

AMERICAN RIVER

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Volume 2 Issue 15

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

August 2007, First Edition

Citrus Heights Prepares for Arrival of "Big Stan"



By Bernie Galvin,
Communication and Media
Officer, SRCSD

CITRUS HEIGHTS, CA—Get ready, Citrus Heights. The world's largest truck mounted auger, known as "Big Stan," will be rolling into town in early August to drill shafts for an important sewer construction project sponsored by Sacramento Regional County Sanitation District (SRCSD) and County Sanitation District 1 (CSD-1). The districts are mobilizing the drill rig for its first visit to the area as a means to minimize construction-related impacts to the community.

"Big Stan," which stands 93 feet high when fully extended, starts construction work on Tuesday, August 14, near the intersection of Old Auburn Road and Sylvan Road (approximately 800 feet east of Sylvan Corners) in Citrus Heights. From this initial location it will make its way — slowly — to other locations in the area.

"We're very excited to have a world-class piece of equipment like Big Stan on this job," said Bill Chavez, SRCSD Project Manager. "Big Stan" will definitely help complete this

complicated job more quickly, so we can minimize impacts to residents and businesses. Though there are always challenges with construction, we have an excellent contractor and excellent project management with the District and the City of Citrus Heights, so I'm looking forward to a good job."

"Big Stan" was featured in an episode of Discovery Channel's "Monster Machines" series on July 13. The show's Web site reports that "Big Stan is the biggest auger on the block."

"Big Stan" features a five-axle truck carrier and weighs a whopping 250,000 pounds. It is believed to be the largest piece of construction equipment used in the Northern California region. The machine is capable of digging holes up to 30 feet in diameter. It is powered by a 600-horsepower, 6-cylinder KTA 1150 Cummins engine. In addition to its tremendous power, "Big Stan" also boasts a faster set up time than its smaller counterparts. Video of "Big Stan" can be seen on the Anderson Drilling Web site at www.andersondrilling.com.

Named after its designer and owner, Stan Anderson of Anderson Drilling, "Big Stan" will be put into service on the

Upper Northwest Interceptor 9 (UNWI 9) and Associated Northeast Area (NEA) 1 & 2 Relief Projects. The projects will be primarily tunneled with shafts extending up to 61 feet into the earth.

"Big Stan" was chosen in place of conventional equipment because, in some cases, shaft construction will be within 25 feet of homes and businesses. "Big Stan" will be able to drill shafts with minimal worries of impacts or damage to structures due to noise and vibration.

For safety concerns, the project team is asking the public to please stay away from "Big Stan" or any other construction equipment. Parents are asked to talk to their children and teenagers about the dangers of playing around construction sites and equipment. When not in use, "Big Stan" will reside behind a security fence and concrete barriers.

UNWI 9 and NEA 1 & 2 are needed because the existing wastewater conveyance system serving those areas is nearing capacity. When complete, the pipeline will carry wastewater flows from northeast Sacramento County to the New Natomas Pump Station near the intersection of Interstates 5 and 80. From there, flows will be sent to the Sacramento Regional Wastewater Treatment Plant in Elk Grove via the existing Lower Northwest Interceptor.

UNWI 9 is located along Auburn Boulevard and Old Auburn Road, from approximately Van Maren Lane, east to Fair Oaks Boulevard. The NEA-2 section runs along Old Auburn Road between Fair Oaks Boulevard and Robert Creek Court. The NEA-1 section runs along Oak Avenue, between Fair Oaks Boulevard and Hazel Avenue, and along Fair Oaks Boulevard, between Oak Avenue and Old Auburn Road.

For more information about the UNWI 9 and Associated NEA 1 & 2 Relief Projects, visit the project Web site at www.unwi9.com.

Police Seek "Grandpa Bandit"

Sacramento, CA: The Sacramento Violent Crimes Task Force (SVCTF), comprised of Federal Bureau of Investigation agents and Sacramento County Sheriff's Department robbery detectives, and the Rocklin Police Department are seeking information on an unidentified male bank robber believed to be responsible for three bank robberies in Sacramento, California, and Rocklin, California. The individual in question is described as a white male, 55-60 years of age, 5'8" – 5'11", 175 pounds, gray moustache, a flushed face, and has no visible scars, marks, or tattoos. The robber presented a demand note in the first and third robbery and verbally demanded money in the second robbery. The "Grandpa Bandit" is suspected in the robbery of the US Bank, 1440 Ethan Way, Sacramento, California, on June 5, 2007, the Five Star Bank, 6810 Five Star Blvd, Rocklin, California, on



Official FBI Photo

July 10, 2007, and the Bank of the West, 2581 Fair Oaks Boulevard, Sacramento, California, on July 25, 2007. Anyone with information regarding these robberies is asked to contact the FBI in Sacramento at (916)

481-9110, the Rocklin Police Department at (916) 625-5400, or Crime Alert at (916) 443-HELP. Callers can remain anonymous and may be eligible for a reward of up to \$1,000.00.

Food Safety Compliance Climbs

Increase attributed to cooperation of food operators and food safety classes

Sacramento County, CA - Food safety in eateries and retail food establishments throughout Sacramento County increased during the first six months of the new color-coded green, yellow and red placard rating system, announced Environmental Management Department (EMD) Director Val Siebal. EMD officials predicted 20% of the food facilities inspected under the program would receive a yellow sign on the first inspection. As of June 30, it was nearly 12%. The report is based on a comparison of inspection violation results from the previous year.

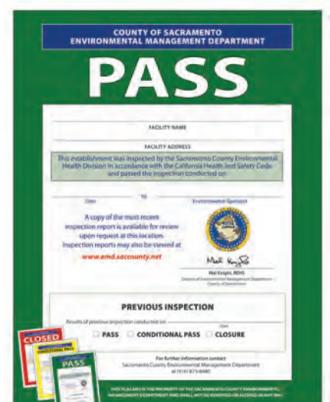
Since January 2007 when the program was introduced, 5,276 restaurants, markets, bakeries, school cafeterias and other retail food establishments in the County have been inspected and issued a placard that must be displayed at the entrance of the facility. "This new rating system provides an instant message to consumers about the establishment's food safety inspection results and compliance with State and local food safety laws. Response from consumers has been positive," says Siebal.

A green or "PASS" sign denotes a high level of compliance. A yellow or "CONDITIONAL PASS" sign is posted when major food safety

violations are found; major violations must be corrected before the inspector leaves. The business will remain open and a re-inspection will be conducted to assure continued compliance. A red or "CLOSED" sign is posted when an establishment is closed for an immediate health hazard. A color-coded sign is posted at the front entrance of the food establishment following each inspection.

The development of the new system included significant input from the public and the EMD/Retail Food Industry Working Group. Raley's, a member of this group, has earned all green placards from all inspections in Sacramento County thus far. "Raley's applauds the County of Sacramento for their innovative, educational program. The placards can help customers recognize the advanced food safety standards that operate in each of our stores. We take those standards very seriously, and this new program helps customers see our ongoing commitment to food safety," says Raley's spokeswoman Amy Johnston.

Siebal attributes the increased compliance rate primarily to the cooperation of food retailers and EMD's enhanced food safety education outreach and classes. "We will continue to focus our attention on offering more education for those food outlets that received a yellow or red placard following their first inspection," notes Siebal.



July 1, 2007 also brought new changes to food safety laws in California. EMD's food safety classes have been updated to include these additional requirements that are considered violations if not addressed. Some of these include; Employee illness reporting requirements, Demonstration of food safety knowledge by employees, New consumer advisories for certain raw food products, New minimum cooking temperatures for different types of food. Color-coded inspection signs are just one component of EMD's Food Safety Program Enhancements.

Consumers may call (916) 875-8440 to report suspected food safety violations.

Local Artists Awarded Best of Show in KVIE Art Competition



Anne Bradley of Carmichael

SACRAMENTO, CA — Aug. 2, 2007— KVIE Public Television announced that four local artists of a total of 31 awardees, won top honors in the KVIE Art Auction 2007 juried competition. This live, televised auction will celebrate twenty-six

years of creating an accessible venue to bring art and arts education into the homes of Northern Californians.

Anne Bradley, of Carmichael, was awarded Best of Show! She incorporated canvas, acrylic, and enameled metal, to create a multi-dimensional sculpture full of unique color and texture. This winning artwork, "Egg Sacs," is one of a series of free-standing sculptures by Anne Bradley called "Omnivores." Her inspiration for this sculpture is a theme of survival.

Steve Memering, of Citrus Heights, was awarded first place in the category of oil paintings. His piece, "Cathedral: Rooftop View," is a view of the play of light on the Cathedral and Elks Lodge buildings in downtown Sacramento. Steve Memering has been painting local images for a decade. He says,

"I like to celebrate the beauty and uniqueness of our town." His artwork has been bought by individuals, shown in galleries throughout California, and used commercially by businesses.

Barbara Strong, of Fair Oaks received an Honorable Mention for her "Dream Sequence," which is a sculpture of a sleeping woman's face. Using a unique combination of clay, raffia, and beads, Barbara was able to create a sculpture full of texture and fantasy.

Suchitra Bhosle, also of Fair Oaks received an Honorable Mention for "Red Scarf." Her painting is a close-up, above view of a woman. This painting is a selection from Suchitra's series of 50 paintings in 50 days. "Red Scarf" while small in size, is strong in detail and color, illuminating the subject's beauty with quick simple

brush strokes.

This year's KVIE art auction collection was chosen by two jurors with extensive artistic background and knowledge. Gloria Burt, former Art Auction Coordinator for KVIE and one of the founders of the Downtown Arts and Entertainment District, along with David Lobenberg, an expert in figurative and landscape drawing, watercolor and acrylic painting, were the judges for this event.

The complete juried collection includes 227 works along with 26 special collection works donated by participating established artists who contribute to the artistic excellence of our region. All works will be up-for-bid in the live, televised auction on KVIE Public Television's channel 6, Friday, September 14, 8:00 pm to Mid., and Saturday and Sunday, September 15

and 16, 2:00 pm to Mid.. Artwork can also be previewed online by visiting www.kvie.org/artauction.

KVIE and Amador Vintners Association present a preview event at the KVIE studios Monday, September 10, 2007, to celebrate the artists; honor the juried competition winners, donors, and jurors; and recognize supporting galleries and framers. Enjoy wine from 10 Amador Vintners, hors d'oeuvres and desserts from 15 restaurants, while mingling with artists and previewing the art to be up-for-bid during the live televised broadcast. Tickets will be \$50 for KVIE members and \$60 for non-members and at the door. For more information and to purchase tickets please visit www.kvie.org/artauction or call (916) 641-3651.

The "KVIE Art Auction 2007"



Suchitra Bhosle of Fair Oaks

is sponsored by Niello.com, Placer Sierra Bank, and Weintraub, Genshlea, Chediak Law Corporation.

By Sheryl Brown
KVIE Public Television

DUTCH TREAT



By Dennis Packard

The Vanishing Teenager

to contain my anger. They still continued to laugh at me. Finally, I boiled over and blasted away from the table knocking over my chair and storming out of the room.

Not knowing exactly where to turn, I ended up just a few feet away in the living room and in plain sight of my rotten dinner guests. Instead of walking out the front door, I opened some French doors that led to a small outside balcony two stories above the sidewalk.

Still upset, I found myself turning in circles, trapped on this tiny patio. There was no way I would walk back into that apartment—I could still hear them laughing at my antics. “I must make them suffer and teach them a lesson.” I began to dream. Revenge of some sort came to mind. I had a plan.

There was little choice. Although the temperature was dropping and I didn’t have a jacket, I decided to leave the premises. I would disappear off the balcony, a complete mystery to everyone. And they would be sorry that I was gone—vanished—no-where to be found! They would all think twice about their behavior. I began to climb over the railing.

Like Spiderman, I carefully placed my feet on windowsills and wedged my toes between the yellow brick siding as I descended from the second story. Once on the ground I walked across the street to Walgreen’s for warmth and pretended to shop for something. After a half an hour of boredom, I decided that my family had suffered enough and I walked home and reappeared gallantly through the front door.

Apparently, no one had noticed that I had left the apartment. My “magic act” of disappearing off the balcony went unnoticed. My little sister did ask where I had been since she was the only one that saw me come in the front door. And even she didn’t really care. She ran away before I had a chance to answer. Well, I wasn’t going to tell anyone anyway!

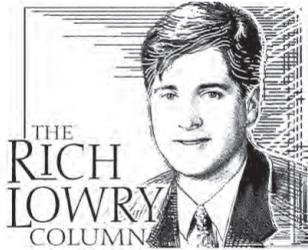
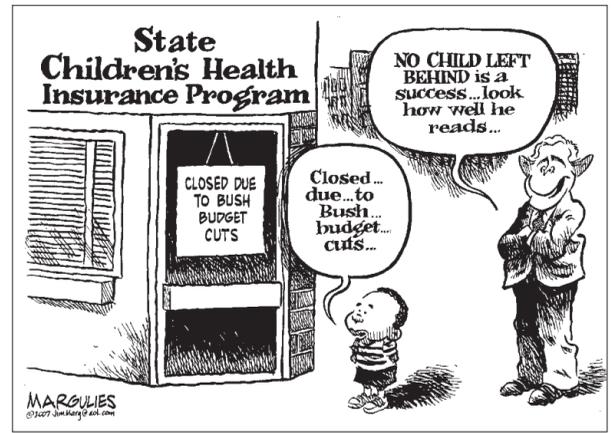
Quip for the Day: All anyone expects of an adolescent is that he act like an adult and be satisfied to be treated like a child.

With our heads hung low and our tails between our legs, my mom, myself, two sisters and a baby brother boarded the Santa Fe’s El Capitan passenger train in Los Angeles and headed back home to Chicago. Disappointed, my mom’s plan to relocate her family after the war that ended in 1945 failed. Housing was at a premium and before my mother could land a decent job and find reasonable living quarters in L.A., she ran out of money, she was 43.

Peggy, my nineteen-year-old sister made a grand jester and offered the five of us to stay with her and her new baby boy in a large one-bedroom apartment. It was a temporary situation that lasted two years. Peggy’s husband was a Lieutenant in the Navy that was away on duty, we seldom saw him.

A crib for my baby brother and a bed for mom and her 8-year-old daughter filled the one and only bedroom. Peggy and her younger sister, Jacky, was forced to sleep on two old fashioned chesterfields in the living room each night. Peggy’s infant son continued to sleep in his crib that was pushed into a large empty coat closet with a tiny window. Lucky me, there was a large sunroom that I took over with my rollaway bed. Unfortunately, I felt as if I was sleeping in a fish bowl since the top halves of three walls consisted of small windowpanes.

One evening, enjoying a family dinner with food and chatter, I became the brunt of a joke. Something stupid I must have said or did at thirteen years of age. Everyone continued to hammer me until I became enraged. My face turned beet red as I tried



Abandoning the Fight Against al-Qaida in Iraq

“America good! Al-Qaida bad!” -- A trader in the Qatana bazaar, Ramadi, Iraq

This is a sentiment that the Iraqi trader felt safe to utter as a visiting U.S. general passed by, according to John Burns of The New York Times, only after a furtive glance “up and down the narrow refuse-strewn street to check who might be listening.” In a microcosm, this is why we are finally making progress against al-Qaida in Iraq. The protection afforded by American combat

power has made it possible for Iraqis in Sunni areas to turn against the terror group.

In a global struggle against Islamic extremism, it is an incontestably welcome development that ordinary Sunnis in the Arab heartland are spurning al-Qaida. The grassroots revolt against it means that it is within our reach to deny al-Qaida its most important current geopolitical objective, which is plunging Iraq into a bloody chaos in which it can thrive.

Al-Qaida relies on intimidation to impose itself on the Sunni community, and succeeds unless driven back by a stronger force, i.e. the U.S. military. In his report from Anbar province, John Burns notes that the Sunni “sheikhs turned only after a prolonged offensive by American and Iraqi forces, starting in November, that put al-Qaida groups on the run.” He continues, “Iraqis, bludgeoned for 24 years by Saddam Hussein’s terror, are wary of rising against any force however brutal, until it is in retreat.”

This experience has been replicated in precincts of Baghdad, Diyala province and other Sunni parts of Iraq, but now a group of Republican senators want American forces, rather than al-Qaida, to do the retreating by deconstructing the troop surge that has begun to give us the upper hand.

The main “compromise” proposal -- adopting the recommendations of the Iraq Study Group -- would have all U.S. combat troops out of Iraq by the end of March 2008. It is self-evidently impossible to fight al-Qaida in Iraq without any combat troops to do it. What all those abandoning the surge essentially want is a return to the old failed Rumsfeld strategy of prematurely drawing down and handing over to unprepared Iraqi forces.

The surge has succeeded in reducing sectarian killings in Baghdad and civilian casualties overall, but at the cost of increased U.S. casualties and without the Iraqi legislative accomplishments

that were established as “political benchmarks.” Those benchmarks shouldn’t be fetishized. The reason that they were considered so important is that they were thought necessary to entice Sunnis away from the insurgency. Instead, they have swung our way anyway, in reaction to al-Qaida brutality and to our strength.

By any measure, this is significant political progress -- so significant, in fact, that no one even considered making it a “benchmark” at the beginning of the year. The U.S. political argument over benchmarks is shot through with bad faith anyway. Would the advocates of retreat really have a different position if the Iraqi parliament had managed to pass an oil-revenue-sharing law already? Unlikely.

Once again, all depends on President Bush. Senators of his party are ready to quit Iraq with al-Qaida undefeated. Is he?

Rich Lowry is editor of the National Review. (c) 2007 by King Features Synd., Inc.

Socialized Medicine: Is the Price Too High?

by L.K. Samuels

Health care is in the spotlight again, with the premiere of Michael Moore’s movie Sicko and the state of Massachusetts switching over to a mandatory universal single-payer program. But also sharing center stage are the same controversies that have bedeviled government’s involvement in anything that demands excellence.

The basic question is whether we want a political system to manage doctors, hospitals, and patients. What is the history of government’s accomplishments? Are politicians and bureaucrats known to be pillars of efficiency, impartiality, and competence? Or will government’s escalating foray into medicine turn into a Laurel and Hardy comedy with the catchphrase: “Well, here’s another nice mess you’ve gotten us into.”

The problem that seems to plague political systems is an addiction to rigid, closed-ended structures that centralize and institutionalize outcomes based on a top-down bureaucracy. But life is not made to order; it evolves and readjusts. Perhaps that is why (before embarrassed authorities stopped the practice after it became publicized) sick dogs could get a CT scan in socialized medicine Canada within 24 hours, but it takes more than six months for humans. There is little flexibility or innovation in a system based on political maneuvering, special interests, and rationing.

Is socialized medicine just another kind of snake oil? Consider the recent tragedy of Edith Rodriguez, who lay on the floor of a Los Angeles government hospital emergency room floor for 45 minutes, unattended, screaming for help and throwing

up blood. Caught on a security camera, the videotape shows that nobody came to her assistance. As she pleaded for help, a janitor was shown mopping around her writhing body. Rodriguez’s died on that floor. Her husband called 911 for help, but was told that since his wife was already at the Martin Luther King Jr.-Harbor Hospital, they could not send help.

Instead of punishment, the medical staff responsible got “letters of expectation” that explained how to treat patients in the future. The director of Islamic Project HOPE, Najee Ali, was incensed and regarded the hospital’s reply as a “slap in the face for the whole family, a slap in the face for the community and it shows the devaluing of Latinos and blacks....”

Known by the locals as “Killer King” for decades, the hospital has a long history of harming and killing patients that it was meant to serve. In 2000, a 9-year-old patient died after coming to the same hospital with two broken teeth. One investigation discovered that a man with a serious brain tumor was left untreated in the emergency room for four days before relatives transferred him to another hospital so that he could get a life-saving operation.

Dozens of other cases of

incompetence, poor management, bureaucratic indifference, and lapses in care were found. So many violations were revealed that the U.S. Center for Medicare and Medicaid Services recently filed a report that not only condemned the hospital for “substandard care” but declared that “patients at King-Harbor in Willowbrook were in immediate jeopardy of harm or death.”

But surely, this county-operated hospital must be underfunded! Not according to the Los Angeles Times’ five-part investigative series that included the headline, “Underfunding Is a Myth, but the Squandering Is Real.” The report said that King-Harbor hospital “spent more per patient than 75 percent of the public and teaching hospitals in California, according to a 2002 state audit that looked at fiscal year 2000.” In other words, King-Harbor county hospital could be considered overfunded compared to most other hospitals.

According to the World Health Organization, the United States’ “overall performance” in health care is supposedly 37th in the world. But in the “patient satisfaction category,” America ranks No. 1, and it’s No. 2 for the shortest waiting time for non-emergency surgery. This is an amazing statistic, since more than 50 percent of every U.S. medical

dollar spent is controlled by local, state or federal agencies.

Everyone wants better and more affordable services. But the issue of health care or any service boils down to choice. To the greatest way to bring down prices and raise quality is to let people make their own decisions. Without choice, a system can easily morph into a stagnant monopoly where politics determine who gets which doctor, what medical procedures are appropriate, and how much quality is affordable. Any other way but choice makes a mockery of free institutions.

In the case of Edith Rodriguez’s experience with government medicine, the outcome was a tragedy of unimaginable incompetence. This might be our fate if government completely invades the medical field. The health care may be “free,” but it will surely cost us a lot.

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

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Hand in Hand with Silver Star Angels

PRWEB -- The Silver Star Families of America and Soldiers' Angels have joined forces to lend a hand to our wounded Soldiers across the country. The partnership on this project starts today. Together, Soldiers' Angels and Silver Star Families will be giving hand-held entertainment units to our wounded. These games will speed up the healing process for our servicemen and women, as well as entertain them.

"Poly Trauma patients enjoy the games, and increase their hand eye coordination," said Steve Newton, President and Co-founder of the Silver Star Families of America.

An article on The Washington Post site quotes the folks at Walter Reed hospital in DC, who report that videogames make excellent therapy sessions for soldiers wounded in the Iraq conflict. In addition to the obvious medical

benefits of refining motor control via controllers, the entertainment allows soldiers to reconnect to experiences they may have had prior to their combat experiences.

Therapists see the games benefiting patients with nearly any kind of injury, including patients with traumatic brain injuries.

Says Newton, "We are honored to join with Patti Patton Bader, and her wonderful team at the Soldiers' Angels, to put smiles on the faces of our wounded, and to help in any way we can."

Patti Bader, founder of the Soldier Angels, when told of the need stated, "Let's get this done."

The two organizations are accepting donations, and will purchase and distribute the games.

Soldiers Angels has been supporting our nation's military

men and women since 2003. Their mission is to ensure that no soldier feels unloved. They provide aid and comfort to the military and its families, which may include immediate response to hardship situations.

They start with letters, care packages, and comfort items to our deployed. They also help our military families here at home as requested. For more info go to www.soldiersangels.org.

The Silver Star Families of America is an organization that remembers, honors and assists the wounded of our Armed Forces by presenting them Silver Star Banners and Certificates. They also distribute care packages when the need arises, and they act as an advocate and education resource for the wounded and their families. You can find information about Silver Star Families of America on their web site www.silverstarfamilies.org.

Fight for Victory Tour 2007

By Robert "Buzz" Patterson
Vice Chairman, Move America Forward

I wanted to make sure you've heard the big news - Move America Forward is going to lead a giant, patriotic, pro-troop caravan across the nation, just at the time when Congress will be deciding whether to cut off all support for our troops in Iraq. It's called the "Fight For Victory Tour" and it will take place September 3rd through September 15th.

As a 20-year veteran in the U.S. Air Force, including service as President Clinton's top military aide, I've seen personally how irresponsible and ego-centric politicians can exact a toll on America's military and our national security. I clearly see it happening again!

I want to tell you why it is so very important for you to join us in this effort. The men and women who wear the uniform of the United States military do so with pride and honor. Our troops fighting the war against Islamic jihadists across the globe do so with courage, dignity and compassion despite enduring the harshest of conditions. They are doing an outstanding job, and most importantly, **THEY ARE WINNING! ITS UP TO US TO WIN THE HOME FRONT!**

This morning you might have found yourself irritated about the flow of traffic or annoyed at the stubbornness of a co-worker. Well, today there are thousands of our troops, wearing more than 50+ pounds of body armor in 110+ degree heat, with wind-driven sand clogging their lungs, mouths, eyes

and nostrils. These men and women know that at any moment Islamic jihadists might shoot at them or that they might be ripped apart by the explosion from an Improvised Explosive Device - "IED."

Contrast this selfless service and sacrifice to the recent conduct of some of our "elected representatives" in Congress. While American fighting men and women stand in harm's way fighting in a war we sent them to, we have a number of politicians placing their careers above their nation. They lack the



moral authority and courage to do what is right instead of what is politically expedient.

This has nothing to do with political party either - we've seen our troops betrayed by individuals across the political spectrum.

We are a nation at war with a threat from Islamic jihadists that will not go away if we surrender and withdraw from Iraq; no, that threat will only grow in intensity and brutality. Iraq will become "killing fields" rife with sectarian violence and Al Qaeda will have the opportunity to seize control of the country and its oil fields, greatly enhancing their ability to launch coordinated terror strikes against America and our allies, in pursuit of their "Grand Caliphate".

Victory is our only option. Our troops know that, you know that and I know that. The members of the United States Congress, however, stand poised to force surrender upon our troops, defeat for our nation and undermine the security of the people they were elected to represent.

We cannot let that happen. I don't care how negative the media gets in their reporting. I don't care how bad the polls might look on a given day. Wars aren't won on the basis of polls.

We must stand up and step forward to do what is right, and to make our voices heard, just as our troops are compelled to understand their duties in fighting hostile enemy forces - at the risk of losing their own lives.

It's time all of us who understand the stakes of this war declare that we will not give up or give in, no matter how hard the news media and anti-military politicians try to discourage us.

I ask you to stand by my side this September 3rd through 15th in Move America Forward's "Fight For Victory Tour" that will traverse this nation and end up at Washington, D.C. on the doorsteps of Congress.

If we don't make the effort to win the war for hearts and minds here at home, then how can we expect our troops to win the war against tyranny and terror overseas?

Please reply back to me if you can join us, and let me know if there are any specific ways you can help make this caravan a success.

I look forward to hearing from you. <http://www.MoveAmericaForward.org>

VETERANS POST

by Freddy Groves

Soldiers Often Shun Counseling

The Department of Defense Mental Health Task Force, created last year, has turned in its 100-page report with assessments and recommendations for providing mental health services for service members.

The numbers aren't pretty. Between 20 percent and 50 percent of troops and National Guard members returning from Iraq and Afghanistan have psychological problems, including depression and symptoms of stress reactions. Part of the reason -- no surprise -- is multiple deployments.

Many report problems with

alcohol and strains in the family at the 12-month mark after deployment. The higher the degree of danger they've experienced, the higher the rate of mental health problems.

Twenty percent of married soldiers plan to separate or divorce.

Alcoholism is taking a serious toll. In anonymous surveys, 23 percent reported a problem with drinking, but only 15 percent were seeking help. In one year the number of alcohol-related incidents rose from 1.73 per 1,000 soldiers to 5.71 - a dramatic increase. Suicide attempt increases were even higher.

Getting help isn't easy with just one mental health worker per 5,000 troops, but the initial hesitation starts with the soldier. Surveys revealed

that 48 percent of Marines and 59 percent of soldiers believe they would be treated differently by their leaders if they went for counseling.

An anonymous survey showed that of those who already have mental health problems, 63 percent are most concerned about being perceived as weak by superiors.

The report recommends, among other things, that all service members be educated to understand that combat can "wound the mind" as easily as it can the body, and that early symptoms need to be recognized and treated.

The first step is to address the perceived stigma attached to mental health issues.

Write to Freddy Groves in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475. (c) 2007 King Features Synd., Inc.

The Gardens Welcomes New Ownership



Staff, residents, and families of The Gardens at Citrus Heights celebrated new ownership of the building with a ribbon cutting ceremony and ice cream social. New owners, Emeritus Corporation, were represented by regional directors and staff from other sister communities in the area. "It is our privilege to be a part of this community and making a difference in quality care for our seniors," stated Katherine Dunakin, Executive Director at The Gardens. It was a wonderful afternoon celebrated with members of the Citrus Heights Chamber of Commerce, Miss Sacramento, Miss Greater Sacramento and friends from surrounding communities.

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Monthly Military/spouse Retiree Meeting:

Our next monthly meeting for military retirees/spouses will be held on 8 Aug 2007 in the Terrace Room, Garden Pavilion. The meeting starts promptly at 1030 hrs. For the Aug meeting, our Speaker will be Celia Esquivel, AARP Director, Sac, CA. She will discuss: 55 ALIVE DRIVING COURSES; MEDICAL AND PHARMACEUTICAL ISSUES BEING LOBBIED IN CONGRESS. Good information for all concerned. Come on out and enjoy a cup of coffee and find out what is going on in this area. For questions, call our volunteer staff at 561-7507, Mon thru Thurs, 9 to 3PM.

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One Million Missionaries, Thirteen Million Members



Top Row L to R; Elder Steven Skola, Salt Lake City, Utah; Elder Brad Rhees, Heber City, Utah; Elder William Johnson, St. Cloud, Florida; Elder Jonathan Niu, Springville, Utah; Elder Justin Drake, Detroit, Michigan; Elder Dustin Hymas, Filer, Idaho; Elder Chris Allen, Calgary, Alberta, Canada.
Bottom Row L to R; Elder Chris Roberts, San Antonio, Texas; Elder Nick Robertson, Kennewick, Washington; Sister Stephanie Rawlings, Salt Lake City, Utah; Sister Tiffany Nielson, Orangeville, Utah; Elder Trevor Olofson, Glendale, Arizona. Not pictured are two Elders who serve the Spanish speaking contacts in the area. They are Elder Charles Spurrier, Orem, Utah and Elder Anthony York, Irmo, South Carolina.
Photo submitted by Tim Jackson

PROVO, Utah - They are as much a symbol of The Church of Jesus Christ of Latter-day Saints as the Salt Lake Temple and the Mormon Tabernacle Choir, clean-cut suit-clad young men on bikes or on foot going door to door with a gospel message. Mormon missionaries have fanned across the globe since the earliest days of the Church and in the process have reached a major milestone.

"We have made great progress in our missionary work in recent years," said Church President Gordon B. Hinckley at the Missionary Training Center in Provo yesterday. "We have more missionaries and more effective missionaries. It is reliably estimated that a million missionaries have served since the organization of the Church."

"It is not possible to pinpoint exactly who the millionth missionary is," said Elder M. Russell Ballard of the Quorum of the Twelve Apostles during a news conference while at the Missionary Training Center for orientation sessions with 118 new mission presidents today. "We do know that young men and women, senior sisters and couples have volunteered to serve at their own or family expense in spreading this message to 145 nations and territories."

Emphasizing the importance of understanding the mosaic of missionaries this milestone represents, Elder Ballard spoke of the unique traits that make each of these million missionaries special.

"A young Peruvian sister grilled hamburgers at a street

cart to finance her mission in her home country," he said. "A young elder from India served in Toronto, Canada, and a retired couple left children and grandchildren to help dig clean water wells in West Africa. Missionaries serve where they are assigned, not knowing beforehand where in the world that may be."

In fact, the work these volunteer missionaries perform is as diverse as the missionaries themselves. On any given day missionaries are working on everything from humanitarian projects and helping others trace their genealogy in family history centers to public affairs efforts and teaching the restored gospel of Jesus Christ.

"From personal experience I can tell you that they study, they pray, they worry intensely about each child of God and especially the souls of those they are able to teach," said Elder Ballard. "They face rejection and sometimes verbal abuse. But they soldier on. They serve, they help others and they go the extra mile to lift and bless people in all walks of life and in all human conditions."

At today's press conference, Elder Ballard stood among missionaries he said exemplified the missionary spirit. They included a native African couple from Kenya called to preside over a mission in Nigeria; a pair of young sister missionaries, one from South Korea and one from Mexico, serving on Temple Square in downtown Salt Lake City; a senior couple from Utah serving a humanitarian mission that takes them all over the world

helping to provide clean water to many communities; and a pair of young men, one from Brazil and one from Idaho, who just entered the Missionary Training Center in preparation to serve in Japan.

The young men, Samuel Pelaquim and Brandon Soelberg, are both postponing college to spend the next two years of their lives without television, dating and other teenage activities to preach the gospel. "Some people think I'm giving up a lot to serve a mission," said Soelberg. "But the reality is I feel I have a lot to give. I have always known I wanted to serve a mission, so it doesn't really feel like a sacrifice to me. I need to do this, I want to do this."

Pelaquim agreed. "It is a wonderful opportunity to serve," he said. "Since I was very young I have noticed a difference between me and my other friends. They had problems that I did not have to worry about, and I have always known that it was the gospel that made that difference."

It's that difference that brought Unbyul Cho's parents into the Church, according to the 22-year-old from Seoul, South Korea. "I've always wondered what would happen to me and my family if the missionaries didn't serve in Korea," she said. "I wanted to serve a mission to help others have the same blessings my family enjoys."

Likewise, Gazelem Munoz saw several family members join the Church in her native Mexico. "It changed my life, and hopefully it will help to change for good other people's lives as I invite them as a missionary."

The news conference was held next to a life-size bronze statue of Samuel Smith, the Church's first missionary. In 1830, the year Joseph Smith organized the Church, there were only 16 missionaries called. Now, 177 years later, some 53,000 missionaries — young men, young women and senior couples — currently serve in nearly 350 missions throughout the world.

And their work is striking a chord with many. President Hinckley also announced that Church membership has now reached 13 million, spread all across the world. There continue to be more members outside of the United States than in, reflecting the global depth and diversity of Church membership.

Tax Cuts - Think Outside the Box!



By Assemblyman Roger Niello

Certainly, we've all heard the conceptual argument that targeted tax cuts "stimulate the economy". But what does this mean in concrete terms to which the average Californian can relate?

This session, I introduced AB 1152, which would exempt the purchase of manufacturing equipment from sales tax. The aim of the measure is to encourage the manufacturing sector to thrive, thus creating typically well-paying middle-class jobs and stimulating the overall health of the California economy. Sounds well intentioned enough, right?

As I write this column, AB 1152 sits on the "Suspense File" of the Assembly Revenue and Taxation Committee, meaning that it has been scored with a price tag high enough to justify holding the bill indefinitely. The bill has not yet even received the benefit of a vote in the Committee.

Unfortunately, this is an all-too-common fate for tax cutting measures. Even the most targeted of cuts have a difficult time clearing the Legislature because of their perceived impact on the State's coffers. The problem lies with the way that we project these impacts--

--we generally consider tax cuts in a vacuum, absent their ripple effect. The reality is that the true impact of a tax adjustment can only be measured in terms of its effect on the overall economy. The big picture is not considered, and the "cost" included in the fiscal analysis is simply the initial taxes not collected by the State.

You might be wondering why, with a \$5-7 billion structural deficit, I introduced a bill to cut taxes. The answer is that I believe this proposal will actually help our deficit in the long term. Here's an example:

I recently received a call from a gentleman who has a patent on the process to convert rice straw to high-density fiberboard. For a long time, the disposal of rice straw has been quite a nuisance to farmers. The traditional methods carry significant environmental disadvantages--burning the remnants of the harvest pollutes the air and is no longer allowed. Flooding the straw releases methane gas, also undesirable. By converting the rice straw to fiberboard, this entrepreneur has found a way to provide a great service to the agricultural community and to the surrounding environment. He has secured a patent for the process as well as a significant multi-million dollar investment from Wall Street, who obviously forecast positive growth from the innovation.

While I don't know a great deal about the technology involved in this process, what struck me about the situation was that this business would provide both environmental as well as economic benefit to the local area. The man told me he plans to headquarter his business in the rural community of Willows, California, adding over 100 year-round jobs to an area with a significantly high rate

of unemployment. He was stunned to learn that the manufacturing sales tax exemption that had existed up to 2004 had expired, and would not be reinstated without the passage of AB 1152. The sales tax exemption on manufacturing equipment would have allowed his business to further invest and hire more employees.

In this specific case, the outcome of whether the sales tax exemption passes will determine to what extent the entrepreneur grows his business. In other cases, offering the exemption could actually make the difference between going into business or not. Viewed another way, without AB 1152 and the ensuing investments by businesses, the State could actually be preventing the "loss" of sales tax revenue it never had.

Additionally, how much would the state save in welfare and other social services if 100 people who were previously unemployed are now employed? This is just another calculation that is never considered in the fiscal analysis.

Surely, "stimulating the economy" sounds abstract on its face, but looked at with the backdrop of a real world anecdote we are able to see how far the branches extend from the root of investment in the manufacturing sector. This investment grows with decreased tax burden, and we should be doing all we can to further such growth.

Regardless of the outcome of AB 1152, it is imperative that we move beyond flat analyses and toward a more accurate portrayal of the ripple effect of such policies: a "dynamic" model, if you will. Perhaps if we move in this truly progressive direction, the "cost" of tax cuts will be worth the price of admission.

SMUD Signs Solar Home Deals with Homebuilders Towne, Centex

Agreement brings even more solar-powered, super energy-efficient homes to SMUD customers

Another 462 solar-powered, super energy-efficient homes will be built in the Sacramento area in agreements between SMUD and two homebuilders, Homes by Towne and Centex Homes. SMUD buys down the cost of solar and energy efficiency equipment to keep the price of the homes affordable to more customers. Homes by Towne will construct 355 SolarSmart homes in four communities in SMUD's service territory and Centex will construct 107 in four more communities.

The deals are the latest SMUD has signed with homebuilders to construct SolarSmart homes in the area. In March, SMUD announced a partnership with Lennar Homes to build more than 1,200 SolarSmart homes, which represents the largest solar new homes partnership in the United States. In May, SMUD signed a deal with Tim Lewis Communities to build 183 SolarSmart homes. Construction has already begun on those homes.

Residents of these homes may save as much as 60 percent annually on their electric bills through the energy-efficient features and the solar roof tiles that generate electricity. The community benefits as well from these solar homes. Less electricity will be needed to serve the SolarSmart homes, especially at peak demand times, like hot summer days, when power is most expensive. Cumulatively, the 1,900 SolarSmart homes that SMUD has partnered with builders to construct are expected to shave nearly three megawatts off peak demand, and help keep power costs low for all customers.

In addition to the built-in solar panels, SolarSmart homes also boast many energy efficiency measures to help customers reduce their bills year-round. The energy efficiency measures include efficient HVAC systems, radiant barriers in attics, added insulation, duct sealing and energy-efficient compact fluorescent lighting.

The homes also have a smaller "carbon footprint" than conventional new homes. Carbon footprint is the amount of greenhouse gas emissions produced. Combined, all 1,900 SolarSmart homes could reduce

carbon emissions equivalent to taking about 940 cars off the road or planting about 1,500 acres of trees.

SMUD provides incentives to builders to buy down the cost of the solar electric systems and provide rebates for energy efficiency upgrades. These rebates and incentives, along with attractive tax credits, make solar electric systems a more affordable option for more homebuyers.

SMUD is also working with other builders to establish more solar partnerships in the near future, making solar homes available to even more customers in the SMUD service area, which includes all of Sacramento County and a small portion of Placer County.

As the nation's sixth largest publicly owned utility, SMUD has been providing low-cost, reliable electricity for over 60 years. SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies, and for its sustainable solutions for a healthier environment. For more information, visit www.smud.org.

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Keeping Watch on CA Legislative Bills



By Yolanda Knaak

I have been following various types of legislation for several years now. As I shared in the last edition of this paper, many citizens are totally unaware of these pieces of legislation and that is why I decided to start writing about them.

There are many ways to get involved in our representative government, such as, writing letters to our representatives or a committee chair regarding a particular bill. Standing up at committee meetings to oppose or support a bill, or supporting or opposing a ballot initiative. An example of a ballot initiative is VoteYesMarriage.com. It is a California Marriage Amendment, which is opposed to AB 43 Gender-Neutral Marriage (discussed in

the last edition of this paper). VoteYesMarriage.com is currently raising 2.5 million dollars to get it on the 2008 ballot.

Because there has been a conflict over the budget in the California State Legislature, the three bills discussed in the last edition have not yet progressed through the system. Three additional crucial California bills will be discussed in the section below.

SB 65 Financial Aid for Illegal Immigrants. This bill, formerly on air quality, was completely gutted, and another one, previously called SB 160 was inserted. Also known as the "California Dream Act", it would require Cal State and California community colleges to offer tuition assistance and financial aid to illegal immigrants. This bill is in the Assembly Rules Committee, although there is no date for the hearing. If you want to make your opinion known, you can contact the chair of the California Assembly Rules committee. The chair is Assembly member Hector De La Torre and his phone number is (916) 379-2050.

AB 976 Prohibits landlords from making inquiries regarding the immigration status of tenants. This bill has passed the Assembly, the Senate Judiciary Committee and is now on the floor of the state senate. If you choose to contact your state senator, their contact information is in the front of the phone book in the section, usually

called government listings.

AB 394 requires school districts to establish anti-discrimination and anti-harassment policies based on "actual or perceived" gender or sexual orientation and also establishes

monitoring of compliance with it. This bill passed the Assembly, the Senate Education Committee and is in Appropriations. Next it will go to the floor of the Senate. If you want to make your opinion known, as with AB 976, you should contact your state senator. Contact information is in the front of the phone book, usually under government listings.

Here are some tips for making your opinion known. When communicating your views, always use the bill number. If you write a note (handwritten is fine), sending it by snail mail or fax, then the legislator considers your position very highly. If you make a phone call, the legislator treats your position somewhat highly. If you send your letter by email, the legislator does not count it as very important. So snail mail, fax and phone calls are the best way to contact your representatives.

About the author: Yolanda Knaak has a Masters degree from UCLA in nursing. She is an elected member of the Sacramento County Republican Party Central Committee and is a volunteer lobbyist for Concerned Women for America.

Garcia Bill Receives Governor's Signature



Assemblywoman Bonnie Garcia

SACRAMENTO—Today Governor Schwarzenegger signed AB 1153, authored by Assemblywoman Bonnie Garcia (R-Cathedral City). This bill will require that manufacturers, distributors, and retailers who apply for occupational licenses submit fingerprints to the Department of Housing and Community Development (HCD) for the purpose of background check by state and federal officials.

"This bill provides the State with another tool to ensure that license applicants, who may be from other states, meet the

character, honesty, integrity and reputation criteria in California law," said Garcia.

"I want to thank Assemblywoman Garcia for authoring AB 1153," said Lynn Jacobs, Director for HCD. "This bill will strengthen consumer protections for those who purchase manufactured homes. Furthermore, it will offer relief to those who have already suffered a loss by offering payments from the Manufactured Home Recovery Fund"

AB 1153 has received no opposition and will go into effect January 1, 2008.

Pulling the Plug

By Jim Motavalli

If it generates or carries electricity, somebody, somewhere is opposed to it, and environmentalists are often first in line. The Virginia-based Piedmont Environmental Council, for instance, is just one of the green groups implacably against the proposal for a new 500,000-volt transmission corridor through Rappahannock County. But Dominion Virginia Power says existing lines will become overloaded by 2011 without such a corridor.

Environmental Advocates of New York wants you to know how firmly it opposes Broadwater, a proposed liquefied natural gas (LNG) facility in Long Island Sound. "As large as the Queen Mary II, this factory would harm this estuary of national significance and begin the industrialization of Long Island Sound," it declares.

In the mountains of Pennsylvania, a green group called Save Our Allegheny Ridges (SOAR) is out to stop wind farm development. "Once installed, these monsters will dominate the landscape while altering scenic vistas and wildlife habitat forever," the group says.

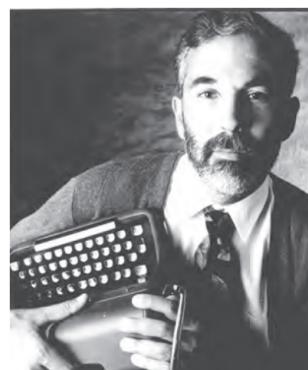
Meanwhile, the Alliance to Protect Nantucket Sound has tapped into a network of wealthy donors to stop the Cape Wind Project off Massachusetts' Cape Cod. Politicians have lined up behind the Alliance. In 2005, then-Massachusetts Attorney General Tom Reilly declared his passionate support for renewable energy, but avowed, "There is a right way to do things and there

is a wrong way, and this is the wrong way."

Even if we accept that there are strong, environmentally based arguments to be made for all these positions (and I do concede that point), our twin energy and climate crises may mean we no longer have the luxury to choose "none of the above." U.S. energy demand is growing at an inexorable 1.8 percent every year. If we expect our lights to come on when the switch is flicked, and if we want to save our planet from the worst effects of climate change as population continues to climb, then we're going to have to accept some electric power development.

We can't keep turning down the cleanest practical forms of energy because it will spoil the view or take out some wildlife habitat. Sad as it might be, the alternative is so much worse. Today, more than half of all electricity in the U.S. (including Cape Cod) comes from climate-aggravating coal, and we're producing more than 20 percent of the world's coal-related carbon emissions. If President Bush's energy vision were realized, we'd be building hundreds of new coal plants. Coal, he said, "should be at the heart of America's energy strategy."

But far more damaging to the environment than wind farms on Pennsylvania's ridgelines or LNG terminals in Long Island Sound is the mountaintop removal coal mining now going on throughout much of Appalachia. Pristine and ancient mountains are blasted out of existence, reduced to contaminated rubble that is then dumped into nearby valleys,



smothering streams and rivers in the process. This is the dark side of "clean coal." In West Virginia alone, 300,000 acres of hardwood forests have been destroyed by these highly destructive-but cheap-mining practices.

Very few environmentalists like nuclear power, but a few brave souls (including James Lovelock, originator of the Gaia theory, and Stewart Brand, founder of the Whole Earth Catalog) are taking a second look at it simply because-despite huge issues of safety and waste storage-nukes produce no global warming emissions.

Yes, the best answer to our climate and energy problems is aggressive conservation, and California (which has held electric demand in check as its population rises) provides an excellent example for other states. A carbon tax would be an excellent idea, too. But even conservation and regulation together are unlikely to keep demand in check. A diverse portfolio of high-output energy alternatives is needed, and needed quickly.

© 2007 Blue Ridge Press. Jim Motavalli is editor of E/The Environmental Magazine.

Lesson Learned in Angora Fire



Congressman John Doolittle

The recent Angora fire near Lake Tahoe should have opened everyone's eyes as to the need for better forest management. While this fire devastated the lives of the people who lost their homes, and has damaged the fragile ecosystem, it could have been much worse. It was through the magnificent efforts of the firefighters and other public safety personnel, paired with the removal and management of forest fuels that prevented this forest fire from becoming a much worse catastrophe. Now that the fire is 100 percent contained, and the imminent threat is diffused, we must look toward the future, because the long-term threat still remains.

While many of the extreme environmentalists manipulate the facts and claim that proper forest management is really pillaging nature, reality simply contradicts this assertion. Fire experts, including those on the front lines of fighting this fire have consistently stated, "You can see where responsible forest fuels management was done and where it was not", meaning where the fire could be managed versus where it ravaged neighborhoods.

Several years ago, I sponsored with Sen. Feinstein and the Tahoe Congressional delegation from

the State of Nevada the Lake Tahoe Restoration Act, which was signed into law by President Clinton on November 13, 2000. This bill authorized \$300 million over ten years for environmental restoration in the Tahoe Basin, including activities to reduce the risk of catastrophic wildfires. The language of the bill specifically noted that "Approximately 40 percent of the trees in the Lake Tahoe basin are either dead or dying, and the increased quantity of combustible fuels has significantly increased the risk of catastrophic forest fire in the Lake Tahoe basin." Recognizing this reality, I specifically placed fire risk reduction activities in the list of priorities to be considered in allocating funding authorized in the new law. The bill also required that the Forest Service coordinate with state and local agencies, including local fire departments and volunteer groups to conduct these activities, described as "prescribed burning, mechanical treatment, road obliteration or reconstruction, and other activities...the Secretary determines to be appropriate."

Environmental groups have been preventing for years the necessary use of mechanical thinning in stream environment zones and in zones near urban areas. The ash and soot from the Angora fire are real examples of the kind of pollutants that have become possible in the streams since proper thinning was not done. I witnessed this pollution first-hand in my recent visit to the site. All the efforts by the likes of various environmental groups have clearly resulted in one giant mess and created a problem far worse than what their ill-conceived policies intended to protect against. Filthy char-filled streams are now pouring out of the South Lake Tahoe

mountains into our lake in great part due to their interference with proper maintenance. It is completely appropriate that they be held accountable. They need to be more reasonable towards mechanical thinning efforts going forward. To his credit, Executive Director Harold Stinger of the often controversial Lahontan Regional Water Quality Control Board, realizes this and has admitted that it is in the stream zones that the Angora fire found its primary path and that "he wants to learn from that and see if there is something he was doing to hamper with fire prevention efforts." It is my hope that officials at the TRPA may wish to reevaluate their policies in light of what we have learned from the fire as well. I think the hundreds who lost their homes in the fire, would likely agree that maybe the area's popular slogan should be changed to, "Keep Tahoe Safe and Blue." And we can have a safer and more beautiful Tahoe by conducting the thinning more aggressively in the future.

Looking at a beautifully-managed forest you will see aged trees, healthy new growth, and an overall vigorous forest, which is much better than a charred, burnt and ecologically-damaged area for the next 20 years. This fire is certainly not the last one that we shall see, and the real questions is, are we going to wake up and take notice and make proper forest management a real priority. The Lake Tahoe region is one of the most beautiful and highly-visited areas in the nation, and we must be responsible stewards to protect this unique area from future forest fires.

Congressman John Doolittle represents California's 4th District, which includes El Dorado County.

Dems Break House Rules Again

WASHINGTON, D.C. - Rep. John T. Doolittle (R-Roseville) reported his disgust over a blatant disregard of House Rules by Democrats which occurred Thursday, night, August 2nd, on a vote that would have prevented illegal immigrants from collecting federal benefits.

"The Democrat leadership couldn't get their rank and file Members to support extending employment or rental assistance to illegal aliens last night, so they just pulled victory out of thin air," said Representative Doolittle. "They want so much to give illegal aliens federal benefits,

that even when beaten fair and square on the floor of the House, they fabricated vote totals to ram their proposal through."

The Democrats gavelled the vote closed, and the clerk reported the vote on the measure 215-213, which would have been a victory for Republicans. But Rep. Michael McNulty (D-NY), the member in the chair, reported a 214-214 tie, which incorrectly caused the motion to fail. Contrary to House rules, the majority party then shockingly let voting take place after the gavel. Eight Members in all changed their votes after the gavel, three

Republicans and five Democrats. "I was shocked by what I was witnessing," added Doolittle. "Even though the majority party has apologized for the events that transpired last night, they need to go a step further and do the right thing by reinstating the vote's original outcome."

Several Members continue to scramble to determine how or if the original vote can be reinstated. "Tampering with the floor vote is a serious matter that strikes at the heart of the democratic process. For the sake of all Americans, this matter needs to be corrected," concluded Doolittle.

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Fair Oaks News & Views

Chamber of Commerce President's Message



Angela Talent - President, Fair Oaks Chamber of Commerce

I hope you had some time to check out the Concerts in the Village Park in the Fair Oaks Village every Thursday evening at 7pm through September 6. This is such a great event for the whole family, make sure to bring your blankets, chairs and even a picnic dinner. The Honorary Mayor candidates are selling goodies to raise money for their cause and the Fair Oaks Foundation for Leisure and the Arts will be selling ice cream sundaes and root beer floats.

There are so many different types of bands to see:

On August 9th, Azuar a Rock and Roll band will be playing and on August 16th, Night Train will be playing. Check out the website at www.fairoakschamber.com for more information.

We are also excited to announce that Roberta MacGlashan, County Supervisor will be speaking at our next Luncheon on August 16th. For more information you may call 916-967-2903 or go to the website to sign up for tickets.

Side by Side by Sondheim

The Fair Oaks Theatre Festival will finish its 25th Anniversary Season with a sophisticated and witty production of "Side by Side by Sondheim." The show, a humorous and moving revue in two acts, runs Fridays through Sundays, August 18 through Sept. 23 at 8:00pm. There will be no performance Sept. 14. For more information, call (916)966-3683 or visit their website at www.fairoakstheatrefestival.com - (back row, l to r) David Blanchard, Brianne Hidden, Deane Calvin, Joe Hart; (middle row) Analise Langford-Clark, Dan Slauson; (front row) Ken Figeroid, Raymond Keller. Photo by John Wagner.



The Women's Thursday Club of Fair Oaks

The Women's Thursday Club of Fair Oaks will be holding its MEMBERSHIP LUNCHEON on Thursday, September 13, 2007, 11:30 AM, at the Fair Oaks Presbyterian Church on 11427 Fair Oaks Blvd. This 105 year-old organization provides service,

culture and friendship to women in the Fair Oaks, Orangevale, and Citrus Heights area. Bridge, gardening, social events, book club, community support, are important parts of the club. Spring time brings the Fashion Show event to raise money in

the support of 3 of our local high school graduating seniors. Phone in your reservations to Sue at 967-2024 for your reservation. The Club House is located at 10625 Fair Oaks Blvd for regular meetings during the September through May meetings.

American River Parkway Plan Update Getting National Attention

Sacramento, CA. -The American River Parkway Plan - Citizens Update Process has won a State-wide American Planning Association Award. The project will be recognized at the October 2nd luncheon during the State American Planning Association (APA) conference held in San Jose.

Additionally, the American River Parkway Plan - Citizens Update Process is one of twenty finalists, and the only project from California, for the Sustainable Communities Awards Program sponsored by the National Association of Counties. The Sustainable Communities Awards Program recognizes outstanding urban, suburban, and rural counties whose innovative collaborations are leading the effort to create sustainable communities through economic enhancement, environmental stewardship, and social responsibility. Notification of award winners is expected in September.

"We are pleased that this highly collaborative, five-year process was selected for the State APA Award and look forward to hearing the results from

the National Association of Counties," said project manager Sunny Williams with the Planning Department. "This is a testament to the hard work and dedication that all of the stakeholders brought to the project."

The National Association of Counties Center for Sustainable Communities Program focuses on accomplishments of counties that have worked together with other governments, private sector and community leaders to develop policies and programs that will lead to economic enhancement, environmental stewardship and social well-being - the three pillars of sustainable communities. It is designed to be a catalyst to help local government officials find solutions to community problems.

The American River Parkway Plan Update process centered on the work of the 24-member appointed Update Citizens Advisory Committee consisting of: ten members appointed from local governments (County of Sacramento and the Cities of Rancho Cordova and Sacramento), and organization representatives from: four

environmental, seven recreational, and three community groups.

The Update Committee worked with a seven agency Project Management Team and large numbers of the public to update the 1985 Parkway Plan. The Update Committee met from January 2004 - June 2006. They dedicated themselves to monthly meetings, sometimes even bi-monthly, 3-4 hours per night, and countless hours of public workshops and reading assignments in between the meetings.

Through the consensus based decision making process, the Update Committee discussed, analyzed and debated the merit of proposed new uses and modifications to existing policies. From mountain biking, to dogs off-leash, to a proposed California Indian Heritage Center, the Update Committee worked collaboratively to provide recommendations on over 200 policies in the Updated Plan. After two and one-half years of late night meetings, Saturday tours and reams of paper of reading homework, the Update Committee recommended the 2006 American River Parkway Plan.

Two Charged with Voter Fraud in March Measure M Election

Sacramento County Registrar of Voters Jill LaVine announced today that David Martin and his wife Tarah Meyer-Martin, both of Fair Oaks, will face criminal prosecution for engaging in acts of voter fraud. Both Martin and Meyer-Martin were charged with two felonies for perjury of voter registration forms and for voting in an election they were not entitled to vote in.

Martin and Meyer-Martin filled out and signed voter registration cards, under penalty of perjury, claiming they resided at an apartment they never actually lived in to gain eligibility to vote in the March 2007 Measure M election. Measure M is a \$750 million bond by the Folsom-Cordova Unified School District designed to help finance as many as 30 new schools in a largely underdeveloped area south of Highway 50.

Even though the ballots cast by Martin and Meyer-Martin were challenged by LaVine and not counted, Measure M easily passed by the needed two-thirds margin. "I don't think many people realize the consequences for making false statements on voter registration forms and absentee ballots. The risk of being caught and the penalty

far outweighs the advantage," said LaVine.

"Thanks to Jill LaVine and her staff who became suspicious and started asking questions when five people registered to vote at a single apartment address just before a controversial bond measure was set to appear on the ballot," said Secretary of State Debra Bowen, whose investigations unit looked into the complaint after it was filed by Sacramento County in March. "Voter fraud should never be taken lightly. This case is a great example of county and state elections officials working together to prevent people from illegally manipulating the voter registration rolls in an attempt to get their measure approved at the ballot box."

On March 27, 2007, Sacramento County Elections conducted an election for Measure M on behalf of the Folsom-Cordova Unified School District School Facilities Improvement District No. 3. There were 231 registered voters eligible to vote on this proposal. The District held an election on this same issue in November 2006 where the measure fell two votes short of approval.

Registrar of Voters Jill LaVine became aware of several new voter

registrations and return absentee ballots filed within the boundaries of the District that raised potential voter eligibility concerns. LaVine contacted the California Secretary of State (SOS) to request an investigation. County Registrar of Voters does not investigate cases of suspected voter fraud.

Following a thorough investigation, the SOS discovered that David Martin and his wife Tarah Meyer-Martin claimed to have moved to an apartment in Rancho Cordova within the District precinct and re-registered to vote using this address. Three more individuals were also registered to vote at this address. During the investigation both Martin and Meyer-Martin were found residing in their previous registration address in Fair Oaks.

According to the County Counsel's office, California Elections Code section 2021(b) states that "(a) person does not gain a domicile in any precinct into which he or she comes for temporary purposes merely, without the intention of making that precinct his or her home." For more information, contact the Sacramento County Elections Office at 875-6451.

Concerts in the Park 2007

- 08-09 **Azuar**
Hosted by Angela Talent, Strategic Financial Services - Rock and Roll
- 08-16 **Night Train**
Hosted by Dr. Elisabeth Swan, Optometrist - Swing, Smooth Jazz, Rhythm and Blues
- 08-23 **Past Due and Playable**
Hosted by Warren and Janet McWilliams - Acoustic Bluegrass, Swing, Folk and Humour
- 08-30 **Mimosa**
Hosted by Women's Thursday club of Fair Oaks - Jazz, Swing and Pop Vocal Group
- 09-06 **Capitol Pops Concert Band**
Hosted by Trude Vasquez, Cruises Inc.- Broadway, Popular, Patriotic

Note: Bands subject to change



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6 Months
Kevin H.
Roger B.
9 Months
Tom B.
18 Months
Fred M.
2 Years
Nathan M.

3 Years
Eric L.
David J.
7 Years
James M.
22 Years
Don T.

Gold River News & Views

MOVIE REVIEW



By David Dickstein

"No Reservations"

Rated PG for some sensuality and language. 104 minutes - 2 1/2 of 4 stars.

Too much of one ingredient taints the culinary romantic comedy "No Reservations." Had the movie used only a pinch of sorrow instead of a heaping, the subtle, sweet flavors of opposites attracting and a complementary familial subplot would not have been disconcertingly overpowered.

This isn't to suggest that the kitchen-set love story starring Catherine Zeta-Jones needs a cute animated rat chef to lighten things up - "Catatouille" wouldn't work - but more honey and less vinegar would have been appreciated.

"No Reservations," a remake of the 2001 German charmer "Mostly Martha," centers on Kate (Zeta-Jones) a master chef whose entire life is the kitchen she runs at 22 Bleecker, a well-reviewed, upscale Manhattan restaurant. That is, until her sister is killed in a car crash and she becomes guardian of her 9-year-old niece Zoe (Abigail

Breslin). Suddenly, the controlling, self-centered perfectionist must care for someone other than herself, a difficult role for a woman whose edges are so hard she'll storm out of the kitchen wielding a knife to rebuke a complaining customer.

Once Kate and little Zoe can get past the mourning period and adjust to living together, the romantic comedy should be ready for, well, romance and comedy. We're not so lucky. Director Scott Hicks ("Shine," "Snow Falling on

Cedars") belabors both Kate's inability to be of the motherly type and Zoe's reluctance to her new domestic situation. One time oversleeping on a school day should be sufficient for the audience to get that parenthood is a hard adjustment for the aunt, but then more than halfway through Kate forgets to pick up her niece after school, meaning another round of "I'm doing the best I can!" and "I want my mommy!" And, really, how often must Zoe flip through a photo album, watch a home movie and cuddle with a stuffed animal Mom bought her before she accepts the new normal? In real life, countless times, but in a

movie south of 2 hours, twice should do it, not half a dozen.

The saving grace is the actress brooding is the amazingly talented 11-year-old Breslin ("Little Miss Sunshine"). In other hands, Zoe would be more pathetic than sympathetic, but Breslin delivers the goods and definitely holds her own opposite the striking Zeta-Jones, both of whom make the most of their under-developed characters.

In between futile attempts to draw tears, Kate's love interest appears, mercifully, in the form of a fiery and fine-looking sous chef named Nick (Aaron Eckhart). Hired while Kate was taking a few personal days off, Nick and his free-wheeling style are refreshing for those sorely in need of levity by this point, meaning us and the stressed kitchen staff. Naturally, the two chefs immediately lock horns, but like a lactose-intolerant person eating a quart of yogurt, we know exactly how things will end, though slightly less sickening.

Predictable, under-cooked and schmaltzy (we didn't even go into Zoe's match-making skills and the barfy safari-themed dinner concocted by the girl and Nick), "No Reservations" has 4-star actors working off a 2-star script. Watching the movie is akin to ordering filet mignon at McDonald's.

David Dickstein is an award-winning freelance entertainment and travel writer, and a former staff writer with the Orange County Register, Long Beach-Press Telegram, Irvine World News and Vista Press. He has earned more than 50 writing awards as a professional journalist, including two national awards over the past three years for film and travel writing. David also is a top contributor of film reviews to the best-selling DVD & Video Guide published by Ballantine Books. By day David is a senior press relations manager at Intel Corporation in Folsom. He resides in Gold River with his wife and two sons.

"SER GOT" MAIZIE! ...OR GOOD MAIZIE

By Kay Burton

Maizie is a sweet, 8-week old West Highland Terrier that is learning German. "Ser Got" (pronounced Sir Good) means "Good." Gold River residents Michael & Cindy Green, daughters Kylie and Kerie' recently adopted Maizie, she was born in Jacksonville, Oregon and seems to be enjoying her new home. Besides being a happy little girl with a ferocious bark, Maizie is also being trained using German commands. In addition to Ser Got she is learning Sitz for sit, Komm for come, Pfui for "no dogs" and nein for No. Maizie's owners were advised that bringing a new puppy into a home would be a lot less confusing for all if Maizie had her own commands. Using German words like Nein prevents Maizie from being confused if she hears the word no if it was not intended for her. Not only is Maizie learning German but her family is learning

a few words in a new language as well.

The Westie's are a game terrier and a have a very strong will. Their ancestors came from the highlands of Scotland where THEY were hunters.

The West Highland Terrier is all terrier- a large amount of Scotch spunk, determination, and devotion crammed into a small body. Outdoors they are truly sporty, good hunters, speedy and cunning, with great intelligence. In the house, they are all that one can desired of a pet, faithful, understanding, and devoted, yet happy and lighthearted. Maizie has made friends of the Greens family pets, the resident cat of the house, Max and a gerbil named Chester.



"Possessed of no small amount of self-esteem" is a good description of the terrier personality."

Kay Burton is a Gold River resident and columnist. To share your family pet story with our readers, email: Kayburton1@comcast.net

Marsella & Mom Ready to Hit the Bike Trail

Little Marsella, eight months old, is ready to hit the bike trails. Her mother, Dayna Scorcone, takes her out for a daily bike ride on the Gold River bike trails, but not without her helmet. Submitted by: Kay Burton Photo by: Dayna Scorcone



County Regional Parks Reopens Bike Trail

Sacramento, Calif. - Cyclists are ready to ride now that the closed portion of the American River Parkway Trail has reopened. The trail was damaged last March during a fire that engulfed the Union Pacific (UP) railroad trestle located near Cal Expo.

"This is great news," said Dave Lydick, Regional Parks Deputy Director. "Cyclists were incredibly patient during the trestle fire clean-up and construction period and we're thankful that UP has finished up work caused by the fire."

The trail was closed between mile marker 3.5 and mile marker 6 during the trestle reconstruction and subsequent clean-up effort to remove contaminated soil caused by fire debris. "There was a tremendous amount of work to be done by UP contractors who hauled out and replaced 14,000 cubic yards of soil, to avoid contamination to the water table, then removed and replaced the 2,600 foot portion of the damaged trail," added Lydick.

During the closure, riders were provided two detours around the fire

area and UP allowed riders to pass through the trail during construction breaks. "Even with the detours in place, many of our frequent trail users felt inconvenienced so we're happy they can return to their normal routine," added Lydick.

The final additions to the trail—decomposed granite shoulders intended for walkers and joggers—are scheduled to be installed in the near future. Signs alerting trail users to be cautious will be posted until the shoulders are installed.

Girl Scouts Volunteer Information Night

Girl Scouts Heart of Central California is hosting a Volunteer Information Night on August 14, 2007, from 6:45 - 8:00 p.m. This event will be held in the Girl Scouts Heart of Central California Council office, located at 3005 Gold Canal Drive, Rancho Cordova, CA 95670. Come and find out how you can help girls in your area develop courage, confidence and character. Representatives from Membership, Outreach, Training, Program events

and Administration departments will talk about different volunteer opportunities.

For more information about Girl Scouts or volunteering, visit www.girlscoutshcc.org, call (800) 322-4475 or email info@girlscoutshcc.org. For more information about the Volunteer Information Night, contact Rachael Harrington at (916) 638-4475, ext. 2822 or rachael.harrington@girlscoutshcc.org.

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Orangevale News & Views

Letter From the President...



great. If you have the time stop by, enjoy some good food and tell Ali the chamber sent you.

It was nice to see so much support for the The Sound of Healing concert for one of our own resident. Lets keep Janet in our thoughts and prayers.

Do you make a good pot of chili? We are forming the committee to get this event on the road for our second annual Brewfest and Chili Cook off. Anyone can enter or just come and partake in the chili and beer.

We are looking for volunteers to chair a committee or be a member of a committee. We have some exciting things

happening here in Orangevale.

Check out our web page and the advertising opportunities. We are always looking to improve our benefits for our members. www.orangevalechamber.com

Please feel free to call the office anytime with your concerns, we are here to serve the business and the community. Remember my door is always open to you.

Sincerely Yours
Katherine Leonard
Katherine Leonard -
OVCC President



The OVCC would like to say Thank Jerry Freelove at the Orangevale Liquors on Greenback Lane in Orangevale who gives us a hand with each one of our Mixers every month. If you are interested in holding a mixer please contact the office at 988-0175 or Cindy Sue Jones at 988-4810.

Networking Breakfast Group meets the first and the third Thursday of each month. Meetings are at 7am at Denny's Restaurant, 8841 Greenback Lane. Bring your business cards and be prepared to talk about your business. Meet other local business people interested in networking with you and discover the rewards of investing your time. Denny's will give those attending 10% discount on breakfast. Next meeting will be Thursday August 16, 2007. For more information call our office at 988-0175.

We had our installation Dinner at Kolbeh Kabob and everyone had a fantastic time, even the belly dancer. The food was

Mixer News

The Orangevale Chamber of Commerce mixer had a huge turn out. Our hostesses for the night was the Orangevale/Fair Oaks Girls Softball. Their President Andrea Rohman spoke on ways that business can help in sponsoring the young girls of today. OVGSA and Fair Oaks Girls Softball are now members of NorCal. Their new name is American River Girls Softball. The purpose of American River Girls Softball is to implant in the youth of the community through instruction and teaching, the ideals of good sportsmanship, honesty, loyalty, courage and reverence, so they be may finer, stronger and happier youth who will grow to be good, clean, healthy adults.

Assisting her in this event was Lisa Montes, who help set up this

mixer along with Pat Charles who is the Player Agent. You would have thought you were at the ball park because of the theme of food; it kept you in the mood. With the Cracker Jacks, Hot Dogs, and Nachos, you were fired up to play ball. Thank you everyone for being a team player and for all of those that came to support the event and the Orangevale Chamber. If you would like more information about the Orangevale/Fair Oaks Girls Softball, you can go their website at www.ovgirlssoftball.org.

August Mixer will be hosted by Achilles Chiropractic at the Orangevale Grange Hall, 5807 Walnut Ave. And to top it off we will be having the drawing for the Jet Ski from Lorraine Silvera who is running in the Honorary Mayor race. We are still selling the tickets at our office, so don't miss out. Call and get one today.

Orangevale Cancer Survivors Invited



Rich Hale - Survivors Committee, Orangevale Relay For Life

The Orangevale American Cancer Society Relay for Life will be held October 6th and 7th, 2007 at Louis Pasteur Middle School in Orangevale. The Relay for Life is not just another fundraiser, it's an unmatched community event. It brings together cancer survivors, caregivers, family, and friends. The event will begin Saturday morning with an opening dedication and survivors walk. After that, everyone is free to take the field to show their support. From 10am Saturday to 10am Sunday, the field will be filled with teams and individuals walking with old friends, making new ones, sharing stories of hope and inspiration, and remembering those who fought the disease. There will be teams with information for victims, teams with raffles, and teams with food. There will be teams from families, businesses, and community groups. There will be individuals who walk for a few minutes and those who walk for hours.

At 9PM, as the sun sets, the luminaria ceremony will be held. Hundreds of luminaria bags will be lit to light the field through the

night. Each luminaria is decorated with a name, picture, or message. Some are congratulations to those who have survived, others are encouragement for those who are still fighting, and many honor those who lost their battle.

My first Relay for Life was in August of 2006. My mother had been diagnosed with colon cancer just a few weeks before. The 2006 Relay for life was my first chance to see mom after her diagnosis. It was an inspiring event for survivors, family, and friends. At 10am Saturday, the relay began and I walked the first lap with mom around a field where I had not set foot on since high school track in 1983. I walked the opening lap with my mother, who rode a borrowed electric scooter because she was too weak to walk. I continued to walk. I walked for 5 miles with my dad, then a few with my young children, who made chains with their paperclips, and then some with my sisters and my brother. I walked more than fifty miles before the event ended Sunday.

During the day, news of my mom's cancer circulated through

the track. Most people had not known. Mom is a beloved figure in her community, thanks to all thousands of quilts she has made and donated to shelters, raffles, etc. When evening came Saturday, and luminaries were placed around the track to honor those lost and those survivors, an amazing thing happened. Many people had a single luminaria, donated by a friend or family member. In some cases, there was a second or third for the same person. My mother had one, then 2, then 5, then dozens. Some just said, "For the quilt lady", because they never even knew mom's name. I walked with my father while they put out those luminaries, and there were tears in my eyes, and his too, I think. Mom came back in the evening for the luminaria ceremony and saw them lit, and as I said earlier, hope springs eternal. Nearly a year after that first Relay, after surgery and months of chemotherapy, mom walked the survivors lap without the aid of a scooter. She isn't cancer free yet, but we haven't stopped walking yet either.

So, that brings us back to the Orangevale Relay. My family and friends have our own Relay for Life team now. "The Friends of the Quilt Lady" will be hosting the survivor's area at Orangevale, where there is will food, T-shirts, and thank you gift bags for all our survivors who attend. I invite everyone to come out. Whether you walk 1 lap or 100 miles, whether you donate a few dollars, walk as an individual, light a luminaria, start your own team, or help us find business sponsors, you will help make a difference for Relay for Life, and Relay will make a difference against cancer.

The Sound of Healing a Success

On behalf of The Sound of Healing, Antelope Community Events, Janet and her family, we would like to say thank you to our amazing community and media support!

We are so thankful that because of all of you, "The Sound of Healing" concert in the park cancer benefit was a complete success and has set the ball rolling for this to become an annual event helping someone new every year!

Our Goal was to raise \$26,000.00 to be able to pay off Janet's medical bills. We did not hit the mark but we came amazingly close before expenses. Our net total came to \$16,585.00 so far. We do plan on having a two week raffle at Jan's Lounge in Orangevale as well as a car wash in hopes to raise the remaining balance. For more information and dates please check the web site www.thesoundofhealing.org we will

post the dates in the near future as well as updates on Janet. People with hearts like all of yours that have helped in supporting Janet, are needed today more than ever and it is our hope that all of you receive a blessing in your life that more than matches the blessing you have been to this organization and Janet's family.
God bless you all

The Sound of Healing

Community Input Sought on Future of Greenback Corridor

Sacramento County-City of Folsom Effort to Develop Revitalization Strategy

Sacramento, Calif. -With a grant from the County Department of Economic Development and the City of Folsom, the Department of Neighborhood Services is conducting an on-line survey as part of the Greenback Lane Economic Development Strategy. The survey will gather community input on the Orangevale community, targeting a one-mile radius from the intersection of Greenback Lane and Main Avenue.

"This is a vital commercial corridor

that contains more than two million square feet of commercial and retail space with great potential for housing and retail development," said Steve Young, Service Area Manager with Neighborhood Services for the eastern county. "The corridor sees thousands of daily commuters go to and from the Folsom area."

The Board of Supervisors voted to allocate funds for the effort, and with the assistance of consultants Bay Area Economics and Rooney Public Affairs, the information will be used to develop a revitalization strategy for this important commercial corridor.

The survey will be posted through

September 12 and residents, landowners and businesses are encouraged to participate.

The survey can be taken online or via hard copy. Community members are encouraged to visit <http://dns.saccounty.net/CSAEastern> or contact Seann Rooney at (916) 447-1960 (sprooney@pacbell.net) for a hard copy of the survey.

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Chris Andis - Communications and Media, Municipal Services Agency, Sacramento County

2008 Pow Wow Days Committee Meeting

The Orangevale Chamber of Commerce will have a meeting on August 21, 2007 at 5:30 pm. If you are interested in volunteering please come. We can always use fresh ideas and extra hands. The meeting will be at the Chamber office, 9267 Greenback Lane, B-91. You can call the office 988-0175. Steve Morgan will be chairing this event again this year.



Kirk Camunez

Don't Let External Events Keep You From Investing

If you look for reasons not to invest right now, you could find them - global unrest, high gas prices and so on. Yet, if you wait until "things settle down" before investing, you'll have difficulty achieving your financial goals, because there will always be some external events that could keep you out of the market - if you let them. But the smartest investors look beyond today's headlines - and when tomorrow arrives, they are often rewarded for their patience

and perseverance.

Want proof? Look at every major event of the past century that could have given investors the jitters, such as assassinations, wars and political crises. You will find that after just a few years - and in some cases, a few months - the stock market not only gained back the ground it initially lost, but moved to new heights.

For a dramatic illustration of this pattern, consider the aftermath of the terrorist attacks of Sept. 11, 2001. Immediately following this event, the stock market closed for several days. When it reopened, the Dow Jones Industrial Average immediately fell 684 points. By Sept. 24, the Dow was off 14.3 percent, its worst weekly percentage loss in 61 years. For 2001, the Dow lost 7.1 percent, closing the year at 10,021. But if you fast-forward five years to 2006, the Dow had recouped its losses several times over, closing the year at 12,463 - a 24 percent gain since the 2001 close.

In short, while it is true that past performance is no guarantee of future results, history has shown that the stock market has been resilient enough to overcome even the most cataclysmic of events. So don't head to the investment "sidelines" in reaction to troubling news. You may need to change your investment strategy in response to some events - but, by and large, they should be events related specifically to your individual situation or your existing investments. Consider the following scenarios:

You move closer to retirement. During much of your working years, you're trying to build financial resources for retirement. Consequently, you'll need to invest a sizable amount of your portfolio in growth-oriented vehicles, such as stocks. As you move closer to retirement, and even during retirement, you'll still need some exposure to stocks, because you'll need their growth potential to keep ahead of inflation. However, you may want to work with your financial advisor to rebalance your portfolio to provide more income-producing opportunities, which may come from bonds, certificates of deposit or even dividend-paying stocks.

You see a change in your existing investments. Many people sell some of their investments due to short-term price fluctuations. This is generally not a good idea, because long-term performance is what counts. However, if you notice other changes in your holdings, it may be time to make some moves. For example, if you own stock in a company whose management or business objectives have changed, or whose products or services no longer seem competitive, you may be better off by selling your shares and moving on to new opportunities.

You may find other reasons associated with your life or your portfolio to make changes - but don't be swayed by the events of the day. If you invest wisely, and keep on investing, the future can be bright.

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A systematic investment plan does not assure a profit and does not protect against loss in a declining market. Such a plan involves continuous investment in securities regardless of fluctuating price levels of such securities, the investor should consider the financial ability to continue the purchases through periods of low price levels.

Kirk M. Camunez
Financial Advisor

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MARVIN THE CALF by Ralph Hazen



Sex Offender Registrant Pleads Guilty to Many Bank Robberies

SACRAMENTO--United States Attorney McGregor W. Scott announced today that BRIAN SCOTT TRAYNOR, 41, of Rancho Cordova, California pled guilty today to two felony counts of bank robbery before United States District Judge William B. Shubb.

The case was investigated by the Sacramento Violent Crimes Task Force, which includes the Federal Bureau of Investigation, Roseville Police Department, Amador County Sheriff's Department, Grass Valley Police Department, Lincoln Police Department, and Sacramento County Sheriff's Department. The task force dubbed TRAYNOR "the sports cap" robber because TRAYNOR wore baseball type hats to disguise himself during the commission of his bank robberies.

According to Assistant United States Attorney Michelle Rodriguez, who is prosecuting the case, TRAYNOR committed seven bank robberies between 2005 and 2007. The banks that SMITH robbed -- all using demand notes and wearing sports-

type caps -- are as follows:

(1) On August 27, 2005, the Safe Credit Union, located at 7475 Madison Avenue, Sacramento, California. Traynor took \$1,965.

(2) On April 11, 2006, the Bank of the West, located at 1011 Helen Power Drive, Vacaville, California. Traynor took \$7,000.

(3) On February 26, 2007, Traynor again robbed the Bank of the West, located at 1011 Helen Power Drive, Vacaville, California. Traynor took \$8,450.

(4) On March 2, 2007, Traynor robbed the Golden 1 Credit Union, located at 6839 Five Star Boulevard, Rocklin, California. Traynor took \$4,900.

(5) On March 10, 2007, the Wells Fargo Bank, located at 340 F Street, Davis, California. Traynor took \$5,300.

(6) On March 21, 2007, the California Bank and Trust, located at 126 North D Street, Madera, California. Traynor took \$5,530.

(7) On March 29, 2007, Traynor robbed the Citibank, located at 9601 Greenback Lane, Folsom, California. Traynor took \$3,985. TRAYNOR has prior felony

convictions for prohibited acts with a minor and for possession of controlled substances, and is a registered sex offender. TRAYNOR pled guilty to two counts of bank robbery: for the April 11, 2006 robbery of the Bank of the West, and for the March 29, 2007 robbery of Citibank. However, as relevant conduct TRAYNOR admitted commission of the five additional bank robberies. TRAYNOR agreed to pay restitution for all seven bank robberies.

TRAYNOR is scheduled to be sentenced in Sacramento on Monday, October 15, 2007, at 8:30 a.m. before Judge Shubb. TRAYNOR faces a maximum of 40 years in prison for the bank robbery charges and a three year term of federal supervised release. However, the actual sentence will be determined at the discretion of the court after consideration of the Federal Sentencing Guidelines, which take into account a number of variables, and any applicable statutory sentencing factors. TRAYNOR was remanded into federal custody after entry of his guilty pleas.

First Human Cases of West Nile Virus for 2007 Reported in Sac County

(Sacramento, CA) -- The first human case of West Nile Virus has been reported in Sacramento County, and a second suspected case is in the process of being confirmed. West Nile Virus (WNV) is a mosquito-borne illness that initially came to the United States in 1999.

The first individual is a 72-year-old man from Texas visiting family in Orangevale. He has been in Sacramento since July 8 and became sick on July 16. He has been released from the hospital. Because he is a Texas resident, he will not be counted in California's West Nile Virus case count but will be counted in Texas as an imported case.

The second individual is a 76-year-old man from Fair Oaks. He has been hospitalized with symptoms consistent with West Nile fever and has undergone tests for West Nile Virus. It will take about a week for test results to confirm this suspected case.

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

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

Residents can reduce their risk of acquiring mosquito-borne diseases by practicing the "Seven D's":

- DRAIN any standing water that may produce mosquitoes.

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

- DRESS appropriately by wearing long sleeves and pants when outdoors.

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

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

Residents can contact SYMVCD at (916) 685-1022 to report significant mosquito problems at home or work.

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

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

Last year in California, there were 278 reported human cases of West Nile infection and 58 horses reported with the virus.

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

Additional WNV information can be found at: www.fightthebite.net, www.cdc.gov, www.scph.com

Home Safety: Car Alarm

Put your car keys beside your bed at night. If you hear a noise outside your home or someone trying to get in your house, just press the panic button for your car. The alarm will be set off and the horn will continue to sound until either you turn it off or the car battery dies. This tip came from a neighborhood watch coordinator. Next time you come home for the night and you start to put your keys away, think of this: It's a security

alarm system that you probably already have and requires no installation. Test it. It will go off from most everywhere inside your house and will keep honking until your battery runs down or until you reset it with the button on the key fob chain. It works if you park in your driveway or garage. If your car alarm goes off when someone is trying to break in your house, odds are the burglar or rapist won't stick around.... after

a few seconds all the neighbors will be looking out their windows to see who is out there and sure enough the criminal won't want that. And, remember to carry your keys while walking to your car in a parking lot. The alarm can work the same way there.... This is something that should really be shared with everyone. Maybe it could save a life or a sexual abuse crime.

Laughable Lawsuits: Justice or Joke?

By Jeff Isaac, "The Lawyer in Blue Jeans"

Bizarre Court Cases Promote Legal System Levity

Beyond eliciting more than a few chuckles, some court cases hitting the docket of late just make you scratch your head and wonder if the judicial system might be in serious need of reform to weed out frivolous, and even downright fraudulent, cases.

Consider these wacky judicial gems of late:

1. California: Man sues

himself for trying to raid his own trust fund (LODI v. LODI, 219 Cal. Rptr. 116; Cal. App. 3 Dist 1985)

2. Missouri: Prisoner sues three judges, a prosecuting attorney and a court clerk for allegedly conspiring against him (HORSEY v. ASHER, 593 F.Supp. 441; W.D. Mo., 1983)

3. Michigan: Distracted man brings suit against a careless driver on behalf of his "beautiful oak tree," which the driver crashed into (FISHER v. LOWE, 333 N.W.2d 67; Mich. Ct. App. 1983).

4. Ohio: Youth baseball

coach is being sued by the father of the catcher on the team due to a "winless season"

5. Canada: A judge has found a man guilty of abusing his girlfriend, and, as part of his sentence, he has prohibited the man from having another girlfriend for 3 years

Jeff Isaac, Esq. - AKA "The Lawyer in Blue Jeans" - can be reached via email at jeff@lawyerinbluejeans.com or through his Web site at www.lawyerinbluejeans.com.



CITRUS HEIGHTS POLICE DEPARTMENT



MEDIA REPORT

Date & Time	Incident #	Location
July 27, 2007 6:50 p.m.	0708665- Possession of Dangerous Drugs	Sunrise & Arcadia
A Citrus Heights Police officer was on patrol and stopped a vehicle for a seatbelt violation. Upon contact, the passenger was found to be on searchable probation for drug violations. A search of the passenger, Bobbi Milke 29 years old, revealed a syringe and about .4 grams of methamphetamine. She was booked into County Jail without incident.		
July 27, 2007 12:02 a.m.	0708672- Possession of Dangerous Drugs, Possession of Unlawful Weapon, Possession of Marijuana < 1 oz., Alcohol given to a minor	Block of 6000 Fair Oaks
A Citrus Heights Police officer was checking the area for a possible assault suspect when he came across a vehicle parked in a commercial parking lot. The vehicle was occupied by three people and the strong smell marijuana and alcohol was emanating from it. The officer did a search of the vehicle and located 5 ecstasy pills, a sandwich baggie containing marijuana, a pair of brass knuckles, and Vodka. Two suspects were arrested after they admitted possession. The two suspects were Casey Carpenter, 18 years old, and Alexander Knapp, 18 years old. Carpenter was booked and Knapp was cited and released.		
July 27, 2007 01:52 a.m.	0708674- Battery	Block of 7500 Auburn
Officers responded to this area after the clerk at the liquor store called 911 three times to report an active fight inside of his store. Upon the officers' arrival, they located several subjects in the parking lot who appeared very agitated. They called for additional officers and were able to arrest two suspects for battery. One victim was rushed to the hospital (as a precaution) because he was kicked in the head and having problems remembering what he just said. A second victim complained of pain but refused any medical attention. The suspects were Jerald Mello, 23 years old, and Angelo Gonzales, 23 years old.		
July 28, 2007 01:28 a.m.	0708712- DUI	Antelope & Tupelo
Officers arrested Keith Pointes, 32 years old, after he began to weave over several traffic lanes. Pointes was put through some Field Sobriety Tests, which he failed. He later blew a 18% blood alcohol content. He was booked into county jail.		
July 29, 2007 12:15 p.m.	0708725- Burglary & Robbery	Target at Sunrise Blvd.
Jeremy Horch, 21 years old, fought with Target security while trying to escape after shoplifting. During the struggle, Horch dropped his backpack before fleeing and being chased through the parking lot by citizens. Inside the backpack were several pieces of paper, including job applications, with his name and address in Carmichael. Horch was arrested and taken to county jail.		
July 29, 2007 4:27 p.m.	0708734- Robbery	Mervyn's San Juan Ave.
An unidentified female (described as older, white, and with red hair) shoplifted several times from Mervyn's. When approached by loss prevention in the parking lot, the suspect got into her older black BMW. As the suspect sped away, loss prevention jumped onto the suspect's hood to avoid being struck too hard. The vehicle was last seen southbound on San Juan towards Madison. Suspect is outstanding.		
August 1, 2007 1:10p.m.	0708867- Receiving Stolen Property	Woodmore Oaks at Red Maple Way
An officer made traffic stop on a vehicle and was having difficulty identifying the driver. The driver suddenly fled and jumped in the bed of a passing pick up truck. The passenger in the car from the original stop was less than cooperative and was searched per her probation. Several ID's and personal items were located in her purse. Items were determined to be stolen from a vehicle burglary in Rancho Cordova on 07/31/07. Echo Bertolino 25 years old was arrested and booked at the county jail.		
August 2, 2007 8:00a.m.	0708898- Dagger possession & Drunk in public	Block of 7700 Reno Lane
James Hardin, 44 years old, was contacted after being reported of throwing rocks at his ex-girlfriend's house and yelling. He was intoxicated and found in possession of a dagger. The suspect had a blood alcohol content of +.30. James Hardin was arrested and booked in county jail.		
August 2, 2007 7:09p.m.	0708923- Robbery	Block of 6900 Sunrise Blvd. near Food Max
Officers responded to this location after a victim was threatened by 6 Hispanic males who demanded the backpack he was wearing or they were going to beat him up. An area check for the suspects was met with negative results. The victim was uninjured.		
August 2, 2007 10:28p.m.	0708929- Strongly Armed	Donegal and Cavan
Officers responded to this address after a male subject, who was out walking, was stopped by two Black males who demanded his wallet. While the victim was attempting to retrieve his wallet, one of the suspects punched him in the chin area causing visible injury. Fire was called to treat the victim's injuries. Suspects were gone on arrival.		

THEY'LL DO IT EVERY TIME



LEFT-HANDED COMPLIMENT DEPT.-

MY! MY! LULULA... YOU LOOK SO-O THIN-

IT'S REALLY ANOTHER WAY OF SAYING SHE LOOKED FAT LAST TIME SHE SAW HER...

TACT IS FOR HANGING A CALENDAR-

Thank to B. HORRORS, NEW YORK, N.Y.

BY AL SCADUTO



J'EVER NOTICE? TRY TO START THE DAY WITH A SMILE... JUST DON'T TURN ON THE MORNING NEWS...

COST OF - A - LIVING HITS TAXES UP - STOCK MARKET CLOSES - STRIKES - TORNADO'S OF - GLOBAL WARMING - ETC. ETC.

KOFF-KOFF-AWK- FOULING UP THE AIR! SOMEBODY OUGHTA TO SOMETHING-AWK-

DON'T HE NEED A PERMIT TO DO THAT?

Thank to J. ENNISON, DALLAS, TEXAS

THE FIRST MAN TO DISCOVER FIRE WAS ALSO THE FIRST AIR POLLUTER... RIGHT? OH, YEAH... JUST ASK HIS NEXT-CAVE NEIGHBORS...



KOFF-KOFF... EVERY TIME WE HAVE A LAWN PARTY THEY START WITH THAT STUPID INVENTION OF HIS-KOFF... OH, YEAH... JUST ASK HIS NEXT-CAVE NEIGHBORS...

ALSCPTD@AOL.COM

CRIME REPORTS

- Fair Oaks** *From The Sacramento County Sheriff*
- 1 2007-07-20 07:30 Burglary Residential 7300 block of Ash Rd Residence/home 2418
 - 2 2007-07-20 12:00 Burglary Residential 8000 block of Archer Ave Residence/home 2404
 - 3 2007-07-20 16:00 Burglary From Vehicle 3900 block of New York Ave Vehicle 2407
 - 4 2007-07-20 16:00 Robbery 5500 block of Waldron St Residence/home 2416
 - 5 2007-07-21 20:30 Aggravated Assault 8900 block of Leatham Ave Public use area 2413
 - 6 2007-07-21 23:30 Larceny/Theft 10500 block of Fair Oaks Blvd Residence/home 2404
 - 7 2007-07-22 00:53 Burglary Residential 4700 block of Bamboo Way Residence/home 2404
 - 8 2007-07-22 12:30 Simple Assault 4700 block of Rustic Rd Residence/home 2418
 - 9 2007-07-22 23:00 Burglary From Vehicle Bridge St / Capitola Ave Vehicle 2406
 - 10 2007-07-23 18:45 Burglary From Vehicle 8000 block of Sierra St Vehicle 2406
 - 11 2007-07-24 02:25 Simple Assault 4900 block of Stamas Ln Residence/home 2401
 - 12 2007-07-24 10:00 Burglary Residential 8200 block of Walnut Hills Way Residence 2414
 - 13 2007-07-25 03:16 Vandalism 8100 block of Greenback Ln Liquor store 2415
 - 14 2007-07-25 05:00 Larceny/Theft 5200 block of Lake Knoll Ln Residence/home 2401
 - 15 2007-07-25 18:00 Robbery 4500 block of Hazel Ave Residence/home 2409
 - 16 2007-07-25 22:00 Burglary Business 3700 block of Bannister Rd School/college 2407
 - 17 2007-07-25 23:30 Larceny/Theft 4300 block of Sunrise Blvd Specialty store
- Orangevale**
- 1 2007-07-22 00:01 Vandalism 5800 block of Illinois Ave Vehicle 2517
 - 2 2007-07-23 17:00 Burglary From Vehicle 6000 block of Sirl Way Vehicle 2520
 - 3 2007-07-24 00:50 Robbery 6800 block of Woodmore Oaks Dr Convenience store 2501
 - 4 2007-07-25 18:35 Aggravated Assault 8700 block of Springhills Way Residence/home 2515
 - 5 2007-07-26 01:14 Arson 5500 block of Main Ave School/college



By Pastor Ray Dare

Condemnation Or Confidence?

In life you will either walk in confidence or condemnation, one or the other. Have you ever

done something wrong and then asked for God's forgiveness, but still feel guilty about it? What do you do about that? Go back and ask God to forgive you again, over and over? Walk around in condemnation? No. If you think God wants you walking around under a heavy load of condemnation then you have a warped view of God. God offers you forgiveness and confidence in your heart and mind. "All of us have sinned and all fall short of God's ideal. Yet now God declares us 'not guilty' if we trust in Jesus Christ who, in his kindness, freely takes away our sins." Rom. 3:23-24 (LB).

The key to confidence is first receiving God's forgiveness, second forgiving yourself and then changing the way that you think about yourself. You learn to think about yourself in a new way; the way God thinks about you.

See, the problem is, if you're like most people, you're your own worst critic. We're constantly talking to ourselves. We have this constant internal dialogue. That's why God says, "Be careful how you think; your life is shaped by your thoughts." Prov. 4:23 (TEV). See, more than anything else, what shapes your life are your thoughts. So, if you want to change anything

about yourself, it begins by changing the way you think. "Let God transform you into a new person by changing the way you think. Then you will know what God wants you to do, and you will know how good and pleasing and perfect his will really is." Ro. 12:2 (NLT)

How do you eliminate negative self-talk? You change channels. It's the principle of replacement. The Bible says, "Fix your thoughts on what is true and good and right and think about all you can thank God for and be glad about it." Phil. 4:8 You change what you fix your thoughts on. You don't

focus on your failure, you focus on your forgiveness. You begin to see yourself the way God sees you.

Jesus said you will know the truth and the truth will set you free. What does the Truth say about you? Meditate on it... focus on that through out the day. Get some 3x5 cards and write down God's promises on them and carry them around with you so you can refocus on the truth. If you learn to do this, it will set you free emotionally. You have to change the way you think. Learn to focus on what is true (what the Bible says) not on what you feel or feel about yourself, or what the

devil whispers in your ear. But what God says about you.

So what does God say about you? God says you're lovable, God says you're forgivable, God says you're acceptable, God says you're valuable, God says you're capable. I'll be sharing more about this on Sunday as we begin a new series I'm calling, Let Your Confidence Grow! I encourage you to attend church this Sunday as we kick off this new series on Confidence. I know it will change your life. See you Sunday!

Pastor Ray Dare, New Community Christian Church www.YourNewChurch.org

"The Lion, the Witch, and the Wardrobe"



"Friends of the Groom"

This Christian Theater Group brings our community a uniquely imaginative and captivating presentation of: "The Lion, the Witch, and the Wardrobe" Sunrise Community Church, 8321 Greenback Lane, Fair Oaks, on Greenback Lane between Fair Oaks Blvd. and Kenneth Ave. ONE PERFORMANCE ONLY, Sunday, September 16, 2007, at 3:00 pm. No charge for Children, well behaved adults and the young-at-heart. (No childcare). Free refreshments. For more information call, Anita at Sunrise Community Church: 916-726-4642

WITHIN EACH OF US IS A TRANQUIL, CLEANSING PLACE WHERE WE CAN BATHE IN THE STILL WATERS OF OUR LORD'S PURIFYING LOVE

Summa Christiana

ACLJ Let your voice be heard, before it is too late



As we move into this critical year leading up to national elections, we can expect the liberal faction of Congress to get desperate. And this is indeed the course they have now taken. The reintroduction of the so-called "Fairness Doctrine" is a slap in the face of our constitutional right to guaranteed free speech. We do not take this assault lightly — and we will meet it head-on with the force of our own convictions. Declare your membership with the ACLJ by signing the Petition in Protest Against the So-Called "Fairness Doctrine." To All Members of the United States Senate To All Members of the

United States House of Representatives The so-called "Fairness Doctrine" is extremely dangerous legislation. It would have a chilling effect on the free speech of conservative and religious media outlets. It contradicts the constitutional principle of free speech and our First Amendment rights. I urge you to use your full influence to keep this legislation from being considered and to stand in full support of the Broadcaster Freedom Act. The Fairness Doctrine is unconstitutional. It deserves no reference in the American landscape, apart from its place in failed history. Please uphold and preserve constitutional free speech for all.

To find out more go to ACLJ.org.

From Jay's Notebook, Jay Seckulow



By Marlys Johnsen Norris

When our daughter was young she used to say, "My daddy can do anything!" Through the years I have watched my husband conquer numerous tasks most men would not. Today was another one of those days when he seemed more like Hercules than a man of our day as I watched him move our spa from our new room, outside and across about twelve feet of lawn to the new cement pad—all by himself! I looked in amazement and made some trivial comment and his reply was, "Well, this is just like they built the pyramids in Egypt!" Once again, he has mastered what most men would have considered impossible for one person to accomplish. During my young years I had heard the saying that certainly applies to my husband's abilities to get the job done. "Where there is a will, there is always a way!" If it is possible to be done, he will figure out a way to do it.

Man is the instrument God has used time and time again to prove—where there is a will to accomplish great tasks, He will also miraculously inspire

Where There is a Will There is a Way

and provide a way. The many inventions and the like, over the past fifty years certainly prove this statement. Great men like Edison, Ford, The Wright Brothers, Salk, Einstein, Rockwell, Billy Graham, Paul Crouch, Bill Gates, Donald Trump and many many more, have all had dreams and ideas birthed in their minds. They explored, investigated and created something original from those ideas given them from the Creator/God of all that is, for the betterment of life for mankind. They completed their dream and accomplished it! Greatness birthed will always benefit the world God created.

I believe every human being has the "potential for greatness" but most people get caught up in the mundane and less important things and do not pursue dreams given to them. Sadly forgetting much too easily, therefore, they do not follow them. In a childlike way, our little girl saw greatness in her daddy and through the years—every time I see him accomplish something new, I too, see that same greatness in him and thank the good Lord for the man he is.

Marlys Johnsen Norris "Intimacy Begins Going God's Way" LIFE MESSAGE WORKSHOPS Marlys@sbeglobal.net

MEDITATION

Coffee House Open
7:00 pm - 9:00 pm
FREE

Contemporary Music Videos
Bible Based Meditation
OPEN TO THE PUBLIC

Wednesday Evenings
Runs Continuously from
8:00 pm - 9:00 pm

Join us for
Contemporary Worship with
"On A Wing & A Prayer"
Rock Band
7:00 pm - 7:45 pm

Advent Lutheran Church
5901 San Juan Ave. • Citrus Heights 95610
Pastor Raymond Olsen
916-966-7242
www.adventcitrusheights.org

Oak Avenue Free Methodist Church

8790 Oak Avenue
Orangevale, CA 95662
Corner of Oak and Beech

(916) 988-8815

Pastors Andrew Webb & Robert Price

Office Hours:
9 am to Noon ~ Tuesday - Friday

Wednesdays:
Senior's Bible Study: 1st & 3rd.
10 am - 11 am
Evening Adult Study: 7 pm - 8:30 pm

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

Grace Baptist Church

6724 Palm Avenue
Fair Oaks, CA 95628
Pastor Charles Carter
(916) 967-3915

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung.

Grace Baptist still stands on the Principles, Doctrines and Separation, Found and taught in The Bible

Service Schedules

Sunday Schools (All Ages) 9:45 am
Sunday Worship 11:00 am
Sunday Evening 6:00 pm
Wednesday Evening 7:00 pm

Come and Experience God's Amazing Grace
(Located south of Madison; just east of Dewey)
Call for More Information

BIBLE TRIVIA
by Wilson Casey

1. Is the book of 3 Thessalonians in the Old or New Testament or neither?
2. There's only one scene in the Bible of a man kissing a woman (Gen. 29:11). Who did Jacob kiss? Leah, Rachel, Rebekah, Sarah
3. In the Bible, the longest unhyphenated words (excluding proper) all contain how many letters? 12, 14, 16, 18
4. From Matthew 14:29, Jesus and who else walked on water? Thomas, Andrew, Peter, James
5. Which book foretold that the Messiah would speak in parables? Judges, Nehemiah, Job, Psalms
6. What does "Malachi" mean? Messenger, Listener, Malcontent, Shepherd

ANSWERS: 1) Neither; 2) Rachel; 3) 16; 4) Peter; 5) Psalms; 6) Messenger

Wilson Casey's "Do You Know Your Bible? A Fun Quiz on the Good Book" (Sourcebooks, \$5.95) has just been published.

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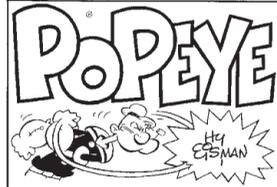
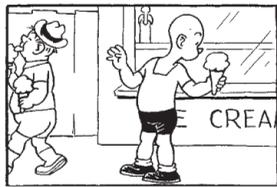
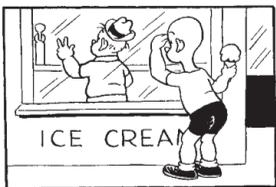
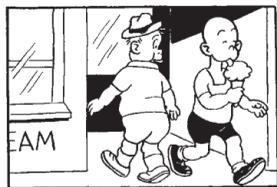
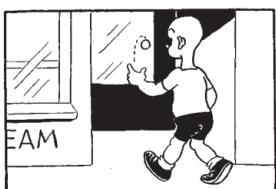
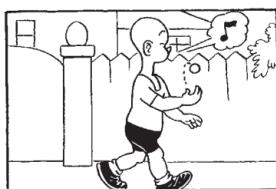
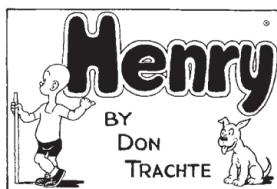
Little Methodist Preschool
registering for fall

Tues/Thurs or Mon/Wed/Fri classes & Summer School Classes also

Located at FAIR OAKS UNITED METHODIST CHURCH (corner of Fair Oaks Blvd. & Pennsylvania Ave.)
(916) 961-0368; 9849 Fair Oaks Boulevard; Fair Oaks, CA 95628

We are a parent participation preschool with emphasis placed on creative activities which will provide each child with the greatest possibility to develop physically, socially, emotionally, and intellectually.

The children's school day includes:
A caring nurturing environment Stimulating curriculum
Kindergarten readiness Creative play
Hands-on art & cooking projects Music & movement
Activities on a large shaded playground



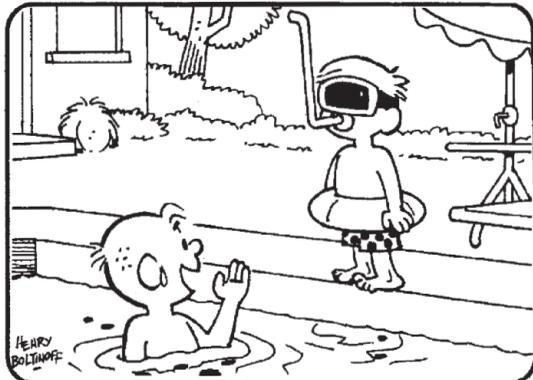
The Spats

by Jeff Pickering

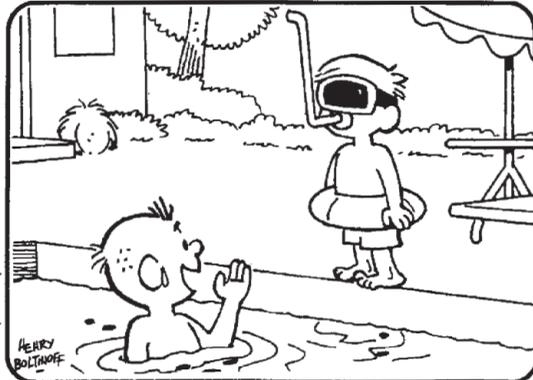


HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Tree limb is missing. 2. Swim trunks are different. 3. Walkway is missing. 4. Boy's hair is different. 5. Umbrella handle is gone. 6. Window sill is missing.



- HISTORY: Who was the last president of the Soviet Union?
- SCIENCE: What is the number of protons and neutrons contained in nucleus of an atom called?
- GEOGRAPHY: What is the capital of South Carolina?
- GENERAL KNOWLEDGE: Where in present-day America is the Nez Perce tribe based?
- BUSINESS: What product carries the slogan, "Don't leave home without it"?
- ASTRONOMY: What is our solar system's Sun composed of?
- HOLIDAYS: When was Mother's Day declared a national U.S. holiday?
- THEATER: What city is the setting for the original "The Phantom of the Opera"?
- COMICS: What comic strip had an imaginary character called "Stupendous Man"?
- WAR: What was the last former Confederate state to be readmitted to the Union after the Civil War?

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★ ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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MAGIC MAZE — CUB

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

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

- Black bear
- Cheetah
- Chicago
- Farmall
- Fox
- Grizzly bear
- Hyena
- Leopard
- Lion
- Mister Tiger
- Panther
- Polar bear

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All Answers on Page 14

Contract Bridge

A PLAY FIT FOR A KING

East dealer.

Both sides vulnerable.

NORTH
 ♠ A 7
 ♥ Q J 9 6 3
 ♦ A J 9
 ♣ 8 4 3

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

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

SOUTH
 ♠ —
 ♥ A K 10 7 4 2
 ♦ 10 5 3
 ♣ A J 10 9

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

Declarer lacks the advantage of seeing the defenders' cards at the start of a hand, but he will normally do just as well in most deals as if he saw all 52 cards from the outset. Many hands play themselves, and declarer achieves par without much bother. But other hands require considerable skill in the play, and these are the ones that not only pose a distinct challenge, but are enormously satisfying for the real student of the game.

hearts and West leads the king of spades. How should declarer play the hand?

If you look at all four hands, it seems that South must go down one due to the poor lie of the cards. He tries two club finesses, both of which lose, and since he cannot avoid a diamond loser also, he finishes down one.

This result could be attributed to bad luck, of course, but actually, South has a way of assuring the contract from the beginning. He should not stake the outcome on winning one of two club finesses, but should adopt the only line of play that will win regardless of where the club honors are located.

The key play occurs at trick one. When West leads the king of spades, declarer plays low from dummy and discards a diamond from his hand! West's next play does not really matter, so let's assume he leads another spade to dummy's ace, on which South discards another diamond.

Declarer draws a round of trumps, cashes the ace of diamonds, ruffs a trump, ruffs the jack of diamonds, re-enters dummy with a trump and takes a club finesse.

West wins, but must return a club or yield a ruff-and-discard. Either way, South is home.

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Leadership Citrus Heights

The Citrus Heights Chamber of Commerce is accepting applications for the fourth annual 2007-2008 Leadership Citrus Heights program, which will commence on October 2, 2007. The class meets for nine months and is limited to 25 adult participants. Mercy San Juan Medical Center is the event sponsor, hosting the classes each month in the medical center conference room at the hospital on Coyle Avenue, and providing dinner to the participants. The classes will be held the 1st Tuesday of each month for 4 1/2 hours with Graduation taking place on June 3, 2008. Contact the Chamber for an application. Last year's Leadership Citrus Heights sold out so interested parties are encouraged to act soon. The Chamber can be reached at (916) 722-4545 or bettie@chchamber.com. Applications are available at the Chamber office located at Fountain Square 7115-A Greenback Lane. The class is open to men and women who live or work in Citrus Heights.

Strategies for Change Events

Domestic Violence Classes (Mondays & Tuesdays) Strategies for Change Domestic Violence educational series meets CPS requirements for domestic violence education and is ideal for those working through grief, healing from trauma, and looking for support in developing assertiveness skills. \$10 per class. Monday, 6-7:30, Tuesdays 4-5:30. Free, on-site childcare. (916) 473-5764 www.strategies4change.org

Parenting Classes (Tuesdays) Strategies for Change offers certified parenting classes to enhance skills that positively contribute to the parenting experience and the health and well-being of child(ren). Session topics include: childhood development, nutrition, health and safety, (including how to select proper car seats, potential dangers in the home and yard, etc.) stress management and other timely, interesting and useful parenting techniques. \$10 per session/10 sessions earns certification. Free, on-site childcare. Tuesdays, 5:30-7:30 pm. (916) 473-5764 www.strategies4change.org

Just for Teens - Youth Anger Management (Monday) Strategies for Change Youth Anger Management series teaches teens how to understand anger and its causes; evaluate consequences and shift feelings of anger into respectful empowerment. \$10 per session. Monday 4:00-5:30pm. (916) 473-5764 www.strategies4change.org

Saturday, August 11, 2007. The USATF certified course loops through the scenic and shady River Park neighborhood. The Susan B. Anthony 5k race attracts competitive women runners from all over Northern California. A free kids 1/2 mile race will take place at 8 am. The SBA 5K is 8:30am. Proceeds benefit Strategies for Change the Buffalo Chips Youth Programs. www.buffalochips.com

14th Annual Parkinson Wellness Seminar & Health Expo

This event will include speakers from UCSF (Department of Neurological Surgery), UCDMC (Department of Neurology), and a variety of vendors who will be handing out free information. A great way to learn more about Parkinson's disease, medications, health, and modifications that can be made to your home (plus a complimentary lunch from Bella Bru Cafe)! 10:00am-4:00pm Saturday September 8, 2007. Scottish Rite Masonic Center, 6151 H Street Sacramento, CA 95819. Member (per person): \$20 (\$25 after August 17th) Non-Member (per person): \$45 (\$50 after August 17th)* (Includes family membership paid through 12/31/2008) Parkinson Association of Northern California (PANC) (916) 489-0226 for more information: Parkanc@sbcglobal.net, www.Parkinsonsacramento.org

Free Summer Concerts in Citrus Heights

The City of Citrus Heights and the Sunrise Recreation and Park District are proud to once again launch the Summer Concerts in the Park series. The concerts take place from 5:00 p.m. to 7:00 p.m. at Rusch Park, 7801 Auburn Blvd., in Citrus Heights (at the corner of Auburn & Antelope). Scheduled performers include: Sunday, July 8th: Capitol Pops Concert Band. Sunday, July 29th: The Swing Masters. Saturday, August 4th: City's 10th Anniversary Concert, featuring Mumbo Gumbo! (special time 6:00 p.m. to 9:00 p.m.). Sunday, August 12th: Club House Jazz Band. Sunday, August 26th. Performer to-be-announced

Bring your own chairs and blankets and come out to enjoy some festive music in the scenic Rusch Park surroundings. If you have any questions, please call the Sunrise Recreation and Park District at 725-1585 or the City of Citrus Heights at 725-2448. You can also visit the City's Web site for more information: http://www.citrusheights.net.

Upcoming Autographing Events at Barnes & Noble

Event: Local author Jacquelyn Schaffer will sign copies of her own inspirational true story: My Own Asylum. 6111 Sunrise Boulevard, Citrus Heights, CA 95610
 "My book is a story of a 17-year-old's drug addiction and recovery - a story I am anxious to share with other addicts and those who want to understand how drug addiction happens," said Schaffer. "Experimentation and addiction to methamphetamines is growing all over the nation, so it is a perfect time to tell the community the dangers of the drug. The novel is based on my own experience, addiction, and recovery to meth, and over a third of the book is based right here in Sacramento."
 Schaffer has a web site with more information about the book at: www.myownasylum.com.
 Date: Saturday, August 11, 1:00 - 3:00 pm
 Coming Events:

Event: William H. Nichols will sign copies of his new book, Seabiscuit: The Rest of the Story. The book provides new revelations about the principle true-life characters from the bestselling Seabiscuit book, by Laura Hillenbrand, and movie - including Red Pollard, Charles and Marcela Howard, War Admiral, Tom Smith, George Woolf and, of course, the legendary champion Seabiscuit. Additional chapters deal with the descendants of Seabiscuit, the movie, Laura Hillenbrand, artists who portrayed Seabiscuit, jockeys and Ridgewood Ranch, home of the champion horse.
 Date: Saturday, August 18, 1:00 p.m. - 3:00 p.m.
 For more information, contact Barnes & Noble Community Relations Manager Michael Troyan at (916) 853-1389.

Solar Energy for Homeowners

When: Wednesday, August 22
 Time: 6 p.m. to 8 p.m.
 Where: SMUD Customer Service Center, 6301 S Street, Sacramento
 When: Saturday, August 25
 Time: 10 a.m. to Noon
 Where: SMUD Customer Service Center, 6301 S Street, Sacramento
 This workshop will introduce you to SMUD's program that helps you generate your own power from the sun. The session will include an overview of photovoltaic (solar) technologies, system design fundamentals, the economics of solar power, and tips on how to choose the right contractor for your project. The workshop is free. Reservations are required. Customers can register online at www.smud.org/etc, e-mail etcmail@smud.org, fax 916-732-6229 or call 916-732-6738.

Fair Oaks Blvd. "Main Street" Vision Meeting Rescheduled

August 9 Community workshop to be re-scheduled to later this fall

Sacramento, Calif.- The County of Sacramento Department of Planning and Community Development's second community workshop that was scheduled Thursday, August 9 to review the Fair Oaks Boulevard Corridor Plan has been rescheduled to sometime later this fall.

"We are rescheduling to allow more time to prepare so that we can create a plan that best meets the needs of our community," said project manager Cindy Storelli with the Planning Department. "Continued input from the community is needed to insure a broad range of perspectives are included in the draft corridor plan. Ultimately we want a plan that meets everyone's needs and enhances revitalization of the Fair Oaks Corridor."

The Carmichael Community Action Plan or Fair Oaks Boulevard Main Street Concept Plan can be accessed at: <http://www.saccounty.net/planning/carmichael/index.html>

Letters to the Editor

American River Messenger,
I really enjoyed the article by Yolanda Knaak about upcoming legislation. Is there any chance that she could be a regular contributor? I had no idea that the legislation she referred to in her article was upcoming, and it propelled me to email my assemblyman and the Governor.

Thank you,
Amanda S, Gold River

Re: "MacGlashan Leads Board to Honor Veterans"

I see where Ms. MacGlashan has offered free access to county parks for an estimated 300 disabled vets. That's worth about \$40 a year per vet... \$400 in ten years for a total value of \$120,000 for all 300.

However, earlier this year Ms. MacGlashan voted to give REAL CASH of one million dollars to Mike Daugherty so that he will keep his auto dealership in the county. That's just over eight times more than all the vets will get.

The vets get to go to the park. Mike gets to go to the bank.

Of course most disabled vets probably don't have the ability to give massive amounts of money to Supervisor MacGlashan's next campaign. I wonder if that entered into her thinking on this? No. Probably not.

She is quoted saying "We can never do enough to thank these veterans for their sacrifices on our behalf." I agree. But I wonder. Does she think we do enough to thank our local auto dealers?" I mean, who is more deserving of a million dollar county gift? A group of disabled vets or a car dealer? I think Ms. MacGlashan can answer that.

Respectfully,
Alan N. C. - Licensed Life/Health Agent
InsuranceSolutions123.com
Fair Oaks, CA

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KING Crossword

Answers on Page 14

1	2	3	4	5	6	7	8	9	10	11	
12				13				14			
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49					50					51	

ACROSS

- 1 "Yeah, right!"
- 5 "Mayday!"
- 8 "Survivor" site, often
- 12 Condemn publicly
- 14 Hammer target
- 15 Mexican miss
- 16 Deadly septet
- 17 MOUTH part
- 18 Oozy deposit
- 20 -ski
- 23 Dirt
- 24 Hit the ice
- 25 Representa-tive's coun-terpart
- 28 Shack
- 29 Ravi
- 30 Energy
- 32 Dakar's country
- 34 Ballerina's frill
- 35 Rue the run
- 36 Sportscaster Rashad
- 37 Migratory grasshopper
- 40 Unit
- 41 Enthusiastic
- 42 Guard
- 47 Mediocre
- 48 In toto
- 49 Fourth canonical
- 50 Tokyo's old name
- 51 A few

DOWN

- 1 Commercials
- 2 Bishop's bailiwick
- 3 Hostel
- 4 Put one over on
- 5 Quick cut
- 6 Halloween mo.
- 7 Timely
- 8 Affront
- 9 Put into words
- 10 "The View" alumna Lisa
- 11 Otherwise
- 13 "Exodus" author
- 19 Tale teller
- 20 Blond shade
- 21 Addition symbol
- 22 Ceremony
- 23 Bristles, in botany
- 25 Tourists do it
- 26 Egg
- 27 Comedian Rudner
- 29 Min. fractions
- 31 Slander when slung
- 33 Zero
- 34 Not ours
- 36 Opposed to
- 37 Science workrooms
- 38 Look lasciviously
- 39 Wheedle
- 40 Aware of
- 43 Conclusion
- 44 Modern (Prefix)
- 45 Shady tree
- 46 Caustic solution