

AMERICAN RIVER

M E S S E N G E R

Tom McClintock



"I Will Not Raise Taxes"

Page 2

Lions Appreciation Dinner



Season Kickoff Dinner for SJHS Football Team

Page 7

Local Band Tours Australia



Rio Americano High School Performs Down Under

Page 9

End of an Era



A father and son trip to the home of the Yankees

Page 15

Volume 3 Issue 18

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

Second Edition for September 2008

Over 1,600 Vintage Cars Sacramento Bound!



Photo courtesy of the National Street Rod Association

Sacramento, CA - Over 1,600 street rods, customs, muscle cars and street machines will be on hand at the Cal Expo Fairgrounds this fall as the National Street Rod Association® presents its 7th Annual Golden State Nationals®. The dates for the city's largest vintage car show will be October 3, 4, 5, 2008.

This will be the 7th time the NSRA Golden State Nationals® have been held in Sacramento and an all time high number of participants and spectators are expected this year. Almost all of the Cal Expo Fairgrounds will be utilized for the event as well as many of the buildings, which will house over 75 manufacturer and dealer displays and other attractions.

The host organization, NSRA, defines a street rod as a modernized vintage vehicle that must be of pre 1949 manufacture. These vehicles are equipped with the latest options available on the newest model

vehicles, including but not limited to disc brakes, air conditioning, cruise control, and tilt steering wheel. Most of those attending have updated the engine and drive train to enable the owner to cruise down the highway in comfort and safely maintain the speeds traveled by more modern vehicles. All vehicles must be driven on to the grounds.

Included in this event are muscle cars, those factory produced high horsepower machines from the 60's and 70's along with the classics cars of the 50's. This is truly unique mix of old and new together for the first time at Cal Expo Fairgrounds and a national gathering of fine vintage automobiles of every description. The NSRA Golden State Nationals® is the area's largest automotive participation event and spectators from around the area will attend the event.

The NSRA Golden State Nationals® is an excellent event for spectators to attend and those who take time to attend will be treated to the sights and sounds of

some of the most beautiful, best constructed vintage vehicles ever assembled in one place. One of the special attractions for the spectators is that they can walk right up to the vehicles and check each one out close up as they are not roped-off or otherwise confined. All are in the open and can be examined top to bottom, front to back, inside and out. While the exquisite paint and other features of the car should not be touched, spectators are free to look to their heart's content.

The big automotive show will be at the beautiful Cal Expo Fairgrounds and is open to the public October 3, 4, 5, 2008. Make your plans now to attend the 7th Annual Golden State Nationals® in Sacramento, California. It promises to be one of the biggest vintage car shows in the city's recent history and you can enjoy every exciting part of it.

Those of us at NSRA know you won't soon forget it.

Visit us online @ <http://www.nsra-usa.com>

Leadership Citrus Heights

Citrus Heights, CA - The Citrus Heights Chamber of Commerce is accepting applications for the sixth annual 2008-2009 Leadership Citrus Heights program, which will commence on October 7, 2008.

The class meets for eight months and is limited to 25 adult participants. Mercy San Juan Medical Center is the event sponsor, hosting the classes each month in the medical center conference room at the hospital on Coyle Avenue, and providing dinner to the participants. The classes will be held the 1st Tuesday of

each month for 4 1/2 hours with Graduation taking place on June 2, 2009.

Contact the Chamber for an application. Last year's Leadership Citrus Heights sold out so interested parties are encouraged to act soon. The Chamber can be reached at (916) 722-4545 or bettie@chchamber.com. Applications are available at the Chamber office located at Fountain Square 7115- A Greenback Lane. The class is open to men and women who live or work in Citrus Heights.

Lungren Receives Honest Abe Legislator of the Year

Gold River, CA - Congressman Dan Lungren (R-Gold River), today received the "Honest Abe 2008 Legislator of the Year Award," being recognized as a champion of the American Taxpayer by the organization, Taxpayers Against Fraud. This is the third time this distinction has been given to a Member of Congress. Previous recipients have been Congressman Howard Berman (D- CA) and Senator Chuck Grassley (R-IA).

"Being good stewards of taxpayer money and standing up against fraud is the obligation of every elected official and I am honored to accept this award. The work we have done on the False Claims Act is a perfect example of what can happen when Members of both political parties reach across the aisle to put the public interest ahead of partisanship," Lungren said.

The Honest Abe Award is aptly named after President Abraham Lincoln who first signed the False Claims Act of 1863. During the

Civil War there was widespread abuse and fraud by government contractors. Lame horses sold to the Union Army and gunpowder mixed with other non-combustible substances were common examples of such fraud.

The statute initially provided "a reward to the informer who comes into court and betrays his coconspirator, if he be such; but it is not confined to that class." The Act authorized private individuals to bring lawsuits on behalf of the United States in cases of fraud against the United States in order to recover the funds which had been wrongfully obtained.

"Having worked on this issue from 1986 to the present day, I believe it is imperative we continue to strengthen the False Claims Act," Lungren added.

During the Congressman's acceptance speech, he referenced the case of Father John Corapi to illustrate the importance of the False Claims Act. Father Corapi's whistle



blowing led to an investigation into practices of unnecessary open heart surgeries by a major hospital in northern California.

Congressman Dan Lungren serves on the Judiciary, Homeland Security, Budget, and House Administration Committees

Sting Operation Reveals Multiple Violations

Rancho Cordova, CA - The City of Rancho Cordova recently participated in a sting operation that resulted in an arrest for two felonies and two misdemeanors.

"We were investigating and responding to code and safety violations but also discovered elderly abuse, drug dealing, and contractor licensing fraud," said Howard Williams, Supervising Building Inspector.

About a month ago, a house in the Rockingham area had been cited by the City's Building and Safety Department and Code Enforcement Department for numerous building code violations and illegal occupancy.

The home was officially lived in by the owner, an elderly woman in frail health, and her daughter and son-in-law. City inspectors found unsafe additions and remodeling projects that had been completed without permits. A garden shed had been wired for electricity and contained a working air conditioner and a bed. In addition, electric

extension cords were running from the house to the garage and the water heater was in an open area in a bedroom, creating potential carbon monoxide and fire dangers to her and neighboring residences.

The homeowner was given 30 days to get permits and to remedy the list of violations. But even after an additional 10-working day extension was granted, inspectors found that most of the violations had not been corrected even though the homeowner had hired and paid a "contractor" to make the corrections.

Upon further investigation, City inspectors found that the "contractor" who was hired by the homeowner upon the recommendation of her son-in-law, was using someone else's contractor's license. They also discovered that the son-in-law and the "contractor" had persuaded the elderly owner to take out a reverse mortgage on her home to make the changes but shared the money with little or no being work done.

The sting was planned and carried out in a collaborative effort that included the California State Contractor's License Board and Rancho Cordova's Police Department, Building and Safety Department, and Code Enforcement Department.

During the sting, it was also discovered that the pick-up truck at the residence was a stolen vehicle and one of the residents was in possession of illegal drugs.

The net result: a \$10,000 administrative fine was levied and arrests for two misdemeanors (elderly abuse and contractor license fraud) and two felonies (drug possession and extortion). In addition, the case was turned over to the District Attorney regarding insurance and real estate fraud. "The City is proud of our ability to work with other agencies to make our community a safe and clean place to live and do business," said Williams.

Fraud in High Speed Rail Initiative Claimed by HJTA

Howard Jarvis Taxpayers Association Sues To Stop Deceptive Voter Information In High Speed Rail Initiative

Sacramento, CA - Howard Jarvis Taxpayers Association has asked the courts to order the Attorney General to prepare a new title and summary for Proposition 1A, the High Speed Rail initiative, or to strike false and misleading statements from the existing Title and Summary written by the Legislature.

Proposition 1A was placed on the ballot just last week as a replacement for Proposition 1. Both would authorize a massive \$9.9 billion bond as seed money for a controversial "high speed rail" project from San Francisco to Los Angeles. But the switch from Prop 1 to Prop 1A will cost the state over \$5 billion just for the supplemental ballot -- and serious questions have

been raised about whether the Secretary of State even has enough time to comply with federal laws designed to permit overseas military personnel to vote on the election.

Jon Coupal, President of Howard Jarvis Taxpayers Association, said: "Proposition 1A is flawed both procedurally and substantively. The manner in which the title and summary have been prepared, the false and misleading information in the ballot material and the fact that this project will be one of the biggest boondoggles in American history is cause for great concern."

"The real problem with Proposition 1A," said Coupal, "is that the title and summary of the measure do not match up with the words of the actual law putting it on the ballot."

Coupal noted that the normal process for putting a measure on the ballot was completely

bypassed: "Rather than have the Attorney General prepare the title and summary, the legislature -- under the influence of the project's proponents -- prescribed how the title and summary will appear in the ballot pamphlet. Voters need to understand that what they read in the ballot pamphlet is not objective or unbiased."

Coupal noted that the most stark example of erroneous language being that the summary states that there exists a requirement for "matching funds" from either the federal government or private sources: "The problem is that the language in the measure itself has no requirement for matching funds -- only that such matching funds will be 'encouraged.' There is a huge difference to taxpayers if matching funds are required versus merely being 'encouraged.'"

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



McCain's Missing Middle

Barack Obama has been flailing in response to the McCain campaign's new aggressiveness, consumed by crying foul. He's gone from hopemonger to whinemonger.

Hypersensitive and defensive, Obama seems obsessed with campaign tactics. This not only plays into the notion that he isn't tough enough, it keeps him from engaging forcefully on substance, especially on domestic issues where he has an advantage.

For the way ahead for Obama, don't look to his tetchy stump performances, but to his paid advertising. Obama's TV ads have taken clear aim at one of John McCain's vulnerabilities -- the Republican offers less direct tax relief to the middle class.

Obama's spots say he'll put "the middle-class first," that he'll "cut taxes for working families," that he has "a plan that cuts taxes for middle-class families three times as much as John McCain would," and under McCain, "100 million Americans get no tax relief at all."

Even though their image is a shambles, Republicans are sending onto the field a presidential candidate who perhaps has the least to offer middle-class voters on taxes since the first George Bush in 1992. Of course, Bush lost that year to a Democrat promising only to raise taxes on "the rich" and to cut them for the middle class -- exactly Obama's position now.

In his primary campaign, McCain had to endorse the extension of the Bush tax cuts he voted against in the Senate. But they have turned into a trap. Because Obama also wants to extend the middle-class aspects of the Bush cuts, McCain is left alone plugging for extending the cuts on higher earners. The same McCain who "in good

conscience" opposed the original Bush package because it was too skewed to upper-income groups now is supporting a package that, relative to Obama's plan, is even *more* skewed to the top.

Not to mention the Bush tax cuts have the obvious branding problem of the moniker "the Bush" tax cuts. McCain might be worse off if they were called "the Hoover" tax cuts, but not by much.

Obama's middle-class tax cuts are a dog's breakfast of credits and giveaways. McCain's camp is right that the proposals are pandering, and that the Obama approach taken in its totality -- higher taxes on investment, health-care mandates, massive new spending, etc. -- will dampen growth.

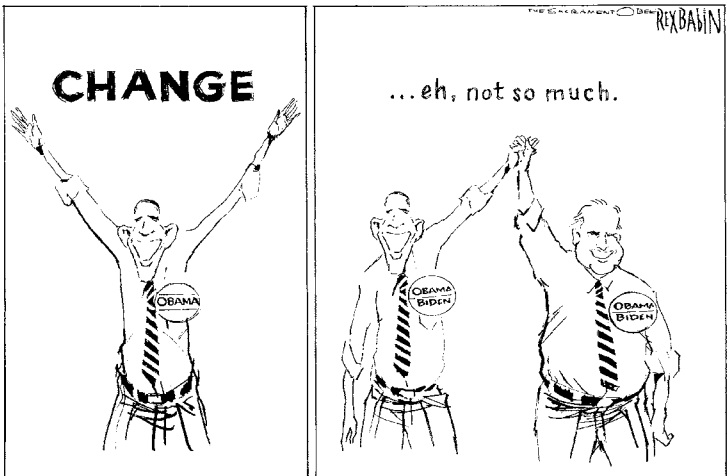
But when it comes to the economy, it's a cost-of-living election, with health-care costs and energy prices eroding workers' wages. This is why McCain's new support for offshore drilling has had such resonance. On the tax front, he offers families a doubling of the dependent exemption from \$3,500 to \$7,000. That sounds like a lot, but people down the income scale don't pay enough in income taxes for the exemption to make much of a difference, and for everyone else, McCain fully phases it in only in 2016.

Unless McCain finds a way to get more relief to middle-class families, he has an enormous weakness. Policy doesn't win or lose elections alone, but it can interact powerfully with a candidate's narrative.

McCain can still adjust, and he'd better. Obama can't be counted on to complain all the way to November.

Rich Lowry is editor of the National Review.

© 2008 by King Features Synd., Inc.



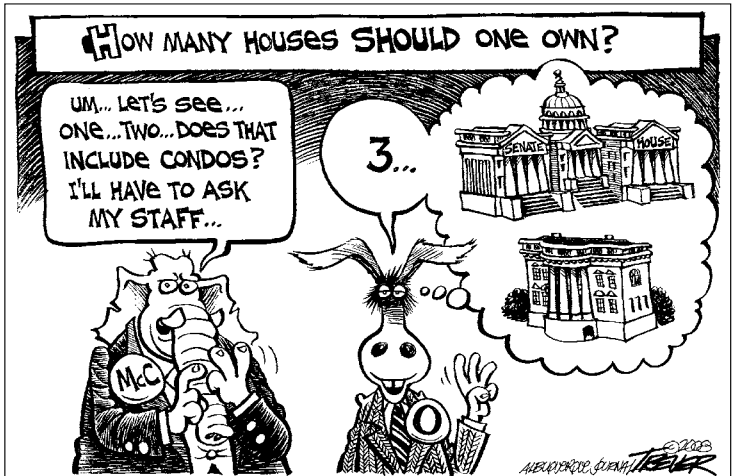
Stop Bullying Sarah!

Christian Newswire -- Concerned Women for America Legislative Action Committee (CWALAC) is appalled at the distortions about women and Christianity embodied in the personal attacks against a political candidate who is unapologetically also a woman, wife, mother and evangelical believer.

"In its continuing game of 'gotcha' journalism and the 'politics of personal destruction,' the mainstream media (MSM) and celebrity reporters are piling on Sarah Palin," said, Dr. Janice Shaw Crouse, political commentator for CWALAC. "The personal attacks have reached unprecedented pettiness and hypocrisy. Even former journalistic giants (like the Washington Post and New York Times) are engaging in tabloid-like sensationalism and printing vicious distortions about her life, faith,

experience and family. Even feminists -- who supposedly promote women's equality and the so-called 'women's rights' agenda -- are questioning a female candidate's ability to get the job done. It's past time for the bullying to stop!"

Crouse continued, "As an outsider who came to Washington without political connections and became a presidential speechwriter and denizen of the West Wing halls of power, I'd like to offer the governor a bit of advice: Don't be intimidated by the ubiquitous 'data robots' who are like children's wind-up toys spewing out facts and information. They sound impressive, but I've found that they often lack wisdom, insight and vision; many of them haven't the foggiest idea what those facts mean, sometimes lack common sense and



Sarah Palin addresses a recent rally in Carson City Nevada

too often are unable to shape ideas into reality. Don't be impressed by 'inside-the-Beltway' lingo; far too often the short-hand language that the inside crowd uses to talk to each other obscures the fact that they know very

little about the real world inhabited by mainstream Americans."

During the Values Voter Conference this weekend, Dr. Crouse can be reached on her cell phone directly at 202-497-9556.

McClintock Says "I Will Not Raise Taxes"

State Senator Tom McClintock's Democratic opponent, Charlie Brown, who has never been involved in state budget negotiations, last week distributed an email demanding passage of the budget now pending in the State Legislature. McClintock delivered a response to Nevada County Republicans in a speech Saturday in Grass Valley.

"Sorry, Charlie, I will not raise taxes. I will not raise taxes in California. I will not raise taxes in Washington D.C. I will not raise taxes, period," McClintock said. "And, that is something the people of this district can take to the bank."

While McClintock is a candidate in California's Fourth Congressional District, he has not stopped fulfilling the duties of his day job. McClintock is one of the 15 Senate Republicans holding the line in the debate over California's state budget. The current state budget proposal that Charlie Brown demands be passed includes more than \$5 billion of new taxes that will boost California's sales tax to nearly 10 percent. McClintock said the state budget proposal contains the second biggest tax increase in the history of California.

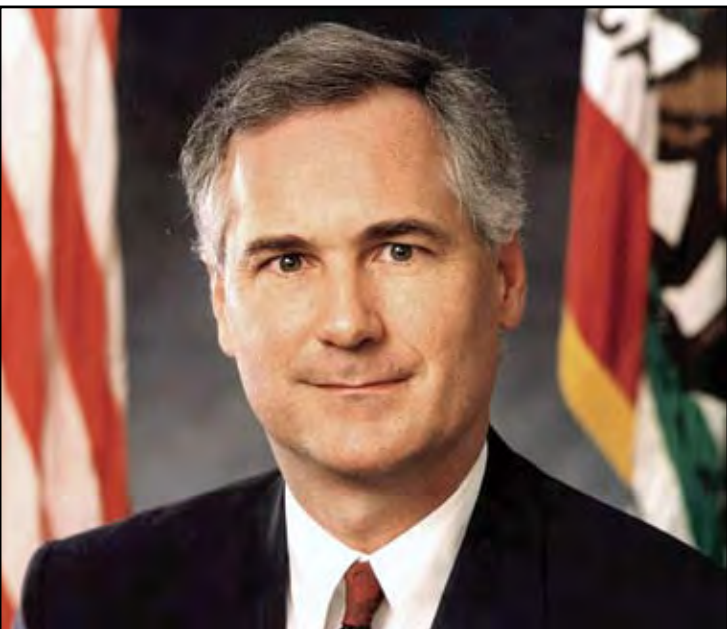
"It will cost an average family some \$550 of additional taxes at a time when they're struggling

to pay their electricity bill, their gasoline bill and a tax burden that is already one of the highest in the nation," McClintock said. "That shouldn't surprise us. Charlie has already proposed an \$18 billion tax increase on oil companies. There's only one problem with that. Oil companies don't pay oil company taxes. We consumers pay oil company taxes as they pass them along to us as higher prices."

McClintock said it comes as no surprise that Charlie Brown refuses to take the "No Tax Pledge" to protect the people of the 4th Congressional District from the massive tax increases that the Pelosi Congress is already preparing to unleash.

McClintock said that the Pelosi and her colleagues have refused to make the Bush tax cuts permanent -- and they have refused to repeal the Alternative Minimum Tax. He said their refusal to do so makes those tax increases automatic.

"That's why the election is so important. That's why the no tax pledge is so important. And that's why Charlie Brown's insistence on passing a budget with the second biggest tax increase in the history of California is so appalling -- and why it's important to understand what it would do to our economy," McClintock said.



Will Brown Give Back Tainted Cash After Latest Rangel Revelation?

Rep. Charlie Rangel, Chairman of the powerful Ways and Means Committee, has been caught skirting the Internal Revenue Service with his failure to disclose possible rental income he's received from a beachfront vista on an exclusive part of Dominican Republic. The money he's saving by not reporting this income is being handed down to Democratic candidates all across the country. To date, 4th District Democratic Congressional candidate Charlie Brown has received \$11,500 from Rangel's various fundraising accounts for Democratic candidates. "Charlie likes to portray himself as being above politics and partisanship," said Bill George, McClintock for Congress communications director. "But he's all-too-happy to accept cash from big-spending liberal icons like

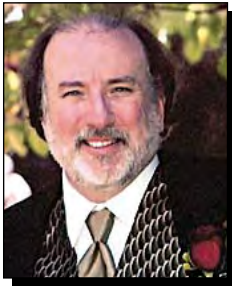
Charlie Rangel," George said. "We ask Charlie to give up the \$11,500 in tainted cash."

Rangel is just one of several prominent liberal Democrats passing the hat for Charlie. Rep. Barbara Lee, one of the most liberal members of congress, feted Charlie at a gala fundraiser Sunday night in Albany, and Los Angeles Rep. Brad Sherman has also held a fundraising event for Brown.

"It seems like every liberal Democrat out there is raising money for Charlie," George said. "Funny how Charlie tries to hide the fact that he's a liberal Democrat himself. In fact, he won't even endorse Democrat nominee Barack Obama. If Obama were to come to the district, would Brown even attend his events?"

AMERICAN RIVER MESSENGER

"Written by the people for the people"



Publisher - Paul V. Scholl

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

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

Subscriptions should be mailed to American River Messenger, 7405 Greenback Lane, #129, Citrus Heights, CA 95610. Subscription rate is \$20 per year within Sacramento county, \$30 outside Sacramento county. The ARM is published twice monthly.

Call 916-773-1111 for more information

Graphics & Layout -
Distribution Assistant -
Advertising Sales -
Classified Sales -
Editorial Support
Contributing Writers -

Tim Reilly
Marylys Johnsen-Norris
Judy Zimmerman
Pastor Ray Dare
Accounting -
Web Master -
News Services -

Mary Jane Popp
Kay Burton
Calvin and Lisa Wulf
Yolanda Knaak

Lauren Forcella
Phil Cowan
Amanda Morello
David Dickstein
Nicholson & Olsen CPA
RJ at thesitebarn.com

King Features Syndicate • PRWEB NewsWire
North American Precis Syndicate • Blue Ridge Press
Amanda Morello • Mary Pearson

Photography -

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

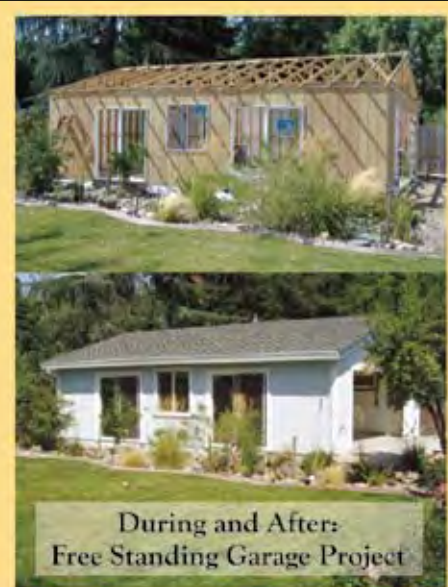
To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: publisher@americanrivermessenger.com.

Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 773-1111.

American River Messenger is a member of
Messenger Publishing Group



We are Proud members of these newspaper associations.



During and After:
Free Standing Garage Project

Customer Reward!

Instant \$250 rebate on
your signed contract!



We are confident
that our
reputation
speaks for itself.

*Minimum purchase \$3000 for 100%
rebate, other exclusions may apply.

Visit www.hsgconstruction.com to see our work!

PROUD MEMBER OF:
BETTER BUSINESS BUREAU
FAIR OAKS CHAMBER OF COMMERCE
HOME BUILDERS ASSOC. OF NO. CA
STATE CONTRACTORS LICENSE BOARD
NATIONAL ASSOC. OF HOME BUILDERS
TREXPRO CERTIFIED CONTRACTOR



HERITAGE
SERVICE GROUP
CONSTRUCTION & REMODELS

LICENSE #841305

Sacramento:
916 961-7366
Cameron Park:
530 676-2066

San Juan High School Celebrates 95th Anniversary

by Barbara Morarity-Van Dyke
San Juan Alumni Association

San Juan High School in Citrus Heights was established in 1913 and is celebrating its 95th Anniversary in 2008. There will be a San Juan ALL-CLASS Reunion Picnic on Saturday, October 4th, 2008 at Rusch Park in Citrus Heights from 11:00 am to 5:00 pm. So if you attended, taught or worked at San Juan High sometime in the last 95 years, you are invited to attend this reunion, along with your family. This is an opportunity to visit with friends and neighbors that may have been in a different class year than you, also to visit with past teachers and faculty. You do not normally get to see these Spartans at your regular class reunions.


There is no fee to attend. San Juan High students will be selling

various lunch items and treats at the picnic, to raise funds for their various student activities. So you can support their fund raising and buy lunch at the picnic, or bring your own picnic lunch. The box lunches will be prepared fresh by the San Juan Culinary Arts & Baking Academy, sell for \$8.00 and include a croissant sandwich of turkey, roast beef or vegetarian, with potato salad, fruit, cookie and bottled water. Only 100 box lunches available, so first come first served.

Events and Entertainment are planned all day. You can also shine up your cool cars or motorcycles to bring out for the display. Our car show will be hosted by John Sweeney & Evonne Sotelo-Sweeney (Class of 1967) of Cruisin' News Magazine & Cruisin' Talk Radio. Our theme is 'The Race Is On'! So wear your

favorite motorsports or race team apparel. We will be lining up a couple of guest speakers, made up of alumni who are involved in the racing world. Attached is a form to participate in the Car & Motorcycle Show. This is not a judged event and there will be Participation Certificates given. Please let us know if your vehicle is classified as a 'Race Car or Motorcycle', as we will have special 'Race Corral'.

The entertainment will include the award winning Citrus Heights Marching Band. The Opening Ceremony starts at noontime. We are also having a Musical Jam Session at 3:00, so those of you that play, please bring your instrument. To have more details e-mailed to you about this picnic, please send your request to sanjuanalumniassoc@gmail.com. Or call for more details to Richard at (916)332-2204.



JESUIT HIGH SCHOOL

A Catholic College Preparatory High School
Developing Men of Conscience, Competence, & Compassion



Welcomes the Class of 2012 and announces our Fall Open House

Sunday, October 5, 2008
11:00 a.m. to 1:00 p.m.
Continuous campus tours until 12:45p.m.
For more information, please visit our website: www.jhssac.org

1200 Jacob Lane • Carmichael, CA 95608
(916) 482-6060 X 227

SAN JUAN ALUMNI ASSOCIATION

October 4th, 2008

San Juan Concours Car & Motorcycle Show

All San Juan Alumni, Past or Present Faculty or Current Students Bring your favorite Ride for Display.

The Race Is On!

The Concours will be held during the **San Juan ALL-CLASS Reunion Picnic on October 4th, 2008**, to celebrate San Juan High School's 95th Anniversary. This Reunion and Show will be held at Rusch Park in Citrus Heights from 11 am to 5 pm.

The Race Is On! Wear your Favorite race team or motorsports T-Shirts, Hats, etc. If you have a Race Car, please bring it for the 'Race Corral' display.



Our Hosts for the San Juan Concours will be: **John Sweeney & Evonne Sotelo-Sweeney ('67)** From Cruisin' News & Cruisin' Talk.

Contact: John or Evonne at (916) 217-2451 or cruisinnews@mac.com or Gary at gnsj1973@surewest.net to pre-register your car or motorcycle in the show.

35¢

COLOR SALE!

2 CITRUS HEIGHTS LOCATIONS!

6966 SUNRISE BLVD.
TEL: 916.725.4994
7405 GREENBACK LANE.
TEL: 916.725.1345

COPIES • NOTARY • FAX SHIPPING • PACKAGING

The UPS Store®





Messenger Publishing Group

Call us for your local advertising needs

916-773-1111



BIG BOB'S FLOORING OUTLET

SCORE big SAVINGS at big bob's!

THE SMARTEST WAY TO BUY YOUR FLOORING!

thousands of yards in stock for immediate installation!

hurry! At these prices our inventory will go fast! bring your MEASUREMENTS! 12 months SAME AS CASH!

COMPARE AT \$2.66!

HOW DO WE KEEP OUR PRICES THIS LOW?
Our buyers live in Dalton, GA where they buy direct from the major manufacturers, cutting out the middle man!

12' Vinyl As low as \$.50 sq. ft.

12' Stainmaster Vinyl flooring starting @ \$1.10 sq. ft.

62 oz. Dupont Stainmaster Cable with Freize Twist

Ceramic Tile Blowout!
Prices starting @ \$.59
24" Porcelain Tile \$1.59

Laminate as low as \$.85 sq. ft.

38 oz. Wunda Weve Beautiful Nylon Pattern Berber \$1.45 sq. ft.

Remnants Priced to Sell!

We will buy back your old carpet towards your new purchase!

\$2.28 sq. ft.

GREAT SELECTION!



6000 AUBURN BLVD. • CITRUS HEIGHTS, CA • 916-728-4000
(between Manzanita & Greenback) • jon@bigbobssacramento.com
License #12223

STORE HOURS:
Monday - Friday / 9:00 - 6:00 • Saturday 9:00 - 4:00





By Lauren Forcella

Dear Straight Talk: I was back-to-school shopping with my daughter when I first heard Katy Perry’s song, “I Kissed a Girl.” I was totally shocked to hear the words hooked to such an insanely catchy beat: “I kissed a girl and I liked it / The taste of her cherry chap stick / I kissed a girl just to try it / Hope my boyfriend don’t mind it.” My daughter said she was shocked at first, too, but that the song is really popular and “no big deal.” My daughter is a freshman. Is bisexuality something she will encounter in high school? I couldn’t get much out of her on the topic. Could your youth panel shed some light on this? — Rattled Mom

From Kendal, 22: How much teens are exposed depends on their interest. To physically expose oneself to bisexuality requires curiosity or desire. Many girls think kissing another girl is gross and they never want to do it. But there are lots of jokes and rumors in high school about what girls do together (much more than the male side of it), and it’s not that taboo anymore to be “not straight.” I think bisexuality is increasingly mainstream because of efforts by the GLBT (gay-lesbian-

straight talk for teens

“I Kissed a Girl”

bi-transgender) community, the rise of the porn industry, and because of the sexual freedom portrayed in movies (which include many direct references to male fantasies of girls together). Something R-rated 30 years ago is now PG-13. It shocks our parents, but we just laugh.

From Britney, 16: Walking around my high school, it is not uncommon to see a girl holding hands with her boyfriend, kiss him, and then turn to her girlfriend and kiss her. The majority of girls having physical relationships with other girls are not lesbians, and don’t even consider themselves bisexual. On the other hand, it is rare to find experimental guys. Where girls kissing girls is somewhat of a party game, guys find kissing guys disgusting.

From Lennon, 21: The song is crap. Don’t musicians want to have a positive influence on children? Look the lyrics up; they’re stupid, but they walk the line, which is why the song gets so much attention. Program a snappy beat, talk-sing some edgy prose, and voilà! you, too, can be uber-famous. If a guy came out with “I Kissed a Boy,” it wouldn’t even get produced. Most bisexuality springs from peer pressure combined with alcohol and/or drugs. I went to a private high school where there was almost none of this, but an acquaintance from college, who is mostly lesbian (but bi, too), says it was considered normal

to experiment with bisexuality at her public high school, and that being gay or lesbian was common. She said their foreign exchange student initially found the scene bizarre and unnatural, but everyone kept telling him how great it was and by the time he left, he was dating a guy.

From Mariah, 16: Yes, your daughter will be exposed to this in high school. I know as many bisexual girls as guys, and as many lesbians as gays. For some it’s an experiment, for others, a lifestyle. I have bisexual friends who go to this club where you have to be 14 to get inside and they have drag queen fashion shows with an open dance floor afterward. Bisexuality is everywhere. It’s not something to make you look cool. I’ve had friends beaten up for it.

Dear Rattled: There’s an earful for you. And to all my readers, if I may be so politically incorrect, unless one has had gay or lesbian inklings since one was very young, I believe the “bi-curious” activity described here is socially, not genetically, driven. I heartily support tolerance — but let’s not avoid the truth. And parents, if you don’t want the media to socialize your child, turn that thing off. I did.

Write to Straight Talk at
www.StraightTalkForTeens.com or
PO Box 963, Fair Oaks,
CA 95628.

POPPOFF!

with Mary Jane Popp

PERSONALITY DIET

Are you tired of trying every single diet that comes out from Hollywood Grapefruit to Pill Power...and they still don’t work? Could your personality determine your diet? Dr. Robert Kushner, Medical Director of the Wellness Institute at Northwestern University, told me they treated literally thousands of patients with his revolutionary program, and he tells all about it in his book Dr Kushner’s Personality Diet.

This is how it works. You take the diet personality test Dr. K has pioneered for his patients to identify which eating, exercise, and coping patterns have been feeding your overweight lifestyle. The ultimate treatment plan boosts your overall health in addition to weight loss. The bottom line is he believes fat is not your fault, but it is your responsibility. Actually the good Doc is amazed that more Americans than one in three aren’t overweight. He feels that unless there is an understanding that the battle over one’s weight is not “one size fits all,” Americans will keep yo-yo-ing on and off diets to higher levels of obesity. So, in instead of struggling to find the optimal percentage of carbs and protein in your diet, Dr. K says learning to shape one’s weight gaining patterns into weight losing patterns is the key to weight loss success.

So what are some of these

Personality types? In his Eating Test he talks about:

THE UNGUIDED GRAZER: You do not plan your meals or eat on a set schedule. Oooopppps, I think that might be me. Sooooo, if this is you, then create a supporting structure. Just eat...and enjoy. Connect hunger and fullness cues. Fill up on fiber and water.

NIGHTTIME NIBLER: You eat little during the day, but you’re ravenous at night. Redistribute calories. Calorie proof your home. Plan one nightly snack that satisfies. Reset your nighttime routine.

HEARTY PORTIONER: You put too much on your plate, usually finish it, and feel stuffed. Pace your mind and body. Proportion your plate. Be savvy about servings. Overcome portion traps. I wonder if he means Buffets? I do love Buffets! And there are more eating types.

Then the Doc got into the Coping Test. See if you fit one of these.

EMOTIONAL STUFFER: You eat when you are stressed, anxious, lonely, or depressed. Inventory your food. Acknowledge your feelings. Nurture emotions without food. Strengthen mind-body connection.

P E R S I S T E N T
PROCRASTINATOR: You talk endlessly about needing to lose weight, but can’t make it happen. No problem. Probe the procrastination trait. Prompt yourself. Make it manageable. Enjoy



small successes.

PESSIMISTIC THINKER: You are doubtful that anything new will work for you. Then realize pessimism’s perils. Turn I can’t into I can. Accentuate the positive. Treat yourself better.

This is just the tip of the iceberg in Dr. Kushner’s book. Basically, Dr. Kushner says what we all need to reach that dream weight is not Willpower but Skillpower! Small changes in lifestyle can yield big results when the changes are targeted to an individual’s lifestyle patterns. Check out Dr Kushner’s Personality Diet Book or go to www.DoctorKushner.com. Remember **SKILLPOWER** over **WILLPOWER!!!**

Check out the “POPPOFF” Radio show Monday thru Friday on AM-950 KAH10 AM-Noon and Saturday on AM-1240 KSAC 11 AM-Noon for provocative fast-paced informational and entertaining radio listening!



CST #205/435-40

Ships and Trips  *Travel*

Trude Peterson Vasquez
Your Personal Travel Specialist in Fair Oaks
(916) 961-3282 business
www.Trude4Travel.com
Trude.shipsandtrips@yahoo.com

“The world is a book, and those that do not travel read only one page.” ~ Saint Augustine

Forms Assistance for Homeowners and Renters Rebate

Whether you own or rent your home, if you are over age 62 (or blind or disabled), you may qualify for this State of California tax rebate program. It’s a once-a-year payment to qualified households with 2007 income of \$42,770 or less. Assistance to complete the form is being offered on Saturdays from 9 am to noon, continuing through the October 11. Appointments can be scheduled by calling 808-5462.

Ethel Hart Senior Center
915 27th Street
Sacramento 95816
808-5462

Weekly SUDOKU

Answer

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

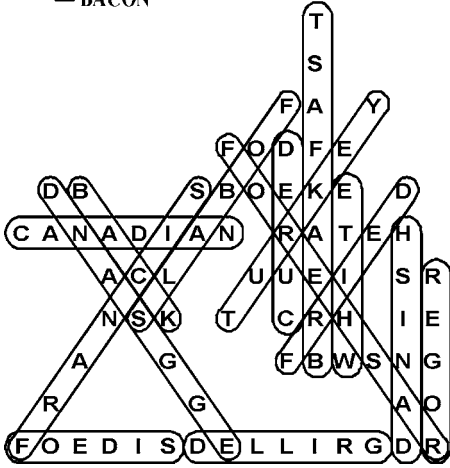
Magic maze

Answers

— BACON

Trivia Answers

1. A spat
2. Uranus
3. Stevland Hardaway Judkins
4. Pairs of black aces and eights
5. Ralph Waldo Emerson
6. A red star
7. Miller
8. Rudy
9. Mindy Sterling
10. The troposphere



King Crossword

Answers

Solution time: 27 mins.

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

When someone you love has Alzheimer’s, the whole family is affected.

That’s why we make sure the whole family is involved.

It takes a special kind of person – and a special kind of place – to provide Alzheimer’s care. You’ll find both at The Gardens at Citrus Heights.

The special needs of those coping with Alzheimer’s and other memory impairments demand a special kind of care and support: for them, and for those who love them. The Gardens at Citrus Heights offers just that, in a secure, inviting setting.



The Gardens
AT CITRUS HEIGHTS
An Emeritus Alzheimer’s Care Community

To care. To comfort. To understand.

916.729.2722

7375 Stock Ranch Road
Citrus Heights, CA 95621
www.emeritus.com



Emeritus License # 347003712
©2007 Emeritus Assisted Living



Trends-n-Treats
PET SUPPLY - SPA - BOUTIQUE

QUALITY PET NUTRITION & GROOMING

ph. 916-536-0000

fx. 916-536-0105

email. millie@trendsntrtreats.com

address. 5341 Sunrise Blvd.

Fair Oaks, CA 95628

www.trendsntrtreats.com

Custom Landscape Design, Installation, Renovation & Maintenance



A Nurturing, Full-Service Landscaping Company

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



metrochamber
SACRAMENTO METROPOLITAN
CHAMBER OF COMMERCE



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

Our customers call Lawnman “the nurturing landscapers.”

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

Fries with That?

Landmark Fast Food Menu Labeling Legislation Lands on Governor’s Desk State Leads Nation in Requiring Calorie Info on Menu Boards

(Business Wire) - Following final California Senate passage this morning, California is now a signature away from becoming the first state in the nation to require chain restaurants to post calorie counts on menus and menu boards. SB 1420 (Padilla), which affects chains with 20 or more locations, now moves to Governor Schwarzenegger’s desk for signature.

“This is a huge victory for the health of Californians and the consumer’s right to know,” said Dr. Harold Goldstein of the California Center for Public Health Advocacy, a leading proponent and sponsor of the legislation. “This significantly increases our arsenal in the growing battle against obesity. When Californians walk into a fast-food restaurant, the vital information they need to make healthier decisions will be

right in front of them.”

If signed by the Governor, more than 17,000 restaurants in California will be affected by the legislation. The bill provides for a two-year phase-in period - with brochures containing nutritional information (the number of calories, grams of saturated fat, grams of carbohydrates and milligrams of sodium) required at the point of sale and drive-throughs beginning July 1, 2009, and posting of calorie information on menus and indoor menu boards beginning January 1, 2011.

Senator Alex Padilla (D-Los Angeles) authored the bill with Senator Carole Migden (D-San Francisco) and Assemblyman Marc DeSaulnier (D-Concord). The bill is sponsored by the California Center for Public Health Advocacy and the American Cancer Society.

“With this legislation, Californians will now be able to easily see that a large order of fries and a cheeseburger at McDonald’s has fewer calories than a blueberry muffin and a venti mocha Frappuccino at Starbucks,” said

Goldstein. “Prominently giving such information to consumers -- before they place an order -- isn’t going to end California’s obesity epidemic, but it’s a good place to start.”

The challenge to understand chain restaurant menus was highlighted last year, when a statewide Field Research Corporation poll was released showing that only 10 percent of Californians could pick the healthiest item from a short list of common fast foods. That same poll indicated that 84 percent of Californians support the concept of posting nutritional information in chain restaurants. Restaurants and fast-food outlets are a key concern because Americans consume about one-third of their calories at these establishments.

CCPHA is an independent, nonpartisan, nonprofit organization leading efforts in California to understand and address the state’s growing obesity crisis. For more information on this legislation, visit the CCPHA site at: www.publichealthadvocacy.org.

Schwarzenegger Adds Taxpayer Protections to High-Speed Train Bond Act

(Business Wire) - Judge Quentin Kopp, Chairman of the High Speed Rail Authority, lauded Governor Schwarzenegger today (Aug 26) for signing Assembly Bill 3034, adding new taxpayer protections to the High-Speed Train bond Act on the November 4 ballot.

“I commend the California Legislature and Governor Schwarzenegger for their willingness to place the highest priority on bringing a high-speed train system to California,” Kopp said.

“Assemblymember Cathleen Galgiani’s tenaciousness and skill kept AB 3034 alive, to the benefit of every Californian. And Governor Schwarzenegger’s leadership has ensured that unprecedented economic safeguards will guide the construction of a vitally needed transportation alternative.”

Assemblywoman Galgiani thanked the Governor for signing the legislation and added: “The High-Speed Rail bill

will put California’s economy on the fast track to economic recovery by creating hundreds of thousands of jobs and ensuring accountability and oversight of state transportation dollars.”

Kopp said AB 3034 will improve the high-speed train bond language with important taxpayer protections and cost controls. “This November, Californians will now be able to vote on a high-speed train system grounded in public-private financing and guided by fiscal accountability with the guarantee of no new taxes to fund the system,” he said.

“The California High-Speed Rail Authority has worked diligently to present the voters with the best, most responsible improvement to our antiquated transportation systems in California. Building a high-speed train in California will cost two to three times less than expanding freeways and airports to accommodate millions of new Californians by 2030.

“This choice for voters is

overdue, and the Governor recognizes that high-speed trains offer a sound solution which is both economically and environmentally responsible. With no operating subsidies and no new taxes, a reliable 220-mile-per-hour electric high-speed train system will reduce our dependence on foreign oil by more than 12 million barrels per year and reduce greenhouse gases that cause global warming by 12 billion pounds annually.

“I look forward to a robust introduction of high-speed rail to California voters, who repeatedly voice their support for jobs, clean air, better movement of goods and commerce, and environmentally responsible transportation alternatives to high gasoline prices and overcrowded airports. Thanks to bipartisan efforts in Sacramento, California’s shine is a little more golden today. Let’s put the 21st century golden spike in the ground on November 4,” declared Kopp.

“Real-Wallet” Impact of High Business Taxes

Tax Foundation Launches CompeteUSA Campaign To Highlight “Real-Wallet” Impact Of High Business Taxes

Campaign Follows OECD Reports Showing U.S. Competitiveness in Decline and that High Business Taxes are Single Most Harmful to GDP Growth

Washington, DC, August 19, 2008 – With the United States facing a “quadruple threat” of negative economic indicators - a stock market in decline, a housing market in decline, seven months of increasing unemployment, and high gas and food prices - and with a public concerned that the country is trending toward a recession, the Washington, DC-based Tax Foundation today launched its CompeteUSA campaign to raise the public’s awareness of America’s high business tax rates and how those taxes have a “real-wallet” impact on our competitiveness, wages, and living standards.

As part of this look at the “real-wallet” impact of business taxes, the CompeteUSA campaign will also talk about how the American worker shoulders a disproportionate amount of the corporate tax, and the fact that the poorest 20 percent of households pay more in corporate income taxes each year than they pay in individual income taxes. In fact, corporate taxes were 6.3 percent of low-income households’ tax bills last year compared to just 4 percent for individual income taxes.

CompeteUSA’s first project is a brand new website located at <http://www.taxfoundation.org/competeusa/> that went live today, and upcoming activities will include a national cable television ad buy, web advertising, new Tax Foundation studies on economic competitiveness, and op-eds from national economic leaders highlighting the impact of high business taxes on the American worker.

The CompeteUSA campaign launch comes on the heels of new data released by the Paris-based

Organisation for Economic Co-Operation and Development (OECD) showing that the United States has the second-highest corporate income tax rate in the industrialized world, that for the 17th consecutive year the average rate of corporate taxes in countries other than the U.S. fell while our corporate tax rate stayed the same, and a new OECD study that finds that corporate taxes are the single most harmful tax to GDP growth - more so than even personal income taxes or consumption taxes.

The U.S.’ high corporate tax rates were also the focus of an editorial in the Wall Street Journal last Friday entitled “America the Uncompetitive,” which pointed out that “every month that goes by without tax reform, America is a relatively less attractive place to do business.”

“20 years ago, the U.S. led the world in cutting the corporate tax rate to make our economy more conducive to job creation,” noted Tax Foundation President Scott Hodge at the CompeteUSA kickoff. “Since then, almost every other industrialized country has cut its corporate tax while the United States has stood still, and as a result, the U.S. corporate tax rate is now 50% higher than the OECD average.”

“The Chinese are not only beating us in the gold medal count, but also in the race to lower their corporate tax rate,” Hodge concluded. “The wages and living standards of American workers are threatened as long as our business tax system remains out of lines with the rest of the world average, and that will only change if we start cheering on our country’s economic competitiveness with the same passion that we cheer on our country’s athletic competitiveness.”

Seven statistics about the corporate tax that might surprise you:

- The combined federal and state corporate tax rate in the U.S. currently stands at 39.3% (the second-highest among industrialized countries), while the OECD average tax rate has fallen to 26.6%.

- Last year, 27 countries cut their business taxes to make their economies more competitive and attractive to investment. This year, more countries – including Canada, Germany, New Zealand, Spain, the United Kingdom, Italy, and Switzerland – all cut their corporate taxes as well.
- China has recognized the significance of cutting corporate tax rates and has reduced their top standard corporate tax rate from 33% to 25% just this year.
- According to a recent Tax Foundation study, the federal corporate income tax alone collected \$370 billion in 2007. That’s an average household burden of \$3,190 per year—more than the average household spends on restaurant food, gasoline or home electricity in a year.
- A 2006 working paper by a staff economist with the non-partisan Congressional Budget Office found that 70 percent of corporate tax burdens fall on domestic workers through lower real wages, while the remaining 30 percent fall on company shareholders.
- As a group, the poorest 20 percent of households pay more in corporate income taxes each year than they pay in individual income taxes to the IRS each April. Households earning under \$23,700 in 2004 paid on average \$271 in corporate income taxes, compared to just \$171 in individual income taxes.
- As a share of their total tax burden, corporate taxes were 6.3 percent of low-income households’ tax bills compared to just 4 percent for individual income taxes.

Scott Hodge is president of the Tax Foundation, a nonpartisan, nonprofit organization that has monitored fiscal policy at the federal, state and local levels since 1937. He leads the foundation’s new CompeteUSA campaign for business tax reform along with Robert Carroll, Ph.D., Vice President for Economic Policy at the foundation and recently Deputy Assistant Secretary for Tax Analysis at the Treasury Department.

CiminoCare Celebrates 20 Year Anniversary

“Filling Life With Love”

If we look back on our lives, the fondest memories are often associated with events that happen with our family members and friends. Life’s fondest moments are cherished and new memories are created when people who care about each other celebrate events.

Nearly one million seniors and individuals with disabilities in 38,000 assisted living residences nationwide celebrated the 14th Annual National Assisted Living Week.

Assisted living staff members and residents alike anticipate this event months in advance, planning activities around a theme. This

year’s theme was “Filling Life With Love” and Cimino Care invited the community to join the celebration. The week spotlighted the vital role assisted living plays in caring for our nation’s seniors and individuals with disabilities. The “Filling Life With Love” theme celebrates and pays tribute to the exceptional involvement of all providers, families, volunteers and individuals from the surrounding community.

CiminoCare celebrated their 20 year anniversary while honoring National Assisted Living Week, September 7-13, 2008. Locally CiminoCare has two assisted living memory care communities, Citrus Heights Terrace and Arden Park Villa, and one independent senior living facility, Auburn Oaks,

along with two other bay area communities. Each of the assisted living communities hosted various events to celebrate and honor this exciting week. Local area residents stopped by for tours to learn more about assisted living or other senior care options.

Families and visitors met the residents and staff at Citrus Heights Terrace and Arden Park Villa and learned about the services provided there.

CiminoCare thanks the community and their staff for celebrating their 20-year anniversary and participating in the “Filing Life With Love” celebration. Moments of shared laughter and fun benefited everyone involved, and created new cherished moments to remember.

HUGE Parking Lot Sale - Reserve your Space NOW!

Saturday, Sept. 20, 7am - 5pm.
Setup: Friday, Sept 19th (all day)
or after 5am on Saturday the 20th.
Location: Sierra Arden Church,

890 Morse Avenue (Corner of
Morse and Northrop, near Fair
Oaks and Watt).
8 foot wide space, \$25

12 foot wide space, \$30.
\$5 discount for repeat sellers.
Reservation: Call 916-483-5501



SOROPTIMIST INTERNATIONAL of CITRUS HEIGHTS

The members of Soroptimist International of Citrus Heights would like to announce our current meeting times. SICH meets the first and third Wednesday of each month at Denny’s on the corner of Greenback Lane and Sunrise Blvd. at 12:00pm. The mission of SICH is to promote the advancement of women through volunteer service to the community. We are a group of women dedicated to the promoting interest and involvement in our community to better the lives of women and girls.

If you are interested in attending a meeting or finding out more about our club, please contact Sue Green, Membership Coordinator, at (916) 996-4349 or seg1seg@aol.com.

QUALITY MAKES A DIFFERENCE

QUALITY MANAGEMENT
50 years under local management and ownership.

QUALITY ASSETS
In 2007, we completed our 19th consecutive year without any foreclosed properties on our books.

QUALITY SERVICE
Voted the Best Bank in many of our local communities.

SAFE—STRONG—SECURE

**EL DORADO SAVINGS BANK**

Serving our local communities for 50 years

Member **FDIC**

CITRUS HEIGHTS • 7895 Lichen Dr. • 729-1100
eldoradosavings.com



**Memories fade...
but meaningful moments will be cherished forever**



- ❖ Activities and program specific to residents with memory impairments
- ❖ Nurturing, home-like environment
- ❖ Beautiful outdoor courtyard with gazebo
- ❖ 24 hour care by staff trained in dementia care
- ❖ Secure setting
- ❖ Short term/respite program

Citrus Heights Terrace
Memory Care Community
(916) 727-4400

**CIMINOCARE** www.CitrusHeightsTerrace.com
7952 Old Auburn Road
(between Sunrise and Antelope)
License # 347001498

CLEAN & SOBER
LIVING
CSTL, Inc.

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

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

Fair Oaks Dog Walk To Be Held October 4

Fair Oaks

Mark your calendars for Saturday, October 4 because the 6th Annual Fair Oaks Dog Walk will be soon be here! Registration opens at 8:30 a.m. and the walk begins at 9:00 a.m.

The 2-mile walk will begin at Fair Oaks Village Park, 7997 California Avenue, down to the river, across the footbridge, along the horse trail and back to Village Park. It's an easy walk followed by food, live music, contests,

vendor exhibits, prizes, and a Parade of Breeds. Microchipping will be available.

You'll have an opportunity to enter your pouch in the canine version of musical chairs or the longest tail contest! Participants are encouraged to pre-register for the event to receive a "goodie bag" and order a commemorative T-Shirt. The entry fee is \$10 for the first dog and \$5 for each additional one.

The Top Dog Sponsors for the event are Western Feed &

Pet Supply and Trends & Treats. Proceeds benefit FORDOG (Fair Oaks Responsible Dog Owners Group), TEAM (Teaching Everyone Animals Matter) and the Fair Oaks Chamber of Commerce.

For sponsorship opportunities or raffle donations, contact Teri Stevens, Fast Frame at 296-3632 or visit www.fairoaksdogwalk.com.

2008 Mac Huss Memorial Golf Tournament - 19th Hole

Fair Oaks

Dustin Buck, Event Chair

A few more than 60 golfers showed up bright and early for the Mac Huss Memorial Golf Tournament Friday, August 22, and enjoyed a wonderful day of golf at Ancil Hoffman golf course. The group agreed the change to an 8am shotgun worked much better for schedules, and finishing at the same time makes the day not as long as it could have been. The U.S. ARMY

Recruiting Office of Fair Oaks was the tournament gold sponsor and was onsite passing out tee prizes and helping with the award presentations. Trude Vasquez from Ships and Trips Travel was a silver sponsor as well as sponsoring a \$5000 hole-in-one. Unfortunately, there were no rounds bought for everyone in the clubhouse on Friday. Congratulations to Bill Kouris, Kevin Schultz, Rick Gomes, and Bob Mansow for shooting a 9-under 63 in scramble format

and winning the first place prizes. The BBQ lunch was provided by the golf course, and most ate while the raffle took place. Of course everyone booed the table that seemed to win all the prizes; moreover, the day was a "great reason to get away from the office." I was privileged to have the chance to Chair this event again this year and look forward to a bigger and more successful 2009 Mac Huss Memorial Golf Tournament!

6th Annual Community Field Show

Fair Oaks

by Bonnie Leonard, Bella Vista Band Boosters

Entertainment will be provided by the Bella Vista Jazz Band, Pep Band and guest elementary and middle

schools. It will also feature the Bella Vista Marching Band and Auxiliary. As a result of a misprint in the first edition of the September news article we would like to inform the community that the Bella Vista Band is the ONLY marching band in the San Juan

Unified School District. Our program continues under the leadership of band director Ed Moore. We look forward to an enjoyable evening of music on Sat. September 27th from 6pm to 8:30pm at the Bella Vista High School Stadium.

VFW Hosts Essay Contests

Carmichael

The Veterans of Foreign Wars Post # 2324, Carmichael, and its Ladies Auxiliary are sponsoring a pair of essay contests for students in 6th through 12th grades.

Middle school students, 6th-7th and 8th grades, participate in the Patriot's Pen contest – a patriotic essay writing contest. This VFW sponsored youth essay competition gives students an opportunity to write essays expressing their views on democracy and the chance to win U.S. Savings Bonds with the National Award of a \$10,000 bond. The theme for this years

contest is: "Why America's Veterans Should be Honored". Participants are asked to type an essay in English between 300 and 400 words in length.

High school students, 9th-10th and 12th grades, are eligible to enter the Voice of Democracy contest. Students compete by writing and then recording a three – five minute audio/essay expressing their views on a patriotic theme. This competition has been sponsored by the VFW for over 60 years. The theme for this year's contest is: "Service and Sacrifice by America's Veterans Benefit Today's Youth by...." The National First Place

Award is \$30,000.

The deadline for both contests at the Post #2324 is November 1, 2008. The winners of the Voice of Democracy and the Patriot's Pen contests also win an all-expense trip to Washington D.C.

Interested students, parents and teachers should contact the Voice of Democracy and Patriot's Pen Chairman, Norbert Walery, at VFW Post #2324, Carmichael, by phone at 916-967-0323. They can also contact the VFW Ladies Auxiliary #2324 Chairman, Lorraine Kane, at 916-687-7509.

Victory Christian Denim & Dream

Carmichael

Come Dine and Dream!

How would you like to win a stay in Monterey, Kings tickets, or an airplane ride? These are just a few of the items that will be auctioned off at Victory Christian School's "Denim & Diamonds" Dinner/Auction on Saturday, October 11, 2008.

This community event will be held at Christ Community Church, 5025 Manzanita Avenue in Carmichael from 5:30 pm –

8:30 pm. An auction preview will be held at 5:00 pm, and dinner will be served at 5:30 pm. Cost of the tri-tip dinner is \$15 for adults or \$100 for a table for 8.

Proceeds from the auction will be used for scholarships and technology improvements in the classrooms, including new computers in the junior high science lab, and projectors in each high school classroom that link with teacher's computers. Victory Christian School has been educating students in the region with a quality academic

and spiritual education for over 45 years.

Individual and business donations are still needed for the auction and donations are tax-deductible. For more information, or to donate for the silent or live auction, please contact Paula Palomo at 488-5601, ext. 116.

Enjoy the food, enjoy the fun, take home some great gifts, and help Victory Christian School all at the same time at "Denim & Diamonds."

Never Forget Our Fallen

October 4

The Never Forget Our Fallen organization is hosting the 2nd Annual Balloon Release Memorial Event at the All Veterans Memorial site at the State Capital on Saturday, October 4, 2008

This event will honor all service men and women both past and present.

As well as feature "A Walk/Run To Honor" dedicated to all those who have lost their lives protecting our country and those currently protecting our country. You are encouraged to bring signs and/or pictures of loved ones or individuals past or present you would

like to honor as you walk.

The walk will end at the Informational Fair, where you can gather information.

We will all then enjoy the event speakers, celebrate all veterans with the annual balloon release, and wrap up the day with a wonderful picnic in the park.

Please Pre-register to the Walk/Run to Honor today.

Your Pre-registration fee is \$30.00 includes:

A Walk to Honor T-shirt, Sports Pack, Bottled Water & Lunch.

Check in begins at 8:30 a.m. Walk/

Run begins at 9:30 a.m.

On October 4th the cost is \$35.00

For additional information, please contact Deborah Getz at (916) 223-6816 or

Email: Support@neverforgetourfallen.com

Web: www.neverforgetourfallen.com

If you cannot attend the 2nd Annual Memorial Balloon Release Event and would like to send in a donation we appreciate your support. Proceed of this event go towards building the Memorial Wall for all those troops who lost their lives in Afghanistan and Iraq.



la
bella

LEARNING CENTERS

*A quality learning environment
inspired by the Reggio Emilia Approach*

“Valuing the Time to Think”

**Now Enrolling
for Fall Programs**

**Preschool & School-Age
Serving Children Ages 2 to 12**

Hours

6:00 am - 6:30 pm
Monday - Friday

8896 N. Winding Way • Fair Oaks, CA
(near Hazel & Hwy 50)

(916) 965-1273

www.LaBellaLearning.com

License 343612019

Before & After School Transportation to
Pershing • Twin Lakes • Orangevale Open
• Northridge and Legette

Pay for college without going broke

Fair Oaks man teaches free workshops to help parents save thousands in process

FAIR OAKS---Parents that are planning on sending a child to college in the next few years, but aren't quite sure how to pay for it can now rest a little easier.

Tary Farnholtz of Dollars for College, Inc. has been educating parents in the community about what to do if they haven't saved enough for college.

'It's really sad, but most parents that we talk to have done real well financially, but never found the time to save for college, and now they're facing a bill of \$18,000-\$45,000 a year, and they don't know who to turn to,' he says. 'Further, most of the time, all they hear is to not even bother applying for any aid because they make too much money. However, most of the time, that is simply not true...even if they make a six-figure income.'

Tary's affiliation with College Planning Specialist of Carlsbad, CA who have worked with over 3000 families in the last 15 years ranging from single moms to corporate CEO's, swears he can help anyone get through the process and save a bundle....no matter how good of a student they have or how much money they make.

'Simply put, we show parents the truth that they aren't hearing anywhere else about how the college process really works, and how they can get their child into a top school, help that student pick a career that will suit them and pay them well, and save thousands of dollars in the process.'

Parents will have a few opportunities to hear Tary speak. He is teaching his class 'How to Give Your Kid a 4-Year College Education...Without Going Broke!' The

workshop dates are Thursday, September 18th at the Carmichael Library, 5605 Marconi Avenue 6:15-7:45pm. Saturday, October 11th at the Fair Oaks Library, 11601 Fair Oaks Blvd. 10:15-11:45am, Saturday, November 1st at the Fair Oaks Library, 10:15-11:45am and

Saturday, November 8th at the Fair Oaks Library 10:15-11:45am.

We'll discuss everything from the greatest myths about the college process, to how to send your student to a fancy private school for less than the cost of a junior college... it'll be like learning how to get a brand new Lexus for the price of a used pick up truck,' he grins.

Topics will also include why private scholarships and 529 plans are a waste of time, how to double or even triple the amount of free money you receive from each school, and how to avoid the one mistake that will kill your chances of getting any money at all that almost every other parent will make this year, and much, much more.

'They will learn a ton, and I do my best to make the class fun,' he says. 'It's like I'm giving them a super bright flash light to navigate a pitch black cave, while all the other parents continue to stumble around blindly!'

'Don't forget: the class is totally free, but seats are limited by the size of the room and many families have had to be turned away at the door of recent workshops due to no reservation being made. You can reserve a seat by calling (916) 966-8800 or schedule a FREE, no obligation, one-hour consultation.



California Institute
of
Jewelry Training

Carmichael, California



**Jewelry
Makers
Faire**

September 20, 2008

Make Jewelry All Day!

Classes include: Precious Metal Clay, Enameling, Forging, Wire Wrapping, Cold Connections, Bracelet Making And Much, Much More!

**SPACE IS LIMITED
SO RESERVE YOUR SPOT NOW!**

To Register and for more information-
Call: 487-1122 or
email: info@jewelrytraining.com



California Institute of Jewelry Training ♦ 5805 Windmill Way, Carmichael



Rand K. Jacobs

R.K. Jacobs Insurance Services

Home • Auto • Business

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

Counties Get Assistance from Senator Cox’s Measure

State News

After months of negotiations and advocacy, Senator Dave Cox pushed for the passage of Senate Bill 1308 – a bill that requires the state to pay the City of South Lake Tahoe and the County of El Dorado for costs incurred during the Angora Fire.

“The devastating Angora Fire left the people of Tahoe and their community emotionally and financially drained. It is one of the most expensive disasters in the history of the Basin,” said Cox, who represents all residents of El Dorado County in the State Legislature. “Resources from the City and County had to be redirected from other programs to fight the blaze.”

“This legislation will allow the City and the County to recover money from the state,” Cox continued. Specifically, SB 1308 adds the Angora Fire to the list of disasters eligible for full state reimbursement of local agency cost under the California Disaster Assistance Act.

In June of 2007, the Angora Fire burned 3,100 acres and destroyed 257 homes in the Tahoe Basin. Senator Cox joined then Acting Governor Garamendi to declare a State of Emergency in El Dorado County. Cox’s measure received the support of the California Professional Firefighters, City of South Lake Tahoe, County of El Dorado, Regional Council of Rural Counties and the California State Association of Counties.

SB 1308 has passed both houses of the Legislature with bi-partisan support and is awaiting the Governor’s signature.

This measure is Cox’s latest effort to assist victims of the Angora Fire. Shortly after the Angora Fire broke, Cox co-authored Assembly Bill 62 (Nava) to provide tax relief to residents who lost their homes due to the fire.

Senator Dave Cox represents the residents of the First Senate District, which includes all or portions of Alpine, Amador, Calaveras, El Dorado, Lassen, Placer, Plumas, Modoc, Mono, Nevada, Sacramento and Sierra Counties. Contact his office at 916-651-4001, or via email at senator.cox@sen.ca.gov.

Business Expo at Sunrise Mall

Citrus Heights

The Citrus Heights Regional Chamber of Commerce is pleased to announce our 20th Annual Business Expo will be held at Sunrise Mall on October 11 & 12, 2008. The Business Expo provides the perfect opportunity for you to showcase your products and services to thousands of potential customers in the community. The average attendance at Sunrise Mall is 30,000 per weekend. You work hard to find your customers. Most of them don’t seek you out – you have to find them. The Business Expo gives you the opportunity to make the best use of your time on the two busiest shopping days of the week as your market comes to you. You may sell at this show. Please contact Renee Larscheid, Membership Director, at (916) 722-4545 or renee@chchamber.com, as soon as possible to reserve a booth.

Rotary Club Yard Sale

Citrus Heights

Our Rotary Club is having a Yard Sale on September 20 at the Woodmore Oaks Shopping Center at the vacant Roseville Bank of Commerce Building, 6950 Sunrise Blvd., Citrus Heights, CA 95610. Time will be 7:00 am to 6:00 pm. The profits made from this yard sale will go to help fund the programs of the Citrus Heights Rotary Club, such as scholarships to students from San Juan High School and Mesa Verde High School, The Dictionary Program, whereby we give every 3rd grader in Citrus Heights elementary schools a dictionary for their very own, to take home and use. We give out 50 to 60 food baskets at Christmas time to families in need in the Citrus Heights Community.

Sign Code Enforcement an Issue with You?

Several business people who are members of the Fair Oaks Chamber of Commerce are not happy with the code regulations for signs in the County of Sacramento. The Fair Oaks Chamber of Commerce Political Affairs Committee, under the guidance of Don Troutman, is looking into the situation.

Other parties that are concerned or interested in this issue are encouraged to contact Don Troutman and express their interest. The best way of contact would be through email: soberdon@comcast.net . If that is not possible you may call the chamber office at (916) 967-2903 or leave a message at CSTL (916) 961-2691.

Once some of the interested parties are identified we will set up an steering meeting to discuss what and how we want to address the issue. This is not the time to remain in the background because this is an issue that affects all businesses.

Sincerely,
Don Troutman
Clean & Sober Living
(916) 961-2691
www.clean-and-sober-living.com

Season Kickoff Dinner for SJHS Football Team

Citrus Heights

Meal prepared and served by the Citrus Heights Lions

The Citrus Heights Lions Club has supported many neighborhood schools by donating time and money for special academic needs and events. Lions appreciate how hard these students work and are very proud to assist them. The Lions, for the San Juan High School football team and Coach Hibbard, prepared a season kickoff dinner. Approximately 80 or more meals were served. Lions were impressed with how courteous these young men were and gave some of the credit for their behavior to Coach Hibbard. Hours of preparation went into the meal and decorations. Some team members got a kick (no pun intended) out of seeing a SJHS class of 1960 sweater on display among the wall decorations. The dinner was great and Lions wish the team good luck in the upcoming season. Go team go!!



Texas Hold ‘Em Tournament

Citrus Heights

The Citrus Heights Regional Chamber of Commerce presents Texas Hold ‘Em, a tournament benefiting the Chamber’s many programs including educational scholarships and economic development.

The Tournament will take place on October 18th at 7115 Greenback Lane in the City of Citrus Heights and Chamber Courtyard. Doors open at 5:00pm with food and beverages available. The Tournament begins promptly at 6:00pm. Everyone wins a prize! Call the Citrus Heights Regional Chamber office at (916) 722-4545 to purchase your \$50.00 buy in, or to sponsor a table at \$200.00.

Best of Citrus Heights

Citrus Heights

The Citrus Heights Chamber of Commerce invites you to participate in fourth annual “Best of Citrus Heights.” This event celebrates the best businesses from over forty different categories throughout the community. Eligible businesses are located within Citrus Heights or are current members of the Citrus Heights Regional Chamber of Commerce. Best Real Estate Agent/Company, Best Family Dinner, Best Ice Cream and Best Place to Get a Massage are a sampling of the categories to be honored at this event.

Please join in on the voting by visiting www.bestofcitrusheights.com. We have already received over 1,000 ballots and look forward to everyone’s participation. This year’s Best of Citrus Heights awards will be presented at a luncheon on Tuesday November 18th at Crosswood Oaks Retirement Community at 6650 Crosswoods Circle in Citrus Heights. Contact the Chamber office at (916) 722-4545 to make reservations for this event.

RealCare Parenting Program

Citrus Heights

Soroptimist International of Citrus Heights would like to announce the continued participation in the RealCare Parenting program with a generous donation of 10 infant simulators to Del Campo High School in Fair Oaks. Soroptimist International of Citrus Heights (also referred to as SICH) has been participating in a program for several years and has contributed babies in the past to several schools in the community. This is a program sponsored by Realityworks which sells the infant simulators. The baby debut will be Friday, September 12, 2008. Additionally SICH will be contributing items the babies will need such as diaper bags and clothing. The Realityworks program is taught in the Sociology class at Del Campo by Isabel Johnson. The program demonstrates the twenty-four hour responsibilities of having an infant. The babies come in both genders and all races. The infant simulators are computer based and can be programmed to have many different behaviors. The babies simulate crying and can even monitor if the baby is shaken or mistreated. The program requires students to provide twenty-four hour a day care for the babies for a five day period. The five days provide a perfect time frame for them to get a feel of the real-life care a baby requires.

We are excited to be a part of this program and help educate students on the reality of having a child before they are ready to accept the full responsibilities of such a life changing event.

If you are interested in finding out more about Soroptimist International of Citrus Heights and the types of programs we are involved in please send an e-mail to Sue Green at seg1seg@aol.com.

DAVID L. MACDONALD'S
BEST OF BROADWAY
PROUDLY PRESENTS

Night on the Town

September 5-28, 2008

Choose from Two Locations

Luther Burbank Theatre, Sacramento
September 5, 6 & 7, 2008

Whitney Theatre, Rocklin
September 12, 13 & 14, 2008
September 19, 20 & 21, 2008
September 26, 27 & 28, 2008

Evenings at 7:30 pm
Fridays, Sept. 5, 12, 19, 26
Saturdays, Sept. 6, 13, 20, 27

Matinees at 3 pm
Saturdays, Sept. 6, 13, 20, 27
Sundays, Sept. 7, 14, 21, 28

Ticket Prices - Adults - \$25
Premium Seating - \$35
Seniors & Students - \$20
Groups - \$20
Children under 12 - \$15

Tickets available online at www.bestofbroadway.org

For More Information & Tickets Please Call 916.974.6280

"Best of Broadway... a marvel!"
Sacramento.Bee

Celebrating its 36th anniversary!

It's not Broadway, it's...
THE BEST OF BROADWAY!

This year's production is made possible in part by generous support from the Florin Road Partnership

Love Roots ~ Americana
Folk ~ Blues Music?

How about beautiful Riverfront Camping,
Hiking, Whitewater Rafting, Swimming,
Great Food and Beverages, Kid's Activities
or Music Jams and Workshops?

The
2nd Annual American River
Music Festival

SEPT. 19-21
COLOMA

3 Days Camping
and All Music \$89
Single Day Tickets \$35

americanrivermusicfestival.org
myspace.com/americanrivermusicfestival
or call (530) 622-6044

Orangevale Rotary Club

Be Aware of “Variables” When Creating Investment Strategy

Orangevale

Orangevale Rotary Club will host its 9th annual Just A Little Bit Country Barbeque & Auction on Saturday, September 20th, 5:30 pm to 10:30 pm at Divine Savior Church Parish Hall at Greenback and Filbert. Since 2000, Rotarians of the Orangevale Club have put on a wonderful evening featuring great food, great silent and live auction items, and a chance to socialize with Orangevale neighbors and friends. The generously donated auction items support the Orangevale Rotary Charitable Fund, which provides funding for scholarships, support for Boy Scout and Girl Scout troops, and financing of community service projects for our area, such as the Casa Roble Softball Field of Dreams, renovations at Twin Lakes Food Bank, home painting for needy residents, and Partners in Education Grants for classroom teachers

The Orangevale Rotary Club is comprised of 53 dynamic community members. The club has been recognized as the Most Outstanding Club in the Sacramento region, winning this award six of the last nine years. The Sacramento District boasts 40 Rotary clubs with a current membership of more than 2,000 Rotarians. Rotary’s motto “Service Above Self” is exemplified by the volunteer club members.

The Orangevale club works in the local community by performing smoke detector checks at mobile home parks, adopting local families in need during Thanksgiving and Christmas and supporting the Orangevale Library. Other projects include a new softball backstop at Oakview

Elementary School, and Kids Korner Preschool facilities improvements, benefiting the children in Orangevale. In 2008, the club distributed over 500 illustrated hardcover dictionaries to every 3rd grade student in all of the five elementary Orangevale public schools.

The Orangevale Rotary Club also sponsors students to a leadership camp and awards college scholarships to students who achieve high academic standards and participate in community service. They sponsor a Rotary Interact Club at Casa Roble High School, as well as speech, photo and essay contests for our middle school and high school students.

The auction is a great place to find bargains for the upcoming Christmas season. There are deals to be had! Please help Orangevale Rotary support the community by planning on attending.

Tickets are available for \$35.00 per person at Orangevale Copy, 9267 Greenback Lane.



Kirk Camunez

In almost any endeavor you can think of, your success depends on a number of different factors. And the same is true of investing. You can create a strategy to help you achieve your long-term goals, such as a comfortable retirement, but your results will depend a great deal on how you adjust some key “variables.”

What are some of these variables? Consider the following:

- Retirement age — Clearly, the age at which you plan to retire can have a big impact on your savings and investment strategies. If you want to retire early, you will likely need to accumulate more financial resources than if you were to work well into your sixties. To build these additional resources, you might have to invest more aggressively — that is, include more “growth” vehicles in your portfolio — during your working years.
- Lifestyle — We all have different thoughts on the “ideal” retirement and these differences affect our investment strategies. For example, if you plan on spending your retirement traveling around the world, you’ll likely need to accumulate more money than your neighbors, who plan on sticking close to home and pursuing inexpensive hobbies. Therefore, you may need to achieve more growth from your investments than your neighbors need from theirs.
- Inflation — If you’re trying to calculate type of performance you might need from your investments to reach your goals, you should consider your “real” rate of return — that is, the return you get after inflation. If we experienced an annual inflation rate of three percent, you would lose about half of your purchasing power after 25 years. To stay ahead of inflation, you’ll need to include some growth-oriented investments in your portfolio.
- Life expectancy — Obviously, you can’t say exactly how long you’re going to live. Still, if you consider your family’s history of longevity and your own level of health, you can probably make an educated guess. If you think it’s entirely possible that you could spend two or three decades in retirement, as many people do, then you’ll need to plan carefully so that you don’t outlive your resources. This may mean that, during your retirement years, you’ll need to structure your investment portfolio to provide you with both growth and income opportunities.
- Taxes — Many people assume that their tax burden will decrease significantly when they retire, but that’s not always the case. Income from a variety of sources, such as retirement plans and individual investments, is going to be taxable when you retire, so you’ll need to have the money available to pay these taxes.
- Health care — Health care costs continue to rise. When you retire, you become eligible for Medicare, but this won’t cover all your costs. So, as you save and invest for the future, you may want to factor in the need to have sufficient liquid resources to cover your doctors’ visits, prescriptions and other health care expenses.

As you move ahead with your investment strategies, you may want to consult with a financial advisor — someone who can look at these factors and help you create a “big picture” solution that’s right for your needs. But no matter how you proceed, don’t wait too long to get started — because life, with all its variables, has a way of moving quickly.

This article was written by Edward Jones for your Edward Jones financial advisor.

A SEMINAR FOR EVERYONE WHO ISN'T A FAN OF TAXES

You're Invited ...

Join us for our free *Tax-free Investing* seminar. It's your opportunity to find bonds and funds designed to help you keep more of what you earn instead of signing it over to the IRS.

These bonds and funds may be subject to state, local or the alternative minimum tax (AMT).

Prospectuses are available for any of the mutual funds offered. The prospectus contains more complete information including fees, charges and expenses as well as other important information that should be carefully considered. Your financial advisor can provide you with a prospectus which should be read carefully before you invest or send money.

Seating is limited, so reserve your place today.

Refreshments and light snacks will be served.

Date.....Tuesday, September 23, 2008

Time.....6:00 - 8:00 PM

Location.....Orangevale Community Center

Kirk Camunez

Financial Advisor

8920 Greenback Lane Suite D
Orangevale, CA 95662
916-989-0920

www.edwardjones.com

Member SIPC

Edward Jones

MAKING SENSE OF INVESTING

BCI

BOB CLOUSE
INSURANCE SERVICES

What We Do:

Personal Insurance

- Auto
- Homeowner
- Renters
- Condos
- Boats & Yachts
- Motorcycles & ATVs
- Motorhomes



Commercial Insurance

- Auto Service
- Construction
- Restaurants
- Wholesale
- Retail
- Professional Offices
- and many more...



BCI has provided consistently excellent, innovative and dependable insurance services to our clients for more than 30 years. BCI is an independent insurance firm, we pride ourselves on the personalized and professional services we provide to our clients.

9267 Greenback Lane, Suite B-6 • Orangevale, CA 95662
916.988.3457 Office • **916.988.1503** Fax
License #0550206

Orangevale Chamber of Commerce

BUNKO

Win Prizes

Win Prizes

Cost: \$15.00 in advance
\$20.00 at the door
FREE Dessert Bar!

When: Friday Evening, October 3, 2008

Time: Doors open at 6:30 pm
Games at 7:00 pm

Location: Orangevale Grange Hall,
5807 Walnut Ave, Orangevale CA
(Madison/Walnut)

Everyone Is Welcome

We Teach You How To Play.....

RAFFLE PRIZES SILENT AUCTION

Tickets Available at the Door


For Advance Tickets or More Information
Call the Orangevale Chamber of Commerce
916.988.0175



40 MILLION DRIVERS
PARK HERE.


It's no accident that more drivers go with us and stay with us.
To get the coverage, rates and service you deserve, talk to an agent today.
You'll see why State Farm is such a great place to park.

Hurry and talk to a State Farm agent near you today:



Audrey Smith-Wiberg


Insurance Lic. #: 0728819
8850 Greenback Lane
Orangevale, CA 95662-4019
Bus: 916-988-5493



Emily Wingate

Insurance Lic. #: 0820041
5936 Main Avenue
Orangevale, CA 95662-4911
Bus: 916-988-9146

LIKE A GOOD NEIGHBOR



STATE FARM IS THERE.®

statefarm.com®

P050369 9/05

State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company – Bloomington, IL

Sacramento River Cats Crowned 2008 Champions

River Cats win 2nd consecutive PCL Championship following 3-1 series victory against Oklahoma

Oklahoma City, Okla. – The Sacramento River Cats hoisted the 2008 Pacific Coast League Championship Trophy on Sunday afternoon in Oklahoma City, completing a three-games-to-one series victory against the Oklahoma RedHawks for the team’s second consecutive PCL crown and fourth in the last six seasons.

Sacramento outfielders Chris Denorfia and Carlos Gonzalez earned the Co-PCL Postseason Most Valuable Player Award. Denorfia, the club’s leadoff hitter throughout the playoffs, hit .486 (17-for-35) with 12 runs scored and four home runs in the playoffs. Gonzalez hit .406 (13-for-32) with eight RBIs.

The River Cats defeated the RedHawks 4-2 on Sunday behind the young arm of Brett Anderson and the bat of Gonzalez. Anderson, the 20-year-old left-handed starter for Sacramento, threw seven innings, allowing just two runs

in the victory. Gonzalez drove in all four of Sacramento’s runs, including a three-run home run in the third inning.

Gonzalez’s home run followed catcher Justin Knoedler’s double



off the 350-foot marker off the top of the left field wall and a Chris Denorfia walk. Gonzalez drove in another run in the fifth inning with an RBI single, to score Travis Buck who reached on a double.

The RedHawks struck for the first time in the sixth inning, scoring two runs on back-to-back RBI singles off Anderson. Anderson’s

performance was supported by numerous defensive gems by the River Cats infield, including diving plays by third baseman Donnie Murphy and first baseman Casey Rogowski.

Elk Grove product Brad Kilby threw an inning of shutout relief and Brett Prinz threw a perfect ninth inning to earn the save.

Sacramento will wrap up their ’08 season with a one game, winner-take-all Triple-A Championship at Oklahoma City’s

AT&T Bricktown Ballpark on Tuesday, September 16 at 5 p.m. PST. The Cats will face the Scranton/Wilkes-Barre Yankees, winners of the International League Championship Series. The Bricktown Showdown will be internationally televised on ESPN2 and broadcast live on K-Hits 92.1 FM with the voice of the River Cats, Johnny Dostkow.

Rio Americano High School Performs Down Under



Carmichael

by Corey Darf

This past summer 49 members of the Rio Americano High School Honors Concert Band and Jazz Ensembles travelled to Australia for an unforgettable 12-day performance tour. As participants in the Australian International Music Festival, the students performed to enthusiastic audiences at four different venues including the world-famous Sydney Opera House. The trip proved an incredible experience for the students, band directors and chaperones. Senior Jackie Rose writes of the trip:

“The Tour itinerary would tell you that we had to spend 2 hours in a coach, 4 hours in airports, and at least 16 hours on different planes, just to get to Australia. The itinerary would tell you that on the first day we met Tony, our ‘tour escort’, went up the Sky Tower,

visited Bondi Beach, saw the South Head, and took a tour through the “Rocks” District of Sydney. However, no itinerary could tell you of the supreme excitement we all felt at our first sight of the Sydney Opera House, or the extreme jetlag fatigue that struck us down during dinner.

Group photos could tell you more of our story: the white tent under which we played at Darling Harbor, our attempts to surf at Manly Beach, our visit to a place where we actually hugged koalas and kangaroos. But the photos can’t show you how much fun we had when we played at Darling Harbor, watching as the people walking by stopped to listen to us. And the photos, no matter how brilliantly taken, cannot describe the exact texture of a koala’s fur.

Neither the photos nor the itinerary will tell you that we played Ultimate Frisbee with a bunch of Aussies, or that I met a few Kiwis (New Zealanders) who were as crazy for my favorite book as I am. The itinerary can tell

you our guide was Tony, but not that he was the best tour guide ever. Nothing can describe the feeling of getting a standing ovation in the Sydney Opera House, or the intensity with which we played “Abram’s Pursuit” for the last time. And, finally, no itinerary and no photo could tell you that this trip was the greatest adventure I have ever had.”

The Rio Americano band program, under the combined direction of Josh Murray and Max Kiesner, provides high quality music education to over 180 students in four levels of concert band and three jazz ensembles. In addition to their recent Australia tour, Rio bands have toured in Europe, Japan and China and won national recognition at such prestigious events as the Essentially Ellington and Monterey Jazz Festivals. For additional information on the Rio Americano High School band program visit www.rioband.org or contact Josh Murray (jomurray@sanjuan.edu or 916-971-7512).



County of Sacramento
Municipal Services Agency

Town Hall Forum Focusing on Fair Oaks, Gold River, and Orangevale
Thursday, September 18th, 2008
Orangevale Community Center
6826 Hazel Avenue, Orangevale, CA 95662
6:00-9:00 p.m.

- Hosted by District 4 County Supervisor Roberta MacGlashan and County Executive Terry Schutten
- View a slide show presented by Code Enforcement on how to deter neighborhood nuisances
- Visit over 2 dozen information booths and speak with representatives of County departments and special districts

Light refreshments will be provided. Seating is limited so please RSVP to Shannon Arata at 916-875-1514 or aratash@saccounty.net.

GOLD RIVER CREDIT UNION

Open To:

Businesses, their employees and their family
Residents and their family

- **FREE ON-SITE ATM**
- **FREE ONLINE BILL PAYER**
- **CERTIFICATES**
- **CHECKING**
- **LOANS**
- **OVER 25,000 LOCATIONS**

Come in today for a free personal tour and informational packet.



2180 Golden Centre Lane #50
In Gold River Towne Centre
next door to Applebee’s Restaurant

(916) 638-8238



THOMAS B. HAMMOND
PERSONAL & BUSINESS BENEFIT PLANNING

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

A FULL SERVICE FIRM

WE ARE YOUR SMALL BUSINESS BENEFITS SPECIALIST

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

HELPING SACRAMENTO BUSINESSES FOR OVER 35 YEARS

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

KAISER PERMANENTE Proudly Presents



Veggie Chase 5k and Kids Runs

Sacramento’s Newest, Most Fun, Most Outrageous & Bodacious Kid & Family Running/Walking Event:

October 12, 2008 - 8:15 am Hagan Park, Rancho Cordova

- Free for Kids 12 & under! Adults are welcome too!
- Special low entry for teens & first-time adults!
- Tons of awards, prizes, & awesome food!
- Kids chase the “Veggies” for fun & prizes!
- 5k, mile & shorter kid’s runs!
- Cool course thru Soil Born Farm & the American River Pkwy!

WWW.VEGGIECHASE.COM

For Questions, Volunteer or Sponsorship Opportunities
Email: veggiechase@aol.com

Title Sponsor:
KAISER PERMANENTE. thrive



The Third Annual Fair Oaks Chicken Festival

PRESENTED BY FAIR OAKS RECREATION & PARK DISTRICT

A Fun Family Event

Free General Admission

Saturday, September 20th, 2008

8:00 am to 8:00 pm

The Village • Fair Oaks, CA

CRAFT & FOOD VENDORS • OLD TIME COUNTRY BREAKFAST

KIDS ACTIVITIES • MICROBREW TASTING

BBQ COOK-OFF COMPETITION

LIVE ENTERTAINMENT (FEATURING MUMBO GUMBO)

Pre-Festival Barbeque on Friday, September 19th

6:00pm in Village Park

Celebrating the Village of Fair Oaks and its Fowl Feathered Friends!





Assemblyman Roger Niello
5th District, Fair Oaks

WWW.FAIROAKSCHICKENFESTIVAL.COM

Orangevale Prayer Event

Orangevale

An All Faiths Service to Pray for Peace is being held on Sunday, September 21, 2008, a day declared by the United

Nations General Assembly as the International Day of Peace. The service will be held at Divine Savior Catholic Church, 9079 Greenback Lane, Orangevale. A reception follows the service.

We invite you to join members of our community as we journey on the pathway to peace. Questions may be directed to John Groce, 989-7400, or Diane Stout, 983-3204.

Christian Singles Network Fall/Winter Dance Schedule

Carmichael

Saturday, October 4
The Denim Dance – Wear something denim or come casual. Dance lesson in the Cotton Eyed Joe and the Cowgirl Twist by Jamie Hogan
Saturday, October 25
Costume Dance – Come in Costume or dress casual Janine Wright teaches Salsa & Meringue 7-8 PM

The Dances are held at the La Sierra Community Center in Carmichael, 5325 Engle Rd, near the corner of Garfield. The dances feature DJ Dale

Chessey of Allstar Entertainment playing dance music 8-11:30, with a dance lesson from 7-8 PM included in the ticket price. The music is a mix of rock and roll, ballroom, Latin, country and Christian music.

The ticket price of \$15 presale or \$20 at the door includes hors d'oeuvres and desserts, CSN dances are non alcohol. Christian Singles Network, Northern California's largest inter-church singles group, has over 8,000 singles its roster and holds dances every 3 to 4 weeks. Call the number below for directions or more information.

Membership is not necessary to attend, although members get a \$5 discount at the door. All ages and all denominations are welcome (the average age is 35 to 65, but people

older and younger also attend). CSN has been holding dances 16 years, drawing singles from the Sacramento, the foothills, and beyond to Reno and the Bay Area. CSN hosts other events such as BBQ's, dinners, concerts and speakers.

Pre-sale tickets are available at Berean Christian Bookstore, Sacramento; Wayside Bookstore, Rocklin and Auburn; Jireh's Bookstore in Placerville; and on line at www.christiansinglesnet.com, or by mail through CSN, P.O. Box 909, Meadow Vista, CA 95722. For more information, to receive more information about activities, or directions call the 24 hour event line at (916) 658-0606 or the CSN office at (530) 878-8606.

Fall Job Fair Includes Disability Focus

October 7

On Tuesday, October 7th, HIREvents will host the 17th Annual Fall Diversity HIREvent at the Lion's Gate Hotel Garden Pavilion from Noon to 4 pm. In honor of National Disability Employment Awareness Month, the first half-hour of the event will be open exclusively to jobseekers with disabilities. Sign language interpreters and other

volunteers will be on-site to provide assistance to jobseekers who request it. Admission is free and open to the public.

All jobseekers can meet with dozens of employers hiring for a wide variety of different positions. Employers recruiting include OptiSolar, California Air Resources Board, Employment Development Department, Sacramento County Sheriff's Department, AFLAC, Gap

Inc., H&R Block, Lewis Operating Corp., and many more.

Applicants should wear business attire, bring plenty of résumés and be ready for on the spot interviews.

This event is co-sponsored by PRIDE Industries, California Department of Rehabilitation and California Job Journal. For more information, please visit www.jobjournal.com or call 1-888-THE JOBS.

Salmon Festival Volkswalk

Gold River

OCTOBER 11 & 12, 2008

The Sacramento Walking Sticks will be hosting a walk for fun, fitness and friendship to coincide with the 12th annual Salmon Festival on Saturday & Sunday, October 11 & 12, 2008. Registration for both days will begin as early as 8:00 a.m. thru 12:00 noon. All walkers must be finished and off the trails at 4:00 p.m. The start/finish location will be the Nimbus Fish Hatchery, 11931 Foundation Place, Gold River, CA 95670—look for the Sacramento Walking Sticks banner! There is a \$9.00 parking fee but entering the

Salmon Festival itself is FREE (see the website for the Salmon Festival at <http://salmonfestival.net/>). The walks are FREE and something the entire family can participate in and still have time to enjoy the Salmon Festival, too. If anyone wants to obtain "volkswalk credit" in their event/distance books, the cost for the walks is \$3.00.

There will be a 5K (3.1 miles) and a 10K (6.2 miles) walk to choose from. Both walks are level and rated a 1. You'll walk along the American River and Lake Natoma on trails and then check out the family oriented Salmon Festival that includes children's art activities, wildlife demos, fishing clinics, hands-on

exhibits, food booths and much more. The walks may be difficult for wheelchairs and slightly easier for strollers. Dogs on leash are OK with cleanup. Water and restrooms are available at the Start/Finish of the walk.

The Sacramento Walking Sticks welcome everyone to join in their walks; whether they are members or not. Membership is inexpensive: \$5.00 for seniors (55+), \$8.00 for individuals and \$14.00 for families per year. Club meetings are held on the second Thursday of the month at 7:00 p.m. at the SMUD Customer Service Center, 6301 S Street, Sacramento.

Mercy's "Care Begins with Me"

October 2

A Health and Lifestyle Expo for Women, Oct. 2 from 5:30 to 9 pm

Who: Mercy
What: Care Begins with Me – a Health and Lifestyle Expo for Women

Where: Sheraton Grand Hotel 1230 J Street Sacramento, CA 95814
When: Thursday, October 2, 2008 from 5:30 to 9 p.m.
\$10 advance registration at carebeginswithme.org

Join Mercy Medical Group for an entertaining and enlightening event featuring:

- Informative exhibits on health,

- fitness and style at every age
- Tempering hors d'oeuvres, local wines and gourmet coffees
- Chair massages, skin care and beauty product demonstrations
- Breakout sessions focused on health and fitness
- A "swag bag" of fun and practical gifts and a chance to win a complete spa day for two

Why: The event celebrates healthy lifestyles of women and their families. Women play a critical role in their families lives -- they tend to every aspect of their life and health. On this night, Mercy wants to provide care and support to them.

Catholic Healthcare West (CHW), headquartered in San Francisco, is a system of 42 hospitals and medical centers with

more than 7,800 physicians and approximately 44,000 employees throughout California, Nevada and Arizona. In the Sacramento area, CHW operates six hospitals (Mercy General Hospital, Mercy Hospital of Folsom, Mercy San Juan Medical Center, Methodist Hospital of Sacramento, Sierra Nevada Memorial Hospital and Woodland Healthcare), Mercy Home Health, Hospice and Lifeline and CHW Medical Foundation, which includes Mercy Medical Group and the Mercy Imaging Centers. In fiscal year 2006, CHW provided more than \$465 million in community benefit and free care for the poor. For more information, please visit our Web site at mercysacramento.org.

Miss Citrus Heights / Teen Citrus Heights Scholarship Pageant October 24, 2008

New Miss & Teen Antelope Titles to be awarded Rusch Park

\$1000.00 scholarship to Miss Citrus Heights
\$500.00 scholarship to Teen Citrus Heights

Pageant is open to ladies who are single, never been married nor a parent, and of good morals and character.

Miss contestants 16 - 27 years
Teen contestants 13 - 17 years

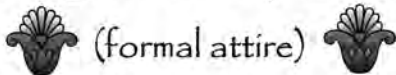
- Free Training - Ramp Walking Public Speaking Official Hair Stylist

If Miss Citrus Heights is unable to use her scholarship with one year of her reign and/or graduation, it will be awarded to her first runner-up. If Teen Citrus Heights is unable to use her scholarship within one year of graduating high school, it will be awarded to her first runner up.

- All contestants receive free training in ramp walking,
- Public speaking, skin care and hair care.
- Runner-ups will be awarded with Miss / Teen Greater Citrus Heights & Miss / Teen Antelope Titles
- Winner will attend a minimum of 25 public appearances, fund raisers, parades, grand openings and special community events.
- Call director Mary Purvis for application and more information 721-3824

Xisters' Networking and Future Leaders Now

Invites you to attend our Fundraiser Dinner & Fashion Show



When:
October 12th, 2008
5:30 p.m.

Where:
Granite Bay Golf Club
9600 Golf Club Drive
Granite Bay, CA 95746

Tickets:
Per person - \$40
Couples - \$75
Per table - \$400

For more info contact:
Lori Thomas - (916) 871-9994
Lisa Taylor (916) 856-4536
Janie Johnson (214) 924-0177

Over the last year Xisters' Networking has hosted several Disaster Awareness Seminars in and around the Citrus Heights and Sacramento Areas. We invite you to attend our first formal fundraiser dinner and fashion show. The money from this fundraiser will be used to purchase disaster awareness backpacks which will be distributed, FOR FREE, to the first attendees at a special Disaster Preparedness Day in Spring 2009. We thank you in advance for your generous support. Our goal is to ensure that every home in Citrus Heights and Sacramento is prepared in the event of a local disaster.



STANFORD HOME

Adventures in Wine

BENEFITING SACRAMENTO KIDS



to dream, to overcome, to thrive...

Live & Silent Auction Event

- Enjoy Great Food & Wine Tasting
- Help Support Local Kids & Families
- Friday, October 3, 2008 North Ridge Country Club 7600 Madison Ave., Fair Oaks

Tickets \$50
Call Today!
916.344.0199



StanfordHome.org

SAR
3000 T Street, Suite 201
Sacramento, CA 95816
(916) 454-0900 Phone
(916) 454-9011 Fax

Maxine.richey@yahoo.com
Lisataylor@sar@yahoo.com
www.sacramentosar.org

This event is **FREE** so please invite your family and friends to attend with you!

- Bounce House \$1.00
- Bake Sale .25 - \$5.00
- Hot dogs & Sodas \$2.00
- Balloons
- Face Painting
- Raffle Prizes
- Pumpkin Contest
- SAR 50% off Sale
- Information Booths
- Natomas Fire Dept.

SAR Fall Festival Fair

We are also accepting donations onsite for clothing and furniture.

Saturday
September 20th 2008
10:00am - 4:00pm
4641 Pell Drive, Suite 9
Sacramento, CA 95838

Sponsored by Sacramento Association for the Retarded
A non-profit organization/All proceeds benefit people with mental retardation and associated developmental disabilities.



By Pastor Ray Dare

One of the greatest emotional hang-ups that people experience today is perfectionism. What is perfectionism? It's trying to gain and maintain the approval of God, the approval of others and maybe even the approval of yourself by trying to be perfect. You have this constant feeling that you don't measure up. You feel like you're not good enough and you feel like a failure. Then you start thinking, "What's the use? If God demands perfection why even try?" And so the Christian life becomes a burden rather than the blessing God wants it to be.

The Bible teaches that you cannot please God by your performance. "God's wonderful kindness is what saves you.... You were saved by faith in God, who treats us much better than we deserve. This is God's gift to you, and not anything you have done on your own. It isn't something you have earned, so there is nothing you can

Get Off the Guilt Trip

brag about." Ephesians 2:5-9 (CEV)

Does God like you? You may hesitate in answering that if you don't understand grace. You may be in a prison of perfectionism; thinking that you have to be perfect for God to love you. How do you get out? There's only one way. There's only one antidote for perfectionism. Grace. Receive God's grace. Let God love you. Grace is God giving to you what you don't deserve: His love, His forgiveness, His acceptance. If you don't get anything else, understand this: God loves you unconditionally. Unconditionally!

Perfectionism is based on the fear. You may think, "But doesn't the Bible say the fear of God is the beginning of wisdom"? Yes but you must understand what that word "fear" means. Proverbs 9:10, "The fear of the Lord is the beginning of wisdom....". The word for "fear", means "reverence" or "to be in awe of". God doesn't want you to be afraid of Him. He wants you to love Him. Jesus didn't say if you're afraid of me you will keep my commandments. He said, "If you love me, you will keep my commandments." John 14:15

But doesn't the Bible say, "Be perfect as your heavenly father is perfect"? Again you need to understand the

word "perfect". Matthew 5:48 (KJV) "Be ye therefore perfect, even as your Father which is in heaven is perfect." That word perfect means "mature". The Message paraphrase puts it this way, "Grow up. You're kingdom subjects. Now live like it. Live out your God-created identity. Live generously and graciously toward others...". God knows you can't be perfect, that's why Jesus came to earth in the first place. He came to do for you what you couldn't do for yourself. Now what you must do is accept it and let Him love you.

Life's greatest burden is trying to measure up to what God has already said no man can measure up to. It's trying to get what God says you already have. Trying to become what God says you already are--loved, accepted, and forgiven when Jesus is in your life. If you've never opened your life to Jesus Christ do it today and get into a good Bible teaching church this Sunday. If you do not have a church family then I invite you to make New Community Church your new church family.

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

Students and Discrimination



Just when you think it couldn't get worse ...the attacks on your faith and your constitutional freedoms keep on coming. In fact, they are intensifying. In the midst of pressing deadlines and round-the-clock preparations for our upcoming crucial First Amendment Supreme Court case ...We must confront the University of California and a federal court's decision IN FAVOR OF RELIGIOUS DISCRIMINATION. Here are the disturbing facts of the case: The University of California (UC) has decided Christian school graduates don't meet its required "educational standards."Under their flawed admissions policy, UC

rejected multiple courses offered by Calvary Chapel Christian School and, therefore, would not consider their graduating high school students for admission.For example, a history course taught at Calvary Chapel Christian School was rejected for, among other things:failure to "teach critical thinking and modern historical analy[sis]" because it "instructs that the Bible is the unerring source for analysis of historical events, attributes historical events to divine providence rather than analyzing human action, [and] evaluates historical figures and their contributions based on their religious motivations or lack thereof...."However, the federal court's decision to reject the Christian school's argument of discrimination may be the most unbelievable - and most fundamentally detrimental - aspect of this case. Imagine ... graduates from a Christian high

school told that their education is not good enough - that their course credits don't count - and that they won't be admitted to college. The court's disregard for the basic rights of Christian school students is disastrous. It flies in the face of our constitutionally protected religious rights.This case literally has the potential to impact Christian high schools and students across the country - making it much more difficult for students at Christian high schools to gain admission to public universities and forcing Christian schools to consider changing their curriculum. I am committed to seeing a successful outcome in this important matter. In order to do so, our ACLJ team must delve deeply into the law and present the strongest possible case.Please understand: Our amicus briefs are increasingly cited by the Supreme Court in its opinions. This means our briefs - from the very beginning of the process - are critically important. We need your help immediately to move forward and to achieve success in protecting the rights of Christian school students and those of our children and grandchildren. Thank you.

AmericanCenterforLawandJustice
P.O. Box 90555, Washington, D.C.
20090-0555Phone: (800) 296-4529

THE
OBSERVATION
DECK

And I rose
in rainy autumn
And walked abroad
in a shower
of all my days.

DYLAN THOMAS

© 2008 by King Features Syndicate, Inc.
World rights reserved.

BIBLE
TRIVIA

by Wilson Casey

1. Is the book of Lamentations in the Old or New Testament or neither?
 2. Which book may be summarized as, "It really is true, Jesus Christ is God Himself"? *Matthew, Mark, Luke, John*
 3. In Esther 2:17, she (Esther) was made queen instead of ...? *Vashti, Ruth, Anna, Sapphira*
 4. Who gave Solomon cedar and fir trees according to all his desire? *David, Hiram, Chalcol, Mahol*
 5. From Ecclesiastes 3, there is a time to mourn and a time to ...? *Leave, Dance, Love, Profit*
 6. In 1 John 4:8, God is ...? *Always, Grace, Love, Beloved*
- ANSWERS: 1) Old; 2) John; 3) Vashti; 4) Hiram; 5) Dance; 6) Love
For more trivia, log on to

Jesus is on his Knees for You



by Marlys Johnsen Norris

YOU, my unknown friend were created to become part of God's enormous family! Picture the Son of God, Jesus humbly kneeling and talking to His Heavenly Father about YOU. That is just how special and important YOU are, as His creation. Before the foundation of the earth at a specific moment in

time, He planned for your birth and then, formed YOU in your mother's womb. All of your life, God's Holy Spirit has nudged, pocked, knocked and drawn you to the place where you would recognize your need for the Savior of your soul and Lord to guide your life.

There is a famous painting that graces many Christian homes and churches that portrays Jesus praying on his knees against a large rock. I see that large rock as one who resists God's plan for their life, yet Jesus keeps praying. He blesses people who come to Him with a pure childlike heart. He said, "Truly I tell you, whoever does not receive the kingdom of God as a little child will never enter it". (Mark 10:15)

His prayers are filled with grace and love and encircles YOU as He desires YOU to come to Him as a little child. When you do come you receive God's gift to the world, Jesus His Beloved Son--as your personal Savior and Lord--then, as

recorded in John 17, YOU become Jesus precious gift back to the Father.

God is willing to take full responsibility for your life when it is totally surrendered (Romans 12, 1-2) to Him. He fills the empty place in your life and His Spirit resides in your heart. He never leaves or fakes you and you name is written forever in the Book of Life. His Word (Bible) promises you an abundant life when you walk close to Him in obedience, prayer and study. And when this life is over, He blesses you with the gift of eternal life in heaven with Him forever. He is the DOOR through which all must enter.

Marlys Norris
Award Winning Author for
"Recipes for A Happier Marriage"
"Intimacy Begins Gong God's Way"
Senior Gleanings
Marlysj@sbcglobal.net

LIVING FOR GOD™



By Calvin and Lisa Wulf

"The 20% Solution"

"Keep your lives free from the love of money and be content with what you have because God has said, "Never will I leave you; never will I forsake you." Hebrews 13:5 (NIV)

He closes the checkbook and lays his head in his hands.

"Every time I pay the bills we go

deeper in the hole," he groans.

"But both of us are working. I don't see how we can do more," she answers.

"We just can't make ends meet. Good thing we have credit cards to take up the slack."

Life in America is an expensive proposition. We scramble just to stay even. There seems no choice but to spend whatever it takes. Even two income families can't make it anymore. It's impossible to get by on what we have. Or is it?

Statistics show many average Americans spend 120 percent of their income. So we're paying out everything we have and then some. But has this really bought us happiness? Our shopping bags seem filled with emptiness instead.

Perhaps we need a contentment make-over. For example, many think that cable TV is a basic necessity of life. But would we die without it? Now paying for TV isn't wrong. The real issue is to focus on what we truly need.

If our goal is contentment, let's turn our gaze in the right direction. Do we really trust God? He trusts us. In fact, he's given us the world to manage for him. But we are just that -- managers. It's up to us to live on what he's provided, not to use up what he hasn't.

Having trouble staying out of the 20 percent zone? Try this:

- See where you stand. Check your inflow against your outgo.
 - Evaluate your wants and needs. Are the wants taking over?
 - Leave the plastic at home. Let God fill your shopping bag.
- He wants to provide what's truly needed. So why not reverse the 20 percent formula? Live at 80 percent instead. Then tithe 10 percent and save 10 percent. Watch your contentment factor soar as you trust in God.

Living for God (TM) offers resources on Christian living. Check them out at www.livingforgod.net or call (719) 578-8837.

© 2008, Calvin R. Wulf and Lisa Are Wulf

Grace Baptist Church

6724 Palm Avenue
Fair Oaks, CA 95628

Pastor Charles Carter

(916) 967-3915

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

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

Service Schedules

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

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

Oak Avenue
Free Methodist
Church

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

(916) 988-8815

Pastors Andrew Webb & Robert Price

Office Hours:
9 am to Noon ~ Tuesday - Friday

Wednesdays:
Senior's Bible Study: 1st & 3rd.
10 am - 11 am

Evening Adult Study: 7 pm - 8:30 pm

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

CALLING ALL PASTORS:

7th

The American River Bank - KFIA
annual Pastor's Appreciation Breakfast
is Coming September 25th.

This years Speaker will be Author & Radio Host
Steve Arterburn of "New Life Live".

The event will be held at
The Vizcaya Hotel & Conference Center at 2019 21st street.
This Free event is designed to honor area Pastors but room is limited,
please call and make your reservation today.

For a great morning of Food, Fun, Giveaways , music and
Inspiration, call 916-563-7483 to reserve your place.

BAUER

san juan car wash

Monday - Sunday 8:30 am - 5:30 pm

We Accept All Competitors' Coupons

Locally Owned & Operated

Professional Auto Detailing

No Extra Charge For Trucks, Vans
or SUVs That Accomodate Our
Automatic Car Wash

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

\$2.00
OFF

Any
Car
Wash

BAUER San Juan Car Wash
Citrus Heights • 916-967-3083
Must present this coupon at time of
purchase. Not valid with any other
discount or offer. Exp 10/31/08

\$4.00
OFF

Any Car
Wash
Package

BAUER San Juan Car Wash
Citrus Heights • 916-967-3083
Must present this coupon at time of
purchase. Not valid with any other
discount or offer. Exp 10/31/08

\$10.00
OFF

Any
Express
Detail

Starting at \$44.95
BAUER San Juan Car Wash
Citrus Heights • 916-967-3083
Must present this coupon at time of
purchase. Not valid with any other
discount or offer. Exp 10/31/08



CLASSIFIED



Adoption

PREGNANT? CONSIDERING ADOPTION? Talk with caring agency specializing in matching Birthmothers with Families nationwide. Living Expenses Paid. Call 24/7 Abby's One True Gift Adoptions. 1-866-459-3369. (Cal-SCAN)

Adult / Elder Care

Affordable Senior Care A caring caregiver 19 years experience excellent reference live-in or hourly. Call Gerrie 916-743-0593 (ARM-M)

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

Attic Fans

Cooling Attic Fans Parts & Labor \$950 Complete Visa / MC #832017 Brannan Electric 505-3025 (ARM-M)

Auto Donation

Donate A Car Today To Help Children And Their Families Suffering From Cancer. Free Towing. Tax Deductible. Children's Cancer Fund of America, Inc. www.cfoa.org 1-800-469-8593 (NANI)

DONATE A CAR-HELP CHILDREN FIGHTING DIABETES. Fast, Free Towing. Call 7 days/week. Non-runners OK. Tax Deductible. Call Juvenile Diabetes Research Foundation 1-800-578-0408 (NANI)

DONATE YOUR CAR-HELP DISABLED CHILDREN WITH CAMP AND EDUCATION. Quickest Towing. Non-Runners/Title Problems OK. Free Vacation/Cruise Voucher. Special Kids Fund 1-866-488-3865. (NANI)

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

DONATE YOUR CAR... To The Cancer Fund of America. Help Those Suffering With Cancer Today. Free Towing and Tax deductible. 1-800-835-9372 www.cfoa.org (NANI)

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

Autos For Sale

\$500! Police Impounds!!!!
Hondas / Chevys / Jeeps & More!
Cars from \$500! For Listings 800-773-2204 (NANIG)

1985 Chevy ¾-ton-20 series-350 motor. No major dents. GREAT work vehicle for contractor, etc.
Needs smog and registration. Handicapped wife can no longer drive it (too hard to climb up). \$700 or trade for smaller vehicle she can get in to. Call Dan at 532-2113. (ARM)

Beauty

Braids & Weaves 24/7 Specialists in Dry Hair, Problems, Braiding/Weaving Tracks - \$15 Press/Curl \$45-\$65 LOC/Appt 821-8888. Now Hiring (ARM-M)

KING of CURLS Specializing in Dry Hair Problems. All Braiding & Weaving Designs. Tracks, Press / Curls. 4751 Freeport Blvd: 800-722-8944 5320 Auburn Blvd: 916-736-0808 (ARM-M)

Business Opportunities

ABSOLUTELY RECEPTION PROOF! Do You Earn \$800 in a Day? Your Own Local Vending Route Includes 30 Machines and Candy for \$9,995. MultiVend LLC, 1-888-625-2405. (Cal-SCAN)

RED BULL, MONSTER, 5 HOUR ENERGY DRINK ROUTES. National Accounts Available. Profit Potential \$40K-\$400K Yearly! Call 24/7 1-888-428-5392 (NANI)

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) (ARM)

SPORTS MINDED Successful Entrepreneur seeks Self-starter, must be \$\$\$ Motivated, Team Player, ready to produce Health & Wealth NOW! 1-800-221-8429. (Cal-SCAN)

WANT TO EARN \$1K - \$5K PER WEEK? GUARANTEED ACCTS. SAFE INVESTMENT! MONEY BACK GUARANTEE. 100 YEAR OLD INDUSTRY. 800-896-2492 CALL 24 HRS/7 DAYS. (NANI)

WEEKLY PAYCHECK Possible from Home mailing our mortgage product postcards. References Available. No Advertising Required. Materials provided. No Gimmicks. 877-774-9295 (NANI)

Earn up to \$500 weekly Assembling angel pins in the comfort of your own home. No experience required. Call 813-699-4038 or 813-425-4361 or Visit www.angelpin.net (NANI)

HOTTEST ENERGY DRINK Route Available. \$40K-\$400K Profit Potential Yearly! Turn Key Established National Accounts. Call 24/7 1-888-428-5392 Code 304. Minimum Investment Required! (Cal-SCAN)

INSURANCE INSPECTORS/REPORTERS: Advanced Field Services seeks individuals to complete residential insurance inspections in California. For more information and to apply visit: www.AFSWeb.com/careers (Cal-SCAN)

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. (ARM)

Construction

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

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

DayCare

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

Elder Care

Residential Care Home Loving Care. Nancy's RCFE in Citrus Heights 916-508-1436 (ARM-M)

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

Electrical

Brannan Electric Small & Large Jobs. Visa MC Accepted. Cooling- Attic Exhaust Fans Installed Lic. 832017 Insured 916-505-3025 - Dave (ARM-M)

Fencing

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

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

Financial / Money to Loan

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 (ARM-B)

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

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

GET FAST CASH! 24/7! Instant pre-approval by phone. Bad Credit OK. No faxing. Cash in 24hrs. Apply now! 1-800-354-6612 (NANI)

Are You Drowning in Debt? Financially Stressed Out? We can save you thousands & Stop the Harassment! Get Help Now with a FREE Consultation! Call 1-888-246-2304 (NANI)

TOO MANY BILLS? Pay off your debts up to 50-80% off. One low affordable monthly payment. 98% Approval Rate. 1-866-608-BILL (2455) Visit www.paylessolutions.com (NANI)

\$\$\$CASH\$\$ Immediate Cash for Structured Settlements, Annuities, Lawsuits, Inheritances, Mortgage Notes & Cash Flows. J.G.Wentworth #1 1-(800)794-7310 (NANI)

STOP YOUR DEBT INSANITY Full service solution for credit nightmares, Mortgage Arbitration, Credit Repair, Debt Stmt. 916-300-0611 (ARM)

A NEW COMPUTER NOW! Brand Name Bad or NO Credit – No Problem Smallest weekly payments avail. Call NOW 800-804-5010 (NANI)

GET A NEW COMPUTER Brand Name laptops & desktops Bad or NO Credit – No Problem Smallest weekly payments avail. Its yours NOW. Call 1-800-804-7689 (SWAN)

A NEW COMPUTER NOW! Brand Name Bad or NO Credit – No Problem Smallest weekly payments avail. Call NOW

1-800-640-0656 (NANI)

GET A NEW COMPUTER Brand Name laptops & desktops Bad or NO Credit- No Problem Smallest weekly payments avail. Its yours NOW 1- 800-804-7475 (NANI)

Construction

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

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

DayCare

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

Elder Care

Residential Care Home Loving Care. Nancy's RCFE in Citrus Heights 916-508-1436 (ARM-M)

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

Electrical

Brannan Electric Small & Large Jobs. Visa MC Accepted. Cooling- Attic Exhaust Fans Installed Lic. 832017 Insured 916-505-3025 - Dave (ARM-M)

Fencing

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

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

Financial / Money to Loan

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 (ARM-B)

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

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

GET FAST CASH! 24/7! Instant pre-approval by phone. Bad Credit OK. No faxing. Cash in 24hrs. Apply now! 1-800-354-6612 (NANI)

Are You Drowning in Debt? Financially Stressed Out? We can save you thousands & Stop the Harassment! Get Help Now with a FREE Consultation! Call 1-888-246-2304 (NANI)

TOO MANY BILLS? Pay off your debts up to 50-80% off. One low affordable monthly payment. 98% Approval Rate. 1-866-608-BILL (2455) Visit www.paylessolutions.com (NANI)

\$\$\$CASH\$\$ Immediate Cash for Structured Settlements, Annuities, Lawsuits, Inheritances, Mortgage Notes & Cash Flows. J.G.Wentworth #1 1-(800)794-7310 (NANI)

STOP YOUR DEBT INSANITY Full service solution for credit nightmares, Mortgage Arbitration, Credit Repair, Debt Stmt. 916-300-0611 (ARM)

A NEW COMPUTER NOW! Brand Name Bad or NO Credit – No Problem Smallest weekly payments avail. Call NOW

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

For Rent / Lease

1,000 sq. ft. commercial warehouse with small office. Lease or mo. to mo. \$650.00. Easy frwy access I-80 @ Madison. Call Lisa (916)331-0840. (ARM)

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

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/500A -Free Information: 1-800-578-1363 x300-N. (Cal-SCAN)

We Buy Gold, Silver and Platinum Jewelry! -Get paid cash within 24 hours for your jewelry. No cost, instant cash, insured shipping Please call 1-877-GOLD-019 or www.cash4gold (NANI)

GIGANTIC MIRRORS. Jobsite leftovers, 48"x100"x1/4" (15), \$99/each. 72"x100"x1/4" (11), \$145/each. 72"x50"x1/4" w/1" Bevel, \$115/each. 84"x60" w/1" Bevel, \$135/each. Free delivery. Installation available. A & J Wholesale, 800-473-0619. (NANI)

Electric Wheelchair Jazzy/1121 Brand new batteries - custom footguards - cane holder - basket - metallic blue. New \$5700 - Sacrifice \$1,450 obo - Cash Only Please - (916) 488-4154 (ARM)

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

Health and Beauty

DIET PILLS Maximum prescription strength Phentromine, 37.5 mg, blue and white capsules, 60 count, \$77.95. No Prescription needed. Free Shipping! 1-800-627-7896 ext. 809 (NANI)

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

DIET PILLS Maximum prescription strength Phentromine, 37.5 mg, blue and white capsules, 60 count, \$77.95. No Prescription needed. Free Shipping! 1-800-627-7896 ext. 808 (NANI)

Health Insurance

Affordable Health Benefits from \$117.00 Individuals / \$419.00 Family Doctors, Hospitalization, ER, Critical Illness, \$10 Generic, Dental, Vision, Lens & Frames \$8 up. Guaranteed Issue. 1-888-508-5470 (SWAN)

Heating & Air

Christopher's Heating & Air Low Rates, Quality Service 223-1744 (ARM-M)

AC Repair Low Prices 487-4609 (ARM)

Help Wanted

Part-Time Front Desk Receptionist. Purpose Driven chiropractic clinic seeks P/T front desk help for growing practice. Visit DiscPump.net to

get to know us, then send resumes to SpinalHealth2@sbcbglobal.net or fax resume to 916-988-7811 (ARM)

AWESOME FIRST JOB! Over 18? Join our travelling sales team! Great earning potential. 2 weeks paid training. Lodging, transportation provided. Return guaranteed. Call 1-877-646-5050. (Cal-SCAN)

POST OFFICE NOW HIRING. Avg. pay \$20/hr or \$57K/yr including Federal Benefits and OT. Placed by adSource not aff.w/ USPS who hires. 1-866-574-4775 (SWAN)

\$\$\$19 PEOPLE WANTED\$\$\$

\$1,200-\$4,400 Weekly Working from Home Assembling Information packets. No Experience Necessary! Start Immediately! FREE Information 24hrs. CALL NOW! 1-888-248-1359 (Dept.75) (NANI)

ARIZONA DEPT. OF ECONOMIC SECURITY seeking applicants for Child Protective Service Unit Supervisor, Bullhead City, Arizona. To apply, visit www.AZStateJobs.gov Click Search for Jobs, type keyword DES, select job title above. EOE. Persons with disability may request reasonable accommodation at 602-271-9596 or request alternative format: TTY/TDD 7-1-1. (Cal-SCAN)

ELECTRICAL APPRENTICESHIPS. Openings in all aspects of electrical work. Paid training, benefits, and advancement opportunities. High school grads ages 17-34. Paid relocation expenses. Call 1-800-345-6289. (Cal-SCAN)

POLICE OFFICERS: Earn up to a \$20,000 bonus. Train to protect your fellow Soldiers. Be a leader in the Army National Guard. 1-800-GO-GUARD.com/police (Cal-SCAN)

ENGINEERING AID/ CONSTRUCTION. Conduct surveys for roads, airfields and pipelines. No experience necessary. One semester Trig. Navy Reserve has openings. Work one weekend a month + two weeks a year. Excellent benefits pkg. + salary. Call 1-800-345-NAVY. (Cal-SCAN)

FIREFIGHTER & EMT. Paid on-the-job training for H.S. grads. Must be physically fit and under age 34. Good pay/ benefits. Paid relocation. Call 1-800-345-6289. (Cal-SCAN)

MECHANICS: Up to \$20,000 bonus. Keep the Army National Guard Rolling. Fix Humvees, Strykers, etc. Expand your skills through career training. Be a soldier. 1-800-GO-GUARD.com/mechanic (Cal-SCAN)

WYOMING: 3/32" MIG Welders-\$26.00/hr, Code Shop Fabricators/Welders- \$27.50/hr. CALIFORNIA: Sheet Metal Mechanics- \$27.00/hr, Riggers & Outside Machinist- \$24.00/hr. HAWAII: Structural Welders- \$24.00/hr. 615-473-3415, 757-438-2540. (Cal-SCAN)

LOAN OFFICER OPPORTUNITY. US Home Funding seeks licensed Loan officers to work from home. Strong support, Excellent commissions. Phone: 800-788-4498. Fax: 866-255-3371 or email: hr@ushomefunding.com (Cal-SCAN)

\$\$\$HELP WANTED\$\$\$Earn Extra income assembling CD cases from Home. No Experience necessary. CALL OUR LIVE OPERATORS NOW! 1-800-267-3944 Ext 104 www.easywork-greatpay.com unavailable (MD,WI,SD,ND) (NANI)

SALES. Seeking Business minded Marketing rep's. New Technology/ Globally, Training available, F/P/T, Residual Income, Commission, Fax Resume 916.910.2002 (ARM)

SECRET SHOPPERS NEEDED IMMEDIATELY For Store Evaluations. Local Stores, Restaurants, & Theaters. Training Provided. Flexible Hours. Assignments Available NOW!! 1-800-585-9024 ext. 6262 (NANI)

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

*Business, *Computers, *Criminal Justice. Job placement assistance. Computer available. Financial aid if qualified. Call 800-510-0784 www.CenturaOnline.com (NANI)

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

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

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 (NANI)

Single Agent 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.

DRIVER - CDL Training: \$0 down, financing by Central Refrigerated. Drive for Central, earn up to \$40k+ 1st year! 1-800-587-0029 x4779. www.CentralDrivingJobs.net (Cal-SCAN)

DRIVER: Don't Just Start Your Career, Start It Right! Company Sponsored CDL training in 3 weeks. Must be 21. Have CDL? Tuition Reimbursement! www.JoinCRST.com 1-800-781-2778. (Cal-SCAN)

DRIVERS - Ask about qualifying for 5 raises in a year! No experience? CDL Training available. Tuition reimbursement. 1-877-232-2386 www.SwiftTruckingJobs.com (Cal-SCAN)

DRIVER-\$5K SIGN-ON Bonus for Experienced Teams: Dry Van & Temp-Control available. O/Os & CDL-A Grads welcome. Call Covenant 1-866-684-2519 EOE. (Cal-SCAN)

TEAMS LOOK NO FURTHER Than Heartland! We have great miles, great pay, 1100 mile length of haul, western freight, drop and hook, no touch, overtime and more. Heartland Express 1-800-441-4953. www.HeartlandExpress.com (Cal-SCAN)

DRIVERS: CALL ASAP! \$\$ Sign-On Bonus. 35-41 cpm. Earn over \$1000 weekly. Excellent Benefits. Need CDL-A and 3 months recent OTR. 1-877-258-8782. www.MeltonTruck.com (Cal-SCAN)

IMMEDIATE OPENINGS. CDL A team & solo owner operators. \$1.00 empty. Up to \$2.45 loaded. OTR & regional positions. Ammo negotiable a plus. Sign-on bonus experience. 1-800-835-9471. (Cal-SCAN)

Never A Layoff! SPONSORED CDL TRAINING. No Experience Needed! Earn \$40k-\$75k in your new career! Stevens Transport will sponsor the total cost of your CDL training! Excellent Benefits & 401K! EOE. Call Now! 1-800-358-9512, 1-800-333-8595. www.BecomeADriver.com (Cal-SCAN)

DRIVERS: \$1000+ weekly. Sign-On Bonus. 35-41 cpm. Earn over \$1000 weekly. Excellent Benefits. Need CDL-A & 3 months recent OTR. 1-800-635-8669. (Cal-SCAN)

OWNER/OPERATORS with own permits and insurance to pull our 53' refrigerated trailers. \$1,000 Sign-On Bonus, weekly settlements, stop pay, fuel card program, 100% lump sum reimbursement. Company driver positions also available. Brent Redmond Logistics. 1-800-777-5342. (Cal-SCAN)

QUIT LONG-HAUL, run regional and Have It All \$4.1 per mile. Home weekly! Benefits! Stability for peace of mind! Heartland Express 1-800-441-4953. www.HeartlandExpress.com (Cal-SCAN)

ATTEND COLLEGE ONLINE from Home. *Medical,

Household Help

Handyman Light Carpentry, Painting, Roofing, Sheetrock, Punhchists, Reliable, Honest, Insured. Bus. Lic. 335502 Call Dave (916) 743-2477 (ARM)

Housecleaning. Move In -Out Complete Clean trash hauling yards clean carpets windows repairs paint gutters. 761-0447 (ARM-M)

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

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

Homesitters on Wheels. Office needs two RV'ers with RV's for Petsitting 916-483-5146 (ARM)

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

Landscaping

Landscape/ Pools Designing & Building Custom Pools, Landscapes & Drainage for You. 916-630-7665 #626207 (ARM-M)

Lawn and Garden Service Bi-weekly or monthly call for FREE estimates 965-8224 (ARM)

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

Tall Weed Cutting

Low Rates 916 524-7477 (ARM)

Legal Services

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

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

Mobile Homes

BRAND NEW MOBILE/ Manufactured Homes with Warranty. Buy at Factory for \$19,900. Photos and Floor plans online www.FactorySelectHomes.com or 1-800-620-3762 for color brochure. (Cal-SCAN)

Miscellaneous

RICHMOND'S HUNTING CLUB Come hunt with us - 20K acres Doves, Quails, Pheasants, Ducks and Geese For information: Dennis Sanders 530-913-5817 or Les Edwards 530-458-3814 (ARM)

CHRISTIAN DATING & FRIENDSHIP SERVICE. Over 100,000 members, countless relationships & marriages since 1989. Singles over 40 call anytime for a free package, 1-800-437-1926 (NANI)

International Inventor's EXPO. Las Vegas - Oct. 18th -19th, 2008. FREE admission. Inventions Worldwide. Booths available. See investors, buyers, and licensee's www.inventbay.com/ inventorexpo or call 1-888-999-4391 (NANI)

Miscellaneous Items For Sale

DIRECTV FREE 4 Room System! All 265+ Channels FREE 4 Months! Includes Movie Channels! 95 HD Channels! Ends Soon. Ask How! Packages Start \$29.99! FREE DVR/HD! 1-800-973-9044 (NANI)

SEARSCentral Cooling Systems from Sears Home Improvement Products. Full Line of CARRIER(R) & KENMORE(R) products. ENERGY STAR(R) qualified systems. Call for a FREE in-home estimate. 1.877.669.8973 (NANI)

****A L L Satellite Systems are not the same.** Programming starting under \$20 per month, HDTV programming under \$10 per month and FREE HD and

BUSINESS DIRECTORY

Phil Ollinger Construction
ADDITIONS • REMODELS • FENCES • BEAMS • DRY ROT
License # 866122
4231 Natoma Ave.
Fair Oaks, CA 95628

"Taking over for Bill & Jim Cook Inc. Happy Retirement Bill!"

Office / Fax: 916 966-1794
Cell: 916 225-4828
philollinger@yahoo.com

Affordable Handyman Service
Reasonable • Dependable • Hardworking

Yard Work • Gutters • Rototilling • Painting • Tree & Shrub Removal
Clean-up • General Labor • Concrete Removal • Yard Make Overs
Fences • Light Tree Trimming • Odd Jobs & More

Lester (916) 838-1247
Lic. # 128758

ALTERATIONS by Patina
SPECIALIZING IN BRIDAL & FORMAL
11082 Coloma Rd., Suite 7
Coloma Village Shopping Ctr. • Rancho Cordova
(916) 853-1078
WWW.ALTERATIONSBYPATINATHEMARK.

Dianda's Italian Bakery & Cafe
(916) 966-3757
RUM CAKE • ST. HONORE • CANNOLI
COOKIES • PASTRIES • ALMOND TORTE
Located in Fair Oaks Village
10131 Fair Oaks Blvd. | Fair Oaks, CA 95628

RUSS MONROE'S
FUNERALS & CREMATIONS
FD 1404

7960 WINDING WAY
FAIR OAKS, CA 95628
Tel (916) 9611265
Fax (916) 9612430

DOG RESCUE
Gary (916) 334-2841

Please Adopt or Foster
Because so many really great dogs are dying for a good home...

ShelterMOU@hotmail.com

HDR Handyman Services
"Jack of All Trades"
"Master of Some"

❖ Plumbing
❖ Electrical
❖ Structural

Robb Strand
Phone: 916-764-7700
Fax: 916-853-1557
Email: rscustom@sbcbglobal.net

*Honest, Dependable, Reasonable

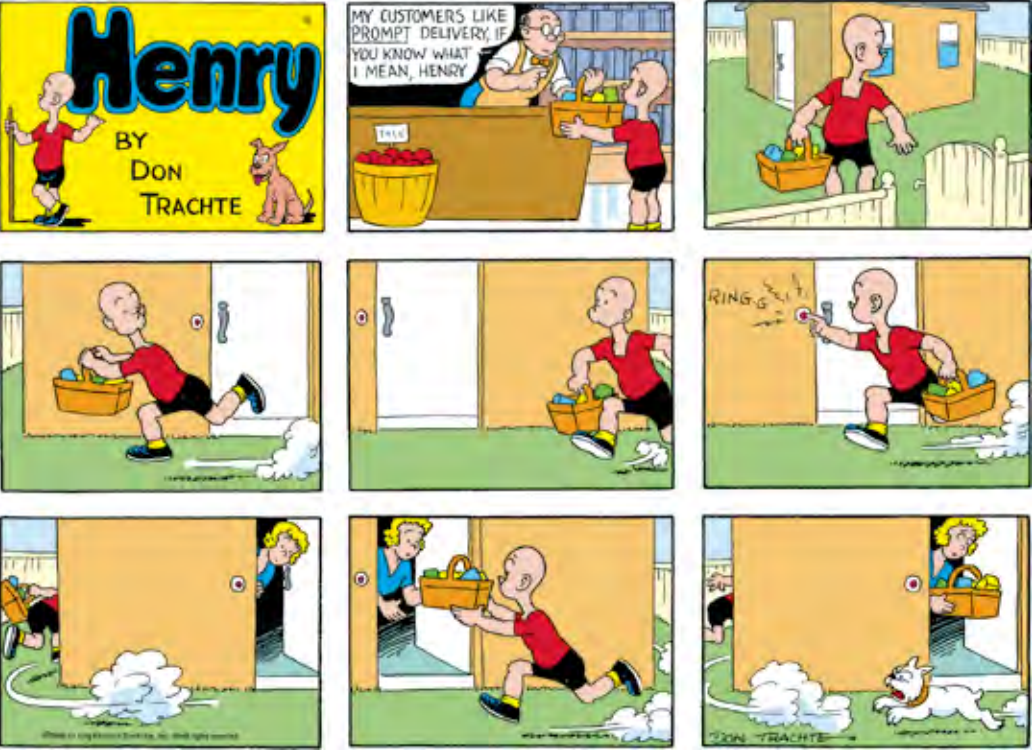
Ed Wacaster, CMPS
Certified Mortgage Planner
Fulfilling Dreams One Happy Family At A Time

office 916-725-9902
fax 916-725-9908
cell 530-798-1400
toll free 800-725-9902

ewacaster@rpm-mortgage.com
www.EdWacaster.com
License #01085966

8150 Greenback Lane, Suite 300 • Fair Oaks, CA 95628

RPM RESIDENTIAL PACIFIC MORTGAGE

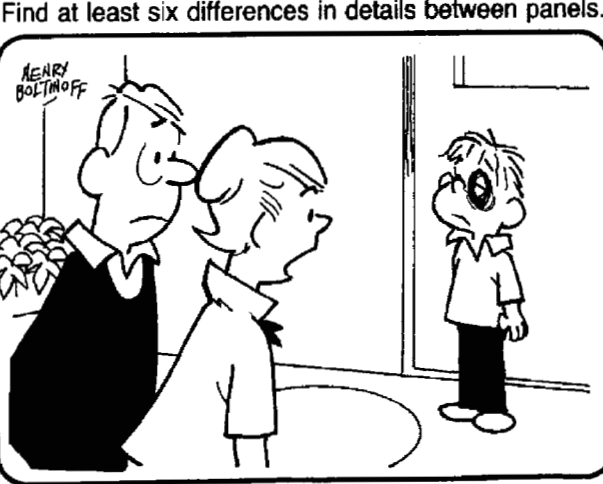
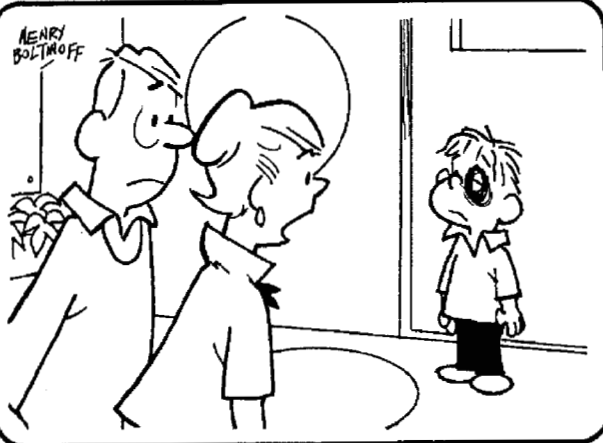


The Spats by Jeff Pickering



HOCUS-FOCUS

BY HENRY BOLTINOFF



Differences: 1. Man's sweater is black. 2. Plant is fuller. 3. Picture is missing. 4. Boy is taller. 5. Earring is missing. 6. Boy's right arm is hidden.

Trivia test

by Fifi Rodriguez

1. ANIMAL KINGDOM: What is a baby oyster called?
2. HISTORY: Which planet did William Herschel discover in 1781?
3. ENTERTAINERS: What was Stevie Wonder's birth name?
4. GAMES: What is a "dead man's hand" in poker?
5. FAMOUS QUOTATIONS: Who once said, "There is a time in every man's education when he arrives at the conviction that envy is ignorance; that imitation is suicide"?
6. COMICS: What is the emblem on Wonder Woman's tiara?
7. ADVERTISEMENTS: Which brew labeled itself as the "champagne" of bottled beer?
8. TELEVISION: What was the name of the youngest daughter on "The Cosby Show"?
9. MOVIES: In the Austin Powers movie series, who plays the role of Frau Farbissina?
10. SCIENCE: What part of the atmosphere is the closest to the Earth's surface?

© 2008 King Features Synd., Inc.

Weekly SUDOKU

by Linda Thistle

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

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!

© 2008 King Features Synd., Inc.

MAGIC MAZE ● — BACON

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

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

Back Danish Grilled Slab of
Breakfast Eggs and Rasher of Turkey
Canadian Francis Roger Side of White
Cured Fried

©2008 King Features Syndicate, Inc. World rights reserved.

All Answers on Page 4

Contract Bridge

CLOSE BUT NO CIGAR

South dealer.

Both sides vulnerable.

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

The bidding:

South	West	North	East
1 ♠	2 ♦	2 ♥	Pass
3 ♠	Pass	3 ♠	Pass
4 ♠			

Opening lead — king of diamonds.

The most interesting hands to play are those where the outcome depends not so much on power as on skill.

Consider this deal where West led the king of diamonds, taken by South with the ace. Declarer played a spade to the queen, on which East discarded the nine of clubs.

Anxious to lead another trump to

the king, but unwilling to play a heart to the ace for fear of subjecting himself to a subsequent heart ruff, South led a diamond to the jack at trick three.

West took the queen and shifted to his singleton heart. South won with the ace and led a trump, but West rushed up with the ace, led a low club to his partner's king and ruffed East's heart return to put declarer down one.

The East-West defense was exceptionally good, but South would have made the contract had he exercised greater care to forestall a heart ruff.

With East showing out of trumps at trick two, thus placing the contract in mild jeopardy, South should have taken firmer steps to guard against the danger of a killing ruff.

He should have played a low club from dummy at trick three in order to sever communication in that suit between East and West.

Had he done so, he would have made the contract. No heart ruff could have ensued, and he would have finished with 10 tricks.

The club play at trick three does not seem to make much sense, but to a declarer who by nature fears the worst and prepares for that eventuality, it is the only possible play.

© 2008 King Features Synd., Inc.

by Steve Becker

KING Crossword

Answers on Page 4

ACROSS

- 1 Meadow
- 4 Penicillin provider
- 8 Japheth's dad
- 12 Bobby of hockey
- 13 Duel tool
- 14 Grooving on
- 15 Mixed drink
- 17 Start a garden
- 18 Source
- 19 Prior night
- 21 Speck
- 22 Take in, maybe
- 26 Esteem
- 29 Examine critically

- 30 Sapporo sash
- 31 Quite some time
- 32 Kennedy or Koppel
- 33 Navy jail
- 34 Savings plan acronym
- 35 "Simpsons" network
- 36 Borscht needs
- 37 Sell in small quantities
- 39 Lummo
- 40 — and outs
- 41 Nike symbol
- 45 Missing
- 48 Drive too close

- 50 Grand story
- 51 Curved molding
- 52 Rocky peak
- 53 Draw with a laser
- 54 Play area
- 55 Hot tub

DOWN

- 1 Places
- 2 Piccadilly statue
- 3 Curved lines
- 4 Shower participant?
- 5 Dizzying designs
- 6 Mainlander's

- memento
- 7 Taken out of context?
- 8 Japanese-Americans
- 9 Indivisible
- 10 Corroded
- 11 Scuttle
- 16 Praise
- 20 Cistern
- 23 Traditional tales
- 24 Final notice
- 25 Cheats, a la "Quiz Show"
- 26 "Aquarius" musical
- 27 Shrek, for one

- 28 Tidy
- 29 Irritate
- 32 "War and Peace" author
- 33 Confuse
- 35 Shark part
- 36 Wept loudly
- 38 Eighth letter
- 39 Wicker willow
- 42 Feedbag fill
- 43 Call a halt to
- 44 Mrs. Zeus
- 45 Shelter
- 46 Make up your mind
- 47 "— semper tyrannis"
- 49 Khan title



"Death Race"

Running Time: 105 minutes
MPAA rating: R

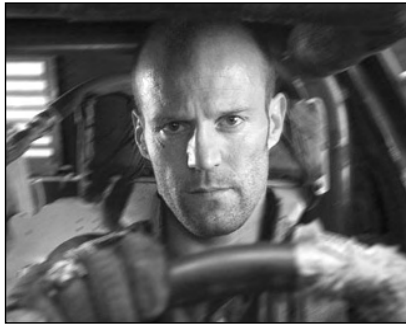
"Death Race" is a remake of the 1970s cult classic "Death Race 2000." The original was great campy fun. It was shot on a budget of about thirty bucks and looked it. What made "Death Race 2000" a great little movie is that everyone involved knew they were making a cheap exploitation flick and had big hoo-hah fun with the project.

There is nothing fun about the new version.

"Death Race" is directed by Paul W.S. Anderson, a man who never met a movie he didn't puke all over. This is the clown responsible for the abysmal "Alien vs Predator." I rest my case.

The film stars Jason Statham as a guy named Ames who is framed for the murder of his family in order to get him to compete in the Death Race — a

Win five races, win your freedom. The film also stars Joan Allen as Warden Hennessey. Why she took this gig is beyond all logic, but dang if she doesn't chew up the scenery. Just watching her spew the most bizarre strings of vulgarity you will ever hear is the only redeeming parts of the picture. Not because it's well-written, but because it's so poorly written and spoken with such conviction that you just sit there cocking your head like a



Jason Statham

puppy that's just heard a confusing sound.

The action scenes are a complete mess. Lot's of blurry, shaky-cam jump cuts that confuse and frustrate viewers instead of thrilling them. The only way "Death Race" could've been worse is if Uwe Boll directed it. I can't recommend this movie to anyone — except people I hate.

GRADE: F

© 2008 King Features Synd., Inc.

Holiday Craft Fair at East Valley Church

East Valley Church of Orangevale is Hosting a Holiday Craft Fair on November 15, 2008. Premium Space \$75.00 & Basic Space \$65. For an application or more information call EV at 916.988.1717 or email; EVCRAFTFAIR@Comcast.net.

Saying Goodbye in “the House that Ruth Built”

Our Father and Son Trip to New York City

When it was announced that Yankee Stadium was indeed closing to build a new stadium across the street, I made a personal vow to take my teenage son Gabriel there before it closed, no matter the cost. He loves baseball. He had to have this experience to truly know what honoring and loving the game was going to mean for his future. It would be the first true extended father and son trip, and its importance was paramount. Old Yankee Stadium will far too soon become a footnote to today's young.

I never had the opportunity to anything like it with my father, and it was far too late in his life when I really got to know him. This trip would cross the boundaries of time, distance, and many people's view of common sense of expense and timing. In forty years, when I'm long gone, it will only matter that we did it.

The adventure was on. The flight out overnight, and landing at JFK, seeing New York city as we dropped off other riders throughout the city from the Airporter, all added to the opening of a new world view. Getting to and checking in to our stay over at the Broadway Plaza hotel, the staff was just great from the first moment at the door to our later good-byes. From Angel the doorman, the beautiful young ladies behind the counter, room service; they were all funny and helpful just the same. This is where we will stay every time in the city. *“Gabe, we can see the Empire State Building right out our window.”*

Our first stop was the church of Saint John the Divine and their Sunday services. This huge historic cathedral dates back to the earliest days of New York. Much of the inside was under a reconstruction, somehow prophetically, with the worship area moved in an odd way so services could continue. On this day they were offering a tribute to the works Nelson Mandela. To my disappointment, it became a service of politics and man, and very little reverence for our Lord. The heat was so heavy, and our lack of sleep from the trip so apparent, that even I chose to leave the service early. As we walked back out we stopped to take photographs of the enormously beautiful stained glass artwork, and again at the front of the cathedral.

The next stop on our way back to the hotel for sleep was a real New York experience, Dunkin' Donuts. *“Cawfee, regulah please, with a sticky bun”*. You just can't call it a trip to Manhattan without a stop at Dunkin' Donuts.

That evening a small storm was due to come in overnight. Something told me we had one chance at the Empire State Building to see the full skyline. We left just as dark came, taking the short cab ride on which I lost my camera, or more likely contributed it to the New York economy, then joined in the long line to get to the top of the building. An hour's wait would be well worth it.

As we came out the doors onto the promenade, it was absolutely breathtaking. Gabriel took dozens of photos from each side view. He was completely amazed, the wonderment showing on his face.

Within just minutes a strong wind came up and lightening struck in the distance. The storm was coming and the security guards asked people to go inside for their own safety. Moving slowly, as much from disappointment as from a lack of knowledge of the English language, the people soon heard the seriousness in the commands *“Get inside now, unless you want to become a piece of*



“Dad, I think I'm a Yankees fan”

human toast”. Souvenirs in hand, we returned to the hotel for the night, just under the raindrops.

Sandwiched on the Subway
“Please stand clear of the closing doors, please....Ma'am, DO NOT HOLD THE DOORS, PLEASE!... people are waiting.....” says the conductor, far too often for us to get where we are going on time. A New Yorker says to some tourist, who really should know better, *“Hey, It's Houston, not Houston!”* The intercom reminds everyone *“Next stop is Canal, then Franklin. This is the South Ferry train. If you are getting off at South Ferry, use the first five cars only, Please! Only the first five cars open to the platform.”*

Obviously a contentious command made hundreds of times a day for first time tourists and un-attentive returnees. South Ferry and Staten Island, here we come.

Riding the ferry across the bay is an experience all in itself. For the twice-daily travelers from Staten Island

Gabe was getting an experience he would tell all his friends about, and never forget. The food tasted better than ever, the fans were great, and the view was perfect.

Although they were playing the Minnesota Twins, at times it seemed as though there was only one team on the field. Homers by Alex Rodriguez, Derek Jeter and Robinson Cano were right out of the storybook. Gabe was in baseball heaven, and so was I, watching him enjoy it all. High fives with everyone around us, people we would never even see again, but it doesn't matter when you are Yankee fans and you score another run.

I spent as many thoughts reflecting on all my time living and visiting New York as I did guessing the next pitch *“Drill this guy will ya! Come on, he's crowding the plate!”* My life changed completely from living in this city. You have to grow up here. You have to know who you are and what you need to do. You have to get it.

Then, the Music, sweet Music... *“Dad, I think I'm a Yankees fan”*...I



“It's a deep flyball to right field, Homerun Derek Jete”

to throw out over the years, are now his treasures alone. And he also holds the treasured thought that some of the world's funniest stand-up comedians are the borderline inebriated Yankee fans riding home on the subway after yet another Yankees win. The wit unleashed and the joy of teasing the losing fans visiting from out of town, all in the sense of baseball camaraderie is some of the most uproariously amusing humor you will ever hear.

The Yankees Win! Sweep Twins in 5 to 1 Win

Mike Mussina masters for eight innings. It seems like we will not get

greatest city, in a country that gives us all the possibility to be great. *“If you aren't going to give life and all those around you your best, then you are already dead.”* In life, there are those who strive to be the best at what they do, and then there's everybody else. They strive to be the best not to be the best, but because they know that through their own transcendence they consistently have more with which to help others. They motivate others more, they create more, they employ more, they give more. Wealth in all its forms becomes a wave of prosperity that is both a true capitalistic principle and a clear Christian one. *“Good-bye Babe. See you next door.”*



My son Gabriel with his namesake at the Metropolitan Museum of Art

to Manhattan it may become old and time consuming. For the tourist experience, it is a joy to ride on the forward platforms holding a hot cup of Chock-Full-O-Nuts coffee and feel the clean air and mist on your face as you pass the Most Beautiful Woman in New York City. The first time you see the Statue of Liberty you can hardly keep from being awe-struck. Everything she stands for bangs deep within your chest. Some things become more real than they have ever been before. You understand now.

Returning to Manhattan, walking the neighborhood looking for a great lunch spot, we heard more foreign languages spoken than we even knew existed, so to speak. What a real city is was becoming evident to my young fellow traveler.

Time to head off to the Bronx and the House that Ruth Built

We wanted to get to the game early to watch batting practice and enjoy the House before the game. *“This is so cool. I really got him here”* ...

will never forget the sound of that coming from his lips. The Yankees win! Yankees 12, the other guys, whoever, had 4. The loudspeakers, but not loud enough for me, played New York, New York over and over again as the park emptied. Do they play New York, New York in heaven?, I thought. Apparently, they do.

The next night, which we will forever affectionately call “the drunk guys game”, were the four young drunk, drunk, drunker and drunkest used four times as many expletives than there were pitches in the game, both insulted and amused everyone within earshot. It seemed as though they were each having a beer for every base hit, until being ejected from the park in the seventh inning. In an 8 to 2 Yankees win, that's a lot of beers. It was, however, the one Twins fan that was the ringleader. *“You stahted it! You stahted it!”*

But this was souvenir night for Gabe. An authentic Yogi Berra jersey, and all kinds of other keepsakes he will have to convince his mother not



“The Most Beautiful Woman in New York City”

a chance to see future Hall of Famer Mariano Rivera. But wait! *“Hey, they are bringing in Hawkins, there's still a chance!”* Sure enough, the Twins scored and got another man on base, creating a save opportunity. In comes Rivera, and the dream is fulfilled. He closes it out quickly, and the Yankee Stadium dream is complete. The roar of that crowd will forever play in the reaches of my consciousness. Plus, my son saved it on his cell phone.

Slowly walking through the stands to get behind home plate one last time as again New York, New York blasted through the airwaves, my whole body wanted to cry. The grieving was real. This had been sacred land for so many for so many years, but time had taken its toll.

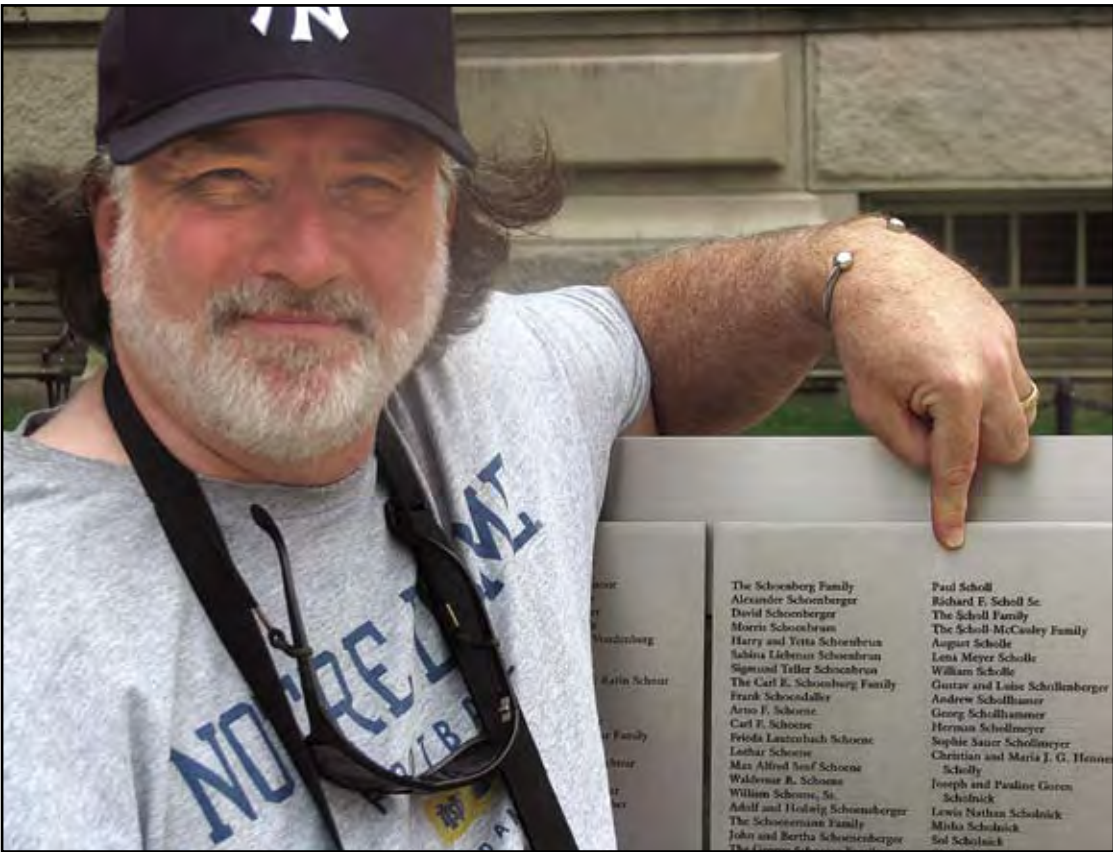
What do the Yankees Stand for Anyway?

Great players, and greater teams. The historical reference of baseball and its importance to our culture. The greatest player, on the greatest team, in the greatest stadium, in the

A Doubleheader at Shea in Queens

Yankees for a day game and the Mets and the Phillies for a night game at Shea? *“Ah you kiddin' me!”* So we take the train out to Queens and enjoy, sort of, the Mets beating Philly as another threat of rain comes in. It was as different as day and night. The fries were cold, the grilled chicken had been grilled hours before and the soda and beer were warm. The hot dogs were overcooked, the service was slow and the bathrooms disgusting. *“Is anybody gonna really miss this place?”* Probably not, as they too are getting a new stadium next year. Our surrounding fans were pretty funny, as most losing Philly fans can be. Mets 6. Phillies 3.

On the way back to the hotel we visited Times Square, full of lights and people, in a driving downpour. We went upstairs to see Grand Central Station... *“Yes Gabe, it is this big”*. Just beautiful.



It's like deja vu all over again at Ellis Island



The Angel of Bethesda Fountain in Central Park, New York City



2008 | 2009

Sacramento CHORAL SOCIETY & Orchestra
Donald Kendrick, Music Director

Sundays at Seven!
at Mondavi Center

Concerts
NOV 9 Haydn Bicentennial
DEC 13 Home for the Holidays
MAR 22 Bach's Birthday Celebration
JUNE 7 Choral Soundscapes



Season Tickets ON SALE NOW
FREE PARKING

866-754-2787
or online at
SacramentoChoral.com
with Season Subscription Orders

Save Today. Save Tomorrow.



Saving today starts at home. As your customer-owned electric utility, we can help you save money on your bill while improving your home's comfort, and protecting the environment.

Before you purchase or replace equipment, appliances or electronics for your home, check with SMUD first for information, rebates, and financing on qualified ENERGY STAR® and other high efficiency products.

Ask for ENERGY STAR to keep energy costs low and help build a cleaner, healthier environment for tomorrow.



Environment
Ask for ENERGY STAR®. Products with the ENERGY STAR label meet strict energy efficiency guidelines set by the U.S. Department of Energy and EPA.



Community
SolarSmartSM
homes combine energy efficiency and solar power for homes that are comfortable, eco-friendly and affordable. Look for a SolarSmart home in your community.



Savings
Get \$35 from SMUD when you recycle your old, operating inefficient refrigerator or freezer. Call 1-800-299-7573.

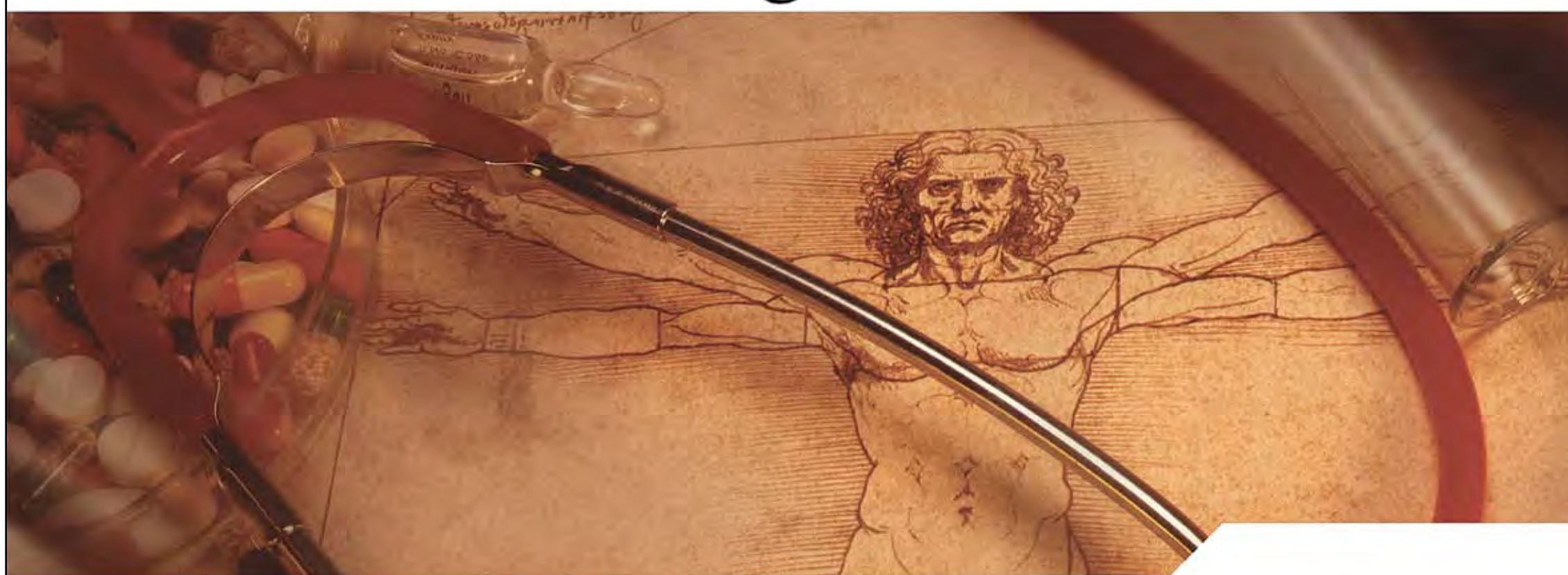
How will you save today?
smud.org/savetoday




SMUD
SACRAMENTO MUNICIPAL UTILITY DISTRICT
The Power To Do More.®

© 8/08 1099-08 7.25x13.25

Robotic precision meets the art of healing.



Mercy San Juan, a national "100 Top Hospital" for two years running, has demonstrated a commitment to leading-edge care by acquiring the da Vinci robotic surgical system. The first in the Sacramento area with high-definition 3D capabilities, this modern-day miracle allows doctors to operate using tools far smaller than the human hand. And smaller tools make a big difference, especially in prostatectomies, hysterectomies or kidney malignancies, because surgeries are less invasive and more precise. The result? Faster recovery with less pain and better outcomes—a new world of healing for patients.

Test-drive the da Vinci surgical system at the **ROSEVILLE GALLERIA**, Center Court, first floor
Saturday, September 27
10 a.m. to 4 p.m.

mercysanjuan.org/davinci

100 THOMSON TOP HOSPITALS
National
2006 & 2007



MERCY SAN JUAN
MEDICAL CENTER

 **Mercy**
A member of CHW