

# AMERICAN RIVER MESSENGER



**Denio Awards  
Scholarships  
to Local  
Students**

**Page 4**



**Aubry Stone:  
A Man for all  
Reasons**

**Page 8**



**Fireworks  
Highlight  
Homestand**

**Page 16**

PRESORTED STD.  
US POSTAGE  
**PAID**  
PERMIT 32  
Rancho Cordova, CA

Volume 5 Issue 12

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

Second Edition for June 2010

## Celebrating July 4th

## Railroad Museum Debuts New Exhibit

*Lights, Camera, Action!*



**Firework stands are the Independence Day headquarters for many local fireworks enthusiasts.**

by David Dickstein

**Sacramento Region** - Fireworks, those seasonal salutes that spark in the air or dazzling from the ground. Where revelers ooh and ahh depends on whether you go public, such as at displays above nearby Hagan Park and Sunrise Mall, or private if your local jurisdiction allows consumer fireworks. Citrus Heights, Orangevale, Fair Oaks and Gold River do, starting June 28, which is good news for recession-weary non-profit organizations. Thanks to the late John Sullivan, the legendary Sacramento businessman credited for sparking a movement in the mid-1960s that revolutionized the state's fireworks industry, only fundraising non-profits can legally sell in California.

One such group is Fireside Lanes' youth league. "Last year we netted about \$7,000, which was down," said program director Debbie Haggerty. "We're hoping to do better this year, but

the economy is still bad so who knows?"

Profits from its TNT Fireworks stand, in its own parking lot at 7901 Auburn Blvd. in Citrus Heights, will help subsidize league fees, uniforms and equipment for households a little light in their bowling bag. Proceeds also are earmarked for tournament travel expenses and scholarships.

"One of the neat things for us is we've been doing it for so long that former youth bowlers are helping in the booth now that they're 18 and older," Haggerty said. "We've come a long way from when the parents helped the kids. It says we're doing something right."

From strikes to spikes, Fair Oaks Soccer Club finds itself in a peculiar situation this fireworks season. Because none of its teams stepped up to run its stand, according to the group's tournament coordinator, a club from Elk Grove will gladly work the seven selling days and reap

the profits.

"Hopefully this will light a fire for a Fair Oaks team to run the stand next year," said Rick Kurianowicz, who admitted that a low return on investment the past two seasons didn't help with recruitment. "When my team had the stand 2 years ago, we only made about \$3,500. It was a tough year with a brand new stand and new location, and the governor telling people not to buy fireworks because of the firestorms throughout the state. It takes 3-5 years to make a following, so I'm optimistic we'll have one of our own teams on board in 2011."

Keeping fingers crossed that soccer supporters will not consider their team geographically undesirable are the Elk Grove Earthquakes. They'll be blending in at the Phantom Fireworks stand in the parking lot of U.S. Tire & Wheel, 5934 Fair Oaks Blvd.

"At the end of the day it's still parents working hard to

support their kids in youth soccer," Kurianowicz said. "And if Fair Oaks is looking for a local reason to support the Elk Grove team, the Earthquakes will be playing in the Fair Oaks Select Cup on Aug. 14-15."

The fireworks these and other local groups will sell through July 4 are of the state-approved variety. Even under "safe and sane" restrictions - items cannot spin, rotate or explode or emit sparks beyond 10 feet - the range of products and prices is wide. For example, both TNT and Phantom have buy-one-get-one deals on three 10-piece boxes of morning glories (wooden sparklers), but at TNT those 60 morning glories are \$2 cheaper than at Phantom. However, Phantom beats TNT's price on a 200-gram multi-tube fountain that's identical except in name; a pair of Phantom's Moondance fountains is \$2 less than TNT's equivalent Purple Rain.



**"Rails and Reels: Hollywood, Trains and the Making of Motion Pictures,"** opening July 2 in Sacramento, highlights the shared history of film and railroads.

**SACRAMENTO** - The California State Railroad Museum is set to debut a visually appealing exhibit titled "Rails and Reels: Hollywood, Trains and the Making of Motion Pictures" on Friday, July 2, 2010. The upcoming exhibit will feature a variety of railroad-related artifacts, such as scale models of train cars used for special effect crash scenes in the 1939 epic Union Pacific, a full-size smokestack and headlamp used to "backdate" steam locomotives to represent the "old west," and station signs used in movies, including "High Noon"; a costume from the 1979 television movie Orphan Train; plus sheet music, movie posters, lobby cards, original film scripts, and other Hollywood-themed promotional items from railroad related films dating from the early 1900s.

The focus of the exhibit is to demonstrate how railroads have played an important role in television and film productions since the very early days of Hollywood, and how they continue to play starring roles in today's increasingly "virtual" productions. In the early days of motion pictures America was fascinated with westerns, and locomotives often starred alongside leading actors and actresses such

as Gary Cooper, Grace Kelley and Paul Newman. Eventually, westerns gave way to different popular culture genres such as science fiction productions and today's action-packed thrillers, many of which continue to incorporate locomotives into their scenes and backdrops.

The opening of this new exhibit in Old Sacramento is timed to coincide with the completed restoration of the 1891-vintage steam locomotive Sierra No. 3 at Railtown 1897 State Historic Park in Jamestown, California. A star in its own right, Sierra No. 3 (also known as the "Movie Star Locomotive") has appeared in more than 100 Hollywood movie and television productions. Some of the films No. 3 starred in will be chronicled in the "Rails and Reels" exhibit at the Museum.

Located in the Railroad Museum's Mezzanine Gallery, the special exhibit will continue through May 31, 2011. The California State Railroad Museum is open daily from 10 a.m. to 5 p.m. and is widely regarded as North America's finest and most popular railroad museum. For 24-hour information, visit [www.calforniastaterailroadmuseum.org](http://www.calforniastaterailroadmuseum.org) or call (916) 445-6645.

## Man Arrested for Attempted Arson to Church

*Special report by Sac Metro Fire*

**Sacramento Region** - At approximately 7:00 am this morning (June 20th) the Citrus Heights Police Department was called to 6965 Sylvan Road in Citrus Heights and discovered an attempted arson to the Jehovah Witness Kingdom Hall.

A flammable liquid was poured, ignited and burned out before it ignited the structure. A Joint investigation with the Sac Metro Fire Arson Unit had

performed subsequent interviews and discovered a suspect. At 7:00 pm that suspect was detained by CHPD and Sac Metro Fire Arson Unit interviewed and arrested 44 year old Jose Louis Orduno.

Orduno faces the following four charges: 1. Felony use of a flammable liquid, 2. Attempted Arson to a Commercial Structure, 3. Terrorist Threats, 4. Terrorist Act at a Religious place of Worship.



**Sacramento** - Average retail gasoline prices in Sacramento have risen 6.3 cents per gallon in the past week, averaging \$3.09/g yesterday. This compares with the national average that has increased 0.7 cents per gallon in the last week to \$2.74/g, according to gasoline price website SactoGasPrices.com.

## Gas Prices Up Again as July 4 Holiday Approaches

Including the change in gas prices in Sacramento during the past week, prices yesterday were 16.5 cents per gallon higher than the same day one year ago and are 13.4 cents per gallon higher than a month ago. The national average has decreased 0.4 cents per gallon during the last month and stands 13.5 cents per gallon

higher than this day a year ago.

GasBuddy.com operates over 200 live gasoline price-tracking websites, including SactoGasPrices.com. GasBuddy.com was named one of Time magazine's 50 best websites and to PC World's 100 most useful websites of 2008.





# Rolling Stone Rocks BP and Obama's World

by Osha Gray Davidson

Last week, America's top rock 'n' roll mag brought down Afghanistan commanding general Stan McCrystal. It's reporting could now get Interior Secretary Ken Salazar fired too.

In a brilliant article, Rolling Stone's Tim Dickinson has exposed the government failures leading to and compounding the BP disaster – many which continue at present. Here are a few of Dickinson's findings, and a couple he didn't touch on:

The federal Minerals Management Service (MMS), part of the Department of the Interior and created by Ronald Reagan in 1982, had two missions: to promote energy production and to regulate it. But MMS was never designed to give each task equal treatment. Production was always the star. The watchdog role was a cameo trotted out for Congressional hearings.

Instead, MMS was a tool of Big Oil. A former MMS advisor describes a system "in which economic advantages are transferred to a remarkably small number of politically connected actors, while both the environment and the larger economy are harmed."

One MMS policy called "area-wide leasing" dramatically increased individual tracts opened for off shore drilling from a pre-MMS lease size of three million acres and under, to 38 million acres upward. The result: smaller independent oil companies were squeezed out of the Gulf, unable to pay for the intensive oil exploration needed for mega-leases.

With only a few giant corporations bidding, the price paid to the American people (who own the drilling rights) plunged from an average of \$2,224 to \$263 per acre. Under MMS, royalties paid the U.S. Treasury by multinational oil companies, like BP, are among the lowest anywhere.

Problems at MMS exploded during the Bush administration. Influence peddling, sweetheart deals with industry, and failures of

oversight were rampant. Oil well inspections became a joke. Some MMS workers allowed oil companies to fill out inspection forms, then merely added their signatures.

As Dickinson points out, the Obama administration was fatally slow in cleaning up the mess at MMS. The rip-off of the American people by Big Oil continued despite Department of Energy Secretary Ken Salazar's declaration that "there's a new sheriff in town."

Under Obama, BP was granted a "categorical exclusion" and freed from preparing an environmental impact plan for Deepwater Horizon. In the unlikely event of a well blowout, MMS approved BP's Gulf-wide Oil Response Plan, a 538-page document that included references to walrus (cut-and-pasted from BP's Arctic Drilling Plan), and that listed emergency contacts including a dead scientist and a Japanese home shopping network.

When Deepwater Horizon blew, neither BP nor Obama were prepared. For weeks, the Coast Guard possessed video showing the underwater gusher. But acting on instructions from BP, government withheld the footage and claimed only 1,000 barrels per day (bpd) were leaking, later raised to 5,000. Today, the official estimate is a high of 60,000 bpd, still likely too low.

To date, some 157 million gallons of crude have gushed into the Gulf, equivalent to 14 Exxon Valdez spills. Irreplaceable wetlands, nurseries for fish and shrimp, and migratory bird habitat are dying. Fishermen, with generations spent on the water, are losing their jobs and way of life. The ripples are capsizing families, drowning the tourist industry, obliterating entire communities.

And all because of a failed blow-out preventer? No, not really.

It would be a far worse catastrophe to come away from this disaster having learned nothing substantive about what caused so much economic and environmental devastation.

Deputy Interior Secretary David Hayes admits that government had a false sense of security about deep-water drilling. They were reassured, Hayes said, by "the NASA kind of fervor" over the industry's "terrific technology." That same fervor doomed Space Shuttles Columbia and Challenger. It's a near perfect analogy.

"Many accident investigations make the same mistake in defining causes," states NASA's report on Columbia. "They identify the widget that broke or malfunctioned, then locate the person most closely connected with the technical failure: the engineer who miscalculated an analysis, the operator who... pulled the wrong switches, the supervisor who failed to listen, or manager who made bad decisions...[The resulting changes] lead to a misguided and potentially disastrous belief that the underlying problem has been solved."

As Richard Feynman, the famed physicist who investigated NASA's Challenger disaster said: "For a successful technology, reality must take precedence over public relations, for nature cannot be fooled."

The blind faith in "terrific technology" that led to NASA's tragedies is precisely what led to the Deepwater Horizon catastrophe.

Clearly, changes need to be made in oil exploration – including a serious national program to phase out fossil fuels and move to clean and safe renewable energy.

Personnel changes are necessary. The President's choice of Michael Bromwich to restructure MMS (just renamed the Bureau of Ocean Energy Management) is a good one. Others may need to be fired, including Interior Secretary Ken Salazar.

But personnel changes are the beginning of the process, not the end. It is not only corruption at MMS and arrogance at BP that doomed Deepwater Horizon. It's also our blind faith in technology. If we're unable to change that, then our 21st century technologies will take us full circle: back to the Stone Age.

Read Tim Dickinson's Rolling Stone story at <http://www.rollingstone.com/politics/news/17390/111965> © 2010 [www.blueridgepress.com](http://www.blueridgepress.com). Osha Gray Davidson is author of five works of non-fiction, including *Fire in the Turtle House: The Green Sea Turtle and the Fate of the Ocean*. His work has appeared in *The New York Times*, *Rolling Stone*, *The New Republic*, *Washington Post*, and *Woman's Day*. He lives in Phoenix, Arizona.

# No Budget No Problem



By Dan Lungren  
Member of Congress

From what I have heard from you and your neighbors about fiscal responsibility, I think it would be pretty safe to assume that you have a personal budget of some form or another.

It may not be an elaborate spreadsheet with columns and macros, but you probably have a concrete idea of what you make in a month, what your expenses are in a month, and whether you are going to have a surplus (disposable income) or need to dip into savings because of an unexpected, emergency expense.

Even our children, if they are given an allowance, understand that what they get each week or month is it. They may not like it, but they learn that money does not grow on trees and that they will have to make do with what they have.

It's so simple, basic, and universal you would think Congress would understand – if nothing else – that a budget is crucial to fiscal discipline and stability, that the failure to establish fiscal guidelines will only fuel more spending. Apparently not.

For the first time since Congress passed new budget rules in 1974, the House of Representatives will not craft a budget. The House Leadership has instead decided to give the federal

government an indefinite credit line. Rather than forming a budget so that Congress and the American people know what we can and cannot afford, the Leadership plans to fund the myriad of federal agencies and programs without a budget framework.

The Joint Economic Committee (JEC) has reported that our gross debt amounts to 83.4 percent of our economy (our Gross Domestic Product – GDP). The Office of Management and Budget (OMB) predicts it will reach 107.1 percent by the end of 2020. But this is without a 2011 budget. What might a 2011 budget reveal? More importantly, what impact will not having a budget have on our long-term outlook? Economists say that reining in government spending and providing fiscal discipline is needed to create jobs and grow the economy. Failing to pass a budget is missing an opportunity to do so.

We know that 6.8 million Americans have been jobless for six months or longer. Last month only 41,000 jobs were added in the private sector, but more than 10 times that amount were created in government - mostly temporary Census jobs. This is a poor substitute for real job growth. Neglecting to pass a budget makes a mockery of claims of transparency.

Most every state in the Union puts a budget together, even in California where the Fifth Season – Budget Season – makes the rest of the hot summer seem bearable by comparison. That's because for all of the ugliness and protracted nature of the process, it finally forces us to come to terms with deficits and spending, two great obstacles to a healthy, job-growing economy.

So, rather than follow the lead of the 50 states, why do we in the United States Congress choose to follow

the example of Greece and other European countries who now face the fiscal wrath of living too large for much too long.

Let's craft a budget, let's debate the budget, and let's vote on it. It is the only way that we can hope to dig ourselves out from under the huge levels of spending and debt we have created for ourselves, our children, and our grandchildren.

Robert Ehler  
Senior Field Representative  
Congressman Dan Lungren  
Third District, California  
2339 Gold Meadow Way, Suite 220  
Gold River, CA 95670  
(916) 859-9906  
Fax (916) 859-9976  
[robert.ehler@mail.house.gov](mailto:robert.ehler@mail.house.gov)  
Join us for an upcoming Town Hall

7/6/2010 – Tuesday – Folsom  
7 – 8:30 p.m.  
Folsom Community Center – West Room  
52 Natoma St. Folsom, CA 95630  
7/10/2010 – Saturday – Galt  
10:30 a.m. - Noon  
Liberty Ranch High School – Multipurpose room  
12945 Marengo Road, Galt, CA 95632  
8/11/2010 – Wednesday - Carmichael  
7– 8:30 p.m.  
La Sierra Community Center – John Smith Hall  
5325 Engle Road. Carmichael, CA 95608  
8/14/2010 – Saturday – Jackson  
10:30 a.m. - Noon  
City of Jackson Civic Center  
33 Broadway, Jackson, CA 95642  
8/19/2010 – Thursday - Elk Grove  
7 – 8:30 p.m.  
Wackford Community and Aquatic Complex – Valley Oak Ballroom  
9014 Bruceville Rd. Elk Grove, CA 95758



Save with  
Daily Grocery Coupons at  
[www.AmericanRiverMessenger.com](http://www.AmericanRiverMessenger.com)

LIVE. LEARN.  
LAKE TAHOE.



There are great places to go in this world. And there are great places to go to college. Discover Sierra Nevada College, Lake Tahoe's only four-year liberal arts college, at [www.sierranevada.edu/tahoe](http://www.sierranevada.edu/tahoe).

GRADUATE IN FOUR YEARS WITH CLASSES YOU NEED, WHEN YOU NEED THEM!

- APPLICATIONS ARE STILL OPEN FOR FALL 2010 | CLASSES START AUGUST 23RD
- GENEROUS SCHOLARSHIP OPPORTUNITIES FOR OUT-OF-STATE STUDENTS
- TRANSFER SCHOLARSHIPS FOR STUDENTS WITH 15 OR MORE COLLEGE CREDITS
- INNOVATIVE PROGRAMS IN ENTREPRENEURSHIP, SKI BUSINESS, SUSTAINABILITY, OUTDOOR ADVENTURE LEADERSHIP, AND ENTERTAINMENT TECHNOLOGY
- MORE THAN 30 MAJORS AND MINORS | AVERAGE CLASS SIZE OF 12



SIERRA  
NEVADA  
COLLEGE

L A K E T A H O E

Incline Village, NV | 866.412.4636 | [admissions@sierranevada.edu](mailto:admissions@sierranevada.edu)

AMERICAN RIVER  
MESSENGER

*“Written by the people for the people”*



**Publisher - Paul V. Scholl**

Publisher's Statement: It is the intent of the American River Messenger to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The American River Messenger is not responsible for unsolicited manuscripts or materials. The entire contents of the American River Messenger are copyrighted. Ownership of all advertising created and/or composed by the Messenger is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Subscriptions should be mailed to American River Messenger, 7405 Greenback Lane, #129, Citrus Heights, CA 95610. Subscription rate is \$25 per year; \$30 per year in Sacramento and Sacramento county; \$40 per year outside Sacramento county. The ARM is published twice monthly. Call 916-773-1111 for more information. (ISSN # 1948-1950)

Graphics & Layout  
Distribution Assistant  
Advertising Sales

*Tandra Banerjee  
Gabriel Scholl  
Paul V. Scholl • Perry Hartline • Marion Solo*

Contributing Writers

*Tim Reilly  
Marys Johnsen Norris  
Pastor Ray Dare**Mary Jane Popp  
Kay Burton  
Susan Skinner**Dave Ramsey  
David Dickstein  
Amanda Morello*

Accounting

*Nicholson & Olsen CPA*

Web Master  
News Services

*RJ at thesitebarn.com • JWS Promotions  
King Features Syndicate • PRWEB NewsWire  
North American Precis Syndicate • Blue Ridge Press  
ARA Content • Family Features • WorldNetDaily*

Photography

*Amanda Morello • Susan Skinner*

Member of Citrus Heights, Fair Oaks, Orangevale  
and Carmichael Chambers of Commerce

To submit your articles, information, announcements or letters to the editor,  
please email a Microsoft Word file to:[publisher@americanrivermessenger.com](mailto:publisher@americanrivermessenger.com).  
Be sure to place in the subject field "Attention to Publisher".  
If you do not have email access, please call us at 773-1111.

American River Messenger is a member of  
Messenger Publishing Group



*We are proud members of these newspaper associations.*



Widowed Persons  
Association of  
California, Inc.

Office Hours  
10:00 am- 3:00 pm  
Monday through Friday  
916-972-9722

**Newcomer's Buffet  
& Social**  
Any and all widows or  
widowers may attend  
**Third Monday evening  
at 5:30 pm**  
In the private dining room at the  
Plaza Hoff Brau, corner of  
El Camino and Watt Avenues;  
cost varies as the choice is from  
a no-host buffet menu.  
*This is a public service to all  
widows and widowers and there  
is no charge to attend the social  
other than the meal they chose.*  
**Sunday Support**  
Any and all widows or  
widowers are invited  
**Every Sunday from  
3:00 pm - 5:00 pm**  
In the meeting room of the  
WPAC office. Enter from the  
back parking lot at 2628 El  
Camino Avenue, Suite D-18.



# John and Beverly Brown of Gold River Celebrate Their 50th Wedding Anniversary



Back row left to right: Scott Barbu, Tamara Barbu, Jerry Cadden, Pam Cadden, Seth Tinkham, Vanessa Tinkham, Matt Kimzey, Mark Kimzey. Front row left to right: John Brown, Beverly Brown, J.J. Cadden, Kari Kimzey, Lori Kimzey (not pictured: Vincent Cadden).

John and Beverly Brown of Gold River just celebrated their 50th Wedding Anniversary with a lavish party thrown in their honor Saturday night (June 12th) at the Masonic Temple in Folsom with 93 guests in attendance.

Family and friends as far away as Oklahoma, Washington State, southern California, Oakland and Visalia came out to celebrate their momentous occasion. The party was thrown by their three daughters Pam Cadden (of WA state), Tamara Barbu (of Citrus Heights) and Lori Kimzey (of Fair Oaks). The anniversary couple wore pale blue which was the color of their June 10th,1960 wedding in Visalia, CA.

On display at the 2010 party

were John and Beverly’s original wedding gown and tux as well as their original wedding photos, wedding album, cake topper, garter, candle holders and the very Bible the Bride carried down the isle in 1960. A recreation of the bride’s then flower bouquet was also made and displayed. Guests signed in on the anniversary couple’s original wedding guest book continuing on where the guest list ended in 1960.

The catered affair of breaded salmon and tri-tip also offered a three tier wedding-anniversary cake in white with light blue frosting. Dear longtime family friend Dan Leonard was the photographer and their daughters gave the heartfelt toast. The piece de resistance

of the evening was a 12 minute video that was set to music and showed the anniversary couple’s life in photos in a then-to-now montage of their most treasured memories. The couple then danced to “When Your Old Wedding Ring Was New”.

It was a special evening full of surprises and treats and the guest comment most heard was “This tribute brought back so many memories of great times and wonderful people.” Beverly Brown herself said: “It was a great celebration with wonderful memories”. John Brown was quoted as saying: “This evening was a 10+. Our daughters, family and friends outdid themselves”.

# Ten Scholars Honored with Joyce Raley Teel Scholarships

Program has awarded over \$280,000 to Raley's employees and family members

*Sacramento Region* - Raley's employees, family members and community leaders gathered recently to honor the tremendous achievements of ten scholars – the finalists for this year's Joyce Raley Teel Scholarship program.

This year marks the 12th year of the Joyce Raley Teel Scholarship Program, which has given a total of \$288,000 to employees and eligible dependents.

Raley's congratulates all the winners. The \$5,000 award recipient was Alexandra Hartline of Fair Oaks. The \$4,000 award recipient was Staci Smith of Oroville. The \$3,000 award recipient was Samantha Crowley of Sacramento.

The \$2,000 scholarship recipients were Devin Hammer of Antioch, Lawrence Padoan of Suisun and Jewelene Rezendes of Merced. The \$1,000 scholarship recipients were Janie Hironaka of Sacramento, Jayme Telles of Hollister, Samantha Walz of Placerville and Amy Wolfley of Newcastle.

From Alexandra Hartline, \$5,000 scholarship recipient's entry:



Alexandra Hartline of Fair Oaks, the \$5,000 award recipient of this year's Joyce Raley Teel Scholarship.

*‘With the words, “Hi, everyone. My name is Alex Hartline, and I will be your Biology 310 tutor this semester. Let’s get started.” My initial nervousness on that first day quickly transformed into excitement for the exploration ahead of us. The lessons I learned as a Biology tutor significantly shaped my educational goals and cemented my commitment to a career as a librarian. Following my graduation from the University of California, Davis, in June 2011,*

*with an undergraduate degree in History and Art History, I plan on enrolling in a Master’s in Library and Information Science program and subsequently embark on a career as a librarian. As a librarian, I will enjoy many of the same things I enjoyed while working as a tutor and as a clerk at Raley’s. I will be able to work with students, colleagues and the general public to positively impact the learning process. Also, my skills will*

*be used to further the cause of higher education and enhance the resources necessary for scholarly research and discussion. My interest in librarianship was spurred by this unique experience in group tutoring, and I look forward to fulfilling my career dreams and serving others in the library.’*

The event was held on Wednesday, May 26th, 2010. Source: Raley’s Media Department

SUMMER

CONCERT SERIES

AT THE

California State Fair

Jul.14 - Aug. 1

**The Fab Four**  
The Ultimate Tribute  
Wed Jul. 14 \$10

**Slaughter**  
Thurs. Jul. 15 \$10

**AllStar Weekend**  
Fri. Jul. 16 \$10

**Thirstbusters**  
Tues. Jul. 20 FREE

**The Family Stone**  
Featuring Jerry Martin & Cynthia Robinson, Original founding members of Sly & The Family Stone  
Sat. Jul. 17 \$10

**Little Big Town**  
Mon. Jul. 19 \$15

**Rick Springfield**  
Wed. Jul. 21 \$10

**Howie Mandel**  
Thurs. Jul. 22 \$10

**Martina McBride**  
Fri. Jul. 23 \$49

**Lonestar**  
Mon. Jul. 26 \$15

**Village People**  
Tues. Jul. 27 \$10

**Eddie Money**  
Wed. Jul. 28 \$10

**Paul Rodriguez**  
Thurs. Jul. 29 \$10

**Foghat**  
Fri. Jul. 30 \$10

**"Weird Al" Yankovic**  
Sun. Aug. 1 \$20

www.bigfun.org

Tickets on sale now at Comedy Series Presented by Cache Creek Casino Resort

WE ACCEPT MEDICARE ALONE.

No secondary insurance required.

Douglas Young, MD and Elaine Tong, FNP are currently accepting new patients to their practice.

We currently accept many types of insurance alone or in combinations. We are an exclusive member of the Hill's Physician Network.

Dr. Young is a Board Certified Internal Medicine physician with over 19 years of experience.

Call today to make an appointment and to find out if we accept your insurance.

Douglas Young, MD

916-488-6200

www.norcare.net

North Sacramento  
3840 Watt Ave. Bldg. E  
Sacramento, CA 95821  
916-488-6200

South Sacramento  
1122 Corporate Way. Ste. 300  
Sacramento, CA 95831  
916-392-3655



## A photograph of three people standing outdoors. On the left is a woman with long, dark, curly hair and glasses, wearing a bright blue sleeveless top. In the center foreground is an older man with short, light-colored hair, wearing a blue and white plaid button-down shirt. On the right is a man with short dark hair, wearing a dark suit jacket, a dark shirt, and a patterned tie. They are all smiling at the camera. The background shows green foliage and a chain-link fence.

# "Voted Best Dentist"

"Best of Citrus Heights"

High Tech Dentistry from Warm and Caring Professionals



New Patients Always Welcome!

Over 20 years Experience • Laser Dentistry • Porcelain Veneers  
Low Dose Digital Films • 12 months - 0% Financing (oac) • Emergency Care

**Friday & Evening  
Appointments  
Available**

**\$99**  
Whitening for Life  
Offer expires July 31, 2010

Telephone 916-988-0300 • [www.EverhartDentistry.com](http://www.EverhartDentistry.com)  
James M. Everhart, DDS Inc. • "The Gentle Dentist on the Corner"  
9399 Madison Avenue • Orangevale • On the corner of Madison & Main



## A young girl and a young boy are sitting in a red wagon on a grassy field. The girl, on the left, has long brown hair with a red bow and is wearing a red and white striped shirt with a large blue star. She is holding a small American flag. The boy, on the right, has short blonde hair and is wearing a red and white striped shirt. Both children are smiling. The wagon is red with black wheels and an orange handle. The background is a green lawn.

But wait – the day isn't over

If you are interested in volunteering the Carmichael Recreation and Park District is in need of people for a variety of positions during the evening festivities. If you have any EMT training, enjoy working with the public or just want to participate in the community's largest event, please call Elizabeth Crisante at 483-7826.



**LAWNMAN**<sup>®</sup>  
LANDSCAPE  
CA Lic. #869856

**Custom Landscape Design, Installation, Renovation & Maintenance**

**Bringing TLC to your property.**  
**Bringing personal service to you.**

**A Nurturing, Full-Service Landscaping Company**





**metrochamber**  
SACRAMENTO METROPOLITAN  
CHAMBER OF COMMERCE



**BBB**  
ACCREDITED  
BUSINESS

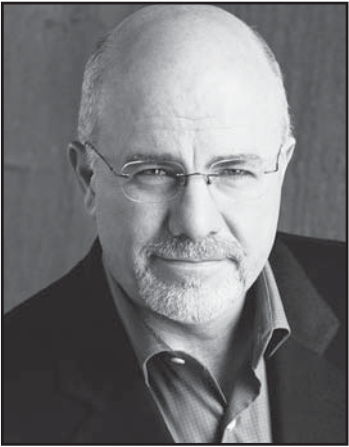
Lawnman is a comprehensive landscaping company serving commercial property owners/managers and residential customers in Northern California since 1992. We're founded on the principle that landscaping is primarily a relationship business.

*Our customers call Lawnman "the nurturing landscapers."*

**www.lawnman.net**      **(916) 739-1420 • (916) 739-1430 fax**



# Dave Says



*Dave Ramsey is a personal money management expert, popular national radio personality and the author of three New York Times bestsellers – The Total Money Makeover, Financial Peace Revisited and More Than Enough. In them, Ramsey exemplifies his life’s work of teaching others how to be financially responsible, so they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to others.*

### Teach Them Early

Dear Dave,

How early should I start teaching my kids about money? Also, how do you feel about giving kids an allowance?

- Cathy

Dear Cathy,

I think you should start teaching kids about money as early as you

start teaching them about sex—which is the first time they show any interest. Make sure you keep it age-appropriate, and don’t over-answer questions when they’re young.

Neither of these things will amount to a one-time talk, because they’re both just parts of life. That means they’re ongoing processes that will last for years. If you have one talk at an early age with your kids about money, then they’re probably not going to remember a lot of it as they get older. If you have just one talk with your kids about sex at an early age, you’re liable to wind up with a bunch of pregnant teenagers!

To answer your second question, I hate the idea of an allowance for kids, because it makes the whole situation sound like welfare. We put our kids on commission at an early age. They had chores associated with certain dollar amounts, and if they worked, they got paid. If they didn’t work, they didn’t get paid. It was as simple as that. Then, they would split their money between three different envelopes—one for saving, one for spending, and one for giving—and we would teach them to do each one wisely.

Kids need to emotionally connect work to money at a young age. If you don’t teach them four major concepts—spending, saving, giving, and work—you’re going to have major problems by the time they’re 10 years old!

- Dave

**No Pain, No Gain!**

Dear Dave,

I’ve heard you talk to people about “gazelle intensity.” What exactly does this mean?

- Del

Dear Del,

Basically, it means absolutely going crazy and doing whatever it takes for a little while to get out of debt. I’d much rather endure pain or discomfort for a short period of time and get it over with instead of living my whole life floundering around and accomplishing nothing in the process.

Some people probably think I’m using hyperbole when I give people advice on how to get out of debt, but I’m serious about it all. I’ve lived this stuff, man! There were literally stretches of years when we didn’t go on vacation or see the inside of a restaurant. If you want to get out of debt and get control of your money, you’ve got to be serious and intense enough to makes sacrifices on that level for a short period of time. We call it living like no one else, so that later you can live like no one else.

It’s not just dollars and cents we’re talking about here. It’s also about changing behaviors and mindsets. You don’t *need* to go to Disneyland every year. You don’t *need* to eat out every weekend. Until you’re willing to make temporary sacrifices like this—and become “gazelle intense” about taking control of yourself and your money—you’re never going to reach your goal of becoming debt-free!

- Dave

*\*Please visit [www.davesays.org](http://www.davesays.org) for more financial advice.*

# What do California Baby Boomers Need to Know About Medicare?

## Free Simplified information about Medicare and Medigap

On January 1 of 2011, the first “official” California baby boomers will turn 65 and become eligible for Medicare benefits. These early baby boomers are already being bombarded with information about Medicare and Medigap through televised and print ads, presentations, e-mails and phone calls. Adventuresome boomers could go the official government website ([medicare.gov](http://www.medicare.gov)) and read the 123 pages of detailed government speak or they might try a new approach. A group of “Early Baby Boomers” started to examine their options and found a lot of information that was often confusing and overwhelming. These Early Baby Boomers have researched and simplified information about Medicare, Medigap and other life questions into a brief and easy to follow web site.

“Since we had difficult experiences with the Medicare information, we thought it might be helpful to share our discoveries and recommendations in a format that was brief and succinct. So, let’s hear it for brevity!” says Jean Ramsay, Project Leader of the “Early Baby Boomers.”

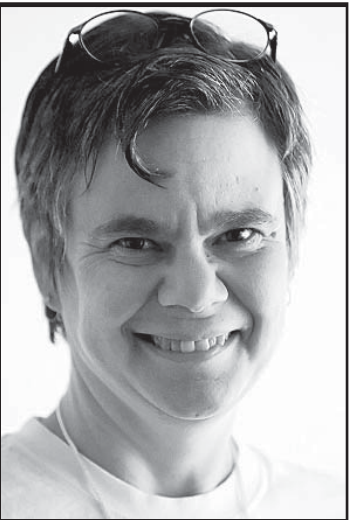
Their website, (<http://www.ababyboomersguide.com>), uses humor to help people grasp the basics of Medicare. This website could be called the “Completely Abridged Guide to Understanding Medicare” because it simplifies Medicare Part A, Part B, Part C, Medigap Supplemental Plans, and Part D the Prescription Plan.

“It is vital for each person to determine what the bottom line will be for themselves. Because of all the hype from various sources, it is easy to be confused or mislead. Often, in presentations held in hotel meeting rooms, a company presenter will correctly tell potential clients that there is no monthly premium. While this is true they do not mention that by the end of the year, the co-pays and other out-of-pocket expenses could add up to thousands of dollars or more. A very nasty surprise” said Jean Ramsay.

Ramsay continues, “When you grasp the basic framework of Medicare Insurance, you will be better able to have a place to put all the details of your particular situation. Then you can make better informed medical and financial choices.”

Medicare is health Insurance for people 65 & older as well as some under 65 with certain disabilities. You can sign up for Medicare and your Medigap Supplemental plan while you are 64 and coverage will begin the first of the month of your 65th birthday. It is good to get your Medicare coverage in place so there is no gap with your current policy. During the open enrollment period at 65 (you can sign up for Medicare Insurance 6 months before and up to 6 months after 65), you can not be turned down due to pre-existing conditions, but if you want to switch policies later, you will have to go through an underwriting process and could be turned down. Ramsay adds, “If you are over 65 and have had continuing credible coverage, don’t despair. You are still qualified.”

This affiliation of baby boomers also offers their research criteria, recommendations and believes that this easy to follow guide will help their fellow California boomers make informed decisions that will affect the rest of their lives. For more information go to their website at <http://www.ababyboomersguide.com>



## ROCK DOC

### By Dr. E. Kirsten Peters

To me, there’s nothing like a breakfast that involves an egg. That dose of protein, I think, helps me last at work until noon or even beyond the lunch hour if need be.

Like me, you probably often have a dozen eggs on your grocery list. And when you wake up bleary-eyed on a Saturday morning, you face the choice of how you will buy those eggs.

In some parts of the country, there are three choices for procuring eggs. You can buy them at a supermarket, at a local farmers market or directly from a local farm. If you want to support small farms – for any reason – then the second or third choice will be yours. But what if you care most intensely about what are increasingly being called “food miles” and how much energy is used bringing the food from the farm to your doorstep?

Food miles are the number of miles that food has traveled to reach you. It seems intuitively obvious that the lower the number of food miles, the less energy you are causing to be used for your groceries. It’s better to buy food produced near you than food grown across the country, right?

# Eggs from Near and Far

Sadly, intuition does not always agree with reason and arithmetic.

Jude Capper of the Animal Sciences department at Washington State University recently took me through the example of buying eggs from the three sources mentioned above. The numbers that follow are just an example – your numbers would vary.

Let’s say it’s 1.5 miles from a house to the supermarket, 7 miles from that house to the farmers market, and 27 miles from that same house to a local poultry farm that will sell to the public. (Those numbers fit my situation pretty well, although they were chosen by Capper for another location.)

Now let’s think of the food miles of the eggs themselves. In the case of the supermarket, Capper’s example has them coming from 800 miles away in an 18-wheeler. Add the 1.5 miles for a person to get to the store and that’s 801.5 miles of total driving around before the consumer first picks up the eggs.

“Obviously, on the first analysis, the food miles for the supermarket example are looking grim,” says Capper with a laugh.

Even if the semi-truck hauls other goods (like apples) back to where it came from, there’s a lot of traveling involved to get eggs and produce to us.

The farmers market example and the local poultry farm case do involve less traveling for each egg. But there are other issues we want to consider since our real concern likely isn’t food miles itself but how much energy is consumed getting the eggs from the chickens to our frying pans.

Here are two important facts.

Let’s say the farmers market eggs get to their sales booth via a pickup truck, and I go back and forth to where I buy my eggs in a car.

I know it may not seem like it, but 18-wheelers are really quite fuel-efficient compared to pickups and cars when you consider all that they haul. Capper tells me they typically get about 5.4 miles on a gallon of diesel (plus, for a refrigerated truck capable of carrying eggs, they burn half a gallon of fuel per hour to keep everything cool). But the trucks move up to 23,400 dozen eggs!

Capper showed me the arithmetic that clearly shows the most energy efficient way for me to buy eggs for my household is to go to the supermarket, essentially relying on that highly efficient 18-wheeler. And that’s not even considering the notion that I’ll likely go to the supermarket anyway, to buy laundry detergent, light bulbs, toothpaste and bottles of eye-drops. (What can I say, I swim a lot.)

There are other reasons to buy locally produced eggs, Capper is quick to point out. You might want to support local agriculture, or you might prefer the taste of eggs from alternative systems. But if energy conservation is your primary concern in what groceries you buy, it pays to reason and go with the numbers rather than following your gut.

*Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. Follow her on the web at [rockdoc.wsu.edu](http://rockdoc.wsu.edu) and on Twitter @RockDocWSU. This column is a service of the College of Sciences at Washington State University.*

# Job Networking Workshops Set at Sacramento’s Central Library

Job seekers can attend networking meetings to share ideas and experiences, and gather contact information and perhaps a few job leads at a free series of job-networking meetings on selected Sundays, from 1 p.m. to 2:30 p.m., at the Central Library, 828 I Street, Sacramento.

Each week, participants will discuss a different related topic which will help to sharpen job-search skills.

Scheduled meetings are July 18, August 1, August 15, September 19, October 3, October 17, November 7, November 21, and December 19. All meetings will be facilitated by career counselor Joanne Verdon.

For more information, telephone the Sacramento Public Library at (916) 264-2920 or visit [saclibrary.org](http://saclibrary.org).

# Sunrise MarketPlace Presents Sunrise Mall’s 4th of July Fireworks Spectacular

Free Fireworks Entertainment and Sky Concert. Music (7:15pm) by Lovetrain, one of the area’s premiere cover party bands. 3-D prism viewing glasses will be distributed on site that evening, while supplies last. Free fireworks show begins at dusk. Carnival rides and attractions may be purchased for an additional fee.



Lovetrain performs at Sunrise Mall

Noalcohol, BBQ’s, cans, bottles or personal fireworks, please. No parking fees.

Co-sponsored by City of Citrus Heights, National University, 98 Rock and Fox40. For more information, log onto [www.sunrise-mallonline.com](http://www.sunrise-mallonline.com) or call Sunrise Mall at 961-7150. Or visit [www.shopsmp.com](http://www.shopsmp.com) or call Sunrise MarketPlace at 536-9267.

# Free Summer Concerts in Citrus Heights

**Citrus Heights** - The City of Citrus Heights and the Sunrise Recreation and Park District are proud to once again launch the Summer Concerts in the Park series. The concerts, all of which are free-of-charge, will kick-off on Sunday, June 13th and continue on various dates through August 8th. The concerts take place at Rusch Park, 7801 Auburn Blvd., in Citrus Heights (at the corner of Auburn & Antelope).

Scheduled performers for the upcoming concerts include:-

**Sunday, July 11th:**  
**River City Concert Band**  
(time: 5:00 to 7:00 p.m.)

**Sunday, July 25th:**  
**The Swing Masters**  
(time: 5:00 to 7:00 p.m.)

**Sunday, August 8th:**  
**The Blue Blazes**

(time: 5:00 to 7:00 p.m.)

Bring your own chairs and blankets and come out to enjoy some festive music in the scenic Rusch Park surroundings. If you have any questions, please call the Sunrise Recreation and Park District at 725-1585 or the City of Citrus Heights at 727-4703. You can also visit the City’s Web site for more information: <http://www.citrusheights.net>.

## Let The Doctor Come To You!

### STIRTON MOBILE CHIROPRACTIC

**Sacramento’s premier mobile chiropractor brings his highly effective techniques and expertise to you at your home or place of business at your convenience. He uses diversified, Constead, SOT, toggle, and activator techniques to restore both spine and extremities to their full function.**

**Relief Is Just A Call Away!**

Serving Sacramento and surrounding areas, this caring doctor is available when most are not: 8 a.m. to 8 p.m. Monday thru Friday; and weekends and after hours by appointment. Deaf and hearing impaired are welcome.

**Business Owner Benefits:**

Increase employee production and satisfaction by providing regular chiropractic check-ups and fine tune them for high performance. Healthcare benefits for you and your employees are tax deductible.

**James L. Stirton DC**  
Sacramento Area’s Mobile Chiropractor  
(916) 825-3140  
[jimstirtondc@comcast.net](mailto:jimstirtondc@comcast.net)



# Good Samaritan Sustains Major Injuries in Felony DUI Crash

*Sacramento Region* - On June 26, 2010 at approximately 1:55 a.m., Ramon Vargas, a 23 year old from Sacramento was driving a green 1995 Isuzu Rodeo on I-5 northbound transitioning to eastbound I-80 in the #2 lane. Germaine Rizak, a 31 year old from Sacramento was driving a white/red 2003 Ford Crown Victoria taxicab on I-5 northbound to the left rear of the Isuzu. Vargas turned his vehicle to the left making an unsafe turning movement directly in the path of the taxicab. Rizak observed the vehicle ahead of his; he applied the brakes but was unable to stop before broad siding the passenger side of the Isuzu. The impact caused the Isuzu to

overturn and come to rest on its roof. Alejandro Deharo, a 23 year old passenger in the Isuzu was transported to Mercy San Juan Hospital with head and face lacerations. Two passengers in the taxicab, Josephine Kelly (21 yrs) and Kimberly Rogers (25 yrs) sustained lacerations to their head and face and were transported to local hospitals. Both Kelly and Rogers were not wearing seatbelts at the time of the collision. Vargas was arrested and booked into the Sacramento County Jail for felony DUI and driving on a suspended driver’s license. Daniel Zipay, a 28 year old from Folsom and his brother stopped at the collision scene

to render aid. Zipay was standing in the #2 lane of northbound I-5 transition road to eastbound I-80 placing a reflective triangle in the roadway to alert other drivers of the hazard. Two separate vehicles approached his location and were able to avoid a collision. A third vehicle approached Zipay’s location and struck him, throwing him to the ground. The driver fled in the vehicle immediately following the collision. Zipay was transported to UC Davis Medical Hospital with a broken pelvis and broken right leg. If you have information regarding this collision please contact the North Sacramento CHP Special Investigations Unit at (916) 338-6710.

# Pedestrian Killed on Capital City Freeway

*Sacramento Region* - On June 21, 2010 at approximately 12:50 a.m., Howard Ballin a 54 year old from Antelope was driving a white 2000 Toyota Corolla on southbound SR-51 north of El Camino Avenue in the #3 lane at approximately 65 mph. Roy Pearson, a 48 year old from Sacramento

was crossing the freeway on southbound SR-51 north of El Camino Avenue from the center divider towards the shoulder. Pearson ran directly in the path of the Corolla and was struck and thrown into the #4 lane where he was struck by another vehicle. The driver of the second vehicle that struck

Pearson did not stop at the scene. Pearson sustained fatal injuries at the scene of the collision. Witnesses described the second vehicle as a white vehicle. If you have information regarding this collision please contact the North Sacramento CHP office at (916) 338-6710.

# CHP Enhances Enforcement of Cell Phone Use

*Sacramento Region* - In an effort to reduce fatal and injury speed-caused collisions occurring on county roads, the North Sacramento CHP area had additional officers out patrolling this week. The Office of Traffic Safety (OTS) approved the CHP’s Comprehensive Approach to Reducing Speed II grant which provides enhanced enforcement on county roadways statewide. During this enforcement period there were 25 citations written for non-use of a hands-free wireless device, 7 stop

sign violations, 6 verbal warnings and one citation for throwing a lit cigarette out of the window. While speed is a primary collision factor, drivers are also vulnerable to driving distractions such as talking with passengers, eating or drinking, and talking or texting on wireless phones, which increase the chance of getting involved in serious vehicle collisions. Drivers need to focus one

hundred percent of their attention on their driving at all times. Don’t wait until you get behind the wheel before you decide to make a phone call. If you must use your cell phone, remember section 23123 of the California Vehicle Code requires that you use a hands free device. Plan ahead, buckle up, and don’t drink and drive.

# Woman Nearly Drowns on the American River

*Sacramento Region* - June 27th, at 5:40 pm Metro Fire’s boat 65 was returning from an emergency at Gilligan’s Island on the American River. It was by chance that firefighters noticed a raft floating with no body on board. Behind the boat, in the water, without a life vest was a woman struggling to stay

afloat. Firefighters immediately launched a rescue swimmer to capture the woman just before she went under. The woman who is in her late 30’s or early 40’s had swallowed large amounts of water and in her words said, “I thought I was going to die.” The woman was transported to the UC Davis

Med Center for treatment for a near drowning. If Firefighters did not happen to be at this location at this time this woman would have drown. Metro Fire reminds everyone who plans to recreate on the American River that a life jacket will save your life.

# Tipping Point? Special Report: Recession Recovery

*Job demand & hiring trends for local companies in the 3rd Quarter of 2010*



*Sacramento Region* - Eighty percent (80%) of the human resource professionals at the region’s top companies say, in a word, no, the recession isn’t over. However, when asked about progress toward economic recovery -“Are you looking forward to a better economy now?”- seventy-five percent (75%) of those with the 100 top companies say, yes. While the results indicate optimism for recovery is widespread, Pacific Staffing has discovered that confidence in long-term stability remains a question mark for many of the people who manage other

people in the Sacramento regional economy. HR contacts were also asked if, in their opinion, they expected the company to grow and sixty-six percent (66%) said, yes. Fifty-two percent (52%) of those responding also believed that jobs were returning slowly and hiring will soon increase in the area. In the 3rd Quarter, fifty-eight percent (58%) of Sacramento regional companies say they will be hiring. Another forty-two percent (42%) say no hiring is planned for July, August and September. In direct contacts by telephone May 24- June 21, forty percent (40%) of companies report hiring only for replacements or attrition in the existing workforce. However, the number of companies attributing hiring motivated by growth has risen again in 2010 with thirty-five percent (35%) hiring for new workers in the third quarter. Twelve percent (12%) of Sacramento regional hiring was also attributed to seasonal demands. Four percent (4%)

of companies planned force reductions, attributing them to seasonal change or problems caused by recession and continuing slow business. Sales, technical skills and customer service experience are in high demand in the next three months. Sacramento regional HR contacts also report need for warehouse, shipping, product assembly and manufacturing experience in the next Quarter for those seeking employment. The top challenge ahead for HR pros in the area is concern about how to manage changes in healthcare benefits and costs relating to new laws. Of the 100 Sacramento Regional Top Companies By Industry, 43% are Service, 32% are Manufacturers, 14% are Construction and 11% are Retail. How does this Quarter compare to last quarter, or last year? Find out for yourself, for more information & surveys go to [www.pacificstaffing.com](http://www.pacificstaffing.com).

# National Bargaining for 96,000 Union Members at Kaiser Permanente Complete SEIU-UHW Members Reach Tentative Agreement with Raises, Full Retention of All Benefits Including Healthcare

*Sacramento* – On Tuesday, June 1, Service Employees International Union – United Healthcare Workers West (SEIU-UHW) members from Kaiser Permanente hospitals and their families held news conferences across California to celebrate the impact of the new national labor agreement reached May 27th with Kaiser Permanente. Concluding months of bargaining for a new national agreement covering 96,000 union members at Kaiser Permanente, the Service Employees International Union – United Healthcare Workers West (SEIU-UHW)’s 121-member bargaining team announced a tentative agreement on a new two-year contract that upholds high standards at the nation’s largest not-for-profit healthcare provider. The tentative agreement, reached this morning, provides for 3% raises in each year of the agreement, maintains all existing healthcare benefits and protects job security. “Today’s agreement is a remarkable achievement in a tough

economy,” said Dave Regan, SEIU-UHW trustee. “It recognizes the contribution caregivers make to quality patient care.” SEIU-UHW members, who at almost 48,000, make up half of the 96,000 union members in the 32 unions in the Coalition of Kaiser Permanente Unions, will review the tentative agreement and vote to accept or reject it in June before it becomes final. The current agreement expires in October 2010. “With this agreement, Kaiser continues to set the standard - whether in providing quality healthcare to the community or offering pay and benefits that keep experienced staff and define Kaiser as one of the best employers anywhere,” said Larry Coleman, a nuclear medicine technologist at Kaiser Roseville Medical Center and a bargaining committee member. Entering negotiations, Kaiser sought takeaways on employee healthcare benefits. Earlier this year managers and non-union employees were required to pay increased

deductibles and fees for health insurance. But with Kaiser’s fiscal health improving and enrollment growing, SEIU-UHW members united across the state to ensure that all their benefits would be maintained. During the months of national bargaining, thousands of SEIU-UHW members at Kaiser hospitals and clinics across the state held rallies and pickets in support of the 2010 bargaining goals: win raises for all members, maintain all benefits including healthcare, and lock-in long-term job security. SEIU United Healthcare Workers-West (SEIU-UHW) is the largest hospital and healthcare union in the western United States with more than 150,000 members. We unite every type of healthcare worker with a mission to achieve high-quality healthcare for all. SEIU-UHW is part of the 2.2 million-member Service Employees International Union (SEIU), the nation’s fastest-growing union. Learn more at [www.seiu-uhw.org](http://www.seiu-uhw.org).

Fair Oaks Chamber of Commerce, Fair Oaks Foundation of Leisure and Arts, and Fair Oaks Recreation & Park District

**Proudly Present the 2010 “Concert in the Park” Series**

7-9 pm

DATE	FEATURING	HOSTED BY
June 10	<b>TODD MORGAN AND THE EMBLEMS</b> ..... Old Time Rock and Roll	<b>Prometric Testing Center</b> (916) 961-7323
June 17	<b>MIMOSA</b> ..... Jazz, Swing & Pop Vocal Entertainment	<b>Woman’s Thursday Club of Fair Oaks</b> (916) 967-2024
June 24	<b>PROXY</b> ..... Hits from the 60’s to present	<b>Dr. Elizabeth Swan, Optometrist</b> (916) 966-6080
July 1	<b>LINCOLN HIGHWAY</b> ..... Rockabilly/Country Dance Band	<b>The Doggie Divas</b> (916) 534-8653
July 8	<b>THE OLD WEST TRIO</b> ..... Cowboy Ballads, Swing & Yodeling Tunes	<b>Trude Vasquez, Ships and Trips</b> (916) 961-3282
July 15	<b>CATS’N JAMMERS</b> ..... Traditional Dixieland Jazz	<b>Seniors Helping Seniors</b> (916) 372-9640
July 22	<b>AZUAR</b> ..... Rock and Roll	<b>The Fair Oaks Water District</b> (916) 967-5723
July 29	<b>NIGHT TRAIN</b> ..... Swing, Smooth Jazz, Rhythm & Blues	<b>Kathryn Jones , Custom Gardens</b> (916) 962-0696
Aug 5	<b>MOONLIGHT SWING BAND</b> ..... Living History Big Band	<b>Community Sponsor Night</b>
Aug 13	<b>JOHN SKINNER DANCE BAND</b> ..... Popular Dance Music	<b>Carmichael Oaks</b> (916) 944-2323
Aug 19	<b>LIGHTENING HAND</b> ..... Classic and Original Blues Rock	<b>Fair Oaks Recreation &amp; Park District</b> (916) 966-1036
Aug 26	<b>CAPITOL POPS CONCERT BAND</b> ..... Broadway, Popular, Patriotic	<b>The Chateau at Carmichael Park</b> (916) 481-7105

**Trends-n-Treats**  
PET SUPPLY - SPA - BOUTIQUE

QUALITY PET NUTRITION & GROOMING

ph. 916-536-0000  
fx. 916-536-0105  
email. [millie@trendsntrtreats.com](mailto:millie@trendsntrtreats.com)  
address. 5341 Sunrise Blvd.  
Fair Oaks, CA 95628

[www.trendsntrtreats.com](http://www.trendsntrtreats.com)

**To Advertise  
Call 773-1111**



# The Decision

## The Boycott Works Both Ways

by Lee Harline

They collected in Caesar Chavez Park at 5 pm. Perhaps 30 demonstrators in white and yellow T-shirts with “Boycott Arizona” on the chest, Arizona’s ‘Z’ was replaced with a swastika. A handful of purple and gold-shirted SEIU members joined them. The group arranged themselves in front of an 18’X24’ American flag, and surrounded a red banner reading “KFBK = RACISTRADIO!” The third largest sign was an Obama campaign poster surrounded by small signs reading: “REPUBLICKKANS = PAY CUTS!”, “DON’T FORCE OUR CHILDREN INTO SLAVERY!”, “SI SE PUEDES!” [Yes We Can!], and “FIGHT RACISM!” Three weeks prior, during the ‘Boycott Debate’ the signs were in Spanish. Facing the J Street traffic, commuters escaping the downtown, they waved signs and chanted at the autos. At five forty-five the raucous little group marched across the street to city hall, chanting. Aside from shouts of “Racists!” and “Racism!” it was civil and semi-unenthusiastic. Judging by this group, fighting racism will be tough.

The city council cleared its agenda quickly. A young man spoke for homeless teens; an elderly lady was recognized for her work in creating awareness for the African-American holiday “June-Teenth”; a quick discussion about the site for the new 12 or 16 story courthouse that will fill one city block at a cost of \$440M, maybe. At this point the city council stopped, complimented itself, and then continued on. The marina manager stated the marina is going broke and must raise fees because the boating community can’t afford boats, boating, and tie-up fees. Finally it was boycott discussion and voting time.

A city officer named Patty said if the boycott initiative passes there’d be no travel to Arizona on city business and no future contracts with the state. She stated there would be costs to the city of Sacramento, and urged the Feds to please move quickly on border defense. Councilman Robbie Waters made a motion to drop the boycott initiative, stating it was against city council rules, against the city charter and outside their duties. The motion failed.

A crying line formed down the center aisle from the microphone

as it did during the “Debate.” Andy of the Japanese-American Citizens League said the League supports the boycott - and their Chicano brothers and sisters. A Euro-American, Jim, pointed out the Mexicans are citizens of another country here illegally, and asked how it’s possible these people have a right to benefits, medical care, and citizenship rights for their children, rights they haven’t earned. An ‘open borders’ Chicano-American rallier in a yellow ‘T’ said it’s racism and will lead to racial profiling, then added the law was about protecting “white privilege.” A Euro-American male stated Arizona’s law, SB 1070, isn’t about people or racism, it’s about evil; about drugs and prostitution; drug smuggling; people illegally intruding into America; tunnels under the border; gangs operating on both sides of the fence; assaults on Border Patrol officers, and American citizens trying to protect themselves. Another Euro-American male declared that Sacramento Police Department “profiles” every day in every way. The mayor Johnson promised to look into that.

High-profile Mexican-American community symbols and community organizers called the Arizona law “state sponsored terrorism” declaring it “anti-ethnic, anti-cultural and xenophobic”; anti poor; discrimination and racism aimed at Mexican “migrants.” It was reported that some “migrants” were fleeing Arizona justice, trekking deep into America without money, a place to go and no community support. The bill was declared a violation of civil rights, human rights and soaked in hatred.

The NAACP decried the boycott, and decried the attempt to end ethnic studies in Arizona’s K-12 schools. A high-strung Chinese-American man cried the law was absolutely about race! About skin color! Two Euro-American Professors from McGeorge law school said it is definitely racial profiling and vigilantism. Gayle, of the AFLCIO, declared it fascism and incipient Nazism, pointing to the movement to deny American citizenship to children of illegal immigrants in Arizona and several other states, including non-border states. The conversation went on for nearly two hours. No matter, the fix was in. The handful that had stood to oppose the boycott needn’t have come.

The vote was called. To avoid making a decision in public Councilman Cohn fled the chambers; another council member was absent for the evening. The question galloped around the room. Yes. Yes. Yes. And yes. Councilman Waters stood, and in one of the most clear and honest moments of the evening, said “This is a matter that should not be taken up here! What’s so hard to understand about that? It is not in our authority to do this! The issue turns on one word: “Illegal!” And consider this: We do \$10 million dollars worth of business with Phoenix alone. They do \$30 million dollars worth of business with us! We’ll lose money. One small company in Tempe works solely for our needs. They’ll lose! And their people will be gravely hurt.” He was silent for a moment. “I vote NO!” Silence. “The City’s \$43 million dollars in debt! I want a report on just how much money we lose from this action!” A clerk nodded. “We’ve declared war on Arizona, but California has more illegals than they have!”

Mayor Johnson, who was for the boycott before he was against it, voted yes. Then he stated to the no borders racialists and progressives, “We must continue to fight! This energy and vigor must continue! We will win!” The chamber erupted in screams and cheers and the mayor’s final words melted into the clamor.

The City of Sacramento doesn’t represent Carmichael, Fair Oaks, Citrus Heights or any of the large and small towns and villages in unincorporated areas of Sacramento County. It represents the “progressive” sensibilities of Sacramento State, mid-town, downtown, the Pocket Area, Greenhaven, the Fab Forties and the south-end. But Sacramento is the center of the metro; its policies are the attitude and policies for the region. They’re how all of us are perceived.

Boycotts work both ways. And this boycott is how we’ll be known by people in other cities and states. And what will the Sacramento City Council do when and if the other 17 states considering adopting the Arizona law, or a version of it, do so? Will the city council boycott them? Will they boycott us? Everything government does has a price. The city of Sacramento is \$45M in debt and it’s growing. Boycotting the state of Arizona will add to the debt.

# Seven Strategies for Creating a New Life After Widowhood

## Author offers ways of coping with the loss of a beloved spouse

The statistics are outstanding. According to the United States Census Bureau, there are 11,398,000 widows in the US. This represents almost 25% of the single woman populace of 57,756,000 over the age of 15. Furthermore, 41.9% of women 65 and older are widows.

Susan Beer, herself a widow, found undiscovered strength at the time of her loss and now shares it in her new book, *Move on Without Me* (Hatherleigh Press, 2010). *Move on Without Me* is an honest and touching book about the first year of widowhood and explores all the moments of heartache, fear, anger, grief, and, later, insight and courage experienced as the author came to grips with the monumental changes in her life brought about by her husband’s sudden passing.

Each chapter explores a unique topic, from how to face challenges, ways to express gratitude, and what strength means. Susan also reexamines the word “widowhood”

and moves beyond the traditional, bleak connotation of a widow to a new definition of hope in spite of heartache. *Move On Without Me* helps widows come to grips with the past and the present, so they can embrace the future.

Susan offers these simple, hopeful approaches:

Focus on the positives. He is forever in your heart and in your memories. What was enhances you, not depletes you. So, focus on what you gained, not what you lost and be grateful. Start a gratitude list.

Congratulate yourself on your accomplishments. It may just be getting through the day but you did it. One step, one day, after another. Praise yourself as you discover hidden strength.

Acknowledge regrets. You will have regrets. We all do. Transform them into learning experiences.

Make yourself the priority. Be honest with yourself, and others. Only you know what you need, where you are, how you are. No one can answer

this or do it for you.

Get up, get dressed and get out. Do something that makes you feel good about you: take a walk, exercise, get your hair done (or even better have your hair restyled), have a manicure, have lunch or dinner with a friend. And while you are out there, smile. Not only does it make you feel good, it attracts more of the same.

Be human. It’s okay to be needy. It’s like the pregnant woman who craves ice cream with pickles. It’s normal. You have suffered a most horrific loss.

Realize that friendship changes as do friends. Some are there for a reason, some for a season and others for a lifetime. Some will bring you grace. Some are waiting for you to say “I am ready.” Some are afraid. Some will leave. Some will come. It is simply the way it is.

Moving on is without choice. Be it positively or woe is me, your life continues. How you do so is your choice.

# Leaving Granny Behind

by Martha Burk

President Obama’s Fiscal Commission—a group of lawmakers, former officials, and other experts charged with developing a bipartisan plan to stabilize our soaring national debt—is primarily holding closed-door hearings. The commission’s co-chairman Alan Simpson, a former Republican senator from Wyoming, recently became an instant YouTube star with his rant against seniors as he exited one of the panel’s sessions. That put Social Security defenders on high alert about what’s going on in these meetings.

Simpson, who is nearly 80, has maintained that the founders of the program never expected anyone to actually live to 65 and collect. “People just died,” he has said. “Social Security was never [for] retirement.”

The program has always been an easy target for deficit hawks and budget cutters because it’s so big—the government’s largest expenditure, just ahead of the Pentagon. But setting up a target isn’t as easy as actually hitting it. George W. Bush found that out when he proposed privatizing the system so we could all invest in the likes of Enron, Lehman Brothers, General Motors, and Goldman Sachs. Thanks to a massive campaign by progressive

interest groups, that proposal was shot down. But like Freddy Krueger in *Nightmare on Elm Street*, the nightmare of cutting Social Security never dies --it just returns in a new form every few years.

Tea partiers, egged on by Sarah Palin, were fond of claiming during the health-care debate last summer that government “death panels” were going to off our grannies, even though it was an outright lie. Now that we have a much more serious and credible threat to the well-being of our elderly poor population (the majority of whom are female) in possible cuts to Social Security, Palin and company are strangely silent.

Not so the progressive groups that want to preserve the program. Ashley Carson, Executive Director of the Older Women’s League (<http://www.owl-national.org>) and member of the Social Security Works coalition, points out that those same grannies the tea party has apparently forgotten about are the ones who will suffer the most if the program is cut.

Heidi Hartmann, president of the Institute for Women’s Policy Research in Washington, agrees. “Raising the retirement age and other ways of cutting benefits would all have a devastating

effect on older women, many of whom live alone and depend mainly or entirely on Social Security,” she says.

The numbers bear this out. Women depend on Social Security more than men, and without it, close to 60 percent of elderly women would live in poverty. One reason is that women are far less likely than men to have a company-provided pension, and when they do get one it’s most often based on a lifetime of lower earnings. So much for Simpson’s “greedy geezers.” Even younger women would suffer if the program is cut, since they are the majority of caretakers when a spouse dies and leaves young children, who draw Social Security until they’re 18.

Simpson may have embarrassed some of less flamboyant members of the Fiscal Commission with his outburst, but it remains to be seen whether in their hearts they believe he’s right. And whether granny is really in the crosshairs this time.

Martha Burk is a political psychologist, women’s issues expert, and director of the Corporate Accountability Project for the National Council of Women’s Organizations (NCWO).



# California Institute of Jewelry Training

Carmichael, California



**Sam Davey, California Institute of Jewelry Training student from Red Lodge Montana, really lightens up when she’s using her torch for soldering.**

## Is this the career for you?

- ◆ **Jewelry Arts** - Everything a jeweler needs to know! Complete hands-on training from fabrication to stone setting to design and beyond.
- ◆ **Gemology** - The intriguing science and study of gem minerals such as diamonds, colored stones and pearls.
- ◆ **Jewelry Appraisal** - Reach the jewelry industries highest achievement! The MasterValuer™ program delivers an excellent education education in gem and jewelry appraisal. Home study program, start NOW!

**Live your passion! Love your life! Look to your future!**

**Call for your personal tour today!**

**916.487.1122**

[www.jewelrytraining.com](http://www.jewelrytraining.com)

VA Approved ♦ Student Loans Available





**AFFORDABLE**  
*Heating & Air inc.*

Lic #647672

## Spring Tune-up &

# \$65

Reg. \$89

## Safety Inspection

**Receive:** Thorough and Comprehensive Inspection of your Air Conditioning System, and FREE thermostat calibration

**We Check:**

- Airflow • Electrical performance • Freon Level
- Ducting • Mechanical Functions • System Efficiency

• Guaranteed trouble-free A/C through Sept. 21, 2010 •

# 916-922-2775

\*Contingent on service recommendation completion



# Aubry Stone: A Man for All Reasons

To his parent’s delight, Aubry Stone occurred in Brooklyn, NY in 1944. After high school the Air Force joined him. They were close for 25 years. Along the way he found a woman bold enough to marry him, work with him building a business and tend a family. Aubry Stone reminds us there’s an East Coast. It’s nice. He gets to the point even when he’s trying to evade your question. He’s cursed with honesty.

Stone is the president of the California Black Chambers of Commerce headquartered in Rancho Cordova, and director of the US Black Chambers of Commerce in Washington DC. He’s a big guy who seems as if he’s not paying attention, but hears and sees more than you. Among Stone’s many cherries, two of the sweetest are riding down to Harlem in the Fresh Air Cab Company cab with his family on Saturdays, and he’s a proud lifetime member of the Mystic Knights of the Sea lodge. This interview took place May 27, 2010.

**Hartline: Who are you, where are you from and what do you want?**

Stone: You already know who I am so let’s dispense with that. I come from one of the five boroughs of New York, which is to say Brooklyn, and I want to succeed at what I’m doing. Now ask your questions, I might answer them.

**Hartline: Okay tough guy, expound at length on Kevin Johnson and the “strong mayor” push.**

Stone: One of things I’ve noticed here in California is that everyone’s highly educated, but lacks sophistication. There are things we take for granted on the East Coast that are like firestorms here. I say that in the context that the mayor’s been getting counsel from other city mayors in the Midwest and East, but their style of politics is vastly different from California. You don’t just drop something like the “strong mayor” idea on the people without preparation. I don’t think he did enough groundwork. He comes from pro sports where decisions are made instantly, as you play, as the games moving. He doesn’t understand that you don’t just take office and take charge of the team, in politics.

**Hartline: What about his goal of making Sacramento a World Class city?**

Stone: A perfect example of the mindset before Johnson is [former mayor] Heather Fargo. All she wanted to do is talk ‘green’ and plant trees and let things run themselves. When she realized someone was running against her she only had \$28000 in her campaign box. Now that tells you something about attitude, right? She hardly campaigned and thought she’d win because she was the incumbent. If that’s not small town, small mind, minor league thinking I don’t know what is.

**Hartline: It’s also arrogant.**

Stone: Yeah, maybe. But even if you’re a shoo-in a good politician knows you raise a ton of money and you give it to other politicians running for city council or whatever. Twenty-eight grand? Man, that’s chump-change for the most powerful office in the city.

**Hartline: You landed on it. But bottom line is can you get things done?**

Stone: The difference is in understanding why we ought to have a pro team in town rather than another library. If you did a straw poll of, say, a hundred people they’d say a new library. But they don’t

understand the money impact of a pro team. A library is a nice thing to want. It’s a feel-good gesture, a gesture to the past, present and future, and to art and learning. Okay, fine. But bring a major league team to town and the money follows, then you get the library or maybe two libraries, without raising taxes, then you can make any kind of gesture you want at anyone you like.

**Hartline: Proposition 8, what do you think?**

Stone: Ummm...Very, very divisive. Personally, I believe in live and let live.

**Hartline: Then you support homosexual marriage?**

Stone: You mean am I in favor of gay marriage? Yeah... yeah, I was...I didn’t go public, but I supported it. I couldn’t from my position as chamber president because there’s a lot of animosity in my community, particularly among the pastors, the African American pastors, which a lot of people don’t realize, are ve-r-r-r-y conservative and completely traditional.

**Hartline: In terms of the foundation of civilization they’re among the staunchest defenders of the traditional family and basic morals in America, and possibly the world. They understand it’s the foundation of society.**

Stone: Yeah, that’s true. But you don’t discover how committed they are until an issue like this arises.

**Hartline: The Black churches and congregations made the difference in Prop 8’s victory. It’s clear that without the support of Black pastors and their flocks it probably wouldn’t have passed. The African American community voted overwhelmingly for Proposition 8. The “progressives” hate that, but are afraid to condemn the community because of the negative reaction they’d get. Now that’d be a firestorm.**

Stone: One of the things that I’m...I’m. You know, it may simply come down to me being African America. I’m sensitive to people laying requirements on other people. Historically there were people who felt just as strongly about keeping my people enslaved. And they too talked about society and the social fabric, and in that case slavery was what Southern society was basing its economy on. So I get very cautious, very cautious, about denying anyone rights. I don’t want anyone stepping on anyone’s personal rights.

**Hartline: That’s an emotional reactive response, but not necessarily negative. In fact it’s vaguely understandable – but too often an excuse.**

Stone: I’m just very, very sensitive. I’ll give you a case in point: Proposition 209. There’s another one.

**Hartline: The Bakke Case? It was intended to end race-based preferences and quotas, to level the playing field again by declaring from now on people would win on merit rather than point-spotting minorities for race or income or whatever. Put another way, no more handicapping Euro-American and Asian kids.**

Stone: I believe it hurt people and created obstacles. But about the gays: if you’re my next door neighbor and you got a gay partner and everyone sees you coming and going...

**Hartline: How do you explain it to the kids?**

Stone: Talk to your kids! Just explain it to them. What else can you do? The kids aren’t going to say anything until they’re 7 or 8 or 9 anyway.



Mr. Aubry Stone

Then you sit them down and speak to them. And don’t come up with some hallucination or fantasy statement. You tell them straight-out this is what they do, and this is what me and your mom do. You don’t tell them that gays have horns and tails, or they’re treating their kids bad, or that they shouldn’t have kids at all.

**Hartline: Okay, let’s say they’re homosexual and married, and they want children. They can adopt because once you’re married you have the rights and privileges of marriage.**

Stone: But you know Hartline, one of the things that causes me anguish are hypocrites. You come to me as you are, and I accept you as you are. It doesn’t matter whether you’re gay or straight. I either accept you or I don’t. It doesn’t matter whether you’re gay or straight, whether you cheat on your wife or you don’t. I don’t really care. I like you, we have good intelligent conversations, but don’t get into the verbiage of family values, for God’s sake. There’s always the outside woman, secret episodes in bathrooms and parks, come on, man!

**Hartline: I get it, you don’t like hypocrites! But you’re okay with homosexual adoption?**

Stone: No, I just don’t like hypocrites.

**Hartline: Well that’s symptomatic of most that’s wrong in society. It’s lying and leads to larceny, corruption in politics, and withdrawal of trust and...**

Stone: What grinds me the most is lack of integrity! No integrity, no honor.

**Hartline: I believe if God demands anything of us, it’s exactly that, integrity. You can name anything else you like, but that’s first.**

Stone: Exactly. We agree.

**Hartline: Give me your thoughts on abortion.**

Stone: It’s a woman’s choice. That’s it.

**Hartline: Yes. Yet abortion’s constantly denounced by African-American pastors and the faithful as a Holocaust for the Black community.**

Stone: It’s true.

**Hartline: They’re the highest aborting group in the US. The numbers are supported by sociologists and demographers. But the crisis is never mentioned by African-American politicians, Reverend Jesse,**

**Brother Al, Charles Rangle, Maxine Waters for example. In fact I’d say they’re frightened to address it.**

Stone: Maybe. But irrespective of the numbers: it’s still a woman’s choice. If there’s a husband involved then it’s between the man, the woman and God. End of conversation. End of conversation.

**Hartline: Are you doing anything about it?**

Stone: We have the Chamber of Commerce and the Chamber of Commerce Foundation. The foundation’s agenda is to change the African American community from the ground up. One major category is health. We’re looking at childbirth, disease among men, and lifestyles. We’ve have epidemics in our community. Too many African American men are in prison doing whatever. They come out and give girls AIDS because of sexual activity in prison. I’m highly aware of the statistics in our community. We’re attacking low health education levels and high-mortality at childbirth. Our childbirth numbers are near that of a Third World country. That’s unacceptable.

**Hartline: Yes, plus the absence of a man in the household.**

Stone: Yes.

**Hartline: I’m sure you’re aware of what life was like for Blacks in America between 1920 and 1960. There were at least 450 Black daily newspapers and countless numbers of Black-owned businesses - and a thriving, vibrant society in every major city.**

Stone: Uh-huh...I was born in Harlem in 1944. I was a part of it. I grew up in it.

**Hartline: And you saw how much crossover over there was, the white Manhattan mob coming into Harlem to soak-up culture...**

Stone: Of course, of course! That’s still happening and will continue for an indefinite period. You know the impact of integration on our race has had pluses and minuses. One of the minuses is that there was a whole subculture that existed during segregation that thrived within its own parameters. Integration brought a new playing field with new rules. It ended the Negro Leagues in baseball, and guys like Robinson and Mays and Aaron went into the majors. But bottom line is I’m looking at things from the business perspective, when there were nightclubs and cab

stands and tailors and other countless small business owners. I want to take that almost-forgotten, vibrant and highly creative thinking, retool it and say, “There’s a new playing field again! Let’s get out there and win!”

It’s like retrenching. You tell folks the things you used to do, like keeping receipts in your drawer or in a shoebox someplace, is a no-no! It’s time to fast-forward to the 21st Century, folks. This is the way it is now if you want to be a player. If you’re just doing something for a hobby, then do it for a hobby. Don’t pretend to be in business. But if you’re going to be a business person, this is how it’s done. They say, “But this is the way my father did it...” I say go get a CPA or an accountant, a tax advisor; and you get yourself certified and do your best for everyone, white, black or puce.

**Hartline: Wait! I keep my receipts in a box...**

Stone: Ha! Then you understand what I’m saying. When I get people asking why a California Black Chamber of Commerce, that’s why.

**Hartline: The point being that you’re doing more to encourage business and aid upstart businesses than anyone, including the state and other chambers...**

Stone: Yes, and we’re bigger than they are. I’ve got over five-thousand members...

**Hartline: Right, but this is headquarters for the State Chamber, right?**

Stone: Yeah.

**Hartline: Looking at the sunrise, what are your goals?**

Stone: I want to make a great impact. I want to be part of the solution. To as much a degree as possible I must ensure that my people are not the problem. I’ve got to figure-out how to create new and dynamic businesses, small, micro, whatever kind, it doesn’t matter.

**Hartline: The most muscular and determined in America are the Blacks. They’ve had more to overcome. I’m not patronizing you by saying that. Patronizing is pandering, it’s lying and overt hypocrisy. It demeans the struggle and the honest accord the races have reached.**

Stone: Yeah, I’ve see it and I feel it every day.

**Hartline: African Americans have proved their courage and strength through work and initiative under the most ironclad limitations.**

Stone: I agree, but up to a point. After the second or third-generation, whether you’re Asian, White or Black, you have a different attitude. Even my daughter, she’s seen her mother and father work two jobs on a continuous basis. She’s learned to work by watching and by doing, you know? But with any group of people who’ve had to struggle for their place, identity, respect or whatever for so long, they usually hit a plateau, a plain of almost...what I’d call relaxed stress. Never, “Ha, I ain’t got a worry anymore!” It’s relaxed stress, an acceptance of current conditions. We’ll figure that out and work through it though, we’re family.

**Hartline: The other group of determined strivers I’d point is the first Europeans.**

Stone: Yeah! Yeah! They got their tails stomped at first! I often think about that. Reading early American history, the Pilgrims, the Mayflower Compact; one more winter and they’d’ve been skinned by the Indians or starved to death. And Jamestown, it’s still a mystery. There was disease

and starvation, but they had a purpose and everyone kept on keeping on. But we’re in a different place now. I see the kids, the Asian gangs, and the tears and pain in the eyes of their elders. Black kids killing each other on the street, young Latinos doing drive-bys, and on and on.

**Hartline: What’s the second goal? You said you had two.**

Stone: That’s my first, second and third. There are so many elements involved. Create more business! That’s first. I want that to be the engine that drives us to employment. I want to create jobs that are real, jobs that produce something, do something that’s quantifiable and can be paid for based on their value to people. Lastly, the end run on that idea, is to create wealth in the community. I’d like to develop a series of credit unions or banks, or be in partnership with major banks, and keep the money in the community.

I’m not a Black separatist or anything, but at the end of the day one of the things I told you that prevent us from taking advantage of Obama’s Stimulus money was not having shovel-ready projects on the boards, and no capital access. We know the lack of businesses and money means we go outside of our community to buy, and the money’s gone (snaps fingers) just like that. It didn’t even turn over one time in our community.

By the way, Merrill-Lynch did a study on linkage. It was phenomenal. It showed that every Monday morning in LA \$20 Million from African American churches leaves our community because there’s no place to hold it. It goes to a bank in North Carolina, Chicago or New York. The next time we see the money it’s on a 28%-interest credit card. That’s got to stop! It’s very simple: economic community, economic stability. That’s what I’m trying to build. I want sustained stability, community sustainability.

**Hartline: Grade Obama.**

Stone: Based on the traditional A, B, C or D?

Hartline: Yep.

Stone: B-.

**Hartline: What’s he done well? What’s he done poorly?**

Stone: I think the first thing he’s done well is have a positive psychological impact on America. No matter how he’s judged by history, good or bad, he’s our first Black president.

**Hartline: I understand and agree. Tangibly what’s he done?**

Stone: Nothing! Somewhere along the way he’ll make his bones. But most things start between our ears: how we feel about ourselves, about our neighbors, about what we want to do and what we can do. He’s been positive psychologically. Let’s hope it lasts. He communicates extremely well. He communicates trust. What you hear is what it is.

If he can pull us out of this economic mess I’ll call him President Houdini. Things are terrible, and I don’t see a quick end. I think things may get worse before it’s over. But he walked in as the banking system collapsed and mortgage loans blew up, and as Europe’s bill came due after 40 years of loafing. Let’s see what he does. I’ve met the guy. I like him. But I’ve lived too long to hero-worship a guy just because he’s Black. Deeds, not words, you know?



# RT Implements Service Changes



Regional Transit riders face many frustrating changes in their daily schedule.

*Sacramento Region* - In response to an estimated \$25 million budget shortfall for Fiscal Year 2011, the Sacramento Regional Transit District (RT) implemented service changes affecting bus, light rail and complementary paratransit service effective Sunday, June 20, 2010.

The service changes, expected to produce an estimated net savings of \$11.7 million in Fiscal Year 2011, will affect 39 of the 91 bus routes that RT currently operates. RT will discontinue 26 weekday routes, 13 Saturday routes and four Sunday routes.

Late night light rail service will be discontinued. The last trip on the Blue Line leaving the Watt/I-80 light rail station will depart at 8:59 p.m. and arrive at the Meadowview light rail station at 9:47 p.m. The last trip on the Blue Line leaving the Meadowview light rail station will depart at 9:50 p.m. and arrive at the Watt/I-80 light rail station at 10:38 p.m.

The last trip on the Gold Line leaving the Sacramento Valley Station light rail station will

depart at 8:58 p.m. and arrive at the Sunrise light rail station at 9:40 p.m. The last trip on the Gold Line leaving the Sunrise light rail station will depart at 9:43 p.m. and arrive at the St. Rose of Lima Park light rail station (9th & K) at 10:20 p.m. The last trip on the Gold Line to the Sacramento Valley Station light rail station will arrive at 8:55 p.m. (departing from the Sunrise light rail station at 8:13 p.m.).

RT's Americans with Disabilities Act (ADA) complementary paratransit service will continue to be provided during the same days and hours that RT's bus and light rail service is in operation.

During the last few years, RT has implemented a number of cost-cutting measures – including service reductions, fare increases, a hiring freeze, freezing employee pay and employee furloughs. By September 2010, RT will have reduced its workforce through layoffs and retirements by approximately 180 employees since the RT Board of Directors approved service

changes on March 29, 2010.

Service reductions, combined with approximately \$11.1 million in State Transit Assistance funds expected to be restored to RT and revenue generated by the future expansion of the Park-Pay-and-Ride (parking fee) program, will resolve the \$25 million budget shortfall for Fiscal Year 2011.

“It has been well-publicized that RT is faced with the biggest operating deficit in our history,” Mike Wiley, General Manager/CEO, stated. “There is no quick or easy fix to make up the staggering shortfall without making tough decisions. As the economy rebounds, we will focus on rebuilding our transit network and restore critical services that our communities desperately need.”

For detailed information, passengers are encouraged to pick up a new pocket timetable. For route, schedule and fare information, call 916-321-BUSS (2877) or visit [www.sacrt.com](http://www.sacrt.com).

# Abandoned Wells a Deep Problem

*Sacramento Region* - Abandoned wells can threaten groundwater quality and are a safety hazard for humans, especially children, and small animals. With these concerns in mind, Sacramento County's Environmental Management Department (EMD) is developing a field survey program to identify abandoned wells and ensure that unsafe or problematic wells are properly secured or destroyed.

According to well drilling records maintained by the California Department of Water Resources (DWR), over 16,000 wells have been installed in Sacramento County. Many more hand-dug and uncased wells were undoubtedly installed prior to establishment of the DWR water well database in the early 1950s.



The Sacramento Region is dotted with abandoned wells such as this one, posing a hazard to residents. Photo courtesy of Sacramento County.

Sacramento County relies on groundwater to supply approximately a half of its water needs. Groundwater is obtained both from large water supply wells maintained by local water districts in urban areas, and by individual domestic and irrigation wells in more rural areas not serviced by public water suppliers. Due to deterioration, many abandoned wells allow runoff water carrying bacteria, sediment, fertilizer, pesticides and other surface pollutants to flow directly down into groundwater. This bypasses the natural filtering and degradation processes that can take place as these materials move through the soil. It is therefore crucial that steps are taken to protect this vital resource and help ensure a safe, adequate water supply for County residents, businesses and farms.

Records abound of deaths and

injuries to people and animals falling into wells. This underscores the importance of identifying and properly securing these structures. Open pit wells and large diameter drilled wells are particularly hazardous.

Abandoned wells have been found in Sacramento's rural areas and urban neighborhoods. A resident of Land Park in Sacramento was surprised recently to find an abandoned and improperly capped drilled well in her backyard. She was especially concerned when she discovered her two-year-old granddaughter playing near it. In early 2010, two dogs fell into a 20 foot deep well near Franklin Blvd. They were safely rescued by Sacramento firefighters.

Merely capping an abandoned

well is not enough to prevent it from becoming a problem. In order to protect the health and safety of the people living near them, these wells should be properly plugged or sealed soon after abandonment. However, there is more to plugging a well than simply dumping something down the hole. Plugging materials must be strong, durable and free of contaminants. Effective well plugging requires experience and knowledge of well construction materials and methods.

For more information about the Abandoned Well Program or help locating an abandoned well on your property, visit [www.emd.saccounty.net](http://www.emd.saccounty.net). You may also call the Abandoned Well Line at (916) 875-8532 or email [EMD-abndwells@saccounty.net](mailto:EMD-abndwells@saccounty.net).

# Summer Season Opens at the Fair Oaks Theatre Festival!



The Fair Oaks Theatre Festival presents “The Frog Prince,” a playful one-hour children’s play directed by Nancy Silva. Performances run Saturdays July 3-24 at 10am and noon at the Fair Oaks Community Clubhouse. For more information, call (916) 966-3683 or visit [fairOakstheatrefestival.com](http://fairOakstheatrefestival.com). Pictured: L to R, Kirstin Haag, Matt Contini, Erin Henderson. Photo by Brian Williams

*Fair Oaks* - The Fair Oaks Theatre Festival and American River College Theatre will bring music, laughter and delightful theatre-under-the-stars entertainment to audiences young and young-at-heart this summer with three family friendly shows that are sure to please. The season opens with “Minnie’s Boys,” a madcap musical about the Marx Brothers before they were known as The Marx Brothers. It runs Friday, Saturday, Sunday and some Thursday nights from June 18 through July 25. Opening July 3 and running every Saturday in July will

be “The Frog Prince,” a one-hour children’s show that will tickle everyone’s fancy. The season will conclude with a return of the popular “You’re a Good Man, Charlie Brown,” the musical that brings Charles Schulz’s loveable characters to life with melodies both sweet and silly. “Charlie Brown” runs August 13 through September 12. For more information, call (916) 966-3683 or visit [FairOaksTheatreFestival.com](http://FairOaksTheatreFestival.com).

*The Frog Prince -- A Crazy Version of a Classic tale*

Kids will recognize and love the wacky collection of characters in this one-hour delight, but they will never guess the ending! This show will have the whole family laughing (from toddlers to grandparents) as it introduces us to the somewhat spoiled Princess Eleanor and to Rick, a rogue of a frog who bears a remarkable resemblance to Humphrey Bogart! Silly surprises, fanciful costumes and a delightfully energetic cast will make this version of “The Frog Prince” a family favorite! (Original children’s play by Bob Gerould. Directed by Nancy Silva).

Fair Oaks Community Clubhouse - 7997 California Avenue, Fair Oaks, 95628

Dates: Saturdays, July 3, 10, 17 & 24. Two shows each day: 10am and 12noon.

Ticket Prices: All seats \$4. For Further Information: (916) 966-3683 or go to [FairOaksTheatreFestival.com](http://FairOaksTheatreFestival.com).

Send us  
your local  
stories

## THE CABIN HOLISTIC HEALING CENTER

Yoga – Massage Therapy – Deep Tissue  
Swedish – Acupuncture – Chat Group

YOGA: One of the best methods for developing a healthy body and happy mind.

1st class free.... Mon. and Thurs. 7 to 8:15 pm.  
(2) Intro offer: Free Mondays 20 mim free massage  
@ The Cabin with c.m.t. Louise.

Call Louise 916-729-0103

Anna Louise Mitchell

7505 Greenback Lane  
Citrus Heights, CA 95610  
[www.thevillagecabin.com](http://www.thevillagecabin.com)

916-729-0103  
[mbearcal@aol.com](mailto:mbearcal@aol.com)

# BAUER

Monday - Saturday 8:30 - 5:30

We Accept All Competitors' Coupons  
Locally Owned & Operated  
Professional Auto Detailing  
No Extra Charge For Trucks, Vans  
or SUVs That Accomodate Our  
Automatic Car Wash



5927 San Juan Ave  
Between Madison & Greenback  
Citrus Heights • 916-967-3083

<b>\$3.00</b> <b>OFF</b> <b>Any Car Wash</b>	<b>\$5.00</b> <b>OFF</b> <b>Any Car Wash Package</b>	<b>\$10.00</b> <b>OFF</b> <b>Any Express Detail</b>
BAUER San Juan Car Wash Citrus Heights • 916-967-3083 <small>Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 7/31/10</small>	BAUER San Juan Car Wash Citrus Heights • 916-967-3083 <small>Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 7/31/10</small>	BAUER San Juan Car Wash Citrus Heights • 916-967-3083 <small>Starting at \$44.95 Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 7/31/10</small>





By Marlys Johnsen Norris

God calls everyone to repentance. His Word is power and truth. (Ref. Psalms 89: 30-34) His WORD states - If one forsakes My law and does not walk in My judgments; If one breaks My statutes and does not keep My commandments, then I will punish the transgression with the rod and iniquity with stripes. Nevertheless My loving-kindness I will not utterly take, nor allow My faithfulness to fail. My covenant I will not break, nor alter the WORD that has gone out of My lips. Once I have sworn by My holiness, I will not lie.

# Truth the Only Way

In the Word of God, God said in Genesis 1:26 “Let US make man in Our image, according to Our likeness, let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over everything creeping thing hath creeps on the earth.. Man cheats himself when he does not comprehend and understand God is much greater and more magnificent than one can ever imagine. God created all of us to be loved by the three in One, the Father, the Son (Jesus) and the Holy Spirit.

Jesus is either who he said he was or he is a liar. If He IS who He said He IS, then a person needs to take notice concerning the words of their mouth. A person is actually insulting Almighty God and His sacrificial blood (there is no remission of sin without the shedding of blood) when they are calling Jesus a liar

and rejecting the calling of God’s beloved Son to die for the sins of mankind. He IS the Way, the Truth and the Life and all those who accept Him become God’s children because He was willing to come to earth and be born of a woman, then die on a cruel cross for every one of us.. He was resurrected proving He is the Messiah. Only He provided the ONLY WAY, whereby everyone can receive the “free gift” of eternal life. His obedient act of love extends to each one of us!

Marlys Johnsen Norris, Author  
Marlys5934@sbcglobal.net  
“Intimacy Begins Going God’s Way”  
“God Moves Mountains, It was a Miracle”  
“Recipes for a Happier Marriage”  
“Senior Gleanings”



By Pastor Ray Dare

Most of your problems in life come from not understanding how much God really loves you. When you don’t understand how much God loves you it causes all sorts of problems like stress, worry, guilt, fear and deep relational and emotional problems. That’s why Paul said in Ephesians 3, “I ask him that with both feet planted firmly on love, you’ll be able to take in with all Christians the extravagant dimensions of Christ’s love. Reach out and experience the breadth! Test its length! Plumb the depths! Rise to the heights! Live full lives, full in the fullness of God.” Ephesians 3:17-18 (Msg) God says, “I love you and I want you to feel my love. I want you to understand it. I want you to experience it for yourself!” Now notice the extravagant

# How Much Does God Love You?

dimensions of God’s love. circumstance you find yourself in, no matter where you go tomorrow...You will never find yourself separated from God’s love – never. No matter how deep of an ocean you find yourself in, no matter how deep in trouble you are. You may be in over your head and feel like you’re going under and are about to sink...You may be in a deep ocean of despair or distress, you’re facing deep financial troubles, or emotional or relational trouble and you think, “Where’s God? I’m going under!” Where is God? God’s love is “deep enough to be everywhere”. He is underneath you. He is holding you up, even when you don’t even realize it. “The eternal God is your refuge and underneath you are His Loving arms.” Deuteronomy 33:27. Where is God when you hit bottom? He’s holding you up. Let Him hold you up today. Let Him love you today. No matter how deep your problem is, God’s love is deeper! Let Him love you.

See you Sunday, Pastor Ray  
New Community  
Christian Church  
www.YourNewChurch.org

# St. Francis Episcopal Church Joins National One Book + One Parish

St. Francis Episcopal Church, Fair Oaks, is joining churches across the country in the National One Book + One Parish + One Summer 2010 – a grassroots movement to help Christian parishes of all denominations experience a spiritually deeper summer and stay connected by reading one great book together and we invite you to join us.

Forgiving Ararat, by Gita Nazareth. Nominated “#1 Best Beach Read for 2010” and “Favorite Spiritual Novel” by readers on Oprah.com it has been compared to recent best-sellers like The Secret Life of Bees and The Shack, among others. Described as a modern allegory and parable about forgiveness – wrapped up inside a supernatural thriller – it has received fantastic reviews from readers everywhere.

Francis’ parishioners will be participating in at least two discussion groups around the book. One meets on Monday mornings at 10:00 and the other on Thursday evenings at 6:00 – both at the church at 11430 Fair Oaks Blvd, Fair Oaks. Anyone is welcome to join. There are a few copies of the book available in the church office (916-966-2261), for \$11 or you can purchase it at major bookstores, or online from Amazon.com.

Besides committing to read the book this summer, St.

## Grace Baptist Church

6724 Palm Avenue Fair Oaks, CA 95628

**Pastor Charles Carter (916) 967-3915**

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

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

### Service Schedules

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

*Come and Experience God's Amazing Grace  
(Located south of Madison; just east of Dewey)*

Call for More Information

## Oak Avenue Free Methodist Church

8970 Oak Avenue, Orangevale, CA 95662 *Corner of Oak and Beech*

**(916) 988-8815 • Pastors Andrew Webb & Robert Price**

Office Hours: 9 am to Noon - Tuesday - Friday  
Wednesdays: Senior’s Bible Study: 1st & 3rd, 10 am - 11am  
Evening Adult Study: 7 pm - 8:30 pm  
Sunday School - 11 am For All Ages • Sundays Worship - 9:30 am

**www.avefmc.org**

## Christ the King

Passionist Retreat Center

6520 Van Maren Lane in Citrus Heights

Economy got you down?  
Family or job issues bothering you?

Relax. Breathe deeply.  
Retreat into our beautiful grounds, generous space, and atmosphere of serenity. Visitors will find a peaceful sanctuary in a monastic tradition, space to reflect and opportunities to reconnect with God.  
Walk among old growth oak and redwood trees.  
Stroll through the stations of the cross or visit a labyrinth.  
Weekend programs available. Community Mass Thursdays.  
Meeting rooms available to rent.

*Come to Your Center...and rediscover your center.*

**(916) 725-4720**

## Weddings of Joy

*Creating special moments and sacred events.*

**Rev. Paul V. Scholl**  
Interfaith Minister, B.Msc.

**916.773.7337**  
GO2DLYT@aol.com  
Call to Discuss Your Wedding Plans  
Go to [www.LovingOutLoud.com/weddings](http://www.LovingOutLoud.com/weddings)

## Specialties Plus

- Machine Repairs (*all makes & models*)
- Toner Cartridge Refills (*Using Cartridge World? Take 10% off their price & try mine*)
- Free Cleaning (*with our cartridge*)
- We are Local
- Service Contracts (*monthly or yearly*)
- Lease or Rent
- High Volume Copying (*save wear & tear on your machine*)

## Specializing in Digital Printers, Copiers, Fax & Multifunction Machines

**E-mail:**  
**specplus@comcast.net**  
**(916) 723-8430**

## Better Hearing Made Easy

Get the world’s first disposable hearing aid

If you or your loved one has mild to moderate hearing loss, the all-new Songbird® flexfit™ is the ideal solution. Easy and affordable, it offers a revolutionary alternative to costly traditional hearing aids. Use it only when you need it, just like reading glasses. Adjustable for a personal fit, it's perfect for those who want to improve hearing on their own terms—without sacrificing quality or comfort.

**100% Satisfaction Guaranteed**

**ALL NEW!**

### Improve your hearing without hassle or major expense

- Crystal-Clear Digital Sound Quality
- Lasts for 400 Hours of Active Use\*
- No In-Office Fittings or Maintenance
- No Batteries to Replace
- Order from Home—by Phone or Online

Makes conversations clearer and more enjoyable

**You may not always need help hearing. For the times you do, trust Songbird.**

**\$39<sup>95</sup>**  
Two Payments of  
**ASK HOW TO GET FREE SHIPPING!**

Not available in stores  
**Try It Now Risk-Free<sup>†</sup>**  
**Call 1-888-287-4963**

\*Under typical use patterns, battery lasts for 400 hours of active use (when turned on). Make sure to turn the device off when not in use to maximize battery life. †Less shipping and handling. The Songbird flexfit™ disposable hearing aid is for mild to moderate hearing loss. Not intended for use by anyone under 18 years of age. Hearing loss can be a symptom of a medically treatable condition. Consult your doctor prior to using any hearing aid.

FR07220835



Adult / Elder Care

**Newly constructed, modern Care Facilities** in Fair Oaks Private/Semi room. ½ off first month. No assessment fee. 24/7 on site care staff. Call 916-871-4267/947-8618. Will work with placement company. (MPG)

**Special 50% Off 1st Month Care** Private & Semi private rooms. For more info call 916-721-4721 (MPG)

**Experienced caregiver for elderly.** 24-hour care; healthy nutritious meals; reasonable rates. In Fair Oaks – room in comfortable home. Call 916-536-0701 (MPG)

Apartments for Rent

**OAKS AT ARCADE CREEK** New & Upscale 1/1 2/2. 6544 Auburn, Citrus Heights. 916-726-6100 (MPG)

**1 BEDROOM SPECIAL** CH&A, Pool, Patio, Laundry 4735 College Oak, Sacramento 916-222-3306 (MPG)

ATTENTION!

**Health and Wellness Success Coaches Needed.** Able to work from Home. Will train. 888-279-7875, call 24hrs (MPG)

**ATTN:** Internet health and wellness company expanding. Seeking top sales Pro's. Will train right person. CALL 888-279-7875 24hrs. (MPG)

Auto Donation

**DONATE YOUR CAR:** Children's Cancer Fund! Help Save A Child's Life Through Research & Support! Free Vacation Package. Fast, Easy & Tax Deductible. Call 1-800-252-0615. (Cal-SCAN)

**DONATE VEHICLE: RECEIVE \$1000** Grocery Coupons, Your Choice. Noah's Arc, No Kill Animal Shelters. Advanced Veterinary Treatments. Free Towing, IRS Tax Deduction. Non-Runners. 1-866-912-GIVE. (Cal-SCAN)

**A CAR DONATION HELPING SICK KIDS!** Donate Your Car to SONGS OF LOVE and make a sick child smile! Featured on NBC (TODAY SHOW), CNN. Tax-deductible, all the value conditions accepted. www.SongsOfLove.org 888-909-SONG (7664). (Cal-SCAN)

**Donate Your Car** Civilian Veterans & Soldiers. Help Support Our U.S. Military Troops. 100% Volunteer. Free same Day Towing. Tax Deductible. Call and Donate Today! 1-800-404-3413 (SWAN)

Business Opportunities

**ALL CASH VENDING!** Be Your Own Boss! Your Own Local Vending Route. Includes 25 Machines and Candy for \$9,995. MultiVend LLC, 1-888-625-2405. (Cal-SCAN)

**GRATIS Camizas Polo** on cada compra de: \$1.99 **Levis 501's** y otras marcas originales;99¢ Camizas **Polo. Orden** minima de 1200 clu.Solamente ingles 818-522-9824 (SWAN)

**Earn Money with Your Computer** The best \$299.00 investment during this economy! Benefits So Awesome! \$3000.00 per mo possible after 1st six months! www.getstarted2win.com (MPG)

**Work From Home Earn \$1,000 to \$3,000 per week** Free 14-minute movie that shows you how! www.setfree.com (MPG)

Business Services

**CLASSIFIED ADVERTISING** ADVERTISING in 240 Cal-SCAN newspapers for the best reach, coverage, and price. 25-words \$550. Reach over 6 million Cal-fomians! FREE email brochure. Call (916) 288-6019. www.Cal-SCAN.com (Cal-SCAN)

**DISPLAY ADVERTISING** in 140 Cal-SDAN newspapers statewide for \$1,550! Reach over 3 million Californians! FREE email brochure. Call (916) 288-6019. www.Cal-SDAN.com (Cal-SCAN)

**ADVERTISE ONLINE** in a network of 50-plus newspaper web-sites. Border to Border with one order! \$7 cost per thousand impressions statewide. Call for details: (916) 288-6010. www.CaliforniaBannerAdNetwork.com (Cal-SCAN)

Computers

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

Counseling

**Are you living the way you want to live?** www.lifeadvisorforeveryone.com Call Dave (916) 821-5768. (MPG)

Construction

**Accelerated Construction - New Construction or Repair.** Handyman Clean-up. Residential and Commercial. Lic # 675212. Call 916-419-9996 (MPG 06-30)

**Affordable Local Repairs -** All Construction Phases. Lic # 655184. Ph 869-0164. Ask for John. (MPG)

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

**TRI UIO CONSTRUCTION** Build new homes, additions and remodeling. Over 30 years experience, bonded and insured. Phone number 530-330-0185 Lic. # 476884 (MPG)

DayCare

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

**Infant Openings Now** First week free Lic # SAC53133 FCCH 916-489-5824 (MPG)

Drywall

**Repair, remodel** from simple to impossible, all textures. Residential, small commercial. A real pro. 40+ years experience. All work guaranteed 3 years. Affordable prices. Lic # 305736. 916-726-1144 (MPG)

Elder Care

**PROVIDING PERSONAL CARE** w/ love and dignity. Rooms available Call 916-721-4721 (MPG)

Electrical Services

**Visit & Estimate For Free.** 24 Hour, 7 Days. **916-213-7575** (MPGM)

Fencing

**Fencing** Prime Time Fencing. Quality Redwood. Double & Single Gates. Repair & New. License # 835870. (916) 481-7315 (MPG)

**Roy's Great Fences** Quality work at affordable prices. New or repairs. How's your gate? License # 749821. (916) 833-2666 (MPG)

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

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

Financial Services/ Money to Loan

**CASH NOW!** Get cash for your structured settlement or annuity payments. High payouts. Call J.G. Wentworth. 1-866-SETTLEMENT(1-866-738-8536). Rated A+ by the Better Business Bureau. (Cal-SCAN)

**Homeowners Don't Short Sell Your Home** as a first option. A home can generate \$2,600,000 of tax-free income. Let me help you create additional income & front page 1040 deductions BK/CR 916-868-1041 (MPG)

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

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

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

For Rent / Lease

**COMMERCIAL Office/Warehouse space.** 1,000 up to 3,000 sq. ft. available @ .55¢ (month to month) or negotiable lease. Excellent 1-80 access near ARC (Auburn Blvd/College Oak). Call Lisa West @ (916) 331-0840. (MPG)

**\$490 per month** Charming Cottage in Gold River. Looking for quiet woman to rent bedroom. No share. In my small charming cottage nestled amid rose garden. Washer/Dryer. No pets or smoking. Near transportation. 25 mins from ARC and Sac State. 916-631-8784. (MPG)

Gardeners

**Smith's:** Full Maintenance, Sprinkler, Pruning, Aeration, Gutter Cleaning, Hauling. 967-7543 or see www.SmithsLandscape.com (MPG)

Golf Equipment for Sale

2 Bags Good Condition, 1 Golf Caddy, Titlest Clubs, Diamond Head, Browning 440, Topfite, Cleveland, Titlest, Zebra, MacGregor Silver, Gravity Back Cobra, Stan Thomson, Callaway Silverhead, Bucket of balls (used) Best Offer for All. Call Scott 613-8359 (MPG)

Groomer

**Pinkiepop, in home grooming service.** 18 yrs. exp. \$5.00 discount, 1st visit. References. Call Victoria (916) 256-0487. (MPG)

Guitar Lessons

**Guitar, 1st 2 Lessons Free.** Classic, Flamenco, Standard. All ages & levels. 682-7082. (MPGM)

Handyman

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

**Household Helpers.** You Name It! Hauling, Gutter, Tree Trim, Spot Carpet Clean 613-8359 (MPG)

**Handy Guys** Small Jobs, Senior Discounts Gutter Cleaning - Deck's Woodwork 916-519-5135 Free Estimates (MPG)

**A-1 Home Maintenance & Repair "Handy Man"** California state certified electrician Plumbing repair. Fence repair. Free quotes-no job too small. Please leave message. 916-961-8059 (MPG)

**Affordable!** Decks, Dryrot, Wood Floors, Fans, Fixtures, Plumbing, Electric, Licensed 501-7843 (MPG)

**Plumbing Services** Specialty Plumbing - Remodels, Repipes, Water, Sewer, Gas Lines, Water Heaters CA License 918844 (916) 607-6749 (MPG)

Health/Misc.

**LOW COST WEIGHT LOSS** With Your Personal Coach. Start Free Call 916-599-1318 (MPG)

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

**THE WEIGHT IS OVER** Lose up to a pound a day. Fast growing Company. Recession proof product. **916-474-4079** **www.eat-choc-losewt.com** (MPG)

Heating & Air

**AC Repair** Low Prices 487-4609 (MPG)

Help Wanted

**Plumber** - If you have great customer service skills, well spoken, comfortable talking to home owners and have residential plumbing experience, we want to hear from you! \*You must have 2 years plumbing experience\*

\*We are looking for experience with the following: Drain clearing and cleaning Install hot water heaters Install tankless water heaters Residential repipes Shower valve experience \*If you do not have experience with 4 out of 5 of the above items, please do not apply\*

Please email your RESUME to **CCR@macsplumbing.com** or fax to **916-361-1442** if we feel you meet the requirements we will contact you for an interview.

We are hiring positive friendly plumbers who are able to articulate well with customers. This is a part time - full time position and must be willing to work

weekends and nights. We are a growing company interested in people who are also interested in customer service. Every person we hire needs to be drug free, background checked, tobacco free, cleaned shaved (this is a non negotiable standard). We are interested in you joining our team! Here are some details that might interest you.... Medical plan offered after 180 days. Serving Sacramento and surrounding areas. No new construction, all residential service Training provided (must have minimum 2 years plumbing experience) Clean DMV required High School Diploma required \*PLEASE DO NOT CALL!\*

**Adult Residential Facility is in Need of Live-In Caregiver** with experience in an ARF facility, good DMV record, and hardworking. Please call Orlando or Hermie at 916-487-4482. (MPG)

**Attn: INTERNATIONAL COMPANY EXPANDING.** Work on-line, tele-commute, flexible hours, great pay, will train. Apply online at: www.KTPGlobal.com or 800 330-8446. (Cal-SCAN)

**JOBS. JOBS. JOBS!** Get paid to train in the California Army National Guard. Up to 100% tuition assistance. Part-time work. Full-time benefits. May qualify for bonus. www.NationalGuard.com/Careers or 1-800-GO-GUARD. (Cal-SCAN)

**CABLE LINE INSTALLER job in growth industry.** Paid training, great benefits, vacation. No experience needed. HS grads ages 17-34. Call Mon-Fri 1-800-345-6289. (Cal-SCAN)

**NOW HIRING** Individuals with advanced knowledge in Antiques, Coins, Currency, etc. Earn 50K-100K. Work only 42 weeks/yr. All expenses paid. Will Train. 217-726-7590 x146. (Cal-SCAN)

**In-Home Caregivers Wanted** Room and Board. Needed in your home for 35 year old man with early dementia. \$900/month. Some housekeeping needed. 916-989-9135. (MPG)

**Caring Compassionate Seniors WANTED!** SENIORS HELPING SENIORS®, a leader in the Senior in-home service industry, has immediate PT openings for Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules...we'll work around your schedule! Valid driver's license and use of auto is required. Call us today for more information.(916) 372 9640 (MPG)

**AREA MANAGER** Full/Part Time Great Pay! Place and collect donation canisters for a non-profit organization who helps families who have children with Cystic Fibrosis and other chronic health problems. Call 1-800-254-0045 www.frchilchildren.org (MPG)

**WANTED-AVON Party Hostess** Earn 50% Total Party Sales 50% off Hostess order Hostess privilege catalog Hostess and Guest Gifts Call Elizabeth 916-295-0185 (MPG)

**Pathologic** Perform general anatomic & clinical inpatient/outpatient pathology services. Travel to other unanticipated sites may be required. Kolbeck, Bauer & Stanton Medical Corporation, 3637 Mission Ave., Ste. 5, Carmichael, CA 95608. (MPG)

**Urgent F/PT Sale Reps needed** Latest telecommunications products.\$\$\$ Commission, Bonuses, Residuals Training available call 916 612-6621 (MPG)

**Health Care Marketing.** We are successful business entrepreneurs looking for people passionate about health & business. Go to www.myrotandimbusiness.com and watch a video News clip. Leave your name and email address to learn more, we will get back to you. (MPG)

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

**We are seeking dynamic customer service oriented individuals** with great communications and typing skills needed to work on behalf of our company this service representative will earn up to \$3000 monthly any job experience needed.

Email at danelperez1980@yahoo.com if interested (MPG)

**MAKE A DIFFERENCE.** For More Information: (916) 383-9785 ext. 15 (MPG)

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

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

**STRESSED OUT?** Work from home & get paid daily! www.happyandhealthyfamily.com 888-211-4268 (MPG)

**Matheson Trucking, Inc. is now hiring** an Executive Administrative Assistant to be the primary support for the CEO, CFO and COO. Supports front desk, prepares and maintains documents, schedules meetings and travel. Must have 5-7+ years exp supporting a corporate environment; excellent verbal and written communication skills; proficient in MS Outlook, Word, Excel and PowerPoint. Must be professional, friendly and a team player. Fax resume to 866-418-9913 (MPG)

**Help Wanted - Drivers**

**Ready For A NEW OPPORTUNITY? GORDON TRUCKING** - We have Home Weekly & Regional Options! \*Team & Solo OTR positions \*Regional Openings \*New Equipment! \*Better Benefits! \*Lots of safe miles! \*Consistent Home Time! If this sounds like the right opportunity for you then call 1-888-832-6484 or log onto www.TeamGT1.com to chat with a recruiter livel EOE. (Cal-SCAN)

**Company Drivers (Solos & Hazmat Teams)** \* GREAT PAY \* GREAT MILES \* CDL-A Required. We also have dedicated & regional positions available. Call 866-789-8947. Swift. (Cal-SCAN)

**SLT NEEDS CDL A TEAM DRIVERS with Hazmat.** \$2,000 Bonus. Teams split \$.68 for all miles. O/O teams paid \$1.65-\$2.00 per mile. 1-800-835-9471 (Cal-SCAN)

**Help Wanted - Medical**

**Geriatric Home Care Specialists** is currently seeking CNAs, HHAs and Caregivers willing to work in Placer, Sacramento, and El Dorado counties, with at least two years experience in caring for the elderly. We offer hourly, overnight, and live-in shifts. Please call 916-630-8588 for more information. (MPG)

Help Wanted - Sales

**Between High School and College? Over 18?** Drop that entry level position. Earn what you're worth!!! Travel w/Successful Business Group. Paid Training. Transportation, Lodging Provided. 1-877-646-5050. (Cal-SCAN)

**Would you like to be Mentored by a Millionaire?** Proven System, Perfect timing. 24 Hr Recorded Message. CALL NOW!! 888-279-7875 (MPG)

House Painting

**PAINTING,** sheet rock, texturing, book cases, fence repair, gutter cleaning. Roger (916) 969-4936 or (916) 410-5545 (MPG)

Household Help

**House Cleaning** Sparkling clean home guaranteed. Professional pet care. Experienced, dependable, reasonable rates. Call Madeline 916-723-1608. (MPG)

**DeAna's HOUSEKEEPING** Immaculate, Fast, Honest, Dependable. I care about what I do. Call me, 916-549-4915 (MPG)

**QUALITY WINDOW CLEANING** PLEASE CALL MARK AT 612-8949. (MPG)

**Homeshitters on Wheels.** Office needs two RVers with RVs for Petsitting 916-483-5146 (MPG)

Landscaping

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

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

**Tall Weed Cutting** Low Rates 916-524-7477 (MPG)

**Full Yard Maintenance, one time clean-ups & tree trimming.** See our website: www.terrabellagarden.com or ctc Randy for info at 454-3430 or 802-9897. (MPG)

**Lawn Service** - I can mow and edge your lawn. Reasonably priced. Call for a free estimate at 916-934-9944 (MPG)

Lawn Service

**American Lawn Service** Weekly Service \$15/week. Quote for one time service. 487-7905 (MPGM)

Legal Services

**Need an Attorney?** Have a legal situation? Looking for extra income? Contact Eicka Mitchell at 916-729-7364 or ericamitchell@prepaidlegal.com (MPG)

**BANKRUPTCY LAWYERS:** Credit Card Debt, Foreclosure, Repo, Wipe Out Bills, Free Consultation 971-8880 (MPG)

Miscellaneous

**DIRECTV - FREE** Standard Installation! **FREE** ShowTime +Starz (3 months)! **FREE** HD/ DVR upgrade! Ends 7/14/10. New customers only, qualifying packages. From \$29.99/month. DirectStarTV 1-888-807-2198 (SWAN)

**Richmond's Hunting Club** Come hunt with us - 20K acres. Doves, Quails, Pheasants, Ducks and Geese. For information: Dennis Sanders 530-913-5817 or Les Edwards 530-458-3814 (MPG)

**TUPPERWARE** Please call for a Free Catalog. Chris Kromar 916-483-1671 (MPG)

Miscellaneous Items For Sale

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

**Kawai upright piano** and bench, used, excellent condition, oak finish. \$3000 Call: 916-988-2927 (MPG)

**Mount Vernon Single Cemetery** Lot Garden of Humility (front-east side of building) \$5,000.00 Contact: 1-405-728-0420 (MPG)

Miscellaneous - Want to Buy

**WANTED: OLD POSTCARDS 483-0622** (MPG)

Musical Instruments

**Guitar, Acoustic** Unused with accessories. \$85 Cash. 362-7118 (MPG)

**GUITAR WANTED** Looking for Older Guitars and Amps, Fender, Gibson, Martin, Fender, Marshall Amps. Will Pay up to \$2000.00 Cash!! (916) 966-1900 (MPG)

Notary

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

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

**24/7 Notary Services** Anytime / Anyplace Call Dan @ 916-712-2661 (MPG)

Painting

**All Pro Painting** Res/Com. Quality work, free est. sen disc lic 914715 Ph 607-0523 (MPG)

Pets

**Pet Sitting** Professional loving pet care. Established reputation. Kennel free environment. Lots of TLC. Call Madeline 916-723-1608. (MPG)

**Home Sitters on Wheels** office needs two RVers with RVs for pet sitting. Call 916-483-5146 for more information. (MPG)

**Annie's Pet Sitting Services** Licensed, insured and bonded. Vet. tech. exp. Ref. avail. 916.202.6952 (MPG)

Piano Lessons

**Piano Lessons** - All ages 1st lesson free. Rancho Cordova **916/858-1571** (MPG)

**Piano lessons for children** and adults by experienced,

creative teacher. Citrus Heights. For more information, visit www.anitraalexander.com, or call (916) 725-1054 (MPG)

Prayers & Novenas

**THANKSGIVING NOVENA TO ST. JUDE** O Holy Saint Jude, apostle and martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need. To you I have recourse from the depth of my heart and humbly beg to whom God has given so great power to come to my assistance. Help me in my present and urgent petition, in return I promise to make your name known and cause you to be invoked. Saint Jude pray for us all who invoked your aid. Amen. Say three Our Fathers, three hail Marys and Glorias. Publication must be promised. This novena has never been known to fail. I have had my request granted and will fill to publish my thanksgiving. (MPG)

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

**Real Estate Homes For Sale**

**FORECLOSED HOME AUCTION** 400+ Homes / Auction: July 25. Open House: July 10, 17 & 18. REDC / View Full Listings www.Auction.com RE Broker 01093886. (Cal-SCAN)

**Your credit is approved!!!** Three houses to choose from - Zero Down Possible. Call 1-877-757-1062 ext. 100 or visit ! www.hypersellshomes.com (MPG 06-10)

**Carmichael New Listing** 1700 sq ft. 3/4 bedrooms + Pool Glenda 761-7548 (MPGM)

**Granite Bay Listings** View at www.lizyoakum.com Call 390-5634 (MPG)





**SACRAMENTO COUNTY**

**COUNTY CLERK/RECORDER**  
**EAST AREA COMMUNITY SERVICE CENTER**

- Birth, Death and Marriage Certificates
- Marriage Licenses and Civil Marriage Ceremonies
- Official Record Viewing and Copies
- Recordable Document Depository

9:00 a.m. – 4:00 p.m.  
Monday through Friday  
(excluding holidays)

Located in Raley's shopping center,  
Madison at Hazel

5229-B Hazel Avenue  
Fair Oaks, CA 95628  
(916) 874-6334

[www.ccr.saccounty.net](http://www.ccr.saccounty.net)



**Foundation for Foreign Study**

**Host an International Exchange Student!**

Make international friendships and create memories to last a lifetime. Host a high school foreign exchange student with EF Foundation, a non-profit organization. Students speak English, are fully insured and bring their own spending money; host families provide room, board, and a caring environment. For more information contact: **Cheryl and Tom Sebo (916) 863-1116**

**1-800-44-SHARE [www.effoundation.org](http://www.effoundation.org)**



**R.K. Jacobs**  
**Insurance Services**  
**Home • Auto • Business**

Office (916) 966-3733  
Fax (916) 966-0177  
4777 Sunrise Blvd., Ste. B  
Fair Oaks, CA 95628  
[rjacobs@pacbell.net](mailto:rjacobs@pacbell.net)  
Lic. #0535940

**Rand K. Jacobs**

4125 Temescal Street, Suite A • Fair Oaks, CA 95628

**THOMAS B. HAMMOND**  
**PERSONAL & BUSINESS BENEFIT PLANNING**

**A FULL SERVICE FIRM**

**WE ARE YOUR SMALL BUSINESS BENEFITS SPECIALIST**

- SUCCESSION PLANNING
- BUSINESS VALUATION
- BUSINESS BENEFIT PLANNING
- EMPLOYEE BENEFITS
- PERSONAL PLANNING
- ESTATE PLANNING

HELPING SACRAMENTO BUSINESSES FOR OVER 35 YEARS

**916-536-1384** **CALL US TODAY TO SET UP A FREE CONSULTATION**

**BONES LAW FIRM**  
4811 Chippendale Dr., Suite 307, Sacramento, CA 95841

**Gordon G. Bones**  
*Attorney at Law*

*The Law Firm provides the following legal services:*

- Bankruptcy • Business and Corporate Matters
- Trust and Trust Administration
- Estate Planning • Probate and Conservatorship
- Family Law

**P: 916.965.6647**  
**F: 916.965.4218**  
**[gbones@boneslawfirm.com](mailto:gbones@boneslawfirm.com)**

**CLEAN & SOBER**  
LIVING  
CSTL, Inc.

**HELPING PEOPLE AND THE COMMUNITY WITH THE ALCOHOL AND DRUG PROBLEM!**  
**18 YEARS IN BUSINESS!**

**DETOX (916) 965-3386**      **SOBER LIVING (916) 961-2691**

Business & Service Directory

**HANDYMAN**

**QUALITY LABOR & MAINTENANCE**

**Yard Work, Hauling, Gutter Clean, Odd Jobs**

*You Name It!*

**(916) 613-8359**

**HOUSEHOLD HELP**

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

**BATHROOM REMODELING**

**AFFORDABLE BATHROOMS & ALL HOME REPAIRS**

Shower & Tub Enclosures  
Water Damage  
Flooring, Electrical, Carpentry, Drywall  
We do all phases—small & large jobs

**FREE ESTIMATES**

**ANDERSEN CONSTRUCTION**  
*Licensed & Bonded • CSL # 681664*  
**(916)-989-2689**

**GARAGE DOORS**

**ACTION DOOR SERVICE** CALIF. STATE LIC. #650461

**Garage Doors and Openers, service, repair, replace.**

*Serving greater Sacramento area since 1987.*

Free Estimates • Senior Discounts  
Contractor for Lowe's, Sears, Home Depot and Costco. Visa, MC, Amex.  
**(916) 635-5951**

**PHOTO RESTORATION**

**Restore Old Photographs**

Share memories of special places and times with your family.

**(916) 483-6051**  
Laws Studio, Crestview Center  
*Manzanita at Winding Way in Carmichael*

**FENCING**

**PRIME TIME FENCING**

Quality Redwood Double & Single Gates Repair & New  
License # 835870  
Liability Insurance  
**(916) 481-7315**

**POOL SERVICE**

**NATIONAL POOL SERVICE**

Monthly Pool Service for as low as **\$60/mo**

Set-up's • Clean-up's  
Free Estimates

**916-532-0884**  
Biz Lic #329357

**POOL SERVICE**

**Greg the Pool Guy**

**Service • Repair • Sales**

**Prompt and Reliable**

**671-6284**

**HEATING AND AIR**

**Christopher's Heating & Air**  
Commercial/Residential

*We Service All Brands*

**FREE ESTIMATE**      **Call Today 916-223-1744**

**PAVING**

**A VETERAN PAVING**

All Types • Seal Coating  
Excellent References

**Ron Follman**

Cell 916-730-4949  
House 530-677-1124

Lic #776266

**ADULT CARE**

**Pop Ins With A Plus**  
Senior In-home Care Specialists

- Complete personal care
- 3 hr min to 24-hour care
- Shopping/Errands
- Transportation
- LVN on staff
- Hospice

**(916) 247-1019**

**CONSTRUCTION**

**Brasiel's Construction Company**

**GENERAL CONTRACTOR**  
**Gary F. Brasiel**

Specializing in Residential Carpentry, Remodel and Repair

O: (916) 725-4061 C: (916) 745-2447  
E-mail: [GaryBrasiel@surewest.net](mailto:GaryBrasiel@surewest.net)

**LAWN SERVICE**

**J & J Lawn and Garden Service**  
*Reasonable Rates/Free Estimate*

- ★ Weedwhipping
- ★ Hauling
- ★ Yard clean up
- ★ Minor Tree Trimming
- ★ Rototilling
- ★ Basic Lawn Service
- ★ Irrigation Service
- ★ Sprinkler Repairs

**Call 916-317-3450**

**ADVERTISE HERE AT LOW MONTHLY RATES**

**CALL 773-1111**

**PAINTER**

**BRETT S. BUNTE PAINTING**

- Quality Paint
- Free Estimates
- Commercial
- Interior & Exterior
- Residential Specialist

Lic #751513  
**Call 916-509-2178**

Advertise Your Business Here at Low Monthly Rates • Call 773-1111

**RUSS MONROE'S**  
FUNERALS & CREMATIONS

FD 1404

7960 WINDING WAY  
FAIR OAKS, CA 95628

Tel (916) 9611265  
Fax (916) 9612430

**OPEN YOUR HEART AND HOME**

*Step up to the challenge!*  
*Have experience working with developmentally disabled adults and/or challenging behaviors?*  
*Have an extra bedroom?*

**MAKE A DIFFERENCE!**  
*For More Information:*  
**(916) 383-9785 ext. 15**

**ALTERATIONS**  
*by Patina*

**SPECIALIZING IN BRIDAL & FORMAL**  
11082 Coloma Rd., Suite 7  
Coloma Village Shopping Ctr. • Rancho Cordova

**(916) 853-1078**  
[WWW.ALTERATIONSBYPATINA.NETMARK.COM](http://WWW.ALTERATIONSBYPATINA.NETMARK.COM)

**Dianda's**  
Italian Bakery & Cafe


(916) 966-3757

RUM CAKE • ST. HONORE • CANNOLI  
COOKIES • PASTRIES • ALMOND TORTE

*Located in Fair Oaks Village*  
10131 Fair Oaks Blvd. | Fair Oaks, CA 95628



Join us for the 3rd Annual




Alzheimer's Aid Society  
Memorial 5k Run/Walk

City of Sacramento 5k Championship


Saturday July 24, 2010

Start and finish lines at the historic  
East Lawn Memorial Park



Benefiting  
the Alzheimer's  
Aid Society  
of Northern California

For registration or more info: [www.memory5k.org](http://www.memory5k.org)



KCRA 3 KQCA my 58

NewsTalk 1530 KFBK WELLS FARGO

PCC Propp Christensen Caniglia LLP EXPERT Design & Construction

Raley's PORTER | SCOTT ATTORNEYS

# Marriage, Murder and Mayhem are on the Menu at Arden Playhouse

Are they plotting to write, or are they plotting to kill?



Paul (Paul Hauck) turns the tables on his ex-wife Polly (Barbara Messmer) when she tries to have him act out one of the murder methods they are putting into their newest mystery novel in Marriage is Murder opening at Arden Playhouse on July 2.

Nick Hall's witty take on one married couple's efforts to write realistic murder mysteries without killing each other is directed by Paul Fearn and stars Barbara Messmer and Paul Hauck. Ex spouses Paul and Polly Butler write murder mysteries

together. They act out the crimes in Paul's apartment: poisoned chocolates and lethal martinis, alibis and fingerprints, bodies in a trunk and bodies all tied up, daggers, guns and even an axe all contribute to the hilarity. Nobody gets hurt, but their egos

take some hits as they find that their marriage was mixed up with their work. There are many fast paced comic twists as they attempt to outdo and surprise each other and they learn that marriage, like murder, is in the details. The final witty complication is a real murder which they and the audience should have seen coming. This murderously funny two- character comedy is by Nick Hall, the author of Accommodations. Marriage is Murder has its Arden Playhouse opening on July 2nd and continues on Friday and Saturday nights at 8pm until July 31st. Sunday matinees are July 11th, 18th & 25th, at 2pm. Tickets are \$15 general admission. Tickets can be arranged by calling (916) 332-2582. Arden Playhouse is located at 5640 Roseville Road, Suite D, Sacramento, and seats 150. Arden Playhouse is a community theater dedicated to continuing its tradition of presenting comedies in a casual setting. For more information call the theater office at 332-2582, e-mail [admin@ardenplayhouse.com](mailto:admin@ardenplayhouse.com), or visit [ardenplayhouse.com](http://ardenplayhouse.com).

# Christian Singles Luau Dance July 10

Carmichael - Christian Singles Network, will hold a Luau Dance for single adults Saturday, July 10, at Carmichael Presbyterian Church, 5645

Marconi Ave., Carmichael. CSN is the Sacramento area's oldest and largest interdenominational Christian singles group. Some couples also attend (CSN Alumni), and all ages are welcome to attend. The evening features an early dance lesson in basic dance moves by Declan Cordova at 6 PM (an extra \$5 for this class), and Speedy Intros on the Patio, also at 6 PM, included in the ticket price. A dance lesson in the Hawaiian Hustle by Janine Wright will be taught from 7-8 PM. also included in the ticket price, along with DJ dance music from 8-11:30 by DJ John Maricich. The music, both recent and oldies, is a mix of rock and roll, ballroom, Latin, country and Christian music at all dances. Dress is tropical or casual attire/ The ticket price of \$15 pre-sale or \$20 at the door includes hors d'oeuvres, non alcohol beverages and the dance lessons. Volunteers attend free - please call 530-878-8606 to volunteer. Christian Singles Network, founded in 1992, holds weekly events, with dances every month. The next dance after this is CSN's 18th Anniversary

Dance which takes place August 7 at Carmichael Presbyterian Church. Call the number below for directions or more information. Membership is not necessary to attend, although members get a \$5 discount at the door. All ages and all denominations are welcome CSN has been holding dances 17 years, drawing singles from the Sacramento, the foothills, and beyond to Reno and the Bay Area. Pre-sale dance tickets are available on line at [www.christiansinglesnet.com](http://www.christiansinglesnet.com), or at Berean Bookstore in Sacramento, and Jireh's Bookstore in Placerville; or by mail through CSN, P.O. Box 909, Meadow Vista, CA 95722. Call Christian Singles Network to volunteer or find out more information, 530-878-0606. To receive more information about activities, or directions call the 24 hour event line at (916) 658-0606. The website, [www.christiansinglesnet.com](http://www.christiansinglesnet.com), includes directions to the dance as well as information about upcoming events including seminars, get-aways, and parties and cruises.

THE FIREWORKS SUPERCENTER

ALL YOUR FAVORITES GUARANTEED IN STOCK!

OPENING AT 12 NOON JUNE 28TH

Monday, June 28th  
FREE FIREWORKS\*

To the First 100 on Opening Day

\$10 OFF

Additional \$10 off entire purchase  
(with coupon - not valid with other offers - good on order of \$50 or more - combine with TNT coupon for \$20 off)

\*FIREWORKS GIVEAWAY

Select Finale Fireworks with Select Package Purchases!  
Restrictions apply - visit booth for information

THE ONLY SUPERCENTER IN SACRAMENTO



4 LOCATIONS FOR GREAT DEALS!

SUPERCENTER - MEGA STORE  
6521 HAZEL AVE. Family Christian Center Parking Lot  
NEW LOCATION - TNT BOOTH  
8700 Greenback Lane, Orangevale, Across from WINCO  
LOCATION - TNT BOOTH  
8121 Madison Ave., Carls Jr. Parking Lot  
LOCATION - PHANTOM BOOTH  
9295 Greenback Ln. Dairy Queen Parking Lot

ORDER ONLINE AT: [www.thefireworkssupercenter.com](http://www.thefireworkssupercenter.com)

OVER 35% OFF ENTIRE STOCK

FREE FIREWORKS GIVEAWAY

Puppies 4-11 PM SAME



BUY ONE, GET ONE . . . FLEA . . . OR TWO OR THREE

associatednews.us

Bygley ©2010



# Pony Express Association Celebrates 150th Birthday



Congressman Dan Lungren (R-CA), center, administers the Oath of the Pony Express Rider to Dean Freitas of Herald Monday afternoon in Folsom.

The National Pony Express Association and area communities celebrated the 150th birthday of the Pony Express on Monday with a series of “Re-Rides” that began in Old Town Sacramento early in the day and concluded in the Sierra foothills at dark. In Folsom, Congressman Dan Lungren (R-CA) administered the Oath of the Pony Express Rider to Dean Freitas of Herald. Lungren also marked the day by donating an original copy of President Abraham Lincoln’s first inaugural address to the city. The address was transported by Pony Express from St. Joseph, MO, to Folsom in 1861. When it arrived in Folsom, it was then telegraphed to Sacramento and from there distributed across the state.



Call Lenka  
(916) 338-7156

## Foster Care

The need is great for loving, safe homes for foster children ages 0-18 & pregnant/parenting teens.

We offer free training, fingerprinting, CPR/ 1st aid, 24 hr support, monthly reimb.



## Cindy Sue Jones of The Pampered Chef

12 Years Experience in "FUN" Kitchen Shows Fundraisers, Bridal Showers, & Earning Opportunities!

916-988-4810

www.PamperedChef.biz/CindySueCookingParty

Check out my site. You can order from my website 24/7! Monthly specials and the NEW outlet store are there too!



## Trude Peterson Vasquez AFFILIATE AGENT IN FAIR OAKS

Here to assist you with all of your travel plans!

(916) 961-3282 business  
www.Trude4Travel.com • Trude4Travel@pacbell.net

est # 2051435-40

Proud Member of the Fair Oaks Chamber and Sponsor of the 2010 Concerts in the Park

## YOUR FREE WEDDING PLANNING BOUTIQUE



Wedding Books & Magazines  
Vendor Portfolios • Unique Gifts  
Free Bridal Events

### FREE WEDDING PLANNING SEMINAR

Saturday, July 17 • 10:30 - 11:30 am

- ❖ Choosing and Working with Your DJ/MC: the person that can make or break your reception
- ❖ Most Beautiful You: safe, simple and easy non-surgical enhancements to prepare your face and body for your wedding day

Also: free consultations with the Engaged wedding professionals, live music, cake and caterer tastings, and great giveaways!

Visit EngagedSacramento.com for more information and to pre-register

Library Hours: Tues - Fri 11 - 4, Sat 10 - 4

5530 Douglas Blvd., Granite Bay, at Quarry Ponds • 916.783.1100

## HOME CARE

There's a huge difference in the kind of home care you can receive from someone who really understands what your life is like as a senior.

## BY SENIORS FOR SENIORS

Our loving, caring, compassionate seniors are there to help. We offer all the services you need to stay in your own home, living independently.

CALL US FOR  
FREE  
ASSESSMENT



Call us today.  
Like getting a little help from your friends™.

- Companion Care
- Housekeeping Services
- Meal Preparation/Cooking
- Personal Care
- Overnight and 24-hour Care
- Transportation
- Shopping
- Doctor Appointments
- Yard Work
- Handyman Services
- And More!



SENIORS Helping SENIORS®  
...a way to give and to receive®

916-372-9640

# Parenting is easy. (Yeah, right).

## Dial 2-1-1 for helpful, around-the-clock resources.

We know how difficult it can be. But now parents have somewhere to turn, anytime, day or night. With one call, you're connected to a wide variety of very helpful resources designed to assist parents and their families. And, best of all, it's free.

You'll find information and resources for health-related concerns, food and shelter, finding a job, parenting classes, a parent support line, even a crisis nursery. Our goal is to connect you with the people who can help.





Sacramento  
CAPITALS  
25  
YEARS

# Get Close

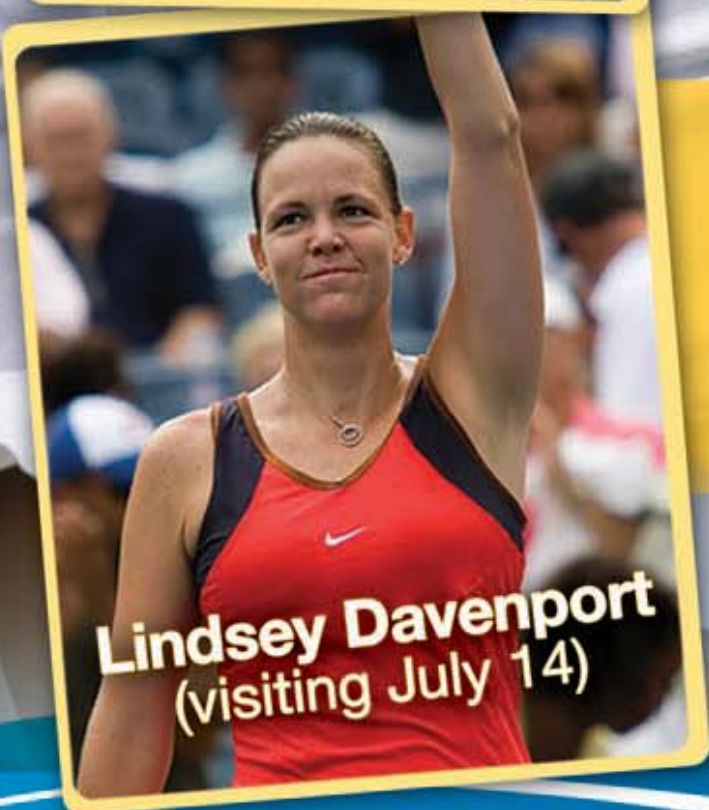
**Fast.  
Family.  
Fun.**

**July 5-22**

Capitals Stadium  
Westfield Galleria at Roseville



**Michael Chang**  
(appearing July 5)



**Lindsey Davenport**  
(visiting July 14)

Get up close and personal with the World Team Tennis Sacramento Capitals. Tennis like you've never seen – *fast-paced matches, music, food, energized fans* – and above all, fun for the whole family.

**Westfield®**  
Galleria at Roseville

**ACURA**



**WTT**

Get in the action this season.  
**Order tickets today.**

**gocaps.net or call 916.638.4001**



# Fireworks Safety

- by David Dickstein
- Every year thousands of Americans are either hurt or have their dreams go up in smoke due to carelessness or use of illegal fireworks. Here are some safety tips to help prevent you from becoming a statistic:
- Observe local laws, use good common sense and 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.
  - Put used fireworks in a bucket of water and have a hose ready.
  - Light at a safe distance.
  - Never attempt to re-light or fix a "dud."
  - Never carry fireworks in your pocket.
  - Always store fireworks in a cool, dry place.
  - Never point or throw fireworks at another person.



Always use state-approved "safe and sane" fireworks.

# Fireworks Highlight Upcoming River Cats Homestand

Sacramento Region – Independence Day is just around the corner and the Sacramento River Cats will be celebrating all week long at Raley Field. A Fireworks Extravaganza will be the grand finale for the celebration following the game on Saturday, July 3. Fireworks will also light up the sky on Friday, July 2 as part of the week-long festivities. The River Cats host top-seeded PCL South Division rivals, the Fresno Grizzlies (Triple-A affiliate of the San Francisco Giants), July 1-3.

The homestand kicks off June 26 with the recurring Saturday Sutter Health fireworks show as the River Cats face the Tacoma Rainiers (Triple-A affiliate of the Seattle Mariners). Also during this four-game series Raley Field will host fans and their dogs for the annual Bark in the Ballpark event presented by Atta Boy on Sunday, June 27 at 1:05 p.m. Special activities



include an appearance by the amazing Skyy Dogs – America’s most exciting canine entertainers, a pregame dog parade, a costume contest and special lawn seating for dogs and their owners. Tickets for Bark in the Ballpark are \$12 per dog and \$7 per person and are available for purchase at the Raley Field Ticket Office. On Tuesday, June 29, fans will enjoy an an11:35 a.m. matinee game and have the option to purchase the Businessperson’s Top Dog Package which includes a Delta Box ticket to the game, a hot dog, soda and peanuts for \$15.

Additionally, throughout the homestand fans will enjoy River Cats daily promotions, including: Del Webb Seniors Eat Free Mondays, Thirsty Thursdays with \$2 Miller and Miller Lites, Toyota Family Value Fridays with \$1 hot dogs and \$1 desserts, and U.S. Bank Kids Sundays where River Cats sign autographs pregame and can kids run the bases postgame.

With tickets starting at just \$7, fans can experience the excitement of River Cats baseball during the week-long Independence Celebration which includes three exciting nights of fireworks! Please note the July 3 game begins at 6:35 p.m. and gates open at 5:00.

For more information visit [www.rivercats.com](http://www.rivercats.com) or call (916) 376-4676.



**ENTER FOR A CHANCE TO WIN! A PICKUP TRUCK**

**AT PARTICIPATING TNT® FIREWORKS STANDS AND TENTS, OR TNT® SUPERCENTERS.**

No purchase necessary. Must be at least 18 years of age and have a valid driver's license. To enter, complete a form at a participating sales location by July 5, 2010. Only one entry per person. See Official Rules at sales locations or at [www.tntfireworks.com](http://www.tntfireworks.com) for details. Promotion not sponsored by, approved by, or affiliated with any vehicle manufacturer, or its parent, subsidiaries, or affiliates. Void where prohibited.

SEE OFFICIAL RULES FOR DETAILS: For Illustration Only. Vehicle offered as prize will differ.

**\$10 off**

**ANY PURCHASE OF \$50 OR MORE**

Not valid with any other offer. CODE# 4110

Product availability governed by state and local laws. Check local ordinances for sale and use of fireworks.

To redeem you must present coupon at checkout of participating TNT® Fireworks stands and tents, or TNT® Supercenter locations.

**OFFER GOOD THRU JULY 5, 2010.**

**\$5 MENU**

**More under \$5 items available at your local TNT® Stand.**



**Smoke Balls 6 Pack \$2.29**



**Spiral Lite \$4.99**

**Over 15 items under \$5**

**FREE FINALE**

**With Select Assortment Purchase**



**Buy a BIG TIMER and Get a TNT® FOUNTAIN FREE**

**\$23.99 Value**

**While Supplies Last!**

**\$139.99**

RETAIL VALUE \$164.04



**Buy a BLOCK PARTY and Get a NIGHT TREASURE FREE**

**\$12.99 Value**

**While Supplies Last!**

**\$99.99**

RETAIL VALUE \$130.33



**Buy a TNT® BIG ONE and Get a MY STARS FREE**

**\$29.99 Value**

**While Supplies Last!**

**\$239.99**

RETAIL VALUE \$310.01

**BUY ONE GET ONE FREE**

**WHILE SUPPLIES LAST**



**Mini Monster™ \$2.49**



**Lil' Red Devil \$8.99**



**Purple Rain™ \$5.99**



**Fire Krackle™ \$4.99**



**TNT® Morning Glory S's™ \$7.99**



**Mad Dog Fountain™ \$14.99**



**American Spirit Sizzler™ \$19.99**

**NEW FOR 2010**



**En Fuego \$4.00**



**Black Widow \$3.00**



**Rip Tide \$10.00**



**Molten Pot \$19.99**