

AMERICAN RIVER

M E S S E N G E R



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First Edition for July 2009

Area Hiring Trends Rise



Anticipated third quarter sales are motivating businesses to increase hiring.

From Pacific Trends Quarterly

After two dismal Quarters in 2009, hiring projections are on the rise for the Sacramento area. In direct contacts with a 100 top regional companies group, Pacific Staffing has learned that sixty-two percent (62%) of those employers polled plan to hire in July, August or September.

While hiring remains primarily driven by demands for replacements or seasonal workers within the existing workforce, twenty percent (20%) of respondents cited expected business growth as their motivation to hire workers in the third quarter. Thirty-six percent (36%) of companies polled in the telephone survey between May 25 and June 22 indicate they were hiring for attrition/replacements.

Warmer weather, increased construction, more public recreation and agricultural changes are driving fourteen percent (14%)

of regional employers to seek seasonal workers. Bottling plants, reservation & call centers, parks and amusements, construction companies and agriculture all require more seasonal hiring in the Sacramento region.

While many Sacramento companies were cutting jobs in the first six months of 2009, far fewer anticipate a need to reduce their workforce by layoffs in the next three months.

In the second quarter fifty-nine percent (59%) of Sacramento employers polled reported they were not hiring anyone in April, May or June. Now, just thirty-eight percent (38%) of companies are not planning any hiring for the Quarter ahead, July, August and September.

In the second quarter sixteen percent (16%) of companies indicated they were cutting jobs because of the recession and reduced business expectations. The potential for additional

cutbacks is always present, but just four percent (4%) of companies expect to layoff any workers in the next three months. All attribute likely reductions to continuing slow business. Companies anticipating reductions are being impacted by the slowdown in home and commercial construction and auto industry reductions.

When asked what workplace or human resource challenge companies face in the next three months, ten percent (10%) of companies report healthcare costs of most concern.

Sacramento Regional Top 100 Companies By Industry are 40% are Service, 35% are Manufacturers, 15% are Construction and 10% 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.

KCRA 3 Meteorologist to Help With Alzheimer's Aid Society's Run-Walk Event

Sacramento - KCRA 3 Meteorologist Eileen Javora knows first hand how Alzheimer's disease can affect families. "My grandmother was a wonderful lady with elegant fashion," Eileen said, remembering her beautiful dresses and extravagant scarves. "I loved talking to her the most. When she developed Alzheimer's disease, the hardest part was not being able to communicate with her the way I used to when I was younger." Eileen's grandmother battled Alzheimer's for several years before passing away. She and her family experienced the trials and challenges with this devastating disease. Alzheimer's is a degenerative disease of the brain which causes memory loss, mental deterioration with disorientation, and dementia ultimately leading to death. It is the 7th leading cause of death in America, and over 5.2 million people suffer from it. Holidays were what Eileen remembers that as being the hardest. "It was difficult because it limited the places where we could celebrate. We always had to think how we can involve her so she would feel included in our celebrations. Holidays just were not like they used to be." Eileen became involved with the Alzheimer's Aid Society when she was asked to play in their charity golf tournament last fall. She worked with former KCRA 3 Anchors Dave Walker and Lois Hart, who raved about the organization and all that they do



Eileen Javora

for families and patients who deal with Alzheimer's. "My grandmother struggled with this degenerative disease, and I watched as her life diminished away. So, I want to take action by helping out those who may be affected by this disease." On Saturday, July 25, 2009, Eileen Javora will serve as the master of ceremonies for the 2nd Annual Alzheimer's Aid Society 5K Walk/Run. It will take place in the East Lawn Memorial Park at 4300 Folsom Blvd, Sacramento, with all proceeds benefiting the Alzheimer's Aid Society of Northern California. Being a part of KCRA 3, she can help get the word out about this society and anything to help make the public aware with her role. "Alzheimer's affects so many people," Eileen said. "This event makes people aware of this disease and the people who are struggling from it. It is more of a down home community event." The Alzheimer's Aid Society of

Northern California, is a non-profit, independent organization that helps Alzheimer's patients and families with in-home support services, legal and financial services, written resources, support groups and scholarships for students studying gerontology. The Alzheimer's Aid Society assisted more than 3,900 families and financially contributed more than \$45,000 to research, scholarships and direct services to families in the last year. From her first experiences at the charity golf event and all the success from the last year run/walk, Eileen is looking forward to the event this year. "The importance of the walk is to share the wonderful memories you have with your loved ones," Eileen said. "It's a great way to connect with the community to raise funds for this organization, all in a lovely setting."

Eileen has always had a love for the weather. Her earliest memory of loving weather was as a little girl she used to beg her mother to sit on the front porch and watch the lightening storms. Every morning, she gives Sacramento area viewers the KCRA 3 Weather Plus Forecast on KCRA 3 Reports from 4:30-7pm and KCRA 3 News from 7-9am on KQCA My58. For more information about Alzheimer's aid and the run/walk, please contact the Alzheimer's Aid Society of Northern California (916) 448-7001 or visit www.memory5k.com.

Rancho Cordova City Manager Wins Top Professional Award



Ted Gaebler

Ted Gaebler, Rancho Cordova City Manager, is this year's recipient of the top career development award

who has made a significant contribution to the development of new talent in professional local government management.

ICMA is the premier local government leadership and management organization and has a membership of nearly 9,000 members throughout the world.

Gaebler has been a city manager and/or CEO of six government agencies in five states during a 47-year career. He is an internationally known consultant and lecturer. He co-authored the book, "Reinventing Government", which became a worldwide best seller about transforming governments from bureaucratic organizations to flexible, customer-focused organizations. He has been Rancho Cordova's city manager since September 2003. Under his leadership, 6-year-old Rancho Cordova has achieved a positive financial position while providing

ever increasing services.

Many current and former local government professionals describe Gaebler as a forward-thinking city manager who is passionate about invigorating and advancing the profession of local government management by inspiring the values of innovation and dynamism in future leaders. He has impacted the professional lives of more than 1,000 individuals and hundreds of local governments by training and mentoring emerging leaders at the agencies he is leading and through his presentations and book.

Several generations of local government leaders have worked for and learned from Gaebler and then moved on to management roles in city and county governments across the nation.

"Some of us are managers and some of us inspire others to manage better. Gaebler does both and has had remarkable impacts

on generations of managers who might never have considered careers in city management," said Mark Scott, Spartanburg, South Carolina city manager. Scott attended a session hosted by Gaebler for young city management assistants in Central California and all six went on to become city managers.

"Ted Gaebler is a truly transformational city manager who has had a huge impact on my thinking and career," said Rick Cole, City Manager of Ventura, California and former mayor of Pasadena, California. "I don't think a day goes by when his influence on my thinking doesn't come into play." Mike Oliver who was city manager for two California cities said that Gaebler "has an insatiable thirst for knowledge, excellence, and sharing his learning with others."

Gaebler was born and raised in Cleveland Heights, Ohio. He

graduated from Miami University in Ohio and earned a Masters in government administration from the University of Pennsylvania's Wharton Graduate School of Business. The award ceremony will be one of the highlights at this year's ICMA annual conference in Montreal in September.

"This award is especially rewarding because it was judged by a panel of 17 U.S. and international ICMA members," said Gaebler. "Throughout my career, I have striven to reduce management layers and to provide more efficient and cost-effective services – and to have inspired current and future local government management to do the same is extremely gratifying."

Gaebler was nominated for the Award for Career Development by Chester Newland, the Duggan Distinguished Professor at Southern California University – Capital Center.

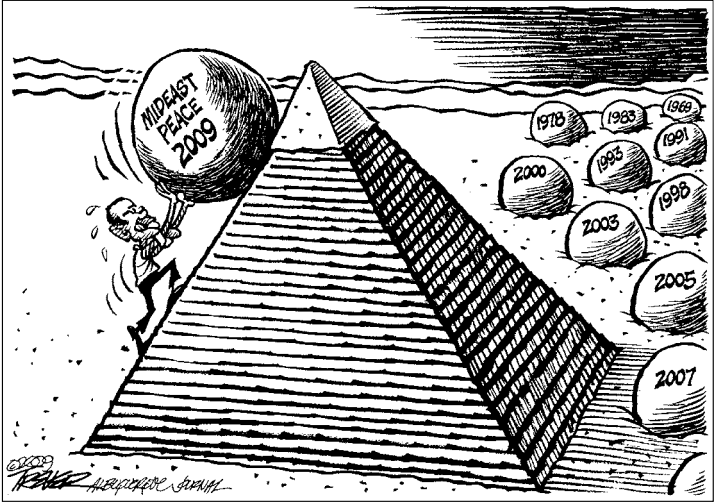


Obama: Cut to Spend on Health Care

Where does Newt Gingrich go to get his apology? He proposed slowing the rate of growth of Medicare and Medicaid in the mid-1990s and was clobbered by Democrats and the press for waging war on the elderly and the indigent. Now, almost every other day, Barack Obama finds another hundred billion dollars to cut out of Medicare and Medicaid. He just announced the discovery of another \$313 billion in savings over 10 years, on top of \$300 billion he had already proposed. Soon enough, he will make Gingrich -- who infamously sought \$450 billion in savings over seven years in 1995 -- look like an extravagantly generous steward of the nation's health programs. No liberal outcry greeted Obama's proposed budgetary savagery because everyone knows it's in the cause of more government spending. Obama must embrace a simulacrum of spending discipline to have any hope of passing a health-care program that will cost at least \$1.2 trillion over the next 10 years. The game is simple: Pretend to cut so you can spend. Medicare and Medicaid spending has steadily outpaced inflation through the decades, and accounts for 23 percent of the federal budget. Medicare's unfunded liability is an astonishing \$89 trillion. As Obama put it in his speech to the American Medical Association, there's a risk the programs will "swamp our federal and state budgets, and impose a vicious choice of either unprecedented tax hikes, overwhelming deficits or drastic cuts in our federal and state budgets." Sounds alarming. So why turn around and immediately spend the \$600 billion in savings? Shouldn't it be used to shore up the rickety finances of these already-existing health programs rather than to

create a dubiously financed, entirely new health program? Obama's Medicare and Medicaid savings will be sustainable over time only by begging doctors and hospitals. Compared with the private system, Medicare pays only 81 cents on the dollar for health expenses; Medicaid pays only 56 cents on the dollar. Obama relies on the tried-and-true practice of cutting the payments more. This means there will be fewer doctors willing to accept Medicare and Medicaid patients, and more cost-shifting to the private system to make up for deficient government payments. When Obama himself says that the federal deficit is "unsustainable," and when the chairman of the Federal Reserve warns that spending cuts or tax increases are necessary "to stabilize the fiscal situation," it's obviously not the time for a new entitlement program and another \$1.2 trillion in government expenditure. If Obama thinks he can responsibly squeeze a couple of hundred billion out of Medicare and Medicaid, fine, he should do it and pocket the savings to improve the long-run fiscal picture. And we can adopt modest reforms to make it easier for people to get and keep health insurance, reforms with zero risk of tipping the country further toward fiscal ruin. Obama will then have more time and energy to devote to repairing the government's balance sheet. Newt Gingrich ought to have some ideas how to do it.

Rich Lowry is editor of the National Review and co-author of the new spy thriller "Banquo's Ghosts."
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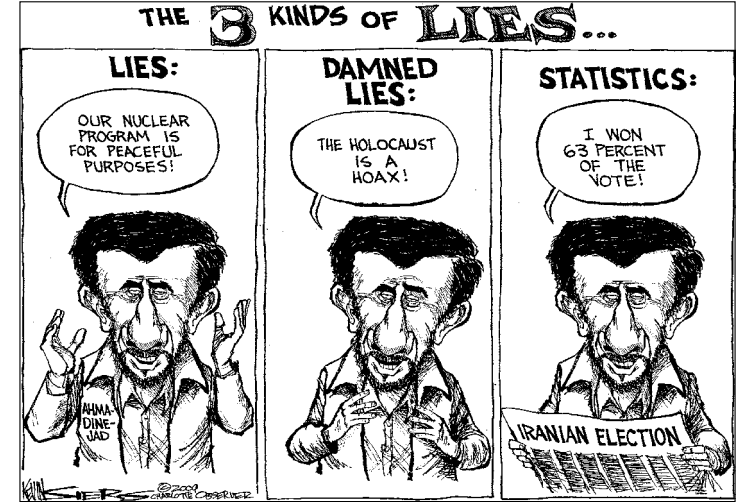


By Lee H. Hamilton

It takes all kinds of people to make the U.S. Congress work. The ambitious and the laid-back, loners and consensus-builders, partisans and aisle-crossers — all have their place. In these highly politicized times, though, there's one type who is particularly valuable: the institutionalist. This means pretty much what it sounds like: a member who puts the institution of Congress first. Who welcomes responsibility for making it work; who pushes his or her colleagues to fulfill their constitutional obligations; who respects the role and history of Congress in forging this country's history. Institutionalists generally tend to be more senior members of Congress, whose years on Capitol Hill not only give them an appreciation for the accomplishments of the legislators who came before them, but also help them put in perspective all the other considerations that compete

Why Congress Needs Institutionalists

for a younger member's attention, like partisanship, power, relations with the White House, and the regular task of getting re-elected. For what an institutionalist values above all else is the role that Congress plays in making our representative democracy viable. It should not be merely a body of elected officials, each pursuing his or her own goals or banding together to advance one political party's interests. Rather, Congress has a set of responsibilities laid out in the Constitution and developed over the 220 years of its existence that enable it to serve as the place where the American people come closest to touching their national government. To do what's required of it, Congress must function as a deliberative and democratic body; work as both a partner and a critic of the presidency; protect itself against inevitable pressure from the White House to let the President set the agenda in all things; and engage constantly in the search for remedies to the challenges that beset our country. These things don't just happen on their own. They require members of Congress to tend to the body in which they serve. All too often, though, both incumbents and challengers these days run against the Congress, taking delight in criticizing it and hoping to make themselves look good as



a result; this public disdain for the institution makes it much harder to play a constructive role in building on what's right about the place. The traditions of Congress — rules about how legislation should be handled, how debate takes place, how controversy gets channeled through layers of committees so a productive conversation can take place — evolved because of a simple insight: democracy is a process, not the most expeditious means to a result. Congressional conventions embody certain values, such as fairness, the importance of deliberation, and a bedrock concern for building consensus instead of riding roughshod over the concerns of the minority or throwing wrenches into the plans of the majority. Fairness and deliberation and consensus-seeking have not been noticeable priorities in Congress of late. Over the last couple of decades, concern for how Congress functions as an institution has increasingly taken a back seat to other priorities: party-building, fundraising, the centralization of power in the leadership's hands, making certain that members can take four days every week to get home and campaign. This has all taken a visible toll on relations among members of Congress, and it has also diminished the institution itself. It has become

less fair, less deliberative, and — with some exceptions — less concerned with finding consensus among its diverse parts. This is why it is so crucial that there be members of Congress whose chief goal is to strengthen it. Anyone with an appreciation for the accomplishments of Congresses past — from the GI Bill to the creation of the land-grant colleges to the interstate highway system to Medicare, Medicaid and the civil rights legislation of the 1960s — can't help but see value in an institution capable of making this a better nation. Institutionalists in Congress are often seen by their peers as slightly quirky nags, consumed with the trifles of process or precedent while the more important work of fighting against the opposition or slamming legislation through at all costs goes ahead. But of course, they've got it backward. It's the institutionalists who have the nation's best interests at heart, because they understand the role that Congress plays in sustaining a functioning democracy and making the country work. *Lee Hamilton is Director of the Center on Congress at Indiana University. He was a member of the U.S. House of Representatives for 34 years.*

Reforming Lawsuit Abuse Can Help Rebuild California

While our state's political leaders have spent the past year promoting ballot measures, tax increases and budget cuts as a way to tame the ever-growing \$24 billion budget deficit, little attention has been given to increasing state revenues by making it easier for California employers to be more profitable and create jobs. California is among the most taxed and regulated states in the U.S. and, according to the Wall Street Journal, California leads the country in job losses. California's economy and job market are further compromised by the fact that it is one of most litigious states in the country. Californians pay more than \$32 billion a year in a "lawsuit tax", or more than \$3,300 a year for a family of four. That money could go a long way toward addressing the budget

problem if it were used to purchase products and services that create jobs and generate tax revenue for local and state government. While largely ignored by many elected officials and today's candidates, California's small business owners know that the issue of lawsuit abuse is a very real and costly one. The U.S. Chamber of Commerce has ranked California's legal climate as fifth worst among all states for treatment of class action suits, punitive damages and jury predictability. According to a survey done by California Citizens Against Lawsuit Abuse (CALA) and the National Federation of Independent Business-California, 98 percent of respondents believe that lawsuits have hurt our economy, one-third have been sued in the last five years and six-in-ten small business owners

have been threatened by lawsuits during the same period of time. Victims of frivolous lawsuits are not just businesses, but government too. A study conducted by CALA reported that California cities and counties are spending millions of dollars annually for outside counsel and court settlements rather than providing public services that benefit us all. The real challenge for today's elected leaders and the candidates for constitutional offices up for grabs in 2010 lies in the need to rebuild our economy, create jobs and bring financial stability to public services by reforming lawsuit abuse. With a legal system that is out of control we all pay and we all lose. Consumers have less disposable income, businesses are less profitable and less tax revenue is available for critical

public services. By cutting the fat associated with frivolous lawsuits, we can redirect those dollars to support our small business owners and their employees and strengthen our state's flat lined economy. As the leading voice for lawsuit reform in California, CALA will continue to expose the real costs associated with unfettered lawsuit abuse. However, we can't do it alone. Our success is dependent on consumers and small business owners stepping forward and demanding from their elected officials and top-of-the-ticket candidates a legal system that facilitates justice, not greed. *Marko Mlikotin is the Northern California Regional Director for California Citizens Against Lawsuit Abuse. For more information on lawsuit abuse, visit www.cala.com.*

At-Risk Youth to be Recognized for Positive Life Changes

“Step Up Positive Change Awards” Deadline is July 24

Sacramento – The California Exposition & State Fair announced the deadline for its Step Up Positive Change Awards, a non-traditional scholarship program that will highlight significant and productive life changes made by at-risk youth. Application forms are due by Friday, July 24. Award winners will be announced and recognized during the California State Fair. “The Positive Change Awards were designed to highlight and recognize youth who are often overlooked by mainstream society,” said Norb Bartosik, Cal Expo General Manager and CEO. “Our goal is to demonstrate that every person can choose to “Step Up” and be

positive at some point in their lives.” Any California resident, aged 16-25 who has made a significant and lasting life change is encouraged to apply. Ideal candidates are youth who may have been in trouble in the past, but are making significant strides to improve their lives and their communities. Candidates need to be actively involved as a member, employee or volunteer in an outreach program or non-profit organization. A prize pool of \$1,000 has been donated by the American Federation of State, County and Municipal Employees (AFSCME) and will be divided among the top three winning candidates. Three individual winners will be chosen with 1st

place awarded \$500, 2nd place \$300 and 3rd place \$200. Award winners must designate an organization to receive the monetary reward. Applications may be picked up at the California State Fair administration building, by calling (916) 263-3912 or by e-mailing stepup@calexpo.com. Applications may also be delivered, if requested, before the application deadline. Step Up is an outreach program from Cal Expo that reinforces positive behavior and provides productive activities for young people. Step Up includes an awards program and a number of special events during the California State Fair. Step Up has reached thousands of youth since

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its inception in spring 2005 and has grown in momentum each year. The 2009 California State Fair will be held August 15 to September 1 at Cal Expo in Sacramento.

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RT Board Approves Fare and Service Changes

Fare Increases and Service Reductions Effective September 2009



Mike Wiley,
General Manager/CEO

Sacramento - The Sacramento Regional Transit District (RT) Board of Directors approved fare and service changes, following a fare change public hearing held on Monday, June 22, 2009. In an effort to close the gap on a projected \$9 million budget deficit for Fiscal Year 2010, RT will implement fare changes effective Tuesday, September 1, 2009, and service changes effective Sunday, September 6, 2009. The RT Board of Directors approved nine of the 11 staff-

recommended service changes. Routes 54 and 65 were removed from consideration. Routes 63 and 83 were added to the list of service changes. The RT Board of Directors approved increases to the Basic fare, Discount fare and Paratransit single fare; and the elimination of the Central City fares, Shuttle fares and transfers, which will require passengers to pay the Basic or Discount fare for each trip. The basic fare was raised to \$2.50. There was no increase to the cost of the daily pass and monthly pass, which allow unlimited use, including transfers. The elimination of the Lifetime Pass, which allows free fare for passengers age 75 and over, was approved; however, passengers who currently possess a Lifetime Pass will be allowed to continue to use the pass beyond September 1. All other seniors would be required to pay the Discount fare. RT staff will develop a recommendation for a "Super Senior" discount fare for implementation on September 1. The RT Board of Directors approved the fare increase for

the Paratransit monthly pass, but did not approve limiting the number of rides. RT is managing the complete elimination of State Transit Assistance funds through Fiscal Year 2013 and a projected \$24 million loss of local sales tax revenue for Fiscal Year 2010 by continuing to control labor and non-labor costs, and identify additional sources of revenue to absorb this shortfall. Approved fare and service changes will save approximately \$4 million. "The RT Board of Directors were faced with very difficult decisions that will affect how people travel for work, school, medical appointments and other purposes," Mike Wiley, General Manager/CEO, stated. "RT staff has worked hard to minimize the negative impacts on our riders." The RT Board of Directors also approved setting a public hearing for July 27 to consider further service reductions for January 2010, if necessary, as an option that could potentially save \$1 million. For route, schedule and fare information, call 916-321-BUSS (2877) or visit www.sacrt.com.

Fair Oaks Historical Society Events

Fair Oaks - The Fair Oaks Historical Society will hold its third quarterly meeting and potluck dinner on Tuesday, July 28th, at 6:00 p.m. in the Fair Oaks Community Clubhouse, 7997 California Avenue, Fair Oaks. LCDR Ted Robinson, USNR, XO, PT 118, author of *Water In My Veins: The Pauper Who Helped Save A President* will be the evening's speaker. As the Radar Officer of the lead boat in the attack, LCDR Ted Robinson is probably the best still-living person to know what happened that fateful night of August 1-2, 1943 when JFK's boat was

rammed by a Japanese destroyer. A month later Robinson lost his boat and was to spend over a month with JFK alone in a tent, while both were recovering from their injuries. There he learned first-hand JFK's version of it all. Social hour begins at 6 p.m. followed by dinner at 6:30. The price of admission is a casserole, salad or dessert to share with others which makes this the best potluck in town! Society members, their friends and others interested in the activities of the Fair Oaks Historical Society are invited and welcome to attend the gathering.

(For a map and membership information, see their website: www.fairoakshistory.org.) The Society is preparing for its third annual Soup Night fund raiser which will be held on November 6th. The monies collected will be used to procure and renovate a permanent facility for the Fair Oaks History Center. Soup Night tickets will be available for sale at the meeting. The cost will be \$25 for adults and \$10 for children 12 and under. *For further information, please contact Lois Frazier at 967-2967 or Ken Steen at 967-7135.*

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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. Ramsey offers life-changing financial advice as host of a nationally syndicated radio program, “The Dave Ramsey Show,” which is heard by nearly four million listeners each week on more than 350 radio stations throughout the United States. His syndicated column, “Dave Says,” can be read in more than 270 print and online publications worldwide.

Is Dave’s Investing System Sound?
Dear Dave,
Considering that the current economic situation is nearing a calamity, do you feel that your Total Money Makeover investment

strategies are still sound?
- Anthony

Dear Anthony,
First, let’s review the investment strategies in *The Total Money Makeover*. Pay cash for real estate so that you own it free and clear. Invest with a long-term mentality in America’s best and brightest companies. Put your money into good, growth stock mutual funds – so that you can be well-diversified – with companies that have very long and successful track records. I always have – and always will – consider these to be very sound investment strategies! I think you’re being a little dramatic when you refer to the stock market situation as “hearing calamity.” You can live in fear and concentrate on all the negative opinions circulating out there, or you can choose not to live in fear. I’m not talking about some Pollyanna view of things. Use logic, a little reason, and some careful observation of the facts. The truth is that the stock market has gone up about 30 percent since March 9. As an investor, you’re in K-Mart and the blue light is on! That sounds like a good thing to me!
- Dave

How Multi-Level Works
Dear Dave,
I’ve been approached about becoming part of a telecom business opportunity that some of my friends say is a multi-level operation. I’ve heard good and bad things about these companies, but I’m still not sure what they are or how they work. Could you explain?
- Brent

Dear Brent,
If you recruit people and get paid on the basis of what they make, then you’re talking about a multi-level operation. These companies have both good and bad reputations that have been well-earned. Basically you’re not going to be paid for being in the telecom business, you’re going to be paid for recruiting and motivating large numbers of people who will go out and recruit other people themselves. You may make a little bit by actually selling the company’s products and services, but most of the money will come from their building a sales force which then builds a sales force, *ad infinitum*..
You could make good money if you have the talent and ability to hire and train lots of people over a long period of time, assuming you got in early when the pool of potential new hires was still big. The bad thing is that these operations take on a cult-like level of devotion and enthusiasm. People dive in head-first, and before you know it they sound like cheerleaders and look at everyone in their lives as potential recruits. And remember, each succeeding level has to be bigger than the one above it in order for anyone to come out ahead.
Some folks get so cranked up over the company, that they start “exaggerating” the possibilities. Sorry, but you’re not going to work a couple of hours a day and make \$100,000 a year! If you make six or seven figures a year, it’ll be because you worked your tail off and brought in a bunch of bodies.
Don’t kid yourself into believing you’ve found the answer to easy money. It just doesn’t happen that way!
- Dave

**Please visit www.davesays.org for more financial advice.*

Laura on Life Sprinkler Mania



By Laura Snyder
Dear Reader: This column is a selection from my first book, “Laura On Life: Wahoo For Dinner!”
A sprinkler is a kid magnet. I am convinced that if I lived alone in the middle of a 100-acre piece of property, and I turned on a sprinkler somewhere in the far reaches of this property, the children would come from the four corners of the world to accidentally-on-purpose get wet.
For some reason, my children, indeed every child I know, think that the occurrence of a sprinkler set in the “on” position is a social event. As soon as they hear that sound (a cross between a soda fountain and a machine gun), they come out of the woodwork and merrily prance around, trampling the grass and flowers I meant to water. Some of them, just to make their parents believe that they didn’t really want to get wet, I guess, will even cry when they first get hit with water; as if it’s a big surprise or something. But soon the criers join the fray and are giggling and shrieking with glee just like the rest of the kids.
I believe that if I were of a

mind to turn on a sprinkler in the middle of the winter, a half dozen or so children in their mittens, hats, and boots would arrive to celebrate the event by getting hypothermia. I want to assure my husband, though, that I have no intention of turning on the sprinkler in the winter, because he has warned me many times that if I do, something catastrophic will happen, like the house blowing up or some such nonsense. Whatever. Besides, I don’t want to be responsible for all those four-foot human popsicles trying to shuffle home so to thaw out.
On top of turning out for the sprinkler event, the children will sometimes forget to bring their brains along. I have one child who decided it would be fun to run around the sprinkler with his eyes closed. He ran smack into a tree. Whatever trait it is that caused that child to think this was a good idea was obviously from my husband’s side of the family.
For nearly all children, it is not enough to merely dance in the stream of water. They are compelled, for some unfathomable reason, to try to stop the water from coming out of the sprinkler. However, they don’t actually want to stop the water, because if I turned it off, they’d go ballistic. They just want to see if they can.
Even if I was using the garden hose to water my grass, my children would find some way to be in front of the hose. They will

unerringly discover a perfectly logical reason to have to go over the water, under it, or through it, but never around it. Once, while I was watering my garden, I tried to avoid an oncoming child because I didn’t want to change his clothes, again. Unfortunately, I yanked the hose up to avoid the child and the water hit my husband square in the face. He was... less than pleased. I, of course, thought it was hilarious.
My neighbor has a built-in, underground, sprinkler system. Wisely, I suppose, so as not to attract children, he has his system automatically set to start sprinkling at 5:00 am in the morning. I know this, because I am usually trying to sleep at this time. Everybody knows that it’s not actually morning until at least 8:00 am. Consequently, when his sprinkler system kicks on, it sounds like enemy fire to my sleep-deprived brain; and every morning, at 5:00 am, I’m diving under my bed like a lunatic frantically trying to locate the gun turrets and wondering whether we should make a run for it. I can see the headlines of our local paper now: Writer Dies of Heart Attack, Sprinkler System Blamed.
Laura Snyder is a nationally syndicated columnist, author & speaker. You can reach Laura at lsnyder@lauraonlife.com Or visit her website www.lauraonlife.com for more info.

PLF Launches “Save Our Water” Petition to Obama and Schwarzenegger

Sacramento (Business Wire) -- Pacific Legal Foundation today (June 29th) launched an emergency “Save our Water” petition campaign, urging President Barack Obama and California Governor Arnold Schwarzenegger to act to convene a special federal panel, nicknamed the “God Squad,” to address California’s water emergency caused by harsh federal environmental restrictions.
PLF’s petition is online at www.pacificlegal.org. It allows members of the general public to ask President Obama and Governor Schwarzenegger to act to convene the “God Squad.” “Water cutbacks caused by draconian federal environmental regulations have already caused devastation for San Joaquin Valley farmers, farmworkers, rural communities, and cities,” said PLF President Rob Rivett. “Now, new federal restrictions have been proposed that will exacerbate the water crisis in

California. The Endangered Species Committee – the ‘God Squad’ – must be convened to save the California economy from an even more destructive government-caused water crisis.”
The Endangered Species Committee is a panel of cabinet officials that can countermand Endangered Species Act restrictions that cause excessive destruction to jobs and the economy.
A governor may formally petition for the convening of the Committee. PLF’s “Save our Water” petition urges Governor Schwarzenegger to submit such a request, and urges President Obama to make sure his administration acts favorably on it.
The U.S. Fish and Wildlife Service has imposed devastating cutbacks on water pumping into California’s main water system as part of a regulatory scheme to protect the delta smelt.
Now, federal officials are proposing sweeping new

reductions in water supplies as part of a “biological opinion” relating to several species, including chinook salmon and steelhead. These further cuts in pumping and water supplies are estimated to remove an additional 500,000 acre-feet of water, the amount that is required to serve two million people annually.
“Without relief from the God Squad, the harsh enforcement of rigid environmental rules will inflict more pain and suffering in a state that is already enduring its worst unemployment in more than 60 years,” said PLF’s Rivett. “PLF’s emergency petition asks that the God Squad be convened as quickly as possible.”
About Pacific Legal Foundation
Pacific Legal Foundation (www.pacificlegal.org) is the leading legal watchdog for limited government, property rights, and a balanced approach to environmental regulation.

New Pastor for Citrus Heights Church



Citrus Heights-- Pioneer Baptist Church has called Kyle Conley to be their new pastor. Pastor Conley and his wife Leah will take over for Henry and Elizabeth Mayberry, who have served the church faithfully as interim pastor for the last year and a half. The Conley’s have one daughter, Apple Taylor, age 2.

Pastor Conley was ordained by the Eastwood Baptist Church in Murray, Kentucky and received his B.S in Pastoral Theology from Golden State Baptist College in Santa Clara, California. The church offers traditional services on Sunday with Sunday school at 9:45 AM and worship at 11:00 AM. The evening service

is at 6:00 PM, and the Wednesday prayer service is at 7:00 PM. The Church also offers a Junior Youth (up to 13) program on Wednesday at 7:00 PM and Senior Youth program on Friday at 7:00 PM. Pioneer Baptist Church is located at 7600 Old Auburn Road, Citrus Heights. For more information please call the church at 726-3100.



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 **LENDER**



by Pastor Ray Dare

The Bible teaches very clearly that peace of mind is to be the normal Christian lifestyle. It’s the normal way to live. It’s not God’s will that you be uptight, pressured, irritable, tense, nervous, and stressed out. God’s plan for your life is a peace of mind lifestyle. However there’s a myth behind peace of mind that needs to be exposed and the myth is this: “If I could just get rid of all of my problems-- If I could just get rid of all of the problem people in my life-- then I’ll have peace! Then I’ll be happy!” Wrong! Peace is not problem-free living, because you’re always going to have problems. Peace is not absence of conflict, because you will always have conflict. Peace is not having everything go your way, because it won’t. That is artificial peace. People say, “If I could just get rid of all my problems then I’ll have peace!” “If I can just get out of this relationship or relationships then I’ll have

The Myth Behind Peace of Mind

peace!” “If I can just get rid of all the people I don’t get along with then I’ll have peace!” As a result, people end up leaving friendships, jobs, marriages and even churches all in the name of peace of mind. There’s only one problem with that. It doesn’t last. Peace based on problem-free people or problem-free living is Artificial Peace. It wears off. It doesn’t last. When my circumstances change or when people change or I don’t get along with the new people in my life, then I must leave again so I can find new peace. The result is I leave a trail of wounded relationships behind all in the name of peace.

When you leave one person, one job, one relationship, one church, you take your biggest problem with you. You. See, the other person isn’t the problem. Other people are not the problem. The problem isn’t even the problem! Your biggest problem is your inability to resolve the problem. Leaving relationships never solves anything because you take that same baggage with you into the new relationship and it becomes a vicious cycle until you learn to how to resolve your issues with people. Leaving

relationships is not the answer. True peace, the peace which comes from God is irrespective of the people around me or my circumstances. My peace is not determined or controlled by circumstances around me. That is a sign of spiritual maturity. Do you want to know how spiritually mature you are? Check your peace level. Peace is a fruit of the Holy Spirit **NOT a fruit of the people around you or your circumstances.** “When the Holy Spirit controls our lives, he will produce this kind of fruit in us ... *peace...*” Galatians 5:22 (NLT) If your peace is based on your circumstances or the people around you, guess what? You’re going to be miserable most of your life. True peace is independent of people and your circumstances because it comes from God – it’s a fruit of the Holy Spirit and it’s produced when you surrender your life to Him, obey His principles (the Bible) and Love other people unconditionally.

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



by Marlys Johnsen Norris

The journey to truly know God is an individual one. Each of us learn about His love, grace, mercy and personal care in various ways throughout our lifetime. God has preserved the Bible and Christians have shared their faith in many books to help us appreciate and understand His ways. One of the first books I read was “Hinds Feet” by Hannah Whitehall Smith. The story explained the journey in simple terms of a difficult walk up the mountain of faith and helped me identify where with I had already come. Everyone is given the same measure of faith and learns how to apply only some of it bit by bit through the difficulties and circumstances of life. Our faith seems to increase in our lives as we understand the power of it while we trust in and rely on Almighty God to help us. Years ago I had a time I felt I

Growing in the Faith

as one with little faith. The pastor preached a sermon about a man in the Bible who prayed, “Lord, Help My Unbelief” and God restored his faith. I prayed this prayer too, and within a short time, I too experienced renewed faith to believe God could do anything and nothing was impossible. All it takes is the faith of a tiny mustard seed to move a mountain in our lives. It happened in my life. Read my book “God Moves Mountains, It was a Miracle”. The second book that was a help is “Prison to Praise” by Merlin Currothers and it explained beautifully how the power of praise unlocks the door to great things when we praise God in every circumstance. Shortly after reading this book, I was rear-ended in my car as I was making a right turn into a driveway after taking my grandmother and dear friend out to lunch. My friend Barbara had also just read the book and she quickly reminded me that we should “praise the Lord” right now! We did and none of us were hurt, including no dents in the back of the car. God had allowed us to have “a great big push” into a fence at the driveway edge and we learned a valuable lesson about praising God for everything. Scripture

puts it this way, “Let everything that hath breathe Praise the Lord”.

Marlys Johnsen Norris
Award Winning Author
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BIBLE TRIVIA

by Wilson Casey

1. Is the book of Terebinth in the Old or New Testament or neither?

2. What sprang up and shadowed over Jonah’s head, delivering him from his grief? Hemlock, Gourd, Flowers, Fig tree

3. From Judges 16, where did Samson tell Delilah that his great strength lies? Deep voice, Mighty arms, Long hair, Kind heart

4. Who married King David after her evil husband, Nabal, died? Tamar, Abigail, Vashiti, Sarah

5. Which man’s name in the book of Genesis means “hairy”? Seth, Cain, Abel, Esau

6. How many times is the word “Lucifer” in the Bible (KJV)? 1, 13, 39, 66

ANSWERS: 1) Neither; 2) Gourd; 3) Long hair; 4) Abigail; 5) Esau; 6) 1

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

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Iran: More Pressure on Christians?

Son of Martyred Pastor Says Believers Could Face Even More Persecution During Protest Crackdown

Christian Newswire-June 29-- Joseph Hovsepian says Christians who are protesting the June 12 re-election of Mahmoud Ahmadinejad in Iran could face even more intense persecution. Hovsepian, whose father Bishop Haik Hovsepian was martyred in Iran in 1994, says he is hearing from his friends and relatives in Iran that few Christians are in the streets protesting, although they certainly share the protesters' demands for a full recount of the bitterly disputed election and more freedom. "We should not forget that the danger for Christians protesting in Iran is double," he states. "If this is how brutally the Iranian government cracks down on its own Muslim protestors who shout 'Alaho Akbar' (God is great), just imagine how much worse it could be for Christians protesting and calling Jesus for help!" "I know that the regime is planning on a very hard and merciless reaction to the point that they are putting together a team to silence the protesters within a week. Many of the protest leaders have been arrested. People live in fear. The danger could be more for Christians. They have already been persecuted for years. "However, I believe the regime can not be the same anymore. It will certainly change as a result of these protests. I personally hope it will shape towards a better and freer Iran." Hovsepian, who now makes his home in the Los Angeles area, adds that the current events in Iran have united the Church there. "They are gathering together and praying that the Lord would make something good come out of this

(protests and the world's spotlight). We have seen in the history of the world that during crises and pressures people unite and forget the small difference of opinions. So that is happening to the Church in Iran. They see a window of opportunity to share the gospel with the new generation which is very tired of the dictatorship and the forcing of the Islamic religion on people. "There is definitely a mixture of excitement, hope and tension. Their hope is in God." Hovsepian notes that he has been "very encouraged to see many Christians in the West remembering Iran in their prayers and concerned with the situation there. "My family and I have been in a very unique, emotional period of time. We wake up and sleep with the news from Iran. But we regularly remind ourselves that God is in control. This is what my father would always say when we were worried about him. Knowing the fact that God sees all of this and is in control definitely helps me, especially during crises." The murder of Neda Agah-Soltan, 26, killed by a bullet while standing on a street in Tehran during a protest, brought back the memory of the brutal killing of Joseph Hovsepian's father. He was stabbed 26 times by an attacker. Haik Hovsepian was an evangelical church leader in Iran. "The very first time I saw the clip of Neda's bleeding death on the streets of Tehran, I remembered the shocking moment years ago when I saw my father's bloody dead body in the morgue. I was 19 years old. The second time we watched the clip on

YouTube with my mother and brothers. We all cried. At first the reaction was anger and hatred. And then we go back on the road of daily forgiveness. We continue to pray as many did for us during my father's martyrdom." Joseph Hovsepian and his brother Andre made a compelling documentary of his father's death called A Cry From Iran. The film, produced in partnership with Open Doors, has won numerous awards over the past year and a half. For more information, go to www. acryfromiran.com. The Hovsepian brothers are reaching out to Iranian Christians now through a radio and satellite television ministry. Open Doors reports that in 2008 at least 50 Christians, mostly Muslim Background Believers, were arrested, interrogated, tortured, intimidated and some even killed in Iran. It marked the toughest year regarding Christian persecutionsince the Islamic Revolution 30 years ago. Iran is ranked No. 3 on the Open Doors World Watch List of the worst persecutors of Christians. An estimated 100 million Christians worldwide suffer interrogation, arrest and even death for their faith in Christ, with millions more facing discrimination and alienation. Open Doors supports and strengthens believers in the world's most difficult areas through Bible and Christian literature distribution, leadership training and assistance, Christian community development, prayer and presence ministry and advocacy on behalf of suffering believers. To partner with Open Doors USA, call toll free at 888-5-BIBLE-5 (888-524-2535) or go to our Website at www.OpenDoorsUSA.org.

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AT LEAST \$2-5,000 A MONTH! Copy this proven 3-step system just once a month and make at least \$2-5k! (imagine copying it once a week!) See what other people are making now! www.WinWithRuss.com/cmr 858-472-5714. (Cal-SCAN)

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LEVI'S 501's and other original designer brands (**LEVI'S 501's** y tras marcas originales). \$1.99 each (c/u), min. order 1200 jeans (orden min. de 1200 pantalones), \$1.49 min. order 2400 jeans (orden min. de 2400 pantalones). Call between 9am-5pm (Llame entre 9am-5pm). By appt only (cita solamente). Come with cash & truck (venga con camioneta y efectivo). Por favor inglés: **818-522-9824** (Cal-SCAN)

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)

Are you tired of...
Other people making it big while you work more and more just to stay caught up with your bills? Spiraling costs and debts? Your business owning you rather than you owning it? Never having the freedom to enjoy the fruits of your labor? Improve life's journey with an unequalled business opportunity, and product that improves everybody's health. For information how to become a part of one of the fastest growing company call 916-205-8118. (Serious enquires only) (MPG)

Do you dream of owning your own business? Pre-Paid Legal Services, Inc. is a publicly traded company on the NYSE and is expanding its services in your area. Full-time/part-time marketing opportunities available. For more information on how to become an Independent Associate of this fascinating company or if you would like to know more about our legal service plans, call today! Tony Lamm, Independent Associate, at 916-773-1421. (MPG)

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

GET A NEW COMPUTER Brand Name laptops & Desktops BAD or No Credit – No Problem Smallest weekly payments avail. It's Yours NOW 1-800-932-3721 (NANI)

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windows. Free estimates Lic# 830054 (916) 335-1325 (MPG)

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

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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)

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Drywall

Tape - Texture - Patch No job too small, very reliable. 28 years experience 916-961-7248 (MPG)

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

Equipment for Sale

SAWMILLS FROM ONLY \$2,990 - Convert your Logs To Valuable Lumber with your own Norwood portable band sawmill. Log skidders also available. www.NorwoodSawmills.com/300n -FREE Information: 1-800-578-1363 x300-N. (Cal-SCAN)

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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)

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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)

AMERICAN TAX RELIEF. * Settle IRS Back Taxes * Do You Owe Over \$15,000? If So... Call us Now! * Free Consultation*. For Less Than What You Owe! Stop Wage Garnishments! Remove Bank Levies Tax Levies & Property Seizures! Stop Payment Plans That Get you Nowhere! Settle State and Business Payroll Tax Problems Eliminate Penalties, Interest Charges & Tax Liens! * Settle IRS Back Taxes * No Obligation! Confidential! Call American Tax Relief 1-800-496-9891 * Free Consultation * (Cal-SCAN)

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MONEY PROBLEMS? Reduce Your debt by 60%. Bill Consolidation! Loans! Mortgage Reduction! Good/Bad Credit. \$2,000 - \$300,000. No application fees. 98% approval rate. 1-800-764-5603 www.myaacclaro.com (NANI)

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Full service solution for credit nightmares. Mortgage Arbitration. Credit Repair. Debt Stmnt. 916-300-0611 (MPG)

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\$\$\$ GET LAWSUIT CASH NOW Oasig Legal Finance #1. See us on TV. Fastest Cash Advance on injury cases-within 24/hrs. Owe nothing if you lose your case APPLY FREE CALL NOW 1-866-353-9959 (NANI)

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Upscale Townhome in Creekridge 3/2 2 car garage charc ch Tennis, pool yd maint. \$1395/mo + \$1200 dep 390-5634 (MPG)

Ex Suites @1.50 SF Carmichael, 144 / 276 SF Sec Entry, Cov Parking, 916-483-5044 (MPG)

"In-Law" Quarters for rent. 1 bed/1 bath, kitchen, washer/dryer hookup, separate entrance. Beautiful Fair Oaks neighborhood. \$700/mo.(916) 952-6454 or email: jethesham@gmail.com (MPG)

2 bed, 2 bath, 2 car garage halfplex home Backyard, fireplace,near nice park. Includes refrigerator and washer/dryer. Easy access to I-80 and American River College. \$1100/mo.(916) 952-6454 or email jethesham@gmail.com. (MPG)

Gardeners

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

Handyman

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

CLASSIFIED ADVERTISING

Fax Resume 916.910.2002 (MPG)

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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? Competitive stipend. **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 P/T FT www.REBvision.com (MPG)

****AWESOME CAREER** Government Postal Jobs!** \$17.80 to \$59.00 hour Entry Level. No Experience Required / NOW HIRING! Green Card O.K. Call 1-800-913-4384 ext. 53 (NANIG)

POST OFFICE NOW HIRING! Avg. Pay \$21/hour or \$54k annually including Federal Benefits and OT. Paid Training. Vacations. P/T/FT 1-866-945-0342 (NANIG)

AWESOME CAREER OPPORTUNITY \$20/hr., Avg \$57K/yr. Postal Job!! Paid Training/Vacations, OT, Full Benefits, Pension Plan. Call M-F, 8-5 CST. 1-888-361-6551 Ext. 1036 (NANIG)

Exp & professional filing clerk needed to organize and file for private residences. Must have own trans. Hrs: 12:30-5:30pm, m-w-f. \$12/hr. \$180.00/wk flat. Resume to: FAX: 916-638-9951. (MPG)

Web Work We are seeking someone to help post articles to our many websites. No editing required. Weekly updates can be done in just a few hours each week. Flexible times. Contract work. Must have web design work experience. Call 773-1111. Messenger Publishing Group.



Government Jobs-\$12-\$48/hr Paid Training. Full benefits. Call for information on current hiring positions in Homeland Security, Wildlife, Clerical and professional. 1-800-320-9333 x 2100 (NANIG)

TIRED 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)

ASSEMBLE MAGNETS & CRAFTS FROM HOME !! Year-round Work! Excellent Pay! No Experience! Top US Company! Glue Gun, Painting, Jewelry & More! TOLL FREE 1-866-844-5091, code_5 **Not available MD** (NANI)

Single Again Magazine Online is seeking an independent sales contractor to generate advertising sales for our nationally recognized website. We are a website designed for the divorced, widowed and separated that offers real advice and articles to help people rebuild their lives. This is a part-time, extra income opportunity that you can work at from your home. Compensation is commission only, but the commission is a generous rate. Check us out at www.SingleAgain.com. To apply, send your email to publisher@singleagain.com.



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 - Education

VACANCIES: TEACHER of MIDDLE Education 6-8 Math, Teacher of High School Math, Speech Pathologist - Prince Edward Schools, Farmville, VA - (434) 315-2100. Website: www.pecps.k12.va.us Closing: Until filled. EOE. (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)

Household Help

House Cleaning Sparkling clean home guaranteed. Professional

pet care. Experienced, dependable, reasonable rates. Call Madeline 916-723-1608. (MPG)

DeAnza'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)

Homesitters on Wheels, Office needs two RVers with RV's 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)

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

Legal Services

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

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

Men's Suits For Sale

Men's Suits Men's 42 Jacket, 36-38 Waist Assorted used men's suits in very good condition. \$25-\$35 each. Buy one or all. Call 773-7337

Miscellaneous

Reach over 30 million homes with one buy. Advertise in NANI for only \$2.795 per week! For information, visit www.naninetwork.com (NANI)

A NEW COMPUTER NOW!!! Brand Name laptops & desktops Bad or NO Credit – No Problem Smallest weekly payments avail. It's yours NOW – Call 1-800-804-5010 (NANI)

WANTED DIABETES TEST STRIPS Any Kind/Any brand Unexpired. Pay up to \$16.00 per box. Shipping paid. Call 1-713-395-1106 or 1-832-620-4497 ext. 1. Visit: www.cash4diabetesteststrips.com (NANI)

AIRLINES ARE HIRING – Train for high paying Aviation Maintenance Career. FAA approved program. Financial aid if qualified – Housing Available. CALL Aviation Institute of Maintenance (888) 349-5387 (NANI)

\$\$\$ ACCESS LAWSUIT CASH NOW!!! As seen on TV. Injury Lawsuit Dragging? Need \$500-\$500,000++ within 24/hrs after approval? Compare our lower rates. **CALL NOW 1-866-386-3692** (NANI)

ATTEND COLLEGE ONLINE from Home. "Medical," "Business," "Paralegal," "Computers," "Criminal Justice." Job placement assistance. Computer available. Financial Aid if qualified. Call 800-510-0784 www.CenturaOnline.com (NANI)

****ALL Satellite Systems are not the same.** HDTV programming under \$10 per month and FREE HD and DVR systems for new callers. CALL NOW 1-800-799-4935 (NANI)

A NEW COMPUTER NOW!!! Brand Name Laptops & Desktops Bad or NO Credit – No Problem Smallest Weekly Payments avail. It's yours NOW – Call 1-800-804-7689 (NANI)

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

Miscellaneous Items For Sale

DIRECTV FREE 4 Room System! 265+ Channels! Starts \$29.99! FREE HBO, Showtime, Starz! 130 HD Channels! FREE DVR/HD! No Start Costs! DirectStarTV Local Installers! 1-800-973-9044 (NANI)

STEEL BUILDINGS SUMMER SPECIALS 30X40 Up To Unlimited Size Quick Delivery www.greylensteel.com 1-866-802-8573 (NANI)

Discounted Steel Buildings Big & Small. Get the Deal of Deals! Placement to Site. www.scg-grp.com Source#03V. Phone: 916-248-4416 (MPG)

Electric Wheelchair Jazzy1121 Brand new batteries - custom footboards - cane holder - basket - metallic blue. New \$5,700 - Sacrifice \$1,450 bob - Cash Only Please - (916) 488-4154 (MPG)

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

High Cost of Cable Got You Down? GET DISH w/FREE

install plans start at \$9.99/mo Over 50 Free HD Channels! New Cust's only Call FREE for full details! 1-800-606-9050 (NANI)

FREE DIRECTV 4 Room System! 265+ Channels! Starts \$29.99! FREE HBO, Showtime, Starz! 130 HD Channels! **FREE DVR/HD! No Start Costs! DirectStarTV Local Installers! 1-800-920-0058** (NANI)

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

Tupperware Please call for any service, Chris Kromar 916-483-1671 Call for a free catalog (MPG)

MEMORY FOAM THERAPEUTIC NASA VISCO MATTRESSES WHOLESALE! T-\$299 F-\$349 Q-\$399 K-\$499 ADJUSTABLES - \$799 FREE DELIVERY. 25 YEAR WARRANTY 90 NIGHT TRIAL 1-800-ATSLLEEP 1-800-287-5337 WWW.MATRESSDR.COM (NANI)

Miscellaneous For Sale - Computer

DESK Electric height-adjustable sitting to standing. Be more productive, save your back. www.GeeKDesk.com (Cal-SCAN)

Musical Instruments
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)

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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)

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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 RV's 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)

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. J.F.P. (MPG)

Wants 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 Auctions

FORECLOSED HOME AUCTION Northern California. 400+ Homes Must Be Sold! REDC / Free Brochure. www.auction.com RE Broker 01093886. (Cal-SCAN)

Real Estate Homes For Sale

Smart Buyers Check out this one in Gold River Two-story prestigious Hesperian Village Home. Secluded cul de sac. 2800 sq. ft. 3 bedroom, 2 bath with loft. Built-in bookcases and large desk. Formal dining room, living room with fireplace, large family room. Plantation shutters, carpet, window coverings, Mexican paver tiles in entry, family room, kitchen and laundry room. Epoxy 3-car garage floor. Oversized backyard with extended stone patio, brick planters, variety of mature trees. New Lifetime concrete shake roof. Fabulous rock waterfall and pond. Built-in granite BBQ. Home backs up to greenbelt. \$515,000. Lorraine Foster, ReMax Gold 916-933-6100 (MPG)

FORECLOSED HOME AUCTION. Northern California. 400+ Homes Must Be Sold! REDC / Free

Brochure. www.Auction.com RE Broker 01093886. (Cal-SCAN)

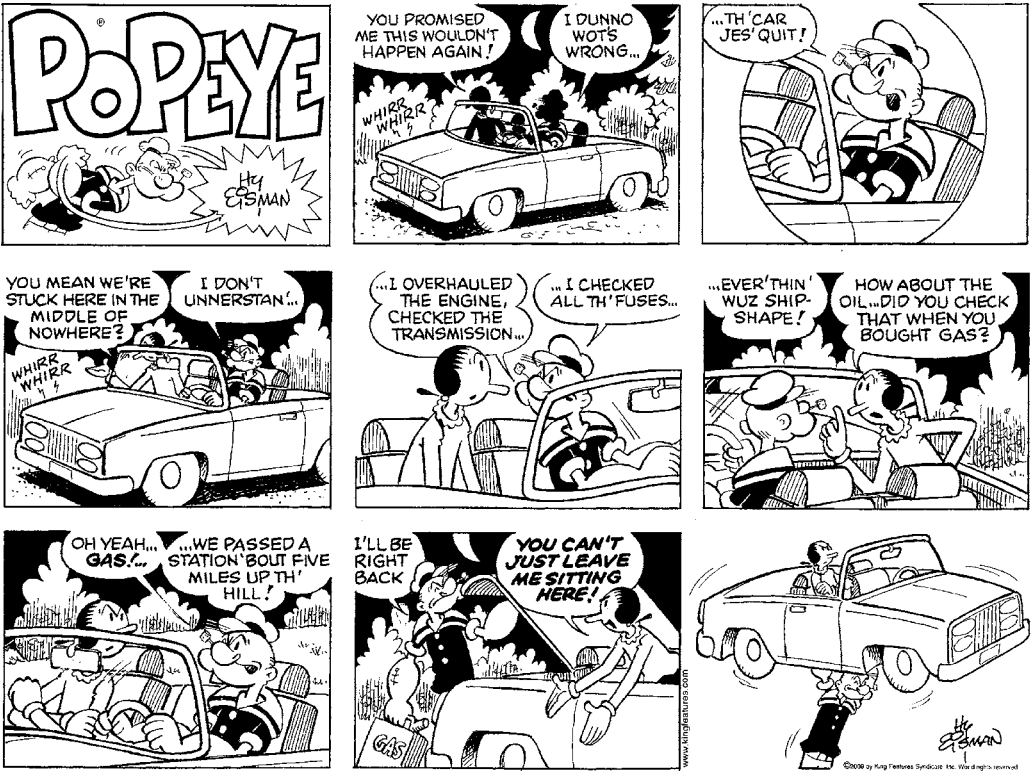
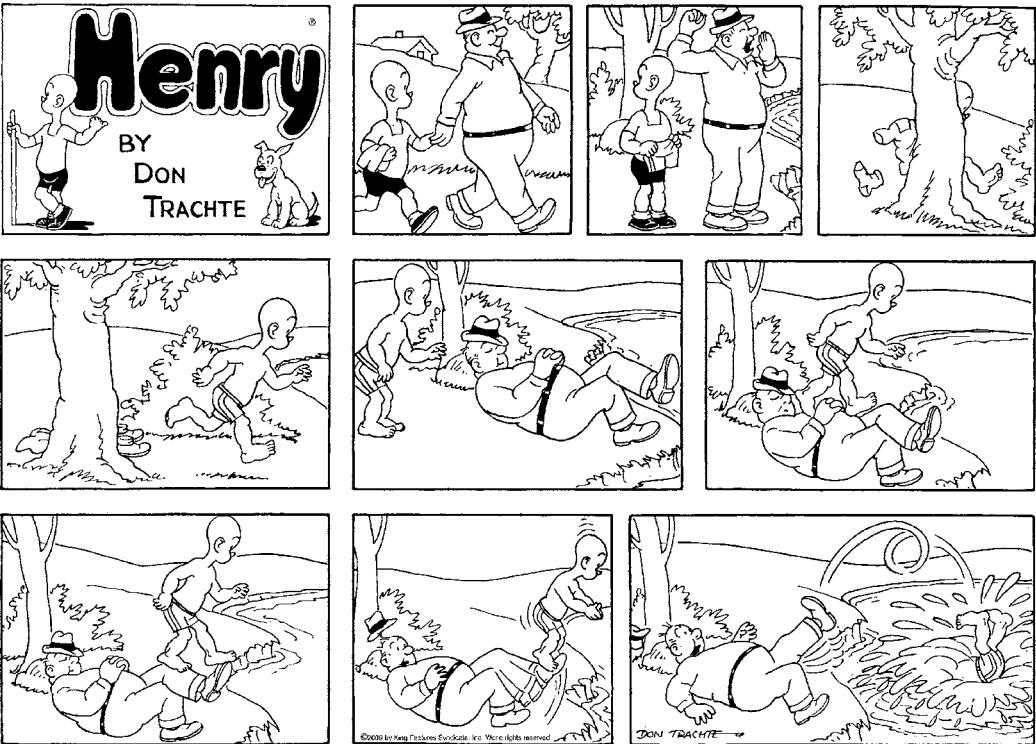
Motivated Seller - Great Buys - 2 homes - Good Areas. #1 updated kitchen & 3BDRM, 2BA, near Crestview shopping, \$289,000. #2 Dream Kitchen w/ granite-tiled & beautiful bathrms & floors. \$260,000. Glenda Hail 761-7548. (MPG)

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

Real Estate/ Out of State Land Sale

BUYER'S MARKET New Mexico. Ranch Dispersal. 140 acres - \$89,900. River Access. Northern New Mexico. Cool 6,000' elevation with stunning views. Great tree cover including Ponderosa, rolling grassland and rock outcroppings. Abundant wildlife, great hunting. EZ terms. Call NML&R, Inc. 1-866-360-5263. (Cal-SCAN)

LAND FORECLOSURES IN NEW MEXICO! From as low as \$19,995 for 10+/- acre, phone, electric close, views. Guaranteed financing, low down! Going Fast! 888-812-5830. www.SWVProperties.com (Cal-SCAN)



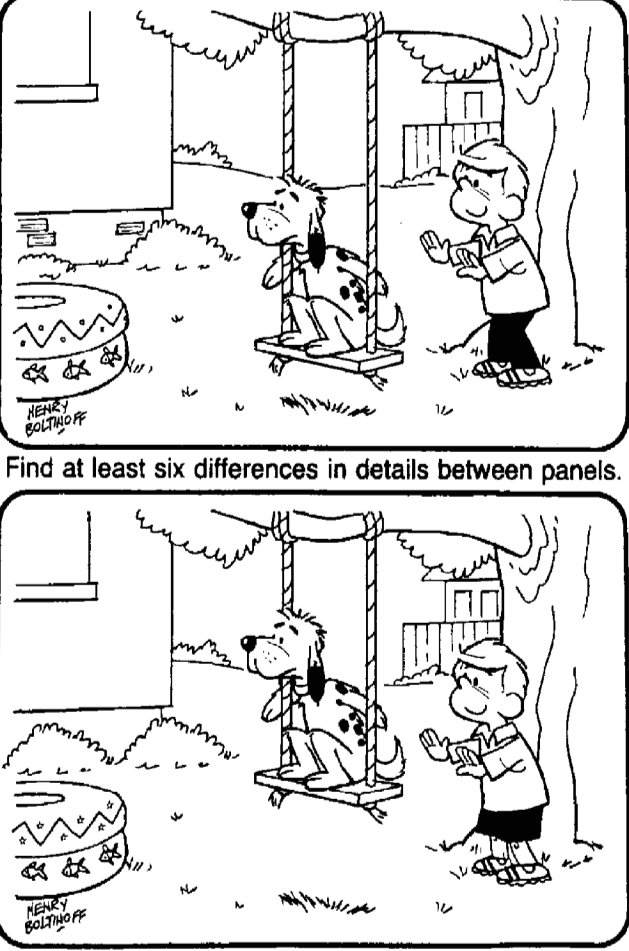
The Spats

by Jeff Pickering



HOCUS-FOCUS

BY HENRY BOLTHOFF



Differences: 1. Swing is shorter. 2. House has two windows. 3. Boy is wearing shorts. 4. Bricks on house are missing. 5. Pool has stars. 6. Bush added near house.

Trivia test

by Fifi Rodriguez

- CITY NICKNAMES: What U.S. city is known by the nickname "Bison City"?
- ANIMAL KINGDOM: What kind of creature is a goa?
- SPORTS: Which sport might include a maneuver called a "closed choctaw"?
- GENERAL KNOWLEDGE: What color is amaranth?
- LANGUAGE: What is the U.S. equivalent of the British pram?
- COMMUNICATION: What is the standard word that represents the letter "P" in the international radio alphabet?
- MOVIES: What was the name of the cat in the movie "Men in Black"?
- TELEVISION: Who played the role of Gus McCrae in the "Lonesome Dove" television series?
- THE BODY: What is a human's normal temperature in Centigrade?
- PSYCHOLOGY: Someone suffering from nyctophobia would be afraid of what?

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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Country-Western Bar-B-Que

The Gold River Villagers, a social club, are holding an annual Country-Western Barbeque on Saturday, July 11, 2009 at 6:00 pm, at the Gold River Community Clubhouse. Members and guests are invited. The "Cash Only Band" will entertain with a tribute to Johnny Cash. Randy Dunham, local country-western entertainer is also featured. For more information call 916/635-5590.

Fair Oaks Historical Society

Second Sunday Open House Hours

The Fair Oaks Historical Society invites you and your family to visit its History Center which will be open to visitors on July 12th during its monthly Second Sunday Open House. The History Center is located in the Fireside Room of the Fair Oaks Community Clubhouse, 7997 California Street, Fair Oaks. Docents will be available during each event to help with local lore and fact. For directions to History Center, please visit our website: www.fairoakshistory.org. Admission to the History Center is free. Student groups are welcome. To schedule a tour or request further information please call the Historical Society's Chief of Docents Lois Frazier at 967-2967.

Orangevale Church of Christ Bible School July Event

The Orangevale church of Christ on Main Avenue in Orangevale invites you to their Studio Go Vacation Bible School July 13-17 from 6 to 8pm. Studio Go! encourages Pre-K through 6th graders to Go Lead! Go Risk! Go Tell! Go Obey! and Go Serve! for Jesus. Call 988-2011 or visit vacationbibleschool.com/ovchurch for more information or to pre-register..

Monthly Military Spouse Retiree Meeting

Our next monthly military retiree/spouse meeting is scheduled for Tuesday, 14 Jul 2009. Start time is 1030 hrs. Location of the meeting is in the North Highlands Recreation and Park District Bldg, 6040 Watt Ave, North Highlands, CA 95660. If you get lost, the number to call is: 332-7440. Our Speaker is Steve Morgan, and he will discuss the TRICARE DENTAL program. If you want to have lunch, call JoJo at 344-6249 at least 24 hrs prior to the meeting date. See you all at the meeting.

MAGIC MAZE

— BRIDGE : UNITED STATES

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

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

Brooklyn	Green	Rainbow	Sunshine
Eads	London	Royal Gorge	Tobin
Fremont	McKinley	Seven Mile	Vicksburg
Golden Gate	Oakland Bay	Stone Arch	

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All Answers on Page 6

Contract Bridge

NOW YOU SEE IT, NOW YOU DON'T

South dealer.
Neither side vulnerable.

NORTH		EAST	
♠ A K 7 3		♠ Q J 6	
♥ A 8 4		♥ —	
♦ K 7 5		♦ J 9 8 4 2	
♣ K 8 2		♣ Q 9 7 6 5	

WEST		SOUTH	
♠ 9 8 4		♠ 10 5 2	
♥ K 7 5 2		♥ Q J 10 9 6 3	
♦ Q 10 3		♦ A 6	
♣ J 10 4		♣ A 3	

The bidding:

South	West	North	East
1 ♥	Pass	1 ♠	Pass
2 ♥	Pass	4 NT	Pass
5 ♥	Pass	5 NT	Pass
6 ♣	Pass	6 ♥	

Opening lead — jack of clubs.

example. A study of all four hands reveals that South has two inescapable losers — one in spades and the other in trumps. From West's viewpoint, once dummy appears he has every right to feel certain of scoring a trump trick with his king, come what may. But if South pays close attention to his knitting, West will wind up a sadder but wiser man.

Declarer wins the club lead with the ace and finesses the queen of hearts. West does not cover, of course, and also does not cover when the jack is led. South now abandons trumps, leading a club to the king and ruffing a club. These plays are followed by the A-K of diamonds and a diamond ruff.

Declarer next leads the A-K and another spade, East winning with the queen. At this point, South has the 10-9 of hearts, West the K-7 of hearts, and dummy the ace of hearts and seven of spades.

When East now returns a diamond or a club, South ruffs with the nine, and West's "sure" trump trick disappears. Whether he overruffs with the king or underuffs with the seven makes no difference whatever. Either way, the king is dead. In effect, West's king is "smothered."

And, as a matter of fact, that's how the "smother play" got its name. But don't hold your breath waiting for it!

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by Steve Becker

KING Crossword

Answers on Page 6

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
18				19				20				
			21		22	23		24		25	26	27
28	29	30					31		32			
33				34				35		36		
37				38		39			40			
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59					60					61		

ACROSS

1 Do sums

4 Apprehend

8 Film segment

12 Anger

13 Medley

14 Similar to

15 Brooks or Torme

16 Chair protector

18 Filch

20 Corrode

21 Open somewhat

24 Tibet's capital

28 One with lots of four-legged friends?

32 Satan's specialty

33 Submachine gun

34 Jazz style

36 A Gershwin

37 Raised

39 Pirate

41 Comic Silverman

43 Cornfield trespasser

44 Scratch

46 Tangle

50 Read quickly

55 Dinner for

56 Dobbin

57 Staffer

57 "David Copperfield" character

58 Swelled head

59 Banana castoff

60 Took to the pool

61 Chaps

DOWN

1 Intentions

2 Bob's "The Price Is Right" successor

3 Sandwich shop

4 Rhinoplasty

5 The whole enchilada

6 Midafternoon hour on a sundial

7 Easy bounding gait

8 Dress

9 Tyler or Ullmann

10 White House nickname

11 Apiece

17 Western st.

19 Crony

22 Birds, to Brutus

23 Violin's ancestor

25 Tel —

26 Paddock papa

27 Winged

28 Taverns

29 Pound of poetry

30 Wedding cake feature

31 Bellow

35 Telecast

38 Maiden

40 Possess

42 Possesses

45 Fishing gear

47 Attention getter

48 Storm

49 French city

50 Space

51 Falsehood

52 Praise in verse

53 Solemn

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San Juan Unified Board Approves Five-Year Strategic Plan

From Trent Allen

By a unanimous vote, the San Juan Unified School District Board of Education adopted a five-year results-based strategic plan at a special meeting last night that also celebrated the six months, 12,000 combined hours, and dedication of more than 300 volunteers that went into developing the plan. “If you don’t know where you’re headed you won’t know how you’re going to get there,” said parent Juan Yniguez. “The collaborative thinking between staff, students, parents, and community was a huge benefit. The strategic plan is what San Juan Unified needs to align the efforts going on in our schools each day to ensure that each student can and will learn.” The strategic planning process began six months ago when the 30-person Planning Team, composed of members

representing the diverse stakeholder groups in the District, met for the first time. Using a consensus model of decision making, the group was able to reach 100 percent agreement on a list of core shared beliefs, a new mission representing the community’s loftiest aspirations for the District, objectives, strategic parameters that will guide implementation of the plan, and seven unique strategies designed to achieve the objectives and mission. More than 280 volunteers then took over and met on Monday nights between February and May to design operational action plans for each of the seven strategies identified by the Planning Team. Participation on Action Teams was open to anyone who stepped forward and attracted students, parents, community members, teachers, staff, and administrators to be part of the groups. The Action Teams also used a

consensus model of decision making that required everyone in the room agree before an item would become a part of the plan. “At a time when much of public education is trapped in fiscal crisis, San Juan Unified’s Board of Education and community have chosen to focus on improving teaching and learning and creating better futures for our students,” said San Juan Unified Superintendent Dr. Pat Jaurequi. “Our strategic plan will enable us to focus our limited resources and truly educate and inspire our students to succeed and contribute to the world around them.” A similar planning process will be instituted at each of the District’s 72 schools in the next four years to create site-based plans that align to the District’s new strategic plan. The full strategic plan can be found online at www.sanjuan.edu/strategicplan.

Paul Menard Associates Wins SMUD Award for Responsible Energy Stewardship

SMUD Board recognizes energy-conscious commercial customer



SMUD Board Vice President and Ward 7 Director Bill Slaton presents Paul Menard of Paul Menard Associates with a SMUD Community Energy Award. The award honors commercial customers who share SMUD’s values of efficiency and environmental sensitivity, and who worked with the utility to turn these beliefs into actions.

The Sacramento Municipal Utility District (SMUD) is honoring architectural firm Paul Menard Associates, AIA for its overall commitment to implementing energy efficiency measures to reduce energy consumption and promote environmental protection. The SMUD Community Energy Award honors commercial customers who share SMUD’s values of efficiency and environmental sensitivity, and who have turned these

beliefs into actions. These customers have controlled their energy usage, improved their bottom line, and reduced the amount of energy that must be generated for our region. This award recognizes the achievement of Paul Menard in designing a ground source heat pump system for his 5,400 square foot office building tenant improvement. In the Sacramento area this type of system is not commonly used in small commercial construction.

The system exceeded the Title 24 building code standards at the time of design and still exceeds the Title 24 standards in effect today. A ground source heat pump provides heating, cooling and hot water by using the earth’s ability to absorb and store heat energy. It is 30 percent more efficient than the more commonly-used air-cooled units that are typically found in this type of small commercial facility. The use of heat pump technology also helps reduce oxides of nitrogen (NOx) and the carbon footprint. “Paul Menard Associates provides excellent leadership among business customers helping our community by being more energy efficient,” said Bill Slaton, SMUD Board Vice President and Ward 7 Director. “Hopefully, more customers will follow Paul’s lead by seeking greater energy efficiency than the commonly used Title 24-compliant equipment when designing new commercial buildings.” To be eligible for the SMUD Community Energy Award, commercial customers share SMUD’s strategic directives in environmental protection and efficient energy use. The customers also incorporate the innovative use of emerging or new energy technologies. One customer is chosen in each of the seven SMUD Board wards. For more information about SMUD’s commercial programs that can save businesses money on electric bills, visit smud.org.



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Ole! Meet Three Hot Chihuahuas



Joey, Jimmy, Jesse. Photo credit Kay Burton.

Graceful, alert and swift-moving with a saucy expression, Chihuahuas are highly intelligent and should not be underestimated even though they are small ill size. The Chihuahuas is the world's smallest breed of dog. Val Masters, of the Sacramento SPCA, is Community Services Director and Behavior specialist has adopted all three Chihuahuas shown in photo.

Joey is white, 4 lbs, and is three years old. He was a stray and when ready for adoption Val Masters adopted him. Joey is friendly to everyone and likes children. He is a confident little dog, very loving shows occasional Chihuahua attitude towards dogs he doesn't know. He competes for a lot of attention. He is playful and a little independent. Jimmy is black, 5lbs and 6 years

old. He came into the shelter with about 50 other small breed puppies. The SPCA took them from a pet store; they were being neglected, underfed, etc. The store was taken to court and the SPCA was awarded custody of the little animals. Val Masters adopted him immediately, he was 10 weeks and barely over 1 lb when he arrived! Now as he has matured, he has become selective about whom he likes, so he interacts with about only five people. Although Jimmy has this attitude toward most people, he is very charming with those whom he likes, and knows a lot of commands: sit, stay, down, wait, come, shake and high fives! Jesse is gray and 5 lbs and age 6. Val was browsing thorough Petfinder and saw on the site. Short N' Sweet, a rescue group that has only small breeds available for adoption, Jesse and three other males were available. There were a total of ten Chihuahuas raised together in a trailer by a woman. They were neglected when it came to food and health care. When the rescue arrived all the little dogs were covered in fleas and feces and their water bowls had all been urinated in. They had to be bathed immediately. Because Jesse was so isolated is still very shy. He is very sweet, truly a "mama's boy." There is not a mean bone in his body. He lives to be loved by Val, and she does all she can to give it to him!

All Val Masters dogs go to work with her everyday.

POPPOFF!

with Mary Jane Popp

WAKING THE WARRIOR GODDESS

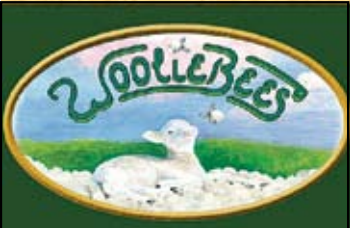
Did you know that the incidence of Breast Cancer has risen 21% in the last four years? And it seems that "greater cultural affluence seems to be directly related to the higher levels." Women in Asia, on average, have six times lower risk of Breast Cancer until they move to the United States. Then they rapidly become on par with American women. "How we eat and live in the U.S. is a prescription for disaster." Those words come from Dr. Christine Horner, a nationally known Surgeon and leader in the field of advocating for women. She initiated, organized, and managed the successful campaign to pass laws requiring insurance companies to pay for breast reconstruction following mastectomy. But now Dr. Horner has taken on more extensive work on natural health topics and natural approaches to Breast Cancer prevention. Her latest endeavor is "Waking The Warrior Goddess": Harnessing the power of nature and natural medicines to achieve extraordinary health. Dr Horner's program is directed at protecting against and fighting Breast Cancer.

When I spoke with the good Doctor on my "POPPOFF" Radio Program, she was adamant about raising awareness of dozens of natural research-proven approaches that are highly effective at protection from Breast Cancer. They range from foods and supplements to herbs and can reduce the risk by some 50% or more. Additionally, the protective effects of many supplements,

herbs, foods, and even spices do not only add-up, they multiply. Her program integrates the key principles of Ayurveda... the oldest and most complete system of prevention-oriented holistic health still practiced today. Add lifestyle choices, and you can lower the risk, slow tumor growth, prevent metastasis, shrink the size of tumors, and protect against the side effects of Chemotherapy and Radiation. The spice Turmeric, for example, greatly enhances Breast Cancer-blocking qualities of soy. And when the Turmeric is consumed in the same meal with green tea, each makes the other's anti-cancer properties more powerful. Turmeric makes green tea eight times more effective and green tea, in turn, makes Turmeric three times more effective.

Dr. Horner also identifies toxins to avoid and bad habits to eliminate. Her lifestyle recommendations include soothing treatments that detoxify the body, and balancing rest and activity. And here's the best part. Everything that lowers the risk of Breast Cancer, also decreases the risk of developing a multitude of other diseases.

Dr. Horner told me this time is more personal than ever. While she waged the war for women and breast reconstruction, she lost her own mother to Breast Cancer. She also witnessed the major increase in her own practice of Breast Cancer in younger and younger women. She was celebrated as a member of Oprah's "Angel Network" on national television, and she is determined to wake the warrior goddess in all of us. By the way, Dr. Horner says it's never too early or too late to incorporate health promoting habits. Dr "H" says we have the power to influence our own state of health more than we ever imagined.



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The community grants are provided through the Community Building Initiative (CBI) of the First 5 Sacramento Commission. The Commission uses Proposition 10 (tobacco tax) funds to support the healthy development of children age zero to five.

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Family Films

**Harry Potter and the
Half-Blood Prince**
Opens July 15, rated PG
harrypotter.com

No. 6 has Harry (Daniel Radcliffe) learning about the dark past of Lord Voldemort through a book that belonged to a “half-blood prince” and private lessons with Prof. Dumbledore. If that isn’t enough, Harry has to deal with his raging hormones and those of friends Ron (Rupert Grint) and Hermione (Emma Watson). The next-to-last installment of the series actually isn’t; Warner Bros. borrowed Harry’s wand to make two movies out of the final book. Splitus Novelus Filmiosa!



Ice Age: Dawn of the Dinosaurs
Opens July 1, rated PG
iceagemovie.com

Spawning a second sequel is the 2002 animated hit starring the unlikely brotherhood of a cantankerous mammoth,

Films and DVDs for the Whole Family

a mischievous sloth and an instincts-challenged saber-toothed tiger. Voiced by Ray Romano, John Leguizamo and Denis Leary, respectively, the trio deal with lowering temps, pending parenthood and stolen dinosaur eggs, among other icy and/or dicey situations as *Scratch* the saber-toothed squirrel is as acorn-obsessed as ever.

G-Force
Opens July 24, rated PG
[disney.go.com/disneypictures/
gforce.com](http://disney.go.com/disneypictures/gforce.com)

Not to sound judgmental, but when I see the names of Oscar winners Nicolas Cage and Penelope Cruz attached to a Jerry Bruckheimer-produced movie, I'm not thinking a 3-D comedy about government-trained talking guinea pigs on a mission to stop an evil billionaire from taking over the world. Even weirder: Cage and Cruz are not part of the live-action cast. Yep, they voice two of the rodents.

Family Home Entertainment

BobtheBuilder:TruckTeamwork (ages 2-5, now available, not rated): Big construction jobs require big machines and solid teamwork, and budding builders get to see all this in action, led by Bob and his Can-Do Crew. This DVD includes five episodes and never-before-seen content, plus a free collectable toy truck that makes this a 3-D experience. OK, that's pushing it. Grade: A-



Green Lantern: First Flight (ages 6-12, July 28, not rated): Comic book fans must wait until 2011 for the big-screen debut of this DC Comics superhero. In the interim is this respectable direct-to-video animated feature, the first to star the do-gooder who possesses a green ring that bestows him with otherworldly powers. The story pits protégé (Hal Jordan, aka Green Lantern) against mentor (Sinestro) and was penned by superhero veteran Alan Burnett (“The Batman”). Grade A-

Garfield's Pet Force (ages 6-12, now available, not rated) Battling an evil alien and an army of zombies takes time away from Garfield's eating time, but the plump pussycat gets into gear with the heroic help of Odie, Nermal, Arlene and their earthly counterparts. Nice bonus is a DVD-ROM game that lets little ones make their own superhero.

Grade: B+

Capitals Open Season with Win



Recently acquired CoCo Vandeweghe

Roseville- The Capitals opened their 2009 season at home when they hosted the Kastles on July 3rd. The Capitals posted a thrilling come-from-behind win to take their first match win of the year.

Sacramento plays in the Western Conference. All local matches begin at 7:30 pm. A team schedule can be found at www.gocaps.net. There are seven local match dates this

River Cats Send Four to Triple-A All-Star Game

River Cats infielder/outfielder Eric Patterson, catcher Eric Munson, left-handed reliever Jay Marshall and hitting coach Brian McArn have been selected to represent Sacramento at the 2009 Triple-A All-Star Game on Wednesday, July 15th at PGE Park in Portland, Oregon. Fan balloting helped to determine the rosters for the All-Star Game, accounting for one-third of the total vote along with ballots cast by members of the media and each club's field manager, coaches and general manager. Also named to the All-

Star Team was Fresno Grizzlies outfielder John Bowker, a Rio Americano High School graduate.

Patterson, acquired by the Chicago Cubs via trade on July 8, 2008, is currently batting .308 with a team-high 54 runs (sixth in the PCL). Patterson ranks third in the league in stolen bases (27), and has stolen home twice this season.

Munson, who was signed by the Oakland A's organization this offseason, is second on the team with 38 RBIs and has a .275 batting average. Marshall, who has played in the Oakland organization

year. Marquee players coming to the Sacramento area this year include Michael Chang. Hometown favorites Sam Warburg and Mark Knowles, and recently acquired Angela Haynes and CocCo Vandeweghe hope to drive the Capitals toward their seventh championship run.

Haynes excels in the WTT format, winning the Female MVP Award during her rookie season in Delaware in 2006. Haynes has won seven ITF doubles and two ITF singles titles since turning pro. Vandeweghe, 17, is one of the rising stars of American tennis. The native Californian captured the 2008 US Open Junior Singles championship and has an impressive athletic lineage. Her uncle Kiki was an NBA standout and her mother won Olympic silver medals in swimming (1976) and volleyball (1984).

The 2009 Advanta WTT Pro League season runs July 2-26 in 10 U.S. markets, and concludes with the Advanta WTT Finals on July 26 in Washington, D.C. Allstate Stadium is located at the Galleria Mall in Roseville. Parking is free in the Galleria parking lot adjacent to the stadium.

for the past three years, leads the team with a 1.75 ERA. Marshall has been dominant against lefties, holding left-handed batters to a paltry .161 batting average.

The Triple-A All-Star Game pits the top prospects of the Pacific Coast League (PCL) against the best young stars of the International League (IL). This year's game is the 22nd year of the Triple-A tradition. First pitch is set for 7:05 p.m. PST and the game will be televised nationally at ESPN2 and aired locally on the River Cats Flagship Radio Station, K-Hits 92.1 FM.

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by Dave T. Phipps

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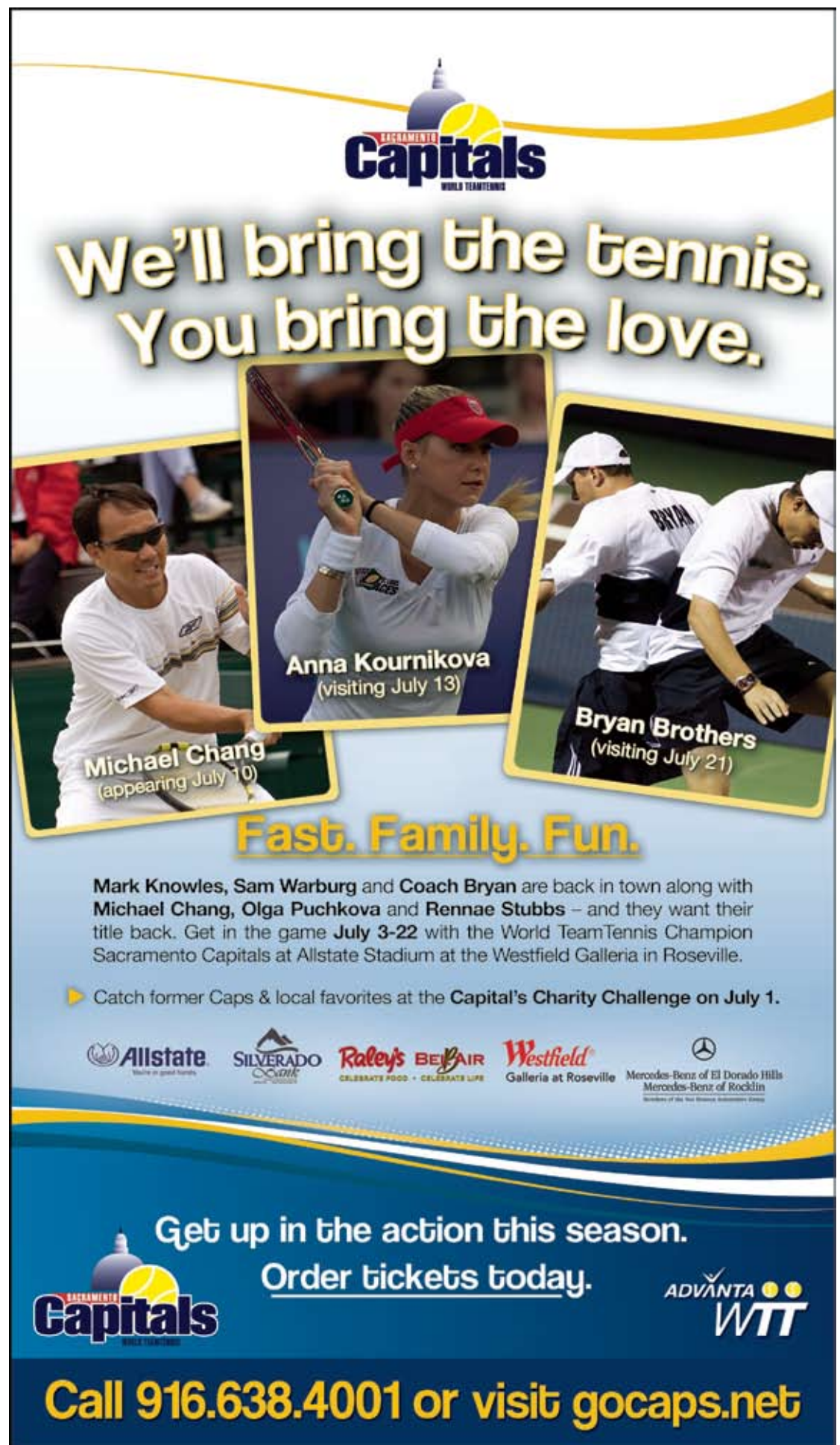
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By John Stout,
IRS Media Relations

Sacramento – With 2009 nearly half over, the Internal Revenue Service reminds Californians that there is no better time to check their 2009 federal income tax withholding levels to make sure they do not face any surprises when returns are due next spring. The Making Work Pay Credit lowered tax withholding rates this year for 120 million American households. However, particular taxpayers who fall into any of the following groups should review their tax withholding rates to ensure enough tax is withheld: multiple job holders, families in which both spouses work, workers who can be claimed as dependents by other taxpayers and pensioners. Failure to adjust your withholding could result in potentially smaller refunds or may cause you to owe tax rather than get a refund next year. So far in 2009, the average refund

amount is \$2,675 and 79 percent of all returns received a refund. Because retirees typically have withholding from their pension payments, pension plan administrators or pension payors should be aware of the optional adjustment procedure for pension withholding announced in Notice 1036-P, Additional Withholding for Pensions for 2009. Social security beneficiaries, supplemental security income (SSI) recipients, disabled veterans and railroad retirees that receive this year's one-time \$250 economic recovery payment should be aware that the Making Work Pay credit will be reduced by the \$250 payment amount. They may also want to review their withholding. The IRS withholding calculator on IRS.gov can help a taxpayer compute the proper tax withholding. The worksheets in Publication 919, How Do I Adjust My Withholding?, can also be used to do the calculation. If the result suggests

an adjustment is necessary, the taxpayer should submit a new Form W-4, Withholding Allowance Certificate, to his or her employer or adjust the amount of quarterly tax paid. In addition, the IRS reminds unemployed workers that the first \$2,400 of unemployment benefits they receive during 2009 are tax-free for federal income tax purposes. People who expect to receive more than that should consider having tax withheld from their benefit payments in excess of \$2,400. Use Form W-4V, Voluntary Withholding Request, or the equivalent form provided by the payer to request withholding to begin or end. Taxpayers should visit IRS.gov for more information about how to adjust federal income tax withholding. The Web site also has details on various tax incentives in the American Recovery and Reinvestment Act as well as downloadable forms and publications. Free tax forms and publications are also available by calling 1-800-TAX-FORM (1-800-829-3676).

Christian Newswire - President Barack Obama has said that the passage of his Health Bill is very important. He also says we must pass it now because the cost will go up and we cannot allow people to need health care and not receive it. The truth is health care is being handled better in the United States than it is by other nations who have health care provisions. America cannot afford it because the Federal Government is already broke and has trouble borrowing any more money. Swarthout asks, "How are we going to pay for this program? When will America realize the Federal Government is broke and does not have any money? Besides, all of the money our government receives comes directly from you and I when we pay our taxes." Swarthout added, "It is time to say NO to our government. We must say NO until our government learns to live within their means and cut unnecessary spending programs for which you and I are now paying. Friends, you cannot run your household budget the way we allow the Federal Government to run theirs." What have the uninsured people been doing for health care all of these years? The answer is simple. They have been going to Emergency Rooms to be treated because our laws and the Hippocratic Oath taken by doctors say that they must be treated. You and I have been paying for their treatment even though some people may not think we are paying their bills. But, think about that for just a minute. Let's remember that hospitals are in business to make money. They cannot continue to stay in business unless somebody, you and I, pay for those who cannot pay for themselves. So the hospitals figure the cost of treating the uninsured into the costs of treating responsible people who can pay. Therefore, you and I are ALREADY paying for people who cannot pay for themselves. Now the Government wants to run our Health Care Program. Never mind the fact that the Government has stolen our Social Security money and has replaced it with worthless IOU's. The government is broke and cannot pay us back what they stole from us in the form of Social Security money. Of course the government does not say anything about that fact. Besides we already have a \$12,000,000,000 dollar deficit. Swarthout concluded, "Health Care for everyone would be nice...if we could afford it. However, for America Health Care is just another good idea that we cannot afford."

First Pitch for Baseball Academy Coming July 19th


The Dusty Baker Baseball Camp opens this year on July 19th in Rancho Cordova. Dave Stewart, Shawon Dunston, Jim Barr are among the twelve former major leaguers and veteran group of top-flight coaches providing instruction to students age groups; 9-12, 13-15 and 15-20 at the Sacramento area site. Approximately 5800 of the 7900 previous academy participants have moved on to high school, college or professional baseball.

For more information call
Bruce Carmichael at 1-530-644-3067,
or E-Mail: bdcarmichael@sbcglobal.net.
Visit the camp website at
www.dustybakerbaseballcamp.com


Session One Ages 9-12
Sunday, July 26 – Friday, July 31

Session Two Ages 13-15
Sunday, July 26 – Friday, July 31

Advanced Session, Ages 15-19
Sunday, July 19– Friday, July 24



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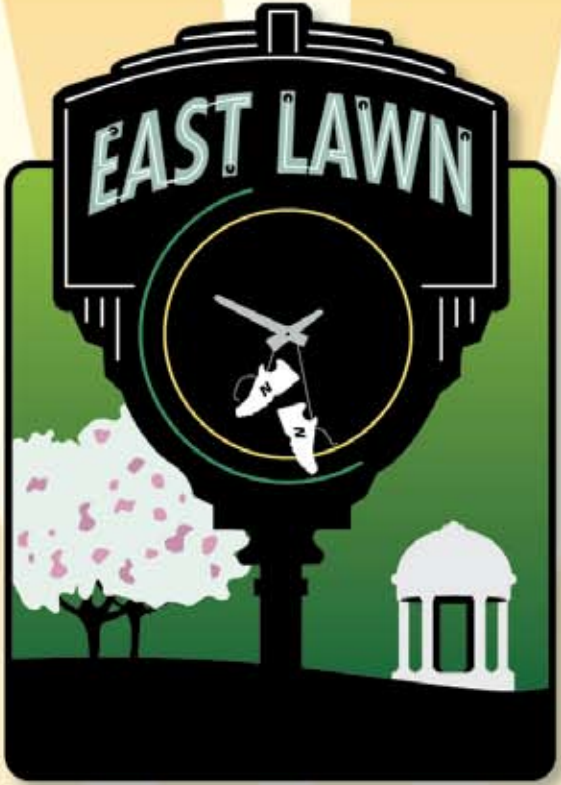
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2nd Annual



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