

AMERICAN RIVER

M E S S E N G E R

Want Cheaper Gas?



A choice needs to be made soon- just ask Phil Cowan

Page 2

Advice for Newlyweds



Reconciling your investment style is important for couples

Page 8

Anthem Singing Auditions



Do you have what it takes to be a Caps Idol?

Page 17

Brave Angel



Local family is coping with rare disease

Page 20

Volume 3 Issue 12

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

Second Edition for June 2008

California Highest Gas Prices in the Country



State Average \$4.47 a Gallon, According to Latest AAA Report

Remember the anticipation for \$4 a gallon gas? The new milestone appears to be \$4.50, according to the latest report from AAA of Northern California.

The record-setting pace of gas prices in California continues to spiral upward, setting new records daily, according to the June report from AAA of Northern California, which tracks fuel costs as a service to consumers. The statewide average cost for a gallon of regular gasoline is now a record high of \$4.47, a 53-cent increase from the last AAA gas price report on May 13.

"There are several reasons for the continued record breaking pace of gasoline prices," said Michael Geeser, AAA of Northern California spokesperson. "These include the low value of the U.S. dollar compared with international currencies, the growing demand for gasoline and oil in Asia, and the heavy trading of oil and other commodities in the market."

Crude oil continues to drive retail fuel prices. The price of crude fell from \$135 a barrel, set on May 22 with news

of decreasing numbers of Memorial Day travelers as well as lower gasoline consumption. Those reports, in addition to the study by the Commodities Future Trading Commission, caused traders to wonder if oil was becoming highly overpriced.

But the commodity market is volatile, especially oil. Even though there was a decrease in demand, the reported threat by Israel to attack Iran led oil prices to jump by almost \$11 on Friday, June 6th, the biggest one-day gain ever in dollar terms for the price of oil. The rule of thumb in the crude oil - gasoline relationship is for every dollar a barrel of crude oil goes up, gasoline usually follows with an increase of 2.5 cents a gallon.

The most expensive average gas price in the California communities where AAA monitors fuel costs is in Tahoe City and Yreka, where unleaded gas sells for \$4.60 a gallon, a 50-cent increase from last month's report. The lowest price among Northern California cities tracked by AAA is in Pleasanton, where gas costs an average of \$4.36 per gallon.

Throughout Northern California, the

average price is \$4.46, up 50 cents since the last AAA gas price report. In the Bay Area, the average price is \$4.45, an increase of 43 cents from last month.

The nationwide average price of self-serve regular gasoline is \$4.04, a 31-cent increase from last month's report.

The least expensive gasoline in the country is found in Casper, Wyoming, where the average price of gas is \$3.79. The highest average price in the nation is in Tahoe City and Yreka, California where the price is \$4.60.

AAA's Fuel Gauge Report is the most comprehensive retail gasoline survey available, with over 85,000 self-serve stations surveyed everyday nationwide. Data is provided in cooperation with OPIS Energy Group and Wright Express, LLC.

AAA of Northern California offers a wide array of automotive, travel, insurance, financial services and consumer discounts to more than 4 million members. AAA has been a leader and advocate for the safety and security of all travelers since it was founded more than 100 years ago.

Media Contact: Michael Geeser

Tomatoes Return to Stores and Menus as California Begins Harvest

Just in time for the start of tomato harvest in major California production areas, restaurants and grocery stores are announcing the return of tomatoes to store shelves and menus. The move comes in light of announcements from the U.S. Food and Drug Administration clearing most U.S. tomato producing areas because tomatoes from these areas are not associated with the recent salmonella outbreak (<http://www.fda.gov/oc/opacom/hottopics/tomatoes.html>).

"We understand the caution exercised by some restaurants and stores who may have stopped carrying tomatoes in light of the outbreak," said Ed Beckman, president of California Tomato Farmers, a cooperative representing approximately 80 percent of the fresh tomatoes produced in California. "However, now that government agencies have clearly removed all concern about tomatoes produced in California and several other states, we see no reason for

restaurants and stores not to resume carrying tomatoes. We are encouraged by those who are doing so."

Examples of chains who are returning tomatoes to their menus include: Jack in the Box, who was the first major chain to return tomatoes to the menu following the FDA clearance; and Subway, who is the largest user of fresh tomatoes in the United States. Beckman was also quick to point out major Canadian operations, like A&W and Tim Horton's, have also resumed serving tomatoes.

"We have fully returned to purchasing tomatoes for our customers in the U.S. and Canada and also have resumed offering our own Markon First Crop label tomatoes because of our confidence in the producers who supply these tomatoes," said Tim York, president of Markon, one of the nation's largest foodservice distributors.

The move by chains to return or continue featuring tomatoes comes just in time for the beginning of fresh tomato harvest in the major production regions of California's San Joaquin Valley. Members of California Tomato Farmers produce tomatoes from San Diego County in the south to Sacramento County in the north. Beckman stated that California is the second leading producer of fresh tomatoes behind Florida and that the value of the California tomato crop is approximately 400 million dollars.

"The value of the tomato crop does not take into account the contribution of the California tomato industry to the state's economy," he continued. "A disruption in harvest of tomatoes would significantly impact the California economy."

To further encourage consumption and address the issue of consumer confusion, California Tomato Farmers is offering to its customers reproducible templates for in-store point of sale materials and signage so that retailers and restaurants can let consumers know the tomatoes they see on shelves and menus are from California.

"The signs are very consumer friendly," said Beckman. "They simply state product origin so that consumers who have heard California tomatoes are now cleared can be assured of the safety of the tomatoes they

eat."

"Members of California Tomato Farmers have a long-time commitment to ensuring the field-grown tomatoes we produce are always safe to eat and we have made food safety a top priority," explained Beckman, adding that California Tomato Farmers is owned by the family farms who produce tomatoes for the following companies: Ace Tomato Company, DiMare Company, Gargiulo, Harry Singh & Sons/Oceanside Produce, Live Oak Farms, Pacific/Triple E Produce, HS Packing and San Joaquin Tomato Growers.

Beckman pointed to a stringent food safety program which has been adopted by California Tomato Farmers requiring adherence to mandatory standards verified by government inspection. He explained that California Tomato Farmers food safety protocols, known as "The Fresh Standard," are based on guidelines developed in conjunction with FDA, food safety scientists, representatives of the produce buying trade and other U.S. tomato growing regions.

"As a condition of membership, California Tomato Farmers members are required to adhere to The Fresh Standard for food safety," he explained. "All operations are audited by California Department of Food and Agriculture inspectors under the authority of the U.S. Department of Agriculture to verify farming and packing practices are in compliance. Under the program, member companies are subject to multiple USDA audits of fields and packing sheds to verify the standards are being met. The audits are conducted on a random basis and include unannounced visits.

"To our knowledge, members of California Tomato Farmers are the only California tomato producers who are subjecting themselves to mandatory government audit," said Beckman.

More detailed information on the California Tomato Farmers food safety program is available on their website at www.californiatomatofarmers.com. Downloadable templates for POS materials are also available under a password protected section of the site or can be accessed by calling California Tomato Farmers at (559) 261-2630.

Fireworks Fundraisers Help Local Non-Profits



Local Non-Profits Hoping For Recession Proof Fourth Of July

By David Dickstein

Much has been written about San Juan High School's turnaround in football last season, when the Spartans went from being a team that won just once in 2 years to a respectable 4-6 and falling just one victory shy of making the playoffs. Factors cited for the dramatic improvement ranged from the team's strong backfield and an improved passing game to beefed up defense and the impact of first-year coach Russ Hibbard.

No stories, however, mentioned fireworks as a reason for the team's success, and that's a shame, according to one San Juan parent.

"There's no question that fireworks helped us almost make the playoffs," said Citrus Heights resident Brenda Dunning.

Perhaps an explanation is in order: Dunning is chairwoman of the San Juan Boosters' fireworks fundraiser, so it only makes sense she'd promote her own product. Then again, the woman does have a legitimate argument. Money from last year's fireworks sale helped pay for the varsity team to attend a highly regarded football camp in Gold Beach, Ore., and Dunning is convinced that the skills developed there had a tremendous, positive effect here.

"It helped us win more games, that's for sure," she said.

San Juan Boosters is among hundreds of non-profit organizations in Sacramento County that will sell state-approved fireworks from June 28 through July 4 to support myriad programs locally and beyond.

This year their collective, community-minded fingers are crossed in hope that patriotism will prevail over a downturned economy. Working in favor of the community organizations is the Fourth falling on a Friday, which boosts sales of state-approved fireworks over a non-weekend holiday, according to TNT Fireworks, the sole distributor of "safe and sane" fireworks in Yuba County.

"Tradition tends to be recession-proof, and for most Americans enjoying fireworks on Independence Day is one of the strongest, especially when it's over a weekend," said Cathy Castilone, Northern California vice president of American Promotional Events, the wholesale distributor of state-approved TNT fireworks. "Other reasons we predict more families and neighbors will celebrate the holiday together are the general economy and

high cost of travel keeping people at home this season."

While San Juan Boosters is peddling Piccolo Pete, Pink Diamonds and Purple Rain fountains at its TNT stand at 7598 Greenback Lane in Citrus Heights, about 3 miles away the Knights of Columbus Infant Mary Council will be doing the same to support Holy Family Church and other causes.

"It's one of our major fundraisers," said Joe Moureaux, who for a 12th year will run the council's stand at the Citrus Heights church, 7817 Old Auburn Road. "Money goes toward sending youths to Camp ReCreation, to seminars, to providing wheelchairs to the needy in Mexico, to helping homeless vets with health and legal assistance through the Operation Stand Down program and to Holy Family itself."

Meanwhile, Family Christian Center will try to sell its fair share of fountains, spinners, smoke items and novelties on its own property at 6521 Hazel Ave. in Orangevale.

Money raised from our fireworks booth go to help our Club Retro teen center remain open," said Matthew Oliver, pastor of the Christian rock club that also provides tutoring and counseling for students of several area schools. "We're fighting to stay open. The only way we can is through donations, and when the economy goes bad people aren't opening their wallets as wide.

"The success of our fireworks fundraiser could mean the difference between Club Retro surviving or not," Oliver said.

Another Orangevale group, Casa Roble Rams Boosters, will set up shop at 7301 Filbert Ave. near Orangevale Community Park. Proceeds from what has grown to be the high school supporters' largest annual fundraiser are earmarked for the sports and pep squad programs, helping pay for equipment, transportation, competition fees and other expenses, according to fundraiser chairwoman Barbara Hill.

Profits from the week's worth of work will enable the Carmichael Elks Lodge to fatten up financially its Purple Pig project, which provides medical services for children who have no health insurance. Some of the services include vision and hearing tests, and even a home visit from a therapist

for physically or mentally disabled children.

"A portion goes to our major project, and some goes to the Boy Scouts, scholarships, drug awareness programs and many other causes embraced by the Elks," said Bill Cridland of the Carmichael service organization and whose fellow Elk, North Highlands resident Robert Smith, will chair the stand at the lodge, 5631 Cypress Ave.

In Fair Oaks, the TNT stand sponsored by Cambridge Heights Elementary School's PTO (5450 Dewey Drive in the Safeway parking lot) will raise funds for such needs as nature-related field trips, school supplies and the school's garden. Across town, New Life Community Church will be sending about 40 junior and high school students to camp in Santa Cruz with some of its profits made at the church, 8101 Sunset Ave.

"A large portion of what we'll make helps run our youth program called Fuel, and with 150 teens served every week, that's a lot of kids and young adults who might otherwise be hanging out at a mall or the back of a grocery," said Jeff Pitnikoff, youth pastor and, for the fourth year, the church's fireworks chairman.

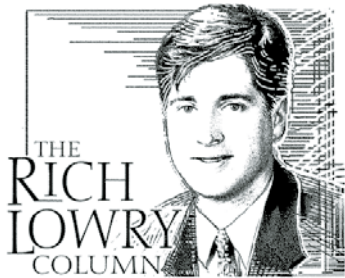
Like so many non-profits worried about the sour economy, New Life is counting on patriotic citizens for support this Fourth of July.

"You have to have money to run an adequate youth center and fireworks allow us that," said Pitnikoff of Antelope. "Sure, you can sell candy, sodas and hold car washes, but they just don't work anymore. They're too much of a hassle. When you have an opportunity that equals about 300 car washes, well that's a blessing for us."

Nearby, Bella Vista Boosters Club will be open for business in the Raley's Supermarket parking lot at 4840 San Juan Ave. in Fair Oaks.

"We'll be paying off the bills," said club fundraiser chairwoman Cari Gernoles. "All the sports of Bella Vista High School get our support, and each has its own expenses. Some of the money will go toward the new soccer and field hockey field we call our 'Field of Dreams.' Yes, it's going to be hot in the fireworks stand and a lot of work, but all of us who volunteer realize the importance of sports and how they build character and, for some students, could keep them out of trouble."

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The Talking Cure

In their litany of American presidents who met with hostile dictators, supporters of Barack Obama cite John F. Kennedy and his meeting with Soviet Premier Nikita Khrushchev in Vienna in 1961. They leave out how it went.

The earnest, young American president wanted to forestall any possibility of misunderstanding and to win Khrushchev's commitment to the international status quo. The blustery, risk-taking Soviet premier wanted to bludgeon Kennedy into making concessions that would further the Soviet goal of global revolution. When Kennedy thought he was being accommodating, Khrushchev thought he was being weak. Vienna was the backdrop for Soviet assertion in the Cold War flash points to come.

Not all talking is created equal. Which is why it's folly for a presidential candidate to make a blanket promise to negotiate personally with adversaries.

Consider President Reagan, another president invoked by Obama supporters. Reagan believed in personal diplomacy, but concluded upon taking office that it was pointless to talk to Soviet hard-liner Leonid Brezhnev. In stiffening U.S. defenses and pursuing the Strategic Defense Initiative, his administration sought to convince Moscow, in the words of Secretary of State George Shultz, that restraint "was its most attractive, or only, option," while pressuring the tottering Soviet economic system.

When Mikhail Gorbachev came to power, the administration thought it had the strategic upper hand, and a man it could work with. Reagan met with his

counterpart in Geneva and Reykjavik. Keenly aware of his inability to keep pace in a high-tech arms race, Gorbachev wanted any deal contingent on prohibiting SDI. Reagan said "no." Out of his weakness, Gorbachev eventually gave the Reagan administration the kinds of arms cuts it wanted and openings in the Soviet system. The Cold War was about to end.

If a President Obama handles relations with Iran as deftly, maneuvering the clerical regime to its doom, he's worthy of his hype. Nothing suggests that he even conceives of his desire to talk in these terms. To do so, he'd have to develop some appreciation for the concept of leverage.

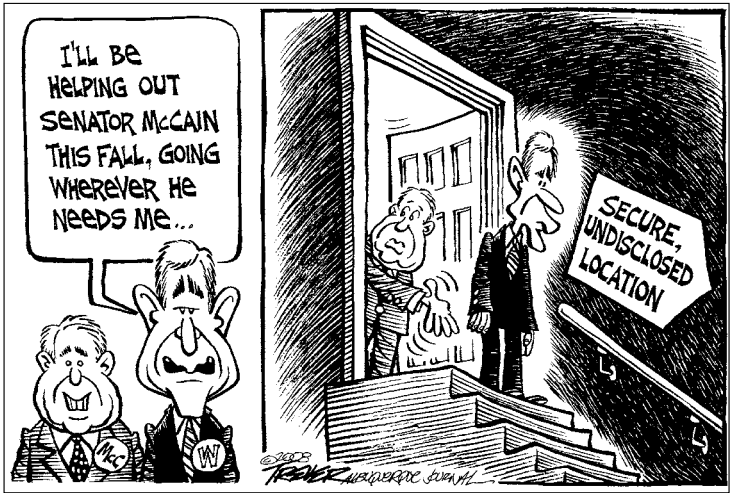
Has the Bush administration been too diplomatically inflexible? Maybe, but it has allowed the EU-3 (Great Britain, France and Germany) to take the lead with Iran, and the Europeans have offered incentives for the suspension of its nuclear program. It has relentlessly promoted Israel-Palestinian negotiations.

We have a recent example of even more active Middle East diplomacy. President Clinton had Yasser Arafat to the White House more than any other foreign leader, and his secretary of state, Warren Christopher, spent long, bootless hours with then-Syrian President Hafez al-Assad. When Clinton tried to pressure Arafat and Israeli Prime Minister Ehud Barak into a deal that wasn't there near the end of his second term, the second intifada erupted. It wasn't appeasement; it was just foolish.

Obama beware.

Rich Lowry is editor of the National Review.

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by Joseph Farah

The average price of regular gas went up to \$4 a gallon for the first time over the weekend.

How much higher will the price have to go before Americans demand prohibitions and restrictions on domestic oil drilling be lifted?

How high? I know everyone has their price. What is yours? Is it \$5 a gallon? Is it \$10?

It's time to start thinking about it, because oil and gas prices are not going down any time soon. None of our energy policies do anything but encourage this trend.

Is it possible to bring down energy prices in the U.S.? You bet it is. In fact, it would be relatively



By Lee H. Hamilton

There are times when Congress and much of the political class in Washington remind me of a child who can't resist sneaking a handful of cookies from the jar: They know that too much partisanship is getting them in trouble, but they can't help themselves. Politicians want one more maneuver to make the other side look bad; one more hunk of red meat tossed to the party's base; one more legislative stand-off to show their partisans they mean what they say. Then they'll reckon with the public's clear preference for political leaders who know how to work together.

I know that politics is a contact sport, and hard-hitting partisan competition is unavoidable, even desirable. It offers clear choices and different approaches



by Phil Cowan

As the price of gasoline climbs ever closer to five dollars per gallon, we have reached a watershed moment in American history, one where we must decide the economic future of this great nation. Will we accept crushing fuel prices as the inevitable consequence of moving away from an oil-based system of energy production? Or will we at last realize that the environmental movement, for all its good intentions, is crippling our economy? The choice needs to be made soon, and your quality of life depends on it.

Environmentalism is a good



Drill for American Oil NOW!

easy. The only questions are how fast they would come down and how much.

How would we do it?

We have to start drilling for oil again in the U.S. – onshore, offshore, in Alaska, in the Gulf of Mexico. It's time to realize the environmentalist zeal that has prohibited and restricted oil drilling in the U.S. is actually counterproductive. No one on Earth is more conscious of conservation and environmental protection than American oil companies. We failed to follow this course in the 1990s and we're paying the price for it now. Just how bad do we want to be hurting 10 years from now?

While drilling for U.S. oil, we also need to make sure we can refine it and bring it to market quickly and efficiently. That means building more American refineries. Do you know we haven't built on in the U.S. in 32 years? With a growing population and increasing energy demands, we can't wait another 32 years for more capacity.

We shouldn't rely on oil alone to meet our energy needs. There's a clean alternative that those who believe in the hocus pocus of global warming, above all others, should

be embracing. That's nuclear power. While I don't believe carbon dioxide is nearly as big a threat to the planet as Al Gore is, haven't the climate-change zealots noticed that nuclear power doesn't create any carbon emissions? And did you know we haven't built a single nuclear plant in the U.S. in 12 years, while shutting down several for no good reason other than superstition?

I say it's time to drill – and drill big. I'm so personally committed to this idea, I've come up with a removable, magnetic bumper sticker you can purchase in quantity, if you like, to promote the campaign. It states the case succinctly and clearly: "Drill for American Oil NOW!" (Find the bumper sticker on WND.com)

Let's start a national movement. I know it's a political year, but none of the major candidates will embrace this idea. So we've got to make it a people's campaign. I want to start seeing those bumper stickers on the back of gas guzzlers from coast to coast this summer.

"Drill for American oil NOW!" It's more than gas prices at stake. The price of just about everything is rising as a result of skyrocketing oil

prices controlled not by Americans but by foreigners – even foreigners hostile to American interests.

As simply a matter of national security, it doesn't make any sense not to drill. But now that we're all feeling the pinch in our pocketbooks, I believe the time is right for a national uprising.

Are you with me?

Will you join the crusade?

All you have to do is make noise. Raise your voice. Don't let the out-of-touch politicians in their chauffeur-driven limousines get away with business as usual. The future of America is at stake. What kind of a country do you think your children and grandchildren will inherit if America does not protect its sovereignty and its freedom with some common-sense self-interest? "Drill for American oil NOW!"

Joseph Farah is founder, editor and CEO of WND and a nationally syndicated columnist with Creators Syndicate. His latest book is "Stop The Presses: The Inside Story of the New Media Revolution." He also edits the online intelligence newsletter Joseph Farah's G2 Bulletin, in which he utilizes his sources developed over 30 years in the news business.

How Do We Reduce Partisanship?

to solving our problems, and it enhances the accountability of those in power when the other side is willing to point out weaknesses in their thinking or their performance.

Still, the country at large yearns for less polarization these days, and believes that partisan engagement has gone too far. Even Washington insiders acknowledge that the extreme partisanship of recent years has made it more difficult to govern productively, leading more often to stalemate than to policy advances. They go to great oratorical lengths to deplore how partisan the institution has become. Acknowledging the problem, though, is easier than knowing what to do about it.

For it's a tough one. As a nation, we remain closely divided in our political philosophies. The upshot in Congress is that party leaders assess each bill for how it will help or hurt chances to pick up seats; the lens through which they see legislation too often has to do with power, not effective policy making.

So what can we do? The first step, I believe, rests with American voters. However slowly, Congress responds to what its members hear back home. A drumbeat of dislike for mean-spirited partisanship and insistence on working through differences will eventually get through. Members of Congress must be held responsible for the kind of institution they inhabit.

There's a tougher nut to crack, too, which has to do with rebuilding the strength of the dormant center

in American politics. On this front, there are any number of steps that might make little difference alone, but together could add up to a sea change in how Washington operates.

One of them is already happening: the rise of the internet for fundraising. The ability to go over the heads of well-heeled special interests and fund a campaign through the small donations of ordinary Americans has the potential to rewrite political candidates' loyalties once they're in office. The less financial influence wielded by groups with a specific cause, the better the chance that our essential moderation as a nation will get reflected in Washington.

Equally important is a growing restlessness with how congressional districts get drawn. For the most part, district maps are designed by state legislatures, which often defer to the wishes of their congressional delegations. Somehow, these maps nearly always produce safe districts for one party or the other, instead of competitive districts that would produce candidates adept at forging coalitions of independents and moderates of both parties. Turning redistricting over to independent commissions charged with crafting districts based on commonality of interest and geographic compactness, rather than partisan affiliation, may not be a panacea, but it would make a difference.

There is work to be done on Capitol Hill, too, though it might not seem like work: Legislators need to get to know one another. It is hard to attack someone

you know well. Yet the congressional schedule – constant travel back home to meet with constituents, the need to raise money, the pressures of campaigning – keeps members of Congress and their families out of Washington, away from their colleagues, and far less likely to find time for forging friendships across partisan lines.

It's also important for members of Congress to look deliberately for issues that hold the hope of successful bipartisanship. Our nation's need for investment in its aging infrastructure – its roads, bridges, and transportation networks – offers one such possibility. It's not a partisan issue; it's a good governance issue.

Then, once Democrats and Republicans on Capitol Hill have come together to resolve a few problems like this, they may come to understand what ordinary Americans have known for some time: that the only way to solve our really tough problems – health care, energy independence, the rise of terrorism, the challenges posed by globalization – is to work together as a nation. In a nation as closely divided as ours, political leaders who know how to emphasize the common purpose – rather than their own party's monopoly on the truth – will ultimately be the ones to lead us from our current partisan morass.

Lee Hamilton is Director of the Center on Congress at Indiana University. He was a member of the U.S. House of Representatives for 34 years.

Want Cheaper Gas? Grow Up!

thing. Our water and air are cleaner than they were forty years ago, and it has fostered an awareness of, and respect for, our place in the ecosystem, and the many ways our human behaviors can affect the planet. But the movement and its goals are rarely guided by science and logic these days, preferring instead to base its arguments on histrionic emotional appeals that bear little resemblance to reason, and the balance between healthy economic growth and responsible stewardship of the environment has been lost.

We can't drill in ANWR because of some perceived danger to caribou migration routes, even though the area we're talking about is like a postage stamp on a manila envelope. The caribou would adapt. We can't drill in coastal waters because we might pollute the ocean and taint

our beaches. Maybe. But outside the two-hundred mile "exclusive economic zone" limit recognized by the U.N., international waters are fair game. If you hadn't noticed, the Chinese don't care about polluting our shores, and are already hard at work extracting oil from the Gulf of Mexico in partnership with their commie pals in Cuba. If we don't extract that oil, someone else will, and they won't be nearly as sensitive about it as we would. But then we see a picture of a seagull covered in oil, and we go all soft in the head. And don't even get me started on this non-existent "global climate crisis," which has already cost us billions. The planet has gone through climate cycles for eons, but no matter. Show somebody a forlorn looking polar bear on an ice floe and they're weeping in their hankies. News

flash: the polar bear population is larger and healthier than it's been in years, and polar bears have been swimming (sometimes for miles) out to ice floes forever.

So what's it going to be? Will we, as a society, finally tell environmentalists they've gone too far? To shut their collective yap and get us some reasonably priced oil? Or will the Greens carry the day? Will we move away from an oil based economy on their schedule, and pay the excruciating economic price that will result? Do you want to keep paying these prices for your gas and food? Do you want to see the travel and tourism industries wither and die? Do you want to see this economy get worse? Childish emotion, my friends, is a lousy reason to make public policy. Maybe it's time we act like adults for a change.

AMERICAN RIVER
MESSENGER

“Written by the people for the people”



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A Navy League Sacramento Council sponsored Award Program at J. F. Kennedy High School.



Mike O'Docharty and State Military Reserve Officer Candidate Scott Gaw, both of the Navy League of the United States, Sacramento Council present the Navy League's Theodore Roosevelt Youth Award to Cadet Sergeant Robert Lin for outstanding performance of duty and demonstrating the tenants of energy, spirit, competition and fair play that were exemplified by our former President. The Navy League of the United States was founded in 1906 by Theodore "Teddy" Roosevelt as a civilian organization in support of all the sea services. The local Sacramento Council has over 250 members supporting the areas active duty and reserve sea service units as well as the California Maritime Academy in Vallejo and numerous youth organizations.



The Marine Corps Cadets of John F. Kennedy High School conduct a pass in review in front of family members and representatives of numerous local support organizations such as the Sons and Daughters of the American Revolution, Navy League of the United States, Navy Reserve Association, Veterans Of Foreign Wars, Military Order of the Purple Heart...



The Marine Corps Junior Reserve Officer Training Corps (JROTC) Cadets of John F. Kennedy High School held an awards ceremony and pass in review on May 10th 2008. The annual event showcased leadership, precision marching and the unit's award winning drill team. The ceremony was conducted by the students under the instruction of Master Sergeant Miranda, USMC Retired. The ceremony also marked a change of command where Cadet Major Leeseng Thao was relieved by Cadet First Lieutenant Danielle Owyong as the unit's Commanding Officer. Marine Corps JROTC instills values of Honor, Courage, and Commitment in order to build strong citizens, motivate students to learn, foster a disciplined and constructive learning environment and instill essential skills like time organization, responsibility, goal setting, and teamwork.

Serving Those Who Serve

By Edward A. Powell, President and CEO, USO World Headquarters for NewsUSA

With the Presidential campaigns now in high gear, the rhetoric can become deafening to the point that we simply tune it all out. Coverage of the economy, rising gas prices, shrinking home values and daily celebrity scandals make it easy to reach the saturation point and ignore everything.

Now that troops have been serving in Iraq and Afghanistan for more than half a decade, they don't make the front page every day, and sometimes it's easy to forget they're there. In fact, a recent study by the Pew Research Center found that only 28 percent of Americans can cite the approximate number of troops who have been killed in Iraq.

If America's troops serving in the Persian Gulf are already slipping from our public consciousness, what then of the thousands who continue to serve in Korea and Europe, now more than half a century on? So too, the thousands of troops who serve far from home on bases scattered around the globe. In fact, more than 2.5 million Americans are currently serving on active duty and in the guard and reserves.

As a young man, I served on active


duty as an enlistee in the Navy. During that tour of duty and during my tenure at the Department of Veterans Affairs, I saw first hand how poorly some of our combat veterans were treated when they came home. Our nation is still bearing the cost of that ill treatment. The experience of today's service member paints a very different picture. The American public truly has wrapped its arms around our military, and the USO helps facilitate the demonstration of that support.

Clearly, and I believe fortunately, there have been dramatic changes in how we relate to our men and women in uniform. Since military operations started in Afghanistan, Iraq and other places we don't hear much about, the American public has held fast to the notion that it is acceptable to debate the pros and cons of specific war decisions, while offering unequivocal support for the men and women who have volunteered to serve in the military.

That's good news for our brave men and women in uniform. That's also good news for those of us who devote our lives to serving these men and women. In the nearly seven years since the Sept. 11 attacks, the nation has rallied to support the USO, a home away from home for our troops with

132 centers worldwide, in what it sensed would be a quickly expanding operation around the world. The nation was right; our troops are engaged around the world, and the USO is there to support them.

Since 2003, generous donors throughout America have helped the USO buy more than 2 million international long distance telephone calling cards for the troops. Likewise, our volunteers have assembled and distributed more than 1.3 million USO Care Packages to deploying troops. It is this support that has also allowed us to roll out the new USO-in-a-Box program to deliver our unique morale-lifting services to troops serving in extremely remote locations. But more support is needed.



Regardless of one's position on the war, Americans across the board have shown unwavering support for our troops.

★ VETERANS POST ★

by Freddy Groves

Cutting Costs Through Misdiagnosis

Each time the Department of Veterans Affairs takes two small steps forward, something happens to send it a giant step backward. In this case, it was an e-mail that got loose from the VA. In the e-mail, a psychologist for a VA medical center in Texas "suggested" that they stop making diagnoses of Post-Traumatic Stress Disorder and call it Adjustment Disorder instead.

At first I thought that perhaps this was an e-mail from someone low

on the policy-making totem pole. Turns out, however, that the sender is the PTSD program coordinator. A "suggestion" from one's boss has a way of becoming reality.

Of course, the VA secretary jumped all over it, saying it wasn't VA policy. Of course, the House and Senate Veterans Affairs committees want an investigation. And of course, the employee who sent the e-mail is staying on the job after being "counseled."

How many similar "suggestions" are quietly offered up in hallways and conference rooms? How many other cases are there of misdiagnosis to save a benefits buck?

So what does all this mean? It means that each time a veteran is told, "No, you don't have PTSD," the

question will hover overhead: Is this less-than-PTSD diagnosis just a way to save money on disability benefits?

Meanwhile, if you're out in public in your uniform and people are giving you "a sign," don't be alarmed. This sign, with the hand starting at the heart, moving down to the belly, and then extending is out to you, is the Sign of Gratitude, as in "Thank you from the bottom of my heart." Check out the Gratitude Campaign Web site: www.gratitudecampaign.org.

Write to Freddy Groves in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to columnreply@gmail.com.

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Military Graduates Hometown News

Check back every issue for your hometown hero!



Air Force Airman Cameron T. Spencer has graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

During the six weeks of training, the airman studied the Air Force mission, organization, and military customs and courtesies; performed drill and ceremony marches, and received physical training, rifle marksmanship, field training exercises, and special training in human relations.

In addition, airmen who complete basic training earn credits toward an associate degree through the Community College of the Air Force.

He is the son of Robin Mitchell and stepson of Michael Brewer of Data Drive, Rancho Cordova, Calif.

Spencer is a 2006 graduate of Cordova High School, Rancho Cordova.

Hanna R. Calvert has received an Air Force ROTC (Reserve Officer Training Corps) college scholarship offer to attend a selected host college or university.

The cadet was selected to receive the scholarship certificate on the basis of comprehensive tests, high school scholastic achievement, and extra-curricular activities. The majority of Air Force ROTC scholarships cover full college/university tuition, provide textbook allowance, and pay most laboratory or incidental fees. In addition, at least a \$300 tax-free monthly allowance is paid to recipients during the academic year. The estimated value of the scholarship depends on the student's choice of school and type of scholarship offered.

Upon graduation from college and completion of the ROTC program, the cadet will receive a bachelor's degree and a commission of second lieutenant in the Air Force.

She is the daughter of Randall J. Calvert and Cori L. Condon of Bethlehem Court, Fair Oaks, Calif.

Army National Guard Pfc. Robert A. Pletcher has been mobilized and activated for deployment overseas to a forward operating base in support of Operation Iraqi Freedom.

Operation Iraqi Freedom is the official name given to military operations involving members of the U.S. armed forces and coalition forces participating in efforts to free and secure Iraq. Mission objectives focus on force protection, peacekeeping, stabilization, security and counter-insurgency operations as the Iraqi transitional governing bodies assume full sovereign powers to govern the peoples of Iraq.

Members from all branches of the U.S. military and multinational forces are also assisting in rebuilding Iraq's economic and governmental infrastructure, and training and preparing Iraqi military and security forces to assume full authority and responsibility in defending and preserving Iraq's sovereignty and independence as a democracy.

Pletcher, a military policeman with one year of military service, is normally assigned to the 40th Military Police Company, Los Alamitos, Calif.

He is the son of Julie C. Buhkert of Main Ave., Orangevale, Calif.

The private is a 2005 graduate of Del Campo High School, Fair Oaks, Calif.

Army National Guard Pvt. Jeannine G. Chico has graduated from basic combat training at Fort Jackson, Columbia, S.C.

During the nine weeks of training, the soldier studied the Army mission, history, tradition and core values, physical fitness, and received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map reading, field tactics, military courtesy, military justice system, basic first aid, foot marches, and field training exercises.

She is the daughter of Juanita G. Chico of Chardonay Drive, Rancho Cordova, Calif.

Chico is a 2007 graduate of Kinney High School, Rancho Cordova.

When The Music Stopped

From a Chaplain in Iraq:

I recently attended a showing of 'Superman 3,' here at LSA Anaconda. We have a large auditorium we use for movies, as well as memorial services and other large gatherings. As is the custom back in the States, we stood and snapped to attention when the National Anthem began before the main feature. All was going as planned until about three-quarters of the way through The National Anthem the music stopped.

Now, what would happen if this occurred with 1,000 18-22 year-olds back in the States? I imagine there would be hoots, catcalls, laughter, a few rude comments; and everyone would sit down and call for a movie.

Of course, that is, if they had stood for the National Anthem in the first place. Here, the 1,000 Soldiers continued to stand at attention, eyes fixed forward. The music started again. The Soldiers continued to quietly stand at attention. And again, at the same point, the music stopped. What would you expect to happen?

Even here I would imagine laughter, as everyone finally sat down and expected the movie to start. But here, you could have heard a pin drop. Every Soldier continued to stand at attention. Suddenly there was a lone voice, then a dozen, and quickly the room was filled with the voices of a thousand soldiers, finishing where the recording left off:

'And the rockets red glare, The bombs bursting in air, Gave proof through the night That our flag was still there. Oh, say does that star-spangled banner yet wave, O'er the land of the free, And the home of the brave.'

It was the most inspiring moment I have had here in Iraq. I wanted you to know what kind of Soldiers are serving you here. Remember them as they fight for you! Pass this along as a reminder to others to be ever in prayer for all our soldiers serving us here at home and abroad. For many have already paid the ultimate price.

Written by Chaplain Jim Higgins
LSA Anaconda is at the Ballad Airport in Iraq, north of Bagdad



Staff Sgt. Clint Campbell reviews a map for the 2008 Fort Jackson Drill Sergeant of the Year Competition.

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By Lauren Forcella

Dear Straight Talk: Since seventh grade, our 17-year-old son has been entrenched in the video game, World of Warcraft. On school days, he plays 4 hours a day, on non-school days, 8 to 12 hours. I'm hesitant to forcibly take the game away because he's so close to legal adulthood and I believe it's important that he make the choice to moderate or stop himself. His father and I have taken the tactic of "coaching" rather than dictating. I can't say it's working — he has lost his social life, lost motivation for other activities, and is flunking his classes — but we wanted him to "fail" in the safe environment of home, hoping he would see the benefit of giving up the game. Unfortunately, he's good at WoW, which adds to his desire to play because now it's the only place he feels successful. Any suggestions on how to help my son? — Carmichael, CA

From Beau, 18: In moderation, MMO (massive multiplayer online) games like WoW can relieve stress, however they can be extremely addicting. MMOs let you upgrade yourself in ways you can't in real life. You essentially become your dream self. Your son is surely addicted to

straight talk for teens

World of Warcraft is ‘meth’ of video games

that feeling and has adapted to getting his confidence only through the game. I experienced a low-key addiction to an MMO, but after realizing what was happening, I became determined to extend my confidence to real-life situations.

From Peter, 20: I'd say: "You live in our house, you abide by our rules, regardless of your age." If he gets huffy, tell him he's welcome to rent his own apartment and game all he wants. At the minimum, make him pay game-related costs (high-speed computer, WoW subscription, phone, internet). To do that, he needs a job. And to get a job, he needs passing grades. I used to game non-stop, too, then life got "real" and I quit.

From Nicole, 18: I despise this game. I would immediately take away his computer, no exceptions. He is acting like a little boy.

From Kendal, 21: You should have enforced moderation in seventh grade. Letting him "fail" at home because it's "safe" is crippling him. Parents are supposed to be guides in life, not fellow tourists. Statistics show that most successful children grow up in authoritative (note: not authoritarian) households. So, be authoritative and set boundaries. At the same time, give your son positive reinforcement. Don't ask why he doesn't have friends, or why he doesn't talk to so-and-so anymore. These questions make a socially shy person feel even more inadequate and rejected.

From Geoff, 22: The online worlds of MMOs are foundational for many young people, and parents need to understand the appeal. As a player, you are living the most explicit way possible: trekking across haunted deserts with your guild, exploring ancient tombs of forgotten races, brewing beers for fellow players, playing an active part in a dynamic economy. In high school I gamed similar hours as your son — yes, I also did 'extracurriculars' and made honor role — but I don't agree that gaming is addictive. I mean, why not play these games in high school when you still can play games? Now I have no time for gaming — instead I enjoy the freedom not possible in high school: real life.

Dear Carmichael: Don't get me going. Gaming is highly addicting, just like drugs, alcohol, or gambling. In fact, many gamers consider WoW the "meth" of video games. Some boys like Geoff, Peter, and Beau, can game heavily, maintain balance, and stop on their own. However, countless boys — your son included — cannot. They are flunking school, flunking life. It's a global problem and the gaming industry spares no expense on propaganda to convince society otherwise. Peter, Nicole, and Kendal offer great ideas on how to intervene. Your son needs you to do it. More panel comments are on the website.

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

Stop Making “Sex Seekers” Out of Youth

Christian Newswire/ -- The Centers for Disease Control has released the 2007 Youth Risk Behavior Surveillance Report (YRBS). This report shows the numbers of youth risk behaviors, including sexual risk behaviors, which shows a slight increase in the number of sexually active teens.

"While opponents to sexual integrity education blame abstinence programs for these numbers, I think it's high time they took a look in the mirror," said Leslee Unruh. Studies show that abstinence education is far out-funded by condom-only education and others confirm this fact showing that condom education is taught in more classrooms than abstinence education. Most parents are actually shocked to learn that the programs promoting sex outside-of-marriage out-fund abstinence-until-marriage programs by a rate of nearly

\$12 to \$1. Yet, these programs promoting sex outside-of-marriage continue to be funded with little oversight or peer reviewed evaluations to demonstrate their effectiveness. "I challenge condom and contraceptive programs to conduct the same rigorous studies of their programs as abstinence programs do," said Leslee Unruh.

Opponents to abstinence education like Dr. Laura Berman blame the increase in sexual activity on, "kids learning skewed messages about what sex is," and "they are confused about what virginity means," and "I think part of the problem honestly is the abstinence only model." So they blame the increase in sexual activity on abstinence programs that promote sexual integrity through teaching self control while their programs promote teaching youth graphic sexual messages at an even

earlier age. Why is this so confusing for them? You teach youth how to have sex and they will become sexually active. You teach them how to abstain, and reinforce that message consistently, and they will abstain. "The only skewed message our youth receive is the one that teaches them they have no self-control, teaches them how to have sex and ultimately puts their lives at risk. We need to stop making 'sex seekers' out of youth," according to Leslee Unruh.

Unruh concludes, "Abstinence education teaches love; condom only education teaches lust. Let's do the right thing for youth by raising the bar for their sexual health from lust to love. Let's provide them the tools they need for self-control, to withstand the pressures, reject sexual advances, form healthy relationships and protect their bodies and their minds 100%."

John DiStasio Chosen as New SMUD GM



John DiStasio

John DiStasio, assistant general manager for Energy Delivery & Customer Service, has been named to succeed Jan Schori as SMUD's general manager.

DiStasio, a 27-year SMUD veteran, verbally accepted the offer from the SMUD Board of Directors Thursday night to fill the GM position after a national search. The appointment will not be finalized until a contract is signed and the Board issues a formal approval at its June 19

meeting. DiStasio would assume his new position June 20.

"By making their selection from among the internal candidates, I think the Board validated the excellent work of this organization and its employees," DiStasio said. "It's a recognition that we have really been able to step up and meet the challenges that confront us."

DiStasio said he intends to position SMUD for the future through building upon what has been accomplished in the past. "We will still be focused on the customer, the community and our employees," he said. "I want Sacramento to continue to reap the dividends of having SMUD as a community-owned utility."

Larry Carr, president of SMUD's Board of Directors, said that after many interviews and much deliberation, DiStasio emerged as the best choice among a field of strong candidates. "Both internally and externally we had many highly qualified people to choose from," Carr said. "But it became clear that John was the best fit to take us to the next level."

DiStasio moves to SMUD's top post after serving as assistant general manager since December 2000. In that role he was responsible for

overseeing SMUD's retail operations, including customer service, energy delivery, program development and communications, energy-efficiency and pricing.

During his tenure as assistant general manager SMUD won a string of customer service honors, including being named by J.D. Power and Associates in February as having the nation's highest satisfaction rating among business customers.

From 1997 to 2000, he headed Distribution Services, with responsibility for the SMUD energy delivery process. DiStasio joined SMUD in 1981 as a buyer for the District's purchasing department.

In addition to his duties at SMUD, DiStasio is an executive board member of the Sacramento Metropolitan Chamber of Commerce; vice-chair of LEED (Linking Education and Economic Development); president of the board of the Northwest Public Power Association; a board member of the North State Building Association; and a member of the Los Rios Foundation Board.

DiStasio earned a bachelor's degree in organizational behavior from the University of San Francisco.

CDC’s Childhood Obesity Report Misleading

A member of the CDC comments as “Killer at Large” obesity documentary filmmakers explain the math behind the number of kids getting fat

The Centers for Disease Control and Prevention (CDC) recently reported that obesity prevalence among children aged 2-19 in the U.S. has leveled off and made no significant gains between 1999 and 2006.

The report, "High Body Mass Index for Age Among U.S. Children and Adolescents, 2003-2006," is the latest analysis based on the National Health and Nutrition Examination Surveys, conducted by CDC's National Center for Health Statistics.

In the 1970s, using today's standards, 10-percent of children were overweight and five-percent were obese. As of this report, that figure has more than doubled (perhaps more so, taking into account statistical errors cited in the study). Today, as much as 32-percent or more of America's children are overweight or obese.

"It's bizarre to read the news about

these reports and then read the actual reports themselves, you get two different pictures of the situation," said Bryan Young, producer of the upcoming film on the obesity epidemic "Killer at Large", "When they say 'no significant gains' we're still talking about 2-3 percent of our children potentially crossing over into the threshold of obesity."

Steven Greenstreet, director of "Killer At Large" added, "A lot of people are taking this new CDC study as news that the problem is going away. It isn't. It might not be getting any worse statistically, but 32-percent of our nation's young people overweight is 32-percent too much."

"The fact remains," Young continued, "that based on their numbers we still have millions of kids overweight and with the small amount of money and effort the government is focusing on the problem of obesity, it's obvious that their responses are not nearly robust enough to combat the problem and allowing fast food companies and soda manufacturers 'regulate themselves' is clearly going to lead to a worsening of

the problem."

Greenstreet agreed, "This is very much a black eye for the government response."

When asked for comment, Dr. Cynthia Ogden, a PHD level epidemiologist at the CDC National Center for Health Statistics and author of the report agreed as well, "Absolutely. A third of the population is still obese. There's some hope, but the best news is when we see a decrease."

"Killer At Large" is set for release later this year after a tour of major film festivals. It features interviews and footage of notable experts and celebrities speaking on the topic of the American obesity epidemic including Former President Bill Clinton, Former Surgeon General Richard Carmona, Ralph Nader, Dr. Kelly Brownell, Dr. Marion Nestle, and bestselling authors Michael Pollan and Chef Ann Cooper, among many others.

For more information about "Killer At Large" or to watch the trailer please visit: <http://www.killeratlarge.com>

Limited Edition, Energy Efficient Homes Debut June 14

Cresleigh Homes is gearing up to introduce a brand new collection of exquisite single-family homes in desirable Orangevale. Saturday, June 14th, get ready to welcome Cresleigh Almondwood, a limited collection of just 38 stunning residences that carries the Cresleigh tradition of "fundamentally built better" communities in the Sacramento area.

"This is an exciting opening for us," stated Fran Leach, Vice President of Sales and Marketing for Cresleigh. "With its great selection of home styles, energy saving features and fantastic, park-adjacent setting, we are expecting Almondwood to be a big hit with homebuyers looking for extra value."

With its charmingly rural setting in Orangevale right next to Almond Park, Almondwood seems sure to live up to its high expectations. A quiet, relaxed community with plenty of "hometown appeal," Orangevale offers rolling hillsides with picturesque views of the Sierra Nevada as well as proximity to Folsom Lake, the Sacramento and American rivers, making it ideal for outdoor enthusiasts and growing families in search of wide open spaces and fresh air.

Plus, its easy access to Sacramento's major business and cultural sites makes Almondwood a great choice for homebuyers that work in the capital, but want to have a home in the country.

With a wide selection of home designs and many versatile room options to choose from, Cresleigh Almondwood has a great home perfect for any homebuyer's needs. Residences stretch from approximately 2,338 to a generous 3,348 square feet with as many as five bedrooms and three and one-half

baths. Each home is highlighted by spacious three-car garages, elegantly tiled entryways and kitchens, sumptuous master suites with walk-in closets as well as expansive family rooms for gathering. Dens and home office spaces are also available as well as optional lofts, game rooms, retreats and more (per plan).

Plus, Almondwood offers both one- and two-story homes and a diverse array of aesthetically pleasing exterior elevations. Inside, homes are adorned with stylish two-tone paint, striking raised panel doors and rounded wall cornering as well as inviting wood burning fireplaces and dramatic volume ceilings (per plan).

Almondwood's gourmet-caliber kitchens are highlighted by convenient center islands, Kohler® cast iron kitchen sinks, quality GE® appliances, gorgeous granite slab countertops, beech cabinetry and much more.

Furthermore, special eco-friendly features that not only add value but also help to protect the environment enhance Almondwood's excellent home designs.

These include not only a full complement of Energy Star® rated appliances and lighting packages, but also cutting edge "hidden" features such as 4 X 6 exterior framing, Ultra Low-E dual-pane sliding glass doors and windows, Allergy Gold Electrostatic air filters, and many others.

Don't miss your first chance to experience Cresleigh Almondwood, opening Saturday, June 14th. Visit the sales office at 5805 Almond Avenue in Orangevale or call (916) 990-0718 for more information. Almondwood is built with pride by Cresleigh Homes. For further details on this and other great home buying opportunities, please visit www.Cresleigh.com.

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Citrus Heights News & Views

Lunch & Learn Program Presents ‘Make QuickBooks Work for You’

Date: Tuesday, July 1st
Time: 11:30 am – 1:00 pm
Location: Citrus Heights Regional Chamber of Commerce
7115A Greenback Lane
Citrus Heights, CA 95621
Topic: How to use QuickBooks so it really works for you. Save time and produce accurate information for your tax person.
Other points covered:
How to customize your chart of accounts
How to set up Preferences
How to save time with memorized transactions
How to customize reports so they show what you need to see
The importance of reconciling your



accounts and how to do this.
About Our Presenter:
Jennifer Klaus, owns and manages Klaus Financial Services, a thriving tax and accounting practice that provides bookkeeping, payroll, and income tax services to over 350 individuals and small businesses.
Jennifer is passionate about using her knowledge of the tax law to help individuals maximize their tax savings through careful tax planning and strategizing. She also enjoys teaching business owners how to effectively

manage their income and expenses.
Jennifer is the advisory board treasurer for the CCHAT Center, a Sacramento-based non-profit children’s school.
Jennifer is an Enrolled Agent, a licensed mortgage broker, and a QuickBooks Pro-Advisor. She earned her Bachelor’s degree from Sonoma State University where she graduated with honors. She is a member of the National Association of Tax Professionals, the California Society of Tax Consultants, the American Payroll Association, the American Institute of Professional Bookkeepers, and the Sleeter Group Accounting Consultants Network. Jennifer is also active in the children’s ministry program at her church, Bridgeway Christian.

City Hosts Exchange Students

International high school exchange students are coming to study in the Citrus Heights area during the 2008-09 school year. These students will integrate themselves into a Citrus Heights area family with the goal of experiencing American culture as an American high school student does. In turn they will provide insight into their own culture.
STS Foundation, a non profit student exchange organization, is proud to help facilitate these relationships. They have

been doing so for the past 20 years and look forward to finding new host families in Citrus Heights and connecting them with exchange students. Students like Victor, who is a 16 year old boy from Jaboticabal, Brazil. He enjoys playing soccer and tennis; he says he is very interested in learning about the American way of life. Stephanie is a 16 year old girl from Budelsdorf, Germany who loves playing soccer and studying foreign languages. She says she is excited to experience the “school

spirit” of an American high school. They are both excellent students and will have their own spending money and health insurance.
The host family provides a separate bed, family meals and a safe environment. If your family would be interested in being a host family please call Lillian at 1-800-522-4678 or email at lillian@stsfoundation.org and visit www.stsfoundation.org

Looking for Love? DinnerMatch Offers Singles ‘Best Summer Ever’

If you are single in the busy, hectic modern world meeting new people can be a challenge. But don’t give up on love just yet. DinnerMatch is a singles social club and matchmaking service based in Roseville that offers several ways to meet that special someone.
Trish Stokell, the company’s owner, says dating services are becoming accepted as a necessary service for busy professionals that just don’t have the time for online dating and setting up dates for themselves. “We have attractive, successful singles who would much rather have us set up events and dates for them rather than spending hours in front of

the computer scrolling through endless profiles.”
DinnerMatch specializes in the “dinner party” concept, where groups of 4-6 singles are matched based on age group and interests, and they dine together at upscale restaurants around town. “The group dining experience is a fantastic way to get to know other singles in a fun, relaxed atmosphere.” Stokell added.
Along with the group dining events, DinnerMatch also offers several “Go-To” activities each month – wine tasting, team trivia, movie nights, speed dating, live music events, and outdoor activities, available to all members. “When you join,

your social calendar can go from “blah” to “fabulous,” says Stokell, “You start to take part in all these fun activities and you are out meeting great people who all have the same thing in common - they are looking for a real, lasting relationship, someone to share their life experience with.”
DinnerMatch is offering “The Best Summer Ever” specials, where new members can join for less than \$100/month. For more information, go to www.dinnermatch.net or call 916-783-DATE. DinnerMatch has members in the 30’s, 40’s, 50’s and 60’s age groups.

Eagle Scout Robert Sewell Honored



Photo by: David Sewell

By Lisa West

An Eagle Scout Court of Honor was recently held at The Church of Jesus Christ of Latter-day Saints, Citrus Heights California Stake Center for the presentation of an Eagle Award to Robert B. Sewell of Citrus

Heights. He is a member of Troop 618 in the Pony Express District, Golden Empire Council of the Boy Scouts of America, chartered to the Rusch Park Ward.
Sewell, 18, earned the required 21 merit badges to become an Eagle Scout in such areas as First Aid, Fingerprinting, Swimming, Citizenship in the Nation, Citizenship in the World, Citizenship in the Community, Basketball, Personal Management, Camping, Environmental Science, Personal Fitness, Emergency Preparedness, Family Life, Communications, Woodcarving, Leatherwork, Orienteering, Astronomy, Archery, Pioneering and Cooking. Sewell also served his troop as Jr. Assistant Scoutmaster and Chaplain Aide.

For his ‘Eagle Project’, Sewell enlisted volunteers, and donations from Home Depot to build and install two redwood benches at Kilgore Cemetery in Rancho Cordova. Although the City of Rancho Cordova had recently done restoration work on the cemetery, there

was no place for visitors to sit. Sewell was pleased to be able to make this important contribution to the cemetery.
Eagle Scout Sewell is the son of David and Terri Sewell, long-time residents of Citrus Heights. In his ‘Eagle Response’ Sewell indicated his gratitude to the special leaders who had helped him in his years of scouting and most importantly, his parents for their efforts, sacrifice and support in encouraging him reach his goal to become an Eagle Scout.
Sewell is currently a member of the California Scholarship Foundation (CSF) and the CSF Blood Drive Coordinator for Mesa Verde High School. Sewell holds an Academic Award and Honors Award at his school as well. Immediate future goals include graduating from Mesa Verde, serving a two-year mission for the LDS Church and attending college after his missionary service.
A well-attended reception was held immediately following the Eagle Scout ceremony.

Relay For Life Event A Smashing Success

The fifth annual Relay For Life of Citrus Heights, held at San Juan High School, June 7th and 8th, had its most successful year ever, raising over \$186,000.00 for cancer research and programs according to Jessica Mang, event co-chair. Relay For Life is a 24-hour team event of the American Cancer Society. This year’s theme was “CELEBRATE, REMEMBER, FIGHT BACK.”
Relayers crowded the track on McArthur Field at San Juan High School.
Several months prior to the Relay, teams raise money to fight cancer. At the event, each team commits to keeping at least one member walking the stadium track. Performances by live bands, contests,

and entertainment that lights up the night were available throughout the day.
Cancer survivors were honored on Saturday with a special breakfast by Randy Peters Catering. They also participated in the honorary opening lap of Relay. Survivors and those who passed away from this deadly disease were further honored in the evening with the lighting of luminaria and a special ceremony at dusk. To learn more about Relay



Photo By: Anytime Anyplace Photography

For Life, call 916 595-3761 or visit their website at www.events.cancer.org/rflcitrusheightsca

Expand Your Horizons with Leadership Citrus Heights

The Citrus Heights Regional Chamber of Commerce has just completed its fifth year of Leadership Citrus Heights. This celebrated program provides top-notch education about city and local government in addition to leadership and business management topics.
Due to the generous sponsorship of Mercy San Juan Medical Center, we have been able to keep our program priced very reasonably, just \$425.00.

Comparable programs in other areas are priced at over \$1,000.00. We are also thankful to the many contributions from the City of Citrus Heights since this program’s inception. Additionally, Randy Peters Catering and Event Planning prepares a fantastic graduation dinner for us each year.
We are now accepting applications for our 2008-2009 Leadership Citrus Heights, which will begin on October 7, 2008. The class meets monthly for

nine 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 a delicious dinner to all participants. Call the Chamber office now at (916) 722-4545 to reserve your seat, and gain valuable knowledge with Leadership Citrus Heights.

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Fair Oaks News & Views

Fair Oaks Minor Angels 19-0 for Season



Fair Oaks Little League team wins the Fair Oaks TOC's going 19-0 for the season

Fair Oaks Minor Angels Roster

Manager: Darold Holmgren	Players	Jacob Huntzsinger
Coach: Rich Johnsen	Tyler Bloom	Danny Johnsen
Coach: Tyler Bennett	Ashley	Bennet McGrane
Coach: Neil Reinhard	Nicholas Ezerskis	Christopher Reinhardt
Team Mom: Lisa Holmgren	Joseph Gallagher	Michael Visentin
	Kyle Holmgren	

2008 Concerts in the Park

The Fair Oaks Chamber of Commerce is pleased to announce the schedule for the 2008 Concerts in the Park beginning Thursday, June 12 and continuing each Thursday through August 28th. All concerts begin at 7:00 pm at the Village Park Stage behind the Fair Oaks Community Clubhouse at 7997 California Avenue in Fair Oaks Village. Additional information about these events, as well as other events throughout the year, can be found on the Chamber website www.fairoakschamber.com.

Concert Schedule

06-12 Lightning Hand Hosted by Barry & Eleanor Brown - Grand Opening of Children's Dance Floor Classic and Original Blues Rock	Remodel - Hot Chicago Style Jazz 07-10 Past Due and Playable Hosted by Dustin Buck - Acoustic Bluegrass, Swing, Folk and Humour	and Pop Vocal Entertainment
06-19 North Market Street Jazz Band - "Kids Night Out" Hosted by La Bella Learning Centers - Dixieland Jazz	07-17 Laissez Les Bons Temps Rouler Hosted by Giselle's Travel Inc. - 30's-40's-50's Dance Band	08-07 Night Train Hosted by Dr. Elisabeth Swan, Optometrist - Swing, Smooth Jazz, Rhythm and Blues
06-26 Sister Swing Hosted by Fair Oaks Bowen Therapy - 1940's Andrew Sisters	07-24 Azuar Hosted by Mercy San Juan Medical Center - Rock and Roll	08-14 John Skinner Dance Band Hosted by Vickie Rosalli, State Farm Insurance - Popular Dance Music
07-03 Polly's Hot Paupers Hosted by Heritage Service Group Construction &	07-31 Mimosa Hosted by Woman's Thursday Club of Fair Oaks - Jazz, Swing	08-21 Shelley Burns Hosted by Brinks Home Security - Swing Standards
		08-28 Capitol Pops Concert Band Hosted by Trude Vasquez, Ships & Trips Travel- Broadway, Popular, Patriotic

SMUD Provides Relief to Needy Customers from High Summer Electric Bills

The hot summer is now in full swing. Air conditioners run longer and many customers may use more energy and receive higher electric bills. Higher bills can be very difficult for some people. The Sacramento Municipal Utility District (SMUD) has special rates and programs to help.

Eligible low-income customers can take advantage of the SMUD Energy Assistance Program Rate (EAPR) that can save customers more than 30 percent on their entire monthly electric bill as well as \$1.50 off the \$5 service charge. Customers are eligible for the discounted rate if their total household income does not exceed 200 percent of the federal poverty level. For example, a family of four can earn up to \$43,200 a year to qualify for EAPR.

EAPR customers may also participate in the SMUD Residential Weatherization program.

Qualified customers can, at no cost to them, have their homes weatherized to improve energy efficiency and keep down energy costs especially during these hot summer months.

Customers in households where a full-time resident requires an electrically powered device for medical reasons may be eligible for the Medical Equipment Discount (MED) rate. SMUD also offers the Senior Citizen Identification and Third Party Notification programs, both of which are designed to prevent service interruptions because of late payments.

There are other ways customers can reduce their energy use during the hot summer months. One way, for example, is to plant free shade trees from SMUD. SMUD provides up to 10 free trees, fertilizer, stakes and advice about planting and caring for the trees. Properly placed trees can yield as much as 40 percent savings on air conditioning bills once the trees are mature, and initial savings are seen in three years.

All SMUD customers benefit from their utility being customer-owned. SMUD electric rates are among the most competitive in the state and are about 20 percent lower than PG&E's. For information about all SMUD programs and for tips on how to stay cool while keeping the electric bill lower, please call SMUD at 1-888-742-7683 or visit smud.org.

Mac Huss Golf Tournament

The Date: Friday, August 22, 2008
The Place: Ancil Hoffman Golf Course
The Cost: Entry Fee is \$85 per person
Dinner Guest Only Cost: \$15.00 per person
Format: 4 Person Scramble — Shotgun Start — Registration begins at 7:00 a.m. — First Tee Time at 8:00 a.m.

Your \$85 golf registration fee includes: green fees, cart, Lunch, Tee prizes, and loads of fun!

Mac Huss Memorial Golf Registration Form
Limited number of entrants available - register early!

A Bit About Mac Huss
A loving husband, father, community leader, and builder of spirit was Mac Huss. In 1966 he moved with his family to Fair Oaks. He then became president of the Fair Oaks Chamber of Commerce in 1979, and in 1983 was elected president of Fair Oaks Rotary. He was one of the original founders of American River Bank, and was on the Board of Fish (Friends Interested In Severely Handicapped). He was a pilot, an avid golfer and president of his own building company. When he was president of Fair Oaks Rotary, his project was to build a house in a day. It happened! The club raised enough money to help remodel the downstairs of the Fair Oaks Community Center. This tournament is in memory of Mac's passion for life, adventure and golf, and in keeping his spirit of community involvement alive in Fair Oaks.

Phoenix Community Garden Open House

The 51 members of the Phoenix Community Garden in Fair Oaks Park at Hazel and Kruithof Way, Fair Oaks, 95628 near the VFW Hall.

The garden is located in Phoenix Park at Hazel and Kruithof Way, Fair Oaks, 95628 near the VFW Hall.

The Phoenix Community Garden, part of the Fair Oaks Parks and Recreation District, exists to promote good gardening techniques, sharing of information, and community camaraderie.

For more information contact Ron at (916) 715-0023 or Gary at (916) 600-6540.



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For further information:
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www.sacwinds.org.

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Here's an example of how an umbrella policy could work: Let's say your car is insured for liability with limits of \$250,000 per person. You pull into an intersection, strike another vehicle and severely injure the other driver. This insured person sues you and the judgment against you totals \$800,000. Your auto policy will pay the

The value of a personal liability umbrella policy is to provide higher amounts of liability coverage for an affordable premium. It can help protect the financial assets of your household when you need it most and can bring confidence knowing that you have the coverage needed to help protect your family.

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Orangevale News & Views

Free Community Fireworks Demonstration July 3

The Orangevale Grange No. 354 and the Overalls Square Dance Club have been cosponsoring a free community Fireworks Demonstration Show for more than 16 years. Once again on July 3rd they will be doing it again out in the beautiful meadow behind the Grange Hall located at 5807 Walnut Avenue in Orangevale. Walnut is between Madison Avenue and Greenback Lane. Families are encouraged to come out with their lawn chairs and blankets to enjoy music, face painting, fire trucks and a FREE fireworks show. There will

be a snack bar on site with the kids consuming many snow cones along with the great tasting kettle corn. The Pyronauts, a Surf Band, has been performing at the show for the past five years Paul, the lead guitarist, has kids dancing and chasing him around the meadow like the he is the pied piper. This year there will be a face painter along with the fire trucks from the Sacramento Fire Department. Kids always love getting to sit in the fire truck and will be given stickers literature for the parents reminding them to keep it safe on July 4th.

Proceeds from the sale of fireworks at the booth on site and the snack bar will be used to support the Dictionary for Thirds Project, Relay for Life, Make a Wish Foundation and the Orangevale Food Closet along with many other charities. The Grange is looking forward to a great turnout so get there early for the best seat. Come and have a hot dog or snow cone at the snack bar opening at 6 PM, with the other festivities starting at 6:30 PM. The fireworks demonstration show will begin around dusk. For more information call (916) 988-8871.

Newlyweds Need to Reconcile Investment Styles



Kirk Camunez

June is one of the most popular months for weddings. This may be due, in part, to June being named for Juno, the Roman goddess of women and marriage. Of course, Juno and her husband, Jupiter, probably had very little trouble with money, but if you are getting married this month, you and your spouse will need to work together on your finances - which means, among other things, that you will have to reconcile your investment styles.

As you set up a household together and establish common long-term financial goals, you will need to make investing a priority. But you and your spouse may well have different attitudes about investing, and some of those differences may be due to your respective genders. A major, long-term study by researchers at the University of California found that women trade stocks less often than men, do more research before making an investment decision, and tend to stick with their investments longer.

The results? Women investors' portfolios outperformed those of men by 1.4 percent a year, according to the study. So, one might conclude that women's "buy-and-hold" investing style can pay off in the long run.

While it may be useful for you and your spouse to keep these gender-based tendencies in mind, you will still have to work out some common ground as you create investment strategies to meet your objectives. The key is open and frequent communication. Talk to

each other and learn what the other is thinking. Ask yourselves these types of questions: Do we both want to save for a house? If so, when do we want to buy it? If we have children, do we want to help them pay for college? Do we want to retire at about the same time? What do each of us want to do during retirement?

Once you've started talking about these and other issues, you'll be able to start creating appropriate investment strategies. And after you begin investing, you may well find that you can discover ways to "complement" each other's tendencies and preferences - that is, your "aggressive" choices can balance your spouse's "conservative" ones, or vice versa.

However - and this is an important "however" - both you and your spouse still need to be aware of the potential dangers of staying too much in your "comfort zone." If you are an aggressive investor, willing to take greater risks with your principal in exchange for potentially higher returns, you still could get "burned" by chasing after too many "hot" stocks, many of which will have already cooled by the time you invest, and, in any case, may not be suitable for your needs. On the other hand, if your spouse is a conservative investor and consistently favors "conservative" investments such as bonds and Certificates of Deposit, he or she might not get the growth potential needed to help you achieve your joint goals. Furthermore, fixed-rate investments can incur "inflation risk" - the risk that their returns may not even keep up with the inflation rate.

As newlyweds, it's important for you and your spouse to learn to adapt to each other's personal styles in many ways - and it's just as important to accommodate each other's investment styles. It can take some work, but it's well worth the effort.

Home Improvements Featured on New Website

Remodeling, Replacement Windows, Flooring and Other Home Improvements Featured on New Website for Sacramento area homeowners.

Master Project Construction Company, Sacramento remodeling contractor, today announced the launch of www.masterprojectconstruction.com as an information portal for Sacramento home owners to find information about home improvement projects. With articles being added almost every day and an online monthly newsletter of home remodeling tips the website is anticipated to quickly become Sacramento's primary resource web site for home improvement.

Future plans include educational guides on selecting a home improvement contractor, professional advice from expert contractors, and a question and answer forum for Sacramento area homeowners.

The web site will be an invaluable resource for Sacramento homeowners in finding accessible information to address their home remodeling needs. Information will be efficiently categorized for easy navigation.

Michael Jedryczko of Master Project Construction Company stated, "Our goal for the website is to be the best home and family resource guide for assisting all homeowners in Sacramento." The depth of knowledge and resources www.masterprojectconstruction.com offers is unparalleled."

About Master Project Construction Company -- Master Project Construction is a full service licensed and insured home remodeling company based in Sacramento, California. We serve homeowners in Placer and Sacramento counties. Our

expertise and experience in both interior remodeling as well as exterior renovations have helped us in developing our most prized possession - our loyal customer base. At Master Project Construction, we don't just remodel your house; we provide complete solutions

to transform your dreams into functional realities. Our services include all types of home remodeling and improvement services from complete room additions to siding to replacement windows. For more information visit www.masterprojectconstruction.com

American Cancer Society

Relay For Life of Orangevale

Teams are forming and exciting plans are underway !

The 2nd annual Orangevale Relay For Life will take place at Louis Pasteur Middle School September 6-7, 2008. Relay For Life brings the community together to celebrate cancer survivors, remember those who have lost their battle and to raise needed funds for cancer research, prevention and patient services.

The Relay involves forming a team and keeping one of your team members on the track during the entire 24 hours. 42 teams have already registered !! Contact Lorraine Silvera, Team Captain Coordinator, to pick up your team packet and get more information: 806-8261. Plan on attending a Team Captain Meeting in June or July at Denny's of Orangevale, 7:30-8:30 p.m., June 10, 24 and July 8, 22.

Join us in the fight against cancer !

Together we can make a **difference**. Join us in the fight against cancer !

Call Ann Hively, Event Chair, for more information: 425-2406.
Contact Ann Hively, Event Chair (425-2406) or Lorraine Silvera, Team Coordinator (806-8261)

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Call or stop by today.

Kirk Camunez
Financial Advisor

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The Orangevale Grange

In association with the

Overalls Square Dance Club

is sponsoring their annual

FREE

Fireworks Demonstration on July 3rd.

Bring the entire family.

There will be a Snack Bar on site, Fire Trucks, Prizes, Face Painting, Live Entertainment and a **FREE FIREWORKS DEMONSTRATION**

Snack bar opens at 6 PM and the Festivities start at 6:30 PM

Fireworks Demonstration 8:30 PM

The demonstration will be held on the beautiful grass meadow behind the Orangevale Grange Hall located at 5807 Walnut Avenue (Between Madison Avenue and Greenback Lane).

For information call (916) 988-8871 or (916) 417-9750

E-mail: bakertwo@jps.net

Gold River News & Views

4x4 ‘Hands-On’ Safety Clinic June 28

Safety Clinic Teaches SUV Owners How To Properly Drive Off Road

Saturday, June 28, Prairie City State Vehicular Recreation Area

Thousands of northern Californians are buying into the popular sport utility vehicle (SUV) market; however, the majority of those owners are not confident that they are ready to take their vehicle off the highway into the backcountry.

To assist SUV and other four-wheel driver owners, the Capital City Mountain Goat 4X4 Club will conduct its next four-wheel drive “hands-on” safety clinic on Saturday, June 28 at the Prairie City State Vehicular Recreation Area (SVRA), located approximately 20 miles east of Sacramento.

Starting time for the clinic is 8 a.m. at the Prairie City SVRA headquarters.

The clinic begins with several hours of classroom instruction, followed by several additional hours of memorable hands-on driving, where students will encounter many simulated obstacles similar to those they would encounter in the backcountry. Students will learn how to “walk” their vehicle, how to drive over trails and big rocks, and how to use a tow strap for anyone who gets stuck in the mud or snow.

With so many people wanting to get off road to their favorite fishing hole or just get away from big city life, the Capital City Mountain Goat club offers a clinic for a different kind of driving that opens up a whole new world for exploration and adventure. There is no auto club towing or emergency road service for off-highway vehicle drivers, so students will be taught common sense and confidence building for virtually every situation they might encounter while driving off road.

In addition to teaching driving techniques and safety, the course also places strong emphasis on the environment. Student will continually hear instructors talk about treading lightly, not disturbing wildlife and staying on designated roads and trails.

Cost to attend the hands-on clinic is \$60 for each student-driver and \$5 for each ride along passenger.

The Prairie City SVRA is located south of Highway 50. Take the Prairie City Road exit and continue south on Prairie City Road to White Rock Road. Take a right-hand turn on White Rock Road and watch for the entrance to the park o the left hand side of the road.

To reserve space in the upcoming June clinic or for more information, contact Carol Moreland at (916) 455-9930 or visit the club’s website at www.ccmg4wd.org.

City Rewards 1st City Semester Program Student



The City of Rancho Cordova honored Hardeep Sullan (fourth from left) at a recent City Council meeting for being the first student to participate in and complete its City Semester Program. Pictured from left: Mayor Linda Budge; Cameron Billeci, Cordova High School teacher; Jackie Levy, Cordova High School Principal; Hardeep; Amarjit Sullen, her father; Jasdeep Sullen, her brother; Sukhvinder Sullan, her mother; and Gurdeep Sullen, her sister.

Hardeep Sullan, a graduating senior at Cordova High School, is the recipient of the first City Semester Program scholarship from the City of Rancho Cordova. She was awarded a \$1,000 scholarship at her graduation ceremony and was honored at the Rancho Cordova City Council meeting on June 2nd.

Sullan began the City Semester Program in January – working five hours a week at City Hall for 16 weeks. Under the supervision of Mindy Cuppy in the City Manager’s Office, Sullan performed administrative tasks in the City’s City Manager’s Office and the Human Resources and Finance Departments.

In addition to the scholarship, Sullan also received five units of elective credit.

The City Semester Program was developed by Cordova High School teacher, Cameron Billeci. “I wanted social studies students to have the opportunity to experience local city government and to introduce

them to civil service and politics,” he explained.

Sullan was selected as the first participant based on her written and oral skills, her grade point average, her collaborative problem-solving abilities, and her maturity.

“We are very proud to have had Hardeep as our first student to complete this internship,” said Rancho Cordova City Manager Ted Gaebler. “She learned about the challenge of maintaining a city while gaining knowledge about her local government. We think she learned, but we also benefited from her being here.”

Sullan was named Salutatorian of her class and was ranked number one with a grade point average of 4.44. She plans to study electrical engineering at the University of California, Davis this fall. She has been awarded the UC Davis Undergraduate Scholarship, the David Rudnick Memorial Scholarship, and the Cragen Scholarship from the Cordova High School Math Department.

The daughter of Amarjit and Sukhvinder Sullan, she has lived in Rancho Cordova for eight years and attended Mitchell Middle School as well as Cordova High School.

Billeci said that he is recruiting for this fall’s City Semester Program. He added that he wanted to credit both Pat Godwin and Janie DeArcos, Folsom-Cordova Unified School District Superintendent and Assistant Superintendent of Curriculum, respectively, for their assistance with creating the social studies internship program with the City of Rancho Cordova.

The City of Rancho Cordova, located in Sacramento County, was incorporated in 2003 and will soon be marking its 5th Anniversary. The City is known for its innovative approach to government and its fiscal soundness. City Hall is located at 2729 Prospect Park Drive, Rancho Cordova, CA 95670; phone is 916-851-8700; website address is www.cityofranchocordova.org.

Life Jackets: Not Just A Good Idea- Now It’s the Law!

By Jill Conner – Metro Fire Public Education

On July 11th, the County Board of Supervisors voted unanimously to adopt a new regulation which requires children ages 12 and under to wear a life jacket in any county controlled body of water. This would include the rivers and lake in the Sacramento area.

The parents of children caught without a life jacket will face up to six months in jail and a \$500.00 fine.

This is not just the law, it is a good idea and a great way to save lives. Life jackets DO save lives. But it is important that the life jacket be the correct size for the wearer. A life jacket is not something that you buy large and let the child ‘grow into’. Life jackets must be the proper size for the child NOW. A life jacket that is too large can slip off of the child and leave them unprotected. A life

jacket that is too small may not be able to be buckled properly.

And “floatees”, inner tubes, and inflatable toys are NOT life jackets.

So now there is a new law and you do not have life jackets and they are not in the budget for now....what do you do?

The county has stations along the rivers where life jackets can be borrowed for the day free of charge. During the major holiday weekends of the summer, Metro Fire in conjunction with our C.E.R.T. (Citizens Emergency Response Team) volunteers, man life jacket loan out stations at the river.

You can also go to one of the fire stations listed below, where you can borrow life jackets for the family for free. The stations have several different sizes available, ranging from infants to adults sizes to loan out, but the numbers are limited, so plan

ahead. Life jackets can be borrowed for the day or for a weekend.

Life jackets can be borrowed from the following Metro Fire Stations:

Station 31 – 7950 California Avenue, Fair Oaks

Station 32 – 8890 Roediger Lane, Fair Oaks (faces Hazel Avenue)

Station 59 – 7210 Murieta Drive, Rancho Murieta

Station 61 – 10595 Folsom Blvd, Rancho Cordova

Station 63 – 12395 Folsom Blvd, Rancho Cordova

Station 110 – 1432 Eastern Avenue, Sacramento

For addition locations where you can borrow life jackets, go to the California Department of Boating and Waterways website at: www.dbw.ca.gov or call Sacramento Metro Fire District at (916) 566-4000 for more information.

‘World Famous’ Lipizzaner Stallions

The Lipizzaner Stallions are on their 38th Anniversary Tour in 2008.

Hot on the hoofs of Gen. George Patton rescuing the Lipizzaner at the end of WWII 63 years ago, the World Famous Lipizzaner Stallions Tour arrive for their 38th Anniversary Tour in 2008.

In 1970, Producer Gary Lashinsky created a new family arena attraction, starring The “World Famous” LIPIZZANER STALLIONS. The tour reaches over 140 cities a year and is the third longest running family show on the road today, after Ringling Bros and Harlem Globetrotters.

The tour includes many of the traditional movements and exercises presented at the world renowned Spanish Riding School of Vienna.

Many of the horses and riders who appear in this special 38th Anniversary edition, were hand picked by producer, Gary Lashinsky to perform in this unique family oriented arena attraction. Over the years, twenty-three million people throughout North and South America, Great Britain, Europe, Australia and Hawaii have seen this internationally acclaimed spectacle.

Included in the performance is a segment called the “Airs



Above The Ground.” These are the spectacular leaps and maneuvers, once used by riders in saddle to protect and defend themselves on the battlefield, which are now preserved as an equestrian work of art. When you see the Lipizzans perform, it is like stepping back four hundred and twenty-five years and viewing one of the greatest equine ballets in history.

The Lipizzan is a rare and unique breed; its history and culture is known worldwide. The Walt Disney movie The Miracle of the White Stallions, depicting General George S. Patton saving them at the end of World War II from certain extinction, created an even

greater worldwide interest in the Lipizzaner breed. Had it not been for Patton, there would be no Lipizzans today.

Harkening back to time when the horse was a symbol of grace and majesty, the LIPIZZANER STALLIONS are truly a great experience to be enjoyed by the entire family. One does not need to be a horse lover to enjoy the “The Dancing White Stallions”!

TWO SHOWS!

Sunday, June 29th at 2pm & 6pm
ARCO ARENA
One Sports Parkway
Sacramento, CA 95834

Ticket Prices:

There are a limited number of Gold Circle seats for \$29.50 each (no discounts apply). Regular admission adult tickets are \$25.50 and \$19.50 each. Discounts are available for children 12 and under and seniors 60 and over and groups of 15 or more (no double discounts). Please note that there is a \$1.75 facility fee.

Tickets Are On Sale Now!

Tickets available at the Arena box office and all Ticketmaster outlets. Online at www.ticketmaster.com Charge by phone at 916-649-8497 or 530-528-8497. Group discounts at 916-928-3650. Event info at 916-928-6900.

PLEASE NOTE: Facility fees, parking fees, taxes or misc. service and / or ticketing charges may be included in (or added to) ticket prices. Credit card charges may apply to credit card purchases. All ticketing information and event details are subject to change.

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California State Youth Pageant July 27, 2008

11 Categories

Baby Darling to Mrs./Ms Northern California Rep.

Scholarships: \$1000.00 - Miss \$500.00 - Teen

All contestants receive free training in ramp walking, public speaking, skin and hair care.

Tickets at the door: Seniors and children 12 & under can bring at least 5 cans of food or school supplies in lieu of a ticket to pageant. We will be collecting the food and school supplies for families in need in our area.

Director, Mary Purvis
721-3824



Red Light Enforcement Program Starts in Citrus Heights



Officer Lizz Dutton, Public Affairs Officer

In an effort to reduce collisions and make City streets safer, Citrus Heights will begin to issue citations for the red light photo enforcement program June 6, 2008. Cameras and violation sensors have been monitoring two of the city’s highest-risk intersection approaches—at the intersection(s) of Greenback Lane and San Juan Avenue as well as Greenback Lane and Fountain Square Drive.

The program is seen by City officials as an important step to improve the safety and

flow of local traffic. However, the City granted drivers who live, work, or travel through Citrus Heights a 30-day grace period before citations were actually issued.

“Photo enforcement has a greater deterrent effect if drivers are aware it’s out there,” said Sergeant Eric Mattke, Program Manager for the new safety initiative. “It is important to us that all Citrus Heights drivers know we’re using photo enforcement and that they have time to learn about this new safety program.”

Citrus Heights started using the red light cameras on May 5th, but for the first thirty days, only Warning Notices were issued. The Notices explained that beginning (June 6, 2008),

actual Citations would be sent to violators, who will then be responsible for paying the \$381 fine listed on the Citation. It should be noted that right turns on a red light, without stopping, are also a violation. Drivers must come to a complete stop behind the limit line to make sure the intersection is clear of traffic and pedestrians, before continuing with the right turn.

A person can view their violation, by coming to the police department or viewing it on the PhotoNotice website listed on the citation.

For more information please contact Sergeant Mattke at (916) 727-5500.

Fireworks Safety Tips for the Whole Family



By Jill Conner – Public Education Technician – Metro Fire

4th of July is coming! Along with the BBQ’s, swimming and family fun, there are, of course, FIREWORKS! Along with fireworks comes fire and burns. Statistics show that more than 10,000 people are injured each year by fireworks. These injuries include burns, and the loss of fingers, limbs, hearing or vision and injuries that can leave permanent scarring.

In my job as a Public Education Technician, I find it ironic that, as parents, we teach our children 364 days a year that fire is dangerous and that matches and lighters are only for adults, then on one day of the year, we hand a burning stick to a child and let them wave it around, inches from their skin, faces and clothes.

The majority of persons that are injured are younger than 20 years old and most burn injuries involve children. The injuries to children are usually burns to the hands and face, including the eyes. These burns can cause vision impairment and disfiguring scars. Sparklers have traditionally been the biggest danger to children. The temperature at the tip of a sparkler reaches 1800 degrees Fahrenheit and can cause severe

burns in an instant.

Fireworks, obviously, can also cause fires. The National Fire Protection Association reports that local fire departments respond to more than 50,000 fires caused by fireworks each year. These range from fires in dry brush and grass to fires that can damage or completely destroy a home.

So what can you do to protect your family and still have a fun, enjoyable 4th of July celebration? In the Sacramento area there are a number of excellent public fireworks displays that are much more impressive than anything that you can do in your front yard, and they are safer for the whole family as well.

Of you really feel that you must have your own fireworks display at your home or in your neighborhood, there are several tips that can help to make your event safer.

- **Children should not handle fireworks!**

Never let children handle, play with or light any fireworks at all. Adults should handle and light all fireworks. Remember that they burn very hot!

- **Use only “safe and sane” fireworks**

Safe and Sane (and legal) fireworks will have the State Fire Marshalls seal on them. Remember, if it explodes or leaves the ground, it is illegal in the State of California.

- **Light fireworks only in a safe area**

Only light fireworks on a smooth, flat surface away from

the house, dry grass and leaves and flammable materials. Keep the audience at a safe distance and be sure to have a bucket of water, a hose or a fire extinguisher nearby.

- **Assign one person to be “firefighter”**

That persons’ responsibility is to remain alert and ready with a water source.

- **Never try to re-light a “dud” and never use homemade fireworks**

If a firework does not light or function properly, do not attempt to relight it. Wait 20 minutes and then soak it in a bucket of water. Never use homemade fireworks and never try to alter legal fireworks.

- **Remember your pets!**

Animals are extremely sensitive to noise and can be extremely frightened or stressed on the Fourth of July. Keep your pets indoors which will reduce the risk that the pet will run loose or get injured.

If someone is injured by fireworks, immediately go to a doctor or an emergency room. If an eye injury occurs, don’t rub or touch the eye as this could make the injury even worse. If there is a burn, remove clothing from the burned area and run COOL (not cold) water over the burn. (Do not use ice!).

Fireworks and Fourth of July are meant to be enjoyed, but you will enjoy them much more knowing that your family and friends are safe. Take extra precautions this year and your holiday can be a BLAST!



CITRUS HEIGHTS POLICE DEPARTMENT



DUI Checkpoint / DUI Enforcement

The Citrus Heights Police Department will be conducting a DUI Checkpoint on Saturday, 06-14-08, 7:30 p.m. to 3:30 a.m., on Sunrise Blvd. between Greenback and Madison.

The checkpoint is one in a series that are being funded by a grant from the California Office of Traffic Safety through the National Highway Traffic Safety Administration. The primary goal of the grant is to attack DUI drivers in Citrus Heights using a high-intensity strike-team format, thereby reducing the number of DUI-related deaths and injuries.

Officers will be checking drivers for signs of impairment and for possessing a valid driver’s license. The vehicles of drivers without a valid driver’s license are subject to tow.

Motorists are reminded to utilize a designated driver and to not drink and drive.

Citrus Heights police have investigated serious collisions in this area in the past several months. Two of those collisions involved drivers who had been drinking.

Anyone with questions regarding this operation may contact Sergeant Eric Mattke at (916) 727-5500, or Officer Anthony Boehle at (916) 727-5500.

PC 245 (a) - Assault with a Deadly Weapons - Firearm

The Citrus Heights Police Department is seeking the public’s help in identifying the suspects involved in the following crime:

On 5/26/08, at approximately 1:50 a.m., the Citrus Heights Police Department responded to a shooting that occurred on Greenback Lane between San Juan and Mariposa Lane in Citrus Heights. The Victims were traveling eastbound on Greenback Lane from the area of Auburn Road. While traveling eastbound on Greenback Lane, the Victims and Suspects were engaged in a verbal altercation. A series of gunshots were fired from the Suspect’s vehicle into the Victim’s vehicle. The driver and passenger in the victims’ vehicle were both struck. The driver received serious injuries and the passenger received life threatening injuries from the shooting. The suspects were last seen traveling eastbound on Greenback Lane towards Sunrise Blvd.

Anyone with information on this crime is urged to call the Citrus Heights Police Department at 916-727-5500 or Detective David Moranz at 916-727-5821. Callers may remain anonymous and are eligible for a cash reward by calling Sacramento Citizens’ Crime Alert at 916-443-4357 (HELP).

Wildfire Scorches 6,400 Acres

Sac Metro Fire Captain Severely Injured When Overrun By Fast Moving Flames

At 12:12 this afternoon Sac Metro fire fighters were dispatched to a reported grass fire near the intersection of Jackson Highway and Bradshaw Road. First arriving units found a fast moving grass fire on the south side of Jackson Highway approximately 1/2 mile east of Bradshaw Road. The flames were rapidly spreading to the south-east being driven by sustained winds out of the north-west in excess of 20 miles per hour, with intermittent gusts over 40 miles per hour. A second alarm was immediately requested with additional apparatus and personnel rushing to the scene. A combination of dry vegetation, low humidity, rising temperatures and extreme wind conditions combined to cause the fire to rapidly spread to the south-east. Sacramento area fire agencies involved in the incident included Sac Metro Fire, Sac City Fire, Cosumnes Fire, Wilton Fire, Herald Fire, West Sac Fire and Folsom Fire. Cal Fire was called in very early in the incident as well as 5 strike teams being requested through Region 4 of O.E.S.. The strike teams requested included 2 from San Joaquin County, 1 from Yolo County, 1 from El Dorado County and 1 from Nevada County. At the peak of operations there were over 200 fire personnel actively involved in the effort to bring

the wildfire under control, with the following fire apparatus committed to the incident: 17 grass rigs, 14 engine companies, 6 water tenders, 1 truck company, 4 medics (ambulances), 2 dozers, 2 helicopters, 1 air attack unit, 1 air tanker, and 2 rehab units. It took approximately four hours to stop the rapid, forward spread of the conflagration when it was finally halted near Grant Line Road and Calvine Road.

During the early stages of the incident, a Sac Metro fire captain was severely injured while attempting to protect a mobile home that was threatened by the rapidly approaching fire. The three-person crew had taken a position near the mobile home, deployed a hose line and were attempting to prevent the ignition of the home as the wildfire was raging nearby. A sudden shift in the wind’s direction and severe increase in its velocity accelerated the flame front directly towards the fire crew. The engineer and fire fighter were barely able to scramble to safety inside the cab of their fire engine. Unfortunately the fire captain was unable to reach safety and was burned over by the flames. The 21-year veteran of Sac Metro Fire suffered third degree burns to his hands and second degree burns to his forearms. He was transported code 3 to Mercy General Hospital before being transferred to the burn unit at

UC Davis Medical Center.

The estimated size of the burned area is 6,400 acres. The strike teams have been released along with the majority of non-Sac Metro fire fighters. At this time there is no significant active fire, and a containment line has been cut around 65% of the burn area. The primary concern is the possibility that embers and brands in the burn area will be carried across the containment line by winds and cause flare ups. Dozens of fire fighters will remain at the fire scene throughout the night and into tomorrow performing overhaul operations and working the burn area until all remaining hot spots and smoldering debris piles are completely extinguished and cool.

The results of the damage assessment are as follows: 5 homes destroyed (3 mobile homes & 2 single family dwellings); 19 outbuildings destroyed; 4 vehicles destroyed; 4 trailers destroyed. The loss of only 5 homes in a fire of this intensity and magnitude is extraordinary, and speaks to the professionalism and courage of the men and women who battled this conflagration. More than 50 residences were saved by the fire fighters who placed themselves between the approaching flame front and citizen’s homes and protected them as the fire burned past.

American Red Cross Urges Caution as Wildfire Season Begins

With the National Weather Service’s recent issuance of a red flag warning throughout the Sacramento Valley area, the American Red Cross urges community residents to reduce their risk of having a wildfire by preparing now—before the wildfire strikes. Following these simple steps will help residents practice wildfire safety and reduce the risk of disasters happening in their area.

- Install a smoke detector on each level of your home, especially near bedrooms; test monthly and change the batteries two times each year.
- Teach each family member how to use the fire extinguisher and show them where it is kept.
- Create a 30 to 100 ft. safety zone around your home: Rake leaves, dead limbs and twigs. Clear all flammable vegetation.
- Follow local burning regulations

If you are warned that a wildfire is threatening your area:

- Listen to your battery-operated radio for reports and evacuation information. Follow the instructions of local officials.
- Make plans to care for your pets

in case you must evacuate.

- Arrange temporary housing at a friend or relative’s home outside the threatened area.

Emergency Supplies

When wildfire threatens, you won’t have time to shop or search for supplies. Assemble a Disaster Supplies Kit with items you may need if advised to evacuate. Store these supplies in sturdy, easy-to-carry containers such as backpacks, duffle bags, or trash containers.

Include:

- A three-day supply of water (one gallon per person per day) and food that won’t spoil.
- One change of clothing and footwear per person and one blanket or sleeping bag per person.
- A first aid kit that includes your family’s prescription medications.
- Emergency tools including a battery-powered radio, flashlight, and plenty of extra batteries.
- An extra set of car keys and a credit card, cash, or traveler’s checks.
- Sanitation supplies.
- Special items for infant, elderly or disabled family members.
- An extra pair of eyeglasses.

- Keep important family documents in a waterproof container. Assemble a smaller version of your kit to keep in the trunk of your car.

For more information about wildfire safety and preparedness, or to purchase an American Red Cross disaster supplies kit, please visit the American Red Cross website at www.sacsierraredcross.org.

About the Sacramento Sierra Chapter of the American Red Cross

Founded in 1898, the Sacramento Sierra Chapter of the American Red Cross serves 2 million people in Amador, Alpine, Calaveras, El Dorado, Placer, Sacramento, Tuolumne, East Yolo and East Nevada counties. The chapter responds to roughly one emergency each day, providing victims of disasters like wildfires, floods, earthquakes and house-fires with shelter, food, clothing and comfort in those crucial first days after a disaster. The Sacramento Sierra Chapter also provides health and safety training to the community, equipping more than 50,000 people each year with skills like CPR, first aid, aquatic safety and more. For more information on local Red Cross programs and services, visit www.sacsierraredcross.org.



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CRIME REPORTS				
From The Sacramento County Sheriff				
	Time	Crime	Address	Location Type
Fair Oaks	2008-05-31 00:01	Burglary Business	5000 block of Runway Dr	Vehicle
	2008-06-01 04:03	Narcotics	Temescal St / Main St	Highway/road/alley
	2008-06-02 03:56	Vandalism	8000 block of Sunset Ave	Convenience store
	2008-06-04 01:43	Narcotics	8900 block of Madison Ave	Gas/service station
	2008-06-05 04:00	Vandalism	5000 block of Sunrise Blvd	Financial/bank/savings loan
Carmichael	2008-05-31 13:00	Larceny/Theft	7200 block of Fair Oaks Blvd	Restaurant/fast food
	2008-05-31 17:00	Vandalism	6100 block of Landis Ave	Residence/home
	2008-05-31 18:44	Larceny/Theft	4700 block of Manzanita Ave	Grocery/supermarket
	2008-06-01 10:00	Vandalism	4900 block of Marconi Ave	Residence/home
	2008-06-02 07:00	Burglary Residential	2400 block of Werbe Ln	Residence/home
	2008-06-02 19:00	Stolen Property	2400 block of Mission Ave	Other/unknown
	2008-06-03 13:05	Larceny/Theft	4000 block of Manzanita Ave	Grocery/supermarket
Orangevale	2008-05-31 02:34	Vandalism	6000 block of Rich Hill Dr	Vehicle
	2008-05-31 23:30	Burglary From Vehicle	9100 block of Greenback Ln	Vehicle
	2008-05-31 23:30	Burglary From Vehicle	9200 block of Greenback Ln	Vehicle

Turn Adversity into a Gift



by Marlys Johnsen Norris

Every life must deal with adversity as it comes into all of our lives from time to time. . In a strange way it connects us to an omnipresent, omnipotent God who loves us unconditionally. God uses adversity to chip and wash away certain areas of our lives that need transformation. Adversity

appears to be something negative that disturbs and seems to make us feel like life is out of control. Our focus is on our enormous troubles but when our lives are connected to God, He walks us through every situation and forces it to go a different direction. Adversities deep waters cover us and we feel like we are drowning, but it will not overtake us because His presence is always with us. Deep waters will not drown us but cleanse us completely, making us ready for life's next great adventure. God has ordained and planned our lives long before we were born. He does allow us a lot of leeway for us to arrange our lives, but ultimately He will bring events into our lives that will change and guide us toward what He ultimately has planned for us long ago. Looking at adversity from God's perspective--we are actually being cleansed and washed by His

sustaining power to become a better human being. The hand of God is "oh, so gentle", when He allows our lives to be touched by adversity. We may not realize it but He is with us through every experience. A love, much like the love of human fathers, desires the best for us out of all life's experiences. God is in no hurry to deliver us from adversities that teach us valuable lessons about life. Long after we have passed through the waters of adversity, we can look back and we can see the many blessings those times actually brought into our lives. We see the good clearly adversity brought into our lives and we are grateful. We learn to turn what goes wrong, into a "gift" that benefits our future forever! Marlys Johnsen Norris LIFE MESSAGE WORKSHOPS "Intimacy Begins Going God's Way" Marlysj@sbcglobal.net

California's Evangelicals: Hope and Warning to McCain

Christian Newswire/ -- California Evangelicals have a message of hope...and a message of warning... for Senator John McCain. When surveyed, 90.4% of Californian Evangelicals said they'd vote for John McCain if the Vice presidential choice was a conservative, acceptable to Evangelical Christians. A second question was asked if they would support Senator McCain if he chose a moderate or liberal vice presidential running mate. The percentage dropped dramatically down to only 45.8% for McCain. 54.2 % said they would not vote for McCain if he had a liberal or moderate running mate. That might be between 14 to 19 million votes in November if he chose a liberal or moderate vice presidential candidate. The poll was sent to over 10,000 California Evangelicals in California. While not a scientific poll- it does reflect on how the Evangelical voter will respond to McCain's presidency

based on his Vice presidential pick. Reality Alert is an electronic newsletterforCaliforniaEvangelicals with a special focus on California. It covers politics, economics, religious issues and theological themes impacting today's church. Craig Huey, publisher, said, "Clearly John McCain's vice presidential choice will be a major factor if he is to win in November. 60 million Evangelicals could vote for him if motivated. Evangelicals are included as one of the largest voting blocs along with the Hispanic, black, union and other voting groups. 27.1 million Evangelicals voted in 2004." McCain can work to expand the Evangelical voter base to 35 or 40 million based on his Vice president pick. The road to capturing the White House depends on the Evangelical voter. In California and two other states, the marriage initiative on the ballot will draw an above-average Evangelical turnout at the polls. Reality Alert is published by

I Stand with Pastor Hagee



Pastor John Hagee *Christian Newswire* -- Pastor John Hagee is a towering leader in the Evangelical Church who has dedicated a great part of his enormously successful ministry to reaching out in love and loving-kindness to the Jewish people and the State of Israel. He has admirably defended our right to our historic homeland even when our enemies have attempted to disgorge us from our homes and drive us into the sea; he has praised the Lord for having imbued us, the "post- Holocaust dry bones of Ezekiel," with renewed life and vigor even when our arch-enemy and the arch-enemy of the free world

has called us a "stinking corpse." He has organized Christian lobby groups for the only true democracy in the Middle East across the length and breadth of the United States even when a former American President and professors from Harvard and Chicago Universities have denounced our own lobbying efforts as un-American and anti-Democratic. Pastor Hagee has expressed his profound affection for us even when it has been most unpopular to do so. Can we, the recipients of his heart and goodwill, dare be silent now, when the political frenzy of primary elections hysterically seeks to defame and discredit one of the greatest voices on behalf of Christian- Jewish healing and cooperation? No, for the sake of Jerusalem and for the sake of the God of love and peace we must raise our voices in support of and friendship for the very individual who has never faltered in his support and friendship for us! Does this mean that I must necessarily agree with all of the theological positions taken by Pastor Hagee? Not at all! True friendship means that I continue to love and even partner with my friend, despite disagreeing with him on even fundamental positions of theology and ideology - as long as his views do not threaten the life or limb of innocent human beings. And in fact in subsequent articles I hope to express my own theological position about God and the existence of evil, Jewish history and the place of Hitler (may his very name be blotted out). But if I can only love those with whom I agree completely, then I cannot even love myself - because I may very well come to disagree tomorrow with whatever I may have thought and said today! As Pastor Hagee himself has remarked, if I am completely in accord with whatever you think and say, then one of us becomes superfluous. We are living in a world divided between those who believe in a God of love and peace, and those who believe in a Satan of Jihad and suicide bombers. Any attempt to marginalize and slander leaders of the camp of the former will only serve to strengthen the camp of the latter, with the future existence of the free world perilously hanging in the balance. And so I continue to proudly shout from the rooftops that this rabbi in Israel stands firmly alongside -his beloved friend, a true friend of Israel and the free world, Pastor John Hagee. Shlomo Riskin Chief Rabbi of Efrat, Israel Founder: Ohr Torah Stone Center for Jewish-Christian Understanding & Cooperation



By Pastor Ray Dare

The Bible says that the storms of life happen to good people and bad people (Matthew 5:45). Storms are impartial. When good things happen, that's called grace. When bad things happen, that's called life! We live in an imperfect world. This is not heaven. God has not promised us a problem-free life, but He has promised a purpose beyond every problem. I don't care whether you caused it, somebody else caused it, the devil caused it, I don't care who caused it; every problem has a purpose. What is that purpose? It's to make me like Jesus Christ; to build character in my life. Until you understand this, life isn't going to make sense. All kinds of problems are going to come your way... troubles, trials, difficulties,

Why Am I Having So Many Problems?

and you're going ask, "Why? Why me Lord? Why is this happening to me?" as if your life is supposed to be exempt from all the troubles and trials everybody else faces. It is not. The goal of this life is not your comfort. The goal of this life is your character development. We're just passing through. Life on earth is temporary. This is not heaven. One day you're going to be in a place with no problems, no trials. And you're going to spend millions and billions of years there. But if you keep thinking you're going to have heaven on earth, you're going to be very disappointed. What really matters most in life is not what happens to you. What happens to you is not the most important thing in your life. What happens in you is what matters most. And that is your choice. You can put two people in the same bad circumstances. One will come out a whiner and the other will come out a winner. One will come out bitter and the other will come out better. Romans 5:3-4 says, "We can be full of joy here and now, even in our trials and troubles. These very things (the trials and troubles) will give us patient endurance; this in turn will develop a mature character." I don't know what you're going through right now. But I do know how God wants you to respond to it, regardless of what you're going through. You cannot choose what is going to happen to you next week, next month, next year. But you can choose how you're going to respond, how you're going to react -- whether it's going to make you or break you, whether you're going to be bitter or better. Your choose the way you respond to the circumstances that come into your life. I am confident of how God wants you to respond. "Dear brothers, is your life full of difficulties and temptations? Then be happy, for when the way is rough, your patience has a chance to grow. So let it grow, and don't try to squirm out of your problems. For when your patience is finally in full bloom, then you will be ready for anything, strong in character, full and complete." James 1:2-4 (LB) When you respond positively, God's promise is patience and character, strong and ready for anything. Pastor Ray Dare, New Community Christian Church www.YourNewChurch.org

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Call for More Information

Lutheran Church Day Camp

Come to Christ the King Lutheran Church for an exciting week of games, crafts, songs, Bible encounters and more! Our theme this year is "Listen, God is Calling". We are excited to have Mt. Cross staff back this year. 9 am to 3 pm, July 7 - 11, 2008. Vacation Bible School Day Camp is for kids in Kindergarten through 6th grade. Cost is \$20 per child (\$15 for siblings). For registration information, call 916.988.2484 or go to www.ChristTheKingOV.org. We hope to see you there!

McCain Campaign Rebuffs Billy Graham

Christian Newswire -- Newsmax.com is reporting today that Sen. John McCain may have little interest in reaching out to his conservative base, including evangelical Christian voters, as his campaign has declined an offer to meet with the Rev. Billy Graham. The Newsmax.com story -- "McCain Declines to Meet with Billy Graham" -- is authored by presidential author Doug Wead. Wead had been instrumental in setting up a meeting between Dr. Graham and George W. Bush during the 2000 election. The Newsmax story includes the actual letter the McCain campaign wrote declining the meeting with Billy Graham. In his Newsmax report, Wead explores the rocky relationship between McCain and the evangelical community, including his recent decision to denounce Rev. John Hagee. Newsmax.com is one of the nation's leading Internet news sources with 4 million unique visitors each month. Newsmax also publishes the award-winning magazine Newsmax. For a media interview with Doug Wead, contact Paula Pradines at 561-686-1165, ext. 245.

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BIBLE TRIVIA

by Wilson Casey

1. Is the book of Noah in the Old or New Testament or neither?
2. Who opened a bottle of milk, giving an enemy soldier drink, and then killed him? *Barak, Jael, Esther, Anna*
3. From Numbers 6, what group of consecrated men never cut their hair? *Lepers, Demoniacs, Priests, Nazarites*
4. As king of Israel, Ahab reigned in what place 20 and two years? *Canaan, Raamah, Samaria, Nubia*
5. From 2 Kings 23:34, what was the original name of Jehoiakim? *Jedidiah, Eliakim, Laban, Ahaziah*
6. Unto which land's mountains did Abraham take Isaac to be sacrificed? *Moriah, Carmel, Sinai, Harmon*

ANSWERS: 1) Neither; 2) Jael; 3) Nazarites; 4) Samaria; 5) Eliakim; 6) Moriah

Wilson Casey's latest trivia book is available at [BearManorMedia.com](#).

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ZOHAN

By David Dickstein

A legendary, sex-addicted Israeli commando fakes his own death to live his dream of being a New York hairstylist. Yes, that old chestnut.

We jest, of course, because Adam Sandler’s latest laughter is as original a high-concept comedy as you’ll want this summer. Plus, it’s not half bad. The absurdity has as many hits as misses, but considering the actor’s track record with comedies, we’ll take it gladly. When you think about it, Sandler hasn’t done a really good comedy since “The Wedding Singer,” and that was 10 years ago.

But “You Don’t Mess with the Zohan” is capable of drawing genuine belly laughs from anyone open to goofy and gonzo humor mined out of the centuries’ old Israeli-Palestinian conflict. It’s a flawed, uneven movie, but good for Sandler for taking a risk by spicing up his signature juvenile schtick with politics.

Sporting a bad ‘80s hairdo, a provocative bulge and an accent more Borat than Israeli, Zohan finds none of this embarrassing. He’s quite comfortable, no, make that oblivious, that he smacks of a cross between Rambo and Dirk Diggler, only rude, crude and obnoxious. And Middle Eastern. He’s a confident man, but also unsatisfied.

Fed up with the futility of an



Adam Sandler is Zohan

Photo By: Tracy Bennett

eye-for-an-eye strategy against the Palestinians, Zohan trades in his rifles and bombs for a comb and scissors. In order to pull off his life-changing stunt, he throws a game of grenade ping pong to his Arab nemesis the Phantom (John Turturro), a cur of a man both egotistical and entrepreneurial (he leverages his celebrity to open a chain of falafel joints). Shun by the Paul Mitchell salon for having no experience and being way too ‘80s, Zohan eventually lands a job at a beauty parlor owned by an Arab. Oy – what would his parents think? Oh yeah, they think he’s dead. The shop owner being beautiful and of Zohan’s age (Emmanuelle Chriqui of TV’s “Entourage”) is an obvious clue as to where the movie is heading.

Cheers to a running gag on the many uses for hummus, slams on Mel Gibson and a PETA-cringing

moment of cat hacky sack. Jeers to a pointless limo scene with a barfing Henry Winkler, an exchange of dirty talk with Charlotte Rae (Mrs. Garrett from “The Facts of Life”) and a pair of low-payoff subplots, one involving bumbling Palestinian terrorists set on killing Zohan once they find out he’s still alive and living incognito, and another that shapes a big, bad American developer as the movie’s ultimate villain (played by overexposed ring announcer Michael Buffer).

And as for the overarching message of the movie – that we should all just get along – may the preposterous happy ending in the movie become a case of life imitating art. Shalom and assalaamu’alaikum.

2 of 4 stars, rated PG-13, 113 minutes, youdontmesswiththezohan.com

Review:The Happening

By Charles Glover

What is not known and what cannot be controlled are two elements that can be truly terrifying.

In director M. Night Shyamalan’s latest film, “The Happening”, there is an event taking place that brings the human population face to face with both uncertainty and helplessness.

The uncertainty comes from not knowing how to stop this horrific event, and the helplessness comes from the knowledge that once it has you, your own body and mind will be turned against you, and in the end, those that succumb to the event will kill themselves ... against their own will.

For science teacher Elliot Moore (played by Mark Wahlberg) and his wife, Alma Moore (Zoey Deschanel), the dark events have made their relationship issues take a back seat. They’re simply trying to survive the life-threatening event along with a friend, Julian (John Leguizamo), and his daughter, Jess (Ashlyn Sanchez).

When described in pre-debut releases, “TheHappening”,sounded like a frightening horror movie from the director who brought you the highly successful “Sixth Sense.” Seeing the film, however, the description doesn’t match what ended up on the screen.

The film is a letdown in many

areas, and the most obvious would be the fright factor. There is little to none.

Rather than jump-out-your-frightening, this film is more disturbing. Various forms of suicides are committed in a gruesome manner, and those wanting a real scare might be disappointed -- as many in the audience seemed to be during the screening I attended.

Disappointment with this film is not hard to come by, because for every build up of tension, there is a letdown of having no real climax. For me, there was a feeling of emptiness that comes with not feeling surprised or scared.

Being disappointed with this film wasn’t all that I felt when the end credits rolled. I also felt very annoyed with the message that was trying to be promoted. Having a message in a film that is supposed to scare you is beyond me, but “The Happening” has a message.

There is a general theme in the film that plants are causing the terrible events, and the mass suicides are a defense mechanism from the plants, seemingly because they feel threatened by humans and what we do to the environment. The undeniable message is that we need to take better care of the environment, and at this point I begin to roll my eyes.

Environmental issues are important, but this is quite a leap to make in a horror movie ... Save

the planet, or it might make you kill yourself. That’s quite a leap.

It’s a mistake to muddy the horror genre with this kind of misplaced message, and unfortunately, Shyamalan does this and many other things that make “The Happening” not really worth the price of admission.

“The Happening” contains some humor, and a bit of suspense, but mostly gruesome scenes of people taking their own lives. Also, you get plenty of bad acting and dialogue.

“The Happening”, which had potential to be very good, really just fell flat. In the theater, there was laughing, whispers of confusion and all-around disgust at some of the images that were shown on screen, but nothing that one would expect from an audience viewing a truly good horror film.

The screams weren’t in the theater this day, and to be honest, not much was really happening with M. Night Shyamalan’s latest film to warrant any.

Grade: D

Charles Glover is a journalism major at California State University, Sacramento. He has reviewed movies for “The Current” newspaper at American River College. His entertainment/popular culture blog can be seen at www.myentertainmentopinoin.blogspot.com

RILEY REVIEWS



by Tim Riley

CUDDLY ANIMATED “PANDA” MASTERS THE KUNG FU ACTION MOVES

KUNG FU PANDA (Rated PG)

Who doesn’t love a cuddly, soft panda, the world’s cutest animal and the best thing to come out of China since stir-fried noodles? Ironically, the lovable panda that stars in the animated “Kung Fu Panda” is a clumsy lug working in the family’s noodle shop. Incongruous as it may seem, animation doesn’t capture the essentiallyadorableandoutwardly sweet-natured appearance of the giant pandas on display at the National Zoo ever since President Nixon made his historic 1972 trip to China. On the other hand, only a cartoon could give a giant panda the dexterity to become a master of martial arts.

Alternatingbetweencomedic elements and Jackie Chan-style action heroics, “Kung Fu Panda” is the story of a plump, drowsy, huggable black-and-white bear with a huge pot belly who has only one aspiration in life, namely to become an expert in a martial art that relies on agility, mental prowess and lightning-fast reflexes. The clumsy bear is named Po (voiced by Jack Black), a waiter at his father’s noodle diner who displays none of the inherent abilities to become a kung fu master. And yet nothing will dissuade him from the foolish quest, not even his father, a goose named Mr. Ping (voiced by James Hong).

Eager to quit slinging noodle bowls, Po heads off to a public ceremony at an ancient temple where grand master Oogway the Turtle (Randall Duk Kim), acting upon prophecy, will anoint the new Dragon Warrior. This selection will have great consequence for the inhabitants in the mountainous Chinese village that is otherwise vulnerable to attack from hostile forces.

It is widely expected that the appointment of the Dragon Warrior will go to one of the members of the legendary Furious Five: Tigress (Angelina Jolie); Crane (David Cross); Mantis (Seth Rogen); Viper (Lucy Liu); and Monkey (Jackie Chan). All of these kung fu artists have been trained by the wily wolf Master Shifu (Dustin Hoffman). Literally stumbling upon the scene, Po drops in on the ceremony so unexpectedly that Oogway proclaims that the lovable panda is the new Dragon Warrior.



1. Indiana Jones and the Kingdom of the Crystal Skull(PG-13)
Harrison Ford, Cate Blanchett
2. The Chronicles of Narnia: Prince Caspian(PG)
Ben Barnes, Skandar Keynes
3. Iron Man(PG-13)
Robert Downey Jr., Terrence Howard
4. What Happens in Vegas (PG-13)
Cameron Diaz, Ashton Kutcher
5. Speed Racer(PG)
Emile Hirsch, Christina Ricci
6. Baby Mama(PG-13)
Tina Fey, Amy Poehler
7. Made of Honor(PG-13)
Patrick Dempsey, Michelle Monaghan
8. Forgetting Sarah Marshall (R)
Kristen Bell, Jason Segel
9. Harold and Kumar Escape from Guantanamo Bay(R)
John Cho, Kal Penn
10. The Visitor(PG-13)
Richard Jenkins, Hiam Abbass

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This turn of events does not sit well with the Furious Five, or with Master Shifu, who thinks Po is irredeemably incapable of being properly trained, if only because the panda is obscenely overweight and lacking any athletic skills. What Po lacks in ability, he more than makes up for in optimism and enthusiasm. And so the giant panda participates in a rigorous training program that is often very comical, because as expected Po is uncoordinated and maladroit.

Master Shifu’s lessons, which will lead eventually to obtaining the powerful knowledge from the secret Dragon Scroll, take on a greater sense of urgency when the vicious snow leopard Tai Lung (Ian MacShane) escapes from the heavily-fortified and well-guarded prison where he has been chained up for years. With revenge on his mind for having been denied what he presumed was his rightful place as the Dragon Warrior, Tai Lung is set to wreak havoc on Po’s isolated village.

For the final third of its run, “Kung Fu Panda” lurches quickly from the comedic tone to the full-bore action that requires much hand-to-hand combat. A furious battle erupts when the Furious Five confront Tai Lung on a precarious rope bridge over a deep ravine. This is the run-up to the showdown between the suddenly energized Po and the determined Tai Lung.

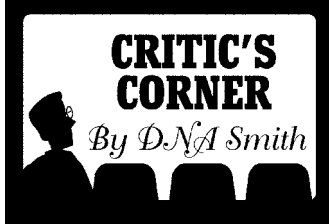
Chinese art and architecture lend themselves to a very colorful rendition in computer-generated animation. “Kung Fu Panda” realizes the essential beauty of the Chinese culture with masterful precision. This is a good-looking film where the visuals come off much better than the script. A younger audience is more likely to be impressed with the decent story and its actors that are easily outdone by the film’s splashy art.

DVD RELEASE UPDATE

It seems only fitting to note the recent release of a DVD double feature about one of nature’s most amazing creatures. “A Panda is Born” and “Baby Panda’s First Year” capture the essence of how the Giant Panda’s survival depends on the successful reproduction of each member of the species, given that an estimated 1,600 pandas live in the wild. “A Panda is Born” follows the panda mating at the National Zoo as the female, Mei Xiang, and her mate, Tian Tian, finally succeed, resulting in the ultimate delight of a Panda birth. The companion piece, “Baby Panda’s First Year” follows baby Tai Shan’s life at the Giant Panda Habitat at the National Zoo, and viewers get to marvel at the instincts of first time mother Mei Xiang. This DVD double feature proves an earlier point that a real live panda is much cuter than the animated version in “Kung Fu Panda.”

Trivia Answers

1. “Hawaii Five-O”
2. Pepper Potts
3. It has no known function.
4. Baton Rouge
5. Diamonds, which were considered evening wear
6. A magic harp
7. Arctic
8. Calvin Coolidge
9. Very angry
10. Cartilage. Sharks have no bones.



“Indiana Jones and the Kingdom of the Crystal Skull”

Running time: 124 minutes
MPAA rating: PG-13

What does it say about a film that an hour into it, I had to pick up my Nintendo DS to play “Age of Empires” to stay entertained? I went into “Indiana Jones and the Kingdom of the Crystal Skull” with the lowest of expectations, and they were met.

The film takes place in the 1950s during the height of the Red Scare. An old friend of Indy’s (John Hurt) has gone missing in Peru. Soviets are involved. And there is a frantic chase to see whether Indy or the Russkies will gain possession of a mysterious crystal skull that may hold the secret to a legendary city of gold — and the Roswell Incident.

Yeah. Let’s just say there’s a point in this movie where entertainment ends and George Lucas begins. And I don’t mean that in a good way. The only way this plot could get dumber would be the inclusion of Jar-Jar Binks.

That said, Cate Blanchett was delicious. She really chewed up the scenery as the Soviet parapsychologist Irina Spalko. I was so hoping that at some point she’d refer to Harrison Ford and Shia LeBeouf as “Moose and Squirrel.”

Harrison Ford also is fantastic. How could he not be? He knows that character inside and out, and his portrayal of the older, experienced Indiana Jones is perfect. Ford carries this creaky, convoluted and often ridiculous movie on his back and tries to inject a little class and humanity to this CGI-overladen mess.

I should add that it was a delight to see Karen Allen again, reprising her role as Marion Ravenwood. Despite more than a quarter century since her first appearance in “Raiders of the



Harrison Ford

Lost Ark,” Allen looks like she may have aged a week. Her performance is sparkling. You could tell she was having the time of her life working alongside Ford again.

The long and short of it is this: Three great performances, two spiffy chase scenes, and that’s about it for the Good Parts. The rest is pretty boring or stupid. But it doesn’t matter what I say about the film. It’s going to make a bajillion dollars, and millions of people will see it for nostalgia’s sake.

I truly hope you enjoyed it more than I did. And if you haven’t seen it yet, wait for the DVD and rent it. I don’t think it’s worth paying full-price admission at a theater.

GRADE: C

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Weekly SUDOKU

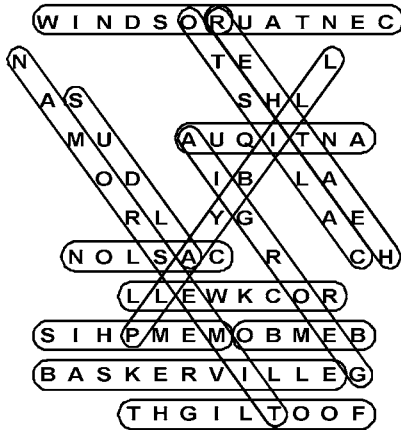
Answer

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

Magic maze

Answers

SERIF TYPEFACES



King Crossword

Answers

Solution time: 25 mins.



Governor’s Assault on Care for Seniors and People with Disabilities

Scott Mann, *Quality Home Care Coalition*

Today, seniors, people with disabilities, their families and caregivers joined with concerned and activist Californians to kick-off statewide forums denouncing Governor Schwarzenegger’s proposed cuts to programs that serve the elderly and disabled. In the community forums scheduled to take place in Counties throughout the state over the next few weeks, residents will speak out against the cuts to Supplemental Security Income/State Supplemental Payment (SSI/SSP) grants and In-Home Supportive Services (homecare).

“The Governor’s May Revise not only robs seniors and people with disabilities of the money they need to pay for basic living expenses, but it also denies them the care they need to live safely and independently in their own homes,” says Frank Smith, a Butte County resident with disabilities. “It’s appalling to consider the health and well-being of the elderly and disabled in an attempt to balance the state budget.”

SSI/SSP Cuts

The Governor’s budget delays, suspends and/or withholds some cost-

of-living adjustments on Supplemental Security Income/State Supplemental Payment (SSI/SSP) grants that help low-income seniors and people with disabilities meet basic living expenses. This eliminates hundreds of millions of dollars to one million vulnerable Californians.

In-Home Supportive Services (IHSS) Cuts

Proposal to Cut Care Hours

In this proposal, low-income seniors and people with disabilities, who are deemed by social workers to need limited assistance with domestic services assistance--meal preparation and clean-up, housekeeping, grocery shopping, laundry, and errands--will no longer receive any help with those services. This proposal means that more than 80,000 seniors and people with disabilities will be left vulnerable to malnourishment, illness, or injury, which ultimately could force them into a hospital, nursing home, or institution.

While the proposed cuts are portrayed as cost savers, the truth is that hospital and nursing home care for IHSS consumers will cost the state far more than what the proper allocation of IHSS services would have. Per the

California Budget Project’s report on the cuts, the Legislative Analyst’s Office has estimated that the state spends an average of \$10,000 per IHSS consumer versus \$60,000 a year for each nursing home resident.

Proposal to Cut Homecare Provider Pay

The budget proposal also calls for rolling back state participation in funding homecare providers’ wages, contributing funding only up to minimum wage. Until and unless financially strapped counties pick up the difference, wages will effectively be no higher than minimum wage. If homecare providers are relegated to minimum wage status, then it’s likely that thousands of these caregivers will be forced to leave the homecare workforce, leaving countless elderly and disabled without the care they need to continue living in their own homes.

The proposed IHSS cuts turn back the clock on landmark legislation, Aging with Dignity Act, which was enacted in 1999 to help seniors stay in their own homes instead of being forced into institutions.

CONTACT: for Quality Home Care Coalition Scott Mann, 323-333-4850

Democrats Push for the Largest Tax Increase in History

Congressman Dan Lungren (R-CA)

Congressman Dan Lungren (R-CA), Member of the House Budget Committee, today issued the following statement after the House Majority passed a budget that would impose the largest tax increase in American history while recklessly increasing wasteful Washington spending:

“Today Congress passed a budget that raises taxes on a family of four by \$3,000, on the elderly by over \$2,000, and on a single parent with two children by \$1,600 – all at a time when families are wondering how they are going to

pay for groceries in the wake of rising food prices and how they are going to put gas in their cars to drive to work each day.

“The leadership’s budget includes the largest tax increase in American history. The majority continues to ignore entitlement reform, the number one threat to our country and the next generation. This Democrat budget does nothing to reform entitlement spending or to give us greater retirement security or more affordable healthcare. Their constant silence on entitlements threatens to bankrupt future generations,

U.S. Stops Following Foreign Money Trail



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by Jerome R. Corsi

Expert says nation’s assets are being sold for billions– Foreign investment in the United States is on the rise and key U.S. businesses and infrastructures such as roads and airports are being sold to foreign investors. Now comes word from the U.S. Department of Commerce the Bureau of Economic Affairs will stop publishing a key report tracking those foreign dollars.

WND reported earlier on a decision by the Federal Reserve to quit publishing M3 data, a money-supply measure watched closely by economists.

Last month, econometrician John Williams reported on his subscription website, “Shadow Government Statistics,” that the M3 statistic he compiles from available government data shows the growth of M3 at historically high rates last seen in June 1971, two months before President Nixon closed the gold window and instituted wage and price controls.

Charles McMillion, president and chief economist at MBG Information Services in Washington, D.C., also has expressed concern over the recent decision by the Department of Commerce to discontinue publishing foreign investment data and warned that may forecast an unprecedented surge in foreign investment anticipated

by the Bush administration.

In the announcement, BEA claimed funding limitations necessitated halting future reports.

The most recent report, released Wednesday, showed direct foreign investment in U.S. businesses reached \$276.8 billion in 2007, the second largest amount recorded and the highest since 2000, when new foreign investment outlays peaked at \$335.6 billion.

Of the direct foreign investments in the U.S. in 2007, only about 10 percent, approximately \$21.9 billion, established new U.S. businesses, while foreign investments to acquire existing U.S. businesses totaled \$255.0 billion.

Nearly 37 percent of the foreign investments in 2007 involved European investors, although the BEA noted investments from Asia and the Middle East rose substantially.

McMillion noted in an e-mail that the BEA decision to discontinue publishing foreign investment data comes at a time when public and congressional concerns have increased over the acquisition of U.S. assets by foreign investors

McMillian referenced the recent attempt by “China’s mysterious but closely state-aligned Huawei” to acquire 3Com, a key supplier of Internet security technologies to the U.S. Department of State, in conjunction with Boston-based Bain Capital, a private equity firm founded by Republican 2008 presidential candidate Mitt Romney.

In March, Bain pulled out of the deal after learning that the secretive Committee on Foreign Investment in the United States, or CFIUS, organized in the U.S. Treasury Department, planned to block the deal.

In May, during a four-day trip to the Middle East that included Saudi Arabia and Dubai, U.S. Secretary of Treasury Henry Paulson encouraged foreign investment in the United

States, arguing the controversy over Dubai Ports in 2006 did not reflect an adverse U.S. attitude toward foreign investment.

“I have met with many leaders from the Middle East who ask if the United States really continues to welcome investment,” Paulson said in a speech to the U.S.-United Arab Emirates Business Council, according to Bloomberg.com. “As we seek to open new markets abroad, America will keep our markets open at home to investment from private firms and from sovereign wealth funds.”

WND previously reported since the beginning of the year, Dubai and Abu Dhabi, two of the largest United Arab Emirate states, have been in discussions with the U.S. Treasury, offering reassurances that their investments in U.S. banks and security firms would not impose restrictions usually dictated by Islamic law, commonly known as sharia.

WND also has reported sovereign wealth funds in six Persian Gulf countries, including Kuwait, the United Arab Emirates and Qatar, have now amassed \$1.7 trillion, positioning them for attempts to control major banks and securities firms in the United States.

In September 2007, Dubai acquired 19.9 percent of Nasdaq, the second largest stock exchange in the United States.

WND also reported last month the top bid to lease the Pennsylvania Turnpike on a long-term public-private-partnership, or PPP lease, for a bid of \$12.8 billion was submitted by Spanish infrastructure management company Abertis Infraestructuras of Barcelona.

Jerome R. Corsi is a staff reporter for WND. He received a Ph.D. from Harvard University in political science in 1972 and has written many books and articles, including his latest best-seller, “The Late Great USA.”

Solar Car Powers House

The Sun Is His Gas Station and Utility Company

Howard Letovsky, a northern California inventor, has created a Solar Powered Car called the Malibu Flatlander, designed to eliminate air pollution and gasoline dependency in many of the world’s cities.

The Malibu Flatlander weighs just over 1000 pounds and can easily carry four passengers. It uses totally safe lithium iron phosphate batteries and the highest power density solar panels available, coupled to a charger that maximizes the panels’ energy output. Letovsky outfitted an aluminum chassis with the solar power components, and then added a custom electric motor controller system and custom suspension.

The vehicle also has an on-board 5500 watt AC grid-tie inverter – so it powers Letovsky’s house when he’s not driving it. This “Vehicle to Grid” technology is perfect for back-up power generation when there’s a power blackout.

According to Letovsky, “Many urban environments are ideal for this kind of solar powered electric vehicle. You can’t go much faster than 25 miles per hour in city driving – and most drivers don’t need to go more than 20 miles per day. The Malibu is able to travel up to 20 miles per day at 35 miles per hour – on flat ground– as long as it gets at least 6 hours of sun. It never has to be plugged in, but if the weather is overcast for a while, the car can be charged with a standard household ac outlet – and get an increased range of 70 miles.”

Letovsky’s state-of-the-art Malibu Flatlander is used as a daily driver in Willits, California. The car has been running on sunlight continuously for almost a year.

Howard states that “Current US crash test regulations make it very difficult to produce low speed electric



cars profitably because they are generally limited to a 25 mph top speed. Safe solar powered production vehicles – like the Malibu Flatlander– can be fabricated with doors and high impact shells, as well as various load carrying and seating options if a new class of “Urban Electric Vehicle” were created to allow a 35 mile per hour maximum speed—to make sure the cars don’t hold up traffic and that they can command a price high enough to justify producing them.

Letovsky adds that “Gasoline resources are projected to dramatically decline over the next 40 years, but the sun won’t burn out for 5.5 billion years. An easy way to minimize greenhouse gas emissions in sunny US cities is to start using vehicles that don’t pollute at all. The Malibu can run entirely on

sunlight - and unlike solar houses, it can easily be “re-parked” to soak up more of the sun’s rays as the sun moves across the sky.”

Howard Letovsky has built hundreds of electric vehicles over the last two and a half decades and was featured on the Discovery channel show “Beyond 2000” for building “Lectra-Cop”-the world’s first Electric Police Car in 1992 – which beat a gas powered Police car in a drag race. Letovsky holds patents on many cutting edge technologies - including thermal differential engines that use shape memory metals to create power from hot and cold air and water.

Letovsky is a regularly featured speaker at sustainable “green” industry and media events. He is easily reachable and available for interviews.

The Key to Protecting Marriage

California Marriage Amendment Approved by Secretary of State for November Ballot

Christian Newswire/-- The Alliance for Marriage Foundation today celebrated the efforts of California voters for successfully placing the California Marriage Amendment on the November ballot.

The state constitutional amendment would define marriage as a union between a man and a woman” if successful, and would overturn the recent California Supreme Court decision legalizing “same-sex” marriage.

“The future of marriage in California should be determined among the 36 million residents of the State of California -- not by the personal, closed-door deliberation of seven judges,” said Rev. Sam Rodriguez, Jr., an Advisory Board Member of the Alliance for Marriage Foundation.

The California Supreme Court last month struck-down the state’s

democratically-approved Proposition 22, the California Defense of Marriage Act, which statutorily defined marriage as the union of a man and a woman.

“In 2000, the Latino community played a determining, critical role in approving Proposition 22 at the ballot box,” said Rodriguez. “As the largest “minority” community in California, the Latino community holds the key to protecting marriage in California - and preventing the attack on marriage here from having national fallout.”

“For several decades, America has been wandering in a wilderness of social problems caused by family disintegration,” added Rodriguez. “Tragically, as bad as our current situation may be, it could soon become dramatically worse. This is because California courts and the legislature are poised to erase the legal road map for marriage and the family from state law.”

During the petition effort to place the Amendment on the ballot,

Californians for Marriage, an all Latino-led coalition organized by the Alliance for Marriage Foundation, delivered signatures in support of the California Marriage Amendment, and is poised to fill a pivotal role in the ballot campaign this fall.

Members of Californians for Marriage include Rev. Samuel Rodriguez, Jr., National Hispanic Christian Leadership Conference, Dr. Jessie Miranda, Alianza Ministerial Evangelica Nacional, Dr. David Lazo, Church of Power, Dr. Sergio Navarrette, Assemblies of God, Pacific Latin, and Rev. Gilbert Montelongo, Tabernacle of Praise.

The Alliance for Marriage Foundation is a non- partisan, multicultural coalition whose Board of Advisors includes Rev. Walter Fauntroy -- the former DC Delegate who organized the March on Washington for Martin Luther King Jr. -- as well as other civil rights and religious leaders, and national legal experts.

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² To qualify for RefiRewards, your loan amount must be at least \$15,000, and your vehicle must be less than five years old. This offer is not available for the refinancing of an existing SAFE auto loan.

³ See SAFE for terms and conditions. Some restrictions apply.

⁴ Annual Percentage Yield (APY) available Saturday, June 21, 2008 until Saturday, July 5, 2008. 3.00% APY available without a SAFE checking account. Requires \$500.00 minimum opening deposit; maximum deposit per member is \$25,000. Offer also available for IRAs. Certificate penalties for early withdrawal may apply.

⁵ 4.00% APY is available for 6 months to new SAFE Platinum Visa cardholders with a SAFE checking account and direct deposit; 3.00% APR is available for 6 months to all other new SAFE Platinum Visa cardholders. Cash Advance fee is 2% of advance, minimum \$2; Late fee of \$15 if payment not received within 15 days of due date. Over limit fee of \$10 per month if outstanding balance exceeds the credit limit by \$500 or 120%, whichever is less. On approved credit. Rates, terms, and conditions subject to change.

⁶ To qualify for RefiRewards, your loan amount must be at least \$15,000, and your vehicle must be less than five years old. This offer is not available for the refinancing of an existing SAFE auto loan.



Adoption

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COLORADO RANCH FORECLOSURES. 100 Acres just \$59,900. Other ranches available. Year-round roads, access to utilities. Excellent Financing Available. 1-866-696-5263 x4287. www.CALovesCO.com (Cal-SCAN)

Montana's Best Property. JUNE LAND SALE! 20AC- County Road and Utilities- \$49,900. 180AC tracts starting at \$650/ AC. 300-1000AC ranch lands for cattle, horses, and the best elk and deer area- Under \$900/AC. North of Billings, MT. Access to thousands of BLM.

Owner financing or pay cash with discount. Call 1-877-229-7840 or visit www.WesternSkiesLand.com (Cal-SCAN)

20-ACRE RANCHES!\$14,900! (\$200 down, \$145/mo) Near booming El Paso, TX. Roads, surveyed. Money-Back Guarantee! Free maps & pictures. 1-800-420-0319 (SWAN)

NEW TO MARKET- Colorado Mountain Ranch. 35 acres- \$39,900. Priced for Quick Sale. Overlooking a majestic lake, beautifully treed, 360 degree mountain views, adjoins to national forest. EZ terms. 1-866-353-4807. (Cal-SCAN)

NEW ARIZONA LAND Rush! 1 or 2-1/2 "Football Field" sized lots! \$0 down, \$0 interest. \$159-\$208/mo! Money back guarantee! 877-667-2063 or www.sunstieslandrush.com (SWAN)

Colorado, 5 acres, \$7500! \$500 down, \$125/month. Tract with water well, \$12,500 (good terms). Beautiful high mountain country. Good year round roads. Owner, 806-376-8690 (NANI)

AZ LAND BARGAINS. 5 to 80 acres, lowest possible prices. EZ terms. Call AZLR for free recorded message. 1-888-547-4926. (Cal-SCAN)

BULK LAND SALE 80 acres - \$49,900. Take advantage of buyers market and own beautiful mountain property. Price reduced on large acreage in Arizona's wine country. Won't last! Good access & views. Wildlife abounds at Eureka Springs Ranch. Financing available. Offered by AZLR. ADWR report. 1-877-301-5263. (Cal-SCAN)

Great opportunity to buy 3,200 sq. ft. home near Tampa. "370,000 negotiable", Owner must sell. Contact Mary Crossfield/ Prudential agent 813-699-1376. (mobile) 813-220-1236 for pictures and virtual tour. Hurry, won't last. (NA NI)

20 ACRE RANCHES, \$14,900, \$200 down/ \$145 monthly (10%/225 months) near Booming El Paso, Texas. Money back guarantee. Roads, surveyed. Sunset Ranches: Free maps/ pictures. 1-800-343-9444. (Cal-SCAN)

LAND BARGAINS ON Possum Kingdom Lake. www.TheHillsAbovePK.com (Cal-SCAN)

ARIZONA LAND BARGAIN 36 Acres - \$29,900. Beautiful mountain property in Arizona's Wine Country. Price reduced in buyers market. Won't last! Good

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RIVER ACCESS RETREAT Washington. 6 AC - \$49,900. 15 AC - Old farm buildings, \$89,900. Incredible land & gorgeous setting. Limited available. EZ Terms. Call WALR 1-866-836-9152. (Cal-SCAN)

RAINBOW TROUT STREAM 10 Acres - \$69,900. Gorgeous Nevada land abuts National Forest and BLM in the foothills of the White Mountains east of the California Sierras. Endless recreational opportunities. Close up views of snow capped peaks. Cool, clear, year round Rainbow Trout creek. Call 1-877-349-0822. (Cal-SCAN)

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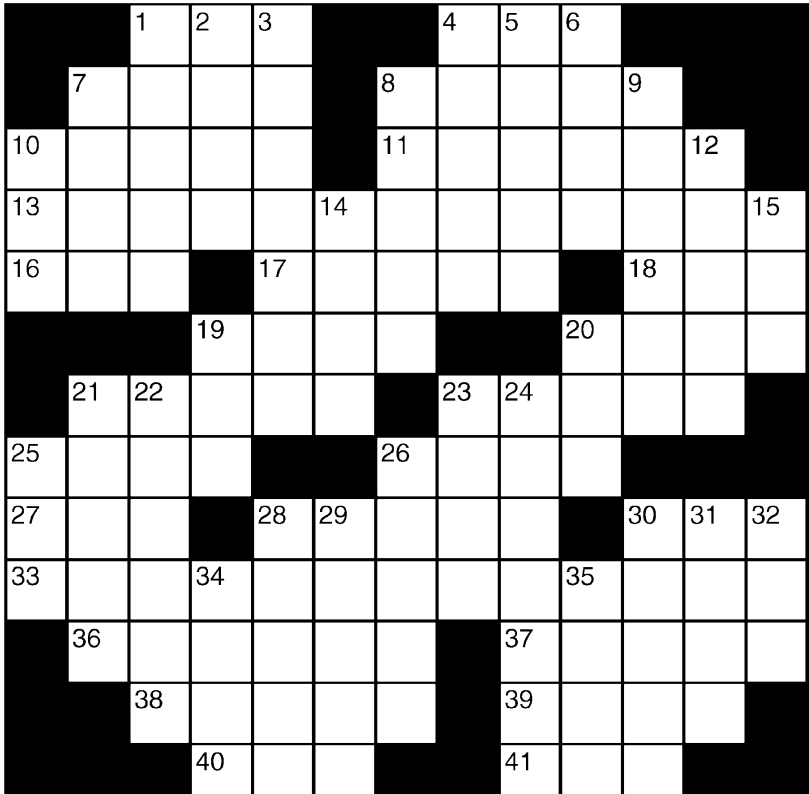
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KING Crossword



ACROSS

- 1 Height of fashion?
- 4 Wield a needle
- 7 Antitoxins
- 8 Melodies
- 10 Slip-on garment
- 11 "Sleepy Hollow" storyteller
- 13 Definitely
- 16 - out a living
- 17 Resembling
- 18 Stipend
- 19 Unable to hold any more
- 20 Undressed
- 21 Fisherman's basket

- 23 Hosiery shade
- 25 Lotion additive
- 26 "Dagnet" star
- 27 "Terrif!"
- 28 Garlic mayonnaise
- 30 Comic Leno
- 33 Bit of folklore
- 36 Caught
- 37 Land of the Rising Sun
- 38 Covered in dirt
- 39 Tarzan's clique

- 40 "Of course"
- 41 Homer Simpson's neighbor

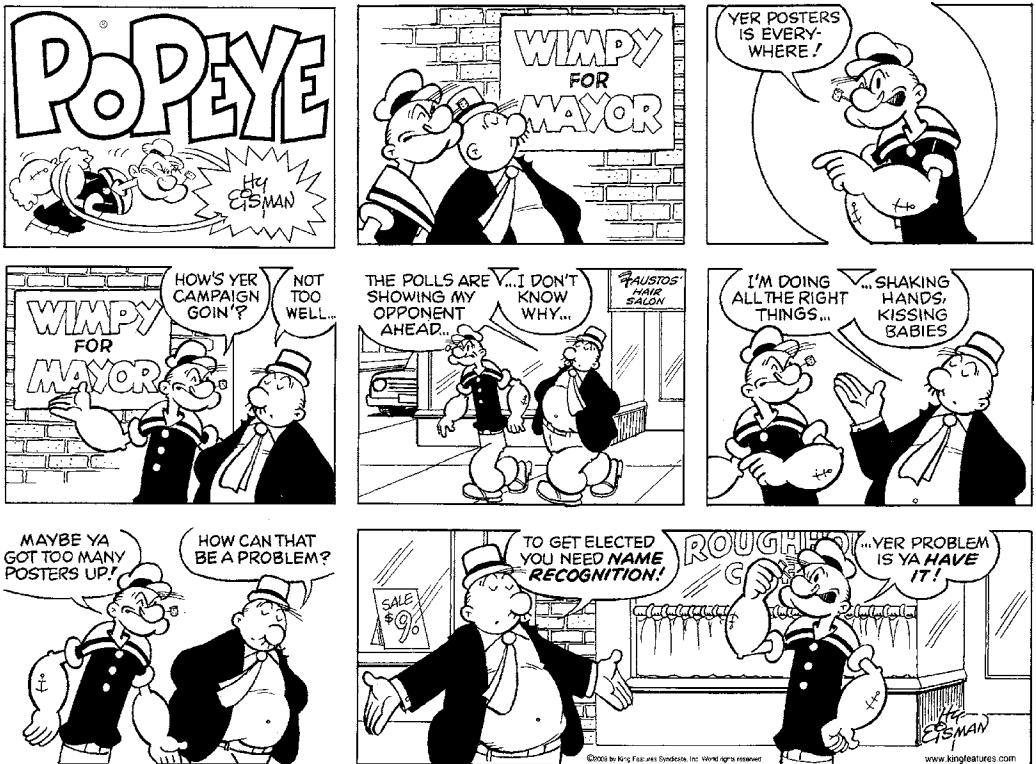
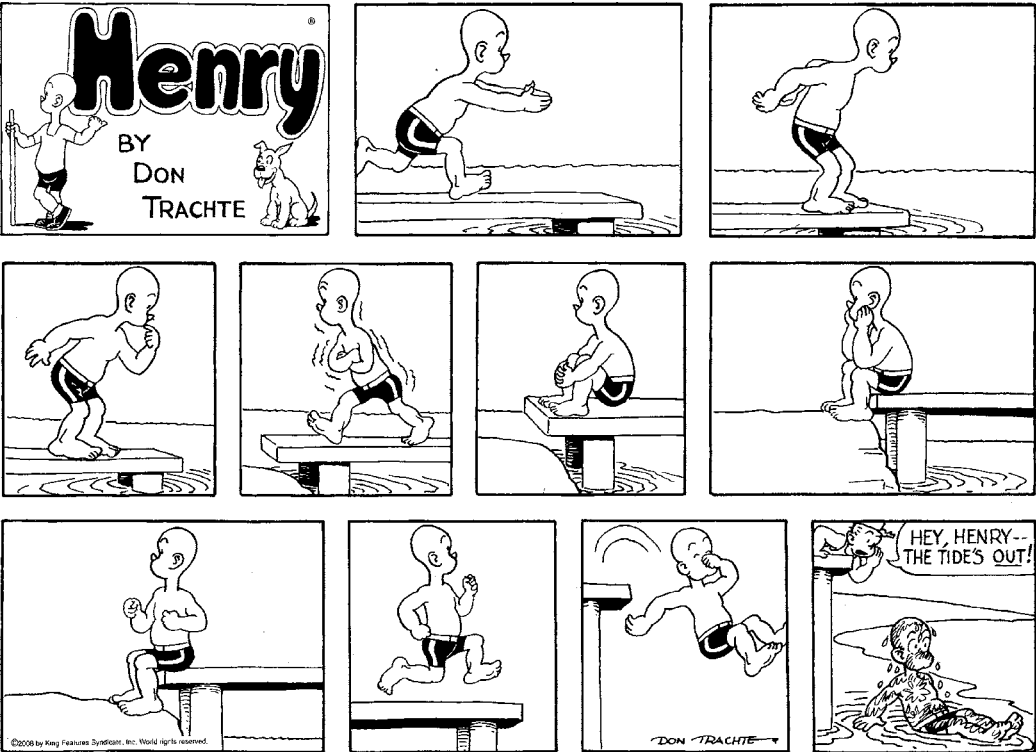
DOWN

- 1 Therefore
- 2 Canal zone
- 3 Rhesus monkey
- 4 Cruises the Net
- 5 Ballad conclusion
- 6 Dam
- 7 Foundered
- 8 Re ocean

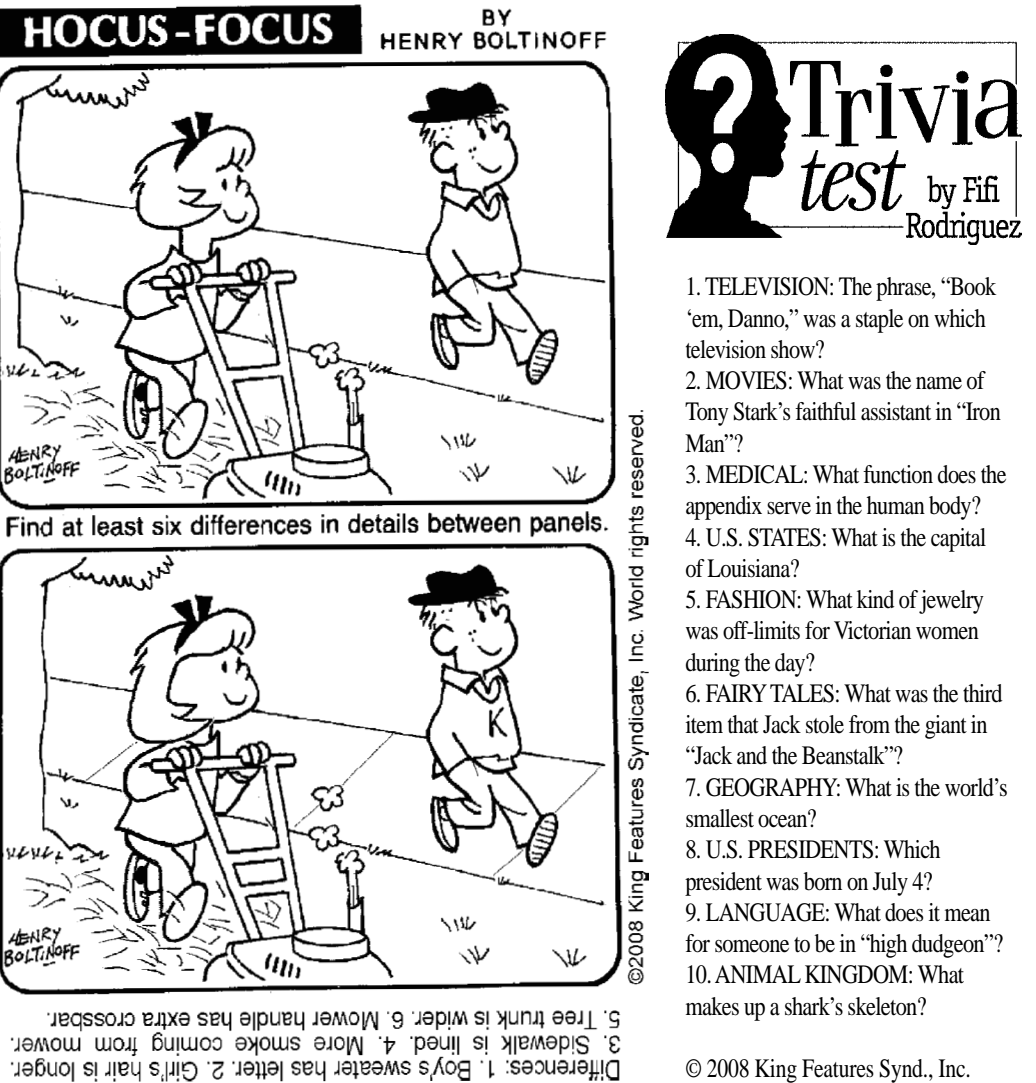
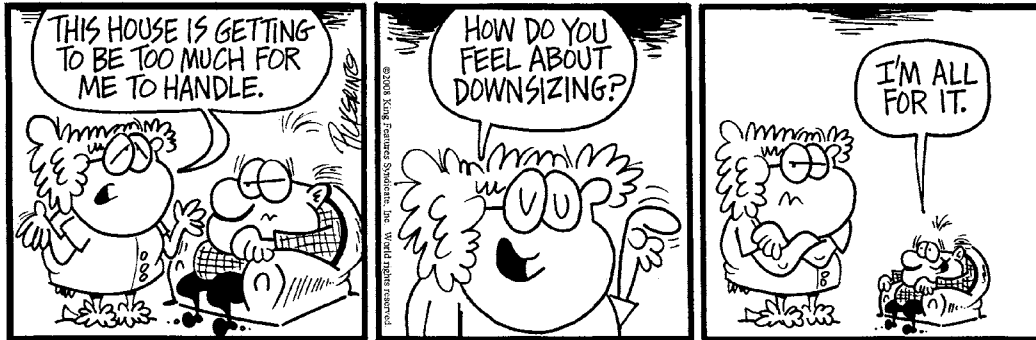
- 9 motion
- 10 Grab suddenly
- 11 Pirouette pivot
- 12 Open area in a forest
- 14 Invalid
- 15 Caustic solution
- 19 Retainer
- 20 Gist
- 21 Talons
- 22 Getting dressed (in)
- 23 He got the point across

- 24 to his son
- 25 Côte d'Ivoire city
- 26 Fore and - "Toy Story" cowboy
- 28 Lofty home
- 29 Express-lane tally
- 30 Made fun of
- 31 "Sad to say, ..."
- 32 Longing
- 34 Grant or Elwes
- 35 Recording

Answers on Page 12



The Spats by Jeff Pickering



Barnes & Noble in Citrus Heights to Feature Six Local Romance Authors for Fundraiser

The Citrus Heights Barnes & Noble store will host six local romance authors as a fundraiser for the Sacramento Academic & Vocational Academy (SAVA) and Chicks In Crisis on Saturday, June 21, 2008 from 1:00pm – 3:00pm. The scheduled authors include:

Brenda Novak signing her latest Sacramento-based romantic-thriller series:

TRUST ME (THE LAST STAND TRILOGY BOOK 1); ISBN 0778324125, Publisher: Mira Books, Price: \$6.99)

STOP ME (LAST STAND BOOK 2); ISBN 0778324605, Publisher: Mira Books, Price: \$6.99); This book will be available early especially for this signing.

Celeste Bradley signing:

THE DUKE MOST WANTED, (ISBN: 0312939701, Publisher: St. Martin's Press, Price: \$6.99),

DESPERATELY SEEKING A DUKE, (ISBN: 031293968X, Publisher: St. Martin's Press, Price: \$6.99), **DUKE**

NEXT DOOR (ISBN: 0312939698, Publisher: St. Martin's Press, Price: \$6.99)

Stacey Kayne signing:

THE GUNSLINGER'S UNTAMED BRIDE, (ISBN: 9780373295043, Publisher: Harlequin. Price: \$5.99)

Karen Sandler signing:

HIS MIRACLE BABY (ISBN: 0373248903, Publisher: Silhouette, Price: \$4.99)

Amanda Scott signing:

BORDER WEDDING, (ISBN 0-446-19798-X, Publisher: Forever, Price: \$6.99)

Regan Taylor signing:

HER EYES (ISBN 978-1-934475-34-8, Publisher: Amira Press, Price: \$12.99)

A percentage of the fundraiser sales from vouchers, which will be are available in the store during the event, will assist in enhancing SAVA's library collection.

SAVA is a new and unique charter school with a comprehensive career technical emphasis. Students 7th

through 12th grade receive academic assessment and evaluation before being placed into their Individualized Academic Plan (IAP. Additionally, each student participates in a skills and interest assessment prior to career exploration activities. Students then join an individualized career pathway for actual school-to-career experience.

Chicks In Crisis offers pregnant women in crisis the opportunity to make informed choices for themselves and their children. Chicks In Crisis reduces the number of infants facing abandonment, foster care, abuse or even death. Since its inception, Chicks In Crisis has facilitated the placement of an average of 25 babies per year in adoptions that support both the birth mother and the new parents.

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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MAGIC MAZE ● SERIF TYPEFACES

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

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

Aldus	Calisto	Georgia	Rockwell
Antiqua	Caslon	Heather	Times Roman
Baskerville	Centaur	Memphis	Windsor
Bembo	Footlight	Playbill	

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All Answers on Page 12 Contract Bridge

THE EARLY BIRD CATCHES THE WORM

North dealer.

North-South vulnerable.

NORTH
♠ Q 9 5 2
♥ 7 3
♦ A 8 4
♣ A K 7 3

WEST
♠ 8 6
♥ K 10 8 5
♦ Q J 9
♣ Q 9 6 2

SOUTH
♠ A K J 10 4 3
♥ A Q
♦ K 7 6
♣ 8 4

The bidding:

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

Opening lead queen of diamonds.

Suppose you're declarer at six spades and West leads the queen of diamonds. How would you play the hand?

When the deal occurred, South won the diamond with the king, cashed the A-K of spades and A-K of clubs and ruffed a club. He then entered dummy with a spade and ruffed dummy's last club.

At this point, declarer led a diamond to the ace and exited with a third diamond, hoping West would have to

win the trick. If he did, West would have no choice but to yield a ruff-and-discard or return a heart into the A-Q. Either way, South would avoid a heart loser and so make the slam.

However, West, who had been paying close attention to the proceedings, did not cooperate with declarer's plan. When the second round of diamonds was led to the ace at trick nine, West put up his jack. East was then able to win the third diamond with the ten and return a heart to scuttle the slam.

South had basically the right idea, but his sequence of plays had a serious flaw: He had openly telegraphed his intentions and thus made it easier for West to find the winning counter-play.

A far better approach is to win the diamond queen with the king and return a diamond to the ace at trick two. West would have to be very inspired to play his jack at this early stage. If he instead makes the almost automatic play of following suit with the nine, he is a dead duck. Declarer proceeds more or less as before, and finishes with 12 tricks.

The low diamond play at trick two should be made before West has any idea of what's going on. It's hard for him to know so early in the play that the crucial point has been reached, and he should be put to that test as soon as possible.

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by Steve Becker

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Community Spirit in America!

Friday, July 4, 2008

50th Annual Carmichael Elk's Club Parade

New Start Time 10 am!

Begin your celebration by attending the pancake breakfast at Carmichael Park, sponsored by the Kiwanis Club of Carmichael

(7am-11am). After, walk over and enjoy the Annual Elk's Club Parade (10 am) featuring many wonderful community floats, marching bands, equestrian entries, military units, antique automobiles, and much more! The parade route starts at Marconi/Fair Oaks and continues down Fair Oaks Boulevard to Cypress/ Manzanita. The Grand Stand is located across the street from Carmichael Park, 5750 Grant Avenue. Don't miss out on one of the Largest and Oldest parades in the region!

For more information on float registration email Jim Warrick at jdwarrick@lanset.com or leave a message at the Elks Lodge (916) 489-2103.

Capitol Pops Concert Band

The Capitol Pops Concert Band is comprised of VOLUNTEER MUSICIANS representing a cross-section of Sacramento and surrounding communities. All musicians donate their time and talent. It is a NONPROFIT organization. Payment or donations received are used for purchasing new music and equipment, student scholarships, expenses for hauling music stands and large instruments, and the Conductor's salary. The ages of the Band members ranges from teenagers to senior citizens and membership numbers between 60 to 65. The band performs marches, patriotic music, Broadway show tunes, movie music, golden oldies, popular music, and features instrumental soloists and vocalists. Jerry Lopes is the Director.

NEXT EVENT: Roseville July 4th Celebration

WHEN: Friday, July 4, 2008 Band Concert begins at Noon Musical salute to Veterans and active Military Personnel, patriotic selections, instrumental soloists, vocalists, and more

WHERE: Follow the parade on Vernon Street in Downtown Roseville to Royer Park, Douglas and Park Drive Bring chairs/blankets. Concessions, food, childrens playground, games, arts & crafts

SPONSORS: City of Roseville, (916) 746-1390

Roseville Chamber of Commerce, (916) 783-8136

BAND INFORMATION: Jerry Lopes, Director

< glopes@macnexus.org > or (916) 967-1461

Band Web Site: www.capitolpops.org

Germaine Lopes, CPCB Publicity

A Chorus Line

opens at the Magic Circle in their Roseville Theatre location on June 27, 2008.

Every big musical needs them. The chorus. Like living props, they fill in and flesh out scenes and songs as background people, minor characters, extra voices and part of the "stage picture". It can be an exciting job allowing an actor to portray several different characters and polish and show off a variety of different talents, all in one show. Always knowing that the audience is thrilled to see you, but won't remember you.

A Chorus Line is an example of just how tough it is to get such a job. Based on a series of workshop productions, this stunning musical grew to one of the longest running productions in Broadway history.

AChorusLine will play Friday and Saturday evenings at 8:00 and Sunday afternoons at 2:00, June 27 - July 26, 2008, in the Roseville Theatre, 241 Vernon St., Roseville. Tickets are \$22 - \$25 general admission, \$20 - \$22 seniors and students, \$12 - \$14 children 11 and under. Call (916) 782-1777 for tickets.

CONTACT INFORMATION:
Kris Hunt
Magic Circle Theatre
(916) 782-1777 ext. 117
<http://www.mcircle.org>

Gray Panthers Sacramento

General Meeting - JULY 8 - 12:30-3:30
ANNUAL SUMMER POTLUCK
at the Hart Senior Center*
27th and J Sts.

IF YOU WANT CHANGE, GO OUT AND MAKE IT HAPPEN!


Honoring Bruce "Utah" Phillips, Pacifist folk singer, Peace Troubador

With music and song, with good eats and good fellowship, join us in a celebration, not just of this famous singer who died in May, but or those of us who "make it happen"

Gray Panthers Steering Committee will provide main dishes, feel free to bring desserts, or whatever turns you on!!! If you have a book or two you wish to trade with another, bring it along..

Utah Phillips, whom we are "honoring" at our potluck was a folk singer, anarchist, and social reformer. I had the honor of knowing him personally in the 70s when I was "in the folkie scene". A former railroad tramp, he created church rotating homeless shelters. Though he never voted, he said he cast a vote every day when he went out to make a change!

Joan B. Lee
Legislative Liaison
Gray Panthers California
916-332-5980
FAX 916-332-5980
5313 Fernwood Way
Sacramento, CA 95841



Is your singing voice just screaming for a chance to get in the spotlight?

Do you wake up and give your vocal cords a work out in the shower or driving to work?

If only others could hear the beauty (or laughable comedy) that is your singing voice! Here is your chance!



Participants compete for great prize packages and even an opportunity to sing the national anthem at the WTT Finals at Allstate Stadium at the Westfield Galleria at Roseville!

Do you have what it takes to be a Caps Idol?

(No affiliation with American Idol)

Auditions take place 12 p.m. to 2:00 p.m. on June 21st at the Westfield Galleria at Roseville (Below the food court).

Visit www.gocaps.net / 916-638-4001 to register or for more information.
Deadline for entry is June 18, 2008



Capitals Serve Up Great Food & World Class Tennis

Randy Peters Catering & Event Planning Chosen as Exclusive Caterer for the Sacramento Capitals World Team Tennis

Randy Peters Catering & Event Planning was recently chosen to be the exclusive caterers for the Sacramento Capitals. The Capitals, a member of the World Team Tennis (WTT) League for 23 years and the only professional tennis team in Northern California, have brought numerous tennis stars to Sacramento, including Andre Agassi, Martina Navratilova, Jimmy Connors, Bjorn Borg, John McEnroe, Lindsay Davenport, Jana Novotna, Venus Williams, Martina Hingis, Andy Roddick and Pete Sampras.

Bringing world-class tennis to growing family-friendly communities like Roseville and Sacramento is an important goal for the Capitals. They strive to give their dedicated fans the very best experience possible, which includes showcasing professional players and providing delicious and unique food during the matches – the reason behind choosing Randy Peters Catering & Event Planning as their exclusive caterer.

“Randy Peters Catering & Event Planning is a welcome addition to the Sacramento Capitals World Team Tennis,” said Jean Corsaro, Director of Sponsorship Sales for the team. “We have had the pleasure of working with them in the past and their food is always a crowd favorite.”

Now Capitals fans have the best of both worlds – the opportunity to eat great food while watching world-class tennis in their own community.

“I have been around the tennis world a long time and I don’t know how they do it, but their concession food is some of the best I’ve ever tasted,” explained Sacramento Capitals head coach Wayne Bryan about Randy Peters Catering & Event Planning. “The food choices they serve are just outstanding.”

2008 will again provide tennis fans with the opportunity to watch world class professionals competing in an exciting and action packed co-ed format unique to WTT. The Capitals play fourteen matches, including seven home matches at Allstate Stadium located at Westfield Galleria at Roseville. The 2008 WTT Championship match will be contested between the top teams in the Eastern and Western Conferences, and will be played in Allstate Stadium on July 24-27.

Sacramento Capitals fans can expect award winning food and service from Randy Peters Catering & Event Planning with a menu that features more than just your ordinary concession food. Menu choices will include tri-tip, teriyaki bowls, pork ribs, turkey wraps, fruit and veggie skewers, chicken caesar salad and tenderbroil mini steak burgers (sliders), just to name a few. A beer and wine garden will be featured for refreshment. Food choices will be available at concession stations throughout Allstate Stadium at Tennis Village. Courtside service will also be offered this year.

“We are extremely honored to be chosen as the exclusive caterers for the Sacramento Capitals World Team Tennis,” explained Randy and Lisa Peters, owners of Randy Peters Catering & Event Planning. “For the fans dining pleasure, we will be preparing fresh foods nightly on site in our commissary kitchen, built especially for this venue.”

As Placer County’s premier caterers and event planners, Randy Peters Catering & Event Planning specializes in providing fresh, unique food and creative, memorable presentations along with exceptional service for parties and events of any size. For more information about Randy Peters Catering & Event Planning, call (916) 726-2339, or visit their web site at www.RandyPetersCatering.com <<http://www.RandyPetersCatering.com>>. For more information about the Sacramento Capitals, visit their web site at www.gocaps.net.

2008 Rock ‘N Reno 65 AAA Champions Nor-Cal Renegades



Pictured, front row, left to right, Ed Robinson, Dick Bach, John Teves, Bob Flink, Bill Drinnen, Wayne Philpot and Bob Franz. Back row, l-r, Jack Menzhuber, Mike Henning, Norm Gilbert, Herb Epple, Ken Byrnes, Larry Heise, John Dyer, Marion Newton, Bob Eddy, Roy Turley, Vic Tafoya and Mike Bayne

The Nor-Cal Renegades captured its third consecutive Rock ‘n Reno Senior Softball World Championship qualifier May 29 at Sparks, NV, with a narrow 16-13 win over the Las Vegas Elks.

With the score tied 12-12 after six innings, the visiting Renegades combined four straight hits, a sacrifice fly, and another single to score four times in the final frame. The Elks, however, countered in the bottom of the seventh with a double and a run-producing single to narrow the gap, but third baseman Bob Franz snagged a sharply –hit line drive for the first out to slow the comeback.

Las Vegas then collected another hit, putting runners on first and second with the tying run at the plate. A fly ball out to Norm Gilbert in right centerfield and a weak pop fly to Franz at third ended the threat and gave the Renegades its third title in as many years.

Bob Flink and John Teves led the Renegades’ offense with three hits each, including a two-run triple by Flink and a double by Teves. Roy Turley, Bob Eddy, Larry Heise, Herb Epple, Ken Byrnes, John Dyer and Franz each chipped in with two hits, with Byrnes clubbing a two-run homer in the third inning.

The Renegades began its title run in 2006 while playing under the Union Mortgage of California banner. In 1007 the team changed names after losing its sponsor and is now self-supporting.

The Renegades began pool play on May 25, losing 23-21 to the Silver Sox of Valencia, CA. That was followed with a 25-7 trouncing at the hands of the Redwood City Royals.

When the elimination round began, the Renegades bounced back and handily defeated the Royals, 13-7, then eked out a 22-21 extra inning triumph over the Silver Sox.

Seeded last in a 12-team field, the Renegades then faced a very tough Portland Disposal team. A five-run seventh inning propelled the Renegades to a 23-22 come-from-behind victory and set up a showdown with Las Vegas, a team the Renegades had never beaten.

In a shortened six inning contest, the Renegades came out swinging and scored five runs in every inning, rolling to a 25-19 win to earn a berth in the championship game of the largest and oldest qualifying tournament in the country.

Five Renegades, led by pitcher Jack Menzhuber, were named to the All-Tournament team. Also selected were Roy Turley, Mike Henning, Norm Gilbert and John Dyer.

The tournament, sponsored by Senior Softball USA, drew 172 teams in its 21st year. More than 500 games were played on 18 fields throughout the Reno, Sparks, Carson City area.

By winning the Reno event, the Renegades qualified to play in the Senior Softball World Championships in Phoenix in October as well as the Tournament of Champions in Florida in January, 2009.

The Renegades, a 65-year-old and up AAA rated Senior Softball team, are managed by Mike Bayne of Citrus Heights and the roster is made up of players from throughout the area including Roseville, Citrus Heights, Carmichael, Granite Bay, El Dorado Hills, Folsom, Sacramento, Davis, Martinez, Lafayette, Hercules, Newcastle and Grass Valley.

Next outing for the Renegades will be June 14 and 15 at Penn Valley in a Northern California Senior Softball Association tournament.

River Cats and Grizzlies to Square Off for Highway-99 Showdown

The Sacramento River Cats and Fresno Grizzlies will battle in a 4-game series at Raley Field from June 17 through 20, the first chapter of the 2008 Highway-99 Showdown Series between the two regional rivals. The rivalry between the two teams and their fans is amplified by the fact that the Cats and Grizz are Triple-A affiliates of the Oakland A’s and San Francisco Giants, respectively.

The winner of the season series between the two clubs, which includes two 4-game series at Raley Field (June 17 – 20 and Aug. 29 – Sept. 1) and two series at Fresno’s Chukchansi Park (July 4 – 6 and Aug. 20 – 24), will hold the California Cup for the entire year and earn the title of the top Triple-A team in California.

The River Cats lead the all-time series between the two clubs, 81-47, and have won 6 division titles and 3 PCL crowns to Fresno’s zero.

To celebrate the teams’ rivalry and connection to Bay Area Baseball, both teams will wear throwback jerseys of their Major League affiliates for one game during each series (Friday, June 20 and Sunday, August 31 at Raley Field). The Cats will don classic green A’s jerseys and the Grizzlies will sport orange Giants jerseys. Following the complete season series, the two sets of jerseys will be auctioned off at each team’s home park with all net proceeds going to the community fund of the team that wins the series. Should Sacramento win the series, net proceeds of the jersey auction will be donated to the Sacramento River Cats Foundation. If Fresno wins, net proceeds of the jersey auction will be donated to the Fresno Grizzlies Community Fund.

On Friday, June 20, the River Cats will give away special A’s/Giants split caps to the first 1,500 fans to celebrate the series and Sacramento’s passion for Bay Area Baseball.

Good tickets are still available throughout the Highway 99 Showdown Series. For more information about this event, or to purchase tickets for these games or any other River Cats game throughout the 2008 season, visit www.rivercats.com. For information on concerts or other non-baseball events at Raley Field, visit www.raleysfield.com.

2008 Past President’s Golf Tournament

**Northridge Country Club
Monday, July 18th, 2008
9:30am Shotgun Start**

On July 18, the Citrus Heights Chamber of Commerce and Immediate Past President, Michael Sides, will be hosting our Past President’s Golf Tournament at beautiful Northridge Country Club in Fair Oaks. Your participation in this event represents your active commitment to the growth and prosperity of the Citrus Heights Regional Chamber of Commerce and your generous support is greatly appreciated.

You can participate in a variety of ways:

- Join local businesses in sponsoring this event.
- Sign up to play golf.

Format is a Four-Player Scramble
\$175.00 per player or \$700.00 per foursome – all inclusive

- Donate a Raffle Prize or Items for our Gift Bags

This provide you name recognition in our newsletter and at the event.

- Join us for the Luncheon Awards Banquet

From 2:00 to 3:30 pm will be enjoying a delicious luncheon banquet with awards and raffle prizes.

Price for luncheon only is \$35.00.

Registration and sponsorship forms are available online at www.chchamber.com or contact the Chamber office at 722-4545.



Because every tennis match starts with a warm-up

Join the defending champion Sacramento Capitals opening week and catch a little pre-game fun to start the season off right.

July 3-23

WTT Championship Weekend July 24-27 Hosted by the Caps

July 3 -OPENING NIGHT-Vine & Vibes

Wine Tasting • 5:30 - 7:00 pm • Mansour’s Rug Gallery
Enjoy regional wines & fine food while listening to cool jazz. Cost \$15.

July 4 -Family Freedom Fest

Enjoy the 4th with \$1 menu items, a watermelon-eating contest, kid parade & other star-spangled activities.
Kids under 13 receive a FREE General Admission ticket.



For tickets & details visit gocaps.net or call 916.638.4001

Local 5th Grader Wins Robot-Naming Contest, Becomes Surgeon for a Day



Mercy San Juan Medical Center is giving one local elementary student the chance to step into a surgeon’s shoes and experience what it is like to operate a \$1.6 million robotic surgical system. The hospital is awarding the honor to the winner of its “Name the Robot Contest” – Charles Peck Elementary fifth-grader Sarah Valadez.

More than 20,000 students at 45 San Juan Unified elementary schools were invited to come up with a name for Mercy San Juan’s new da Vinci robotic surgical system – the first such system in the Sacramento area to offer surgeons 3D and high definition images and a greater range of motion through four robotic arms. Although there were many bright ideas, none of the suggested names captured the essence of the system better than Sarah’s: Seymor. The robot gives surgeons a far better view of where they are working than they could ever see with the naked eye; as Sarah states in her entry, “He can see more than a human.”

In recognition of her winning entry, Mercy San Juan will donate \$1,000 to Sarah’s school to use toward their greatest need. Additionally, Sarah will receive a \$100 gift card to Barnes & Noble Books. However the real honor will be for Sarah to meet “Seymor,” put

on surgical scrubs and sit down at the controls of the robot she named. With assistance from Mercy San Juan staff and physicians, Sarah will be able to manipulate the robot’s arms, monitor the system’s 3D high definition images and try her hand at a simulated surgical procedure. It’s an opportunity not many fifth-graders will ever have the chance to experience. And for Sarah, her special visit to the hospital will be a bit like a homecoming – she was born at Mercy San Juan eleven years ago!

What: Visuals - Contest winner, in scrubs, operating the robotic system

“Seymor” the robot with its new, enormous name badge

B-roll available of images seen by surgeon during actual procedure

Who: Available for interviews - Sarah Valadez, fifth-grader and contest winner

Jane Schabinger, Charles Peck Elementary Principal

Dr. David Wolf, Mercy San Juan Chief of Staff

When: Thursday, June 5 @ 11:00am

Where: Mercy San Juan Medical Center

Hospital Lobby (staging area for all members of the media)

6501 Coyle Avenue, Carmichael

Members of the media are invited to observe Sarah Valadez operating the system, as well as take a test drive themselves. Please note that everyone entering the operating room (including all members of the media) will be provided with surgical scrubs, as it is a sterile environment. For more information about the da Vinci system, please see the attached press release. For more information about this photo opportunity, please contact Bryan Gardner at 916.254.8295.

About Mercy San Juan Medical Center

Mercy San Juan Medical Center is a back-to-back national winner as one of the nation’s 100 Top Hospitals, according to Thomson Healthcare. The 260-bed facility serves more than 150,000 people each year from north Sacramento County, South Placer County and beyond with a broad array of quality programs and services. Doctors are the cornerstone behind teams of healthcare professionals who have earned national recognition for Mercy San Juan’s Trauma Center, Cardiac Services, Neonatal Intensive Care Unit, Stroke Center and Bariatric Surgery program. Mercy San Juan is part of Catholic Healthcare West, which also operates Mercy General Hospital, Mercy Hospital of Folsom and Methodist Hospital.

Reading Up On School Choice



More than 151,000 children participate in school choice programs.

(NAPSA)-A growing number of parents have given high marks to school choice programs.

Advocates for the initiatives, which let parents use vouchers or tax credit scholarships to send their children to private schools, say the programs give families more control over the quality of their children’s education. Several studies have demonstrated that school choice improves student achievement and increases parental satisfaction rates.

Now, parents can receive free newsmagazines to learn more about school choice. The magazines are available from the nonprofit Alliance for School Choice.

“With these new magazines, parents who are interested in improving education can read more about how school choice is working throughout the country,” said Alliance President Charles Hokanson. “The magazines also give families ideas and suggestions on how they can advocate for education reform.”

Enrollment in school choice programs has grown by 86 percent over the last five years.

For more information, visit www.allianceforschoolchoice.org and click on “Sign Up” on the right-hand bar, or call (202) 280-1990.

Make Home Sweet Home Your Home Safe Home

Conduct Home Safety Audit During June Home Safety Month

With schools out for the summer, many families will be spending more time at home. The increased time and activities at home can also increase the chance of being injured, something experienced by one out of every four families, according to a recent Home Safety Council ® survey. To help families reduce accidents and injuries at home, First Alert ® and the Home Safety Council are working together to urge families to take stock of their home safety plans during June Home Safety Month.

“June is an ideal time for families to spend a few hours together to prepare their homes inside and outside for a fun and family-oriented summer,” said Debbie Hanson, director of external affairs at First Alert. “Reviewing potential risks with every member of our family and taking proper precautions through a room-by-room safety audit will increase your knowledge and reduce the risk of serious injury.” Surprisingly, the Home Safety Council Safety Survey finds that nearly half (46 percent) of respondents have not taken any action to prevent the leading causes of home injury.

The Home Safety Council and First Alert suggest the following easy-to-follow tips that can help keep family members, friends and loved ones safe this summer:

Fire Safety & Escape Planning

- Install smoke alarms in every bedroom and on every level of the home
- Test smoke alarms at least

- once a month
- Change the batteries in smoke alarms at least once a year or when the low-battery signal chirps
- Never remove batteries from smoke alarms, unless replacing them with fresh ones. Otherwise, it is easy to forget to replace them, leaving you unprotected from fire.
- Keep a fire extinguisher or Tundra ® Fire Extinguishing Spray in your kitchen and near other areas where a fire could occur, such as in a workshop, garage or near the grill
- Create and practice a home escape plan at least twice a year, making sure everyone is involved — from kids to grandparents

Poison Prevention

- Install carbon monoxide alarms on every level and outside each sleeping area
- Never operate fossil-fuel burning appliances, such as a gas grill, indoors or in the garage - even with the garage door open
- Inspect the pilot lights on natural gas appliances to ensure that the flame is blue. When a flame is mostly yellow in color, it is likely producing carbon monoxide.
- Clean out the lint and debris that may build up in the clothes dryer vent that leads to the outside of the house
- Never leave an automobile running in a garage, even with the garage door open

Home Security

- Keep doors and windows locked, and don’t forget the garage and shed
- Make sure locks are functioning properly and that everyone inside the home can open them

- Keep bushes and shrubs trimmed under windows so burglars can’t hide
- Don’t leave equipment, tools, bikes or toys in the yard
- Cancel mail and newspaper delivery while on vacation

Backyard & Garage

- Designate the grilling area a “no play zone” keeping kids and pets well away until equipment is completely cool
- Check grill connections, such as fuel lines, for leaks and never operate the grill closer than three feet from the home, trees, shrubs or other objects
- Keep children away from pools, ponds or ditches
- Tie-down outdoor furniture and equipment prior to severe storms to help prevent debris from taking flight. Consider using Cordzilla, a new stretch rope available in lengths up to five feet, to secure objects. This product features a bungee encased in a flexible polypropylene rope for added strength and security

“Conducting a home safety audit can help identify potential danger areas of the home and where to properly place safety and security equipment for maximum protection,” said Meri-K Appy, president of the Home Safety Council. “It also gives homeowners the opportunity to prepare in advance for emergencies and develop appropriate escape and preparedness plans to reduce the threat of accidents and injuries.”

To learn more about protecting your family from potential home safety hazards, visit www.MySafeHome.org, www.firstalert.com, www.brkelectronics.com or www.jarden.com.

Do You Know the Signs of Stroke? Prevention is the best cure

By Glennah Trochet, M.D., Sacramento County Health Officer

Many of us know someone whose life has been affected by a stroke. About 780,000 Americans each year suffer a new or recurrent stroke. That means, on average, a stroke occurs somewhere in the U.S. every 40 seconds.

Stroke kills more than 150,000 people a year. That’s about one of every 16 deaths. It’s the third-leading cause of death behind heart disease and cancer. On average, every three to four minutes, someone dies after suffering a stroke. Of every five deaths from stroke, two occur in men and three in women.

And strokes incur high health care costs: Americans will pay about \$65.5 billion in 2008 for stroke-related medical costs and disability.

Don’t write it off as a brief dizzy spell

We’ve all heard the term “stroke.” But what exactly is it? A stroke is a type of cardiovascular disease. It affects the arteries leading to and within the brain. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, part of the brain cannot get the blood (and oxygen) it needs, so it starts to die.

The clot in an artery can grow in the blood vessel itself because of atherosclerosis, and will cause a slow obstruction, or it can come to the artery from another part of the body. This is called an embolism. Strokes caused by clots are called “ischemic” strokes. Another cause of stroke is a rupture in a blood vessel that causes a hemorrhage in the brain. These strokes are called “hemorrhagic” strokes.

Transient ischemic attacks (TIAs) are minor or warning strokes caused by the narrowing or slow bleeding of a blood vessel. The symptoms are transient and go away after awhile, but they must be taken seriously and can be a warning that a major stroke is on its way.

The initial symptoms of stroke are:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Every Second Counts

A quick diagnosis in the emergency room can make a significant difference.

If someone experiences any of these symptoms, those around them should call 911 to get them medical help as quickly as possible. When a stroke is in progress, every second counts and the sooner treatment begins, the more likely it is that more brain cells can be saved.

Reducing your risk

There are some risk factors about which we can do little. As we get older, the risk of having a stroke increases, men tend to have strokes more often than women, but women are more likely to die of a stroke. People who have close blood relatives who have had a stroke are also at risk for having a stroke. African Americans and Latinos also have a higher risk of stroke.

There are many risk factors that we can control that will decrease our risk of getting a stroke:

- High blood pressure. It’s the single most important risk factor for stroke. Making sure that your blood pressure is checked regularly, and if it is 140/90 or higher, talk with your doctor about how to control it.
- Tobacco smoke. Smokers have a higher rate of strokes than non-smokers.
- Diabetes mellitus. Make sure your blood sugar is in good control.
- Carotid or other artery disease. Carotid arteries in the neck supply blood to the brain. If they become blocked, it increases the risk of stroke.
- Atrial fibrillation or other heart problems. Atrial fibrillation is when

the upper chambers of the heart quiver rather than beat effectively. This causes the blood to pool and increases the risk of embolism.

- Certain blood disorders. A high red blood cell count increases the risk of blood clots that can travel to the brain as embolisms.
- High blood cholesterol. It increases the risk of clogged arteries. Work with your doctor to keep your cholesterol levels normal.
- Physical inactivity and obesity. It increases the risk of diabetes and atherosclerosis.
- Excessive alcohol intake. It can damage the heart and increase the risk of clots.
- Illegal drug use. Cocaine use in particular has been linked to stroke.

The effects of a stroke can be devastating and financially debilitating to a family. Commit to educating your family on the warning signs of stroke and doing whatever you can to lower your risk factor so you’ll have the best chance of living a healthy and happy life.

For more information, call the Sacramento County Department of Health and Human Services Public Health Division at (916) 875-5881 or online at www.scph.com

For information about other Sacramento County programs and services, please contact the Countywide Services Agency at (916) 874-4667 or visit www.csa.saccounty.net

What are the Warning Signs of Stroke?

Walk - Is their balance off?

Talk - Is speech slurred or face droopy?

Reach - Is one side weak or numb?

See - Is their vision all or partly lost?

Feel - Is their headache severe?



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By Yolanda Knaak

On June 4th the California Supreme Court rejected requests for a stay or to “rehear” their May 15th ruling for homosexual marriage. Since Judges may only give an opinion on the constitutionality of the law. Then it is up to the legislators or the voters through the imitative process to make law (California Constitution Article 4, Section 1). This is why it is illegal for the California Supreme Court to change the law and order counties to issue marriage

What Will Happen? Is Gay Marriage Legal?

licenses to homosexual couples. In preparation for gay marriage, applications have already been changed from “bride” and “groom” to “Party A” and “Party B”. When this article was written, counties were scheduled to start processing homosexual marriage applications starting at 5:01pm on June 16, 2008.

On June 3rd Debra Bowen certified the California Marriage Protection Act for the November ballot. The Constitutional Amendment reads that ‘marriage only between a man and a woman would be recognized or valid in California’. In May 2008, a survey was taken, with 52% in favor of traditional marriage. Same-sex couples entering into these unions will do so knowing that their “marriages”, would probably be dissolved in November 2008 with the passage of the California

Marriage Protection Act.

While some homosexuals are planning weddings, groups that support traditional marriage have called a ‘Day of Prayer for marriage’ on June 17th. Some Christian legal groups are offering free assistance to California County Clerks if they ignore the State Supreme Court ruling.

According to the California Constitution, law for ‘gay marriage’ has not been made legally. It also may be temporary, if the California Marriage Protection Act passes in November 2008.

For comments or questions, feel free to contact me at yk@skyq.com.

About the author: Yolanda Knaak has a Masters degree from UCLA in nursing. She is an elected member of the Sacramento County Republican Party Central Committee.



Summer Well Done

Outdoor Entertaining Made Easy

Create an outdoor kitchen with great-value grills, such as the Sam’s Club Member’s Mark Grill for \$997.

FAMILY FEATURES

Summer is the perfect time to break out of the kitchen and take entertaining outside. Burgers and dogs are quick and tasty, but it’s easy — and affordable — to turn a basic cookout into alfresco fun. Here are some things you can do:

Choose the right tools. Charcoal grills have their place on any patio; complement the traditional kettle with a natural gas or propane model. Today’s grills feature more surface area, multiple burners, searing chambers, rotisserie functions and outdoor ovens. Some even have accent lighting for controls and to illuminate the food so there is less risk of over- or under-cooking. You don’t have to spend a fortune on an outdoor kitchen remodel. There are a range of grill choices and some private-label brands that perform like the best, but for less.

Liven up the menu. If you’re tired of serving the same old thing, it’s time to try something new. Wake up your taste buds with bold flavors like jalapeño or wasabi. Cook veggies on the grill — you’ll be amazed at the added depth of flavor. Or try a whole new main dish like salmon burgers. Salmon is loaded with flavor and heart-healthy omega-3 fatty acids, so you get great taste that’s actually good for you.

Set the scene. Dress up the table with a pretty tablecloth and inexpensive table accessories. Reusable melamine plates add color and reduce waste. Set out some candles in jars and a potted plant as a centerpiece, and your backyard is suddenly a bistro.

Find more outdoor entertaining tips, a new grill and accessories, and fresh ingredients for a family picnic or an all-out outdoor soirée by visiting Sam’s Club or samsclub.com.

Salmon Burger

Very easy, with a hint of Asian flavors, this is one great burger. Makes 8 (1/4-pound) burgers

Spicy Mayonnaise
Blend 1/2 cup mayo with 1/2 teaspoon wasabi paste or 1 minced jalapeño chile

- Salmon Burger**
- 2 pounds skinless, boneless salmon, cut into 1-inch pieces
 - 1/3 cup mayonnaise
 - 1/2 cup chopped green onion
 - 1 clove garlic, minced
 - 2 teaspoons grated ginger
 - 1 teaspoon sesame oil
 - 1 teaspoon soy sauce
 - 1/4 teaspoon freshly ground black pepper
 - 1 teaspoon kosher salt
- Lettuce**
Toasted Sourdough roll or shepherd’s bread

Prepare Spicy Mayonnaise and refrigerate.

Grind salmon pieces in a food processor by pulsing until they are a small chop consistency.

In a bowl, mix salmon with mayonnaise, green onion, garlic, ginger, sesame oil, soy sauce and pepper. Chill for 1 to 2 hours.

Form into patties and cook on hot, clean grill (or in a hot, non-stick skillet) about 3 minutes per side until a crispy crust forms.

Serve on roll with lettuce leaves and Spicy Mayonnaise.



Salmon Burger

Tips on Grilling Corn

Cooking corn on the BBQ adds a delightful smoky flavor to one of summer’s great treats. There are basically two methods of cooking corn on the grill; either the husk is left on to protect the corn, or the cob is stripped and wrapped in heavy-duty foil. Some flavoring agents (like herbs and flavored butters or oils) are typically applied to the corn before the wrapping is sealed around it. In both

approaches, grill the corn over medium heat for 12 to 18 minutes, turning several times.

To cook corn in the husk, peel husks back (leaving attached at the stem); strip off the silk; apply a light rub of butter, salt and pepper; then pull the husk back up over the cob and tie with kitchen twine to close. Soak in cool water 15 to 20 minutes before putting on the grill.

To prepare using the foil method, clean each

ear of silk and husk; spread with softened butter flavored with something zippy like lime juice and ground cumin or chili powder; and wrap each ear in heavy-duty foil, well sealed at both ends.

Grilled corn is great alongside any grilled supper, or you can slice the kernels off the cob and add them to your favorite fruit or tomato salsa for a unique side dish.

Local Family Copes with their Child's Rare Disease



Shelby Mackenzie Keiper

By Stephanie Keiper

Shelby Mackenzie Keiper was born on January 9, 2002 in Methuen, Massachusetts. She was a beautiful 7

lb. 7 oz baby girl, absolutely gorgeous in every way.

On January 13, 2008, Shelby celebrated her 6th birthday party.

That evening, she fell out of the net on our family trampoline. Of course, we checked her all over to make sure she was okay. That night she went to bed with a smile on her face and, thankfully, uninjured.

Two days later, as I was dressing her for school, I noticed that she didn't help me put her arm in her shirt. Thinking she was just distracted by cartoons, I finished getting her ready and took her off to school.

That evening I received a phone call from Shelby's teacher, saying that she seemed to be having trouble writing and coloring with that darned right hand.

The next day (January 15th) I took Shelby to the doctor, where she proceeded to have a small seizure in the doctor's office. Thinking she had a bleed in her brain, the doctors ordered emergency cat scans and an MRI.

We were called back immediately after her tests and told to go straight to Sutter Hospital and talk to a specific doctor. That was when my husband, Shane, my mother and father, Jan and Joseph Russo, and I learned that Shelby had a 2cm x 2cm tumor in her brain stem.

Shelby had a biopsy on February 11th. We were told that she had a stage four astrocytoma, and without treatment she would survive only three months. Of course we chose radiation and chemotherapy as the first and most promising treatment we could try.

In the beginning of May, despite the aggressive attempt to shrink this tumor, we were told that it had continued to grow. The doctors, as well as Shelby's family, are frustrated by the

aggressiveness of this ugly monster inside our baby girl.

As a mother, I am so used to making my children better. With this disease I am unable to help my daughter. No words could ever describe the pain and heartache of knowing our daughter is dying. Nobody can ever prepare for this horrific and unfair news. Every day we wake up knowing we're losing

her, and every night we think about it as we are trying to drift off to sleep.

Shelby is our angel from heaven. She's generous, loving, attentive, patient, funny, smart, and the most courageous person I know. She truly inspires me! Shelby is well loved by those who know her. We are so incredibly blessed by having her in our lives.

Shelby enjoys watching Sponge Bob cartoons, coloring, going to her Grandma Jan's home, helping to make cookies, and going for walks with her family in the evenings. She has five cousins who live close by and she is very close to them. And she has two brothers, Shaney, 9 years old, and Aiden Christopher, age 19 months.



Pictured are Shane Keiper (father), Stephanie Keiper (mother), Ralena Pinkard, Miss Greater Sacramento, Jazzy Nuckols, (family friend) Shelby Keiper, and Jan Russo, (grandmother). Shelby has received support from Carriage School, Mesa Verde Business Academy, and Rotary Club of Citrus Heights. For more information go to HelpforShelby.com, or email Shane.Keiper@gmail.com

Free Music Free Fireworks Free Fun (Now that's patriotic)

With five free bands, a free 3D fireworks show simulcast on 98Rock, plenty of free parking and a carnival, Sunrise Mall & Marketplace at Birdcage are throwing a 4th of July party you can't afford to miss.

Plus, be a trooper and pony up some cash to the American Red Cross "Dollars For Disaster" at the 98Rock tent and while you're there, register to win a Nintendo Wii, courtesy of Comcast. Lucky winner drawn July 4th.

★ MUSIC

Knucklehead, The Ignorance
Stepchild & Grey Atlas
4:00 p.m. – 8:00 p.m.
Marketplace at Birdcage

Innersoul
7:30 p.m. – 9:30 p.m.
Sunrise Mall

★ FIREWORKS

98Rock will do a rock'n fireworks simulcast. Enjoy fireworks like you've never seen it before: in 3D choreographed to music. It's like the ultimate electric light show starting at 9:30 p.m. **Sunrise Mall**

★ CARNIVAL

Shriners Kid's Carnival
July 2 - 6 • Noon - 9 p.m.
Before the fireworks, bring the kids for a day of fun rides*, games and more. Plus, proceeds benefit Shriners Hospitals for Children.
Sunrise Mall

*Purchased tickets required for rides and games.



Let's be safe out there. Please don't drink and drive and always remember to buckle up, even if you're not in a car. You just can't be too careful these days. Please use caution around fireworks, because it's all fun and games until someone loses an eye. No cans, bottles, alcohol (yes, that means wine coolers) or personal fireworks allowed.

sunrisemarketplace.com

Join Citrus Heights for the 9th Annual...

Red, White & Blue PARADE

**Saturday,
June 28th
9:00 a.m.
Sunrise Blvd.**

(Parade route: North of Madison at Uplands Way to northwest corner of Sunrise Mall parking lot at Greenback)

**Parade Theme:
"Marching Forward..."**

Parade Attractions:

Floats, Clowns, Vintage Cars, live animals, Marching Bands, Giveaways, and more!

Pancake Brunch (\$5 - Rotary Club of Citrus Heights)
Sunrise Mall Parking Lot, 9:30 a.m. to Noon

Float & Vintage Car Display: Sunrise Mall until Noon



Sponsored by the City of Citrus Heights and Local Businesses.
For more information, call (916) 727-4718 • www.citrusheights.net

25-50% OFF MOVING BOXES & Packaging Supplies*

*Restrictions Apply

**2 CITRUS HEIGHTS
LOCATIONS**

6966 Sunrise Blvd. • Tel: 916.725.4994
7405 Greenback Lane • Tel: 916.725.1345

The UPS Store®



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