

AMERICAN RIVER MESSENGER

Punishing Energy Savers



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Batman has come a long way since "Zap! Zowie! Biff!"

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Volume 3 Issue 15

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

First Edition for August 2008

Discover the Niña

Major Service Reductions *and* Fare Increases



Columbus Replica Ship the Niña arrives in Sacramento

On Tuesday, July 29th at 2:00 p.m. the Niña, a replica of Columbus' favorite ship, arrived in Sacramento. The ship will be docked at the Old Town "L" Street Dock until her departure early Tuesday morning, August 12th. The ship opens to the public on Wednesday, July 30th. There will be a private viewing for the media after docking.

Built completely by hand and without the use of power tools, Archaeology magazine called the ship "the most historically correct Columbus replica ever built." The

craftsmanship of construction and the details in the rigging make it a truly fascinating visit back to the Age of Discovery. The Niña was used in the production of the film



"1492" starring Gerard Depardieu and directed by Ridley Scott.

The ship has been touring continually since 1992 as a "sailing museum" for the purpose of educating the public and school children on the "Caravel," a Portuguese ship used by Columbus and many early explorers to discover the world.

While in port, the general public is invited to visit the ship for a walk aboard self-guided tour every day of the week. The prices are \$5 for adults, \$4 for senior citizens, and \$3 for students. Children 4 and under are Free. The ship will be open every day from 9:00 a.m. – 6:00 p.m.

No reservations necessary.

Teachers or groups wishing to schedule a 30-minute guided group tour with a crew member can call the ship directly at (319) 389-5953 or email columfnd@surfbvi.com. Minimum of 15.

Visit our website at www.theniña.com for additional information.

Local Dairy Latest to Make Renewable Energy for Sacramento

Five hundred milk cows are the latest source of renewable power for the Sacramento Municipal Utility District (SMUD) as Sacramento County's first manure digester is officially put into service at the Cal-Denier Dairy in southern Sacramento County. In addition to providing renewable energy, the new digester captures methane emissions – a greenhouse gas which contributes to global warming and is 22 times more potent than CO2.

Milk cows produce about 120 pounds of combined manure and urine each day. Cal-Denier uses a flush manure management method to clean the stalls. The flushed manure is then stored in a holding pond or lagoon.

Cal-Denier's new digester is an ambient temperature covered lagoon digester designed by RCM Digesters. The flushed manure is retained in the digester for approximately 40 days. As the manure decomposes, biogas is produced and accumulates under the cover. The gas is then collected and sent to a 65kW baseload engine generator made by I Power Energy Systems.

The digester lagoon is 389 feet by 162 feet and 24 feet deep. It is lined with high density polyethylene (HDPE) plastic. A cover of the same material hermetically seals the lagoon. A secondary pond, also lined, is built to the same dimensions and functions as a storage pond for the stabilized digester effluent, which is then used for crop irrigation and fertilization.



Some of Cal-Denier's 500 milk cows that help make renewable power for Sacramento County's first dairy digester.

Dairy manure digesters have many benefits for both the community and the dairy. Everyone benefits from the reduction of greenhouse gas emissions and the additional renewable energy. Benefits for the Cal-Denier Dairy include the reduction of odor and flies, better fertilizer for crops which reduces the need for commercial fertilizer, electricity to offset the dairy's electric usage, and a new source of revenue from the sale of surplus electricity to SMUD.

SMUD's Dairy Digester Incentive program provided 13 percent capital cost incentive to match the 25 percent USDA Rural Development grant, set up net metering crediting of the farm's meters at retail rates (about 10 cents/kilowatt hour), provided a power purchase agreement for surplus electricity, provided 50 percent

The following routes are potential candidates for discontinuation.

Weekdays - Routes 9, 10, 36, 63, 94, 95, 107, 249, 251, 261

Weekdays/Saturdays - Routes 6, 73, 74

Weekdays/Weekends/Holiday - Route 75

Saturdays - Routes 28, 54, 65

Sundays/Holidays - Route 5

2. Reduce Service Frequency:

Bus - Reduce bus service frequency during peak hours so that no service operates more frequently than every 30 minutes (\$4 million savings) or reduce bus service frequency during off-peak hours so that no route operates more frequently than every 60 minutes (\$1 million savings). **Light Rail** - Reduce light rail service frequency to every 30 minutes all day (\$4.1 million savings) or to every 30 minutes during off-peak hours (\$2.05 million savings).

3. Reduce Service Day: **Bus** - Reduce the hours of bus service from approximately 5 a.m. until 11:30 p.m. to operate from 6 a.m. until 8 p.m. (\$2 million savings). **Light Rail** - Reduce the hours of light rail service from approximately 4 a.m. until 1 a.m. to operate from 6 a.m. until 8 p.m. (\$0.43 million savings).

4. Reduce Weekend Service: **Bus** - Discontinue all weekend bus service (\$5.9 million) or discontinue Sunday/Holiday bus service (\$2.5 million savings). Individual bus routes could be discontinued based on productivity - less than 10 passengers per trip (\$0.8 million savings). **Light Rail** - Discontinue all weekend light rail service (\$1.5 million savings) or discontinue Sunday/Holiday light rail service (\$0.25 million savings).

Fare increases are proposed for implementation on January 1, 2009. Staff presented four fare increase scenarios ranging from 10 percent to 25 percent for basic fares, daily passes and monthly passes.

Cal Expo Completes Renovation for 9/11 Memorial Plaza

Flight 93 & Pentagon now included in Memorial Tribute

Cal Expo is home to one of the most poignant sites in the world that commemorates the events of September 11, 2001. On Tuesday, Aug. 19 Cal Expo invites the public to its 9/11 Memorial Plaza to for rededication, public viewing and reflection.

This spring Cal Expo began renovation on the final two exhibits commemorating Flight 93 and the Pentagon. The Pennsylvania monument is a fountain with a spiral steel "flame" rising out of the water, while the Washington Monument is a representation of the Pentagon made from pure granite. The rededication ceremony will happen on 1st Responder's Day, when the fair annually pays tribute to armed forces, law enforcement and others.

The California State Fair Memorial Plaza Fund was established in 2002 with the purpose of educating the public and helping them to understand the events of 9/11. The California Exposition and State Fair's Memorial Plaza features a steel I-beam, a 125,000-pound piece of wreckage from "Ground Zero" at New York City's World Trade Center,

and a 5,180-pound granite sphere and fountain facet. The granite sphere is inscribed with the names of all 3,071 victims, and is suspended upon a fountain of water which allows the ball to be felt and rotated by hand to view its entire surface.

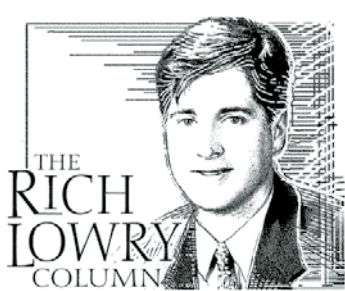
In 2003, a 50-foot-tall Carillon Bell Tower with 23 "Singing Bells" was added to the Plaza display, where it soothes and entertains visitors with a number of inspirational tunes.

The California Exposition and State Fair donated the space at the fairgrounds to be the permanent home of the Memorial Plaza. The Plaza is located near the Main Gate of the fairgrounds and next to Expo Center Building 2.

For more information, Media may contact the California State Fair Media Center at (916) 263-3108 or mediacenter@calexpo.com.



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White working-class voters typically aren't in vogue, with the political chatter tending to revolve around "soccer moms," the "youth vote" or other boutique demographic groups of the moment. But the late charge of Hillary Clinton's doomed presidential campaign made white working-class voters surprisingly fashionable. They'll stay that way if the important new book "Grand New Party," by two young writers for The Atlantic, Ross Douthat and Reihan Salam, has the impact on the political debate that it should. In an incisive analysis, Douthat and Salam puncture self-comforting delusions of both the right and the left, and persuasively advocate a reorientation of the GOP to address working-class concerns.

They define working-class voters -- "Sam's Club" voters, in the phrase they borrow from Minnesota Gov. Tim Pawlenty -- as that half of the electorate that lacks a college education. Neither party has been able to build a durable majority, Douthat and Salam write, because of "the refusal of America's working class to pick a side and stick with it."

Their economic forebears were a pillar of FDR's New Deal coalition -- understandably, in Douthat and Salam's telling, since the best of New Deal policies helped graduate them into the middle class by rewarding work and aiding economic aspiration (with Social Security benefits, the home-mortgage deduction, etc.). They came unmoored from the Democratic Party when LBJ's Great Society "cost them money and seemed to undermine their values into the bargain.

The Democrats have labored under twin misapprehensions

GOP Must Win Sam's Club Voters

in seeking to woo these voters back. One is that today's working class could be pulled straight out of a John Steinbeck novel. In reality, according to Douthat and Salam, a Sam's Club voter is "far more likely to be working in education or healthcare, office administration or business services than on a farm or an assembly line."

The second is that the basket of cultural issues with which the GOP has often been able to win these voters is a mere distraction. Actually, these voters have a keen self-interest in arresting social breakdown: "Safe streets, successful marriages, cultural solidarity, and vibrant religious and civic institutions make working-class Americans more likely to be wealthy, healthy, and upwardly mobile."

If they aren't the stuff of social realism, working-class anxieties are real. Douthat and Salam's worst case is a "steady degradation of everyday working-class life under the pressures of rising illegitimacy, insecurity, and stratification."

Douthat and Salam want Republicans to work to forestall this future. They float an activist program geared to buttressing families and addressing working-class discontents: a \$5,000-per-child tax credit; subsidies for parents providing their own child care; expanded transportation infrastructure to ease the suburban commute; etc.

Their proposals have been dismissed as "Clintonian triangulation from the right." But back in 1992, Bill Clinton's political achievement was considerable. He broke with the stale pieties of his own party, and -- with new emphases and a few well-aimed policies -- renovated its image. Republicans await a figure who will pick up the challenge of Grand New Party.

Rich Lowry is editor of the National Review.
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California Tax Punishes Energy Savers



by Fred Foldvary

Californians who seek to avoid paying \$4 per gallon for gasoline by switching to grease or vegetable oil are being subjected to a rude shock. The state's taxes and regulations on fuel apply just as much to the do-it-yourself guy as a global corporation. A news story in the May 8, 2008, Los Angeles Times told how a mechanic who uses fuel made of fryer grease was hit with fines, paperwork, and taxes.

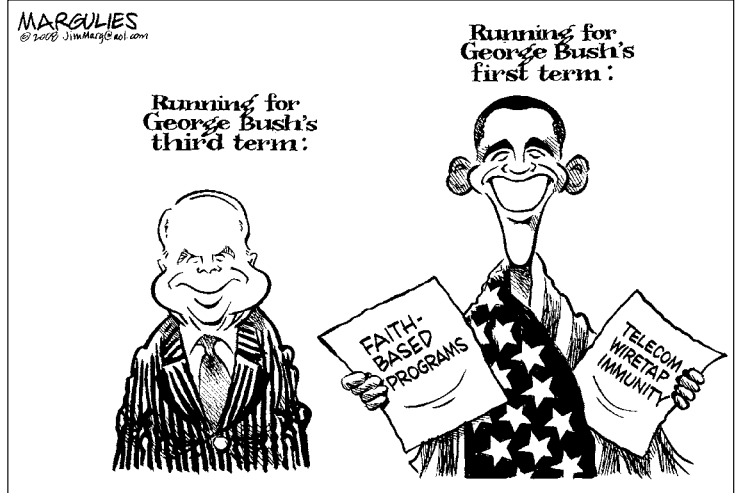
The mechanic was told that he needs a diesel fuel supplier's license and has to pay the state's 18-cent road tax on each gallon of grease. This fuel entrepreneur also needs a license from the state's Meat and Poultry

Inspection Branch to take kitchen grease from restaurants. The state has also forced him to carry \$1 million in liability insurance, and he needs a permit from the state Air Resources Board to burn fat.

The state also restricts the "grey market" for cars—vehicles that Californians buy in Europe and then must be registered in California. The state requires the cars to be tested at licensed labs, but there are very few such labs. Foreign cars that run on diesel and that could also use clean and cheap vegetable oil are thus discouraged.

The state and federal politicians have split personalities when they make policy for alternative energy. They shower wind and solar energy companies with tax credits and other subsidies. They promote electric cars and set ever higher gasoline efficiency standards. But when individuals use cheaper alternatives to gasoline on their own initiative, the state makes it more difficult and costly.

If the state were to be consistent in promoting less gasoline use, it should exempt the use of grease and vegetable oil for fuel from the fuel tax. Some might argue that if there is a fuel tax, it should apply to all fuels, since if grease is less costly, the after-tax price would also be lower. From the libertarian perspective,



there should not be any tax on fuel. The fuel tax is an arbitrary imposition on the consumption of a particular service—transportation—that arbitrarily makes that service more expensive relative to other goods and services. It extracts money just because people need to travel.

Some argue that a gasoline tax is like a fee for the use of roads. But there is little connection between consuming a gallon of fuel and the cost of the street or road that the vehicle is using during that consumption. Taxing fuel to pay for road upkeep is like taxing shoes to pay to maintain sidewalks or taxing eyeglasses to pay for street lighting. An entrepreneur would not finance a private road by charging extra for buying gasoline. He would charge tolls as a direct user fee, charge cars that pollute, have extra fees for heavy trucks, and negotiate with communities adjacent to the road to pay for access.

Requiring a license to take kitchen grease from restaurants is absurd. The grease would otherwise be wasted and would add to environmental damage. Common and civil law provide sufficient remedies in case grease is spilled: those who are damaged can negotiate for compensation or sue for the costs. Likewise, a permit to burn fat is an unnecessary burden. If there is any extra pollution

from burning fat, a permit will not compensate for it.

As to liability insurance, surely an entrepreneur would want that, since without it his personal assets are at stake. Nevertheless, the requirement for liability insurance is one that a network of private free-market communities might also require for those doing business on their domains, so that is not a battle a libertarian would pick.

The main problem is that the state of California imposes arbitrary restrictions and costs on those who seek to lower their fuel costs, pollute less, and reduce dependence on gasoline. The state should enact a law eliminating all restrictions on the use of grease and vegetable oil for vehicles and just let civil law handle any problems that may occur.

We don't need subsidies for alternative energy. It is sufficient to let the market work without arbitrary obstacles. Thousands, maybe millions, of car drivers would switch to cheap vegetable oil or grease if only the state got out of the way.

Fred E. Foldvary teaches economics at Santa Clara University, where he is also an associate of the Civil Society Institute. His main areas of research include public finance, public choice, social ethics, and the economics of real estate.

To Govern Well, Return to the Basics



By Lee H. Hamilton

We are at a profoundly unsettled time in our nation's history, with more than two-thirds of Americans professing in surveys that they believe the country is headed in the wrong direction. They are partly reflecting concerns of the moment — the Iraq war, high gas prices, our economic travails — but polling also shows a more deep-seated dismay at the track our political system has taken.

Our politics is fragmented and often mean-spirited. Americans are disappointed by a sense that we lack unity and national purpose. They are disillusioned by a political leadership that has failed to instill these things, and many believe they and their concerns are unrepresented in the halls of power. Faith

in our system is ailing.

So while out on the hustings the talk is mostly of policy — what to do about the economy or our standing in the world or our dysfunctional health-care system — there is a more fundamental conversation that ought to be happening, as well: If we are to fix our government so it works competently, effectively, and democratically, how should we go about it? What would it take not only to revive our system, but also our people's faith in it?

My answer may seem odd, given how badly askew most Americans believe things have gotten: Rather than "fix" our representative government, we need to let it function as designed. We have to return to the basics of our constitutional system, understanding and appreciating its intent and contemplating how this might apply to our vastly changed circumstances today.

It's worth remembering that the basic operating manual for our government was written some 220 years ago, when we were a much smaller, less complicated, less diverse nation, when communications and events moved much more slowly, and when the sheer breadth and scope of challenges facing the government — while hardly minor — were more manageable. If anything, it's remarkable that our system continues to work even reasonably well.

Still, things are out of whack. Too much power has come to rest in the president's hands, and it needs to be spread more widely again — the

"balance of power" should be observed in actuality, not merely in seventh-grade civics class. As Alexander Hamilton said at the Constitutional Convention in 1787, "Give all power to the many, they will oppress the few. Give power to the few, they will oppress the many. Both therefore ought to have power, that each may defend itself against the other."

We also need to accept that there will inevitably be conflict — our system presupposes it—but that winning political battles is not the highest good; rather, resolving conflict within the confines of the Constitution and according to democratic principles trumps the victory-at-all-costs mentality that has been so prevalent in recent years. Compromise and accommodation, especially in a nation with so many varied interests at play, are the key to policy success and political legitimacy.

This, in turn, means tolerating and encouraging lively debate and thorough deliberation — both in Washington and among a population that seems to be losing the habit of listening to those with whom we disagree. For lawmakers and Americans in general to accept the results of political compromise, they have to feel they've been represented in the discussion.

All of which is to say that what our Founders knew, and tried to ensure, was that in governance, the means are more important than the end. The process matters more than the result, in part because a legitimate process is the only way to ensure that those in government

collectively focus on the common good, and in part because resolving our policy dilemmas requires a focused and functioning representative government.

Yet even if all these things happen, restoring Americans' faith in the system will require one other thing: patience. While our government needs to respond to the demands of its citizens, under our system the response is typically slow because it's meant to be slow.

Our government was not designed to respond to every passing fancy of the people, but rather to give judicious consideration to the nation's needs. Nor can it solve all of our problems. Our representatives may strive to sort out the hopes, desires, and dreams of the American people, and to come up with the best solutions they can, but the plain fact is that some problems are so difficult and our perspectives so varied that only stalemate is possible.

Our expectations, in other words, need to be high but realistic. We should expect a government that encourages cohesion and political stability, and safeguards individual freedom, prosperity, and peace. If it can do that, then the fact that it can't resolve every problem we confront will come to seem a tolerable imperfection, rather than the dismaying infirmity that so many Americans believe it to be today.

Lee Hamilton is Director of the Center on Congress at Indiana University. He was a member of the U.S. House of Representatives for 34 years.

AMERICAN RIVER MESSENGER

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ACLU Attacks the Navy



They're at it again.

The American Civil Liberties Union (ACLU) is once again targeting the constitutionality of prayer -

This time, they are leveling their misguided threats at one of the most revered branches of our military ... the U.S. Naval Academy in Maryland.

Here's the situation: For more than 160 years, there's been a mealtime prayer at noon at the U.S. Naval Academy, a time-honored tradition of voluntary prayer that is now under attack. The ACLU is demanding that the Naval Academy stop this long-standing tradition - or face a federal lawsuit. This is an outrage! Congress and Supreme Court precedent support voluntary prayer. But, the ACLU is trying to shut down prayer - claiming voluntary prayer somehow violates the U.S. Constitution. The ACLJ is taking immediate action and we

need your help.

THEACLUISDEADWRONG. The Naval Academy's longstanding tradition of having a chaplain offer a brief word of prayer before lunch does not violate the First Amendment, nor does it endorse a particular religious viewpoint.

The fact is the lunchtime prayer at the Naval Academy is voluntary - and voluntary public acknowledgement of God is uniquely compatible with military service.

We've sent the Superintendent of the U.S. Naval Academy a detailed letter outlining the legal reasons why this prayer tradition - believed to date back to the school's founding in 1845 - is not only proper but constitutional as well.

We've launched this nationwide campaign so you can join your voice with ours in this debate! Urge the Academy to uphold this tradition of military prayer by signing our nationwide online PROCLAMATION OF SOLIDARITY right now.

I'm grateful for the dedicated service of those at the Naval Academy who have committed their lives to defending the freedoms of Americans at home and abroad. It's time for you and me to return the

favor. Stand on behalf of the U.S. Naval Academy and in defense of their time-honored, constitutionally-protected traditions. Please make your voice heard today. I also ask you to use our website to alert your friends of this important issue. Please Sign on to our PROCLAMATION OF SOLIDARITY FOR THE U.S. NAVAL ACADEMY and protect the constitutional right to prayer!

Thank you.

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Military Graduates Hometown News

Army Pvt. Eric D. Garrett has graduated from basic combat training at Fort Jackson, Columbia, S.C.

During the nine weeks of training, the soldier studied the Army mission, history, tradition and core values, physical fitness, and received instruction and

practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map reading, field tactics, military courtesy, military justice system, basic first aid, foot marches, and field

training exercises.

He is the son of Eric Garrett of 3883 South 3060 West, West Valley City, Utah, and Jolynn Roe of Leaoak Court, Citrus Heights, Calif.

Garrett is a 2006 graduate of Taylorsville High School, Utah.

Monthly Military Retiree & Spouse Meeting

Our next monthly meeting for military retirees and their spouses will be held on 13 Aug at the former McClellan AFB Chapel, which is Bldg 5712. Our meeting time starts promptly at 1030 hrs. We

are fortunate to have as our Guest Speaker, Mary Gillon, from the Alzheimer's Association who will speak on the subject of Maximizing Your Memory. It will be a very interesting subject for all of us.

Questions can be referred to our volunteers at 561-7476, Mon thru Thurs, 0900 to 1500.

Chief Moses
Dir, Military Retiree Office

★ VETERANS POST ★

by Freddy Groves

VA Wins by Default

The judge in the Northern District Court of California said no -- the Veterans for Common Sense lawsuit against the Department of Veterans Affairs is outside the jurisdiction of his court.

What mystifies me is that the case went to court at the district level in the first place. It says right in the U.S. Code that "VA rulemaking is subject to judicial review only in the Federal Circuit."

And right at the beginning of the decision document, Judge Samuel Conti writes: "Congress has specifically precluded district

courts from reviewing veterans' benefit decisions and has entrusted the decisions regarding veterans' medical care to the discretion of the VA Secretary."

I wouldn't want to be in Conti's shoes. His hands were tied from the beginning. I like to imagine that, as a war veteran, he struggled mightily to find the one document, the one piece of evidence that would turn the tide and allow him to come to a different conclusion. And if you read the decision document closely, that appears to be what he did.

If you waded through all 82 pages, it seems that Conti was looking for a loophole, any little toehold. Unable to find one, he instead put together a decision package that serves as a summation of the experiences of

every veteran who hasn't received adequate care at the hands of the VA: the wait times, the screw ups, all of the Inspector General reports revealing problems that get ignored, the suicide statistics. It's all there, nice and neat and official -- the perfect groundwork for appeal and other suits.

Take a look yourself. Go to www.cand.uscourts.gov and search for CV 07-03758 (the case number), or Veterans for Common Sense and Veterans United for Truth, v. James B. Peake, Secretary of Veterans Affairs et al.

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

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Decision Upholding Ramos and Compean Convictions a Farce

Christian Newswire/ -- The Fifth Circuit Court of Appeals has completely mishandled the Appeal Case of Ignacio Ramos and Jose Compean when they upheld the conviction of these two Border Agents. They are serving 11 and 12 year sentences for the shooting of an illegal alien drug smuggler as he fled back into Mexico.

Attorney Johnny Sutton's office convicted these agents for assault, discharging a weapon in the commission of a crime and violating the civil rights of the known drug smuggler. Ten years of their sentence is because of Section 924(c) which was thought to be used to punish criminals for using a firearm in the commission of a crime.

Don Swarthout, President of Christians Reviving America's Values (CRAVE) said, "These agents were just doing their job.

The problems began when the known drug smuggler, who was also an illegal alien, brought 743 pounds of marijuana into the United States not when Ramos and Compean shot at him."

"This is the most ridiculous application of the law our government has ever perpetuated against anyone who is in law enforcement. This decision means any law enforcement agent can be convicted for firing his weapon in what the Attorney General says is a crime. Whether the agents committed a crime is apparently of absolutely no consequence."

"This decision may also mean that we will have a great deal of difficulty in getting qualified people to fill the position of law enforcement agents because they can be wrongly convicted and given prison sentences," Swarthout said.

"Why we choose to believe an illegal alien who is a known drug smuggler instead of two well thought of Border Agents is a question that is truly beyond my comprehension. This decision is truly about attorneys playing mental games and twisting the facts in order to get a conviction," Swarthout said.

Congressman Ted Poe said he plans to introduce legislation to clarify section 924(c) and Don Swarthout agrees with him that this clarification is badly needed.

Swarthout had asked the Texas Bar to investigate Attorney Johnny Sutton for willful neglect of the facts in this case. Now it appears that may not go anywhere unless the U.S. Supreme Court changes the outcome of this case against Ramos and Compean.

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By Lauren Forcella

Dear Straight Talk: I'm worried that my friend, "Greer," who is 17, might be suicidal. He is acting strange lately, but I don't want to make a big deal out of nothing and get him in trouble. After making plans to visit his dad in Montana, they had a fight, but other than that I don't know what is troubling him. He just never wants to do the usual stuff anymore. He sleeps all the time when he's not working, and he's obsessed with the movie "Into the Wild" and talks about putting on a backpack and getting out of here. Am I worried for no reason? I checked on the Internet and these are some of the signs but what do I do without causing a big thing? I'm not his girlfriend (he doesn't have one), but I care about him. — Please help!

From Farren, 20: Warning signs are really hard. A lot of teenagers go through depression, sleep a lot, and pull away from family and friends, but they're not necessarily suicidal. The only way to know is to ask him. Tell him you are worried about the changes in his behavior.

Dear Please: Yes, you must ask him. In 80 percent of suicide attempts, the at-risk person exhibits recognizable warning signs and

straight talk for teens

Don't ignore warning signs of suicide

Greer is displaying five of them. Suicide has tripled in the last 40 years. In 2000, an average of 2700 youths ages 12-17 attempted suicide in this country each day. Of those, about 100 a day took their lives. Talking about suicide will not make someone do it. This myth silences family and friends who would otherwise communicate — and suicide is almost always preventable with communication. Below are the warning signs and "first aid" for suicide. Friends like you are often on the front lines in helping others and I wish these principles were taught in high school. Good luck.

WARNING SIGNS:

- loss of interest in things one formerly cared about
 - making statements about feeling hopeless, helpless, or worthless
 - withdrawal from family and friends
 - deepening depression
 - fascination with death and/or suicide
 - talking about suicide
 - not sleeping or sleeping a lot
 - exhibiting out-of-character behavior
 - taking unnecessary risks or exhibiting self-destructive behavior
 - having a family member who committed or attempted suicide
 - extreme changes in eating habits
 - unexpectedly visiting or calling people one cares about
 - giving away prized possessions
 - setting one's affairs in order
 - making a suicide plan
- WHAT TO DO:**
Gentle, yet direct communication

works best. Arrange a private conversation and say, "Greer, you're not yourself lately." Tick off the warning signs you mentioned, then, *ask the question*: "You're not considering suicide are you?" After you've asked:

- Listen and observe. Pay close attention to tone and facial expression. If they don't match his words, gently point that out, and keep probing.
- If he does admit to suicidal feelings, *take him seriously*. Often people scoff at or negate such admissions, leaving the at-risk person worse off.
- Insist that there are other solutions besides suicide. Point out people who love him and reasons he has to live.
- Ask if he has a suicide plan: *"Do you have a plan of how you would do it?"*
- Do not keep the plan secret. Immediately tell an adult who can help. He wants you to.

• If he has no suicide plan, but admits to suicidal thoughts — or you suspect you're not getting the whole story — still, tell that adult! *Do not try to handle this solo.*

- If someone is actually attempting suicide, stay with them! You are their lifeline. Immediately call 911 or 1-800-SUICIDE.

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

45th Annual Greek Festival

Expected to be Biggest Ever



Three-day pageant to be staged at Sacramento Convention Center over Labor Day weekend

Sacramento's Greek community is looking forward to its best ever Greek Festival on the Labor Day weekend, Aug. 29-31. It's the 45th annual event, sponsored by the Annunciation Greek Orthodox Church of Sacramento. ?

Originally called the Greek Food Festival, the event has evolved, through the grassroots effort of church volunteers, to become much more than a Greek dining experience. ?They introduced live music, singing and dancing performances, and a wonderful Cultural display known as Hellenica. More Greek culture is evident in the Greek Market place, and the Agora, where one can browse the wares of a variety of vendors offering Greek products for sale.

The extensive menu offerings take visitors on a tasting tour of Greece without leaving Sacramento. ?The a-la-carte menu offers some 15 delicious treats, including roasted lamb; dolmathes, stuffed grape

leaves; mousaka, a Greek delicacy of eggplant and ground beef; souvlaki, tender marinated pork cubes, and Shrimp Santorini, succulent shrimp in a feta cheese tomato sauce. ?

Other a-la-carte choices have names that may befuddle the average guest, but they will find out soon enough if they choose that you don't have to be able to pronounce them to enjoy them, spanakopita, tiropita, fasolakia or horiatiki salata. ?All offerings are made from scratch by the church volunteers who are delighted to share the cooking secrets of their homeland.

The Greek taverna offers wines and beer from Greece; Ouzo, an anise-flavored liqueur similar to French pastis; or Metaxa, a special blend of Greek brandy that has brought happiness to Greeks since 1888. ?

There is also a coffee shop, called Kafenion. ?A sweet shop with the tongue-twisting name of Zaharoplastion, will offer baklava and a half dozen other pastries. ?

Live music is provided by "Neo Kyma" band, and there will be ample

opportunities for open dancing as well as dance lessons provided daily for the guests.

The three-day event opens at 11 a.m. on Friday, Aug. 29, with free admission until 3 p.m. for that day only.

Admission for Saturday and Sunday is \$5 for adults, \$4 for seniors over 65 years of age. Children under 12 years of age are admitted free. ?Opening time is noon on Saturday and Sunday. ?Closing is set for 10 p.m, but "Greek Time" usually prevails, extending that closing time generously!

The party flag is waving!



Field Poll Understates Support for Proposition 8

Field Poll Understates Support for Proposition 8 – But Latest Poll Shows Initiative Gaining Among Likely Voters

Christian Newswire/-- A new Field Poll released today (July 18th) shows Proposition 8 - the Marriage Protection ballot initiative - is gaining among likely voters, although the survey continues to significantly understate support for the initiative, officials with the Proposition 8 campaign said today. The poll also shows that advocates of same-sex marriage are losing ground, compared to the last Field Poll released on May 28.

"While the current Field Poll shows support for Proposition 8 has increased and opposition has dropped since their last survey, the Field Poll continues to be an outlier among publicly published polling on this initiative," said Frank Schubert, Campaign Manager for Proposition 8.

The latest Field Poll reports support for Proposition 8 is at 42% (up two points since May) and

opposition at 51% (down from 54%).

"The Field Poll has consistently understated the support of Californians who believe the definition of marriage should be upheld," Schubert said. "During Proposition 22, the Field Poll reported that support for that initiative was approximately 50% in the months leading up to the election, while the measure received more than 61% of votes at the ballot box," Schubert noted. "In May when Field was reporting that support for the initiative was at 40%, the Los Angeles Times survey found support at 54%. Over the years Field has consistently understated support for the initiative by a minimum of 10 percent. The current findings continue to substantially understate the true support for the initiative."

Schubert said that internal campaign polling is consistent with other polls such as the LA Times survey. "Support for Proposition 8 is right where it needs to be at this stage of the campaign."

Online Pet License Renewals Now Available!

Customers of the County Department of Animal Care & Regulation can now renew their pet licenses online at www.saccountysshelter.net.

This is one of many steps we are taking to bring more convenience to our customers. With gas prices and increasing demands on our time, this is the way to go...apply for renewals 24/7 from the comfort of your home."

Renewals may still be done in person or through the mail. To report animal issues or for more information, call 369-7387 Monday through Friday 7 a.m. – 9 p.m.

County Call Center Now Open Late

The hours at the Call Center have been extended to 7:00 a.m. 9:00 p.m., Monday through Friday.

Call the Center to report barking dogs, abandoned vehicles, illegal dumping, request road and sidewalk maintenance and more. And, if you don't know who to call for other services, the customer service representatives can refer you to the correct department. Call 916-875-5656.

QualityStocks Monthly

5 Small-Cap Stocks to Keep an Eye On

the next investment you make for mere cents could become the next Microsoft or Sony.

So, how do you invest in the right companies? Research. Research. Research.

Market reports and resources like the QualityStocks.net Daily Newsletter, which contains stock tips from hundreds of online investment newsletters, can help guide you on your path to finding the perfect investment. Here are five companies to add to your "research list."

Angstrom Microsystems, Inc. (AGMS.OB): Angstrom Microsystems has developed innovative technologies to combat rising energy prices. As computers continue to increase in performance, the amount of energy required continues to rise. By using Angstrom's liquid cooling, ultra-efficient power technologies and acceleration software, businesses can substantially decrease their computing costs by reducing the power needed.

Hybrid Technologies, Inc. (HYBR.OB): Hybrid Technologies, Inc. is committed to using its

resources for the development and marketing of lithium-powered vehicles and products, as well as commercial and residential properties. The Company has successfully manufactured and delivered electric cars to companies, consumers and government agencies. With oil trading over \$100 a barrel, the company has a bright future.

Global Roaming Distribution, Inc. (GRDB.OB): Global Roaming Distribution, Inc. is the parent company of CelTrek, an international global SIM card company. CelTrek is the first U.S.-based company of its kind that offers one SIM card for use in all seven continents at an extremely competitive price. Its strategic partnerships with more than 350 GSM systems position the company to be the top business roaming solution for corporations and leisure travelers around the globe.

Medefile International, Inc. (MDFI.OB): Medefile International, Inc. is focused on developing technologies and services that assist clients with the collection, management and distribution of

key health data including medical records and images. The Company's proprietary system gathers and digitizes medical records so that anyone can have comprehensive records of all their medical visits.

Nascent Wine Company, Inc. (NCTW.OB): Nascent Wine Company, Inc., also known as Nascent Food Service, is one of Mexico's largest distribution, sales, merchandising and promotions companies of imported food and beverage products. Its ability to provide a broad selection of foods and beverages has enabled the company to build a strong brand and a loyal customer base.

Jenn Hoffman is a host of The QualityStocks Daily News Segment each day at QualityStocks.net, and she also works as an independent business consultant to select companies nationwide. Most recently, she was featured on "The Apprentice." Hoffman will be active with "The QualityStocks for Women" newsletter, geared toward investment-minded women. To sign up for the newsletter, log on to <http://Signup.QualityStocks.net>.

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Citrus Heights News & Views

California Institute of Jewelry Training Honors 2008 Grad from Citrus Heights

Trishta Waechter (24) from Citrus Heights, California will graduate from the California Institute of Jewelry Training (CIJT) with Diploma in Advanced Jewelry Arts on July 17, 2008.

“Trish has done some amazing work here at the school. She has really taken to the technique of filigree she learned from one of the workshops we offer. I know we’ll see great things from her”, says Dee Huth, President and Owner of the school.

Waechter is the daughter of Steve and Debbie Waechter of Citrus Heights, and older sibling Trent.

Trishta is planning on starting her career in jewelry in the local area with her family. She has aspired to become a jeweler since high school and her dream has come true.

For more article information please contact Robyn Beer at Robynb@jewelrytraining.com or (916)-487-1122.



Cool Treats and Free Concert on a Hot August Afternoon

Traditional jazz and ice cream cones will make for a “cool” afternoon when Hearts for Parks and the Catsnjammer Jazz Band present Ice Cream and a Concert in the Park on Sunday, August 10th, from 5 to 7 p.m. at Rusch Park, located at 7801 Auburn Boulevard in Citrus Heights.

The ice cream social and the free concert will take place near the park’s covered picnic area. Attendees should bring lawn chairs or blankets as seating is limited.

The jazz band’s music is described as upbeat with “interesting tunes”.

The concert will include many solos and vocals.

The seven-piece group has played at the Sacramento Jazz Jubilee since the band’s formation 28 years ago.

The band has also been featured at many jazz festivals.

“We’re known for being energetic and humorous,” said Gene Berthelsen, bandleader and comet player.

“Our songs are from the general literature of classic jazz.”

Other members of the Catsnjammer Jazz Band and their instruments are Bob Embry, clarinet; Brian Richardson, trombone; Ken Woods, piano; Jean Levinson, tuba; Kurt Abell, banjo; and Trent Teague, drums.

Bandleader Berthelsen is also director of the Sacramento Jazz Jubilee.

Hearts for Parks, a non-profit organization associated with the Sunrise Recreation and Park District, is sponsoring the ice cream social to raise funds to purchase benches for the playground area at the park.

“We will sell six flavors of Leatherby ice cream cones at \$3 a cone,” said Kathy Cook, a member of the Hearts for Parks board of directors.

Newly elected Hearts for Parks officers are Ken Mitchell, president; Cook, vice president; Rita Perry, secretary; and Jean Duncan, treasurer.

The group’s current projects

include supporting the Citrus Heights Community Marching Band, swimming and tennis activities, and teen groups in the Sunrise Recreation and Park District.

“We want to see Hearts for Parks become a focal point in the community by assisting our park district in providing the best possible recreation programs and well maintained parks during this tight budget time,” said Mitchell.

Before his retirement in 2000, Mitchell worked for the State Department of Parks and Recreation for more than 37 years.

“My career included general planning and park facility design and construction.

For 10 years, I was chief of the Acquisition Division,” he added.

For additional information about the concert, the ice cream social, and/or Hearts for Parks, please call (916) 725-1585.

Fond Farewell to Sunrise General Manager

Doyle Phelan, General Manager of Sunrise Mall stepped down Friday (July 18, 2008) after 58 years in retail. Doyle served as the Sunrise Mall Manager since 1985 (23 years). Prior to that, Doyle served as the JCPenney Operations Manager, transferring to the Sunrise Mall location in 1972 to coincide with the Mall’s opening. He began his retail career with JCPenney

when he was 15, working for the national chain for 35 years.

Doyle has been active in the community with the Citrus Heights Chamber and was recognized as the Chamber’s Businessperson of the Year in 1988.

He has also been affiliated with several charitable and civic organizations. One of his standouts is raising funds for the

Employee and Self-Employed Benefits

Citrus Heights Regional Chamber of Commerce Lunch & Learn Program Presents Employee and Self-Employed Benefits



Presented By:
Al Aldrete, New York Life
Date: Tuesday, September 2nd
Time: 11:30 am – 1:00 pm
Location: Citrus Heights Regional Chamber of Commerce
7115A Greenback Lane
Citrus Heights, CA 95621

Topic: “Why You Cannot Afford to Not Pay Yourself”

This presentation will educate business owners on what types of benefits are available, how to choose between plans and the taxation of benefits.

Topics covered will include:

- Reasons to offer employee benefits
- Reasons to pay yourself employee benefits
- The direction of current retirement plans
- A new road map to success in retirement
- Can you afford to miss the trip?

Bring a brown bag lunch!
Space is limited - reservations are required

About Our Presenter: Mr. Aldrete is a full-time Agent with the New York Life Insurance Company and has resided in the Northern California

region for more than 28 years. He has a Bachelor’s of Science from California State University of Sacramento in Economics and over 8 years experience in the financial industry.

Mr. Aldrete keeps up with current insurance and financial product trends and offers outstanding service. Al shows true a concern for his clients, their families, and their financial goals. Al is an active member of Citrus Heights Regional Chamber of Commerce as the current Chair of the Ambassador Committee, as well as active on the Government Issues, Lunch and Learn, and Annual Dinner Committees. Al is also last years Best Of Citrus Heights, Best Insurance Company/Agent winner, and a graduate of the 2007-2008 Leadership Program.

To Reserve a Seat or for More Information on the Lunch and Learn Program, please contact Renee “RJ” John at (916) 722-4545 or RJ@ChChamber.com

Youth and Adult Partnership Workshop

Northwest Neighborhood Association (NNA) invites you to attend our meeting at Sierra Meadows, 7600 Daly Av, Citrus Heights, at 7 p.m., August 19, for a workshop on Youth and Adult Partnerships within the Community.

This workshop was presented at NUSA 2008 in Hampton, VA by Jamie Carlson, Neighborhood

Coordinator, and Sergeant Karl Dyer, Roseville Police Department, City of Roseville. Their presentation will show how to partner youth, law enforcement, businesses and community members. They’ll talk about after school and school-break programs. It’s a show and tell on how to get the community involved in supporting and funding these

The Mortgage Manager



By Ed Wacaster

The most common conversation I am involved with these days with the public has to do with the difference between a “Short Sale,” and a “Foreclosure.” Let me define the two and give you some insight into why you want to do business with one and perhaps walk away from the other.

A “Short Sale” is what happens when the home owner, who can no longer afford the payments, decides to sell the home and asks the bank if they will agree to sell the property for less than what they owe on the loan. A Real

Estate Agent comes long and lists the property and the bidding begins. The Listing Agent gives the offers to the bank and everyone waits until the bank makes a decision. When they will make that decision is anyone’s guess, and it has all of in this industry shaking our heads at the banks. Why do we shake our heads at the banks? Because these people the banks employ to do the Short Sale for them, collectively, couldn’t graduate from a Kinney garden, (Notice the spelling is incorrect) on a bet. To explain further would be utterly useless and complete waist of your time. Most of the time it’s better to move on to a different property.

A “Foreclosure” is a property that is already owned by the bank and you will get answer on your offer usually in a week or so, if not sooner. I’ve had them accepted in two days, but this is unusual. You can then open escrow, acquire the financing and move on with the purchase of the home. Depending on the financing you get, this is usually a 30 to 45 day period. The unfortunate part of this scenario is that the banks are using Escrow and Title companies in Southern California, not locally in our area. The Escrow and Title companies down south have had a huge problem being efficient. This will prolong the time it takes to

complete the sale, but the sale will go through after much angst and multiple benzodiazepines. Of course there are some foreclosure transactions that do go on without a hitch and it is these types of transactions everyone hopes for. So far in this down market, about half have gone to either side of the equation given it was a “Foreclosure.”

I hope this helps as you go shopping, and remember to get true Professionals involved and use your own Real Estate Agent when buying. You’ll be glad you did.

You can reach Ed Wacaster at 916-725-9902 or [www. EdWacaster.com](http://www.EdWacaster.com)



Texas Hold ‘Em Tournament

Join us for food, drinks and fun in the Courtyard at Fountain Square beginning at 5:00pm.
The game begins at 6:00pm sharp!
\$50 Buy-in includes food and 2 drink tickets

Everyone’s a winner! All participants will leave with at least one prize.
Proceeds benefit the Citrus Heights Regional Chamber of Commerce’s educational scholarships and economic development initiatives.

Space is limited, make your reservations now.
Thank you to the City of Citrus Heights, Lucky Derby Casino and Phoenix Casino & Lounge for their generous contributions to this event!

Best of Citrus Heights 2008

Mark Your Calendar!!
Preparations are under way for Best of Citrus Heights 2008. You won’t want to miss this celebration luncheon taking place on Tuesday, November 18th at Crosswood Oaks Retirement Community.

We Need Your Votes!!
Voting will take place at the Chamber website at BestofCitrusHeights.com beginning on August 15th. Cast your votes before October 1st for your favorites in over forty different categories!

Thank You!!
This event is generously co-sponsored by City of Citrus Heights and SureWest

School Supplies Are Needed!



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

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Fair Oaks News & Views

New President for LHA



Bob Dieterich, New President of the Lincoln Highway Association

Bob Dieterich, 71, has been elected president of the national Lincoln Highway Association, it was announced today. The Fair

Oaks resident, a retired nuclear engineer, is the first Californian to head that organization, which was reborn in 1992.

The most historic of the nation’s early transcontinental highways, the Lincoln Highway was proclaimed in 1913. It extended 3,389 miles from Times Square, New York City, to Lincoln Park, San Francisco.

A total of four Lincoln Highway routes crossed California. One entered the state west of Reno and crossed Donner Pass to head to Sacramento. Simultaneously, another entered near South Lake Tahoe, to reach Sacramento by way of Placerville.

The 1913-27 route turned south in the capital to loop through Stockton, and over Altamont Pass to Oakland and San Francisco. In the last year

of the famous highway, the Lincoln traveled the Yolo Causeway and crossed the Carquinez Strait bridge to Berkeley. Both those routes ended with ferry passage to San Francisco.

The original Lincoln Highway Association was disbanded in 1928, following federal take-over and numbering of the interstate highways. It was formed to demonstrate the need for good roads across America. The reincarnated organization is charged with preserving both the physical remains of the road and educating the public on its historical importance.

Dieterich also serves the LHA as its national director for California, and will chair the organization’s 2011 national conference in South Lake Tahoe.

CSUS Aquatic Center

A Great Place to Cool Off in Summer



Young Marines learning to work together to walk the plank.

The CSUS Aquatic Center, located on Hazel Ave in Fair Oaks, is a hidden jewel. If you are looking for an inexpensive, fun place to spend the hot Sacramento Days, avoid the big crowds at Granite Bay and Folsom Lake, The Aquatic Center is the place to go. The clean well maintained facilities offer canoe rentals, free use of life

jackets, birthday parties, picnic areas, classes and much more. You can walk across the street to the Fish Hatchery or take advantage of the Walking and Bike trails.

The Sacramento Young Marines took part in the WET class. The Water Enrichment Training, or WET for short, is a teamwork building class offered by

the Center. The children had to perform many activities, in and out of the water, that are designed to enhance their teamwork skills.

Fun was as abundant as sunshine. To learn more about the CSUS Aquatic Center, visit www.csusaquaticcenter.com

Summer Events

The Fair Oaks Chamber of Commerce is pleased to announce the following events

Concerts in the Park

Now to August 28th (7 p.m. to 9 p.m.). Concerts in the Park. The weekly Thursday night Concerts in the Park series is free to the public and is held in the Village Park. The bands are fantastic this year, and the Fair Oaks Foundation for Leisure and the Arts will again be selling ice cream sundaes and root beer floats.

Additional information about these events, as well as other events throughout the year, can be found on the Chamber website www.fairoakschamber.com.

Upcoming Schedule

08-07

Night Train

Hosted by Dr. Elisabeth Swan,
Optometrist - Swing, Smooth Jazz,
Rhythm and Blues

08-14

John Skinner Dance Band

Hosted by Vickie Rosalli, State Farm
Insurance - Popular Dance Music

08-21

Shelley Burns

Hosted by Brinks Home Security -
Swing Standards

08-28

Capitol Pops Concert Band

Hosted by Trude Vasquez, Ships &
Trips Travel- Broadway, Popular,
Patriotic

“Solemates” (“sole” for “foot”) meets for a variety of 4-5 mile local hikes in or near the village of Fair Oaks every Thursday morning. Sat. Morning hikes usually meet in the parking lot at Sunrise Mall to car pool to the trail head. For a calendar, E-mail Judy Zimmerman: judyzim@comcast.net

Sacramento County Animal Care and Regulation Fees Raised

Board of Supervisors Approves Proposed Fee Schedule

On July 22, the Sacramento County Board of Supervisors approved a new fee schedule proposed by the Department of Animal Care and Regulation (ACR). The approved increases will affect fees for services

such as impoundment, licensing, kenneling, adoption, boarding, and hauling of animals in unincorporated Sacramento County.

“Many of the fees at our Department have not been increased in over ten years,” said Pat Claerbout, director of Animal Care and Regulation. “These increases will allow our department to continue our operations and service to the community.”

The need for a fee increase was

determined after the ACR conducted a comprehensive review of all current fees and determined that fee increases were an appropriate measure to take at this time.

ACR has experienced a high volume of animals brought to the Shelter, both feral animals and surrendered animals, due to area foreclosures and those owners cannot afford to care for their pets due to cost of living increase issues.

Second Sunday Open House Hours – August 2008

The Fair Oaks Historical Society invites you and your family to visit its History Center which will be open to visitors on August 10th, from 1pm to 4pm, during its monthly Second Sunday Open House.

The History Center is located in the Fireside Room of the Fair Oaks Community Clubhouse, 7997 California Street, Fair Oaks. Docents will be available during this event to help with local lore and fact. Admission to the

History Center is free. For directions to History Center, please visit our website: www.fairoakshistory.org. To schedule a student tour or request further information please call Lois Frazier, Chief of Docents, at 967-2967.

Victory Christian Schools Grades K – 12

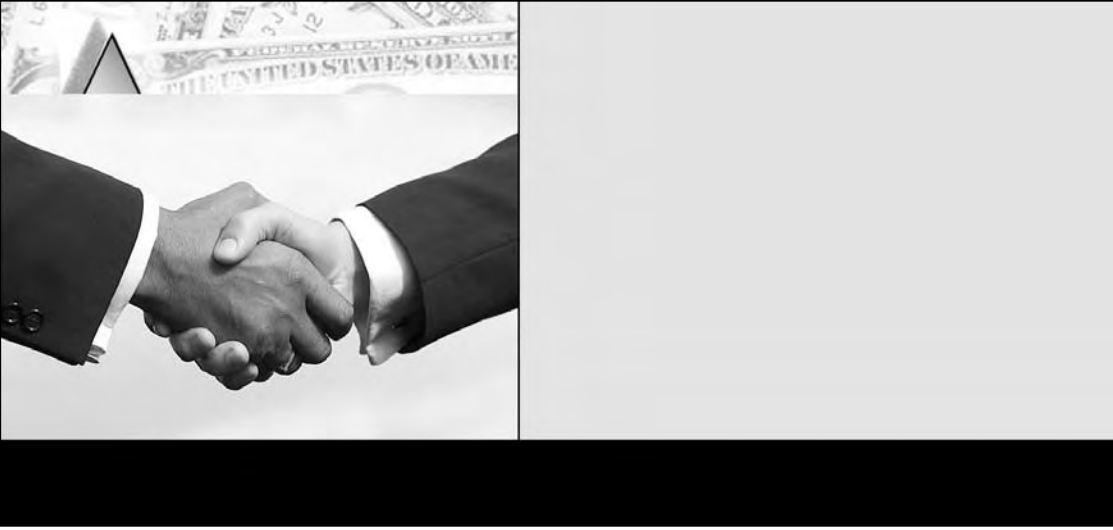
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Carmichael News & Views

New Rangers Sworn In

Capitol Pops Concert Band

We are pleased to announce that Sacramento County Regional Parks swore in two new Rangers as Peace Officers on July 18; David Moskat, John Spaeth Dave Moskat and Johnny Spaeth have just completed the 26-week long Sheriff's Academy and both are ready to serve as Peace Officers for this department. Both Dave and John have worked several years as Park Ranger Assistants while attending Sacramento State University.

Dave has extensive knowledge of biology and natural resources, which will serve as a useful tool for our wild lands protection. Dave is a lifelong resident of Sacramento and you can frequently find him recreating along the American River Parkway on his days off.

Johnny, also a lifelong Sacramento resident, brings his skills and knowledge of Recreation management. He is also an emergency medical technician and has been employed as a watercraft instructor at the Sac State Aquatics Center.



David Moskat

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



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.
Sponsored By:
Fair Oaks Chamber of Commerce (916) 967-2903
Fair Oaks Foundation for

Leisure & the Arts (916) 961-9012
Fair Oaks Recreation & Park District (916) 966-1036
Trude Vasquez, Ships & Trips Travel
For Band Information:
JERRY LOPES (916)- 967-1461 gloses@macnexus.org
Web Site
www.capitolpops.org

Wellness Screenings Coming to Raley's/Bel Air

Safe, Painless, No X-rays
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· Cholesterol Screening: TC, HDL, Ratio Find out your cholesterol levels. \$17
· Blood Pressure: Find out your blood pressure levels for maximum health benefits. \$5
· Body Fat / BMI: Two tests that offer more accurate results than just actual body weight. \$5
· Heart Health Questionnaire

and Report: Get an appraisal of your cardiovascular status. \$10
Total Package, five screenings listed above, \$30 (regular price \$42)
Additional tests available:
· Osteoporosis: Test the density of your bones to assess fracture risk. \$20
· Cholesterol: Full Lipid Profile: Pair with TC, HDL-C and glucose tests to check the health of your organs. \$22
Schedule:
Thursday, July 31 - Bel Air 4320

Arden Way Sacramento
Tuesday, August 5 - Bel Air 4005 Manzanita Ave Carmichael
Tuesday, August 12 - Raley's 7847 Lichen Dr Citrus Heights
Wednesday, August 13 - Raley's 7477 Watt Ave. North Highlands
Friday, August 15 - Raley's 5159 Fair Oaks Blvd Carmichael

For a complete schedule and list of participating stores, visit raleys.com and click on the 'Wellness Screenings' link.

Online Pet License Renewals Now Available!

Customers of the County Department of Animal Care & Regulation can now renew their pet licenses online at www.saccountyshelter.net.
This is one of many steps we are taking to bring more convenience to our customers. With gas prices and increasing demands on our time, this is

the way to go...apply for renewals 24/7 from the comfort of your home."
Renewals may still be done in person or through the mail. To report animal issues or for more information, call 369-7387 Monday through Friday 7 a.m. – 9 p.m.

Alzheimer's Support Group Meetings:

1. NEW AUBURN Support Group will meet the 3rd Friday, August 15th, at 10:00 – 11:30 a.m. at Auburn Presbyterian Church, 13025 Bellair Dr. Auburn, CA
 2. NEW CITRUS HEIGHTS support group will meet the 4th Friday, August 22nd, at 6:30 – 8:00 p.m. at the Lakeview Village Mobile Home Park, 6211 Summerset Lane, Oak Lakes Lane, Gate Code: #0452, Citrus Heights, CA.
 3. FOLSOM – New support group meets the 1st Saturday, August 2nd, at 10:00 a.m. at 780 Harrington Way, off East Bidwell St. at Loyaltan of Folsom.
 4. SO. SACRAMENTO (Eve) Support Group will meet the 4th Tuesday, August 26th, at 7:00 p.m. at Bruceville Terrace Convalescent Hospital, West Multipurpose Room, 8151 Bruceville Road.
 5. NEW SACRAMENTO (Day) Support Group will meet Every Tuesday, 10:00 a.m. at 2641 Cottage Way, Suite 4, Sacramento, CA.
 6. SACRAMENTO (Evening) will meet the 1st Thursday, August 7th, and the 3rd Thursday, August 21st, at 6:00 p.m. at the Sacramento Office, 2641 Cottage Way, Suite 4.
 7. SACRAMENTO – Support Group for Memory Impaired meets the 2nd Wednesday, August 13th, and the 4th Wednesday, August 27th, at 10:30 a.m. at the Sacramento Office, 2641 Cottage Way, Suite 4.
 8. SACRAMENTO (Day) Support Group will meet the 1st Thursday, August 7th, and the 3rd Thursday, August 21st, at 10:30 a.m. at the Sacramento Office, 2641 Cottage Way, Suite 4.
- There will be a Share and Care Time at each meeting. For more information, please call Bea Gorman at (916) 448-7001.

The Carmichael Chamber of Commerce
presents the
Carmichael Business Expo
at
The Hillside Center
6241 Fair Oaks Blvd., • Carmichael
Wednesday, August 6, 2008
from 10:00 am to 6:00 pm

Free Admission

Our **keynote speaker** for the 2008 Carmichael Business Expo is **Roger Valine**, former President and CEO of VSP. Mr. Valine will be speaking on “growing a business in a sluggish economy” and “connecting with your customers.”

Eric Mandell, the Procurement Chief for the State of CA, Department of General Service will lead a workshop on how to do business with the State of California.

For additional information or to sign up for a booth, visit the Carmichael Business Expo web site: www.carmichaelbusinessexpo.com or you can contact the Carmichael Chamber of Commerce at **916.481.1002**.

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Carmichael Times

Art Show August 9, 2:30-7:30 pm

Art Show, August 9 Second Saturday 2:30 - 7:30 pm
Sacramento Valley School, a Sudbury School, presents an Annual Art Show featuring the art of the students, faculty, family and

friends of the school.
Touch Drawing artist and facilitator, Cynthia Wynn, will demonstrate this unique process. Students of all ages will exhibit their finished Touch Drawings.
Prize Winning watercolor painter David Peterson will present an informal demonstration of his painting.
Guest artists Woody Hansen, and other notable Sacramento Artists will show their work. Dozens of works will be displayed. Free. Refreshments provided. The school is conveniently located in the Arden Arcade Carmichael area at 2737 Eastern Avenue, Sacramento CA 95821

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Orangevale News & Views

Chamber of Commerce Welcomes New Board Members



Photo by Amanda Wreath

Certificate recipients at the Orangevale Chamber of Commerce Meeting

It was a busy night at the Orangevale Chamber of Commerce meeting on July 22. The Chambers welcomed New President, Lorraine Silvera and held their installation of new Board Members. Matthew Allen, from Assemblyman Roger Niellos office, handed out certificates to each new Board Member.

Orangevales newest Board of Directors are Lorraine Silvera, David Brown, Alice Amentea, Troy Mauvais, Katherine Leonard, Darlene Lyons, Rene Puentes, Chris Barnes, Mitch Clouse and CindySue Jones.

The race for Honorary Mayor is well underway. John Sullivan will be supporting Relay for Life, Brad Hill supporting Oakview School and Lisa Montes supports Orangevale Food Closet.

The Food Closet announced their plans for the First annual Pancake Breakfast on August 23. Volunteers

and Business advertising is needed for this event. Relay for Life will be held at Louis Pasteur Middle School September 6th & 7th. Oakview Elementary will be hosting a Spaghetti Feed on August 29.

For more information on becoming a Chamber Member or to learn more about the many events the Orangevale Chamber of Commerce has planned, please visit www.orangevalechamber.com.

County Presents Town Hall Forums

County Bringing Information Directly To Residents of Local Communities

The County of Sacramento is presenting its second Town Hall Forum on Thursday, Sept. 18 from 6 to 9 p.m. at the Orangevale Community Center, 6826 Hazel Ave., Orangevale.

Hosted by District 4 County Supervisor Roberta MacGlashan and County Executive Terry Schutten, this will be a great opportunity to hear from and personally speak with representatives of County departments. Chief Code Enforcement Officer Carl Simpson will give a presentation on how to deter neighborhood nuisances.

“This is a unique opportunity for residents to make connections with top County staff in their area,” said Department of Neighborhood Services Director Victor Morrison-Vega. “It’s also a chance to meet neighbors, learn

about the County resources available to their neighborhoods and sign up for information alerts. This is one way communities stay strong.”

Light refreshments will be served and seating is limited. Residents are invited to visit dozens of booths presenting information on subjects including

municipal services, public safety, and community resources.

To RSVP: Shannon Arata at 916-875-1514 or aratash@sacounty.net.

When: Thursday, September 18, 6:00 - 9:00 p.m.

Where: Orangevale Community Center, 6826 Hazel Ave., Orangevale

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1st Annual Orangevale Community Pancake Breakfast
eggs, pancakes, sausage, biscuits & gravy, juice, coffee & tea
Saturday, August 23, 2008 • 8 -11am
Divine Savior Church Hall • 9079 Greenback Lane • Orangevale

Proceeds to benefit:

Orangevale Community Food Closet

\$5 per person
\$7 at door
Children under 5 - FREE

Tickets are available at:

Bob Clouse Insurance
9267 Greenback Lane, #B3
Orangevale, CA 95662
(916) 988-3457

or through **Orangevale Rotary, Lions, Knights of Columbus, Grange and Chamber**

Major Donors

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Sponsored by local community service groups for Orangevale Families

Don't Let Bear Market Devour Your Investment Strategy



Kirk Camunez

If you're an investor, you've probably been less than ecstatic lately when you open the newspaper and see what's happening in the stock market. From October 2007 to the end of June, the Dow Jones Industrial Average fell about 20 percent. And stock prices continued to slide during the first two weeks of July. Are we in a "bear market"? And, if so, how should you respond?

First of all, you might want to know a little bit about the nature of bear markets. By one commonly used definition, a bear market occurs when stock prices have declined by 20 percent or more. Bear markets last, on average, about 14 months; a two-year bear market is considered to be on the long side. Generally speaking, a bear market is triggered by unexpected events or economic conditions, which, in 2007 and 2008, include the credit crunch and soaring oil prices. And bear markets can end as quickly, and as unpredictably, as they began.

You may well feel the need to do something. Here's an idea: Why not approach a bear market the same way you would an actual bear? Consider these suggestions:

- Stay calm. If you were to ever encounter a real bear, you'd need to avoid panicking. And the same is true with a bear market. You

can't control stock prices, but you can control your reaction to them. If you remain calm and survey your individual situation with an understanding of what's happening in the broader market, you'll be likely to make rational decisions.

- Make no sudden moves. When facing a bear, you can't make sudden moves. And when you're in the midst of a bear market, you also want to avoid reacting too quickly. If you've built a portfolio of quality investments that are suitable for your goals, risk tolerance and time horizon, stay the course and stick with your long-term strategy—even during a bear market.
- Don't try to "outrun" a bear. Just as bears are faster than you are, the movements of the stock market are typically too quick for most people — even so-called market experts — to anticipate. Nonetheless, many people try to "outrun" a bear market by jumping out of it, thinking that they can profit from missing some of the market's worst days. But when you head to the investment sidelines, you can also miss some of the market's best days, too. Either way, you're trying to time the market, and it's almost impossible to do so consistently.

Even if you follow these ideas, you may find it hard to stay positive in the midst of a prolonged slump. Staying invested throughout market ups and downs can help you work towards your long-term strategy.

By observing the rules for dealing with a bear and by focusing on your long-term strategy you can not only survive a bear market, but also use it to your advantage. And that thought should make your situation more "bearable."

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

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Lungren Praises Unveiling of American Energy Act

The energy bill would open offshore regions, sections of the ANWR and oil shale deposits to environmentally safe drilling; trim red tape that impedes the construction of new refineries; give tax incentives and a cash prize for the development and use of alternative energy sources; create a renewable energy trust fund from new drilling revenues, and promote the expansion of safe nuclear power generation. The bill also includes a provision, first introduced

The City of Rancho Cordova, located in Sacramento County, was incorporated in 2003 and is marking its 5th Anniversary. The City is known for its innovative approach to government and its fiscal soundness. City Hall is located at 2729 Prospect Park Drive, Rancho Cordova, CA 95670; phone is 916-851-8700; website address is www.cityofranhocordova.org.

Friday and Saturday: dinner seating
6pm; show 8pm
Sundays: lunch seating 12:30pm;

They told me of a custom unique to Derbyshire that was also prevalent during the time

The City of Rancho Cordova, located in Sacramento County, was incorporated in 2003 and is marking its 5th Anniversary. The City is known for its innovative approach to government and its fiscal soundness. City Hall is located at 2729 Prospect Park Drive, Rancho Cordova, CA 95670; phone is 916-851-8700; website address is www.cityofranhocordova.org.



County of Sacramento
Municipal Services Agency

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

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

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

real estate auctions

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8917 Sheldon Creek, Elk Grove

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• **6525 Vilamoura Way**
3BR 3BA 2,617sf+/-, Built 2005. Approx.
.14ac lot. Taxes approx \$7037 ('07).
Nominal Opening Bid: \$50,000

SACRAMENTO, CA

• **2312 Craig Avenue**
4BR 2BA 1,780sf+/-, Built 1971. Approx.
.15ac lot. Taxes approx \$2700 ('07).
Meadowview subdivision.
Nominal Opening Bid: \$10,000

ELK GROVE, CA

• **5523 Tamarind Ln**
3BR 3BA 1,750sf+/-, Built 1998. Approx.
.08ac lot. Taxes approx \$5986 ('07).
Nominal Opening Bid: \$25,000

ELK GROVE, CA

• **8917 Sheldon Creek**
5BR 3BA 2,857sf+/-, Built 1996. Approx.
.15ac lot. Taxes approx \$5813 ('07).
Nominal Opening Bid: \$50,000

Inspections: 1-4pm Sun Aug 10th and 2
hrs prior to sale time.

Above properties sell: 3:15pm, Tue.,
Aug. 12th at 6525 Vilamoura Way, ELK
GROVE, CA

FORESTHILL, CA

• **6464 Nugget Dr**
Taxes approx \$1059 ('07).
Nominal Opening Bid: \$1,000
Inspections: 1-4pm Sun Aug 10th and 2
hrs prior to sale time,
Sells: 10:45am, Tue., Aug. 12th

OTHER AREA AUCTIONS:

SACRAMENTO, CA

• **9372 Marius Way**
4BR 2BA 1,804sf+/-, Built 2004, Approx.
.12ac lot. Taxes approx \$4351 ('07).

• **2120 48th Avenue**
4BR 2BA 1,052sf+/-, Built 1958.

• **2200 Woodside Ln #8**

1BR 668sf+/-, Built 1968.

• **3338 San Carlos Way**

4BR 2BA 1,355sf+/-, Built 1935.

• **3341 40th St**

2BR 1BA 675sf+/-, Built 1954. Approx.

.11ac lot. Taxes approx \$598 ('07).

• **4110 23rd Ave**

3BR 1.5BA 1,008sf+/-, Built 1979.

• **4932 Wallace Avenue**

2BR 1BA 564sf+/-, Built 1950.

• **5313 Winfield Way #4**

3BR 1.5BA 1,020sf+/-, condo.

• **5615 48th Ave**

4BR 3BA 1,105sf+/-, Built 1958.

• **6828 Southwood Way**

3BR 1BA 958sf+/-, Built 1963.

• **7124 Chandler Drive**

2BR 1BA 1,035sf+/-, Built 1972. Approx.

.02ac lot. Taxes approx \$2093 ('07).

• **8272 Cottonfield Way**

3BR 2BA 1,068sf+/-, Built 1985. Approx.

.13ac lot. Taxes approx \$3049 ('07).

• **875 Eleanor Ave**

2BR 1BA 763sf+/-, Built 1940.

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Tax Increases Will Only Make Our Budget Problems Worse



By Assemblyman Roger Niello

As work continues in the Legislature to solve our state budget problem this year, I've heard from many people with many different opinions on how to accomplish this. Some have said that we should fill our entire budget gap with new taxes, while others have suggested that spending needs to be brought under wraps. Meanwhile, many believe that a combination of tax increases and spending cuts should be the answer to our budget crisis. While that's a nice-sounding compromise solution to our budget woes, the reality is that new taxes would only further weaken our economy and lead to long term budget problems that would make our budget challenges now seem minor in comparison.

First, a historical perspective. It's a fact that new taxes rarely bring in the projected revenue originally estimated. A classic example of this are the state tax increases of 1991 that were purported to bail our state out of a budgetary situation not unlike the one we are faced with this year. While tax revenues to the state grew in the short term following the tax increases enacted in 1990-91,

tax revenues for the two years that followed actually declined and many now believe that California's recovery from that recessionary period was at delayed, at least partially, because these tax increases were a continued drag on the economy.

The tax proposals that my Democrat colleagues have put forth this year are similar to those in 1991; increase tax rates on higher income earners because they "should pay their fair share." But the reality is that if you're going to raise taxes, in terms of a stable long-term source of revenues, you couldn't pick a worse group to target. Taxpayers making over \$100,000 in income already make up 83% of our overall income tax revenues, providing a highly volatile revenue source that leads to the wild swings in our state revenue collections.

Relying this heavily on tax revenues from any one demographic would be dangerous and create volatility, but what we're seeing is that many of those that can "afford" to pay, can also afford to move – right on out of the state. Just recently, two large employers, Toyota, and the AAA auto club, decided to move large operations out of California because they said that the tax burden and cost of doing business here is simply too expensive. Nearly 2000 jobs and the economic benefit to the state and the local communities is now gone, lost to another state. Tiger Woods, a native Californian, lives in Florida and avoids a California tax bill, because he can. If the choice for the state is collecting some revenue from individuals like Tiger and the employees of organizations like Toyota versus collecting none, the choice is clear.

Finally, tax increases avoid any discussion of our underlying spending. If your family is drowning in debt, the

last thing you do is go out and spend more and run up higher debt. Yes, at some point, you might look to get a second job to increase your revenue, but the first thing you would do is look at where you're spending your money. Our state spending has increased at a very healthy 44% over the last five years, but for some in the legislature, the first place they look to close our budget gap is new taxes without ever considering our spending habits.

Frankly, it's unfortunate that it comes to this debate between spending reductions and new taxes. I've often wondered why, with such wild fluctuations in our state revenues, and no guarantees of long-term funding, that many programs were ever created to begin with. It is far worse to create a program and then be forced to cut or eliminate funding, after a dependency has developed, than to have never created the program in the first place.

This is a cycle that can't continue and is exactly why Republicans in the legislature are demanding that significant budget reform including a spending cap and a rainy day reserve fund be established that will prevent future spending sprees from creating new programs that only later have to be jettisoned when the state runs out of money. If we choose to bury our heads in the sand and not address this problem now, our budget problem this year will seem minor compared to what we will be faced with later on.

Yes, Republicans are against taxes, and that's nothing new to anyone, but that resistance goes way beyond knee-jerk ideology. The fact is there are some very real consequences of tax increases to our economy and our budget that just can't be ignored.

Oil? Ah, Let Russia Have It

Posted: July 29, 2008
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State Department gives away 125,000 square miles of Alaskan ocean floor

Even if Congress follows President Bush's lead in opening off-shore oil exploration, there exist over 125,000 square miles of sea bottom that won't be explored, because the State Department – amid controversy and against the will of Alaskans – has surrendered the land to Russia.

Eight islands and their surrounding sea floors were ceded to the former Soviet Union as part of the U.S.-U.S.S.R. Maritime Boundary Treaty in 1991, a treaty signed by the U.S. Senate and President George Bush but never ratified by the Soviets. Nonetheless, an executive agreement enforcing the terms of the treaty until ratification has been in place through three presidencies, meaning the State Department officially recognizes the islands as Russian territory.

Alaskan legislators, who were given no input or authority on the island giveaway, have long protested the treaty, declaring it null and void without Russian ratification.

And since last week's U.S. Geological Survey estimating that 90 billion barrels of oil lie undiscovered and technically recoverable above the Arctic Circle, those 125,000 square miles of seabed have taken on newly appreciated value. Five of the islands lie north of the Arctic Circle, and the other three sit at the western end of Alaska's Aleutian island chain.

Carl Olson, a retired U.S. Navy Lieutenant Commander and chairman of State Department Watch, a nonpartisan foreign policy watchdog group, explained to WND the significance of the State Department's stance: "The area off the coast of an island that a nation may use is called the exclusive economic zone. The group in charge of defining that is the State Department.

So (the president and Congress) can say the off-shore areas are opened up, but still not recognize these quarter of a million square miles available for American oil exploration."

Alaska state Rep. John B. Coghill told WND earlier, "The issues involve not only state sovereignty over vital territories but also significant national defense concerns and substantial economic losses over fisheries and petroleum."

The Alaskan legislature and a sympathetic California legislature have both passed resolutions asking Congress to allow Alaska at the

Hooper landed on Wrangel Island and claimed it for the U.S. Also in 1881, the U.S. Navy claimed the islands of Bennett, Jeannette, and Henrietta. The British held Herald Island, but they gave up that claim, permitting the U.S. to take it.

American citizens had occupied Wrangel Island from approximately 1881 to 1924, when Russian soldiers landed and forcibly removed the American occupants from its shores. The Russians then reportedly used the island as a concentration camp.

Many Alaskan legislators believe the islands were part of their state, even after the Wrangel invasion, though the U.S. State Department officially disagrees. Without a ratified treaty designating them as Russian, those same legislators and Carl Olson believe the islands still are American territory and can be reverted to the U.S. easily.

The only thing binding the islands to Russia is "in the form of an executive agreement," Olson told WND, "which means it can be changed with the stroke of a pen by the president, because it has no force of law."

"We have been steadily maintaining the pressure," said Olson. "It's just a matter of finding sympathetic people in Washington and the other states to go for it. There's plenty of organizations who have endorsed our efforts, so we keep up the drumbeat."

Coghill has also sought the support of other states, claiming that the federal State Department has overstepped its authority in giving away a state's land. "If they can do this to Alaska," he warns, "they can do this to any state."

U.S. State Department officials did not return WND telephone calls to discuss the matter, but a State Department webpage devoted to the island controversy denies that islands were ever claimed by the United States and explains that though the treaty between the U.S. and Russian Federation was never fully ratified, "In a separate exchange of diplomatic notes, the two countries agreed to apply the agreement provisionally."

The webpage concludes, "The U.S. has no intention of reopening discussion of the 1990 Maritime Boundary Treaty."

bargaining table with Russia to resolve the islands' ownership. After almost 20 years of official protests, the U.S. State Department has yet to acknowledge Alaska's arguments.

"It's totally anti-public, anti-Congress, anti-state actions – but unfortunately the State Department thinks it has the power to adopt this boundary line with the Russians without anybody's consent outside themselves," Olson told WND. "The State Department is basically chopping off a piece of Alaska and giving it to a foreign government without Alaska having any say in it."

The lands in dispute include the islands of Herald, Bennett, Henrietta, Jeanette, Copper Island, Sea Lion Rock, Sea Otter Rock, and Wrangel, which is the largest of the eight, roughly the size of Rhode Island and Delaware combined.

The U.S. purchased Alaska from Russia in 1867, including the Aleutian Islands, which presumably would include Copper Island, Sea Otter Rock and Sea Lion Rock. In 1881, U.S. Captain Calvin L.



Attempted Kidnap Suspect May be Linked to Similar Lincoln Case

Contact : Lieutenant Stefan Moore, Roseville Police Department Investigations Unit 916-774-5070

A 29-year-old woman reported that while sitting in her vehicle an unknown male entered the vehicle through the back door and grabbed her around the neck in an attempt to subdue her. She began honking her horn as she opened her driver's door and escaped. The suspect took the woman's purse before fleeing in his vehicle, a maroon Dodge

Durango .The incident was reported to have occurred on 7/22/08 at 8:35 p.m. in the retail parking lot at 8690 Sierra College Blvd. The man was described as a Caucasian male in his early thirties with a mustache and goatee and short blonde hair in "buzz cut." He was 5'11" to 6' tall and approximately 220 lbs., wearing a white t-shirt. The maroon Dodge Durango had its rear windows tinted. The attached photograph depicts a similar style of Durango . The Lincoln Police Department reported that a similar

suspect, driving the same colored Dodge Durango , was responsible for an attempted kidnapping at the Raley's gas station in Lincoln on 7/20/08. Detectives from both agencies are currently investigating the crimes and urge anyone who may have seen the above-described suspect or vehicle, or who has any other information about this incident is asked to call the Roseville Police Department at (916) 774-5000.

The County Budget



By Supervisor Roberta MacGlashan

This year's budget was by far the most difficult to complete since I became your County Supervisor in 2004. However, we rolled up our sleeves to provide the taxpayers of Sacramento County with a budget that is balanced and was passed on time.

The need to cut spending results from costs that are growing at an increased rate while revenue growth has slowed. Not only has property tax growth leveled off, sales tax revenues have dropped dramatically. Thankfully,

we have set aside budget reserves to stabilize the budget in years like this.

The County still brings in substantial revenue. This year's general fund budget is \$2.2 billion. The majority of this money comes as pass-through from the State and federal governments for programs like public assistance and health care. However, \$626 million for general purposes come from sources that include sales, property, and utility taxes. This \$626 million is used to meet the remaining mandatory and discretionary needs of the County.

The Board of Supervisors has established budget priorities. After meeting mandates and debt service, the #1 priority is providing the highest level of discretionary law enforcement to the unincorporated area, specifically Sheriff, District Attorney, and Probation. The remaining priorities are: #2 Discretionary Safety Net (such as healthcare and homeless services), #3 Sustainable and Livable Communities, #4 General Government Functions, and #5 Prevention and Intervention Programs.

The cuts staff recommended this year generally followed these priorities. You may have heard about significant cuts to County clinic programs. This is because such programs fell under priority #2, discretionary safety net programs, while #3 - #5 already receive minimal general fund support.

I am disappointed that we are cutting services to legal residents of Sacramento County while we continue to provide free health care to citizens of other countries illegally residing in this County. I am also frustrated that we continue to subsidize health care for County retirees, a benefit not guaranteed in any labor contract, while health services are being cut to those truly in need. Unfortunately, a majority of the Board disagrees with me on these issues.

We still have work to do. The State has not adopted a budget, and possible cuts made by the Legislature could force the County to cut further. Additional cuts are especially likely if the State shifts costs to the County or cuts back on funds that are passed through under various State programs.

If you have thoughts about the County budget, or any of the information I have discussed, please attend my monthly community meeting. We meet at Annie's in Orangevale on the first Friday, and at Dianda's in the Fair Oaks Village on the third Wednesday. Both meetings begin promptly at 7:30am. Each month I host a guest speaker on a topic of interest to the community. In August, the County's Chief Operations Officer, Nav Gill, will be here to discuss the budget, while September will feature the Registrar of Voters. I hope to see you there.



DUI Checkpoint / DUI Enforcement

The Citrus Heights Police Department held a DUI / Drivers License Checkpoint on Friday, 07-25-08, 7:30 p.m. to 3:30 a.m., on Greenback Ln. west of Sunrise Blvd.

The checkpoint is one in a series that are being funded by a grant from the California Office of Traffic Safety through the National Highway Traffic Safety Administration. The primary goal of the grant is to attack DUI drivers in Citrus Heights using a high-intensity strike-team format, thereby reducing the number of DUI-related deaths and injuries.

Officers screen 1,530 vehicles; Issued 32 citations (6 unlicensed drivers / 4 suspended drivers); towed 14 vehicles; arrested one DUI; arrested one driver for having a stolen vehicle; administered 6 field sobriety tests.

Motorists are reminded to utilize a designated driver and to not drink and drive.

Citrus Heights police have investigated collisions in this area wherein alcohol has been a factor, thus increased education and enforcement are needed in this general area.

Anyone with questions regarding this operation may contact Sergeant Eric Mattke at (916) 727-5500, or Officer Anthony Boehle at (916) 727-5500.



I've always wondered how you actually know when you're "ahead". I hear people constantly remark how they are trying to get "ahead" with regard to finances, dieting, school, work, holidays – even weddings! But, how do you know when you've reached "ahead".

I've got the answer...you've reached ahead when you look back and realize you're alive and safe and so is your family! Now THAT'S a pretty powerful "ahead" success story. We can help you achieve that kind of success. The Metro Fire Community Emergency Response Team (CERT)

Getting Ahead = Being Prepared

program is a FREE training offered to citizens who live or work in Sacramento County – children ages 13 – 17 welcome with an adult/guardian. CERT is a realistic approach to disaster situations where citizens may initially be on their own and their actions can make a difference. The next course begins October 16th and will be held at Metro Fire Station 21, 7641 Greenback Lane. Metro Fire CERT also offers a 2-hour free training on Neighborhood Emergency Preparedness – we will bring this training to you! For more information or to register for the class: 916-566-4381; cert@smfd.ca.gov or

<http://www.smfd.ca.gov/cert>.

So your diet actually made you gain five pounds, your bridesmaid dresses gave your friends a reason to hold a bonfire and you took a wrong turn on your vacation and your kids have vowed never to let you forget it – there are worse things that could happen... you could be behind on getting ahead in a disaster and possibly lose everything that is important to you...your family's safety. Call Metro Fire CERT today – Get Ahead on Being Prepared!

Submitted by: Betty Taylor, Metro Fire CERT Outreach Coordinator

I Am An American!

By Chuck Baldwin

Free republics are not known to have long life expectancies. At the ripe old age of two hundred and thirty-two, America is definitely showing her age. She is long past her prime, and some are predicting her demise. No, some are PLANNING her demise.

Thomas Jefferson and the other founders of this once-great country believed there was a controlling cabal that was crafting America's servitude. With the assistance of Heaven, they decided to fight those forces. Pastors fought with fiery sermons from the pulpit; newsmen fought with the power of the pen; statesmen fought in the halls of Congress; and merchants fought with the sacrifice of their material gain. Together, they lifted Lady Liberty to her feet and defeated the powers of darkness.

It took the global elite a long time to recover, but they have reemerged with a vengeance. They are now on the precipice of accomplishing what their great granddaddies failed to do: bring the "Liberty or Death" colonists under their power and control.

Sadly, we no longer have the will to resist servitude. Our pulpits are too busy preaching a prosperity gospel; newsmen are in bed with the forces they once disdained; statesmen have been replaced with opportunistic, self-serving politicians; and merchants know no god but money. Hence, it is left to a small--and I mean very small--remnant to sound the clarion call for freedom and independence. Unfortunately, few seem to be listening to their cries.

2010 seems to be a banner year for these designers of despotism.

That is the target year for the implementation of the North American Community, which will commercially unite the United States with Canada and Mexico. The global elite suffered a minor setback when the U.S. Senate failed to pass the Bush/McCain/Kennedy/Graham amnesty-for-illegal-aliens bill. But if you think that John McCain is going to let that bill lie on the floor of defeat, you don't understand these people. Should McCain become President, He will do everything he can to implement some kind of amnesty law. Barack Obama will do the same. The reason? It is essential to the designers of despotism that our borders be eliminated.

Yes, I am saying it: George W. Bush, John McCain, and Barack Obama are part of the global elite that seeks America's entrance into an international New World Order. In fact, neither Presidential candidate from the two major parties will offer any resistance to this obstinate and oppressive oligarchy.

Perhaps one day the American people will wake up and realize that they are being led as sheep to the slaughter. I'm just not sure that it will be soon enough, however. 2010 is just around the corner.

There seems to be only one obstacle standing in the way of the globalists: America's citizens are the most heavily armed people in the world. That fact must surely stick in the throats of the globalists like a chicken bone.

Thank God that America's founders put the Second Amendment in the Constitution. Without America's deep-rooted commitment to the right of the

people to keep and bear arms, we would have been sold into slavery decades ago.

Without the intellectual understanding of the principles of freedom and the moral resolve to maintain those principles, however, guns, by themselves, will only protect us for so long. In the end, our strength and protection come from God, and not too many people these days seem to be interested in His opinion.

Lady Liberty is walking very gingerly these days, and the path she treads is laden with traps and quicksand. The globalists have their handpicked puppets positioned to take up where The Three Amigos (George Bush I, Bill Clinton, and George Bush II) have left off. The pieces of the puzzle are almost all in place. 2010 just might be the year that Lady Liberty lowers her torch, folds her arms, and falls fast asleep.

For what it is worth, however, I pledge no loyalty to this emerging New World Order. Neither will I let Lady Liberty die without a fight. I will say it again: the battle today is not between conservatives and liberals or Republicans and Democrats. It is a battle between Americans and globalists. And, Ladies and Gentlemen, I am an American!

*If you enjoyed this column and want to help me distribute these editorial opinions to an ever-growing audience, donations may now be made by credit card, check, or Money Order. Use this link: <http://www.chuckbaldwinlive.com/donate.php>
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SHERIFF COMMUNITY MEETINGS

AUGUST 6, WEDNESDAY 6 PM
Orangevale- Orangevale Park Community Center/
6826 Hazel Ave

AUGUST 12, TUESDAY 6 PM
Fair Oaks – Fair Oaks Village Park @ band shell
(Temescal/Park St)



By Pastor Ray Dare

All throughout Scripture, the Bible says God has promised to meet your needs – your emotional needs, relational needs, financial needs, physical needs, spiritual needs – every need in your life. The Bible says, “My God shall supply all that you need from His glorious resources in Christ Jesus.” Philipians 4:19. The problem is you can look around and see that not everybody’s need is being met. What’s up with that? Is God lying here? Is God just exaggerating the point?

The Bible teaches with every promise there is a premise. With every promise there is a condition. One of the conditions is you have to trust Him. The more you trust God and look to God to meet your needs, the more God is able to work in your life. God says, “Anyone who trusts in

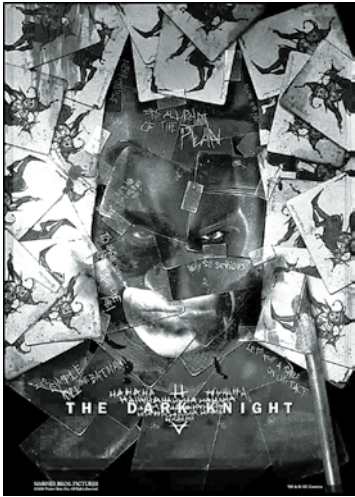
Can Batman Teach Spiritual Truth

Christian Newswire/ -- What is it about Superhero films, like the current blockbuster The Dark Knight, that create such box office success? We know from industry reports that word of mouth is the main difference between a lackluster theatrical run and a smash hit. So the real question is this: why do superhero films engage our culture so much that viewers encourage their peers to also spend their hard-earned cash at the local Cineplex?

If all the top screenwriting gurus are correct, and stories are meant to help us learn how to live, what life lessons are resonating at the subconscious level of a film like the #1 weekend opener, The Dark Knight, and the previous record holder Spider-Man 3? Can we really learn how to live by watching a Superhero film?

Films, like all stories, are built around themes; some call it the Moral Premise or the Big Question. Well then, let’s examine what questions drive Superhero films. You may be surprised to learn that God has asked the same questions since He began His revelation to us.

Will you use your great gifts to help others or help yourself to money and power? In The Dark Knight, Batman and Gotham’s Mob Bosses each



chose the opposite answer to this all-important question. But this question is not just for these fictional characters; this question confronts you every day. Will you lie, cheat and manipulate your way to becoming rich or will you work hard and trust the Lord for your prosperity? God challenges us to trust in Him to make our paths straight. He may not make a straight path into the vault of Gotham Bank, but He will create a life full of relationships and meaning.

Will you Serve others or Rule

husband would change, if only my wife would change...if only my children were different...if only I had different parents...if only I had a different boss...then life would be great!” Wrong! Your problem is not your problem. Your problem is your perspective. What you think your problem is - the other person - is not your problem. Your problem is your expectation of that person to meet a need, to fill a void in your life that only God can meet.

People are not the problem and people are not the answer. The answer to the needs in your life, to your worries in life, to your insecurities, to your depression and discouragement, is not another person. The answer is God, the One who made you and thought you up in the first place. Over the next few weeks, I’ll be sharing How God Meets Our Deepest Needs in life. Be my guest this Sunday as we begin this new series.

See you Sunday, Pastor Ray

New Community Christian Church
www.YourNewChurch.org

Filled with the Joy of Jesus



by Marlys Johnsen Norris

Have you ever met someone with such a joyful spirit, your spirit was immediately lifted? The other night we were at a dinner party and I met a new friend (Joyce) who had lost her beloved husband just a few months

before. As she shared with me about adjusting to her great loss, I found myself hoping and praying that I might someday have that same love experience she and her husband enjoyed during his dying process. Talking to her was a beautiful experience I will cherish forever.

She shared that they both were vulnerable with one another and said everything that needed to be said about “everything”. Everything from what she might do after he was gone to what he was experiencing each day as his body was weakening and he was preparing for the day he would leave and go to his eternal home. They left each day with nothing undone. It was obvious the love they shared was something very special.

Her faith in God, His timing and His provision of an eternal home

because of their personal faith in a Beloved Savior that made it all possible was evident. God’s love was in her countenance and Jesus joy and peace surrounded every word she spoke. We shared when a person does what is right, affirming words of love, often the grieving process is transformed into an unbelievable joy which explained completely what I observed in this wonderful woman of God. Death of someone we love can be a beautiful experience!!

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

LIVING FOR GOD™



By Calvin and Lisa Wulf

“Forever Young”

“He must not be allowed to reach out his hand and take also from the tree of life and eat and live forever.” Genesis 3:22 (NIV)

“What if I told you it’s possible to stop the aging process and live in better health than you have right now?” quips the infomercial host. “And what if I told you that you can look and feel

twenty years younger and stay that way? Our scientists have discovered the magic formula that will keep you young forever!”

“Wow, honey, let’s call the toll-free number. Then WE can live forever too!”

It’s almost a sin to be old in today’s world. After all, who will want us when we’re wrinkled and bald? The elderly are often marginalized outcasts – alone and forgotten.

Aging is to be avoided at all costs. So we think young. We look young. We’re active to the max. We’ll do anything to be young because youth equals vitality. Have we finally found the fountain of youth that explorers searched for hundreds of years ago?

Americans are determined to live forever. With medical science it almost seems possible. But why are we so desperate for immortality? Could it be a secret fear of death? Life is merely a vapor, the wind blows over, and we’re gone and forgotten.

Then what about these commercial promises? Well, only Jesus has the

words of eternal life. So rather than pursue wild dreams of endless youth, perhaps we should see to our spiritual lives instead. After all, the assurance of God is the one miracle cure that actually delivers.

Do you really want to live forever? You’ll need a game plan with undeniable results:

- Look in the mirror and be honest. Are you obsessed with staying young?
- Try acting your age. Apply your wisdom to disciple a younger person.
- Give up sandbox spirituality. Get serious about your faith.

Balance is the key. Staying healthy and fit is great. Looking your best is commendable. Even coloring your hair is fine. Just don’t fall for society’s “live forever” magic pill. Remember – Jesus saves. Botox doesn’t.

Living for God (TM) offers resources on Christian living. Check them out at www.livingforgod.net or call (719) 578-8837.

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Is Benedict XVI the Green Pope

Christian Newswire/ -- A number of media reports covering today’s speech (July 17th) by Pope Benedict XVI at the World Youth Day event in Sydney, Australia, characterize him as being alarmed about “global warming” and “climate change.” In fact, the Pope’s nearly 2,700 word speech used neither term.

What Pope Benedict actually said was: “Perhaps reluctantly we come to acknowledge that there are scars which mark the surface of our

earth, erosion, deforestation, the squandering of the world’s mineral and ocean resources in order to fuel an insatiable consumption.” In this, he simply affirmed the Roman Catholic Church’s teaching on environmental stewardship, which not only decries the pollution of Creation but also consumerism.

What was left out of most of today’s media coverage of Pope Benedict’s speech was his discussion of the loss of the “moral structure with which

God has endowed humanity” and his sharp criticism of secularism.

Key questions: Was the Pope warning us of a climate crisis or a moral crisis? Has the Pope gone “green”?

TV and radio producers: Acton Institute experts on Catholic social teaching and public policy are available in Sydney, Rome, and Grand Rapids, to discuss Pope Benedict’s comments on environmental and moral issues. World Youth Day wraps up July 20.

Northminster Presbyterian Church Habitat Celebration



A ribbon-cutting and blessing ceremony was held on July 19 to celebrate the completion of the Northminster sponsored Sacramento Habitat House at 950 Carmelita Avenue. Jose and Lucy Caseres are shown as they prepare to enter their new home.

Northminster Presbyterian Church partnered with Sacramento Habitat for Humanity to build a house. There was a year of fundraising activities followed by volunteers working on the construction of the home, mainly on Saturdays, and other volunteers providing lunches for the construction workers. The family selected to own the home had to volunteer 500 hours of work as a down payment on the home.



Northminster and other Habitat volunteer workers gather at a special dedication ceremony to celebrate the home completed at 950 Carmelita Avenue.

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www.oakavefmc.org

BIBLE TRIVIA

by Wilson Casey

1. Is the book of Lystra in the Old or New Testament or neither?
2. From Acts 11, Barnabas was sent to Tarsus to bring back? Mark, Peter, John the Baptist, Saul
3. According to Proverbs, the wicked have to do “what” to sleep well? Lie, Mischief, Sin, Frown
4. In Romans 12:1, what of ours should be a living sacrifice? Demons, Elders, Bodies, Children
5. Who was the father of Joshua? Nun, Abraham, Aaron, Noah
6. Moses died in the land of? Havilah, Moab, Shinar, Nod

ANSWERS: 1) Neither; 2) Saul; 3) Mischief; 4) Bodies; 5) Nun; 6) Moab

For more teasers, log on to www.TriviaGuy.com.

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Miscellaneous

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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" Play 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)

Motivated Seller- Great Buys-two homes-Good Areas. #1 updated kitchen & 3BDRM, 2BA, near Crestview shopping, \$289,000. #2 Dream Kitchen w/gr

Henry

BY DON TRACHTE

AS SOON AS UNKY IS THRU WITH HIS BATH, YOU MAY TAKE YOURS, HENRY

TIME FOR YOUR BATH, HENRY

SPLASH SPLASH SPLASH

IT DOES!

NO, IT DON'T!

SEEMS LIKE EVER 'THIN' I SEZ ENDS IN AN ARGYMENT!

IT DOESN'T HAVE TO BE THAT WAY...

...IN A LOVING RELATIONSHIP WE SHOULD BE ABLE TO STATE OUR VIEWS IN AN ADULT MANNER

...YOU PRESENT YOUR VIEW AS YOU SEE IT, AND THEN I PRESENT MY VIEW

YEH, BUT WOT HAPPENS IF WE STILL CAN'T AGREE?

THEN, AGAIN IN A VERY ADULT MANNER...

...WE COMPROMISE!

HOW DUZ WE DO THAT?

VERY SIMPLE...

YOU ADMIT YOU'RE WRONG THEN I FORGIVE YOU!

POPEYE

BY CHISMAN

THE SPATS

by Jeff Pickering

WOW...THAT WOMAN IS FAT!!!

HOW COULD YOU SAY SUCH A THING?

SHE'S WEARING A "SIX-PIECE" BIKINI!!

HOCUS-FOCUS

BY HENRY BOLTIHOFF

Find at least six differences in details between panels.

1. Boy's shirt is different. 2. Pictures are rearranged. 3. Button added to man's shirt. 4. Window replaces curtains. 5. Picture on table is missing. 6. Boy is closer to doorway.

Trivia test

by Fifi Rodriguez

1. GEOGRAPHY: In area, what is the largest country in the world that borders on only one other country?

2. MOVIES: What art is featured in the movie "The Red Shoes"?

3. GAMES: How many letters are drawn to begin a game of "Scrabble"?

4. SCIENCE: What is the study of cells called?

5. LANGUAGE: What is a quidnunc?

6. TELEVISION: Who was Mary's best friend and neighbor in "The Mary Tyler Moore Show"?

7. HISTORY: Which city hosted the 1936 Summer Olympics?

8. AUTOMOBILES: What was the make, year and model of the car in The Beach Boys' hit song "Little Deuce Coupe"?

9. LITERATURE: What are the first names of "The Brothers Karamazov"?

10. MUSIC: Who performed the hit song "Maybellene" in 1955?

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Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★

★ Moderate

★★ Challenging

★★★ HOO BOY!

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MAGIC MAZE

VAN — : SURNAMES

G Q N J G S D A X U R O L J G

D A X V S P L N K I F F C A X

V S Q O L J H A E A C A X V T

R P N L J H F D A B D E Y X V

T R P O M K I R G W E D E P E

D B Z X N N G N W G R L U M L

T R Q E B E E T H O V E N A K

O N L L D R K S J G E V D C N

I L G F O U C Y U H E E Y D I

A C A D Y B Y X D E R D W V W

T S R P O N E M M A D L K J I

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

Allen

Beethoven

Buren

Camp

Damme

de Graaf

de Velde

Der Veer

Der Waals

Deusen

Doren

Dyck

Dyken

Eyck

Gogh

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All Answers on Page 12

Contract Bridge

A TOPSY-TURVY PLAY

East dealer.

East-West vulnerable.

NORTH

♠ K 9 3

♥ 7 5 2

♦ K 10 7 3

♣ K Q 4

WEST

♠ J 5 2

♥ K 10 8 6 3

♦ A 4

♣ 9 6 2

EAST

♠ Q 10 7 6

♥ 9 4

♦ Q 5 2

♣ J 10 5 3

SOUTH

♠ A 8 4

♥ A Q J

♦ J 9 8 6

♣ A 8 7

The bidding:

East South West North

Pass 1 NT Pass 3 NT

Opening lead — six of hearts.

It is sometimes necessary to make an unusual play in order to accomplish a particular purpose.

For example, assume you're in three notrump and West leads a heart. It seems perfectly normal to win East's nine with the queen and lead the jack of diamonds, hoping to find West with the queen. In that case, you'd be sure of making at least 10 tricks. In the actual deal, however, if you led the jack and finessed, you'd soon find yourself down one after East took the queen and returned a heart.

But the fact is that if West has the queen of diamonds, you can make the contract by playing the hand in an entirely different way — and at the same time almost certainly make the contract if East has the queen.

You have to make a peculiar-looking play to accomplish your purpose, but it is nonetheless a very sound play. All you have to do is to lead a club to dummy's queen at trick two and return a low diamond!

It is true that in the actual deal East can defeat you by putting up the queen of diamonds instead of following low, but how many players do you know who would make that play? East would almost surely play low from the Q-x, Q-x-x or Q-x-x-x of diamonds, and after he did, you would have the contract all wrapped up regardless of how West proceeded.

Of course, it's been drilled into all of us that, with the diamond combination shown in this deal, declarer should always initiate the suit by leading toward the K-10-x-x. But standard practice should be willingly violated when the appropriate occasion arises, and there is no doubt that this deal is one of those rare times.

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by Steve Becker

KING Crossword

Answers on Page 12

ACROSS

1 "Humbug!"

4 Pronto, on a memo

8 Phony

12 Bump off (Sl.)

13 One of a historic trio

14 Turkish coin

15 Be ambitious

17 Worked with

18 So as to raise goose bumps

19 A billion years

21 Solidify

22 Circus tent

26 Vision

29 Rep. or Dem.

30 Greek mountain

31 Gordius' puzzler

32 Remuneration

33 Mix

34 Altar

35 affirmative

36 Send quickly

37 Bell creation

38 Head honcho

39 Downy accessory

40 Id

41 counterpart

42 Get there

43 Verve

44 Exhausted

45 Alternates

46 Vicinity

47 Rage

48 Duel tool

49 Broker's

50 advice

51 - Francisco

52 Dracula's shift

53 Tin Man's need

54 One of Michael's brothers

55 Valhalla VIP

56 Reduce, as expenses

57 Revue segment

58 - -European

59 Yucky substance

60 Vobiscum

61 preceder

62 Oriental temples

63 Puppeteer

64 Lewis

65 Pea soup

66 Doorway

67 Thick

68 Roll with a hole

69 Rainbow

70 Miles of Hollywood

71 Paradise

72 CBS logo

73 Once around

74 Shock partner

75 Raw rock

The Dark Knight

By David Dickstein

Batman has come a long way since the days of “Zap! Whap! Whamm! Zowie! Biff!”

The ‘60s TV show was campy fun with fight sounds often replaced by superimposed words and Adam West playing the Caped Crusader as if he were doing Shakespeare. Two of the four Batman movies made between 1989 and 1997 were pretty good, but as we learned in 2005 with “Batman Begins” those flicks were mere child’s play compared to the current big-screen era of DC’s classic superhero.

“The Dark Knight,” the long-awaited sequel to director Christopher Nolan’s down-to-business franchise re-launcher, lives up to the hype. That’s saying a lot because for months we’ve been bombarded with cross-promotion ranging from Batman-themed models of Nokia phones to a new Bat symbol-shaped Reese’s Peanut Butter Cup.

Speaking of marketing, Warner Bros. and its long list of partners – also among them General Mills, Giorgio Armani, Domino’s Pizza and the California Milk Processor Board (“Got bat?”) – have overcome the challenge of pimping a movie in which the main draw (no offense, Christian Bale) is the late Heath Ledger as the Joker. Bully to Corporate America for not distancing Ledger from all the advertising as the actor who died in January of an accidental overdose at 28 is the No. 1 reason to see this marvel of a movie at least once.

Ledger, whose talent is already missed, makes those who played the Joker in the past seem like, well, clowns. His turn, whose mental and physical



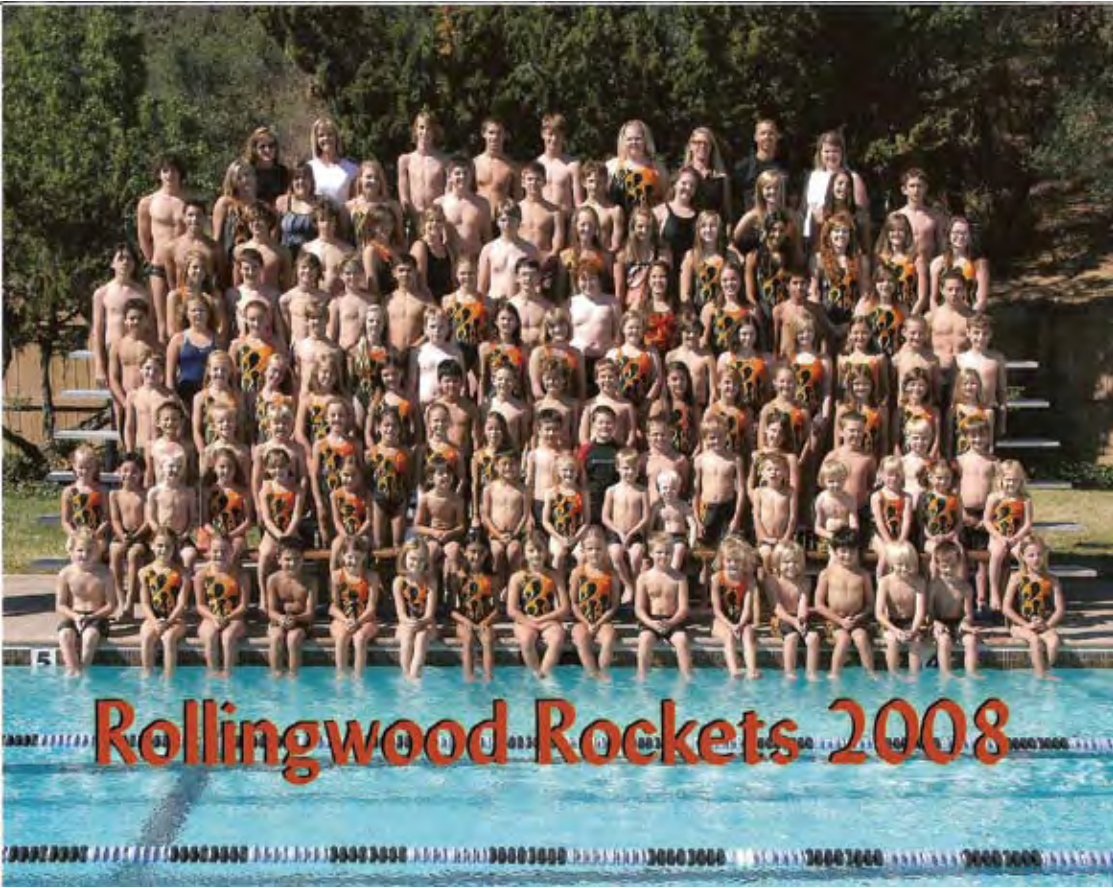
Christian Bale as the Batman

games force Batman to question whether he’s a hero or a villain, lends his complex character an air of sadness with all the sadism. Not too many actors could get audiences to sympathize with a monster who, in this dark and violent picture, is in many respects a PG-13 version of Jigsaw from the R-rated “Saw” movies. The scene in which passengers on two booby-trapped ferry boats are forced to decide the other’s fate is especially unnerving. Countered by Bale, who holds his own as the title character, this version of the Joker is clearly Gotham City’s greatest movie menace yet.

The action missing from “Batman Returns” is plentiful this go-around, starting with a tasty bank robbery to kick things off, and except for a time-wasting ho-hum manhunt inside a skyscraper that leads to the ultimate battle between good and evil – the movie would benefit by giving us those 20 minutes back – the popcorn flick delivers the goods and commands another batty sequel.

3 1/2 of 4 Stars, rated PG-13, 152 minutes, thedarkknight.com

Rockets’ Swim Team Soars to 10th Straight League Title



Fair Oaks - The Rollingwood Rockets, a Fair Oaks based swim team finished atop the Sacramento Swim League, and celebrated a decade of championship swimming. The two-day Championship Meet was held at Sierra College on July 19th and 20th, and was attended by over 800 swimmers from 8 different swim teams. Rocket swimmers posted 1721 points, outscoring their nearest competitors, the Sacramento Stingrays, by almost 500 points!

Interesting enough, the Rockets had only 1 individual high point winner, 14-year-old Alex Peterson. A “high point” trophy is presented to the boy and girl swimmer in each age group that scores the most points in the Championship meet. Other teams such as the Stingrays, the Del Norte Dolphins, and the Arden Manor Piranhas each had 3 swimmers earning the prestigious award. “It just goes to show, you can’t win a championship meet with superstars alone” commented Head Coach Kim Berrios. “Our 163-member team is the 3rd largest in the league, but we have by far the most depth, with strong swimmers in every age group. Some teams cater to their ‘big fish’, but we try to focus on all our swimmers, especially the ones that are struggling. Our goal is to have every Rocket swimming beautifully, and we reach this goal by emphasizing technique, and giving continued feedback to each swimmer throughout the season.”

Swimmers from the eight teams competed in “preliminary heats” in the morning, and then the top 10 finishers swam again in the afternoon “finals”. As a testament to the team’s depth, the Rockets had finalists in 84 of the 86 events. In the 13-14 girls’ 50 yard freestyle finals, Rocket swimmers occupied six of the ten lanes, and finished 1st, 2nd, 3rd, 4th, 5th, and 8th. Five

different 13-14 girls then went on to final in the 100 yard freestyle event. The 15-18 girls also racked-up mega-points having 5 of the 10 swimmers in the 50 free final, and 6 swimmers in the 50 yard butterfly. Not to be outdone by the girls, the 11-12 boys finished 1st through 4th in their 50 freestyle event.

Ten league records were set during the Championship meet, two by Rollingwood Rocket Alex Peterson. He broke the 13-14 boys 50 yard freestyle (23.21 seconds) which had been held by the previous record holder for 32 years! He also broke the 50 butterfly record (25.95), and earlier in the season he broke the 100 yard freestyle record (52.20). The 13-14 girls freestyle relay team of Ashlee Ellsworth, Jenny Miller, Charlotte Bailey, and Summer Elliot smashed the team record in a time of 1:48.99, and just missed the league record by less than two tenths of a second. 12-year-old Jordan Zawaydeh finished first in the 50 yard butterfly, breaking the team record in a scorching time of 28.70 seconds. Other Rocket swimmers finishing first in an individual event were first-year swimmer Garrett McDanniel (7/8B 25 free, 16.16), Brianne Welch (7/8G 25 free, 16.47), Sam Krug (9/10B 50 free, 30.74), Amy Ellsworth (11/12G 100 free, 1:04.60), Emily Nugent (15-18G 100 free, 59.20), and Cindy LoPresti (15-18G 100 breaststroke, 1:12.53). Although the number of first places in the individual events may seem low for the League Champions, The Rockets won 9 of the 21 relays. “The big points are scored in the relays”, commented Coach Kim, “and when you have “A” and “B” relays composed of 8 very fast swimmers, you can dominate a championship meet”.

What makes the Rockets

different from other high-powered teams in the area? If you were to visit Rollingwood Racquet Club you would see. Nestled in the corner of Main Ave. and Winding Oak Dr., the club is not even visible from the roadway. Some of the club members lived in the neighborhood for years, and didn’t know the club existed. The club just underwent a huge renovation to the fitness areas, the surroundings are beautiful, but the champions swim in a small 4-lane pool. Club membership is a requirement, but most of the families do not mind. They know they are getting expert coaching, and the opportunity to participate in a high quality program. There is no fancy aquatic center or any other frills, but according to Coach Kim, “the kids are so motivated and they have so much pride in themselves and in their team. We do not emphasize ‘winning’. We try to instill excellent work ethic, and we focus on personal bests and continual improvement. The winning just seems to be a natural outcome of dedicated swimmers, dedicated coaches, and super-supportive parents. The kids are all team players, and that’s what it takes to be the 10-time Sacramento Swim League Champions!”

Rollingwood Racquet Club offers a Fall Swim Clinic, winter lessons in their indoor pool, a Spring Swim Club, and a summer Water Polo Clinic, all of which are open to non-members. Please call Coach Kim if you would like some information on these programs (988-1727, ex. 106). You could also visit the club’s website at www.rollingwoodclub.com to download information/registration forms, or email Kim at kberrios@rollingwoodclub.com.



RILEY REVIEWS by Tim Riley

critics blathering and raving about a particular series, but “Mad Men” is really fascinating in so many ways that I am irresistibly drawn to the second season starting on July 27th. If you miss the start, keep in mind that cable networks always run their original programs multiple times, thus saving you the trouble of recording shows for later viewing.

Oh, by the way, “Mad Men” also won the Golden Globes earlier this year for Best Television Drama Series and Best Actor in a Drama Series for Jon Hamm. The aforementioned Mr. Hamm is the star of the show, playing the very dapper Don Draper, creative director of the Sterling Cooper Advertising Agency. On a superficial level, Don Draper has an idyllic life, working in a glamorous industry and having a model family, including his pretty wife Betty (January Jones), a former professional model. Beneath the glossy surface is an entirely different story, since Draper has a double life and a secret past that sometimes bubbles up into more public view.

Last season, every episode left one anxious to see the next, anticipating more layers of the onion to be peeled. The greatest fascination with “Mad Men” is that most of the action took place in the shark-infested waters of the Madison Avenue corporate headquarters. At the end of the first season, Draper was blackmailed by ambitious young account executive Pete Campbell (Vincent Kartheiser) and in the process, Don’s true identity was finally revealed. In the second season, the newly-promoted Draper struggles to stay ahead of the young bucks nipping at his heels, while dealing with the entanglements in his personal life. The sneaky Pete Campbell is someone to keep an eye, as he will certainly maneuver for advantage in the corporate pecking order.

THE BEST TV DRAMA SERIES YOU ARE NOT WATCHING

The nominations for the Emmy Awards were recently announced, and maybe you were a little amazed, or puzzled, that a basic cable TV series, not seen on HBO or Showtime, was nominated for a surprising number of categories, including outstanding drama series and outstanding lead actor. I am referring to AMC’s “Mad Men,” a very stylish period piece about the advertising world in Manhattan at the dawn of the Kennedy era. Heretofore, AMC was probably best known for its seemingly endless supply of classic Hollywood movies. With 16 nominations for a celebrated drama series, AMC just may be moving up in the TV world.

Now, many of you may be wondering what the fuss is all about, considering so few people have probably watched the series at all. “Mad Men” became the darling of critics everywhere, and just this past weekend, the Television Critics Association (TCA) bestowed three awards on AMC’s freshman series “Mad Men,” including Program of the Year, Outstanding New Program of the Year and Outstanding Achievement in Drama. Keep in mind that the TCA, unlike the Emmy Awards, has only nine categories for awards, and “Mad Men” was very unlikely to win in a category like children’s programming or news and information. My guess is that you had no idea the TCA gave out awards anyway.

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Skyrocketing Sales Continue at Big Bob’s Flooring Outlet

Economy Driving Customers To Seek Out Lower Cost Alternatives

When Jon Simas opened his Big Bob’s Flooring Outlet at 6000 Auburn Blvd., between Manzanita and Greenback, six months ago, he had no idea sales would flourish as they have. “In these difficult economic times, people are shopping for the best deal possible and are finding our store offers just that,” stated Simas. “When we first opened our doors, the buyers were purchasing lower end goods. Now we are seeing an influx of people shopping for higher end products, and we can accommodate them also” Recently, Big Bob’s has made some exceptional buys on Dupont Stainmaster and Anso carpets that are tremendous buys for consumers.

Simas revealed that wood and laminate flooring have also been extremely popular, “Our competitors are advertising laminate flooring starting at \$1.99 per foot – and we start at 99 cents per foot everyday,” said Sima’s. Those are the types of deals that Big Bob’s provides its customers, and is one of the main reasons the store is doing so well.

Service after the sale is equally important to Big Bob’s, “Our installation staff is made up of some of the finest installers you will find. They are licensed, insured, and trustworthy,” added Simas. Plus, Big Bob’s Flooring Outlet always follows up an installation with a “Thank You” note and a phone call, just be sure that the customer’s expectations have been met.



Manager Jon Simas

“Our success also has a lot to do with integrity, an attribute we instill in every employee”, stated Simas. While some carpet stores advertise “a whole house of carpet installed for \$69 or \$199!” Simas advisee’s customers to read the fine print. “Those types of ads can be misleading. They make up for the low installation price by adding it back into the cost of the carpet, padding, tear out, moving furniture, and to come out and measure the home.” At Big Bobs Flooring Outlet, all of those items are included in one honest price. There are no games, no gimmicks and no fine print

Max Miller, former Cordova High football Coach, and wife Sally, are one of Big Bob’s satisfied customers. “They had an incredible selection to choose from,” stated Miller. “And the service was phenomenal. From helping us choose our carpet to delivery through installation, Big Bob’s people were professional in every respect. They even vacuumed the carpet when they were finished. I’d highly recommend them to everyone,” added Miller.

Everyone who enters the huge warehouse is greeted with a “Welcome to Big Bob’s!” The sales team is very knowledgeable about all the products they sell, create a relaxed atmosphere for customers and do a superb job communicating with them. Big Bob’s is open Monday- Friday 9am-6pm, Saturday 9am-4pm. Simas said, “we were open seven days a week, however, I decided to close Sunday’s because I believe that we all need a day of rest and time to spend with our families.”

Host Airport Hotel Closes

Host Airport Hotel at Sacramento International Airport closed on August 1, 2008 to make way for construction of the new Central Terminal B, now referred to as The Big Build. Host Airport Hotel has served airport passengers since Sacramento International Airport, previously known as Sacramento Metropolitan Airport, opened in 1967.

The Big Build was celebrated with a ground breaking in June of this year, and the new airport terminal will include a multi-story hotel and is scheduled to open in early 2012. During the next few years, airport passengers seeking lodging can visit the Sacramento County

Airport System Web site for a list of local hotels with shuttle service to the airport.

Sacramento County Airport System is responsible for planning, developing, operating and maintaining

four of the county’s airports: Sacramento International Airport, Executive Airport, Mather Airport and Franklin Field. For more information on the system, visit www.sacairports.org.



Rendering of new Central Terminal B

Casting Call for California State Fair Celebrity Look-Alikes

Talented And Enthusiastic Celebrity Look-Alikes Wanted!

Has anyone ever said you look like a famous celebrity? The California State Fair is bringing the excitement of Hollywood to Cal Expo this summer and so the hunt is on for celebrity look-alikes to interact with fairgoers, conduct

media interviews and participate in special events and stage shows.

The California State Fair runs Friday, Aug. 15 through Labor Day and will be a full 18 days. The fair will feature many attractions and exhibits that focus on Hollywood and how modern day movies and entertainment come to life. The celebrity look-alike casting call is another event to help bring the essence of Hollywood to the California State Fair.

The casting call is Saturday, Aug. 2 at 11 a.m. on the PG&E Center Stage at Cal Expo. Pre-registration is preferred, but not necessary. Reserve your spot by emailing talent@calexpo.com or calling (916) 263-7950.

California State Fair Honors Rodeo Legends with Annual Rodeo Hall of Fame Award

Award Ceremony to Be Held On Aug. 27 at Cal Expo

The California State Fair today announced three new inductees to its California Rodeo Hall of Fame: John W. Jones Sr., John W. Jones Jr., and George R. Hearst Sr.

The California Rodeo Hall of Fame Award is presented annually to individuals or organizations that have supported the rodeo industry above and beyond his or her own self-interests. The Rodeo Hall of Fame Awards presentation will be held on Cattlemen’s Day on Wednesday, Aug. 27 at the 2008 California State Fair.

John W. Jones Sr. and John W. Jones Jr., both of Morro Bay, CA

John Jones and John Jones Jr. are a father and son legacy that spans more

that 50 years of Rodeo excellence. Both gentlemen were PRCA World Champion Steer Wrestlers over several years during their active career in competition. Both were named Resistol Rookie of the year and this honor was bestowed upon John Jr. exactly 25 years after John Sr. had won the recognition.

Both gentlemen continue to compete in team penning and calf-roping events and more importantly have, over several decades, opened their ranch and home to countless young people entering the sport of Rodeo. Both act as coach, mentor and support group to the next generation of Rodeo competitors.

George R. Hearst Jr., of Paso Robles, CA

George began his career with the establishment of a Rodeo company headquartered out of Ventura County several years ago. This company made significant impact nationally and assisted in the development of other companies such as Flying U Rodeo Company. In more recent times he is an avid competitor in team penning and through his personal involvement, George has assisted in the advancement and development of High School Rodeo, Collegiate Rodeo, and the specific enhancement of the Rodeo and Equine industry on the Central Coast of California.

The Rodeo Hall of Fame Awards presentation will be held at the California State Fair on Aug. 27 at 6 p.m.

MEDIA CONTACT ONLY
California State Fair Media Center
(916) 263-3108 or (916) 416-0796
MediaCenter@calexpo.com

CSI Live at the California State Fair

Interactive Stage Show Solves Crimes!

The California State Fair will bring the fascinating world of crime scene investigations from the hit television show CSI to Cal Expo as part an interactive exhibit and show at the 2008 California State Fair.

In keeping with the 2008 State Fair theme of Hollywood, the CSI Live show will give fairgoers an indepth look at all the scientific and forensic elements needed to solve a modern crime.

About CSI Live!

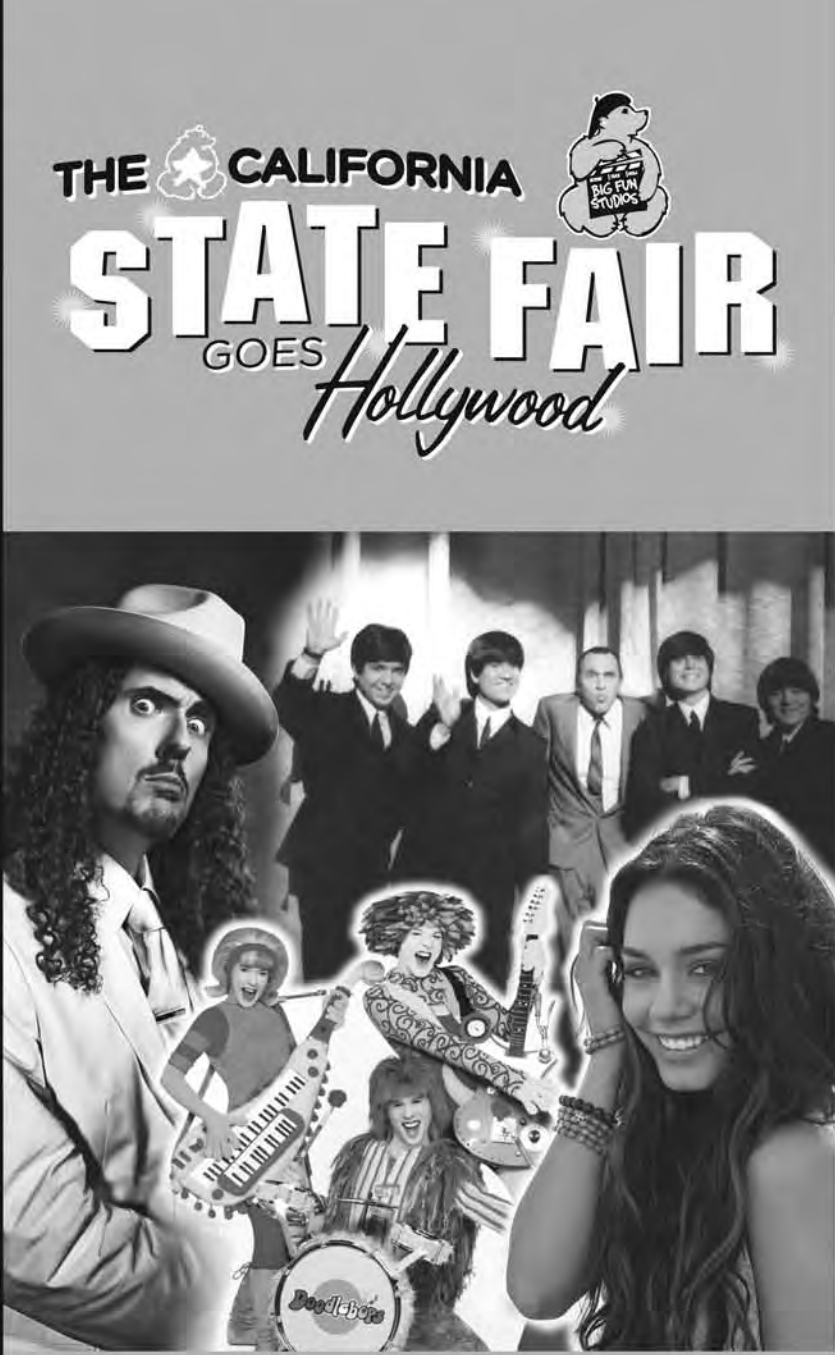
When a crime is committed at the Las Vegas premiere of the Max Spade Magic Show, the CSI team springs into action. Sydney

Mathis and David Hart play the roles of CSI investigators and are on the case, assisted by supervisor Gil Grissom through a live video connection from the Las Vegas Crime Lab. Audience

Whether it’s analyzing mysterious gasses, launching projectiles into a target, or firing a laser beam across the stage, the CSI recruits will have to be on their toes to help solve the crime before it’s too late! How was the crime committed? Who is guilty? Only you can find the answers. It’s CSI: LIVE!—join the adventure! The CSI Live show is appropriate for ages 8 and older.

The investigation starts Tuesday, Aug. 26 through Monday, September 1 in Expo Center, Building #1 at the California State Fair.

For more information please contact Brooke Converse, Media Director at 916-263-3237 or bconverse@calexpo.com. For more information on the California State Fair, the public may visit www.bigfun.org



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The Secret Bailout of J. P. Morgan: How Insider Trading Looted Bear Stearns and the American Taxpayer



by *Ellen Brown*
Web of Debt.com

Ellen Brown, J.D., developed her research skills as an attorney practicing civil litigation in Los Angeles. In Web of Debt, her latest book, she turns those skills to an analysis of the Federal Reserve and “the money trust.” She shows how this private cartel has usurped the power to create money from the people themselves, and how we the people can get it back. Her eleven books include the bestselling Nature’s Pharmacy, co-authored with Dr. Lynne Walker, which has sold 285,000 copies.

The mother of all insider trades was pulled off in 1815, when London financier Nathan Rothschild led British investors to believe that the Duke of Wellington had lost to Napoleon at the Battle of Waterloo. In a matter of hours, British government bond prices plummeted. Rothschild, who had advance information, then swiftly bought up the entire market in government bonds, acquiring a dominant holding in England’s debt for pennies on the pound. Over the course of the nineteenth century, N. M. Rothschild would become the biggest bank in the world, and the five brothers would come to control most of the foreign-loan business of Europe. “Let me issue and control a nation’s money,” Rothschild boasted in 1838, “and I care not who writes its laws.”

In the United States a century later, John Pierpont Morgan again used rumor and innuendo to create a panic that would change the course of history. The panic of 1907 was triggered by rumors that two major banks were about to become insolvent. Later evidence pointed to the House of Morgan as the source of the rumors. The public, believing the rumors, proceeded to make them come true by staging a run on the banks. Morgan then nobly stepped in to avert the panic by importing \$100 million in gold from his European sources. The public thus became convinced that the country needed a central banking system to stop future panics, overcoming strong congressional opposition to any bill allowing the nation’s money to be issued by a private central bank controlled by Wall Street; and the Federal Reserve Act was passed in 1913. Morgan created the conditions for the Act’s passage, but it was Paul Warburg who pulled it off. An immigrant from Germany, Warburg was a partner of Kuhn, Loeb, the Rothschilds’ main American banking operation since the Civil War. Elisha Garrison, an agent of Brown Brothers bankers, wrote in his 1931 book Roosevelt, Wilson and the Federal Reserve Law that “Paul Warburg is the man who got the Federal Reserve Act together after the Aldrich Plan aroused such nationwide resentment and opposition. The mastermind of both plans was Baron Alfred Rothschild of London.” Morgan, too, is now widely believed to have been Rothschild’s agent in the United States.¹

Robert Owens, a co-author of the Federal Reserve Act, later testified before Congress that the banking industry had conspired to create a series of financial panics in order to rouse the people to demand “reforms” that served the interests of the financiers. A century later, JPMorgan Chase & Co. (now one of the two largest banks in the United States) may have pulled this ruse off again, again changing the course of history. “Remember Friday March 14, 2008,” wrote Martin Wolf in The Financial Times; “it was the day the dream of global free-market capitalism died.”

The Rumors that Sank Bear Stearns

Mergers, buyouts and leveraged acquisitions have been the modus operandi of the Morgan empire ever since John Pierpont Morgan took over Carnegie’s steel mills to form U.S. Steel in 1901. The elder Morgan is said to have hated competition, the hallmark of “free-market capitalism.” He did not compete, he bought; and he bought with money created by his own bank, using the leveraged system perfected by the Rothschild bankers known as “fractional reserve” lending. On March 16, 2008, this long tradition of takeovers and acquisitions culminated in JPMorgan’s buyout of rival investment bank Bear Stearns with a \$55 billion loan from the Federal Reserve. Although called “federal,” the U.S. central bank is privately owned by a consortium of banks, and it was set up to protect their interests.² The secret weekend purchase of Bear Stearns with a Federal Reserve loan was precipitated by a run on Bear’s stock allegedly triggered by rumors of

its insolvency. An article in The Wall Street Journal on March 15, 2008 cast JPMorgan as Bear’s “rescuer”:

“The role of rescuer has long been part of J.P. Morgan’s history. In what’s known as the Panic of 1907, a semi-retired J. Pierpont Morgan helped stave off a national financial crisis when he helped to shore up a number of banks that had seen a run on their deposits.”

That was one interpretation of events, but a later paragraph was probably closer to the facts

“J.P. Morgan has been on the prowl for acquisitions. . . . Bear’s assets could be too good, and too cheap, to turn down.”³ The “rescuer” was not actually JPMorgan but was the Federal Reserve, the “bankers’ bank” set up by J. Pierpont Morgan to backstop bank runs; and the party “rescued” was not Bear Stearns, which wound up being eaten alive. The Federal Reserve (or “Fed”) lent \$25 billion to Bear Stearns and another \$30 billion to JPMorgan, a total of \$55 billion that all found its way into JPMorgan’s coffers. It was a very good deal for JPMorgan and a very bad deal for Bear’s shareholders, who saw their stock drop from a high of \$156 to a low of \$2 a share. Thirty percent of the company’s stock was held by the employees, and another big chunk was held by the pension funds of teachers and other public servants. The share price was later raised to \$10 a share in response to shareholder outrage and threats of lawsuits, but it was still a very “hostile” takeover, one in which the shareholders had no vote.

The deal was also a very bad one for U.S. taxpayers, who are on the hook for the loan. Although the Fed is privately owned, the money it lends is taxpayer money, and it is the taxpayers who are taking the risk that the loan won’t be repaid. The loan for the buyout was backed by Bear Stearns assets valued at \$55 billion; of this sum, \$29 billion was non-recourse to JPMorgan, meaning that if the assets weren’t worth their stated valuation, the Fed could not go after JPMorgan for the balance. The Fed could at best get its money back with interest; and at worst, it could lose between \$25 billion and \$40 billion.⁴ In other words, JPMorgan got the money (\$55 billion) and the taxpayers got the risk (up to \$40 billion), a ruse called the privatization of profit and socialization of risk. Why did the Fed not just make the \$55 billion loan to Bear Stearns directly? The bank would have been saved, and the Fed and the taxpayers would have gotten a much better deal, since Bear Stearns could have been required to guaranty the full loan.

The Highly Suspicious Out-of-the-Money Puts

That was one of many questions raised by John Olagues, an authority on stock options, in a March 23 article boldly titled “Bear Stearns Buy-out . . . 100% Fraud.” Olagues maintains that the Bear Stearns collapse was artificially created to allow JPMorgan to be paid \$55 billion of taxpayer money to cover its own insolvency and acquire its rival Bear Stearns, while at the same time allowing insiders to take large “short” positions in Bear Stearns stock and collect massive profits. For evidence, Olagues points to a very suspicious series of events, which will be detailed here after some definitions for anyone not familiar with stock options:

A put is an option to sell a stock at an agreed-upon price, called the strike price or exercise price, at any time up to an agreed-upon date. The option is priced and bought that day based upon the current stock price, on the presumption that the stock will decline in value. If the stock’s price falls below the strike price, the option is “in the money” and the trader has made a profit. Now here’s the evidence:

On March 10, 2008, Bear Stearns stock dropped to \$70 a share -- a recent low, but not the first time the stock had reached that level in 2008, having also traded there eight weeks earlier. On or before March 10, 2008, requests were made to the Options Exchanges to open a new April series of puts with exercise prices of 20 and 22.5 and a new March series with an exercise price of 25. The March series had only eight days left to expiration, meaning the stock would have to drop by an unlikely \$45 a share in eight days for the put-buyers to score. It was a very risky bet, unless the traders knew something the market didn’t; and they evidently thought they did, because after the series opened on March 11, 2008, purchases were made of massive volumes of puts controlling millions of shares.

On or before March 13, 2008, another request was made of the Options Exchanges to open additional March and April put series with very low exercise prices, although the March put options would have just five days of trading to expiration. Again the exchanges accommodated the requests and massive amounts of puts were bought. Olagues contends that there is only one plausible explanation for “anyone in his right mind to buy puts with five days of life remaining with strike prices far below

the market price”: the deal must have already been arranged by March 10 or before.

These facts were in sharp contrast to the story told by officials who testified at congressional hearings on April 4. All witnesses agreed that false rumors had undermined confidence in Bear Stearns, making the company crash despite adequate liquidity just days before. On March 10, 2008, Reuters was citing Bear Stearns sources saying there was no liquidity crisis and no truth to the speculation of liquidity problems. On March 11, the Chairman of the Securities and Exchange Commission himself expressed confidence in its “capital cushion.” Even “mad” TV investment guru Jim Cramer was proclaiming that all was well and the viewers should hold on. On March 12, official assurances continued. Olagues writes:

“The fact that the requests were made on March 10 or earlier that those new series be opened and those requests were accommodated together with the subsequent massive open positions in those newly opened series is conclusive proof that there were some who knew about the collapse in advance. . . . This was no case of a sudden development on the 13 or 14th, where things changed dramatically making it such that they needed a bail-out immediately. The collapse was anticipated and prepared for. . . .

“Apparently it is claimed that some people have the ability to start false rumors about Bear Stearns’ and other banks’ liquidity, which then starts a ‘run on the bank.’ These rumor mongers allegedly were able to influence companies like Goldman Sachs to terminate doing business with Bear Stearns, notwithstanding that Goldman et al. believed that Bear Stearns balance sheet was in good shape. . . . The idea that rumors caused a ‘run on the bank’ at Bear Stearns is 100% ridiculous. Perhaps that’s the reason why every witness was so guarded and hesitant and looked so mighty strained in answering questions

“To prove the case of illegal insider trading, all the Feds have to do is ask a few questions of the persons who bought puts on Bear Stearns or shorted stock during the week before March 17, 2008 and before. All the records are easily available. If they bought puts or shorted stock, just ask them why.”⁵

Suspicious Mount

Other commentators point to other issues that might be probed by investigators. Chris Cook, a British consultant and the former Compliance Director for the International Petroleum Exchange, wrote in an April 24 blog:

“As a former regulator myself, I would be crawling all over these trades. . . . One question that occurs to me is who actually sold these Put Options? And why aren’t they creating merry hell about the losses? Where is Spitzer when we need him?”⁶

In an April 23 article in LeMetropoleCafe.com, Rob Kirby agreed with Olagues that it was not Bear Stearns but JPMorgan that was bankrupt and needed to be “recapitalized” with massive loans from the Federal Reserve. Kirby pointed to the huge losses from derivatives (bets on the future price of assets) carried on JPMorgan’s books:

“. . . J.P. Morgan’s derivatives book is 2-3 times bigger than Citibank’s – and it was derivatives that caused losses of more than 30 billion at Citibank So, it only made common sense that J.P. Morgan had to be a little more than ‘knee deep’ in the same stuff that Citibank was – but how do you tell the market that a bank – any bank – needs to be recapitalized to the tune of 50 - 80 billion?”⁷

Kirby wrote in an April 30 article: “According to the NYSE there are only 240 million shares of Bear outstanding. . . . [Yet] 188 million traded on Mar. 14 alone? Doesn’t this strike you as being odd? . . . What percentage of the firm was owned by insiders that categorically did not sell their shares? . . . Bear Stearns employees held 30 % of the company’s stock . . . 30 % of 240 million is 72 million. If you subtract 72 from 240 you end up with approximately 170 million. Don’t you think it’s a stretch to believe that 186+ million real shares traded on Friday Mar. 14? Or do you believe that rank-and-file Bear employees, worried about their jobs, were pitching their stocks on the Friday before the company collapsed knowing their company was toast? But that would be insider trading – wouldn’t it? No bloody wonder the SEC does not want to probe J.P. Morgan’s ‘rescue’ of Bear Stearns. . . .”⁸

If real shares weren’t trading, someone must have been engaging in “naked” short selling – selling stock short without first borrowing the shares or ensuring that the shares could be borrowed. Short selling, a technique used by investors to try to profit from the falling price of a stock, involves borrowing a stock from a broker and selling it, with the understanding that

the stock must later be bought back and returned to the broker. Naked short selling is normally illegal; but in the interest of “liquid markets,” a truck-sized loophole exists for “market makers” (those people who match buyers with sellers, set the price, and follow through with the trade). Even market makers, however, are supposed to cover within three days by actually coming up with the stock; and where would they have gotten enough Bear Stearns stock to cover 75% of the company’s outstanding shares? In any case, naked short selling is illegal if the intent is to drive down a stock’s share price; and that was certainly the result here.⁹

On May 10, 2008, in weekly market commentary on FinancialSense.com, Jim Puplava observed that naked short selling has become so pervasive that the number of shares sold “short” far exceeds the shares actually issued by the underlying companies. Yet regulators are turning a blind eye, perhaps because the situation has now gotten so far out of hand that it can’t be corrected without major stock upheaval. He noted that naked short selling is basically the counterfeiting of stock, and that it has reached epidemic proportions since the “uptick” rule was revoked last summer to help the floundering hedge funds. The uptick rule allowed short selling only if the stock price were going up, preventing a cascade of short sales that would take the stock price much lower. But that brake on manipulation has been eliminated by the Securities Exchange Commission (SEC), leaving the market in unregulated chaos. Eliot Spitzer has also been eliminated from the scene, and it may be for similar reasons. Greg Palast suggested in a March 14 article that the “sin” of the former New York governor may have been something more serious than prostitution. Spitzer made the

mistake of getting in the way of a \$200 billion windfall from the Federal Reserve to the banks, guaranteeing the mortgage-backed junk bonds of the same banking predators responsible for the subprime debacle.

While the Federal Reserve was trying to bail the banks out, Spitzer was trying to regulate them, bringing suit on behalf of consumers.¹⁰ But he was swiftly exposed and deposed; and the Treasury has now broached a new plan that would prevent such disruptions in the future. Like the Panic of 1907 that justified a “bankers’ bank” to prevent future runs, the collapse of Bear Stearns has been used to justify a proposal giving vast new powers to the Federal Reserve to promote “financial market stability.” The plan was unveiled by Treasury Secretary Henry Paulson, former head of Goldman Sachs, two weeks after Bear Stearns fell. It would “consolidate” the state regulators (who work for the fifty states) and the SEC (which works for the U.S. government) under the Federal Reserve (which works for the banks). Paulson conceded that the result would not be to increase regulation but to actually take away authority from state regulators and the SEC. All regulation would be subsumed under the Federal Reserve, the bank-owned entity set up by J. Pierpont Morgan in 1913 specifically to preserve the banks’ own interests.

On April 29, a former top Federal Reserve official told The Wall Street Journal that by offering \$30 billion in financing to JPMorgan for Bear’s assets, the Fed had “eliminated forever the possibility [that it] could serve as an honest broker.” Vincent Reinhart, formerly the Fed’s director of monetary affairs and the secretary of its policy-making panel, said the Fed’s bailout of Bear Stearns would come to be viewed as the “worst policy mistake in a generation.” He noted that

there were other viable options, such as looking for other suitors or removing some assets from Bear’s portfolio, which had not been pursued by the Federal Reserve.¹¹ Jim Puplava maintains that naked short selling has now become so pervasive that if the hedge funds were pressed to come in and cover their naked short positions, “they would actually trigger another financial crisis.” The Fed and the SEC may be looking the other way on this widespread stock counterfeiting scheme because “if they did unravel it, everything really would unravel.” Evidently “promoting market stability” means that whistle-blowers and the SEC must be silenced so that a grossly illegal situation can continue, since the crime is so pervasive that to expose it and prosecute the criminals would unravel the whole financial system. As Nathan Rothschild observed in 1838, when the issuance and control of a nation’s money are in private hands, the laws and the people who make them become irrelevant.

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3 Kate Kelly, et al., “Fed Races to Rescue Bear Stearns in Bid to Steady Financial System,” The Wall Street Journal (March 15, 2008).
4 John Olagues, “Bear Stearns Buy-Out . . . 100% Fraud,” optionsforemployees/articles.com (March 23, 2008).
5 Ibid.
6 Chris Cook, “LQD: Bear-faced Robbery?,” eurotrib.com (April 24, 2008).
7 Rob Kirby, “A National Disaster,” lemetropolecafe.com (April 23, 2008).
8 Rob Kirby, “Further Thoughts on Bear Stearns,” lemetropolecafe.com (April 30, 2008).
9 “Naked Short Selling,” Wikipedia.
10 Greg Palast, “Eliot’s Mess” gregpalast.com (March 14, 2008).
11 Reuters, “Ex-Fed Official Criticizes Bear Stearns Rescue,” citing Wall Street Journal (April 29, 2008).



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