

Carmichael Times

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April 1, 2008

Mercy San Juan Medical Center Named One of the Nation's 100 Top Hospitals



Back-to-back National Winner for 100 Top Hospitals



Mercy

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Mercy San Juan Medical Center was this week named one of the nation's 100 Top Hospitals® by Thomson Healthcare, a leading provider of information and solutions to improve the cost and quality of healthcare.

The award recognizes hospitals that have achieved excellence in clinical outcomes, patient safety, financial performance and efficiency. This is the second year in a row that Mercy San Juan Medical Center has been recognized with this honor.

The 2007 Thomson 100 Top Hospitals: National Benchmarks for Success study appears in the March 17 edition of Modern Healthcare magazine.

"After receiving this distinction for the first time last year, it is very satisfying to repeat as a 100 Top Hospital," said Brian Ivie, President of Mercy San Juan Medical Center. "This honor is an incredible tribute to the Mercy physicians, staff and volunteers who focus every day on providing excellent care to our patients. This further solidifies our position as a quality leader not only within our community but among the premier medical centers in the country."

According to the study, it all hospitals had performed at the level of these leading hospitals on the eight patient safety measures studied, they would have saved \$253 million and 7,914 lives

during the time period the study examined.

"Employers, health plans and hospitals need to take note that we have entered a new phase in driving transformation of the healthcare industry," said Jean Chenoweth, senior vice president in the Center for Healthcare Improvement at Thomson Healthcare. "Hospitals setting new levels of patient safety are those with the highest balanced scores across quality, efficiency and financial performance."

The 15th edition of the Thomson 100 Top Hospitals: National Benchmarks for Success study uses a balanced scorecard approach and scores hospitals according to eight key organization-wide measures: risk-adjusted mortality, risk-adjusted complications, patient safety composite, average core measures scores, severity-adjusted average length of stay, expense per adjusted discharge, profit from

operations, and cash-to-debt ratio. More information on this study and other 100 Top Hospitals research is available at 100tophospitals.com.

Mercy San Juan Medical Center is a 260-bed facility that serves more than 100,000 people each year from north Sacramento County, south Placer County and beyond with a broad array of quality programs and services. Doctors are the cornerstone behind teams of healthcare professionals who have earned national recognition for Mercy San Juan's Trauma Center, Family Birth Center, Neonatal Intensive Care Unit and Bariatric Surgery program. Mercy San Juan is part of Mercy, which also operates Mercy General Hospital, Mercy Hospital of Folsom and Methodist Hospital. For more information about Mercy San Juan Medical center, visit us on the Web at mercysanjuan.org.

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Kevin Johnson Lends Support to Health and Fitness Basketball Camp for Local Youngsters



Carmichael Times



Publisher - Paul V. Scholl

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On Wednesday, March 26, Sacramento Mayoral candidate Kevin Johnson appeared to lend his support to young students at The Health Net & Legends Fitness Challenge basketball camp held at Robertson Community Center. The basketball camps are led by Cardte Hicks, former women's professional basketball player and her staff.

Johnson warmed the young crowd by talking of his playing days in the NBA and how the lessons he learned then translate into having a happy and healthy life today. He offered a few simple life lessons to the participants that they can use in growing up to be responsible and healthy adults. Johnson gathered everyone for a group photo, then stayed much longer than was planned to sign dozens of autographs for the youngsters.

The Health Net & Legends Fitness Challenge basketball camps are a result of a community collaboration aimed at addressing the obesity epidemic among Sacramento's low-income and underserved youth in third through eighth grades.

The goal of the Health Net & Legends Fitness Challenge is to help youngsters make healthy food choices and increase physical activity in their daily lives. Four core partners - Health Net of California, Sacramento Kings, The Legends: Kids First and There Are No Limits - came together to create a series of four, 3-day basketball camps.

The Health Net & Legends Fitness Challenge basketball camps address the alarming obesity trends among Sacramento's youth. According to recent studies, the prevalence of overweight children in California is higher than the national average. According to experts, if trends associated with being overweight and obese continue, this generation of children will be the first to have a shorter life expectancy than their parents. Camp students take part in a variety of physical fitness activities, self-esteem building and nutrition classes. For more information go to www.thelegends.org or www.opentheid.org.

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Awash with Color 08



Raven by Carolyn Macpherson, chosen best of show in 20

“AWASH with Color 08”, the annual Watercolor Artists of Sacramento Horizons (WASH) membership show will be on exhibit at the Sacramento Fine Arts Center from April 1st to 19th, 2008. The show will be judged by Doris Henderson, nationally recognized award winning artist and professional painter. On Second Saturday April 12th, besides the outstanding artwork on display, there will be music and good food provided for all. In addition, there will be a special ceremony acknowledging the past 30 years of WASH and honoring all the past presidents. The awards ceremony and reception will be at 6 pm, the 30th

anniversary presentation will begin at 7 pm. The Center will officially be open to the public from 5 to 9 pm, and the public is invited to all events.

The Sacramento Fine Arts Gallery is regularly open Tuesday to Saturday 11am-3pm, and on Second Saturday from 5 until 8:30 pm.

The Gallery is located at 5330-B Gibbons Drive, Carmichael, California 95608 (between Walnut and Garfield streets.) The Sacramento Fine Arts Gallery can also be found on the web at www.sacfinearts.org. You can contact the Sacramento Fine Arts Center at (916) 971-3713 or by FAX (916) 971-1538.

The gallery is wheelchair accessible, and the event is free.



Take Me Out to the Opera House

Baseball club owners have discovered that the way to a fan's heart -- and more important, to his wallet -- is through his ever-growing stomach.

The latest gimmick to get people to the ballpark: all-you-can-eat seats, where you can pile on all the hot dogs, pretzels, nachos and soda you can guzzle.

Some parks, for an extra amount, add in beer, desserts and candy -- so that every major food group is included.

Baseball execs know how it is. You try to watch what you eat to maintain your high cholesterol/blood pressure levels, but in the rush of daily life it's sometimes difficult to consume all the fat/salty foods required.

Too often, it's easier just to pick up a quick salad or some fruit and be on your way. With the "all-you-can-eat" plan, you can load up on enough fat and salt to last a whole year, or maybe a lifetime, especially if you keel over in the eighth inning.

Dan: Earl, did you see Bob get up for the seventh-inning stretch? He's just sitting there not eating.

Earl: (Glub, glub.)

Dan: Yeah, we better check on him after the game.

The great part about the plan is that it combines two of America's favorite pastimes -- eating to excess and gluttony.

It also allows the parks to follow one of the basic rules of successful American restaurants -- serve bad food and lots of it.

And for those so inclined, it also offers baseball -- a relaxing sport that doesn't get in the way of eating (though they may want to replace the seventh-inning stretch with the third-, fifth- and seventh-inning belches).

Since it works for baseball, there's no reason the "all-you-can-eat" plan can't work for other institutions that are struggling to lure visitors.

Opera houses -- Opera is perfect because it already includes lots of singing fat people, the kind who don't make you feel guilty about

indulging in that 15th hot dog.

And as everybody knows, "It ain't over till the fat lady sings," and having the fat lady gorging on some cheese-drenched nachos while aiming for the high notes would add untold entertainment value.

Art museums -- Visiting an art museum can be a painful experience, especially if it's open and there happens to be a special exhibit.

It's virtually impossible to figure out what the artist is trying to say and, besides, you're not allowed to eat or drink. And they supposedly want people to come see the paintings? Hel-lo!

But we could see a renaissance of art appreciation if only the hoity-toity highbrow curators would have the sense to combine a Matisse exhibit with an all-you-can-eat baby back rib 'n' beer night. Attendees, of course, would be asked to refrain from touching the artworks until they had carefully licked their fingers clean.

Ballet -- Admittedly, dance is a tough sell. Having all those obviously undernourished people prancing about onstage isn't conducive to relaxing evening of stuffing your pie hole. If nothing else, people in the audience might feel they had to offer the dancers a drumstick.

To make the theme work, it might be necessary to offer "dance-free" performances where dancers are prohibited from appearing. Also, if enough free beer were provided, it might be possible to have the audience members themselves get up and dance, though the wearing of tights would be strictly forbidden.

With sound marketing plans, there's no reason you won't soon hear people say, "You know, hot dogs always taste better at the opera house (burp)."

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Amber Waves

by Dave T. Phipps

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The Subject Is Roses

(NAPSA)-It's never been easier to make everything come up roses in your own backyard. Often, all it takes to make a rose garden is a little planning, a little time and a little maintenance.

Bayer Advanced(tm) Garden Expert Lance Walheim, author of "Roses for Dummies," who has a beautiful rose garden at his home, says plant your new roses at the beginning of the season. Planting early is important since roses need to have their roots well-established for fuller blooms. Be prepared to water and watch them carefully.

There are three elements that all roses need to thrive. Make sure when choosing your location that:

1. The roses receive at least 6 hours of sunlight a day.
2. The soil drains well.
3. It has good air circulation.

Once you have chosen the right location for your garden, do some research to find the best roses for you. Not all roses grow well everywhere. Some varieties are more susceptible to insects or disease.

"With the vast varieties of roses available, you can choose any theme to add a personal touch to your rose garden," says Walheim. "You can use all roses of one color or color-coordinate them with your favorite sports team or only use roses that are named after celebrities. The possibilities are endless. Just use your imagination."

The key is caring for your roses so they are around for a long time. Bayer Advanced



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Answer

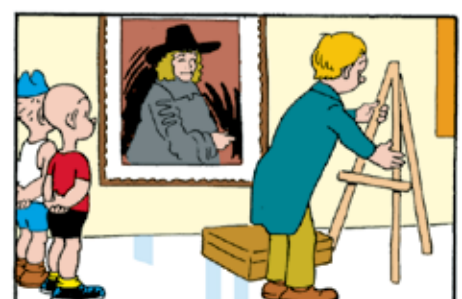
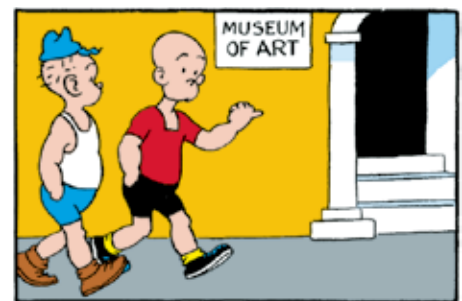
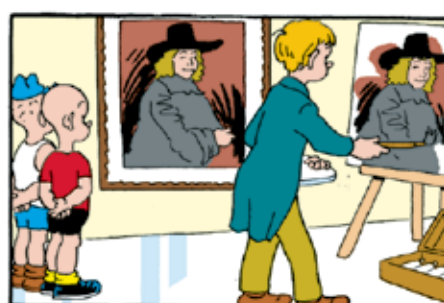
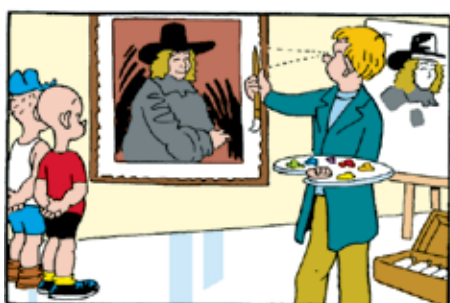
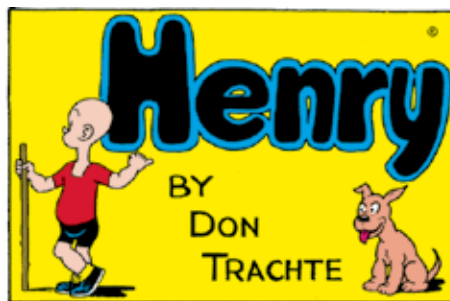
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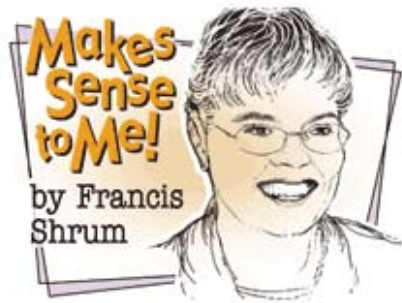
King Crossword

Answers

Solution time: 21 mins.

W	A	R	N	G	Y	M	S	T	O	W	
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C	A	P	T	W	I	T					
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O	N	L	Y	R	O	D	Y	E	L	P	





Get On With It

I got a notice in the mail the other day that said I was "fully eligible" for membership in AARP.

AARP stands for American Association of Retired Persons. It is a highly visible, and, as far as I can tell, a beneficial association that works to improve and maintain the quality of life for aging Americans. They have a really great magazine and offer numerous other benefits, including senior discounts and supplemental health insurance programs.

That's all well and good, but what does all this have to do with me? I don't have time to get old.

Age, however, doesn't care about what I have, want or need. It just happens, and the consequences be damned.

I got a new job last year after having been "self-employed" for about 18 years. Self-employed is, of course, a misnomer. If you are self-employed, that just means you work for the public and the government, both of which are merciless taskmasters. Working for an actual employer can be somewhat of a respite.

However, I was suddenly confronted with the brutal truth that I don't have that many years left to build up my 401(k) and save up for retirement. What happens if I get sick or maybe am injured in some way that inhibits my job performance?

What if ...?

Well, what if, I finally told myself. Just get over it. The truth is that it's not a matter of "if." It's a matter of "when." The dreaded "it" happens to everyone at some point or another in our lives. Inevitably, "it" happens when we reach the age at which we are no longer the caregivers, and we become the ones who must be cared for.

I always thought I understood this concept, and on

an intellectual level, I guess most of us do. It is when we become less quick, capable or competent that the reality comes home on an emotionally vulnerable level.

Aging gracefully is not something Americans do well. In fact, we are probably worse at it than any other society in the world because we make idols of youth, beauty and well-being. A body that no longer possesses these things is considered somehow shameful, undesirable.

The terrible things that so many American celebrities have done to themselves in a vain attempt to preserve a youthful appearance bears powerful witness to that fact.

But now it's me.

I'm not talking about these things from the safe side of 50 anymore. Now it's me who must engage in the real fray, the battleground of life that separates the weak from the strong, those with strength of character from those who are selfish or cowardly.

Will I face these new skirmishes with strength and grace? Time alone will tell. I have heroes who have led the way onto this universal battleground for life. I saw a bumper sticker recently that said "Getting old isn't for sissies." That's true, but sissies do get old -- and what then?

So tomorrow I'll get up and go to work and be grateful that I can. And when the day comes that I can't, I'll figure something out.

You really can't get over it, though. You just have to get on with it.

Write to Francis Shrum in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to francis@wtccourier.com.

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Riley Reviews

By Tim Riley

"DRILLBIT TAYLOR" DOESN'T ALWAYS STRIKE COMEDY GOLD

DRILLBIT TAYLOR (Rated PG-13)

A comedy about three young outcasts confronting their high school misfortunes sounds like the storyline for "Superbad." That hilarious movie was produced by Judd Apatow, who's in the business of churning out recent runaway comedy hits such as "Knocked Up" and "Talladega Nights." Not surprisingly, his fingerprints are all over "Drillbit Taylor," the latest in the pantheon of comedies with distinctly youthful flavor. Yep, a trio of anxious freshmen enters high school, only to find that they have descended to a level of hell that even Dante could not contemplate.

Best friends Wade (Nate Hartley), the freakishly skinny, bespectacled wannabe magician, and chubby Ryan (Troy Gentile), channeling the persona of Jack Black, are humiliated from day one when they show up at school wearing the same bowling shirt. They become instant targets for the seriously deranged Filkins (Alex Frost), a psychotic bully prone to violently erratic behavior, especially after Wade intervenes on behalf of the extremely nerdy and short Emmet (David Dorfman), who's been unceremoniously stuffed inside a school locker.

Of course, Emmet desperately latches on to Wade and Ryan because there's absolutely no way anyone else will even talk to the dweeb. The wisecracking Ryan would rather ditch their new acquaintance, but circumstances conspire to keep them together. Suddenly, the idea of high school as this great place to be turns into a daily living hell. After a series of unfortunate events caused by Filkins' reign of terror, the boys realize that the habitual apathy of the school system dooms their remaining days unless they take drastic action. Principal Doppler (Stephen Root) is oblivious to the mayhem created by Filkins and more inclined to blame the victims.

After some Internet research, the freshmen decide they need to hire a personal bodyguard. The film's funniest moments involve a succession of interviews with a wide variety of applicants at a local coffee shop. Some prospects are truly inept; others are prohibitively expensive. Though living very comfortably in an upscale neighborhood, the boys can only hire a bodyguard that an allowance can afford. Enter Drillbit Taylor (Owen Wilson), wearing old Army fatigues and spouting a resume of military service worthy of Rambo.

In reality and to no one's surprise, Drillbit is a low-rent mercenary whose Army service is questionable. He claims to be skilled in covert black-ops and exotic martial arts, which includes dubious Mexican judo. A homeless bum who

spends time with his buddies on the Third Street Promenade in Santa Monica, Drillbit lives a squatter's life in a tent on a cliff overlooking the ocean. His motivation in helping the rich kids is to score enough money so that he can move to Canada, where freeloading appears to be easier.

To keep his cash flow running, Drillbit initiates his credulous charges in a ridiculous boot camp, leading to several hilarious missteps. Notwithstanding his grandiose claims, Drillbit is no match for Filkins, let alone any minor altercations. Before the kids become too suspicious that their valuables seem to mysteriously disappear, Drillbit ends up being mistaken for a substitute teacher, and suddenly he's teaching a number of courses. He tells his homeless buddies that the secret to impersonating a teacher is to constantly hold a coffee mug while hanging out in the teacher's lounge.

A few complications set in when his substitute act draws attention from the pretty English teacher (Leslie Mann), and suddenly he's more interested in the romantic possibilities. When his clients become weary of the drifter's act, Drillbit not unexpectedly, having developed a bond with the kids, has to fess up to his deception, and in the process becomes the savior he had promised to be.

Suffering from misdirection and too many twists, "Drillbit Taylor" drills the empty patches of comedy too many times. To be sure, there are plenty of funny things happening, but the plot lacks cohesion. The kids are likable, though the pint-sized member of the trio gets too annoying. Owen Wilson delivers his trademark slacker routine as if he was sleepwalking, but at least he's amusing for the most part.

DVD RELEASE UPDATE

Asian martial arts cinema is becoming more accessible by means of DVD releases. From acclaimed director Johnnie To, who racks up bushels of Hong Kong Film Awards nominations, "PTU: Police Tactical Unit" follows a band of night patrol cops on a tough night, when a gang leader is mysteriously murdered and a detective loses his gun to four young thugs. The PTU finds itself in the middle of a war between two gangs, building towards an explosive and violent conclusion. "13: Game of Death" tempts a jobless man in serious debt to complete 13 increasingly gruesome tasks as he is lured into a violent game of life and death. Adapted from a Thai manga graphic novel, this film examines how far one would go for wealth.

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LAND BARGAINS ON

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Five Tips To Make Tax Season Less Taxing

Answers on page 4

King Crossword

(NAPSA)-With more people filing taxes electronically, and media reports urging Americans to shred personal documents to combat identity theft, consumers today are learning to keep a hard copy of important documents, including tax returns.

According to the Internal Revenue Service (IRS), the general rule of thumb is to hold 1040 forms and accompanying tax schedules, along with important documents such as W-2s, 1099 miscellaneous income statements, receipts and cancelled checks, for an average of six to 10 years.

Consider these five financially fit tips to help clear the clutter and bring simple security measures designed to make tax time less taxing:

- **Copy it.** Whether you choose to file traditionally or electronically, a hard copy of returns, safeguarded with all accompanying documents, is the first and most important step toward being financially organized. "To help, on April 15, Staples Copy & Print Centers nationwide are making it easy for consumers to keep a hard copy of their tax returns with free copies, up to 20 pages, of 2007 tax returns," said John Burke, senior vice president.

- **Protect it.** With more than 10,000 known computer viruses, when filing taxes electronically, be sure that security software, such as Norton Internet, is installed on your computer.

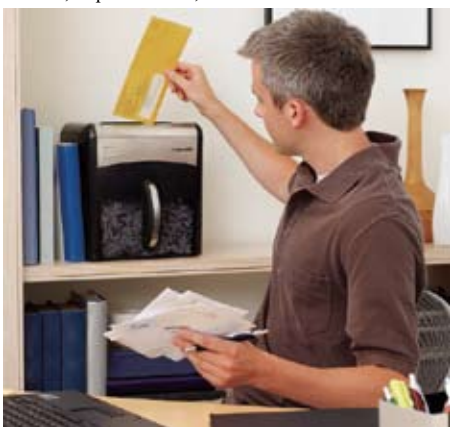
- **Store it.** U.S. businesses lose more than \$12 billion annually to data loss. Consider an external storage device to protect vital digital tax information. External hard drives, portable drives or USB flash drives to store tax data (depending on the size of the files) include the Maxtor

500GB OneTouch 4 Plus, the Maxtor 120GB OneTouch 4 Mini Hard Drive and the SanDisk 2GB Cruzer Professional USB Flash Drive.

- **Organize it.** Keeping organized is especially important during the tax season, when confidential papers are essential for tax filing. M by Staples file folders and expandable files come in rich, classic, timeless designs and patterns.

- **Shred it.** Turn confidential papers and those documents that are not necessary to archive into unreadable scraps. The MailMate M3 Shredder, 10-Sheet Micro-Cut Shredder and the 15-Sheet Micro-Cut Shredder can handle small or large amounts of confidential information.

"By evaluating these five steps -copy, protect, store, organize and shred-consumers can choose the best route for personal tax organization and take control of a time that, for millions, is quite stressful," concluded Burke.



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SKI AREA**

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This winter, make the most of your Badger Pass experience with the new Stay 'N Play Package. Spend the night at any of the Park's lodging options and add a Winter All-Access Pass, which includes a day lift ticket, equipment rental of your choice, one group lesson, one tubing session, one ice-skating session and one valley floor tour for just \$29 a day for adults and \$19 for children under 12*.



YOSEMITE

Call (801) 559-4926 or book online at YosemitePark.com and learn how you can get a free upgrade to an annual Park pass.

*Winter All-Access Pass valid Monday-Friday through March 28. Not valid Saturday, Sunday and holiday weekends. Subject to availability. © 2008 - Hospitality by Delaware North Companies Parks & Resorts, an official concessioner of the National Park Service.

ACROSS

- 1 Caution
- 5 Phys ed venue
- 8 Pack cargo
- 12 Sandwich cookie
- 13 Floral neckwear
- 14 Stephen King pooch
- 15 Chicken -
- 16 Naked
- 18 Cruelness
- 20 Wimbledon game
- 21 Ahab or Kirk (Abbr.)
- 23 Humor
- 24 Wood-shop tool
- 28 Ace or joker
- 31 Greek mountain
- 32 Credit's opposite
- 34 Rink surface
- 35 Slave of old
- 37 Boaz, to Naomi
- 39 Ocean
- 41 Formerly
- 42 Head Hun
- 45 Approved
- 49 Saskatchewan city
- 51 Memorization method
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- life?
- 7 Catcher's aid
- 8 Panoramic
- 9 Prepare to
- 10 California town
- 11 Knocks 'em dead
- 17 Chop
- 19 Carnelian variety
- 22 Forbidden
- 24 Bro's kin
- 25 Citrus cooler
- 26 "Cheers" seat
- 27 Sifted
- 29 - Victor
- 30 Lawn moisture
- 33 Watch sound
- 36 Aggressively lively
- 38 Within reach
- 40 Pub order
- 42 Bullets
- 43 Roger Rabbit, e.g.
- 44 Open slightly
- 46 Days gone by
- 47 List-ending abbr.
- 48 Profound
- 50 Past

DOWN

- 1 Stir-fry cookware
- 2 Operatic solo
- 3 Clarinet insert
- 4 Tyro
- 5 Quick looks
- 6 Japanese money

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The Spats

by Jeff Pickering



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Daffodil Days Brings New Season of Hope

A new season of hope arrived this week thanks to the American Cancer Society's Daffodil Days fundraising campaign. For nearly three months, dedicated volunteers have been selling daffodils to their coworkers, family and friends in an effort to raise funds for the fight against cancer. Their hard work paid off as they raised more than \$285,000 for the American Cancer Society's research, education and patient service programs.

"We are so thankful for the overwhelming support from local business, schools and other groups. Their incredible efforts enabled us to reach our fundraising goal", said Jennifer Farr, director of special events with the American Cancer Society. "My heartfelt thanks goes out to everyone who participated in this campaign to support important Society programs and resources that help people facing cancer and improve their quality of life", added Farr.

Sacramento area residents are truly making a difference in the fight against cancer, one daffodil at a time. American Cancer Society volunteers sold nearly 90,000 daffodils, all of which are being delivered by local volunteers. Additionally, more than 2,400 cancer patients receiving treatment in local hospitals and treatment centers will receive a Gift of Hope bouquet from the American Cancer Society. "Simply put, a Gift of Hope is a bouquet of 10 daffodils in a vase, but it's really much more than that. It reminds cancer patients that they're not alone in this fight", said Farr.

Dollars raised through Daffodil Days enable the Society to offer free programs and services that help people fight cancer with courage and optimism, while providing physical and emotional support and financial information to ease the cancer experience. One such program is the American Cancer Society's free transportation program, Road to Recovery. This program provides cancer patients with rides to and from their cancer-related appointments, often times by volunteers who are cancer survivors themselves.

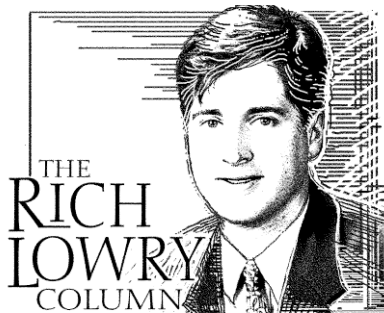
Daffodil Days contributions also provide the Society with much-needed dollars to



Survivors and supporters share the hope

fund groundbreaking cancer research. The American Cancer Society has funded 42 Nobel Prize winners early in their careers and has invested more than \$3 billion in cancer research. The aim of the Society's cancer research program is to determine the causes of cancer and to support efforts to prevent and cure the disease.

"Daffodil Days also allows the American Cancer Society to educate people about the importance of cancer prevention and early detection and advocate for meaningful public health policies that benefit the community", stated Farr. People wishing to learn more about ways to lower their risk of cancer, or to detect cancer early, can visit the American Cancer Society's Web site at www.cancer.org. The easy-to-navigate site has a wealth of information regarding when an individual should be tested for specific cancers, along with tools like an annual mammogram reminder. For those who would rather pick up the phone, the American Cancer Society is available 24 hours per day, 7 days a week, 365 days a year via their toll-free number 1-800-227-2345. A trained cancer specialist is there to answer questions and help callers through their cancer journey.



William F. Buckley Jr., RIP

This is a man who recoiled at the leveling, deadening conformity of communism and would have died of boredom (or more likely would have been jailed or executed for brave, puckish provocations) within such a system.

Buckley said that communism's "extirpative passion is to eliminate man." How? By eliminating freedom. "Without freedom, there is no true humanity." Even in the darkest days of the Cold War, Buckley realized how difficult it would be to forever extinguish that hardy ember of humanity that is the individual.

Back in 1959, Buckley excoriated the flabbiness of thought that attended an invitation to Nikita Khrushchev to visit the United States. He concluded: "Khrushchev cannot take permanent advantage of our temporary disadvantage, for it is the West he is fighting. And in the West there lie, however encysted, the ultimate resources, which are moral in nature. In the end, we will bury him."

He spoke often of the gratitude we owe our civilizational forebears and regretted that "a country -- a civilization -- that gives us such gifts as we dispose of cannot be repaid in kind. There is no way in which we can give to the United States a present of a bill of rights in exchange for its having given us the Bill of Rights."

But Buckley did his utmost to repay it in kind. Long ago, he himself entered what he liked to call freedom's House of Lords, and he is now due what he once movingly called for: "We need a rebirth of gratitude for those who have cared for us, living and, mostly, dead. The high moments of our way of life are their gifts to us. We must remember them in our thoughts and in our prayers; and in our deeds." RIP.

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American Cancer Society

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Aerial View Honors Fallen



Aerial photo courtesy of Bill Morson

Between the fields where the flag is planted, there are 9+ miles of flower fields that go all the way to the ocean. The flowers are grown by seed companies. It's a beautiful place, close to Vandenberg AFB. Check out the dimensions of the flag. The Floral Flag is 740 feet long and 390 feet wide and maintains the proper Flag dimensions, as described in Executive Order #10834. This Flag is

6.65 acres and is the first Floral Flag to be planted with 5 pointed Stars, comprised of White Larkspur. Each Star is 24 feet in diameter; each Stripe is 30 feet wide. This Flag is estimated to contain more than 400,000 Larkspur plants, with 4-5 flower stems each, for a total of more than 2 million flowers.

Monthly Military Retiree/Spouse Meeting:

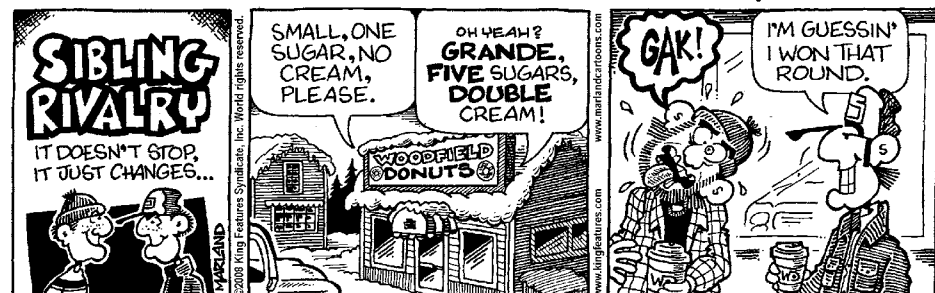
Our monthly meeting of retirees and family members is scheduled for 9 Apr 2008 at the former McClellan AFB Chapel, Bldg 5726. The meeting starts promptly at 1030 hrs and we have a super duper speaker in the form of Mr Dean Moline who runs the place we are all dying to get into, which is the Sacramento VA National Cemetery in Dixon CA. This is a must meeting for

all retirees and all your questions will be answered by the expert, Mr Moline. Thanks to our outstanding Commissary Staff, coffee will be available. If you have any questions, contact our volunteer staff at 561-7476 between the hours of 9AM to 3PM, Monday through Thursday.

Chief Moses

R.F.D.

by Mike Marland



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The Eric Hogue Show	5:00-7:00 pm

FOR LIFE'S ANSWERS...

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Travel with Judy



by Judy M. Zimmerman

Ship Ahoy for Barbados

busiest port facilities. If you are planning to board a cruise ship in Barbados, be sure to extend your stay at least several days. There's so much to see and do, you'll be glad you did. The easternmost Caribbean island, Barbados is home to many contrasts. Its West and South Coasts are calm and palm-fringed with warm waters that gently lap onto the golden sands.

On the East Coast, huge Atlantic waves crash along the rugged shore of white sand beaches and limestone cliffs. Meadows of golden sugar cane and historic plantation houses are a short walk away from the bustling port of Bridgetown. Tours of these houses provide an excellent insight into the life of the island's early European settlers, who established tobacco, cotton and sugar cane plantations.

Barbados was a British colony until 1966, when it gained full independence, although it is still a member of the Commonwealth. A great deal of the island's charm comes from that relationship. But the island's single greatest natural resource is its warm and friendly people. The Barbadians (also known as "Bajans") are proud and eager to share their rich cultural heritage, inherent in the spontaneity of their music and laughter.

More Information about Barbados Call 1-800-221-9831 or www.visitbarbados.org

All activity at Barbados' cruise ship terminal was at a standstill, along with the eery silence of Bridgetown's streets. Where were last night's party-goers in St. Lawrence Gap, the "hip" nightclub strip? Where were yesterday's colorful beach vendors and spirited sports enthusiasts?

"Why is it so quiet everywhere?" I asked the hostess who welcomed my sister and me as we boarded the Wind Surf cruise ship, the largest ship a-sail. "In Barbados we take Sunday's seriously," she said with a smile. None of the terminal's shops will open today. Everyone is either resting, eating a family meal at home, or in church."

Barbados' cruise terminal is one of the Caribbean's finest and (six days a week)

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Bob Cushman (916) 343-0505

Retired Senior Volunteer Program Neighborhood Emergency Training

**Wednesday, April 16
3727 Marconi Ave. 9 - 11 am**

According to the Sacramento Area Flood Control Agency website: Sacramento's risk of flooding is the greatest of any major city in the country and fourth in the world. Experts recommend that people be ready to provide for themselves for at least one week, possibly longer. In order to be prepared for an impending disaster of any type, the Retired Senior Volunteer Program (RSVP) is offering a two-hour Neighborhood Emergency Training (NET) class on Wednesday, April 16th from 9:00 am to 11:00 am. The class will be held at 3727 Marconi Avenue, Sacramento. All age groups are welcome to attend.

RSVP Sacramento is a Senior Corps program grant funded by the Corporation for National and Community Service. The Sacramento County Department of Human Assistance sponsors RSVP Sacramento.

To make a reservation, please call, email or fax:

Gail Hoberman (916) 875-4459
Hobermang@saccounty.net

or
Lauren Anderson (916) 875-3664
Andersonl@saccounty.net

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Patriots Park

Ground Breaking Ceremony

**Saturday, April 26 - 11am
On Palm Avenue off Dewey Drive**

**Honorable Supervisor Susan Peters
CRPD Advisory Board Members
Roger Berkenpas, Neighborhood Liaison
Neighbors & Friends Welcome!**



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Recycling Helps Communities

(NAPSA)-Recycled aluminum saves billions of dollars annually in energy costs, reduces greenhouse gas emissions by millions of tons, conserves national resources and helps save landfill space. Need more reasons to recycle?

It also pays for many municipal recycling programs, creates thousands of jobs and generates tax dollars in the collecting and processing industries.

Many people recycle aluminum cans but forget about the more than 8 billion aluminum foil containers such as foil pie pans, roasters, TV dinner containers and bakery pans sold annually in North America. All you have to do is rinse and place used foil containers in a recycling bin or take them to a recycling outlet.

Aluminum is the only packaging material that more than covers its recycling cost and is so economical it subsidizes the recycling of other materials such as plastic and glass. Recycling even helps support such projects as Habitat for Humanity.

Now may be a good time to start recycling your aluminum foil containers. For more information, visit the Aluminum Foil Container Manufacturers Association at www.afcma.org or phone (501) 922-7425.



Cruisin' By Greg Zyla

1942 Mopars

Q: Greg, your recent column about the value of a 1942 Dodge was right on. Also, you are correct that there was no car production from 1943-45, but there was not much during 1942 either, which is why there aren't many '42 models around today.

As you point out, Dodge production was only 68,000 for '42 models. That's because the federal government ordered a stop to civilian production in February 1942. It wasn't until late 1945 that the factories began shifting production back to civilian vehicles.

My favorite '42 Mopars are the DeSotos with the hidden headlights. Also unique are the small run of "blackout" models produced by many of the manufacturers just before production finally ceased. The blackouts are very rare and highly collectable today. -- Chris Barbieri, Montpelier, Vt.

A: Chris, thanks much for your letter. The blackout models you mention are indeed rare and interesting. They were instituted by direct order from Washington, D.C., so that no car manufacturer would have a sales advantage while the use of raw materials were regulated due to the war. Thus, no new cars could be delivered with exposed stainless steel or chrome trim with the exception of bumpers, bumper guards, and windshield wipers. The resulting cars were dubbed "blackout specials" or "blackout models."

As for that 1942 DeSoto, it was indeed a very nice car, and was officially dubbed the Series S-10C Custom Club Coupe. DeSoto production in 1942 totaled just 25,000 cars, with your favorite two-door Club Coupe model coming in at just 2,236 units. All '42 DeSotos were powered by inline 236-inch six-cylinder engines producing 115 horsepower.

Write to Greg Zyla in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send an e-mail to gzyla@ptd.net.

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Timing is Everything - Now is the Time to Be a Real Estate Investor

By Delia Fling

Are you still waiting for the real estate market to bottom? Whether you are a first time homebuyer or an aspiring real estate investor now is the time to sit up and take notice. A series of events are developing around us that spell opportunity for those who take action.

Fact: the real estate market has been declining since 2006. The age-old real estate mantra of location, location, location holds true today. As professional realtors remind us it is a regional market. Some areas have declined more precipitously than others. In fact there are areas in Sacramento that are flirting with 1991 valuations!

Fact: Interest rates are at historically low levels. Even though the credit markets have been under excessive pressure a good portion of 2007, 2008 appears to be stabilizing. I am not inferring that everything is peaches and cream. Financing qualifications have become more restrictive. Lenders want to be convinced that borrowers have the means to stay in their homes. A number of programs still exist to help the first time homebuyer fulfill their dream. And most

importantly, lenders are still willing to do business with an investor who has good assets.

You don't need to believe the economy is going into a recession to understand the dynamics going on in the credit markets. Current interest rates are being pressured down. This environment will not last long. Ultimately interest rates will increase and find their true levels probably sooner than later.

But how lucky are we...bargain priced real estate and bargain rate money to buy it with! A \$450,000 house at the peak of 2005 in many neighborhoods in Sacramento, today is selling for \$360,000 (less in some neighborhoods).

Interest rates have declined dramatically in the last 30 days. A payment for a \$360,000 house last month, will buy you a \$400,000 house today!

Wealth is created by those that recognize opportunity and take action. California is on Sale and giving you great financing terms.

Delia Fling is a Mortgage Planner with TransPac in Fair Oaks. Contact her for questions or comments at 916-284-0066 or deliaf@transpacllc.com.



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FICTITIOUS BUSINESS NAME STATEMENT #0802420. John O'Connor and Vicki O'Connor, both of 7013 Lincoln Oaks Dr., Fair Oaks, CA 95628 are doing business under the Fictitious Business Name "Kitchen In A Pinch" at 5841 Jameson Ct., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on March 3, 2008. Publish: March 11, 18, 25, April 1, 2008.

KITCHE 80302 4-1-08

FICTITIOUS BUSINESS NAME STATEMENT #0802361. Lance D. Urke, 1511 Mendota Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Urke Plumbing" at 1511 Mendota Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Feb. 29, 2008. Publish: March 11, 18, 25, April 1, 2008.

URKEPL 80302 4-1-08

FICTITIOUS BUSINESS NAME STATEMENT #0802289. On-Point Underwriting, Inc., 2002 Summit Blvd. #900, Atlanta, GA 30319 is doing business under the Fictitious Business Name "Spectrum Wholesale Insurance Services" at 2002 Summit Blvd. #900, Atlanta, GA 30319. Filed with the Clerk of Sacramento County on Feb. 29, 2008. Publish: March 11, 18, 25, April 1, 2008.

SPECTU 80302 4-1-08

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

WHEREAS, Jarrod Elliot Unruh has filed a petition with this court for a decree changing name of Jarrod Elliot Unruh to Jarrod Elliot Hodgson. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on April 18, 2008 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this order to show cause be published in The Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Feb. 29, 2008.

Shelleyanne W.L. Chang
Judge of the Superior Court
Publish: March 11, 18, 25, April 1, 2008.

UNRUH 80302 4-1-08

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2008-00004554-CU-PG-GDS

WHEREAS, Derric Le Shaun Benedict Bradley has filed a petition with this court for a decree changing name of Derric Le Shaun Benedict Bradley to Derric Le Shaun Bradley. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on April 9, 2008 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this order to show cause be published in The Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Feb. 27, 2008.

Shelleyanne W.L. Chang
Judge of the Superior Court
Publish: March 11, 18, 25, April 1, 2008.

BRADLE 80302 4-1-08

NOTICE TO CREDITORS

Donna F. Granger passed away on 1/16/08. All persons having claims against the above named, are required to present them to her personal representative at 17016 E. Dorado Circle, Centennial, Colorado 80015 on or before June 28, 2008 or the claims may be forever barred.

CHAMBE 80401 4-1-08

FICTITIOUS BUSINESS NAME STATEMENT #0802408. Billy R. Butler, 2661 Bell St., Sacramento, CA 95821 is doing business under the Fictitious Business Name "Butler Motorsports" at 2661 Bell St., Sacramento, CA 95821. Filed with the Clerk of Sacramento County on March 3, 2008. Publish: March 18, 25, April 1, 8, 2008.

BUTLER 80303 4-8-08

FICTITIOUS BUSINESS NAME STATEMENT #0802579. Charles Ewers and Kristen Ewers, both of 6205 Kiernan Dr., Carmichael, CA 95608 are doing business under the Fictitious Business Name "CPK Enterprises" at 6205 Kiernan Dr., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on March 6, 2003. Publish: March 25, April 1, 8, 16, 2008.

CPKENT 80304 4-16-08

FICTITIOUS BUSINESS NAME STATEMENT #0801860. Taylor Lynn Schaub, 4789 Manzanita Ave. #14, Carmichael, CA 95608 is doing business under the Fictitious Business Name "The Clean Team" at 4789 Manzanita Ave. #14, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Feb. 19, 2008. Publish: March 25, April 1, 8, 16, 2008.

THECLE 80304 4-16-08

FICTITIOUS BUSINESS NAME STATEMENT #0802830. Dextrys, Inc., 201 Edgewater Dr., Wakefield, MA 01880 is doing

business under the Fictitious Business Name "DarwinSuzsoft" at 201 Edgewater Dr., Wakefield, MA 01880. Filed with the Clerk of Sacramento County on March 12, 2008. Publish: March 25, April 1, 8, 16, 2008.

DARWIN 80304 4-16-08

FICTITIOUS BUSINESS NAME STATEMENT #0802571. Maria L. Jasso, 6859 Trovita Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Jose's Gardening" at 6859 Trovita Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on March 6, 2008. Publish: March 25, April 1, 8, 16, 2008.

JOSESG 80304 4-16-08

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2008-00006480-CU-PT-GDS
WHEREAS, Crystal Erin Szymanski has filed a petition with this court for a decree changing name of Crystal Erin Szymanski to Crystal Erin Barrett. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on May 8, 2008 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, Ca 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that

a copy of this order to show cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: March 20, 2008.

Loren E. McMaster
Judge of the Superior Court
Loren E. McMaster
Publish: April 1, 8, 15, 22, 2008.
SZYMAN 80401 4-22-08

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Community Events

With more seniors retiring at younger ages, many are remaining active by giving back to their community through volunteerism.

An old adage states that the best way to judge a society is by how we treat the most vulnerable among us. It's estimated that 69% of people turning 65 this year will need some form of long-term care in the future, whether in the community or in a care center. One meaningful way to assure cleanliness, safety and appropriate care of the residents. They also investigate complaints and solve problems for LTC residents.

If you are interested in giving the generous gift of your time as an ombudsman, contact Ombudsman Services of Northern California. No previous experience is required. Training and on-going support are provided. Volunteers set their own schedules, and the average time volunteered is approximately 20 hours per month. Many older adults living in skilled and assisted living facilities have out-lived friends and family, having an advocate on their side can mean the world to them.

If you have the time in your life to be of service to others and a desire to continue to learn then please investigate what it is to be a Long-term Care Ombudsman. An orientation will be held on Wednesday, March 26, from 10:00 to 11:30 a.m. at 3950 Industrial Blvd., Suite 500 West Sacramento, 95691. The training will begin April 7th through April 24th, followed by a three-week internship. Space is limited; please contact Leza Coleman, Volunteer Coordinator 375-3313 or email at lcoleman@snc.net. Please visit our web site for more information at www.osnc.net.

The Woodside K-8 School Parent-Teacher Organization is having a unique event to help raise funds to purchase new computers for the computer lab by holding its first annual E-Waste Recycling Fundraiser at Woodside School on Saturday, April 12, from 9 a.m. to 3 p.m. Families and businesses in the greater Citrus Heights Roseville, Orangevale, Carmichael, and Fair Oaks areas are invited to drive by Woodside K-8 and donate their used/outdated electronic equipment and computer waste. Additionally, cash donations towards the purchase of the new computers will also be accepted. All e-waste and cash donations are tax deductible. Receipts

will be given for all donations on the day of the event.

Items accepted include televisions, computer monitors, VCRs/DVD players, computers, laptops, printers, cell phones, telephones, radios, camera, and computer equipment.

Items not accepted include household appliances, furniture, garbage or green waste, lamps/light bulbs, microwave ovens, vacuum cleaners, and bathroom electronics.

Thoughts turn in spring to outdoor events. An April 6 orienteering meet in an American River park can provide some map and compass skills for those activities.

The meet, at Sacramento Bar in Fair Oaks, is sponsored by Gold Country Orienteers and will feature courses for beginning, intermediate and advanced orienteers. Beginning instruction will be available.

Orienteering is a versatile and exciting sport for individuals and families. Using a map, compass and a set of clues, you navigate from point A to point B to find a series of markers. The sport is easy to learn and fun. It can be done as a competitive race or a leisurely hike. It is ideal for children and families ... and for serious athletes looking for a challenge. Sacramento Bar is on the north side of the river and is part of the county's American River Parkway.

Registration will be from 9:30 a.m. to noon. Courses can be started between 10 a.m. and noon. The cost is \$5 for each individual or team going out together and \$2 for a second map or second course.

Take Highway 50 to Sunrise Boulevard. Go north over the river to Fair Oaks Boulevard and turn left. Take the immediate left on Pennsylvania and follow the river signs to the parking area. The parking fee is \$5 per car. For more information, visit www.goldcountryorienteers.org or contact Jennifer at 922-8671 or jkerrt1561@yahoo.com.

The Italian Cultural Center presents three artists' interpretation of the "Faces of Italy." Artists Rod Williams, Glory Bradley and Bud Bradley will be showing two and three-dimensional pieces.

The collection will be open to the public from April 3rd through April 13th. View photographs, sculptures, watercolors, gouache, and pastels in the three artists' interpretation

of the people and sites of Italy.

As part of the mission of the Cultural Center, we are pleased to present this fascinating collection of Italy. As a thank you from these artists, fifteen percent (15%) of all sales will be returned to the Center to assist in their building fund and support for the Italian cultural programming.

Hours are on Saturdays from 10 a.m. to 5 p.m.; Sundays from noon to 5 p.m.; and Weekdays from noon to 5 p.m. For more information on the artists go to www.3ArtistsAndVal.com or contact Val Williams at 1-530-676-7664.

For more information on the Italian Cultural Society go to www.Italiancenter.net. Call 482-5600.

The Fair Oaks Historical Society invites you and your family to visit its History Center which will be open to visitors on April 13th, during its monthly Second Sunday Open House. While there you will be able to view pictures, maps, documents and artifacts dating back to 1880. Prior to leaving the History Center, we suggest you pick up a walking tour map of the village. The tour walks you past 47 historic homes and buildings and is free to the public. Tracing the meanderings of Fair Oaks Boulevard on the map will make understandable the reaction of a 1902 resident who is quoted as saying, "Our roads are a source of wonder and bewilderment to every stranger who comes into the colony."

The History Center, which is located in the Fireside Room of the Fair Oaks Community Clubhouse, 7997 California Ave., Fair Oaks, will be open from 1 p.m. to 4 p.m. Docents will be available during each event to help with local lore and fact. If you can't come in person, please visit our website: www.fairoakshistory.org.

Admission to the History Center is free. For further information please call the Historical Society's Chief of Docents Lois Frazier at 967-2967.

A local private school (Anchor Education, Inc.) is looking for community support to help raise needed funds to better serve its students. Anchor Education, is asking for donations of old cars, trucks, or vans, with free towing included. The vehicle may be running or not, and you may take a charitable tax deduction.

Call Toll Free at 1-800-240-6865 or 1-888-618-8111.

An aging king tries to keep his kingdom intact in spite of the machinations of his three sons and estranged wife in Magic Circle Theatre's production of the comedy The Lion in Winter, opening March 28.

Rodger Hoopman (Scrooge) stars as King Henry, determined to keep his lands and rule intact after his death. But which of his three sons should follow him? Richard the Lionheart (Dean Shellenberger), Geoffrey (Simon Hunt) or John (Eric Bellah)? Like any head of the house (royal or not), he learns his decisions have little weight up against the opinions of his wife, Eleanor (Debra Hammona), his mistress Alais (Zoe Garcia), the boys themselves, or even King Phillip (David Garrison).

Director Rosemarie Gerould guides this family get-together through intrigue, double-crossings, backstabbing and surprises with a brilliant script by James Goldman.

Basically, just another family Christmas. The Lion in Winter will play Friday and Saturday evenings at 8:00 p.m. and Sunday afternoons at 2:00 p.m., March 28 through April 26, in the Tower Theatre, 421 Vernon St., Roseville. Tickets are \$22 for general admission, \$20v for seniors and students, \$12 for children 11 and under. Call 782-1777 for tickets.

Just Like Cats & Dogs by Dave T. Phipps



Local Talented Girls Softball Players Seek Sponsors

The Folsom FLASH, a team of talented softball players 16 and under (16U), is stepping up to the next level of play and you can help them reach their goals.

These young women will be participating in the "Colorado Sparkler Tournament" held in Hyland Hills, Colorado June 30 – July 6, 2008. We are very excited for our team of 13 players because they will be seen by coaches and recruiters from various colleges throughout the United States. Three of our team members will also participate in All-Star games coached by college coaches. Those girls will also have the opportunity to play in a final All-Star game which will be televised on Friday, the 4th of July.

What an opportunity for these girls who are committed to the sport of fastpitch softball and want to play when they go on to college. You may know some of the team members. They are: Shelby Bishop, Baylee Bishop, Sami-Jo Everett, Rachel Hopping, Samantha Hopping, Heather Jensen, Jackie McCarty, Ashley Mrozinski, Britni Nickell, Macey Palermo, Dawn Weber, Katie Hargreaves, and Taryn Frampton and they live in Antelope, Roseville, Carmichael, Citrus Heights, Rocklin, and Lincoln.

The Folsom FLASH is a non-profit organization which currently has teams in the 10U, 14U, and 16U age divisions. They participate in tournament play within the Amateur Athletic Association (ASA) also known as the Junior Olympic program. This year the 16U team will attend tournaments held throughout California, Nevada, Oregon, and Colorado. Costs are high and the players' family, friends, and volunteers help raise money to pay for tournament fees, uniforms, equipment, first aid supplies, water, plane fares, hotel rooms, meals, and gas when driving to tournaments and hauling the trailer that contains the girls' softball equipment.

The team works to raise money throughout the year. They are having a Spaghetti Feed at the Orangevale Grange on May 2, 2008 at 6:30 p.m. and you, the public, are invited. Tickets are \$10 each. Please contact our manager Michele at Flashfastpitch@yahoo.com. Wine and



beer will be sold and of course we will have a wonderful raffle, etc. Come and meet the players!

The Folsom FLASH is also seeking sponsors at the Bronze (\$250), Silver (\$500), Gold (\$1,000) and Platinum (\$2,500) levels. At the Bronze and Silver levels, the team offers the opportunity for you to have your company name displayed on a banner at each tournament, practice and exhibition game (approximately 125 games) throughout California, Oregon, Nevada, and Colorado and your web site displayed on the Folsom FLASH 16U web site. At the Gold and Platinum levels, each sponsor's name will be displayed on the banners of all age divisions (10U, 14U, and 16U) and displayed at approximately 375 games, your logo placed on our equipment trailer (16U) and seen throughout California, Oregon, Nevada, and Colorado. Your company web site will be linked to the Folsom FLASH web site with your logo displayed on the 16U page. What a great way to advertise your company.

You do not have to have a business to help with fundraising. Any and all donations are welcomed. Please help the girls achieve their goals and send donations to: Folsom FLASH, C/O Michele Nickell, 7438 Bree Ann Court, Citrus Heights, CA 95610. Indicate the non-profit federal ID # 68-0459343 on your checks. For further information about sponsorships or questions about the team, please contact Michele at mnickell@surewest.net.

The philosophy of the FLASH is to be committed to your sport, supportive of your team mates, AND NEVER DEVELOP A TASTE FOR LOSING BUT ALWAYS LOSE WITH CLASS. What a great attitude!

Weekly SUDOKU

by Linda Thistle

Answers on page 4

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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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Turn a Down Market into the Opportunity of a Lifetime

Dispelling the myths and fears of buying in today's new home market.



By Gretta Harris

MYTH #1: THE HOME-BUYING MARKET IS DEAD!

At least that is what the news reports would have us believe. And they are now predicting a full two years before recovery. Let them spew gloom and doom! All is not lost. This is a great time for homebuyers. Interest rates are still at an all-time low, new home prices are down a whopping 30% from 2006. And builders are negotiating like never before. So where are the buyers?

My friend JoAnn was in a quandary. She and her three children had outgrown their 1500 square-foot 3 bedroom home. The kids needed room to run, and she needed an extra den or bedroom for her home business. She had picked out the home she wanted – a 2600 square foot 4 bedroom, with a bonus room

and 3-car garage. All she had to do was get her existing home ship-shape, and sell it for about \$350,000. The new home had a base price of \$565,000, and she wanted about \$25,000 in upgrades. It would be tight, but she had pre-qualified and could well afford the payments.

While she was fixing up her home, the market dropped. By the time she listed it on the market, her \$350,000 value had slid to \$300,000, then \$280,000, then \$245,000. Dejected, she pulled her home off the market and decided to wait until "things turned around."

By the time I caught up with her, she had given up. She didn't even want to talk about her dream home any more. I felt so bad for her! The fact of the matter is, that while all this was happening to her, the builder had lowered his pricing by the same percentage – about 30%. I picked up a current price sheet, and showed her that the price of her dream home had now dropped to \$396,000. Now, even with very little equity, she could still easily afford to purchase that new home. And because of the slow sales, the builder was including all \$25,000 of those options with the price!

She immediately saw that she could afford to price her existing home as low as possible. And because she had taken the time to "stage" it, it sold within 2 ½ months. I'm happy to report that she's been in her dream home for 8 months now – and lovin' it!

Don't let the news reports steal your dream home. The news stories were quick to jump on the doom and gloom wagon because prices are dropping and foreclosures are rising. As a result, they have succeeded in scaring good qualified homebuyers away. Yes, foreclosures are the highest we've seen since 1982, and that feels scary. But how does that affect you?

Do you have a steady income and a decent credit score? Then there is no reason for you to lie low. A solid 30-year loan with a fixed interest rate is still readily available to you. Today a qualified home buyer can walk into a sales office and pretty much dictate a custom offer. Granite countertops? No problem! Washer/dryer/ refrigerator? No Problem! Designer tile flooring? Stainless steel appliances? Upgraded cabinets? Window coverings? Builders are giving them away all day! But don't wait too long – once the completed homes are sold, the "goodie packages" will be harder to get!

So go out there and get that dream home! What are you waiting for??

Gretta Harris is a California Real Estate Broker, who has specialized in New Home Sales for over 25 years. Her company, New Homes Dream Tours conducts seminars for new home buyers, and assists buyers in the purchase of new homes in Northern California, as a buyers' representative. See www.NewHomeDreamTours.com or email dreamtours@comcast.net



FELONY WARRANT ISSUED ON BETHANN COLYER

From Officer Lizz Dutton, Public Affairs Officer

On December 19, 2007, at approximately 10:50 p.m. Garron Engstrom was driving a Honda CRV carrying eight passengers on northbound Eastern Avenue at Whitney Avenue. Bethann Colyer was driving while intoxicated on westbound Whitney Avenue at Eastern Avenue at approximately 50-55 mph when she failed to stop for the red traffic signal. Scott A. Crouch Jr., a passenger in Engstroms vehicle died at the scene, (Sacramento Coroner's Case # 07-06633). Engstrom had seven other passengers in the vehicle. One passenger had major head trauma and seven other passengers had moderate to severe injuries. Those passengers included: Jessica Mendoza-18 year old from Gold River was transported to MSJ hospital- massive head trauma, Bart Kirby- a 19 year old was transported to MSJ with a broken pelvis, lacerated liver, and major head trauma, Jason Doverspite- an 18 year old from Carmichael was transported to Kaiser North with head trauma, Jessica Rosser- an 18 year old from Gold River was transported to Sutter Roseville with complaint of pain to her head and was admitted, Ian Smith- an 18 year old from Carmichael was transported to UCD with a broken neck, Benjamin Harrington- an 18 year old from Auburn was transported to UCD with major head trauma, Michael Huwitt- a 20 year old from El Dorado Hills was transported to UCD with broken ribs, collapsed lungs, and head trauma. The driver of the Honda, Garron Engstrom was transported to Sutter Roseville with cuts to his hands and face. All occupants in the Honda CRV were not wearing their seatbelts except the driver and right front passenger (Mendoza).

On March 28, 2008, District Attorney Jan Scully filed charges against Bethann for 191.5 PC- Gross Vehicular Manslaughter and 23153 VC- Driving under the influence with injury, with enhancements for each of the eight additional victims who were injured. These charges came after a lengthy investigation by CHP Officers with the assistance of our MAIT Team.

Bethann was arrested at approximately 12:28 p.m. on Manzanita Avenue just north of Winding Way as she was leaving the "Dubs Daily Dose" bar in Carmichael. At the time of her arrest, she was suspected of having alcohol in her system and she had admitted to smoking marijuana earlier in the day. She was booked into the Sacramento County Jail for her warrant.

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