

AMERICAN RIVER

M E S S E N G E R



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First Edition for June 2011

Sacramento Among Smoggiest Regions in the Entire Nation



Sacramento Region – The city of Sacramento is ranked fifth smoggiest city in the nation, according to the American Lung Association's annual report on air quality, State of the Air 2011. The report shows people in Sacramento continue to breathe dangerous levels of air pollution, despite positive nationwide trends toward cleaner air.

Reflecting the continued problems, this year's report showed that Sacramento's air quality stayed at the same level as 2010's State of the Air report, unlike the majority of American cities most-polluted by ozone (smog) or year-round particle pollution (soot). Sacramento's best opportunity for progress depends on locally raising awareness of the problem and the continued cleanup of

deadly pollution.

The State of the Air 2011 report grades cities and counties based, in part, on the color-coded Air Quality Index developed by the U.S. Environmental Protection Agency (EPA) to help alert the public to daily unhealthy air conditions. The 12th annual release of the Lung Association's report uses the most recent EPA data collected from 2007 through 2009 from official monitors for ozone and particle pollution, the two most widespread types of air pollution. Counties are graded for ozone, year-round particle pollution and short-term particle pollution levels. The report also uses EPA's calculations for year-round particle levels.

The pollution problem showed

up most in El Dorado, Nevada, Placer, Sacramento, Sutter and Yolo counties that all received in "F" for ozone pollution. Ozone is the most widespread air pollutant, created by the reaction of sunlight on emissions from vehicles and other sources. When ozone is inhaled, it irritates the lungs. It can cause immediate health problems and continue days later. Ozone can cause wheezing, coughing, asthma attacks and even premature death.

Despite getting a passing grade for year-round particle pollution, the city of Sacramento was ranked ninth as most polluted by short-term particle pollution which is considered unhealthy by the American Lung Association and other public health groups and medical societies.

Particle levels can spike dangerously for hours to weeks on end (short-term) or remain at unhealthy levels on average every day (year-round).

For more information on the 2011 State of the Air report, go to stateoftheair.org.

Now in its second century, the American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease. With your generous support, the American Lung Association is "Fighting for Air" through research, education and advocacy. For more information about the American Lung Association or to support the work it does, call 1-800-LUNG-USA (1-800-586-4872) or visit www.lungusa.org/california.

Fair Oaks Theatre Season Opens

Fair Oaks – The Fair Oaks Theatre Festival and American River College Theatre are offering something for everyone this summer with theatre-under-the-stars musicals that range from delightfully wholesome to hilariously naughty. The season opens with "Annie," a full-length musical full of suspense, charm, orphans, bad guys and at least one millionaire! It runs Friday, Saturday, Sunday nights from June 17 through July 24. Opening July 2 and running every Saturday through July 23 is "Stuart Little," a one-hour children's show that will tickle everyone's fancy.

The season will continue with "The Great American Trailer Park Musical," a PG-13-rated musical The New Yorker described as "More fun than a chair throwing episode of Jerry Springer set to music." "Trailer Park" runs August 12 through September 11. Next up will be a return of "The New Christy Minstrels," a folk music group celebrating its fiftieth year with this fundraising concert on July 30. Concluding the season will be Sacramento's popular "Best of Broadway," running from September 16 through October 2. For more information, call (916) 966-3683 or visit FairOaksTheatre-Festival.com.

In the Broadway hit musical "Annie," the spunky Annie (played by Thandie VanWesenbeeck) brings



Photo: Brian Williams

joy to her fellow orphanage mates, though they are all kept virtually hostage by the mean and spiteful Miss Hannigan (Cheryl Watson). Annie, meanwhile, meets Millionaire Daddy Warbucks (Corey Winfield), bringing happiness into his life as well. Miss Hannigan plots evil things but is thwarted. Annie continues to bring joy to everyone, including the mutt Sandy and President Franklin D. Roosevelt! Bring the family and enjoy great familiar songs including: "Maybe," "It's The Hard Knock Life," "Tomorrow," and "Easy Street." (Book by Thomas Meehan, Lyrics by Martin Charnin, Music by Charles Strouse, Directed by Bob Irvin, Choreography by Sunny Smith, Musical Direction by Kirt Shearer).

Annual Concerts In The Park Series Returns This Week

Fair Oaks – Come out and enjoy this year's Concerts in the Park! The schedule opens June 9th with Todd Morgan and the Emblems, an old-time rock and roll band. Music starts each week at 7:00pm and runs for approximately two hours. You can find the music playing and hundreds of music lovers gathering at the band stage just behind the Community Clubhouse in old Fair Oaks Village.

The music plays every Thursday evening through August 25th. The event is always free and always fun. Bring your picnic dinner or buy comfort food (pizza, hot dogs or ice cream sundaes). Now is the time to relax and enjoy the summer that has finally arrived with friends, families and local strangers. Dancing, eating, laughing, and laying back are all that is required.

Some concerts have been known to draw an audience of 800 or more. As

the weekly bands represent several genres of music, the concert goes drop their lawn chairs and goodies in place for the bands they love best. Bands this year include smooth jazz, cowboy ballads, rhythm and blues, rock and roll, Cajun and Broadway hits. For a complete schedule go to www.fairoakschamber.com

Concerts in the Park has become a Fair Oaks Tradition. The entire community supports the concerts through sponsorships. The series is sponsored this year by Grand Sponsors Fair Oaks Recreation and Parks District, Fair Oaks Chamber of Commerce, Fair Oaks Water District, Fair Oaks Foundation for Leisure and the Arts, Safeway and Seniors Helping Seniors. There are also weekly sponsors for each event. If you enjoy the music, be sure to thank one of the many sponsors who step up and make the event possible.

Sac Metro Fire District Announces FIRE CAMP 2011

Sacramento – It is time to sign up for Metro Fire's 2010 Fire Camp. Fire Camp is a day camp sponsored by the Sacramento Metropolitan Fire District that takes place from July 19-22, 2011. Each day of camp 11, 12, and 13 year olds' are given a chance to see and learn the varied disciplines of today's fire service. It is a once in a lifetime experience, which instills self-confidence, teamwork and a basic understanding of the firefighter profession in a fun and exciting atmosphere.

The kids are grouped in "strike teams" of eight campers, and each strike team is mentored and supervised by two professional

firefighters. Teams learn about the job of a firefighter and experience first hand important life safety skills.

To attend Fire Camp, applicants must be 11, 12 or 13 years of age. Preference is given to applicants who live within the Metro Fire District boundaries. Applications and more information can be found on our web site: www.sacmetro-fire.ca.gov, go to – Community Services, Programs, Fire Camp. Applications are processed in the order in which they are received, so the earlier you apply, the better the chance of securing a position in this year's Fire Camp.



A Delicious Taste of Fair Oaks

Fair Oaks - Like all recent days lately, Friday was breezy, cool, dank and pale-gray. Nosing into the North Ridge Country Club for the Chamber of Commerce 18th Annual Taste of Fair Oaks (TOFO 18) we were already in trouble. Grounds crew and security men ran at us waving, pointing to rows of leering grilles and smooth-curved rear bumpers. A blue clad man sprinted ahead, stopped, turned, pointed to a slot with his left hand, rotating his right in the universal signal for "Move it!" Squeezing

between an over-used Ford F-10 pickup and a never-used Lincoln Navigator I told my photographer "They'll be parking on the fairway in ten more minutes." She laughed, "So far TOFO 18 looks like a success." We aim ourselves for the tables crowded around the main gate.

The air's heavy, warm, scented with flavor and spice. Food. Tables of it filled with ahi tuna, sweet chili chicken, dim sum, pasta, lamb chops, pizza, tapas and silky sweet chocolate. And folks packed paunch to

haunch waiting. There's wine to be enjoyed. Folks who'd began by seriously tasting Zins, Cabs and Merlots Branch out to Chardonnay and Pinot Grigio. Countless flavors found in vineyards and regions from El Dorado to San Luis Obispo. And Fair Oak's most delightful party begins.

Along the center of the room large tables covered with packages wrapped in ribbons and bows wait like little pack-burros to be unloaded. More auction items than TOFO 17, 16 and 15 - and more

people bidding.

A small tap on a drum. "Aaaaaaaa-at...laaaassst, my love has come aloooooonnnng..." A rich even purr like an expensive car begins confidently, boldly and not too loud. Folks migrate to the patio to listen until the PA clicks on, screeches, hums, rings and a brassy voice asks, "Can you hear me? In the back of the room? Can you hear?" Billy Mills, Olympic champion was introduced to the enthusiastic crowd and the auction began.



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Memorial Day Ceremonies



Fair Oaks - On Saturday, May 28th, the Fair Oaks Cemetery District held their annual Memorial Day Ceremony honoring all veterans. This year's focus was especially to honor those in Operating Enduring Freedom, those serving in the Iraq and Afghan wars.

The honored speaker was Brigadier General (Ret.) Robert Hipwell. General Hipwell offered two great stories of service by our fallen heroes. Also speaking was Congressman Tom McClintock who presented a powerful speech about American Freedoms, Supervisor Roberta MacGlashan, Supervisor Susan Peters, and Marilyn Erbes from Congressman Dan Lungren's office.

The event included a procession of a horse-drawn cason in honor of Pfc. Charlie Williams, who was killed in action last year.

Music was provided by our local American Veteran's Band, directed by Bud Turner, buglers Ralph Grace and Tom Hill, and bagpipers Curt Baird and Robert Duncan, drummer Mike Marquette and soloist Patricia Mathews.

Fair Oaks Rotary Restores Phoenix Field



By Fred Rowe

With their task partly financed by a grant from Rotary International, on April 15 the Rotary Club of Fair Oaks began some renovation work on the 90-foot Little League diamond at Phoenix Park in Fair Oaks. With members Mike Vinks and John Brothers providing the technical direction, a crew of ten put in place the supporting framework for new roofs on the dugouts, which

have been without them for several seasons. In addition to re-roofing the dugouts, the dugout benches will be replaced, the bullpens weeded and re-leveled, and the shade cloth on the outfield fences replaced. Project manager Bruce Vincent estimates that 2-3 more workdays over the next several weeks should suffice to finish the job, and will allow most of the membership to be a part of the project. League president Rob Franco expressed the league's

appreciation for what the club is doing to make Phoenix Park a quality place to play and see games.

The Rotary Club of Fair Oaks is a group of men and women with ties to Fair Oaks who subscribe to Rotary's motto, "Service Above Self", and is one of the nearly 34,000 Rotary clubs worldwide. They meet in the basement of the Fair Oaks Community Clubhouse on almost every Monday evening. Google "Fair Oaks Rotary" to find out more.

Sylvan Cemetery Memorial Event

Citrus Heights - On this past Memorial Day the Sylvan Cemetery District held its Memorial Day ceremony, which included speeches and poems from local dignitaries and addresses from local veterans. The event also included everyone in attendance singing together "God Bless America."

The procession was formed by the Citrus Heights Police Department, veterans from Citrus Heights VFW Post 637 and local boy scouts.



Photos: Paul V. Scholl

Independents are not Moderates

Commentary Sarah Lyons

Sacramento Area – Pew Research Center released a survey last month which was encouragingly called "Beyond Red vs. Blue." Encouraging, that is, for the growing number of Americans eager to find a way out of the partisanship which has come to dominate public policy making at nearly every level of government.

The study—an 150 page analysis—was quickly digested by reporters eager to get a leg up on the latest political trends just as the Republicans held their first televised Presidential debate in South Carolina which, notably, holds both an early primary and an open primary in which independents are allowed to vote.

"Voters More Complex than Red/Blue" wrote ABC political director Amy Walter. "The Misunderstood Independent," echoed Aaron Blake and Chris Cillizza of the Washington Post.

The fifth study of its kind conducted by Pew since 1987, the survey aims to give a broad overview of the character of electorate and sorts Americans into eight cohesive

groups based on values, political beliefs, and party affiliation.

Three of the eight classifications that emerged from this year's study were dedicated to independent voters—up from 2 classifications in the 2005 survey. More importantly, the presence of independents was evident across all five of the remaining classifications including those meant to define Democratic and Republican voters. In those groups, independents comprised 15% - 34% of their total makeup. Independents are everywhere it seems.

Pew acknowledged this in their report stating, "In recent years, the public has become increasingly averse to partisan labels... There has been a sharp rise in the percentage of independents—from 30% in 2005 to 37% currently."

The survey also encouragingly pointed out that—contrary to much theorizing that independents comprise "the center" of American political life—they remain a diverse lot with strong opinions. "The growing rejection of partisan identification does not imply a trend toward political moderation, however. In fact, the number of people describing their political ideology

as moderate has, if anything, been dropping," wrote Pew, acknowledging that while independents have come to played a central role in the last three national elections—this does not a "center" make.

Pew's findings amplify our own, discovered not through polling, but through the activity of organizing independents over the course of two decades. Independents are not in the middle between Democrats and Republicans. Rather, they want to move beyond the confines of parties altogether.

Perhaps more so than any other group of American voters, independents are attuned to the fact that partisanship is not a behavioral issue—it is a structural one. Since partisanship is produced by the structure of politics, addressing the issue of partisanship meaningfully means changing the political structure. That's why reforms like open primaries and nonpartisan elections are so popular among independents.

Sarah Lyons is the Director of Communications for IndependentVoting.org, a national association of independent voters and activists. See www.IndependentVoting.org.

Governor and First Lady Honor Tech. Sgt. Kristoffer M. Solesbee

Sacramento – Tech. Sgt. Kristoffer M. Solesbee, 32, of Citrus Heights, CA, died May 26th in the Shorabak district of Kandahar province, Afghanistan, of wounds suffered when enemy forces attacked his unit with an improvised explosive device. He was assigned to the 775th Civil Engineer Squadron, Hill Air Force Base, UT. Solesbee

was supporting Operation Enduring Freedom.

On behalf of all Californians, Governor Brown and First Lady Anne Gust Brown honor Tech. Sgt. Kristoffer M. Solesbee, who bravely gave his life in service to our state and nation. The Governor and First Lady extend their deepest condolences to his family and friends at

this difficult time.

In memorial, Governor Brown ordered that flags be flown at half-staff over the State Capitol on June 6th. Tech. Sgt. Solesbee's family will receive a letter of condolence from the Governor.

Release from the Governor's Press Office.

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POPPOFF!

with Mary Jane Popp

TURN BACK THAT FAT

Summer is just around the corner. Can't hide those rolls anymore. 66% of American adults are overweight. Can your unbalanced hormones be a culprit? You bet says **Dr. Eric Berg**. We count calories to the micro-ounce. We exercise til we drop. Yet, we still can't shed those pounds. Dr. Berg has specialized in weight loss for some years, and published several books including **"The 7 Principles of Fat Burning"** in which he states we can activate our fat-burning hormones with a tailor-made eating and exercise plan for our body type.

I guess we need to figure out what body type we look at in the mirror each day:

1) Adrenal Type: Pendulous abdomen. Midsection weight. Fat pad at the upper back and lower neck area. Thinner legs and arms. Fatigue, weakness, lethargy, depression, sleepiness, insomnia, nervousness, atrophy of breasts, high blood

pressure, and facial hair are just a few of the symptoms.

2) Ovary Type: Weight gain in hips, thighs, and buttocks, with a lower stomach bulging. Ovarian cysts, cyclic fatigue, brain fog, pain in the lower back or hips, pain in the knee, lack of libido, acne, night sweats, along with hot flashes and on and on.

3) Thyroid Type: Weakness, high cholesterol, sagging skin under arms, chin, or midsection. Need for afternoon naps. Craving bread, pasta, chocolate, and sweets. Loss of libido, voice deeper, There's more too.

4) The Liver Type: Potbelly, poor joints, brown spots on backs of hands and body, constipation, hemorrhoids, cravings for fried and sour foods, headaches, arthritis, high blood pressure, spider veins, and on and on.

Dr. Berg also said we can be combos of these types, and there are so many more symptoms that I did not have the space to name them all, but they are all in his book. But I did want to get in the 7 Principles of Fat Burning:

- 1) There are the four types of body shapes. Each influenced by hormones.
- 2) Calories are insignificant compared to fat-burning hormones.
- 3) You have to be healthy before you

- can lose weight.
- 4) Environmental hormones and chemicals mimic your hormones.
 - 5) You have to heal your glands and hormones to KEEP the weight off.
 - 6) Fat-burning and fat-storing hormones have their own triggers.
 - 7) Incorrect exercise prevents fat burning.

Finally, here are the Fat-Burning Hormones:

- 1) Growth Hormone (GH)
- 2) Insulin-like Growth Factor (IGF)
- 3) Glucagon
- 4) Adrenaline
- 5) Thyroid Hormones (T3 and T4)
- 6) Testosterone

And now the Fat-Storing hormones:

- 1) Insulin
- 2) Estrogen
- 3) Cortisol

In **"The 7 Principles of Burning Fat"** Dr. Berg has the information for you to find your own body-type or combo-type, and then deal with what has to be done. You can also check out his website at www.bergdiets.com.

The good doctor also said that stress can cause the body to store fat, so remember to kick back and relax once in awhile. Gotta' smell the roses and enjoy life along the way!

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July 9 th	Washington Kastles	Drop Shot Diva Day featuring Serena Williams
July 10 th	Newport Beach Breakers	Play Tennis Sacramento
July 12 th	Kansas City Explorers	Family Night featuring the Bryan Brothers
July 15 th	Newport Beach Breakers	Catch the Wave featuring Mardy Fish
July 20 th	Boston Lobsters	Caps Go Green
July 21 st	Springfield Lasers	Fan Appreciation Night

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A Case in Point

The Case of the Stolen Stereos

By David Graulich, Esq.

It's generally known that police must have a search warrant to legally enter a home to look for evidence. What's not widely known are the complex rules that control what police can and cannot do while conducting their search.

These intricate rules often cause problems for law enforcement officials, as illustrated by the case of Arizona v. Hicks, decided by the U.S. Supreme Court in 1987.

The controversy in Hicks concerned the doctrine of "plain view." Plain view permits police to gather evidence that is immediately apparent during a legal search.

For example, say police have a warrant to search X's house for evidence relating to a bank robbery. After X's girlfriend lets them in, the police walk through the kitchen. Around the sink, in plain view, are containers of bleach, Coleman fuel, plastic tubing, ammonia, and boxes of Sudafed pills. The police could gather these objects as evidence that X was operating a methamphetamine lab, even though drug paraphernalia was outside the scope of their search warrant.

In the Hicks case, a bullet was fired through the floor of Hicks' apartment. The bullet struck and injured a man in the apartment below. Police arrived and entered the Hicks apartment, where they found and seized three weapons, including a sawed-off rifle, as well as a stocking-cap mask.

Let's pause a moment. The police didn't have a search warrant. Were they in the apartment legally?

The answer is yes. When there are "exigent circumstances" — some

type of emergency — police can conduct an immediate search without taking time to obtain a warrant. A shooting qualifies as a life-threatening emergency.

Back to our case. A policeman inside the apartment, Officer Nelson, noticed two sets of expensive stereo components. The high-end stereos seemed out of place in the filthy and run-down apartment. Suspecting that the stereos might be stolen, Officer Nelson moved some of the components, including a Bang and Olufsen turntable, a few inches in order to locate and write down their serial numbers.

When Officer Nelson called in the serial numbers to police headquarters, his suspicions were confirmed. The stereos had been stolen during an armed robbery. Officer Nelson seized the equipment, and Hicks was indicted for robbery.

Hicks sought to have the stereo equipment excluded as evidence against him. By moving the components, Hicks argued, Officer Nelson conducted an illegal search. The police were looking for a shooter, not a stereo. The serial numbers weren't in plain view, Hicks further argued, because Officer Nelson had to move the components to read the numbers.

Nonsense, replied the State of Arizona. Moving a turntable a few inches to read a serial number wasn't an illegal search. It was just a smart cop doing his job.

What did the Supreme Court decide?

By a 6-3 vote, the justices agreed with Hicks. The stereo equipment was excluded as evidence from the

prosecution's robbery case.

Officer Nelson's suspicion about the stereo equipment was "separate and apart from the search for the shooter, victims, and weapons that was the lawful objective of entry into the apartment." The officer was required to have "probable cause" that the stereo equipment was stolen. Instead, Officer Nelson only had "reasonable suspicion" of theft, which was insufficient. Although the equipment was moved only a few inches to reveal the serial numbers, Officer Nelson's conduct still constituted an illegal search that violated Hicks's Constitutional rights.

If your reaction to this case is like mine, you think that alert, commendable work by Officer Nelson was trashed by the Supreme Court. Two of the dissenting opinions had similar beliefs. One dissenting justice, clearly disturbed by the court's decision, wrote: "It is fair to ask what Officer Nelson should have done in these circumstances...The Court's new rule could deter conscientious police officers from lawfully obtaining evidence necessary to convict guilty persons."

In response, the court's majority opinion was philosophical: "The Constitution sometimes insulates the criminality of a few in order to protect the privacy of all of us."

David Graulich, Esq. is a resident of Fair Oaks and an attorney with The Law Firm of Tim O'Connor. David welcomes comments on "A Case in Point" columns and can be contacted at (916) 932-2312 or by email: David@timocconnorattorney.com.

Groups Hope For "Booming" Sales



By David Dickstein

Christmas, Halloween and the Fourth of July share a commonality unique to California in that each holiday is represented by a symbol enjoyed aglow by people patronizing a parking lot.

Since it's too early in the year for Christmas tree lots and pumpkin patches, 'tis must be the season for fireworks stands. And for cash-strapped churches, athletic groups, youth organizations and service clubs, it couldn't come too soon. Unlike buying pumpkins that often become illuminated jack-o-lanterns and evergreens destined to be strewn with festive lights in certain homes, fireworks in the Golden State can only be sold by non-profit organizations. It's an ordinance extending statewide and one that adds an industry-estimated \$40 million to the treasuries of more than 3,000 501(c)s in California.

Locally, the opportunity to make green out of red, white and blue is being seized by groups hopeful for bang-up business from patriotic and/or pyro-loving customers who snap, crackle and pop in honor of America's 235th birthday. They can do so because Carmichael, Citrus Heights, Fair Oaks, Gold River, Lincoln, Orangevale, Rocklin and Roseville are communities where state-approved fireworks are permissible from June 28 through July 4.

Fair Oaks: If the Bella Vista High School band is successful over 7 selling days, its music and the cock-a-doodle-does and clucks from Fair Oaks' famous free-range fowl will be drowned out by the whistles and crackles from all the fireworks sold at its TNT stand in the campus parking lot, 8301 Madison Ave. With zero funding from the school, proceeds from fireworks are critical, according to fundraiser chairman Curtis Hall.

"Fireworks sales allow the band to repair older instruments and purchase new ones, build props for the marching band's field show, travel to regional competitions and buy uniforms," he said, adding that without this fundraiser, the marching band, the last remaining one in the San Juan Unified School District, "would have to limit its activities and perhaps give up some of its performances or limit its size."

With last year's profits, the band repaired trailers used for competition travel, along with buying two new tubas "which were sorely needed," Hall said.

Citrus Heights: What's the Byers Roseville Gymnastics Club doing with a fireworks stand in Citrus Heights? Two reasons:

"Roseville has a limited number of stands and we opened up a smaller gym in Citrus Heights, where it's easier to get a booth," said Fair Oaks resident Veronica Alderman, who will chair the group's Phantom stand in the Grand Oaks Shopping Center, 7963 Auburn Blvd. For the first time the club will run a second Phantom stand, this one in Sacramento next to Marco Muffler, 5181 Auburn Blvd.

Dual locations are necessary due to the cost of tumbling, vaulting and all the other disciplines undertaken by the 100 gymnasts who represent the club.

"Gymnastics is an expensive sport," Alderman said. "Every competition has an entry fee, you need to pay for coaches, leotards, equipment — there's so much that goes into it."

Hoping for a sizable slice of the patriotic pie is San Juan High School Boosters, which supports more than 20 groups. Each will get a cut providing it's represented by volunteers working the booth or selling scrip.

"Last year the football team was able to offset camp cost by \$200 per teen and wrestling was able to get new uniforms," said boosters Vice President Rob Howell, who will run the boosters' TNT stand in the school's parking lot at 7551 Greenback Lane. "Drama was able to get stuff they needed and the class of 2011 was able to raise funds for end-of-year activities."

Asked if he's concerned that sales will be affected by the lingering sour economy, Howell said, "Fireworks are traditions and people will always buy to keep it going. It's something the whole family can do that's low cost."

Hoping for the lion's share of fireworks dollars is Lions Club of Citrus Heights, which will use the money to pay for such causes as year-round eye care and assistance to needy families during Thanksgiving and Christmas, and offering scholarships to students of Citrus Heights' high schools.

Despite the lingering economic downturn, the club's treasurer and fireworks chairman believes tradition will help spur sales.

"I believe that fireworks is one of those things that are looked forward to all year, and I feel most people will find a way to get fireworks even if they are struggling financially because it brings joy and enjoyment to the whole family," Phillip Olavarri said.

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Public and Private Partnership Celebrated at River Safety Event

Sacramento – With the summer season around the corner, County Regional Parks and the Sacramento Metro Fire Department hosted a river safety event on May 26 to remind people to take a few precautions to stay safe around area rivers, and that the law mandates that all children under the age of 13 must wear a life jacket in or around waterways.

At this event, the GenCorp Foundation also presented the American River Parkway

Foundation with a grant of \$10,800 to purchase 2,000 life jackets and facilitate the “Kids Don’t Float” free life jacket loaner program for children at several spots along the American River Parkway. This partnership between the Foundation and GenCorp will help ensure that any children who visit the river can have a chance to borrow a life jacket for a day to stay safe.

After the presentation, the Sacramento Metro Fire Department held a live water rescue demonstration at the Sunrise Recreation Area on the American River Parkway, running through several common rescue scenarios.

The American River is running cold and fast at this time of year, and it is important that people wear their life jackets when swimming and boating.

Throughout the 4th of July and Labor Day weekends, alcohol consumption and possession of open containers will be prohibited on the shore and river within the Parkway between Watt and Hazel Avenues. Parking fees will be increased on the holiday weekends at County Parks from \$5 to \$8 per vehicle, \$10 to \$13 for vehicles towing watercraft.

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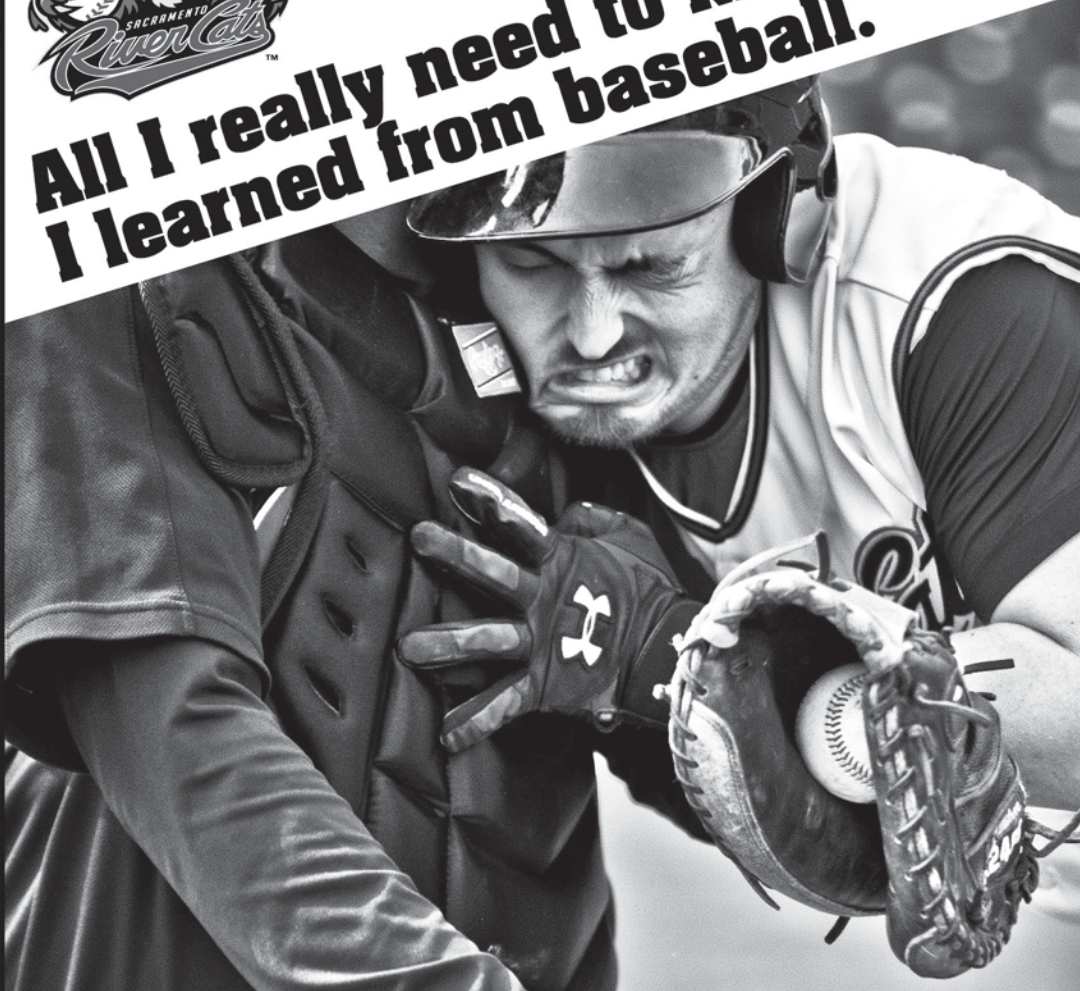
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All I really need to know, I learned from baseball.



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“Keeping the Faith”
Ronnie McBrayer

I’ve got bad news and good news. The bad news is you probably won’t win the lottery. The good news is you may be better off if you don’t. Lottery winners, according to some studies, are no happier than when they were broke. Some, in fact, are worse off in the end than in the beginning.

Consider the story of Lakeland, Florida resident Abraham Shakespeare. When Shakespeare was 13, he was arrested for robbing a convenience store. For the next thirty years he was in and out of trouble, in and out of jail, job-to-job, and living hand-to-mouth.

Poverty, assault charges, drug abuse, restraining orders, back child support; fresh out of jail in November 2006, he was lucky to have an \$8-an-hour job unloading boxes from a tractor-trailer. With two of the last five bucks in his wallet he bought two quick pick lottery tickets. Three days later he was a millionaire thirty times over.

Three years later, with most of his money already gone – spent frivolously and on all the some old habits as before – his body was found buried in a concrete slab, the alleged victim of an apparent con-artist.

You would think, that even for

Enough is Enough

the most troubled soul, winning \$30 million would set things right. We often think that getting what we want will solve all our problems, but not so. Sometimes what we want only increases our troubles. No, this isn’t true in every case, but it is true enough times to give us pause.

Maybe we should view wealth, not as something evil, but certainly as something dangerous; because wealth can fool us into thinking that it is the source of our happiness, that it can give us satisfaction. Yes, having financial resources can make life easier, but it is a poor substitute for personal peace.

Like Abraham Shakespeare, if you have inner turmoil before holding the giant cardboard check for the cameras, you are sure to have that same turmoil afterwards, but with compounding interest.

There is a Hebrew proverb that says, “A meal of bread and water eaten in contentment is better than a banquet spiced with quarrels.” The point is clear: Greater satisfaction is found in simplicity, especially if the banquets and winning lottery tickets bring nothing but trouble, ulcers, and conflict.

So when is enough, enough? Where is that line that marks simple contentment from complex materialism? I don’t know. There is no formula for such a calculation. We must listen to our lives and become aware that all we can acquire and all we can earn may be appreciated blessings, or these things may rob us of the contentment of the simple life.

For example, a person making minimum wage that chases after and eventually buys the newest and most expensive SUV on the market will be happy – until about the second payment – then her happiness quotient will decrease exponentially. A father who takes a high-paying job, but a job that takes him from home 300 days a year, may provide plenty of luxuries for his children, but may not have a very happy life.

Buying a house at the beach might be the greatest financial investment a couple could make, and such a venture might bring great happiness. But it might also become a terrible albatross around the couple’s neck, cursing them with debt, conflict, and unnecessary economic burden.

No, I don’t know when enough is enough for each and every situation, but I do know that when we lose the satisfaction that comes from simplicity, it is time to lose those other things. When the stuff we once sought to own begins to own us, it is time to let these go. It is time to simplify.

The great G. K. Chesterton said, “There are two ways to get enough. One is to continue to accumulate more and more. The other is to desire less.” Let us be careful, that in the effort to grab more, we do not lose our grip on the simple and contented life we can have now.

Ronnie McBrayer is the author of “Leaving Religion, Following Jesus.” He writes and speaks about life, faith, and Christ-centered spirituality. Visit his website at www.ronniemcbrayer.net.



By Pastor Ray Dare

“Sometimes something useless happens on earth. Bad things happen to good people...” Ecclesiastes 8:14 (NCV) This is not heaven, this is earth; people do evil things to other people. People kill other people. People steal from other people. The fact is people will hurt you in life, sometimes intentionally. Jesus warned us, “... Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.” John 16:33 (NLT) Some people imply that if you give your life to Christ, you’ll be protected from evil in the world. I have a real spiritual word for that belief, “baloney”. That’s just not true. You’re living proof of that and so am I. It’s a fact of life that people will hurt you.

I think of a man named Job. He faced a lot of evil. One day he lost it all. He lost all of his possessions, his children were murdered, his wife turned against him and all of his friends accused him of doing wrong, yet he was innocent. If anybody had a reason to be devastated by evil, it was

When Bad Things Happen to Good People

Job. But Job, instead of becoming devastated, instead of getting stuck in his pain, made a full recovery. The Bible says that God made the last part of Job’s life greater than the first. Regardless of the pain you experience in life, regardless of how other people may have hurt you or may hurt you in the future, you can make a full recovery if you do what Job did.

Reveal your hurt. Don’t try to hide it. “They didn’t hurt me... I’m not angry...” Share your hurt. Don’t minimize the offense. Job said, “Therefore I will not keep silent; I will speak out in the anguish of my spirit, I will complain in the bitterness of my soul.” Job 7:11 (NIV) Job spills his guts to God. “God, I don’t like it! Life’s not fair! I’m ticked off! I’m angry!” He tells God how angry he is. This is the beginning of the healing. If you want to get over your hurts emotional hurts, you must reveal your feelings to God and also to a friend.

Release your offender. You’re never going to have peace until you do. Job’s friends hurt him badly. They were disloyal. They criticized him, they misunderstood him. Nothing hurts more than being misunderstood or falsely accused. It wasn’t Job’s fault at all. He was innocent. He had every right to be resentful. It’s interesting to note that Job’s healing began after he released his offenders.

Job 42:10, “*After Job prayed for his three friends, God made him prosperous again and gave him twice as much as he had before.*” You may think, “They don’t deserve forgiveness!” That’s true, but one day God is going to settle the score. Forgive the person and let God even things up in the end.

Reach Out To God. “Put your heart right, reach out to God, then face the world again firm and courageous. Then all your troubles will fade from your memory like floods from your past and remembered no more.” Job 11:13 Face the world again firm and courageous! When you face or experience evil, you have two options, you can panic or you can pray. I suggest you pray and settle in your mind that God is going to take care of you. “He will not be overthrown by evil circumstances. God’s constant care of him will make a deep impression on all who see it. He does not fear bad news, nor live in dread of what may happen. For he is settled in his mind that God will take care of him. That is why he is not afraid but can calmly face his foes.” Psalm 112:6-9 (LB)

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By Marlys Norris,
Christian Author

There are times when each of us experiences a sense of loneliness. We generally relate loneliness to be without the companionship of others. I have heard that there are some people who even struggle with loneliness when they are in the midst a lot of people. Most likely the latter is hardest for most of us to understand but this sense of loneliness is equally as devastating to the one who experiences it.

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Good News -God has a way of escape! God has a better plan for their life and they need to discover

what it is. They need to pray asking God to direct them into His divine and perfect will for their lives. God’s Word calls them to - “Trust in the Lord and do good; (think about others and do something for someone) so shall thou dwell in the land and verily thou shall be fed.(spiritually and physically) Delight thyself also in the Lord; and he shall give thee the desires of thine heart. Commit thy way unto the Lord; trust also in him; and he shall bring it to pass. Psalm 37:3-5” - Salvation, healing and deliverance become the reality of one who follows in the Way of the Lord for He said, “I will never leave or forsake you.” You will never be alone again. Begin to live again.

Marlys Johnsen Norris, Author
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Friends of the Library Summer Book Sale

The Fair Oaks Friends of the Library will host its Summer 2011 Book Sale, Sat. June 11, 10 - 4Pm. On Mon. June 13, 1-5pm is a Clearance of unsold books. A pre-sale for members is held on Fri. June 9, 3:30-4:30pm. Non-members may join at the door.

All sales are in the Community Room of the Fair Oaks Community Library, 11601 Fair Oaks Boulevard, (916) 264-2700.

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Crossword Puzzle on Page 9

"The Man Who Saw Jesus"

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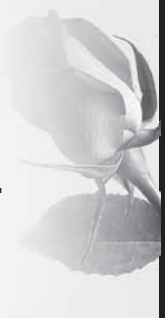
For ages 4 through 6th Grade. The program is free and a light supper is served each evening.

Northminster Presbyterian Church, 3235 Pope Avenue, Sacramento. June 13 – 17, 5:00 – 8:00 PM.

For more information or to register, call (916) 487-5192.

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Almondale Academy has recently announced that the school will be offering 50% off of One (1) month tuition will be offered for those enrolling by July 1st.

Located in a serene country setting, Almondale Academy is set high on the corner of Almond and Greenback Lane. Set back from the street, the school has ample parking, plus a private security fence and gate system, to insure the security and safety of students and staff.

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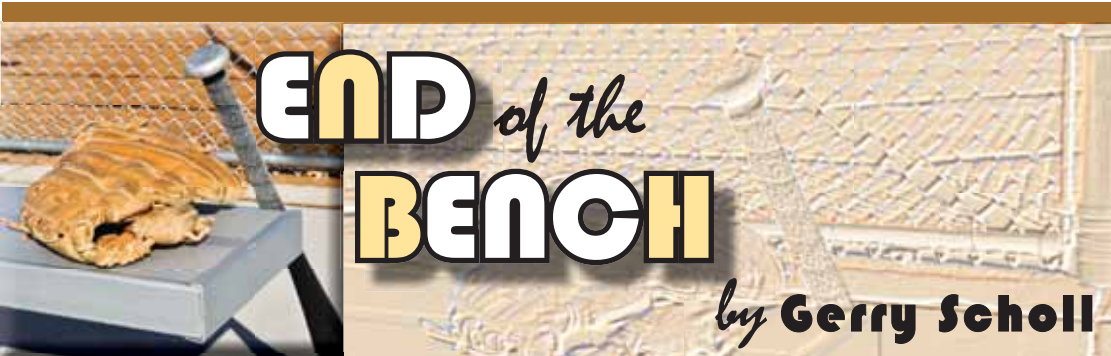
encouragement are but two of the key elements in the academic philosophy of the school. At Almondale Academy each student has an academics program tailored to their individual needs, while learning age-appropriate socialization, work ethics through optional on-site tutorial programs and necessary life skills. These offerings, as well as group programs in Drama, Music, Art, Foreign Languages, and frequent field trips all amount to a well-rounded education in a fun learning environment.

The school consists of three individual class levels; Elementary, Middle School and High School. There is a maximum count of 12 students per class, with openings

currently available in all classes. Almondale Academy is currently accepting applications for both the upcoming Summer Session which starts June 13th and runs for 9 weeks through August 12th. The regular fall 2011 school semester starts on Monday, August 22nd.

The fun Summer Camp with recreation, arts and crafts, field trips, cooking, swimming and more, is offered in conjunction with more traditional summer school academics. Individualized academics for all grade levels are offered during the summer, including credit courses for high school students. Enrollment is based on a first come, first served basis and discounts are offered for sibling enrollment. Morning and afternoon Extended Care is also available for both summer and fall sessions for working parents.

For more information on the Summer Program, or enrolling your student in Almondale Academy for the fall 2011 school semester, please call (916) 988-8611, drop by the school weekdays from 9am – 3pm at 8616 Greenback Lane, or visit online at AlmondaleAcademy.net.



Why is Everybody Always Picking on Me?

Why is everybody hating on LeBron James? One false move and the guy has gone from the most revered star in the game to basketball public enemy No. 1.

His half-hour national TV show to announce “The Decision” to go to the Miami Heat as a free agent and the introduction of the Three Amigos – James, Dwyane Wade and Chris Bosh – with the dry ice and hydraulics, etc., turned millions of adoring fans against him.

I really don’t get that. Too big of an ego? Too much hype? The NBA is all about ego and hype. The NBA hypes its individual star players like crazy, more so than its teams. James’ high school games were put on television; he’s not going to have an ego? Have you watched any games lately? Ego mania runs rampant. Just ask Kobe Bryant.

I doubt that all the LeBron pomp and circumstance was all James’ idea. Perhaps if he had it to do over again he might tone it down a bit. But the advertising proceeds from the special were targeted for the Boys and Girls Clubs of America to build basketball courts, so maybe it was a worthy cause. NBA commissioner David Stern had negative remarks about the

overproduction of the events around James and the Heat. Maybe he should review the videos of the league’s All-Star weekend festivities and see it for the circus that it was. All the LeBron stuff has brought a lot of attention to the NBA. I’m sure Stern loves all the publicity and the high TV ratings for this season’s playoffs.

And besides, who wouldn’t want to leave Cleveland? Some people say LeBron quit on his Cavaliers in last year’s play-off loss to the Boston Celtics. Perhaps James was a bit disheartened when he recognized the truth – the Cavs were greatly overmatched – and distracted by the inevitable – his team was going to lose. Under those circumstances it would be easy to lose focus and intensity and not play up to par. The Cavs’ brass clearly gave LeBron a lousy supporting cast, as evidenced by Cleveland’s 26-game losing skid this year.

A top draft pick by his home state team as an 18-year-old right out of high school, James was praised early on as being “mature beyond his years.” After carrying the franchise on his back for seven years, he decided to put himself “in

position to compete for a championship.” While feeling empathy for all the jilted-lover losers in little old Cleveland, who can blame LeBron? It’s not like top players haven’t left small markets to go to big markets to win before? Hello, Boston. Hello, L.A.

On the court I’ve seen James as an unselfish player. He can do just about anything and is sometimes too unselfish for the sake of keeping his teammates involved. In the playoffs against the Bulls he clamped down defensively on Chicago star Derrick Rose as the Heat closed out the series. He did the same to Dallas’ sharpshooter Jason Terry, holding him to 38 percent shooting through the first three games. He dealt nine assists in the crucial game three win, including one on the game-winning basket, while deferring the scoring load to Wade, who clearly had the hot hand.

The playoffs may all be history by the time this is read. Whatever the result, I wonder about the effects the outcome will bear on LeBron’s popularity. Will winning prove to be the ultimate “deodorant,” as they say? Losing will, most likely, perpetuate the unfortunate loathing of LeBron James, The Villain.

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	2	4	7		6			5

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Come back every week for Sudoku!


For Solution See Page 7.

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CROSSWORD														
1	2	3	4	5		6	7	8		9	10	11	12	
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CLUES

ACROSS

- Pivotal
- Cul de ____
- Kitty ____, famous for flight
- Ancient Greeks' assembly spot
- ____ Wednesday
- Home of Darfur
- Pine or long
- Snowmobile runner
- Cast ____
- Departure from Egypt, e.g.
- "Popular dad gift
- "Malia and Sasha's dad did it in 2008 election
- Party
- "Father/child divide
- "George W.'s famous dad had the same first one
- "Dad, e.g.
- Showing age, especially having gray hair
- "Portnoy's Complaint" author
- Dolphin home
- Aquarium show star
- "What dad did to the lawn
- What Arnold used to do for a living?
- Shorthand
- Mosaic piece
- Food for later consumption
- Tea tax, e.g.
- Christmas abbreviation
- Form of Anna
- Apartment
- Clothe
- "Founding Father
- Crowd
- In front of
- ____ "Te Ching," book
- Deadly contest, pl.
- One from Croatia
- Lennon's wife
- Perfect
- Noisemaker, especially in the city
- Nada or nothing
- "Maggie Simpson's first word

DOWN

- "King Kong" (1933) actress
- S-shaped molding
- Sweet-talk into something
- Cupid's ammo
- "He played Laura Ingalls' Pa
- Mouth off
- "____ not what your country can do for you...."
- This shop is not a place for a bull
- Corn cob cover
- Miners' passage
- Dry riverbed
- On one of these when popping big question?
- Chief Massasoit, aka Great ____
- To take away, as in gun
- Sixth sense
- In the interval
- "Hamlet's father
- Kind of artery
- Indianapolis ball player
- Debatable point
- Falling out
- Beauty parlor
- Last letter of Greek alphabet
- "This President made Father's Day a national holiday
- The feminine of raja
- Position of leadership
- End of the road?
- Counterbalance
- ____ Rida, rapper
- Dirty or sleazy
- Author Chekhov
- Red-skinned cheese
- Speed of an object divided by speed of sound
- '70s hairdo
- Point of entry
- Iraq neighbor
- "Popular DIY dad gift
- Pauper's permanent state
- Feeling happy
- Tropical American cuckoo
- Stallone

For Solution See Page 8



KOVAR'S CORNER



on Real Estate Q&A



By Tim Kovar,
Realtor/Broker

As we begin to build a foundation of knowledge to help families save their homes or preserve their investments, we start with a question from a Carmichael neighbor.

Q: My wife has been working short weeks at her job, I am a state

employee and our home is at risk. Our finances have suffered significant reductions from when we bought the house in 2001. Now our loan is more than the property is currently worth. A mortgage relief firm says they can help us stay in the house if we give them complete control. Does this sound too good to be true?

A: Yes, it does. Here's why you should always to be cautious when anyone tells you exactly what you want to hear. As the Better Business Bureau has advised for many years, 'if it sounds too good to be true, it likely isn't'.

Here are three tips in sorting out the truth:

1. *When someone says, "Trust me!"* As former President Ronald Reagan advised, "Trust but Verify" before you agree to anything. Think

twice, trust your instincts and require references.

2. *Give me money and I'll save your home!* Be wary of anyone that wants money prior to performance—especially in real estate. In the vast majority of cases "upfront fees" are strictly prohibited by the Department of Real Estate.

3. *Stop making payments!* Stopping payments is a strategy of last resort! Stopping payments will cause late charges, additional fees and may damage your credit for a long time.

Arm yourself with real <estate> knowledge! Real estate, mortgage and other property questions can be emailed to tim.kovar@gmail.com or get immediate assistance by calling 916-549-4340. Kovar Family Real Estate, DRE# 01831154.

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An Alzheimer's Awareness Day



Saturday, July 9, 2011
Location: East Lawn Memorial Park,
43rd St. and Folsom Boulevard
Time: 9:00 AM - Noon

Calendar of Events:

9 AM - Welcome, and a light breakfast.

9:30 AM - Panel discussion featuring Hospice Care, a Neurologist, family members who have cared for a person with Alzheimer's disease and family members who are dealing currently with Alzheimer's disease, and an Elder Law Attorney.

10:30 AM - Unveiling of the "Wall of Honor." A place where people can create an inscription in honor of or in memory of a family member who has suffered from Alzheimer's disease.

10:45 AM - Untimed one-mile walk within East Lawn.

11:30 AM - Free luncheon.

There will be a variety of children's activities and a photo booth for your family's memories.

We will be having a kid's race as well!

There will be many vendors at the event to answer any questions you may have.

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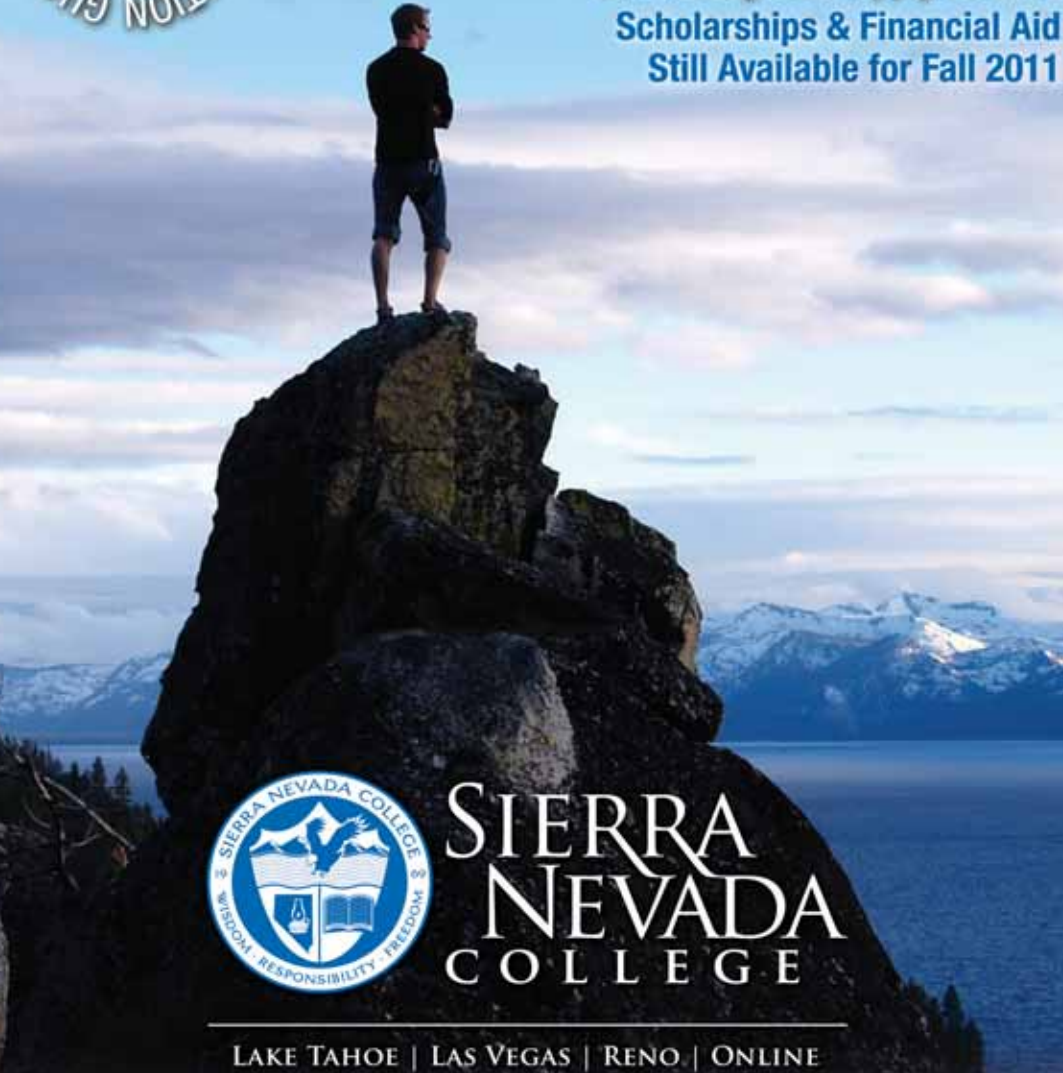
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Get the Most Bang for Your Buck: 2011 Fireworks Buyers Guide

Sacramento Region – The diversity of consumer fireworks sold in honor of America’s Independence Day is wide, not unlike the Melting Pot whose birthday they symbolize. What’s new? What’s loud? What’s colorful? Is that \$30 fountain really worth the money and how long is it?

As sure as Betsy Ross could sew, a trip to a fireworks stand can be a puzzling pyrotechnic experience.

To help you get the most bang for your buck this Fourth of July, we present our 2011 fireworks buyers guide. Every new state-approved fountain was put to the test along with selected returning items. TNT and Phantom, which enjoy a duopoly in Northern California, have more than a dozen new items between the two.

Fireworks were rated on a 5-star scale for performance, duration, distinctiveness and overall comparative value. Judges included firefighters of Sacramento Metropolitan Fire District, Station 65, who graciously provided the test site. Products are listed in order of price, high to low.

A tip: Shop early or risk having to choose from items not good enough to make this list, meaning, except with the new stuff, they didn’t score at least 3 1/2 stars.

Let the sparks fly!

New for 2011
Festival of Lights (Phantom), \$49.99 – A synonym for “festival” is “fair,” and a homonym of that is an adequate assessment of this so-so 500-



gram newcomer. Has all the standard effects except whistle, but when you can buy six Apache Firedances of similar performance for just a few dollars more, well, you do the math. 148 seconds. 2 1/2 Stars

Star Voyager (TNT), \$29.99 – Earns “best new finale” honors with a long-lasting, 500-gram performance of bright and crackling titanium bursts that reach the 10-foot-high legal limit (maybe even surpassing...shhh!). 146 seconds. 4 1/2 Stars

Phantom Crown Jewel (Phantom), \$29.99 – Dazzling 500-gram display



of white flowers, colored pearls and crackles, gold chrysanthemums and silver crackle. Packs a wallop, but that also reduces burn time. 84 seconds. 4 1/2 Stars

Bonsai Pipeline/Magma Glow Fountain (Phantom), \$29.99 – Terrific burn time and the tallest of the freshman class, if size matters to you, but a far better pick from Phantom at this price is Brew Haha. The cylindrical newbie goes by both names and different labeling. 119 seconds. 3 Stars

Jumbo Purple Rain (TNT), \$24.99 – TNT’s best-selling Purple Rain gets super-sized, offering up juiced-up gold, purple and crackles. 89 seconds. 3 1/2 Stars

Pyropalooza (TNT), \$19.99 – Excellent height, crackle and vivid hues – a vivacious visual. 115 seconds. 4 1/2 Stars



Main Squeeze (TNT), \$19.99 for two (buy-one-get-one) – Pleasing red, white, orange and pink sparks spew from cute, unique packaging that gives this fountain its name. 90 seconds. 3 1/2 Stars

Phantom Night Owl (Phantom), \$12.99 – An instant classic is hatched among the growing category of fountains with an internal glowing feature. Three loud screeches and an exciting overall performance make this nocturnal newbie a hoot. 65 seconds. 4 1/2 Stars

Radiant (TNT), \$10 – Top of the class of 2011, this low-priced beauty pushes the legal limit for spreading



sparks. One of the few fountains living up to its name. 82 seconds. 5 Stars

Home Run (TNT), \$9.99 – Middling crackle finish, low altitude, OK burn time for the price. Despite its name, score this one a double. 105 seconds. 2 1/2 Stars

Snakes in the Grass (Phantom), \$5.99 six-pack – Clever name and having those black pellets in a canister keeps fingers clean, but these snakes that grow while aglow are better when free range. 2 Stars

Viva El Futbol (TNT), \$4 – Terrific altitude and crackle for the price. 43 seconds. 3 1/2 Stars

Aquarium (TNT), \$3 – So-so stars and red globs. Nothing memorable. 24 seconds. 2 Stars

Orchid (TNT), \$2 – Don’t blink or you’ll miss an impressive burst of crackling sparks. 17 seconds. 2 Stars

Best of the Rest (4-5 Stars)
New York Harbor (Phantom), \$39.99 – Stellar burn time and multiple effects, including some of the finest chrysanthemums for a consumer firework. 195 seconds.

Brew Haha (Phantom), \$29.99 – Beer stein-designed 500-gram fountain brims over with effects, including a loud opening whistle and a cavalcade of color. 145 seconds.

Rock Around the Clock (Phantom), \$24.99 – Unique spinning hands are hard to see at night, but this

clock-designed novelty-fountain is a stunner with a powerful fan-like spray. 84 seconds.

TNT Fountain (TNT), \$23.99 – Long-burning, powder keg-shaped fountain has a colorful, crackling performance. 154 seconds.

American Spirit (TNT), \$19.99 plus bonus – Offers up a patriotic blend of red, white and bluish stars, gold showers and super-loud whistles and crackles. Comes with the boisterous, multi-colored Sizzler Fountain (90 seconds). Super deal. 125 seconds.

Molten Pot (TNT), \$19.99 – Entertaining combo of colorful globs, titanium crackles, fish, glitter and chrysanthemums. 73 seconds.

Alpha Wolf (Phantom), \$19.99 – Green and purple droplets, gold shower and crackling stars finale are awesome. No whistles, doesn’t need them. 83 seconds.

Triple Gemini (TNT), \$17.99 – Impressive pink and gold fish, and crackles that sound like a string of titanium-laced firecrackers. 85 seconds.

Apache Firedance (Phantom), \$17.99 for two (buy-one-get-one) – Low altitude is more than compensated by a super-long burn time and marvelous sequence of crackles, whistles, white flashes and multi-colored sprays. Up \$2 from last season, but still a solid combo deal. 210 seconds.

Hasta La Vista Baby (Phantom), \$16.99 – Like color and hate whistles? Then this is a solid pick with a screech-free spectrum of fast-changing colors. 125 seconds.



Funky Monkey (Phantom), \$15.99 – This pyrotechnic primate features red pearls and a solid overall performance. 80 seconds.

Mad Dog (TNT), \$14.99 for two (buy-one-get-one) – Amazing crackles, whistles and multi-color sparks are improved by TNT again making this a two-for-one item. 80 seconds.

Firecracker Fountain (Phantom), \$14.99 for two (buy-one-get-one) – Lives up to its name with a remarkable crackling barrage among multi-colored pearls. 106 seconds.



Flying Stars Fountain (Phantom), \$12.99 – Fantastic fish-featuring fountain that, because it’s noiseless, is also friendly to pets and fuddy-duddy neighbors. 97 seconds.

L.O.L. (TNT), \$12.99 – The happy 3-D face on the package features a red mouth and blue eyes that glow from within, making for loads of fun. 80 seconds.

King of Bling (Phantom), \$10.99 – The crackles heard during the final third sound just like popping popcorn. Majestic chrysanthemums and whistle. 90 seconds.

Night Treasure (TNT), \$12.99 – Looks like a fan fountain, and it is, albeit only for the final half-minute. Still, a reliable, fair-priced item. 113 seconds.

Volcanic Vortex (Phantom), \$10.99 for three – Cones usually produce more yawns than sparks, but not this awesomely intense trio. 45 seconds each.

Luck of the Irish (TNT), \$9.99 – This classic fountain features gold and silver spray, red and green balls and some super-loud whistles. 80 seconds.

Painted Desert (Discount Fireworks Superstore), \$8.99 – Pretty thing with gold, copper and green flashing stars, and orange and pink globs. 76 seconds.

Lil Red Devil (TNT), \$8.99 for two (buy-one-get-one) – Packs plenty of

heat for the size and price. Titanium crackling sparks spread out an impressive 9 feet. 30 seconds.

Electrical Shock (Phantom), \$7.99 for two (buy-one-get-one) – Red and green showers give way to a raucous whistling and crackling finale. 40 seconds.

Pink Diamonds (TNT), \$6.99 – Not much pink in the fireworks marketplace, so props to this unique, modestly priced item. 61 seconds.

Phantom Mystical Magic (Phantom), \$8.99 (buy-one-get-one) – Fleeting duration, but love those multi-colored, marble-sized blooming globs. 24 seconds.

Phantom Dragon Slayer (Phantom), \$5.99 – Got some white, blue and lemon chrysanthemums, rowdy crackles and red stars going on. 66 seconds.

Moondance Fountain (Phantom), \$3.99 for two (buy-one-get-one) – 4-inch dynamo spews loud crackles, purple pearls and glittering gold and white sparks. [Note: Identical to TNT’s Purple Rain, \$5.99 for two.] 45 seconds.



Honorable Mentions (3 1/2 Stars)
Komodo 3000 (Phantom), \$49.99, 240 seconds; **Delirium** (TNT), \$45.99, 94 seconds; **Blooming Flower** (Phantom), \$29.99, 70 seconds; **Hexagon Magic** (Phantom), \$19.99, 104 seconds; **Jade & Butterfly Duo** (Phantom), \$4.99, 28 seconds each; **En Fuego** (TNT), \$4, 31 seconds; **Black Widow** (TNT), \$3, 42 seconds.

For more information, visit: TNT Fireworks (www.tntfireworks.com) and Phantom Fireworks (www.fireworks.com).



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Fireworks Safety for 2011

Don't be a statistic this Fourth of July.

By David Dickstein

Sacramento Region – Fire due to carelessness can happen any season, but the dryness of summer makes this time of year especially volatile. Because our Founding Fathers chose the toasty month of July to formally break from Great Britain, extra precautions should be taken if you stage your own fireworks display.

Here are some safety tips to help ensure that the red, white and blue on the Fourth of July aren't from the fire, ash and mood, respectively, caused by a lack of common sense:

- Observe local laws.
 - Always store fireworks in a cool, dry place.
 - Always read and follow directions on each firework.
 - Use only state-approved "safe and sane" fireworks.
 - Only use fireworks outdoors, away from homes, dry grass or trees.
 - Have a responsible adult present.
- 
- Have a hose ready.
 - Light at a safe distance.
 - Never attempt to re-light or fix a "dud."
 - Never carry fireworks in your pocket.
 - Never point or throw fireworks at another person.
 - Soak used fireworks overnight before disposing.

Be Ready for Summer Travel!

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