visit the State Fair website at www.bigfun.org or contact the California State Fair Media Center at 916-263-3108 or mediacenter@calexpo.com.

Award Winning Wines at the State Fair

Enjoy Wine Amongst an Exciting Tribute to “Indiana Jones: Kingdom of the Crystal Skull!”

Taste the best wines from “North America’s Oldest and Most Prestigious California Wine Competition!” Fairgoers 21 and over can enjoy the best wines that California has to offer.

Wine tasting at the State Fair is exquisite, as the wines featured in the Save Mart Supermarkets Wine Country

include gold and double gold medal wines from the State Fair’s Commercial Wine Competition. Gold Medal Wines are available for sale by taste, glass, bottle or the case. For a complete line-up of the wines on display or for a list of all award-winning wines visit www.bigfun.org.

The Save Mart Supermarkets Wine Country will be located under the cool and calm floriculture area. This year, an

exciting Hollywood adventure awaits fairgoers who enter the floriculture display as they simultaneously step onto a replica of the set of the new Indiana Jones movie “Kingdom of the Crystal Skull.” Follow Indy’s travels as it leads him to a tropical setting filled with colorful flora in the far off reaches of Peru. A close encounter with reptiles is always in order when you’re an Indiana Jones fan.



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AUG 15 - LABOR DAY ONLY AT CAL EXPO

New Poll: Nearly Half of Americans Favor “Fairness Doctrine”

America wants government to mandate radio, TV stations offer equal time to opposing political viewpoints

Posted: August 14, 2008
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Just under half of Americans believe the government should mandate that all radio and television stations offer equal amounts of “conservative” and “liberal” political commentary, according to a new Rasmussen poll.

Rasmussen noted Republicans have expressed alarm in recent months over congressional Democratic efforts to restore the so-called Fairness Doctrine. The law was abolished in 1987, during the Reagan administration, opening the door to development of a flourishing talk-radio market led by Rush Limbaugh. But the poll found 47 percent believe the government should require stations to “balance” the political viewpoint expressed over the airwaves.

Rasmussen found, however, 71 percent say it is already possible for just about any political view to be heard in today’s media. Some 20 percent did not agree. The poll also touched on regulation of the Internet, revealing 31 percent believe websites should be forced to balance their commentary.

This week, Rasmussen noted, Robert McDowell, a Bush appointee to the Federal Communications Commission, suggested restoration of the Fairness Doctrine could lead to government regulation of content on the Internet. Ramussen’s new survey found Democrats are more supportive of government involvement in the airwaves than Republicans and unaffiliated voters. The poll showed 54 percent of Democrats in favor and just 26 percent opposed. Republicans and unaffiliated voters are fairly evenly divided.

Republican Rep. Mike Pence of Indiana has introduced the Broadcaster Freedom Act, arguing the lifting of the Fairness Doctrine has “opened the public airwaves to free and vigorous discussion of controversial issues by individuals of all political stripes.”

“Bringing back the Fairness Doctrine would amount to government control over political views expressed on the public airwaves,” Pence said. “It is a dangerous proposal to suggest the government should be in the business of rationing free speech,” he said. Pence, a former broadcaster,

said his Broadcasters Freedom Act would ensure that “true freedom and fairness will remain on our radio airwaves.”

And in a related article titled “Bush opposes ‘Fairness Doctrine’” Previously Posted: on March 13, 2008 © 2008 WorldNetDaily

President Bush believes the so-called Fairness Doctrine is “Orwellian” and disagrees with its very concept, but that isn’t the case in the Democrat-controlled Congress, a spokeswoman said today, hinting perhaps a warning of what could come under a Democratic triumvirate in the Senate, House and White House.

The response came from White House spokeswoman Dana Perino, who said President Bush, “believes in a free press, yes.”

The question was from Les Kinsolving, WND’s correspondent at the White House, who asked: “Yesterday in Nashville the president called the so-called Fairness Doctrine ‘an Orwellian name,’ whose supporters, by ‘insisting on so-called balance they want to silence those they don’t agree with.’ And my question: This means the president believes that the First Amendment’s freedom of both speech and of the press means that there must be as much freedom for the electronic or spoken or e-mailed press, as for the printed press, doesn’t it?”

Then Kinsolving continued. “The president also said, ‘Republicans have drafted legislation that would ban reinstatement of the so-called Fairness Doctrine. Unfortunately, Democratic leaders have blocked action on this bill’ My question: Does that mean the entire Democratic leadership in both Houses, or was it just San Francisco Speaker Pelosi and Nevada Majority Leader Reid?” Perino said she wasn’t sure and those congressional leaders would have to respond.

Former White House spokesman Tony Snow earlier told WND when he held the post that the Fairness Doctrine, which periodically is raised as an issue by members of Congress, is not needed. Such a provision requires broadcast outlets to air both sides of any issue, and was instituted when the industry often had only a single station outlet in many cities. “Our views on the Fairness Doctrine are well known, which we don’t think it’s necessary,” Snow said. Sen. Dick Durbin, D-Ill., has lobbied for the provision. “I have this old-fashioned attitude that when Americans hear both sides of the story, they’re in a better position to make a decision.”

In a column, WND founder and editor Joseph Farah, issued a warning about what would be coming if Democrats retain control of the Senate and House in November. “Prepare for a major, frontal assault on the First Amendment – perhaps the worst in American history,” he wrote, citing a letter written by U.S. Senate President Harry Reid, D-Ariz., to talk radio superstar Rush Limbaugh’s network several months ago, demanding he apologize for something he never said. “It was a shot across the bow by an arrogant group of petty, wannabe tyrants who would, if they could, use the coercive power of the state to stifle all dissenting views,” Farah warned.

“They would do it under the rubric of ‘hate speech’ legislation. They would do it with the rationalization of ‘fairness’ and ‘accuracy’ – two qualities they wouldn’t recognize if they tripped over them. They would do it in the name of campaign finance reform. In fact, they would do it without any excuse whatsoever,” he continued.

“To them, the First Amendment doesn’t actually protect the inalienable right to free speech and the free press. It only protects their speech and their press. They want a monopoly on media. They had it once and they got spoiled. They decided they can’t live without it any more.” He said come January 2009, if Reid still is running the Senate and Nancy Pelosi, D-Calif., still is running the house, “they are going to pass a law bringing back the so-called ‘Fairness Doctrine.’ If Barack Obama is in the White House, he will sign it. If Hillary Clinton is in the White House, she will sign it.”

Its chilling effect can be assessed by the fact that in 1987, the last year it existed, there were 75 radio talk shows in the United States. Today there are more than 3,000, he said.

President Ronald Reagan saw to it that it died while he was in office, because it apparently required a balance of opposing views on radio and television airwaves, but in reality, opened the door to government to meddle in the content of radio talk shows and other mediums.

“If the Democrats and their me-too Republican allies are successful at sacking talk radio, there will be no stopping them,” Farah warned. “Broadcast will be first. Then they will go after the Internet with taxes and new regulations and hate-crimes laws. And when they succeed at muzzling dissenting voices there, they will even turn to print. Remember, we are dealing with a neo-fascist mentality here,” he said.

STARS Game to Raise Education Dollars

San Juan Education Foundation challenges local leaders

Business leaders may have their nose to the grindstone in this challenging economy, but that doesn’t mean they can’t have fun! Seven local business men and women have brought their competitive spirit to the STARS Game, organized by the San Juan Education Foundation to support school programs in science, technology and the arts. These business and community leaders are competing to see who will get a part in a Hollywood film, courtesy of Redwood Palms Film Co.

Kaiser Permanente Physician-in-chief Jack Rozance was the STARS Game participant who won the first competition by bringing the most fans to a recent River Cats game, and he got to throw out the first pitch. The Bella Vista Madrigals sang the National Anthem, and elementary school children participated in the Field of Dreams.


Other participants were: Steve Grendahl, President of Grendahl



Construction Company, Michelle Wong, CEO of Synergex, Jeff Hallsten, President of Hallsten Corporation, Mark Rossi, President of Avanti Restaurant Solutions Inc., Nancy Brodovsky, community leader and Chair of the Board of the UC Davis M.I.N.D. Institute, and Jan Scully, Sacramento County District Attorney, who will be attending several of the series of events.

The San Juan Education Foundation, an independent, non-profit community organization formed as a link between the community and San Juan schools. Two more events will offer STARS Game participants a chance to compete in art and cooking while paired with SIUSD students from Mira Loma and San Juan High Schools. Tickets to the grant finale event at the Sacramento Theatre Company on October 20 will be available to the public. Contact the Foundation for more information visit the web site at www.sanjuanfoundation.org.

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