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Volume 3 Issue 13

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

First Edition for July 2008

RT Ridership Increases

System Ridership Up 8.5 Percent, Light Rail Ridership Up 22.6 Percent

As rising gas prices continue to fuel the perfect ridership storm, the Sacramento Regional Transit District (RT) hit another transit milestone -- three all time highs in the month of May. RT experienced its highest total ridership ever, setting system ridership records with over 3.2 million passengers. This record month for RT is the fourth in a row of total ridership being higher than last year, increasing by 8.5 percent, compared to the same period last year.

Last month, total monthly light rail ridership was 1,669,000 -- up 22.4 percent from May 2007. Light rail ridership has steadily increased over the past year and has now surpassed bus ridership

for the second month in a row. At 69,000 average weekend light ridership is also at its highest ever, this positive surge is most noticeable at RT's 18 free light rail park-and-ride lots where heavier use has many lots filling up earlier in the day. Commuters should not be daunted, as there is an abundance of parking spaces available at the Florin, 47th Avenue, Hazel, Swanson, Marconi/Arcade and Watt/I-80 light rail stations.

"This is the perfect opportunity for residents of the Sacramento region to discover the many benefits -- and the important role -- public transit plays in the community," Mike Wiley, General Manager/CEO, stated.

For route, schedule and fare information, call 916-321-BUSS (2877) or visit www.sacrt.com.

Citrus Heights Breaking Ground on New Community Center



The City of Citrus Heights will be developing a 29,740 square foot one-story community center and meeting facility on a 1.9 acre parcel located on the northeast corner across the street from the existing City Hall complex at 6237 Fountain Square Drive.

The building will be a multi-function meeting facility with the following key elements: banquet room with a close to 1,000 person capacity (approx.); flex meeting space; commercial grade kitchen; space for programming and/or activities that are focused on young children, pre-teens, teens, and senior citizens; space for an Emergency Operations Center (EOC) and an emergency shelter in the event of a disaster.

Williams+Paddon has been selected as the architectural firm leading the

design phase of the project. The City of Citrus Heights has placed a high importance on "green-building", so the future facility will utilize sustainable, renewable and recycled resources.

The City hosted a Ground-breaking Ceremony for the new Community Center on Friday,

June 20th. City Council Members and many local elected Officials were present at the ceremony. The ceremony took place at the site of the new Community Center.

It is anticipated that the Citrus Heights Community Center will celebrate a grand opening in the fall of 2009. Please visit the City's Web site at <http://www.citrusheights.net> for more information, or call Krista Noonan, Public Information Officer, City of Citrus Heights (916) 727-4770.



Local "Dig"-nitaries join in groundbreaking

Unhealthy Air Cause for Concern

(Sacramento, CA) -- The Sacramento Metropolitan Air Quality Management District and Sacramento County Public Health Division are advising residents to take precautions and avoid voluntary outdoor activities as smoke from wildfires continues to remain at ground level in the Sacramento region.

"We're advising schools, recreation districts and other organizations that operate outdoor sports programs to voluntarily cancel or postpone practices, games and recreational activities anytime particle air pollution levels reach "Unhealthy" on the Air Quality Index," said Glennah Trochet M.D., Sacramento County Health Officer.

Air quality forecasts and real-time air quality levels can be viewed at www.SpareTheAir.com.

Hundreds of fires continue to burn in Northern and Central California. Weather and air quality forecasters expect continued high pressure and light winds through the weekend, which will cause the smoke to remain in many areas.

Individuals who see or smell

smoke should take the following actions to protect their health:

- Avoid voluntary outdoor activities if you can see or smell smoke, even if you're healthy
- Children, the elderly and people with respiratory or heart conditions should be particularly careful to avoid exposure
- Stay indoors with doors and windows closed as much as possible
- Asthmatics should follow their asthma management plan
- Contact your doctor if you have symptoms of cough, shortness of breath, or other symptoms you believe to be caused by smoke
- Those with heart disease should especially limit their smoke exposure since PM can cause heart attacks

The very small particles in smoke can irritate the lungs of even healthy people, but are especially dangerous for seniors, children and those with lung and heart disease.

For additional information on air quality health effects, or to sign up for Air Alert advisories, please visit www.SpareTheAir.com.



Mayor Steve Miller opens groundbreaking ceremony

Messenger Celebrates 2nd "Birthday"

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The American River Messenger began on July 4th, 2006 with its very first issue as a new publication serving the areas of Citrus Heights, Fair Oaks and Gold River.

Since our first year, we have added the areas of Carmichael and Orangevale. We have broadened our coverage, increased our commentary and have built many new relationships within the community to bring our readers an ever-improving newspaper product. We have developed a more user-friendly website at www.AmericanRiverMessenger.com, and greatly increased our distribution.

Last March, we also purchased the Carmichael Times, adding the 10,000 weekly to our publishing group. We have redesigned www.CarmichaelTimes.com, making it more user-friendly as well.

As we continue to grow, we want to express our thanks to the communities we serve, our readers, and the many advertisers that support our publishing group. Enjoy the Fourth of July with your family and friends, and celebrate with us our second birthday.

New Fireworks Show at Cal Expo: Thousands Expected

For the ninth consecutive year, the California Exposition & State Fair proudly joins the City and County of Sacramento in presenting the largest pyrotechnics display in the Central Valley. The Sacramento Independence Day Celebration at Cal Expo is a collection of family-oriented activities focused around our Nation's birthday. In addition to the spectacular awe-inspiring fireworks display, attendees will be treated to live music & dancing and auditions for the "State Fair Star" talent competition.

The Cal Expo fireworks display will be provided by Pyro Spectaculars, the World's Premier Fireworks Ambassadors, and will be the largest show in Sacramento history. The fireworks display is accompanied by a musical score which combines American standards with some of today's pop music hits as heard on local radio station 107.9 The End.

"State Fair Star" Talent Show Auditions

For the second year in a row, the State Fair will be hosting the "State Fair Star" Talent Show preliminary auditions at the July 4th Celebration. Auditions are open to vocalists aged 16 -- 28 hoping to pursue their dreams of becoming the next singing superstar! This year's State Fair Star talent show is sponsored by John Robert Powers talent agency.

To audition, interested

participants should reserve a space by emailing talent@calexpo.com or by calling (916) 274-0424 and leaving a message with their contact information. Then, come to Cal Expo's Budweiser Grandstands on July 4th at 5 p.m. and check-in, prepared to perform a 1-2 minute acappella version of the song of their choice. Walk-ins are welcome but not guaranteed a spot. Auditions are first come, first serve.

Finalists will compete against winners of other local talent competitions at the State Fair on Saturday, Sept. 1 for the chance to win a "Superstar Prize Package," which includes cash, prizes, a makeover, vocal lessons and a shopping spree to help them prepare for the national talent audition of their choice.

Admission, Parking & General Info

General admission to the July 4th celebration is FREE. Parking is \$8 per vehicle. The East Gate is the main entrance to the event and is located off of Exposition Blvd. through the D Lot parking area. The gates open promptly at 5:30 p.m. and pre-event festivities begin immediately with the talent auditions. Poppy, the State Fair Mascot, will also be on hand to entertain and delight both young and old. Fireworks begin at 9:30 p.m.

A limited number of \$10 reserved seats are being sold online at www.bigfun.org, or at the Cal Expo Box

Office, Monday-Friday, 10 a.m. to 4 p.m. beginning June 30. For additional ticket information, call (916) 263-3000. The day of the event, tickets may be purchased at the East Gate Box Office located adjacent to Parking Lot D, beginning at 3 p.m.

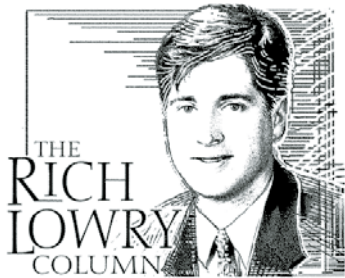
Guests are encouraged to arrive early and bring lawn chairs and blankets. Fireworks, cans, glass bottles and alcoholic beverages are prohibited. Bags and ice chests will be searched at the gate. The grass infield will be open on the north side with a section for persons with disabilities set up on the apron by the Winner's Circle.

Following the show, westbound Exposition Blvd. will be closed. Attendees of the July 4th celebration parking in Lots A & B will be directed to leave Cal Expo through the tunnel exit leading to either Highway 160 or the Capitol City Freeway. Those parking in Lots C & D will exit east on Exposition Blvd.

The elaborate Sacramento Independence Day Celebration will include musical entertainment and fireworks, supported by media partners News 10, 107.9 The End, and Cal Expo sponsors Coca-Cola, Budweiser and Golden 1.

The 2008 California State Fair will be held Aug. 15 to Sept. 1 at Cal Expo in Sacramento, Calif.

Celebrating Our Second Birthday



Few things are sadder than former greats past their prime. A bloated Elvis Presley in a sequined suit; a diminished Michael Jordan making one last comeback with the Washington Wizards; and, we can add, a gaunt Bill Clinton desperately plugging his wife’s doomed presidential campaign -- the Big Dog in winter.

With his media enablers gone, with his most faithful constituency (African-Americans) lured away by another, with the prospect of again attaining the commanding heights of American politics lost, with his magic touch in abeyance, Bill Clinton has been whittled down to a long, self-pitying plaint.

For a man blessed with so much talent, fame and riches, Clinton has always had an unparalleled ability to see himself as beset by cosmic unfairness. In his telling, the 2008 Democratic primaries were the fruit of another vast conspiracy against the Clintons, who have struggled against a biased media, cheating unions, unfair rules and malevolent left-wing pressure groups.

There’s some truth in this. But, given all the advantages the Clinton machine brought into the primary season against the tyro senator from Illinois, Bill Clinton is in a poor position to whine, except he doesn’t have the willpower or grace to resist it.

The usual audience for Clinton excuse-making isn’t listening. Witness the long, scathing profile of the post-presidential Clinton in Vanity Fair by former New York Times White House correspondent Todd Purdum. Purdum writes that it once was “easy enough to retain an enduring affection” for Clinton, despite “his indiscipline” and “his shortcomings.” Not

The Agony of Bill Clinton

anymore.

What changed? Clinton has been campaigning against the great, young liberal hope that he himself represented back in 1992. Now that he’s on the wrong side of history, liberals can see all the shortcomings they formerly looked past because Clinton had all the right (in every sense) enemies.

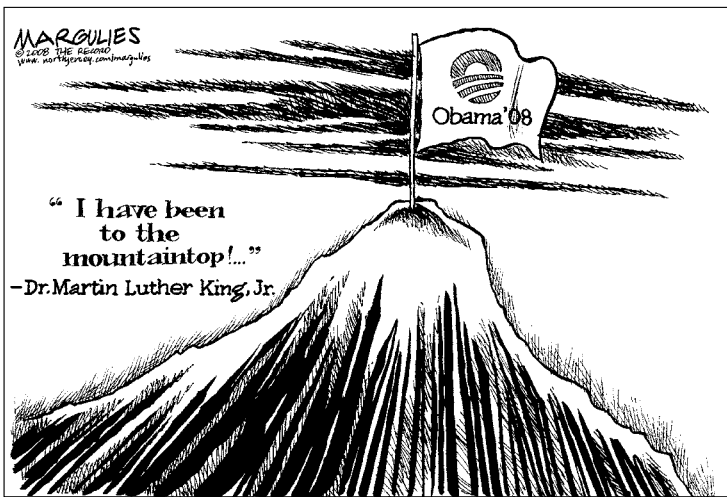
Purdum writes of Bill Clinton’s post-presidential money-grubbing, dubious associations, eyebrow-raising connections to women and spectacularly sophistical self-justification as if they are some kind of departure. Was he not paying attention during Clinton’s 12 years as Arkansas governor and eight years as president?

African-Americans have bailed on Clinton just like elite journalists. Clinton had a special bond with blacks, which he used as a moral bludgeon. He couched his fight against impeachment as almost a civil-rights struggle, with the Congressional Black Caucus dutifully playing along. Noting Clinton’s hardball tactics against Barack Obama, Rep. James Clyburn said, “I think black folks feel strongly that this is a strange way for President Clinton to show his appreciation.”

Even as Clinton has tirelessly stumped the country on behalf of his wife, he’s given the impression that it’s all about him. His temper tantrums at reporters and twisted attempts to make himself always the victim speak to an aggrieved sense of entitlement, that for all his good fortune he’s owed even more.

That abiding sense will ensure his post-presidential career continues to be a restless, cringe-making affair. When he comes around to supporting Obama, who can doubt that he’ll compare the candidate to himself, in the highest of all possible praise?

Rich Lowry is editor of the National Review.
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Extorting More from Taxpayers

By Jon Coupal

It was Al Capone who said you can get more with a smile and a gun than with just a gun. Well, Senate boss Don Perata is not smiling as he holds a tax gun to the heads of California taxpayers.

The June 15th constitutional deadline to pass the state budge has come and gone and all 120 members of the Legislature and the governor are in violation. Perata is making good on his threat, voiced last month, that there will be no budget without a tax increase. He and Assembly Speaker Karen Bass want at least \$11.5 billion in new taxes. Make no mistake, Bass and Perata are not targeting opposition lawmakers or the governor with their threats. They are menacing already overburdened taxpayers.

California is a high tax state and its economy is showing all the symptoms of recession -- even more severe than in other states. Simply talking to average Californians will confirm what several recent polls tell us -- that three out of four of us believe we are on the wrong track. In a particularly disturbing trend, there is net outmigration of working, better educated Californians abandoning the Golden state for lower tax states. California’s stable population is attributable almost exclusively to

births and new immigrants -- both documented and otherwise.

While common sense says that taxpayers staying in California have reached their limit, the legislative leaders want to take inspiration from Herbert Hoover, who raised taxes in response to the beginning of what became the Great Depression.

Perata, at least, should know better. It is not any failure by the taxpayers to provide sufficient funds that has resulted in the current budget crises. Last year, with former Assembly Speaker Fabian Nunez and the governor as accessories to the crime, he led the charge for an unsound budget that would have been even worse if Senate Republicans had not held out for 58 days.

The governor has proven to be too quick to give in to the usual tax-and-spend suspects like Perata in an effort to maintain his popularity. Budget watchdog, Senator Tom McClintock, described the governor’s response when, before last year’s disastrous budget, he tried to warn him of the consequences. Californians do not want to hear bad news, they prefer optimism, Schwarzenegger told McClintock. And the governor’s response to the current crisis is just as weak. When Perata made his now infamous threat, the governor responded, “Everything is on the table.”

The governor need not go back more than five years to understand how betrayed taxpayers feel. In 2003 they helped recall a governor who had spent the state into misery and had resorted to illegal bond issues to cover the bills. Now, less than five years later, we see that government revenue has increased by 29 percent, while spending is up 36 percent.

How could this happen? The blame -- at least in part -- can be placed on questionable negotiation tactics by Governor Schwarzenegger. Every time there is conflict with the Legislature over spending, the governor takes a “firm” stand a scintilla to the right of the “riotous” spending proposal put forth by lawmakers, so that after negotiations, the final agreement has spending reduced to the merely “lavish” range.

Let’s be clear about the initial negotiation position of the tax-and-spend lobby. The \$11.5 billion in new taxes demanded by the Democrats is nothing short of outrageous. For that reason, Republicans should put a number of major pro taxpayer reform measures on the table as well, including -- but not limited to -- a real spending cap based on inflation and population (not the Governor’s meaningless proposal), pension reform, paycheck protection (to prevent more

Vallejos), meaningful contracting out, etc., etc. etc.

Of course, leadership will never go for any of these major reforms. But the failure to address these reforms would give Republicans more than sufficient justification upon which to adhere to their pledge not to raise taxes.

And the Republicans ought to keep one thing in mind about who has the greater bargaining position here. The Democrats are the ones whose constituencies are tax receivers while Republicans represent the tax payers. Who suffers when government runs out of money? Republicans forget this. While it may be irresponsible to wish for a shutdown of government, when conservatives have put reasonable proposals on the table which are rejected by the majority party, who’s to blame for a shutdown?

The people who pay the bills are far more concerned with how much is taken out of their pockets than they are with uninterrupted state government -- a government they are viewing with increasing hostility.

Jon Coupal is President of the Howard Jarvis Taxpayers Association - California’s largest taxpayer organization - which is dedicated to the protection of Proposition 13 and promoting taxpayers’ rights.

California Smackdown 2008-09



By Ron Getty

California faces a \$20 billion budget deficit, the result of politicians’ erroneous financial assumptions, a housing market downturn with reduced property taxes, and a possible recession brought on by the federal government’s inflationary monetary policy.

California’s government itself is a part of the deficit problem. It’s a huge behemoth with 500 agencies, departments, and divisions in eight broad categories. There are 345,000 state employees averaging \$85,000 annually in pay and benefits, which costs taxpayers \$29 billion alone. In comparison, private industry per capita pay and benefits average \$45,000.

One method to cut the state deficit would require California state employees’ pay and benefits to be scaled to meet an average equal to private industry’s pay and benefits. This \$40,000 cut per state employee would reduce the budget deficit by \$13.8 billion in one short stroke.

There are other ways to trim a bloated, deficit-ridden state government budget.

One would be to make many agencies and commissions self-supporting through user fees; another would be to eliminate useless agencies and commissions altogether. Still another approach is to compare the services an agency or commission provides and determine whether the same service is being offered by a private company. The agency or commission would then be required to make a competitive bid for the service against a free-market privately-owned business. To be competitive, the playing field would need to be leveled by repealing all prevailing wage legislation as well as public servant union pay scales. If the private free market company offers a better competitive deal, the service gets outsourced.

If it is determined that an agency, a commission, or a council was

created for the purpose of satisfying political campaign contributors and had no real reason for existence, it should be eliminated.

Let’s look at a few agencies, commissions, and councils that could be eliminated, supported through user fees, or outsourced.

The California Arts Council exists to encourage artistic awareness and expression among Californians. Since our state has 1,700 art galleries and 170 art museums, not to mention businesses supporting the arts through exhibits and local communities supporting art fairs, we seem to have enough art awareness. So let’s eliminate this \$5 million California Arts Council boondoggle.

The Department of Consumer Affairs establishes licensing standards for some 225 professions, from accountants to veterinarians. With a \$251 million budget and 2.4 million professionals covered, charging an annual licensing fee of \$105 per professional to maintain this licensing would save the taxpayers \$251 million.

The Adult Operations program for the Department of Corrections consists of 33 operating correctional institutions overseeing 170,000 prisoners and a \$5.5 billion budget. With federal crackdowns on illegal-immigrant

farm labor, California should literally “farm out” prison labor. Offering some 125,000 nonviolent prisoners at a competitive pay at \$10 an hour would generate \$2.5 billion, cutting the taxpayers’ burden in half. Hard-core prisoners could farm specialty herbs and spices inside prisons for sale to high-end markets and restaurants, further cutting budget needs.

The Department of Parks and Recreation oversees 85 state parks and 200 campsites, beaches, and hiking trails. The 2008-09 budget was going to be cut, with 48 state parks closed. These closures have been forestalled in the governor’s newly proposed \$569 million parks budget. It’s time to take some radical measures to save the parks. California should get out of the parks business. It should sell the state parks, campsites, hiking trails, and beaches to private businesses or individuals to hold them in trust for the benefit of the public. This way, businesses and individuals could jump on the “Green Wagon” and save California parks.

Each business that adopts a state park would receive tax deductions equal to the cost of maintenance, upkeep, repair, and park staffing. Businesses could join together to adopt parks, hiking trails, campsites, or state beaches and split the tax-deductible costs. Private individuals

could adopt state park areas though a nonprofit tax-deductible contribution corporation. In this way, the \$569 million Parks and Recreation budget could be cut and still allow Californians to have outdoor recreation. Otherwise, we should do the politically incorrect thing and charge an entrance fee of \$7 each to the estimated 80 million yearly parks visitors to cover the budget.

The examples I’ve cited to cut the budget deficit would save \$18 billion. If the budgets of each agency, commission, council, or department were to be looked at in terms of user fees, outsourcing, or outright elimination, the savings could easily total another \$18 billion.

The \$20 billion budget deficit doesn’t require increasing taxes or finding new sources of revenue. It’s a signal that it’s time to smackdown California government spending.

Ron Getty is the senior staff member of a tax attorney with his practice located in San Francisco. His background includes an electrical engineering degree and 30 years of sales, marketing and advertising with small to large corporations. A Vietnam Veteran of Chu Lai - I Corps, he brings personal perspectives on veterans and their treatment by the government.

Who Brought Us ‘Homosexual Marriage’?

as follows. Chief Justice Ronald George, appointed by Gov. Pete Wilson in 1991, wrote the opinion striking down the state ban on same-sex marriage, which he said violates the “fundamental constitutional right to form a family relationship.” Justice Joyce Kennard, appointed by Gov. George Deukmejian in 1989 and she supported the opinion written by Chief Justice Ronald George. Justice Kathryn Mickle Werdegarr, appointed by Gov. Pete Wilson in 1994, she also supported the opinion written by Chief Justice Ronald George. Justice Carlos Moreno, appointed by Gov. Gray Davis in 2001, he also supported the opinion written by Chief Justice Ronald George.

Justice Marvin Baxter, appointed by Deukmejian in 1990. He wrote a dissenting opinion that accused the court of substituting “its own social policy views for those expressed by the people.” Justice Ming Chin, appointed by Wilson in 1996. He

joined Baxter’s dissenting opinion. Justice Carol Corrigan, appointed by Gov. Arnold Schwarzenegger in 2005. Her separate dissent said that the court should not invalidate the ban, but that “Californians should let homosexuals call their unions marriages”.

There are still some questions as to whether ‘homosexual marriage’ is legal since law was made by the court system. Then in November, voters will be voting on a Constitutional Marriage Amendment, which if passed will nullify the “homosexual marriages”.

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.

AMERICAN RIVER MESSENGER

“Written by the people for the people”

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Airman Completes Special Training



An F-15C Eagle flies over Cold Lake, Canada during the Maple Flag Exercise at Canadian Forces Base Cold Lake, Alberta, Canada. Maple Flag is a four-week international air combat exercise held annually.

By Dona Fair

When the son of a Citrus Heights woman arrived recently at this remote Canadian prairie setting where it seems like the sun never sets and is haven for hikers, hunters, and fishermen, it was like stepping back in time-a time of no four-lane, congested highways and full service gas stations.



Air Force Airman 1st Class Rex A. Hays was one of 3,000 military members who participated recently in Exercise Maple Flag 41 in Cold Lake, Alberta, Canada.

Air Force Airman 1st Class Rex A. Hays, son of Kellie Ehler of Patterson Lane, Citrus Heights, was one of more than 3,000 pilots, maintenance and support specialists from Canada, Germany, France, the Netherlands, New Zealand, Republic of Singapore, and the United States, who descended upon this small Canadian town to

participate in Exercise Maple Flag 41, one of the largest Air Force coalition training exercises in the world.

Hays is an F-16 crew chief with the 57th Aircraft Maintenance Squadron, Nellis Air Force Base, Las Vegas, Nev.

Maple Flag, an annual exercise held at 4 Wing Cold Lake, was developed in response to a Vietnam War finding that 90 percent of aircraft losses took place during the first 10 combat missions. Aircrew who survived these critical first 10 missions were more likely to survive the remainder of their combat tour. Originally, the exercise was designed to develop a junior combat ready aircrew by promoting initiative and self-discipline in the air, and providing the opportunity for developing tactical and leadership skills. The exercise now provides Canadian and allied aircrew with realistic combat training in a modern simulated air combat environment.

"My job here is to help launch, recover and maintain the aggressor F-16s. I make sure that the aircraft are fit to fly and fight," said the 2004 graduate of Horizon Instructional Systems, Lincoln.

Traditionally focused on fighter aircraft, this year's Maple Flag has an increased involvement from the Canadian Forces air and ground components giving the Canadian Air Force expanded capability during the exercise. All of the forces engage in daily missions that involve confronting and dealing with air and ground-based threats.

"By participating in this exercise,

I have learned more about my air frame, aircraft systems, and how to safely and effectively work under pressure," said Hays. "This is my first temporary duty assignment and it has been great. Besides the training that I have received, it has given me an opportunity to get to know my co-workers a little better."

The 4 Wing's cutting edge technology and training assets combined with vast unrestricted airspace, and more than 640 targets at the Cold Lake Air Weapons Range, makes this a great place for the aircrew to train. Although the aircrews receive training upon their arrival here, pre-departure preparations must still be made before arriving at Cold Lake.

With wide-open spaces, slightly rolling hills scattered with dandelions, and quaint houses surrounding the lake, life here for Hays and his teammates is quite a change from what most of us experience in the United States.

"Canada isn't too much different from the United States, except for everything being in English and French," he said. The thing that has left a lasting impression on me is when I jumped into the lake here and the water temperature was zero degrees."

Although this simulated war allowed the junior aircrew to fly their 10 missions and remain safe, it gave Hays, who has been in the Air Force for one year, a chance to take a small break from the hustle and bustle, and enjoy the small-town living of this wilderness retreat.



U.S. Air Force F-15 Eagle maintenance crews keep planes flying during Exercise Maple Flag 41 at Cold Lake, Alberta, Canada. Maple Flag is a four-week international air combat exercise held annually.

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★ VETERANS POST ★

by Freddy Groves

Freeport Flag Ladies: Making Soldiers Smile

The backs of their T-shirts say: "It's all about America." Every Tuesday morning for the past six years, rain or shine (or snow), three ladies in Freeport, Maine, have stood on a downtown corner waving big American flags.
If that's all they ever did, it would be enough. But they also do something even more important: They work to support the morale of soldiers.
As part of the Maine Troop Greeters, they travel hundreds of miles each way to be at the Bangor Airport to meet the troops as they come home. Each one is given a small gift, and sometimes a cell phone for an immediate call home.
Packages loaded with games, magazines and more go out every week, with special ones going to Combat Support hospitals. (The postage cost must be astronomical.)
Their Web site [www.freeportflagladies.com] is loaded with photos of outbound soldiers, mostly for the families who might not have had the presence of mind to snap a few last pictures. Each soldier is given a small card with the Web address, as well as a lucky penny that many of them keep for the whole deployment.
When you check the Web site,

don't miss the Egg section, or the one on Pennies.
Why do they do it? The Web site has the answer: "It is solely an act of love, gratitude and appreciation for the great sacrifices the men and women of the military have given to this nation throughout the ages."
But these three ladies are doing everything on their own to put a smile on the faces of soldiers. They could use some financial support. Here's the address:
Freeport Flag Ladies
17 School St.
Freeport, ME 04032
Write to Freddy Groves in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to columnrepy@gmail.com.
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Military Graduates Hometown News

Aaron R. Tanger has joined the United States Army under the Delayed Entry Program. The program gives young men and women the opportunity to delay entering active duty for up to one year.

The enlistment gives the new soldier the option to learn a new skill, travel and become eligible to receive as much as \$50,000 toward a college education. After completion of basic military training, soldiers receive advanced individual training in their career job specialty prior to being assigned to their first permanent duty station.

The recruit qualifies for a \$9,000 enlistment bonus.

Tanger has reported to Fort Knox, Ky., for basic training in June 2008.

He is the son of Karen Munetz of East Highway 98, Panama City, Fla., and Andrew Miller of Rolling Wood Blvd., Citrus Heights, Calif.

Army Reserve Pvt. Phillip D. Ditto has graduated from Basic Combat training at Fort Sill, Lawton, Okla.

During the nine weeks of training, the soldier studied the Army mission and received instruction and training exercises in drill and ceremonies, Army history, core values and traditions, military courtesy, military justice, physical fitness, first aid, rifle marksmanship, weapons use, map reading and land navigation, foot marches, armed and unarmed combat, and field maneuvers and tactics.

He is the son of John Ditto of Pershing

Ave., Orangevale, Calif.

The private graduated in 2002 from Mesa Verde High School, Citrus Heights, Calif.

Army National Guard Pvt. Rodger E. Boss 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.

He is the grandson of Ed Blanchette of Candlelight Way, Citrus Heights, Calif.

Boss is a 1999 graduate of La Entrada High School, Sacramento, Calif.

Army Pfc. Bryan C. Stephan has graduated from the Infantryman One Station Unit Training at Fort Benning, Columbus, Ga. The training consists of Basic Infantry Training and Advanced Individual Training.

During the nine weeks of basic



Pvt. Jose Hernandez, 25, plunges his M16A2 rifle with fixed bayonet, into a tire target on the practice range during Army basic combat training at Fort Jackson, S.C.

Monthly Military Retiree & Spouse Meeting

Our next scheduled meeting is 9 Jul 2008 and we will meet at the usual place, which is the former McClellan AFB Chapel, 5726 Dudley Blvd, McClellan Park. Meeting starts promptly at 1030 hrs. Our speaker for this meeting will

be Maj Gen(Ret) Jim Hopp, who runs the Aerospace Museum of CA here at McClellan Park. He will discuss the plans for the Museum and provide information on how to purchase bricks/pavers to memorialize a family member

or friend. He has a very interesting presentation. Come on out and enjoy the excellent coffee provided by the McClellan Commissary and meet a new friend. Please direct any questions to our volunteers at 561-7476.

New Chiropractic Practice Comes to Fair Oaks



Dr Thaddeus Potocki, DC, with wife Kelly and Sons Ryan and Jason
Dr Thaddeus Potocki, DC, opens his new practice in Fair Oaks. Call to find out about the July New Patient Special: (916) 339-0766. All new patients evaluated at no charge.



By Lauren Forcella

Dear Straight Talk: My son is 17. Starting July 1, he will be banned from using a cell phone while driving until he is 18. Today he informed me that he won't talk on his cell after the law goes into effect. He will TEXT! He says all his under-18 friends plan to do more texting because they can do it on their knee out of sight of the cops. He says he's just telling me the truth whereas his friends will lie about it. He works, pays certain bills, gets good grades, plays sports. I can't follow him around and be his private policeman. But texting is so much more dangerous than talking that I'm flipping out! What should I do? If I threaten consequences, I'm afraid he will just lie about it. Please help. — Jason's mom

From Mariah, 16: Tell your son that a senior in my high school just died while texting. Her mom texted her and when she texted back she ran off the road and was killed. Another senior ran a stop sign while texting and killed an elderly man.

From Geoff, 22: Get him a Bluetooth. These wireless, hands-free, ear pieces will be hard for police to see. It's MUCH

straight talk for teens

Teens plan to ‘text and drive’ to foil cell phone ban

safer than texting.

From Katie, 15: I start driving in December. I probably will text at red lights and possibly use a voice-activated phone. A voice-activated, hands-free device should be allowed for everyone, no matter the age.

From Laura, 21: It is no more dangerous to hold a cell phone to your ear than to eat while you drive. This law will only cause people, especially teens, to find sneakier (and more hazardous) ways to use their phones.

From Nicole, 18: I don't plan to abide by the new law. Convince your son to talk instead of text, it's much safer.

From Ashley, 20: People do stupid things while on their cell phones, so I think it's a good law. I almost never text while driving and I have a Bluetooth — but getting it set up while driving can be dangerous, too.

From Emily, 15: Being a responsible driver means following the law which I will do. Tell your son how you feel, but don't force anything or he will just lie to you. Don't get mad at him for telling the truth or he won't be honest again.

From Farren, 20: When I first started driving, I looked down to push in a CD and drove into oncoming traffic. Since then, I have respect for distractions. I don't text unless I'm stopped. When I'm moving, I use Bluetooth and

speed dial. If you must text, a free, super-easy, voice-activated service called Jott converts voice into text. The website is www.jott.com. Unfortunately, sometimes it takes a mistake to wake someone up.

Dear Jason's mom: Yes, and it is these distracted-driver mistakes that the new California law is trying to prevent. Starting July 1, the law bans all but 911-emergency use of cell phones while driving for those under 18. Those over 18 must use a hands-free system and dialing/texting is allowed but discouraged. Your son's honesty around texting is worth gold. I asked around and many teens have the same misguided plan. I advise parents to have an honest conversation with their under-18 drivers. Is your kid the type that will put his phone away while driving? Or is he the "invincible rebel" who will use the phone in an even more dangerous manner? The spirit of the law is to save lives. It's a slippery slope to tell your kid to abide by the law while handing him or her a Bluetooth (or less expensive corded earpiece), but texting while driving is so flat-out dangerous that if my kid was like yours, I would do just that. Details of the new law can be found at: www.chp.ca.gov/pdf/media/cell_phone_faq.pdf.

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

POPPOFF!

with Mary Jane Popp Men Are Like A Pair Of Shoes

Have you been looking for Mr. Right in all the wrong places? Are you seeking your soul mate, but it seems like you're having a devil of a time? Jeff Carta found his main goal in writing "Men Are Like A Pair Of Shoes"...A Single Woman's Guide To Finding The Right Pair, was to encourage women to realize and exercise the power they have in selecting a mate. He believes some women simply accept flawed relationships. "Women do have power in their relationships," he says, "While men ask, women choose." But Carta made this book lighthearted in order to help with the emotional turmoil and fear of rejection women have in their shaky self-esteem.

Carta says when people wind up in unhappy relationships, it's frequently because they haven't seriously considered what they want in a mate. Too often, women let fears, insecurities, or social pressures shoehorn them into an improper fit. So he asks the question every woman has had to face... would you be willing to walk in painfully ill-fitting shoes 24/7 for the rest of your life? Or would you complain about the many hurts your shoes are causing, only to protest you can't part with them because the shoes hold so much potential. You'd toss them out in a heartbeat says the man. "What you really want are comfortable fitting

shoes that are durable enough to last a lifetime," Carta explains. You bethca'!

So there have to be Tips for Improving Your Shopping Style like Improper Fit, Health Risks or Disappointments, such as promiscuous buying and looking for shoes in the wrong places. "You have to shop with a Smart Heart," says Carta. It gets to the heart of dating behavior, and that includes knowing the Right Stores for You, Buying Shoes Over The Internet, The discount Bin, Questions To Ask As You Shop, and If The Shoes Fit, Wear Them. There is a Shopping List for a Soul Mate which includes cleaning out your closet, knowing what type of shoes you are looking for, creating your Shopping List, and Wearing Comfortable Shoes vs Finding the Ideal Pair. And don't forget, Making The Good Fit Last with Tips on Shoe Care, and even Talking To Your Shoes.

So, before you Throw Out The Old Pair of Shoes and Shop for New Ones, you gotta' read this fun and timely look at looking. And before you start wearing another woman's shoes or saying I Have To Have Them...I Have To Have Them, you have to read "Men Are Like A Pair Of Shoes" by Jeff Carta. You'll get some downright good info, but you'll also have a good belly laugh or two. It is just amazing how men are like a pair of shoes. By the way, I did get a good fit for 37 years. Good Luck to you guys too!



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GreenFiber Introduces New Look to Community Paper Recycling

The environment, local organizations and homeowners each benefit from program



US GreenFiber, LLC, manufacturer of GreenFiber natural fiber blow-in insulation, announces a new look for its community paper recycling program throughout the Sacramento area. As a company, GreenFiber diverts over 350,000 tons of paper each year from landfills and rewards participating organizations by giving back to local groups.

"Sacramento residents are extremely knowledgeable and passionate about the difference that recycling can make in their community," said Fred Brandt, recycling program coordinator for GreenFiber in Sacramento. "The GreenFiber Community Paper Recycling Program allows them to collect their recyclable paper materials and benefit local organizations while also keeping a measurable amount of paper out of landfills."

Collection teams at schools, churches, businesses and other community organizations can participate and benefit based on the amount of recyclable materials they gather using specially-designed GreenFiber

recycling bins. The GreenFiber recycling bins feature a vivid green exterior and graphics of the GreenFiber Community Paper Recycling Program mascot — a green grog whose likeness is on education supplies that support school recycling efforts.

Unlike some recycling programs, GreenFiber's Community Paper Recycling Program accepts a wide variety of paper goods: newspaper, magazines, phonebooks, office paper, cardboard, cereal boxes, brown paper bags and construction paper.

A GreenFiber collector regularly services the bins at no charge and designated community programs benefit based on the amount of recyclable material collected. The community also benefits by reducing the amount of paper products that would otherwise be buried in local landfills. Refuse efficiency experts estimate that paper products account for almost 35 percent of landfill space; some estimates indicate that Americans throw away enough office and writing paper every year to build a wall 12 feet high from Los Angeles to New York City.

Nearly 250 GreenFiber recycling bins have been placed in the Sacramento area and additional bins have been ordered to meet growing demands. "Participants in our local program have been quick to realize the benefits this program provides on a number of levels," Brandt, the Sacramento coordinator,

said. "The environment, participating local organizations and the community as a whole benefit from this effort."

To find a GreenFiber bin location in the Sacramento area, call 916-803-4601. Additional details about the recycling program are also available at www.greenfiber.com/corporate/recycling_bin_program.

GreenFiber cellulose insulation is a natural fiber product made of 85 percent recycled paper fiber and offers an environmentally-friendly option for homeowners' building, renovation and re-insulation projects with all of the ease and convenience of blow-in insulation. Since 2000, GreenFiber has diverted nearly 3 million tons of recycled materials from landfills. One ton of recycled paper: saves 17 trees; saves 4,000 kW of energy; can provide enough GreenFiber natural blow-in insulation to insulate the attic of a 2,500-square-foot home.

Established in 2000 and headquartered in Charlotte, N.C., US GreenFiber, LLC is the largest manufacturer of natural fiber insulation, fire and sound products. With 11 manufacturing plants located throughout the United States, GreenFiber products are sold to building supply retailers, manufactured housing builders and insulation contractors in the U.S. and Canada. For more information on GreenFiber, call customer service at 800-228-0024 or visit www.greenfiber.com.

At-Risk Youth Recognized for Positive Life Changes

'Step Up Positive Change Awards' Deadline is July 25

The California Exposition & State Fair today announced the deadline for its Step Up Positive Change Awards, a non-traditional scholarship program that will highlight significant and productive life changes made by at-risk youth. Application forms are due by Friday, July, 25. Award winners will be announced and recognized on Sept. 1, during the Step Up Talent Show at the California State Fair.

"The Positive Change Awards were designed to highlight and recognize youth who are often overlooked by mainstream society," said Norb Bartosik, Cal Expo General Manager and CEO. "Our goal is to demonstrate that every person can choose to Step Up and be positive at some point in their lives."

Any California resident,

aged 16-25 who has made a significant and lasting life change is encouraged to apply. Ideal candidates are youth who may have been in trouble in the past but are making significant strides to improve their lives and their communities. Candidates need to be actively involved as a member, employee, or volunteer in an outreach program or non-profit organization.

A prize pool of \$1,000 has been donated by the American Federation of State, County and Municipal Employees (AFSCME) and will be divided among the top three winning candidates. Three individual winners will be chosen with 1st place awarded \$500, 2nd place \$300 and 3rd place \$200. Award winners must designate an organization to receive the monetary reward.

Applications may be picked up at the California State Fair administration building, by

calling (916) 263-3912 or by going online at www.bigfun.org.

About Cal Expo's Step Up Program

Step Up is a grassroots outreach program from Cal Expo which reinforces positive behavior and provides productive activities for young people. Step Up includes a hip-hop dance team, an awards program and a number of special events during the California State Fair. Step Up has reached thousands of youth since its inception in the spring of 2005 and has grown in momentum each year.

The 2008 California State Fair will be held Aug. 15 to Sept. 1 at Cal Expo in Sacramento, Calif.

Pet Safety on the Fourth of July



By Kay Burton

The fourth of July fireworks can frighten pets, and that fear can cause your dog or cat to panic and try to escape your yard or house. Please keep your pets indoors on the fourth of July in a quiet and isolated room with covered windows, to help her feel safe and secure.

If your pet behaves nervously by pacing, whining or crying, distract her by playing with her or doing something she enjoys.

Make sure your pet always wear an appropriately-fitting collar. If your pet is a dog, you should be able to slip no more than two fingers beneath her collar. If you're pet is a cat, should be wearing a stretch or safety collar. Your pet should an identification tag with your current phone number and address, as well as a current license/rabies tag. You may want to talk to

your veterinarian about also providing her with also providing her with a microchip identification implant, in case she loses her collar and tags.

If your pet does stray away from home, it's important that you visit area animal shelters as soon as possible to look for her. You can find address and phone numbers of local shelters listed in the front section of the "white pages" telephone book. At each shelter, provide a photo and specific description of your pet. These steps will help increase your chances of finding your little friend.

If you find a lost pet, please take the animal to your nearest animal shelter. Place a "found" ad in your local newspapers and post notices around your neighbor.

Kay Burton is a longtime columnist and supporter of the SSPCA and other rescue groups. To share your family pet story with our readers email: Kayburton1@comcast.net

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Citrus Heights News & Views

“Cubs of the Round Table” Ready to Conquer Dragons



“Cubs of the Round Table” are ready to conquer the dragons in their lives now.

Over 325 Cub Scouts from 6 to 11 years old gathered at the LDS Church on Van Maren Lane the week of June 10 – 14.

The boys enjoyed a week of games, crafts, magic, archery, castle climbing, dragon slaying, and fun. They also learned the rules of Chivalry and were “knighted” when they were caught demonstrating the trait of the day. Merlin the Magician in the form of

Jonathan Lopez, with Real Magic, presented a mouth dropping show for the boys on Friday night.

Saturday morning, in recognition of Flag Day, SFC Van Houten, an Army Recruiter with the Sacramento Battalion, taught an Honor Guard of four Cubs how to properly raise the flag. Boys, parents and siblings celebrated the day by wearing flag pins.

The boys showed off their many skills to their parents and siblings on Saturday Family Day.

The Cubs were assisted by a

volunteer staff of 50 adults and teens and many parents walking around with the groups. The camp was organized by Marie Simmons, Aileen Willis and Stephanie Thurtle, volunteers for the Pony Express District, Boy Scouts of America.

The camp is put on by the Pony Express District each summer and all Cub Scouts are invited to participate. For further information on joining the Boy Scouts of America call 929-1417.

Ice Cream and Music Will Enhance Holiday Weekend Celebration

The Capitol Pops Concert Band and the Hearts for Parks are joining efforts to present both Ice Cream and a Concert in the Park on Sunday, July 6th, from 5 to 7 p.m. at Rusch Park.

The site of both activities will be near the covered picnic area of the park that is located at 7801 Auburn Boulevard in Citrus Heights.

Attendees should bring blankets or lawn chairs, as seating is limited.

“Land of Liberty” is the theme of the musical portion of the park production.

The free concert will begin with the national anthem and will include “America, the Beautiful”, “Stars and Stripes Forever”, and “A Salute to Armed Forces”.

Also in the program will be show tunes, light classics, and a medley

arrangement, entitled “Pirates of the Caribbean: Curse”.

The concert will feature solo vocalists Kristy Reed, Angela Reed, Jim Bortolotto, and Rick Baker as well as duets by Lee and Earl Smith.

Other musical arrangements will include John Testa on the accordion and Erik and David Lopes on the tuba.

The Capitol Pops is a well-known community band that celebrated its 10th anniversary last year.

Made up of about 60 professional and non-professional musicians, the band is directed by Jerry Lopes, an award-winning music educator.

He is also conductor of the American River College Orchestra, performs with the Camellia Symphony Orchestra, and plays

bass and tuba with Dr. Bach and his Jazz practitioners.

The Ice Cream at the Park portion of the afternoon is a fund-raising activity of the Hearts for Parks, a non-profit organization associated with Sunrise Recreation and Park District.

“We will be selling Leatherby ice cream cones to help finance the purchase of benches for the playground area at the park,” said Kathy Cook, vice president of Hearts for Parks.

Six flavors will be available at \$3 a cone.

The Concert in the Park is sponsored by the Sunrise Recreation & Park District and the City of Citrus Heights.

For additional information, please call (916) 725-1585.

Avoid Dangerous Fuel-Saving Techniques

‘Hypermiling’ Endangers Motorists and Harms Vehicles

The old saying goes, “If it sounds too good to be true, it probably is.” AAA of Northern California warns drivers that even if ‘hypermiling’ seems like a great way to improve a vehicle’s fuel economy in a time of high gas prices, it can actually put their lives at risk.

“Although trying to conserve fuel is a positive goal, ‘hypermiling’ is a dangerous way to try to achieve that objective,” said Matt Skryja, spokesperson for AAA of Northern California. “Unfortunately, some drivers use extreme and sometimes illegal techniques that put themselves, their families, and other drivers in danger.”

The practice of ‘hypermiling’ involves extreme practices where drivers hope to exceed the EPA estimated fuel efficiency of a vehicle by drastically changing their

driving and maintenance habits. There are several dangerous ‘hypermiling’ techniques to avoid. They include turning off a vehicle’s engine or coasting in neutral, tailgating or drafting larger vehicles, rolling through stop signs, and driving at erratic and unsafe speeds. Some ‘hypermiling’ motorists will also over-inflate their tires to reduce the tire surface touching the road. This makes tires more susceptible to damage and wear and causes bad handling.

“Drivers need to maintain total control of their vehicle so they can maneuver safely in an emergency,” said Skryja. “Many ‘hypermiling’ techniques jeopardize safety simply for a potential increase of a few miles per gallon. It’s just not worth your life or someone else’s.”

There are many legal and safe ways that AAA recommends to conserve fuel:

Check tire pressure at least once a

month and inflate tires to the vehicle manufacturer’s standards listed in your car’s owner’s manual. Fuel efficiency is reduced by up to two percent for every pound of pressure tires are under-inflated.

Smooth and easy acceleration and braking.

Use cruise control to maintain a steady speed.

Use the lowest grade motor oil recommended by the vehicle manufacturer for a motorist’s climate to avoid engine damage.

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.

SJAA Awards Scholarships

By Barbara Morarity-Van Dyke

San Juan High School opened in 1913 and is celebrating their 95th Anniversary this year. The San Juan Alumni Association was formed in 1980 as a social club and to support San Juan High School. The SJAA has San Juan Alumni and Faculty/Teachers that are dues paying members and also make donations to the organization for our scholarship program. Our school motto is ‘Rich in Tradition, Preparing for the Future’. The past students/faculty believe in San Juan High and support their endeavors. Since the inception, the SJAA has awarded a total of \$182,500 in scholarships to San Juan students. Not only are members supporting their Alma Mater, but they also receive a newsletter full of information and stories on classmates, faculty, reunions and upcoming San Juan related events. Any Spartan that would like information about the San Juan Alumni Association, please e-mail



to sanjuanalumniassoc@gmail.com, with your full name, class year and city/state of residence.

To the San Juan Class of 2008, a total of \$22,500 was awarded. The recipients are as follows:

- 1) Mikayala Carpenter-\$1,500-Given in honor of Phyllis Holtsman-Nygren-Class of 1949
- 2) Ashley Frazier-\$1,500-Given in honor of Betty Leonard-Bentzen-Class of 1947
- 3) Ausha McGee-\$1,500-Given in honor & memory of the Pendergast Family
- 4) Chaz Montague-\$1,500-Given in honor of Robert Brown-Class

of 1946

- 5) Erin Rogers-\$1,500-Given in honor of Eltha Tresp-Hannum-Class of 1949
- 6) Mayra Satiago-\$1,500-Given in honor of Kent Liebermann-Retiring Counselor/Faculty after 37 years
- 7) Holloy Shayegi-\$1,500-Given in honor of Hale Hannum-Class of 1948
- 8) Mauresha Smith-\$1,500-Given in honor of Joanna Millette-Dever-Class of 1954
- 9) Alma Torlak-\$1,500-Given in honor of Elmer Dever-Class of 1949
- 10) Fredes Asuncion-\$3,000-Special scholarship given in honor of retired counselor Robert Cornwell
- 11) Curtis Day-\$3,000-Special scholarship given in honor of retired counselor Robert Cornwell
- 12) Teddy Fox-\$3,000-Special scholarship given in honor of retired counselor Robert Cornwell

Government Advises Seniors to Consider Long-Term Care Insurance



Sandra & Bob Stanley

Clarified Wording, Requested by Congress, Confirms that Medicare Won’t Cover It

“A few months ago, members of Congress asked the Social Security Commission to clear up a misperception of many Americans approaching retirement age. “A lot of seniors had the idea that Medicare would cover their long-term care expenses,” says Sandra Stanley, Partner of LTC Financial Partners LLC (LTCFP), one of the nation’s largest and most experienced long term care insurance agencies. “It wasn’t so, but the wording of the Social Security Statement left some doubt.”

Congress asked for clarification. The Social Security Commissioner, Michael J. Astrue, responded with a letter saying the wording of the Social Security Statement -- found at <http://www.socialsecurity.gov/mystatement/sample4.htm> -- would be changed to make the meaning crystal clear. The section titled “About Social Security and Medicare” now reads as follows (emphasis added):

“Social Security pays retirement, disability, family and survivors benefits. Medicare, a separate program run by the Centers for Medicare & Medicaid Services, helps pay for inpatient hospital care, nursing care, doctors’ fees, drugs and other medical services and supplies to people age 65 and older, as well as to people who have been receiving Social Security disability benefits for two years or more. **Medicare does not pay for long-term care, so you may want to consider options for private insurance.**”

“This clarification is long overdue,” says Stanley. “Only about 10% of those who should have long term care insurance do. Part of the reason may be simple misinterpretation of what the government meant.”

“It is vital for millions of Americans to do what the statement says, look

into private LTC insurance options,” Stanley continues. “There’s now no room for doubt. Paying for long-term care is beyond the scope of Medicare. It’s also beyond the scope of ordinary health insurance.”

Stanley’s organization includes about 500 independent long-term care insurance agents. “Our experts are available to advise all Americans and American companies on their options,” she says. “In the private sector, we’re the people to come to when you need to know whether the insurance is right for you, and which carrier or policy best fits your situation.”

In this area, Stanley is the expert, available at www.ltcfp.us/ SandraStanley or 916-961-8107

Sandra Stanley, a second-generation Californian, has been in the financial service industry since 1999. Her husband Bob, who was born and raised in the Sacramento area, has recently joined her in their family business. This family-oriented team offers expertise to seniors in particular, understanding their health needs as well as their financial concerns.

Representing all of the major top-rated insurance companies, Sandra and Bob are able to provide their clients with a variety of products that will satisfy their needs and concerns.

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Fair Oaks News & Views

Wounded Soldier Proving There Is Life After War

Sgt. Brian C. Fleming is no stranger to life and death situations. A veteran of Operation Enduring Freedom, Fleming was awarded the Purple Heart for wounds he received in combat when he was attacked by a suicide bomber on July 24th, 2006 in Afghanistan. After surviving not just one, but two serious attacks in the War on Terror, Sgt. Fleming is now able to share his miraculous story to audiences all around the world. New Life Community Church of Fair Oaks celebrated Independence Day this month by honoring Sgt. Fleming at their annual Freedom Celebration services on Sunday, June 29th. New Life heard of Fleming via the Roever Evangelistic Association, through which Fleming now shares his extraordinary experiences at military bases, churches and schools across the nation.

Sgt. Fleming had only been married to his wife, Jamie, for three months when he was deployed to Afghanistan with the 10th Mountain Division infantry in March 2006. Just four months later, while on a routine patrol along Highway 1 near Kandahar, Fleming's convoy came under attack. A suicide bomber, who was driving a white van loaded with mortar and artillery rounds -- one containing White Phosphorus -- ignited his vehicle right next to Fleming's Humvee, knocking it 100 meters off the road and tossing Fleming and two other GIs out.

"I found myself outside of my

Humvee burning with skin hanging off of my hands," Fleming said. "I didn't know what had happened, so I began to walk around, dazed from the concussion I suffered from the blast." As it turns out, Fleming sustained second and third degree burns to both of his hands, his face and neck.

Fortunately, Fleming's Humvee had a couple inches of bullet-proof glass. "The door saved my life, as it took all the shrapnel that would have normally cut straight through me," Fleming stated. Three days later, he was flown to the Brooke Army Medical Burn Center in San Antonio, Texas, where Jamie immediately drove to be by his side. Doctors performed reconstructive surgeries and began rebuilding his hands with skin grafts. He eventually wore compression gloves that helped heal his burned skin.

Remarkably, this was the second time Sgt. Fleming had survived a blast. The first occurred shortly after he arrived in Afghanistan when his vehicle ran over homemade anti-tank mines that caused the Humvee to lift 5 feet off the ground before crashing onto the side of the road. He walked away from the incident amazingly unharmed.

Looking back, Fleming acknowledges God's protection on his life, and is grateful for the prayers of family and friends back at home. At the time of each attack, his mother and wife, respectively, felt compelled to



especially pray for Brian on those days. They would all learn later the amazing events that had unfolded on each occasion. As Brian puts it, "It was the Army who sent me to Afghanistan, but it was [everyone's] prayers that brought me home."

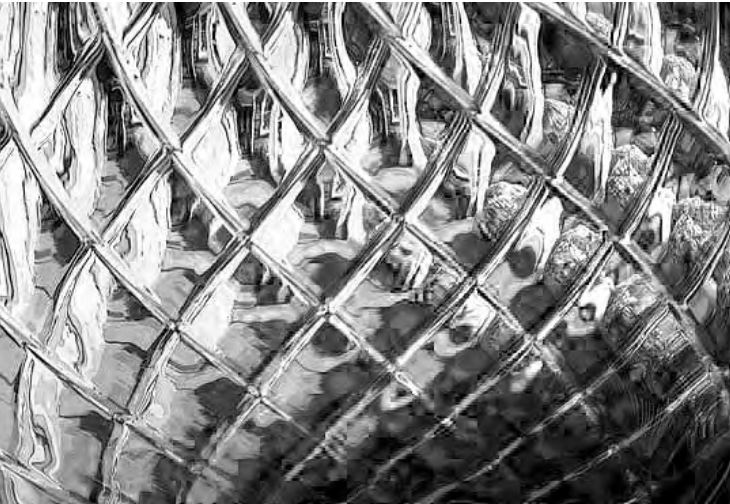
Following fourteen months of rehabilitation in San Antonio, Sgt. Fleming was medically retired from the U.S. Army. Since his discharge, Fleming and his wife have been working with, and personally mentored by Dave Roever, founder and president of Eagle's Summit Ranch in Westcliffe, Colorado, a place where injured soldiers are trained in public speaking and

ministry. "Brian paid a terrible price for freedom, but no price has proven to be too great for a wounded warrior with a heart for his country," Roever, who was severely injured in the Vietnam War, has stated [quoted from Brian's website]. "Brian's message is one of hope and God's protection."

New Life Community Church is located at 8101 Sunset Ave. in Fair Oaks. For more information, please call the offices at (916) 536-LIFE (5433) or visit www.aboutnewlife.com

For more information on this story, please contact Sharon Ottawa at 536-5433 x 318, or send an e-mail to Sharon@aboutnewlife.com

Brushes & Lens



July 9 - August 3

"Brushes & Lens" New Artworks presents works by local artists Kathy Young Ross, and 'Soroush'. Kathy's watercolors, and Soroush's photography make for a month long celebration of how two artists bring to us such an emotional point of view from such different perspectives.

The Opening Reception will be held on 2nd Saturday, July 12th, from 5:00-9:00 PM, at 10239 Fair Oaks Blvd., Fair Oaks, CA 95628.

Gallery hours: Wed.-Sun. 11-5PM, and by appointment. Call 916-962-7362, or visit us online at www.thenewartworksgallery.com.

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Orchid Fair at Raley's in Fair Oaks

Raley's at Hazel & Madison (8870 Madison Avenue) in Fair Oaks

Friday & Saturday, July 11 and 12 from 9:00AM - 4:00PM

Representatives from Rocket Farms Growers will be onsite at the Raley's in Fair Oaks to help customers with plant

identification, orchid care and reblooming questions.

Exotic orchid varieties on sale, including miltonia, dendrobium, oncidium and phalaenopsis orchids.

Nearly 150 different orchid plants available for purchase, with prices ranging from \$13.99 to

\$19.99 throughout the sale.

Hourly drawings for free orchids.

The event takes place in the store's Floral Department. For more information, please call the store at 916-966-2201 and ask for the Floral Department.

Fair Oaks Historical Society Second Sunday

July Open House Hours

The Fair Oaks Historical Society invites you and your family to visit its History Center which will be open to visitors on July 13th during its monthly Second Sunday Open House. Chief of Docents Lois Frazier is pleased to announce that a special

collection of real photo post cards of Fair Oaks from the early 1900's are on loan to the Society and will be on display during this open house.

The History Center is located in the Fireside Room of the Fair Oaks Community Clubhouse, 7997 California Street, Fair Oaks.

Docents will be available during this event to help with local lore and fact. Admission to the History Center is free. For directions to History Center, please visit our website: www.fairoakshistory.org To schedule a student tour or request further information please call Lois Frazier at 967-2967.

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.


Correction to previously released schedule: The band originally scheduled on July 10th (7/10 - Past Due and Playable) has had to cancel. The Old West Trio

will now entertain the audience with Cowboy Ballads, Swing and Yodeling tunes.

Additional information about these events, as well as other events throughout the year, can be found on the Chamber website www.fairoakschamber.com.



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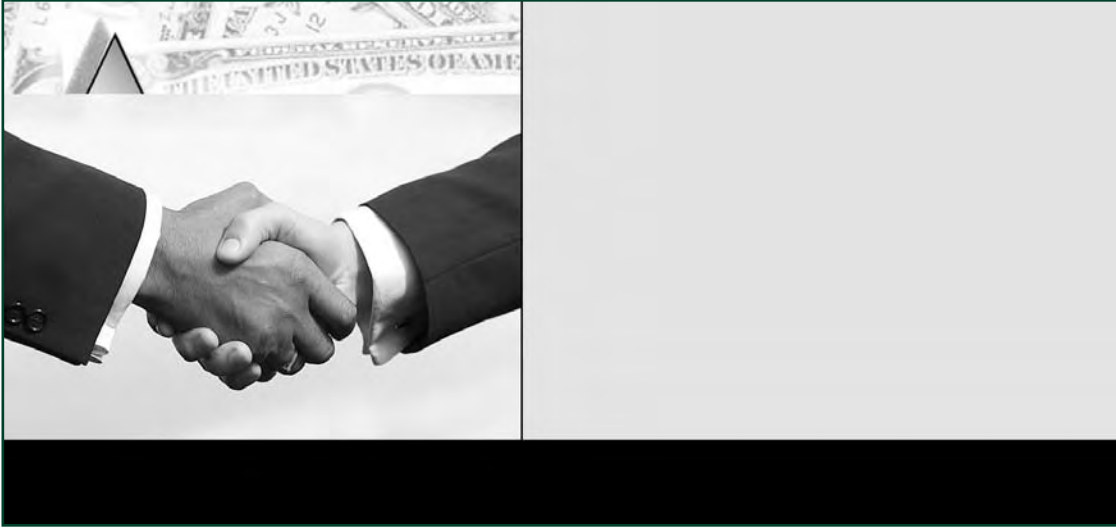
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Carmichael News & Views

Carmichael Elks 50th Annual Fourth of July Parade

Community Spirit in America
At 10:30 A.M. on Friday July 4th, 2008, Carmichael splashes into a patriotic spectrum of 1000 plus parade participants and over 20,000 parade onlookers. The Carmichael Elks 50th Fourth of July parade will kick off at the corner of Fair Oaks Blvd. and Marconi. After the Sons of the American Revolution release a tribute to America in front of Carmichael Park, Grand Marshal and benevolent Elks charter member Col. William C. Cridland will start the parade along the two-mile route on Fair Oaks Blvd. to the Elks Lodge on Cypress Ave. Fellow Elks charter members such as Jim "Jimboy" Knudsen, legislators

Assemblyman Roger Niello and Senator Dave Cox, and numerous civic leaders like Jim Vargas, President of the Carmichael Chamber of Commerce, will join Bill Cridland. Several Ben Ali Shrine units will be featured, including the Key Stone Kops, the Motor Escort, the Cameleers, and the Cibara Go Carts. Bands include the Shrine Band, The Catholic Schools Band, The Sacramento Youth Band, and The Souza Youth Band. Marching units will include such units as the Pony Express Boy Scouts like Troop 386 carrying historical American flags. The over 125 entries include church floats, youth sports groups, neighborhood floats, antique fire trucks, classic automobiles

including Larry Bunfill's Cadillacs, and Sondra Fucson and Mustangs from the Sierra Mustang Club, and the Model A's. After the parade the Elks Lodge will be open for kids games, a giant BBQ, indoor and outdoor music and dancing, free swimming, and a hole in one contest. Parade awards will be given in the Elks Ballroom at 3:00 P.M. Carmichael's 4th of July parade salutes America's birthday as a microcosm of a people who celebrate freedom in an American community. For further parade information ,contact Jim Warrick, parade coordinator at the Carmichael Elks: 489-2103 e-mail: jdwarrick@lanset.com.

Leslie S. Aquino Graduates from Grinnell College

Leslie S. Aquino graduated from Grinnell College on May 19 as one of 380 members of the Class of 2008. Aquino earned a Bachelor of Arts degree in Sociology. Aquino is the child of Mr. Rafael Aquino and Mrs. Maria L. Aquino of Carmichael (95608). Grinnell College is a nationally recognized, private, four year, liberal arts college located in Grinnell, Iowa. Founded in 1846, Grinnell enrolls 1,600 students from all 50 states and from as many international countries in more than 25 major fields, interdisciplinary concentrations, and pre-professional programs.

Bloodsource Announces 2008 High School Scholarship Recipients

BloodSource is presenting 46 Sacramento-area high school students with a \$500 college scholarship. Students were selected based on their contributions to their high school blood drives, their grade point averages and on a one-page essay about their experience. Over the 2007 – 2008 school year, participation at Sacramento-area high school blood drives totaled nearly 15,000 donors – about 6 percent of total amount of blood BloodSource collects in one year throughout Northern and Central California. "We are so appreciative of these

students' dedication to their high school blood drives," said BloodSource Director of Operations Debbie Milios. "Their hard work ensures local patients receive the blood they need to survive." During the summer months, blood supplies often dip due to high schools being out of session. BloodSource anticipates this need each year and organizes blood drives geared specifically to high school students on summer break. This summer, BloodSource will invite students to donate blood at movie theatres. To learn more about the area's summer movie-theater blood drives, please call

800.995.4420 x11014. Everyone who participates will receive a free general admission movie pass. "We try to encourage students not only to remember to donate blood between school years, but to continue donating after high school," Milios said. "We're hoping to create life-long blood donors; people who understand the importance of giving the gift of life from an early age." Congratulations to the scholarship recipients for their lifesaving efforts during the 2007 – 2008 school year. For a complete list of recipients, please visit our website at www.bloodsource.org.

Graduates from Lewis and Clark

Lewis & Clark College announces the graduation of the undergraduate class of 2008. Humanitarian Greg Mortenson, author of the New York Times bestseller Three Cups of Tea, spoke at the college's 136th commencement, held on May 8, 2008. The following students from our area received degrees: Carmichael: Lisa K. Yarborough, bachelor of arts degree in history Folsom: Meagan L. Nuss, bachelor of arts degree in environmental studies Sacramento: Aubrey L. Fong, bachelor of arts degree in psychology

Sacramento: Katrin M. Gibb, bachelor of arts degree in English Sacramento: Andrew F. Naify, bachelor of arts degree in history Lewis & Clark prepares students for lives of local and global engagement. Located in Portland, Oregon, the college educates approximately 1,900 undergraduate students in the liberal arts and sciences and 1,300 students in graduate and professional programs in education, counseling, and law. For more information, visit www.lclark.edu.

Arden Way Bicycle & Pedestrian Improvements

\$1.5 Million Grant Project for Eastern Ave to Fair Oaks Blvd. Sacramento County is pleased to announce that the Department of Transportation (SACDOT) has received a \$1.5 million grant from the Sacramento Area Council of Governments (SACOG) for a project that will significantly improve bicycling and pedestrian facilities on Arden Way between Eastern Avenue and Fair Oaks Boulevard. The grant provides funding for the following improvements: new sidewalks; Class II bikeway striping; planter strips; shade trees; and a new traffic signal with bicycle and pedestrian detectors at the Arden Way and Mission Avenue offset intersection. Design is currently underway and it is anticipated that project work will be completed by September 2010. "Biking and walking are increasingly becoming integral activities for County residents with respect to healthy

lifestyles and recreational fitness as well as serving as a convenient way to commute between reasonable distances. Arden Way is a major east-west route for both Arden Arcade and Carmichael. These improvements will make the roadway a better and safer route for pedestrians and bicyclists," said Third District Supervisor Susan Peters. "The available funding is very timely since the Board of Supervisors recently approved a Pedestrian Master Plan and an Americans with Disabilities Act Transition Plan and now we are moving forward with an update to our Bicycle Master Plan. This project fits in perfectly with these efforts." The project will provide a number of benefits to Arden Arcade and Carmichael residents including: elimination of gaps for continuous sidewalks and bikeways; improved connectivity to existing sidewalks; bike lanes that will provide access to shopping centers at both ends

of the corridor; and improved access to transit services. The project is being funded through the SACOG 2008 Bicycle & Pedestrian Funding Program which provides \$1,530,000 in grant funds. Total project costs are \$1.8 million, with \$270,000 being provided by Measure A Sales Tax funds. The Arden Way Improvement Project is ranked number one in the SACOG High Priority Pedestrian Upgrade category for pedestrian improvements in the Regional Bicycle, Pedestrian and Trails Master Plan (Plan). The signal at Arden Way and Mission Avenue is also on the SACDOT 2008 Project Priority List for Traffic Signal Improvements. If you have any additional questions, please contact Dan Regan at 916-874-7056 (regand@saccounty.net) or Heather Yee, Project Manager at 916-874-9182 (yeeh@saccounty.net).

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Eskaton Senior Connection Class: Your Medical Rights

This free community class will feature a panel discussion with experts from the Office of the Patient Advocate, HICAP, Health Rights Hotline and an elder law attorney. Don't miss this rare

opportunity to ask your questions about health care rights, insurance coverage, medical records and billing disputes. Date: Wednesday, July 9, 2008, 10:00 AM to Noon

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Orangevale News & Views

Orangevale Student Graduates from NCC

A local student was among the graduates awarded degrees during the 109th Northwest Christian College spring commencement on Saturday, May 10, in the Morse Event Center on campus. Whitney Sullivan from Orangevale graduated with a bachelor of arts degree in communication: speech. The graduating class of 2008

was the last to have Northwest Christian College on their diplomas, since the institution will become known as Northwest Christian University on July 1.

Carol Leever



We have lost one of our Lifetime Honorary Members, Carol Leever, also known as "Mrs. Orangevale". She was 91 years young. Carol has been part of this community for over sixty years. She will be deeply missed here in Orangevale. Carol and her husband, Roger has been married 71 years. Carol was part of several organizations, the Orangevale Woman's Club, Orangevale Community Center, Inc. and the Orangevale Chamber of Commerce. This strong-minded lady had a heart of a lion and loved by many. Our hearts and prayers go out to those that she left behind.

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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.

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Relay For Life of Orangevale Celebrates Cancer Survivors

The American Cancer Society will honor cancer survivors and their caregivers at a dinner on August 19, 2008, at 6:00 p.m., in preparation for the 2nd Annual Relay For Life of Orangevale on September 6 & 7. The dinner will be hosted by local restaurant La Placita and will feature entertainment, a focus on cancer awareness and special guests. The dinner will be held at the Orangevale Community Center, at 6826 Hazel Ave. in Orangevale.

Relay For Life is the signature fundraising event for the American Cancer Society and is held in more than 300 communities in California. Last year in California alone, Relay For Life raised more than \$33 million that will go toward cancer research and American Cancer Society's free programs and services in the local community.

At the Relay, there are ceremonies recognizing survivors and those who

have lost their battle with the disease, as well as music, games and other entertainment that fill the day with fun. The event kicks off at 10:00 a.m. with Opening Ceremonies and the Survivor Lap, then walkers fill the track to show their support for cancer research and the mission of the American Cancer Society.

There are many opportunities to get involved in this life-changing event. This is your chance to celebrate, remember and fight back against cancer. If you are a survivor or a caregiver of a cancer patient, we want to honor you. If you are someone who

wants to remember a loved one lost to cancer, we want you to come and honor his or her fight. If you are lucky enough not to have been touched by cancer, we want you on the track learning more about cancer prevention and our patient services and programs. In essence, we want you!

For more information regarding the August dinner or the Relay For Life of Orangevale, contact Event Chair Ann Hively at (916) 425-2406. For cancer information 24 hours a day, 7 days a week, call 800-ACS-2345 or visit www.cancer.org.

**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., 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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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

The Gold River Villagers are At It Again!



Bar-B-Que Committee Back Row: (left to right) Kay Burton, Special Events Chair; Lynn Weichert;Ray Smother (open bar duty); Mary Ann Hendrickson; Marylou Colombo, and Caudia Dickerson. Seated: Mary Smothers, Jim Dickerson (open bar duty), and Joann Rainey.

Y'all Heard it Right !
The Gold River Villagers are at it again! So, slip on your boots and 10 gallon hats 'cause they are throwin' a real TEXAS Bar-B-Que!
It's going to be a swingin' time with "The Almost Famous Band" providing toe-tapping music. I know there'll be room for dancing, and line dancing too.
And bring your appetite! Catering is by the authentic "Back Forty Texas BBQ" group. Ribs, beef, chicken, salad, beans and corn are all on the menu! You are going to be stuffed.
Save Saturday July 26 and come to the GR Community Clubhouse at 6:00PM. Call 635-5590 for more information, reservations and tickets. All Villagers and their guests are welcome. If you aren't a member yet, this would be the perfect time to join the fun!
Com'on along partner, we'll see you there!

Authorities Searching for Rancho Cordova Bank Robber



A man in his early 20's held up a bank Monday morning in Rancho Cordova.
At 11:08 a.m. the man entered the US Bank at 11111 Olson Drive and handed a note to the teller demanding money. Although no weapons were seen the suspect threatened to use a weapon if the teller did not comply with his demands.
Following the robbery he fled in a silver or gray four door vehicle driven by an accomplice.
He is described as a white male in his mid 20s weighing between 160 and 175 pounds. He is 5-foot-7 and has closely cropped brown hair.
He wore a gray long sleeve shirt, blue jeans, white tennis shoes and dark silver or gold rimmed sunglasses.
This case is being investigated by the Sacramento Violent Crimes Task Force (SVCTF) which is comprised of FBI agents and Sacramento County Sheriff's Department Robbery Detectives.
Anyone with information regarding this robbery is asked to contact the FBI in Sacramento at (916) 481-9110, the Sacramento Sheriff's Department at (916) 874-5115, or Crime Alert at (916) 443-HELP. Callers can remain anonymous and may be eligible for a reward of up to \$1,000.00.



United Way Project Reaches 20,000 Regional Children

United Way California Capital Region announced this week the Coverage for Kids Project has attained a major milestone – helping get low- or no-cost health coverage for more than 20,000 Capital Region children.
Working with four certified partner agencies (Cover the Kids in Sacramento, Amador-Tuolumne Community Action Agency in Jackson, Child Abuse Prevention Council of Placer County in Roseville and Yolo Family Resource Center in Woodland), United Way's Coverage for Kids funds grants for the agencies to find families without health coverage for children. Not only do the agencies seek out the families, but they help them enroll into low- or no-cost health coverage. These agencies help the families throughout the paperwork process as well as other hurdles that come up while attaining health coverage for children.
Serving five counties – Amador, El Dorado, Placer, Sacramento and Yolo – Coverage for Kids began in 2004 because more than 40,000 children in the region did not have health coverage even though at least two-thirds of them qualified for some form of subsidized health insurance program.
Dr. Richard Pan knows how vital the goals of the Coverage for Kids project are to the region. Dr. Pan is an Associate Professor of Clinical Pediatrics at the University of California, Davis and is extraordinarily involved with community service programs. Dr. Pan serves on the United Way Board of Directors and is Chair of the Impact Council Chairs Council.
"Providing children with health care coverage has been a priority for our community and our United Way for more than five years," Dr. Pan said. "I am proud that our United Way has now funded outreach to more than 20,000 children. When children have health care coverage, they receive preventative care, are better able to learn and their families have peace of mind."
While agencies continue to do outreach to find and assist families without health coverage for the children, Dr. Pan knows the next step to ensuring healthy futures for our community children is to work on keeping the children covered beyond just the initial enrollment year.
"As we get coverage for more children, United Way's funded partners are also helping families keep their children covered and teaching them how to use their insurance appropriately," Dr. Pan said. "By working together, we can make our children and our communities healthier for years to come."
United Way targeted children's health care coverage because it remains a national and local problem area – for unemployed as well as employed parents. While eight out of 10 uninsured children have parents who work, many parents don't know how to obtain the health coverage at little to no cost.
"Parents often don't know they have low- or no-cost options when it comes to health coverage for their children," said Chris Martin, VP and Chief Operating Officer of UPS in the Sacramento Valley. Martin currently serves as United Way's Health Impact Council Chair and. "That's where our partner agencies come in. They find the families and help them get coverage. But now we want to focus on retention of health care because the problems associated with a lack of health coverage go far beyond the doctor's office."
Uninsured children are absent from school more often than insured children and uninsured children are more likely to have difficulty learning and succeeding in school as well as more likely to develop long-term, debilitating and costly illnesses.
"We've reached an incredible milestone by helping the families of more than 20,000 children get health coverage," Martin said. "Families who finally get their children covered are instantly relieved and we want to do what it takes to make sure that relief is long-term."
United Way California Capital Region is an independent local affiliate of United Way of America and works with nonprofit partners to create lasting results on local community issues through local United Way Projects: Coverage for Kids, Foster Youth Flourish, Keeping Kids Safe and Turning Teens Toward Success. Governed by a local board of volunteer directors, United Way partners with nearly 750 employers in Amador, El Dorado, Placer, Sacramento and Yolo counties to raise money through workplace giving campaigns. For more information, visit www.yourlocalunitedway.org

Gold River Racquet Club Member Profile Sara Arstein-Kerslake

Sara Arstein-Kerslake has been a member of Gold River Racquet Club since she was 2 years old. She is now 21 years old and currently attends Sierra College. In the summer of 2006, Sara took advantage of the Fitness First Program here at GRRC and began working with Certified Personal Trainer, Jamie Vinciguerra. Sara found that she was beginning to lose some weight since she had started on the basic program. So in December of 2006, Sara contacted Jamie again and hired her for some personal training sessions. For the past year and half, Sara and Jamie have met once or twice per week for one-hour sessions. During their sessions together, they focus on several different things such as; building strength, improving balance, and various sport specific movements.



Sara enjoys her workouts and looks forward to seeing Jamie because it makes the workout time go by much faster. Along with her weight training, Sara participates in the water aerobics classes here at the club. The continued training has helped Sara to become more self confident, less stressed, more

focused and she still continues to lose some of those unwanted pounds.
When Sara is not here at the club, you can probably find her on a playing field. She plays on several sports teams, such as; soccer, baseball and basketball. Sara would like to THANK the swim instructors, aqua instructors and most of all Jamie her trainer for all of their hard work. "I'm very proud of the swim instructors, they work so hard to teach you how to swim and I have become an excellent swimmer. Working out at the club has made my body more tone and helped me to lose weight."
Contact Fitness Director Gil Villareal @ 916-638-7001 ext. 34 for more information on hiring your own certified personal trainer.

Four Women from the 60's Expose Their Love Lives at Garbeaus

Four women from the 60s expose their love lives in an exciting musical look at love!
June 27 – July 27, 2008
Featuring 60s hits including I Will Follow Him, You Don't Have to Say You Love Me, He's a Rebel, and more!
Four girlfriends gather to celebrate the upcoming wedding of one of their own. As the drinking gets underway, loose lips begin sharing about their love lives as well as Millie's upcoming

nuptials. Sally brings out a magic eight ball to liven up the party, which brings to light the fact that Millie's dreamy fiancé is nowhere to be found. Millie swears she'll find him and bring him back – her dreams of the perfect wedding won't be dashed because of something silly like a missing groom!
Act Two: Six months pass and the girls gather once again to celebrate Dee Dee's engagement. Dee Dee's

boyfriend is probably as bubble-headed as she; Flo is desperately in love with a co-worker who doesn't even know she exists; and Sally keeps loving and losing faster than anyone can keep count. Throughout it all, Sally, Millie, Florence and Dee Dee come to understand that in the midst of highs and lows, true friendship is always there to fall back on.

Lungren Supports Passage of Foreign Intelligence Bill

"The proposal passed today ensures that we will continue to have the ability to monitor the conversations of al Qaeda overseas."

Congressman Dan Lungren (R-CA), Member of the House Judiciary Committee, today gave the following statement on the floor of the house, in support of the Foreign Intelligence Surveillance Act compromise, which passed by a vote of 293 to 129:
"Today is a great day. This is the single most important piece of legislation we will vote on this year. The American people have waited for this day since 12:01am on February 6, 2008 when the

Patriot Act expired. Having come before this Body on five different occasions since the initial expiration of the Protect America Act, I am greatly relieved that we can finally send the intelligence community a bill which will enable them to continue to protect the American people.
"Although the compromise agreement embodied in the proposal before us is not necessarily the one I would have written, it does in my estimation meet our responsibility of protecting the American people. Although it may not be the Mona Lisa, it's not a bad paint job."
"The proposal passed today ensures that we will continue to have the ability to monitor the conversations of al Qaeda overseas.
"Importantly, the proposal embodies compromise language

which responds to the legitimate concerns of telecommunication providers who themselves responded to the call of their government in the wake of 9-11. The language of the bill not only satisfies the interest of justice but communicates to all Americans that if they are ever confronted with such requests, their government will not "hang them out to dry".
"In the end, the controlling factor in the decision to support this compromise must rest with the responsibility that we have to protect the American people. The intelligence community has told us that passage of this proposal is necessary if they are to continue to be able to do so."
Congressman Dan Lungren serves on the Judiciary, Homeland Security, Budget, and House Administration Committees



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DID YOU KNOW THAT NON-COMPLIANCE WITH FEDERAL LAWS COULD COST YOU PERSONALLY, OR COST YOUR BUSINESS, UP TO \$1,000,000 IN FINES AND UP TO 10 YEARS IN PRISON?

As a business owner, you know there are laws every business must follow. However, results of a recent survey by zTelligence and Fellowes Inc., (July 2005), showed only 13.1% of business owners recognize the term "FACTA." That could mean that nearly 87% of all business owners aren't aware that FACTA:

- Is federal legislation that went into effect June 2005
- Can shut your business down whether you have two or two thousand employees
- Can result in major fines to you and your business by the FTC for non-compliance
- Provides another avenue for lawyers to file lawsuits against your business on behalf of customers or employees

FACTA is only one piece of legislation that affects your business. There are others:

- HIPAA Security Rule
- Gramm, Leach, Bliley (GLB) Safeguard Rule
- Numerous individual state laws (such as the Texas Whistle Blower Statute)

We can help. Our Affirmative Defense Response SystemSM (ADRS) can help your business at virtually no cost. To learn more, please make the call.



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Authorities Searching For Latest Serial Bank Robber



The FBI and local authorities are seeking the public's help in identifying a man suspected of robbing four banks in the Sacramento area and one in Fairfield. The suspect is described as a white male, approximately 40



years old, with brown hair and a close shaven salt and pepper beard. He is 5'7" to 5'9" tall and has a medium build. During the last several robberies the suspect has stuffed money into his shirt leading authorities to nickname him the ‘Stuffed Shirt’ bandit. He has made oral demands during each of the robberies and although he has indicated he has a gun no weapons have been seen.The spree started last fall in Fairfield with a September 1 robbery of the Bank of America, 2400 N. Texas Street. The suspect was dormant for eight months before he struck again in Woodland at the Bank of the West, 186 Main Street, on May 3. He has been much more active as of late with three robberies within the past two weeks. He is also wanted in connection with a June 11 heist in Roseville at River City Bank, 3992 Douglas Boulevard; a June 20 robbery in Sacramento at the Bank of the West, 3509 El Camino; and a June 23 robbery in Lincoln at Wells Fargo Bank, 945 Highway 65. This case is being investigated by the



Sacramento Violent Crimes Task Force (SVCTF), comprised of FBI agents and Sacramento County Sheriff's Department Robbery Detectives, and detectives from the Woodland, Roseville, Lincoln, and Fairfield Police Departments. Anyone with information regarding this robbery is asked to contact the FBI in Sacramento at (916) 481-9110, the Sacramento Sheriff's Department at (916)874-5115, or Crime Alert at (916) 443-HELP. Callers can remain anonymous and may be eligible for a reward of up to \$1,000.00.

Phantom Fireworks Offers Tips for Fireworks Use in Dry Conditions

As floods ravage the Great Plains states this summer, California is experiencing record dryness that can prove dangerous when errant sparks from fireworks set off deadly wildfires. With July 4th fast approaching, Phantom Fireworks wants Californians to be aware of special safety precautions to be used when enjoying fireworks during these dry and incendiary periods. As a nationwide leader in consumer fireworks sales, Phantom Fireworks wants customers to enjoy the fun and excitement of fireworks in a safe and careful manner. Some of the special dry weather fireworks safety tips include the following:

- Keep a ready source of water

available. A connected hose is best, but a fire extinguisher or bucket of water will suffice.

- Appoint one adult as the fireman whose job it is to be on the look out for sparks that might ignite fires. The fireman should immediately douse any areas that catch sparks to avoid fires.
- Wet down an ignition area of at least 30 feet in diameter before lighting any fireworks. That way if sparks do hit the ground, the chance of a spark igniting a fire will be minimal.
- Light the fireworks on a paved surface such as concrete or asphalt if available, and if not available, select a dirt area without grass or

vegetation. Keep the fireworks away from any wooded and grassy areas.

- Do not allow minor children to handle or light the products. Children should enjoy the fireworks by watching, but not by handling the products.

During this vulnerable time, please use extra caution and safety precautions when using consumer fireworks. Phantom Fireworks wishes America a safe and happy Fourth of July.

To learn more about fireworks safety, visit fireworks.com.

Phantom Fireworks is owned by the B.J. Alan Company, located in Youngstown, OH.

“Zero Tolerance” Policy Towards Illegal Fireworks

Local Fire and Law Enforcement Agencies and the California State Fire Marshal Announce Substantial Fines and Penalties for Those Engaged in Illegal Fireworks Trafficking

Greater Sacramento Area Fireworks Safety Task Force:

WHEN:

10:00 a.m. Wednesday, June 25, 2008

WHERE: Sacramento Metro Fire Station #32 8890 Roediger Lane, Fair Oaks, CA

<http://www.smfd.ca.gov/stationlocation.htm>

At a joint news conference Wednesday morning, representatives of the Sacramento Metropolitan Fire District, Sacramento City Fire Department, Cosumnes Community Services District, Folsom Fire Department, Roseville Fire Department, and Wilton Fire Department along with representatives of the Sacramento City Police Department, Sacramento County Sheriff's Department, Citrus Heights Police Department, Elk Grove Police Department, Galt Police Department, Sacramento County District Attorney's Office, Placer County District Attorney's Office, the Office of the State Fire Marshal,

CAL FIRE and other representatives of the Greater Sacramento Area Fireworks Safety Task Force, will announce that they are once again targeting illegal fireworks and those responsible for bringing them into California and will, for the twelfth year in a row, institute a “Zero Tolerance” enforcement procedure.

State Fire Marshal Kate Dargan will discuss recently enacted legislation (SB 839) which: increased the financial penalties for possession of illegal fireworks; authorized additional state arson and bomb investigators to tackle the problem; changed the method of determining whether an individual is in possession of a felony level of illegal fireworks from the amount of pyrotechnic composition to the gross weight of product; and established a requirement that, in addition to any fines and/or jail time, all violators will have to reimburse the State of California for the costs of transportation and disposal of those illegal fireworks.

State Fire Marshal Dargan will also discuss her agency's efforts to develop and implement aggressive interdiction plans for the enforcement of laws regarding arson and dangerous illegal fireworks

as contemplated by SB 839 and Governor Schwarzenegger's May 9, 2008 Executive Order.

In addition, the Task Force will discuss its campaign to once again enlist the public's help in protecting their communities from the threat of illegal fireworks. To promote this campaign, the Task Force will once again be utilizing a series of 8' x 8' A-Frames strategically placed throughout the community. This year, local prosecutors and fire and law enforcement agencies will again jointly announce that they intend to strictly adhere to tough disposition/sentencing guidelines for all adult and juvenile offenders. In addition, all violators will be arraigned in the same courtroom on the same day.

The Greater Sacramento Area Fireworks Safety Task Force is a safety coalition made up of representatives of local government, the fire service, 481 non-profit organizations and charities who sell state-approved fireworks in the Greater Sacramento Area, the media and the state-approved fireworks industry.

A copy of the safety videos and PSA's will be available on DVD at the press conference along with other background material.

National Fireworks Group Urges Caution with Sparklers

According to the U.S. Consumer Product Safety Commission (“CPSC”), approximately 16% of all consumer fireworks injuries are caused by sparklers burning hands and legs, with the majority of sparkler injuries occurring to young children. In fact, sparkler injuries accounted for 1/3 of all firework injuries to children 5 years or younger. These are injuries that would not have occurred if there had been close adult supervision and if some basic safety steps had been taken. The National Council on Fireworks Safety offers these safety steps for sparklers, in the hopes that sparkler injuries to young children can be greatly reduced.

-- Sparklers should ALWAYS

be used under close adult supervision. -- Always remain standing while using sparklers. -- Never hold a child in your arms while using sparklers. -- Never hold, or light, more than one sparkler at a time. -- Sparklers and bare feet can be a painful combination. Always wear closed-toeshoeswhenusingsparklers. -- Sparkler wire and sticks remain hot long after the flame has gone out. Be sure to drop the spent sparklers directly in a bucket of water. -- Never hand a lighted sparkler to another person. Give them the unlit sparkler and then light it. -- Always stand at least 6 feet from another person while using sparklers. -- Never throw sparklers.

-- Show children how to hold sparklers away from their body and at arm's length. -- Teach children not to wave sparklers, especially wooden stick sparklers, or run while holding sparklers.

Sparklers have been a traditional means of celebration for hundreds of years. Let's teach our children how to use them safely and help prevent needless injuries.

The National Council on Fireworks Safety is a 501(c)(3) charitable organization whose sole mission is to educate the public on the safe and responsible use of consumer fireworks.

For more details, please visit our website at <http://www.fireworksafety.com>.

Motorcyclist Dies On Garden Hwy

Officer Lizz Dutton, Public Affairs Officer

On June 14, 2008 at approximately 5:45 p.m., Katherine Ikegami, an 18 year old from Wilton was driving a blue 2008 Honda CRV southbound on Garden Highway at San Juan Road. Ronald Anderson, a 40 year old from Rio Linda was riding a black

2001 Harley Davidson motorcycle northbound on Garden Highway approaching San Juan Road. Ikegami began to make a left turn onto San Juan Road as the motorcyclist was approaching. The motorcycle struck the right passenger side of the Honda CRV. The impact ejected Anderson

from his motorcycle which resulted in fatal injuries (Sacramento Coroner's Case #08-03294). Anderson was wearing a helmet at the time of the accident. Ikegami and her 18 year old passenger were not injured.

This collision is still under investigation.

CITRUS HEIGHTS
POLICE DEPARTMENT

DUI Checkpoint / DUI Enforcement

The Citrus Heights Police Department will be conducting a DUI Checkpoint on Friday, 07-25-08, 7:30 p.m. to 3:30 a.m., on Greenback Ln. west of Sunrise Blvd.

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 collisions in this area wherein alcohol has been a factor, thus increased education and enforcement are needed in this general area.

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

DUI Checkpoint Results

The Citrus Heights Police Department conducted a DUI/Drivers License Checkpoint and saturation patrol on Saturday, 6-14-08, from 2000-1230 hours, on Sunrise, north of Macy Plaza.

These DUI operations 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 reduce the number of DUI related deaths and injuries.

The location on Sunrise was chosen due to recent Dui related collisions.

Results:

0 - DUI Arrests 9 - Vehicles Towed 49 – Citations Issued 6 - Field Sobriety Tests 1- warrant arrest

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

Landmark Decision Affirming Individual Right to Keep and Bear Arms

Judge Roy Moore and Foundation for Moral Law Applaud Supreme Court's Landmark Decision Today Affirming Individual Right to Keep and Bear Arms

Christian Newswire/ -- Former Alabama Chief Justice Roy Moore and the Foundation for Moral Law welcomed the U.S. Supreme Court's historic decision today in District of Columbia v. Heller, holding that D.C.'s handgun ban violated the individual "right of the people to keep and bear arms" protected by the Second Amendment. As the Foundation urged the Court to do in its amicus curiae brief filed in this case, the Court not only came to the correct conclusion about the Second Amendment but it did so by consulting the words of the Constitution, its history, and the people's common understanding of the amendment when it was adopted in 1791.

Judge Moore commented on this important decision: "Our Second Amendment right to keep and bear arms, like

the right to acknowledge God, is one of the inalienable rights protected in the Constitution. Today, as we urged them to do in our legal brief, the U.S. Supreme Court upheld this essential right by following the words of the law and the common understanding of the amendment when it was adopted. We will continue to urge the Court to construe the Constitution according to its text and original meaning."

The Court's opinion in Heller confirmed that the Second Amendment was adopted by Americans in the founding era who had a healthy fear of government power and a respect for the right of self-defense. They, therefore, protected the fundamental right of every individual--"the people"--to keep and bear firearms, a right that, just like the rights of the First Amendment, pre-dated the Constitution. The right to keep and bear arms, the Founders knew, is the means by which our other God-given inalienable rights are ultimately protected, including the freedom of religion.

Just this past Monday, the Foundation argued that the Court should do with the "freedom of speech" clause in the First Amendment exactly what the Court did today with the Second Amendment. In an amicus brief filed in the case of Pleasant Grove City v. Summum, the Foundation argued that the original words and meaning of the Free Speech Clause had a limited understanding and was designed to protect the people from government tyranny. The text protects speech about political matters and public figures, and does not require that public parks which display Ten Commandments monuments must also erect monuments to the Summum religion or any other.

The Foundation for Moral Law, a national, non-profit legal organization, is located in Montgomery, Alabama, and is dedicated to restoring the knowledge of God in law and government through litigation and education relating to moral issues and religious liberty.

CRIME REPORTS

From The Sacramento County Sheriff

	Time	Crime	Address	Location Type
Fair Oaks				
2008-06-11	16:00	Vandalism	8100 block of Sunset Ave	Church/synagogue/temple
2008-06-12	15:00	Aggravated Assault	8500 block of Hilton Way	Residence/home
2008-06-13	15:45	Simple Assault	7000 block of Linda Sue Way	Residence/home
2008-06-13	18:00	Burglary From Vehicle	5500 block of Kenneth Ave	Vehicle
2008-06-14	12:30	Larceny/Theft	5500 block of E Knoll Dr	Residence/home
2008-06-14	22:30	Burglary From Vehicle	8500 block of Sheraton Dr	Vehicle
2008-06-15	01:00	Larceny/Theft	4100 block of Thistledown Dr	Residence/home
2008-06-15	04:30	Vandalism	8000 block of Sunset Ave	Convenience store
2008-06-15	12:00	Burglary Residential	5900 block of Kifisia Way	Residence/home
2008-06-15	19:00	Burglary From Vehicle	4800 block of Sunset Terrace Ln	Vehicle
2008-06-17	01:00	Burglary Business	4400 block of San Juan Ave	Church/synagogue/temple
2008-06-17	02:52	Aggravated Assault	7500 block of Widgeon Way	Residence/home
2008-06-17	08:00	Burglary Residential	4700 block of Quail Meadow Way	Residence/home
2008-06-18	01:00	Burglary From Vehicle	4000 block of Bridge St	Vehicle
Carmichael				
2008-06-11	05:30	Vandalism	7200 block of Fair Oaks Blvd	Retail/dept/discount store
2008-06-11	11:35	Robbery	5800 block of Sutter Ave	Other/unknown
2008-06-11	14:25	Robbery	2200 block of Boyer Dr	Highway/road/alley
2008-06-11	14:55	Narcotics	5800 block of Sutter Ave	Residence/home
2008-06-12	02:30	Vandalism	5800 block of Topp Ct	Vehicle
2008-06-12	08:00	Vandalism	3800 block of Kimberly Way	Vehicle
2008-06-12	11:30	Burglary Residential	5600 block of Clark Ave	Residence/home
2008-06-12	11:55	Aggravated Assault	6000 block of Fair Oaks Blvd	Public use area
2008-06-12	16:30	Larceny/Theft	6600 block of Madison Ave	Other/unknown
2008-06-12	18:30	Vandalism	4000 block of Eastwood Village Ln	Residence/home
2008-06-12	22:00	Burglary From Vehicle	4800 block of Camden Ct	Residence/home
2008-06-12	22:45	Vandalism	5000 block of Marconi Ave	Parking lot/garage
2008-06-13	06:30	Burglary From Vehicle	4200 block of Pueblo St	Residence/home
2008-06-13	15:00	Vandalism	4100 block of Mindt Ct	Residence/home
2008-06-13	19:20	Vandalism	Cypress Ave / Manzanita Ave	Highway/road/alley
2008-06-14	08:15	Burglary From Vehicle	6000 block of Rutland Dr	Vehicle
2008-06-14	10:00	Vandalism	6600 block of Markley Way	Residence/home
2008-06-14	15:30	Larceny/Theft	1800 block of Westminster Ct	Other/unknown
2008-06-15	17:00	Burglary Residential	7900 block of Fair Oaks Blvd	Residence/home
2008-06-15	19:30	Simple Assault	8700 block of Fair Oaks Blvd	Residence/home
2008-06-15	20:30	Vandalism	4500 block of Manzanita Ave	Vehicle
2008-06-16	01:10	Robbery	Walnut Ave / Marconi Ave	Highway/road/alley
2008-06-16	12:20	Simple Assault	4200 block of Barrett Rd	School/college
2008-06-19	06:50	Narcotics	2200 block of Gunn Rd	Residence/home
2008-06-19	20:30	Robbery	3600 block of Hallelujah Ct	Residence/home
2008-06-19	21:30	Robbery	Fair Oaks Blvd / Landis Ave	Highway/road/alley
Orangevale				
2008-06-11	08:00	Burglary From Vehicle	8400 block of Milky Way	Vehicle
2008-06-12	08:30	Burglary Residential	8000 block of Ruthwood Way	Residence/home
2008-06-13	22:00	Larceny/Theft	5800 block of Chestnut Ave	Vehicle
2008-06-14	07:00	Weapons Violation	Kenneth Ave / Old Ranch Rd	Highway/road/alley
2008-06-14	08:45	Burglary From Vehicle	6800 block of Hazel Ave	Vehicle
2008-06-14	21:25	Robbery	7000 block of Woodmore Oaks Dr	Residence/home
2008-06-16	00:45	Vandalism	9300 block of Madison Ave	Restaurant/fast food
2008-06-17	09:00	Simple Assault	6400 block of Benning St	Residence/home
2008-06-17	19:00	Burglary From Vehicle	9600 block of Tanglewood Cir	Vehicle
2008-06-17	22:00	Burglary From Vehicle	6700 block of Aurelius Way	Vehicle
2008-06-18	14:30	Larceny/Theft	Madison Ave / Main Ave	Other/unknown
2008-06-18	19:30	Sexual Assault	8900 block of Coan Ln	Residence/home
2008-06-20	01:45	Burglary From Vehicle	5100 block of Butterwood Cir	Highway/road/alley

Cherish God’s Word



by Marlys Johnsen Norris

Listening, study, and application of God’s Word will bring balance into one’s life. It is so powerful it can be life changing when it becomes the “living” Word within the heart, soul, and life. Truly hearing it will

take root in one’s spirit and bring spiritual depth. One will delight in the laws of God as it is applied. The Word of God teaches us how to live life and obeying its instruction can bring healing and deliverance from fears and give freedom beyond anything else. God wrote His story in simple words, so we can understand and receive them. Our responsibility is the listen closely; then, receive them, prospering in our faith until such time it will be tested. Then when affliction or persecution affects our life, it needs to be pure and strong to carry us through, God warns us in His Word. If we fail to listen and hear; study and pray; follow and obey, the enemy of our souls will steal from us the very words that would save our soul and

deliver us from all our iniquities and fears. God desires us to be like a tree near living waters to nourish and sustain us. Living waters being Jesus Christ. He writes –“Blessed is a man that walks not in the counsel of the ungodly, nor stands in the way of sinners, nor sits in the seat of the scornful. But his delight is in the law of the Lord; and in his law does he meditate day and night. And he shall be like a tree planted by the rivers of water, that brings forth his fruit in his season; his leaf also shall not wither; and whatsoever he does shall prosper.” (Psalm 1:1-3 Marlys Johnsen Norris LIFE MESSAGE WORKSHOPS “Intimacy Begins Going God’s Way” Marlysj@sbeglobal.net

Broadcaster Freedom Act Must Pass



Today, the liberal assault on your First Amendment rights has been vigorously resurrected ... and we now face the very real prospect of Christian and conservative broadcasters being tragically silenced. We do not take this assault lightly - and we will meet it head-on with the force of our own convictions. You can help, too. Your signature on our online PETITION OF PROTEST against the Fairness Doctrine and in support of the Broadcaster Freedom Act represents our single best opportunity to succeed. Here’s why: The Broadcaster Freedom Act must pass Congress in order to protect the free speech of Christian and conservative broadcasters. But there are those in Congress who wish to silence the conservative

point of view. Led by Speaker Pelosi, they have stalled the bill in committee - hoping to reinstate the so-called “Fairness Doctrine” unchallenged. The Fairness Doctrine seems aptly named. It sounds appealing. But it’s nothing more than a political trap ... Unabashedly aimed at establishing left-wing liberalism as the law of the land. Broadcasters would be virtually forced to drop all controversial or religious programming rather than deal with trying to strike an “even balance” at their own expense. As of right now, Congressmen Mike Pence and Greg Walden have collected 195 of the 218 signatures required for a “discharge petition” - to end the stonewalling and force this bill to the floor of the House for a vote. Exercise your rights as a concerned citizen! Join the ACLJ and Congressmen Pence and Walton in calling on Congress to vote, YEA OR NAY, on this bill by adding your name to our nationwide PETITION OF PROTEST campaign. However, this legislation is on

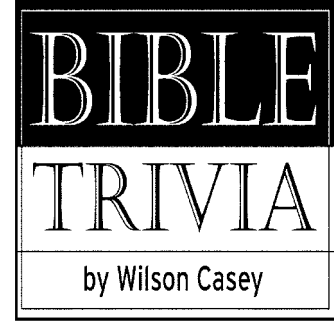
a very short fuse. We must act now. We need all 218 signatures on the discharge petition by July 4th for there to be action on the Broadcaster Freedom Act during the 110th Congress. After that, the election campaign season will be in full swing, and a significant bill of this nature is not likely to be passed. So I urge you to sign the online PETITION OF PROTEST to House Speaker Nancy Pelosi and your U.S. Representative right now and stand with the ACLJ in support of free speech for Christian and conservative broadcasters. Thank you in advance for participating personally in this effort, and in all the ongoing work of the ACLJ for the causes of life and liberty

American Center for Law and Justice P.O. Box 90555, Washington, D.C. 20090-0555Phone: (800) 296-4529

American Center for Law and Justice is a d/b/a for Christian Advocates Serving Evangelism, Inc., a tax-exempt, not-for-profit, religious corporation as defined under the law. The organization has participated in numerous cases before the Supreme Court, Federal Court of Appeals, Federal District Courts, and various state courts regarding freedom of religion and freedom of speech.

Lutheran 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!



1. Is the book of Deuteronomy in the Old or New Testament or neither?
 2. In which book’s 10:30 does it say God keeps numbered the very hairs of your head? *Genesis, Exodus, Matthew, Mark*
 3. From Leviticus 11, which of these were Israelites permitted to eat? *Camel, Hare, Swine, Cow*
 4. Who tried to take a Beersheba well away from Abraham? *Abimelech, Samson, Ezekiel, Pekahiah*
 5. From Biblical and current times, what type of creature is a coney? *Donkey, Rabbit, Viper, Locust*
 6. According to Proverbs 16, what is it better to get than gold? *Mate, Health, Wisdom, Saved*
- ANSWERS: 1) Old; 2) Matthew; 3) Cow; 4) Abimelech; 5) Rabbit; 6) Wisdom
Wilson Casey’s latest trivia book is available at BearManorMedia.com.
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By Pastor Ray Dare

Have you felt let down by life? Everybody gets disappointed from time to time. Some of you are facing some very serious disappointments. You may feel let down by life. You may feel let down by another person or even by yourself. Things have not turned out the way you were expecting. Your marriage hasn’t turned out as expected. Maybe you’re not married, and you wanted to be married by now. You don’t have any kids yet and you want to have kids. Life’s greatest disappointments revolve around questions like, “Why me?” “Why not me?” “Why not?” “What if?” “When?” “How long?” The Bible gives us three things to remember when we’re feeling let down by life. What you focus on in life determines your happiness. If you’ll focus on these truths, your discouragement will lift.

God has chosen to love you. “God the Father chose you long ago, and the Spirit has made you holy.... May you

Reading Up On School Choice

(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

When Life Doesn’t Turn Out As Expected

have more and more of God’s special favor and wonderful peace.” 1 Peter 1:2 (NLT) God wants you to know that He knows everything about you and He still loves you. Understanding that gives you peace. That’s why Christianity is called “Good News”. It’s base on His mercy, not your merit; His grace, not your goodness. You’ll never deserve it. You’ll never be good enough for it. God has chosen to love you.

God is working in you. In the midst of your problems, God is working behind the scenes. Even though you don’t recognize it, even though you don’t feel it, even though you may feel like God is a million miles away and you are all alone, you are not alone. God is working. You may feel like your situation is hopeless. It is not. As long as you’ve got God in your life, your situation is not hopeless. He always has a purpose beyond your problem. Always. 1 Peter 1:7 says, “These trials are only to test your faith.... It is being tested as fire tests and purifies gold...”

God is watching over you. 1 Peter 1:5-6 (NCV) “God’s power protects you through your faith until salvation is shown to you at the end of time. This makes you very happy, even though now for a short time different kinds of

troubles may make you sad.” You may be going through difficult times right now and you feel like giving up. The situation may seem unmanageable. It may seem unbearable. Inside you’re basically saying, “God, I can’t take it any more. I just can’t take it any more!” But you’re going to be alright because God is watching over you and His power is protecting you. Life will let you down. Circumstances will let you down. People will let you down. But God will never let you down. In a world of disappointment, Jesus came to say there is hope. You can choose to live the rest of your life disappointed about what did or didn’t happen in the past, or you can choose to live in the hope of what Jesus is planning for your future. You get to choose. What will happen if you choose to trust Him? You will not be disappointed. Romans 9:33b says “Anyone who trusts in Him will never be disappointed.”

I want to personally invite you to our service at New Community Church this Sunday at 10am. Get a lift up this Sunday as I talk about “How God Meets Our Deepest Needs”. See you Sunday, Pastor Ray

New Community Christian Church
www.YourNewChurch.org



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

Northminster Summer Musical Camp

Northminster Presbyterian Church (3235 Pope Avenue) offers a whole new summer camp this year...Musical Camp! Elena Bennett-Smith, music teacher at Sacramento Country Day School, and accomplished violinist, will be directing a musical production of IT

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Hosting a high school exchange student is like bringing the world to your doorstep. Foundation for Intercultural Travel (F.I.T.), a State Department designated exchange visitor program is currently matching international students, ages 15 to 18 with host families in this area. Families of all “types” are eligible to host, retired couples to single parent families. Not only two parent families have enjoyed hosting an international son or daughter. Students arrive approximately one week before your school’s start date, and bring their own spending money for clothes, entertainment and other expenses. They have their own medical insurance. Most importantly, they bring a sincere desire to become part of your family.

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COULD ONLY GET WORSE. It tells the story of a Russian peasant who wishes for a better life and learns that sometimes you get what you wish for with unexpected results! The camp runs Monday through Friday, July 7 - 11, 1:30 to 5:00 p.m. and is open to second

graders through high school. The camp is free of charge. A special musical performance will be given on Sunday, July 13, during the worship service (10:00 a.m.). For information and registration, call 487-5192.

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Supreme Court Strikes Down Landmark Labor Bill

Statement by Art Pulaski, Executive Secretary-Treasurer, California Labor Federation

“Today, the U.S. Supreme Court struck down California’s landmark law that prohibits the use of state funds to assist, promote, or deter union organizing. This simple law would have ensured that taxpayer dollars are not used to limit workers’ freedom to form or join a union. Although the Supreme Court decision is disappointing, it’s no surprise. This is yet one more in a string of pro-business, anti-worker and anti-consumer Supreme Court decisions in the past several years.

“Werespectfullydisagreewiththe Supreme Court majority. Congress never intended to force the states to allow taxpayers’ money to be used to fight workers trying to have a union. The notion that Congress did this without even saying so – as the Court majority found – seems ridiculous on its face.

“Unfortunately, here in

Governor Signs Landmark Law for California Dental Hygienists

CDHA-Sponsored SB 853 Provides Greater Autonomy and Recognition of Profession

Ending several decades of struggle by California dental hygienists to achieve independence as a distinct public health profession, Governor Schwarzenegger today signed Senate Bill 853 (Perata).

The measure creates the Dental Hygiene Committee a new regulatory body housed under the California Dental Board dedicated solely to overseeing the state’s dental hygiene profession. With the Governor’s signature, California becomes the first state in the nation to establish a self-regulating agency charged with licensure, education and enforcement of dental hygiene.

The law is necessary because the profession of dental hygiene has evolved into a specialized area of oral healthcare that requires specialized skills and responsibilities warranting a separate regulatory body.

“The new law realizes a goal we first set in 1985 to control our own destiny, and we have been fighting for that ever since,” said Noel Kelsch, president of the California Dental Hygienists’ Association (CDHA), which sponsored the bill. “It provides practical benefits for consumers, as well as a recognition that the state’s dental hygienists possess unique expertise, stature and skills similar to those of pharmacists, optometrists, physician assistants and nurses.”

CDHA made special note of the political and personal commitment of the bill’s author, Senator Don Perata, whom Kelsch credited with ensuring the law became a reality after so many years.

“All Califomians owe a debt of gratitude for the work of Senator Perata, his staff and all those past legislators who have fought this battle,” said Kelsch.

In addition to creating the new Dental Hygiene Committee, the law:

- Extends the July 1, 2008 sunset date for DBC to January 1, 2012.
- Requires DBC to hire a full-time management level staff person to work under the direction of the executive officer. That staff person’s sole responsibility will be managing matters related to dental assisting.
- Abolishes the Dental Auxiliary Fund and requires the deposit of all funds from the regulation of dental assistants to be deposited in the State Dental Assistant Fund.
- Establishes the State Dental Hygiene Fund and requires that all fees and certain fines paid by dental hygienists be deposited into the fund.

The new law goes into effect January 1, 2009.

“It’s an outrage that millions of Californians are deprived of oral healthcare,” said Kelsch. “But with this new regulatory structure dedicated to our profession, we are hopeful the state’s dental hygienists will be in an even better position to expand access to care to underserved communities throughout California.”

The California Dental Hygienists’ Association (CDHA) is the authoritative voice of the state’s dental hygiene profession. The organization was established 20 years ago when two regional associations merged to form a unified professional group. CDHA represents thousands of dental hygienists throughout the state and is dedicated to expanding opportunities for the profession and access to care for all Californians.

Congress to Renege on Medicare Contracts

Congress Plans to Renege on Medicare Contracts and Stall Patient Savings, Says CMES

Congress has introduced anew bill that would delay the implementation of the Medicare Competitive Bidding Program, according to the Contracted Medicare Equipment Suppliers Association of America (CMES). This program would have drastically reduced the amount of money Medicare spends on items such as walkers, oxygen, and power wheelchairs. The program would also reduce the out of pocket expense to patients by an average of 26%. In addition, it would virtually eliminate fraud, and require that all suppliers are inspected and accredited by the same organizations that accredit hospitals. For seniors, says CMES, it’s a pretty good deal.

Not so, says Rep. Pete Stark (D-CA), who has crafted a bill to delay the program (HR 6252). This bill seeks to delay the program for up to 18 months due to complaints of problems by those who lost. Unsuccessful bidders put intense pressures on Congress over the last few months complaining they were unfairly disqualified mostly for financial reasons. According to Medicare most simply bid too high. However, there is a process in place to review those complaints. Medicare also reports that they randomly re-reviewed 100 unsuccessful bids and found that the rejection was justified in each case.

In May, 325 providers, mostly small business, were awarded contracts to provide products in 10 areas of the country. Those businesses have collectively spent millions preparing for this program. Unfortunately, Stark’s bill would leave them with nothing more than a pile of debt. That’s their thanks for dealing with the government.

This bill seeks to terminate the contracts of the program’s

IRS Increases Mileage Rates

The Internal Revenue Service today announced an increase in the optional standard mileage rates for the final six months of 2008. Taxpayers may use the optional standard rates to calculate the deductible costs of operating an automobile for business, charitable, medical or moving purposes.

The rate will increase to 58.5 cents a mile for all business miles driven from July 1, 2008, through Dec. 31, 2008. This is an increase of eight (8) cents from the 50.5 cent rate in effect for the first six months of 2008, as set forth in Rev. Proc. 2007-70.

In recognition of recent gasoline price increases, the IRS made this special adjustment for the final months of 2008. The IRS normally updates the mileage rates once a year in the fall for the next calendar year.

“Rising gas prices are having a major impact on individual Americans. Given the increase in prices, the IRS is adjusting the standard mileage rates to better reflect the real cost of operating an automobile,” said IRS Commissioner Doug Shulman. “We want the reimbursement rate to be fair to taxpayers.”

While gasoline is a significant factor in the mileage figure, other items enter into the calculation of mileage rates, such as depreciation and insurance and other fixed and variable costs.

The optional business standard mileage rate is used to compute the deductible costs of operating an automobile for business use in lieu of tracking actual costs. This rate is also used as a benchmark by the federal government and many businesses to

Mileage Rate Changes		
Purpose	Rates 1/1 through 6/30/08	Rates 7/1 through 12/31/08
Business	50.5	58.5
Medical/Moving	19	27
Charitable	14	14

McCain Endorses California Protection of Marriage Initiative

Christian Newswire/ -- United States Senator John McCain today announced his support for the California Protection of Marriage initiative on the state’s November ballot, leaders of the ProtectMarriage.com campaign announced. In an email received by the ProtectMarriage.com campaign, Senator McCain issued the following statement:

“I support the efforts of the people of California to recognize marriage as a unique institution between a man and a woman, just as we did in my home state of Arizona. I do not believe judges should be making these decisions.”

Commenting on the endorsement of Senator McCain, ProtectMarriage.com Chairman Ron Prentice said, “We are honored to have the support of Senator McCain. As a leader in the United States Senate and the presumptive Republican presidential nominee, Senator McCain’s position will be an important factor to millions of Californians. Senator McCain has articulated a key feature of the initiative campaign, which is that voters and not judges should be determining this issue. Over 61% of the electorate has already voted to reaffirm marriage as between a man and a woman.

ProtectMarriage.com Urges Supreme Court to Reject Amendment

Christian Newswire/ -- Attorneys for ProtectMarriage.com today sent a letter to the California Supreme Court urging the Court to reject a last minute filing by backers of gay marriage to prohibit voters from enacting the California Marriage Amendment this November. The amendment restores the vote of 61% of the electorate who previously approved Proposition 22 defining marriage as being between a man and a woman. The organization “Equality California” with support for liberal groups including the ACLU filed a petition late Friday demanding that the justices prohibit voters from considering the proposed amendment.

“Backers of gay marriage have never secured anything close to a majority of Californians to support their position,” said Ron Prentice, Chairman of ProtectMarriage.com. “They have had to rely on activist judges to do their bidding because voters do not support them. However, the People’s right to vote on critical measures like this is of paramount importance and we believe the Supreme Court will rightfully allow voters to have their say.”

Attorneys for the ProtectMarriage.com coalition, which is sponsoring the Marriage Amendment, said the Equality California lawsuit does not hold any merit and consists of flimsy legal arguments that will not hold up in court.

The suit contends said that the Marriage Amendment, a constitutional amendment, cannot be legally accomplished by a voter initiative, but instead must be passed through a different process for constitutional “revisions,” which would stop the initiative all together.

A similar request to block such an initiative in Oregon was denied by that state’s Court of Appeal as it was found not to be a revision under almost identical provisions to the California state constitution.

“We are confident that the California courts will throw this lawsuit in the round file so voters can reaffirm the decision they made several years ago when 61% of the electorate voted to define marriage as a union between a man and a woman,” said Prentice.

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12				13					14			
15				16				17				
18			19				20					
			21		22	23		24		25	26	27
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41				42	43							
			44		45			46		47	48	49
50	51	52				53	54			55		
56					57					58		
59					60					61		

KING Crossword

ACROSS

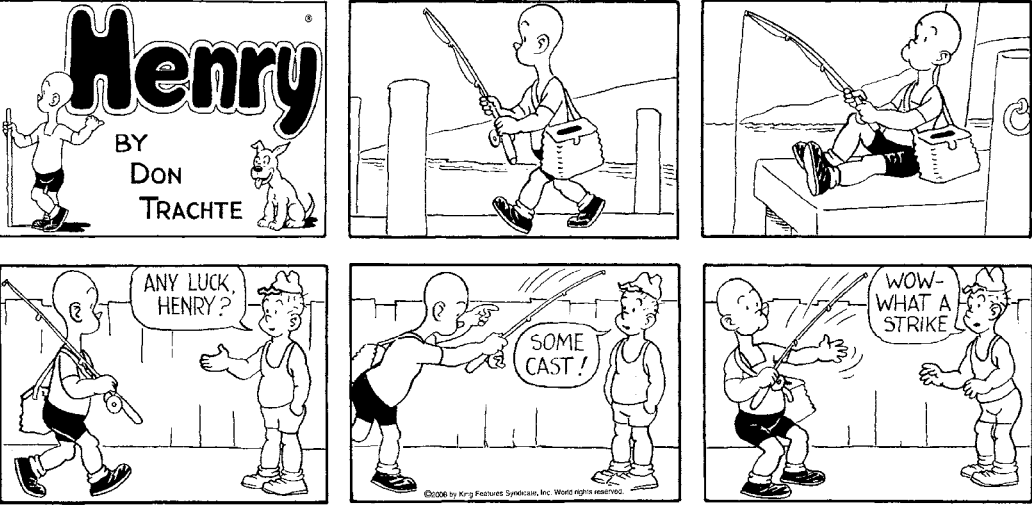
- 1 Infinitesimal
- 4 - pro quo
- 8 Soothing agent
- 12 Scepter
- 13 "Do - others ..."
- 14 Notion
- 15 As well as
- 16 Charades player's task
- 18 Outguess
- 20 Trawler need
- 21 Alaskan city
- 24 Forest
- 28 On the road to extinction
- 32 Ontario neighbor
- 33 Moray, e.g.
- 34 Marsh birds
- 36 Buddhist sect

- 37 32-Across, for one
- 39 Dating
- 41 English composition
- 43 Slender
- 44 Vast expanse
- 46 Disconcerted
- 50 Spooning
- 55 Mimic
- 56 Exam format
- 57 React to yeast
- 58 Kan. neighbor
- 59 Say it isn't so
- 60 Winglike
- 61 Nevertheless

- 1 Envelop
- 2 Very long times

Henry

BY DON TRACHTE



ANY LUCK, HENRY?

SOME CAST!

WOW-WHAT A STRIKE


GOSH, WHAT A BATTLE HE GAVE YOU!

KIN I SEE HIM?

LOOK WHAT I FOUND...MY OLD PHOTO ALBUM!

AW,PHOOEY! THAT'S SO BORIN'!

WHO WANTS TA LOOK AT OL' PITCHERS?



POPEYE

HEY CFSMAN

I THINK IT'S EXCITING!

OL' PITCHERS ONLY REMIND YA HOW OL' YER GETTIN'!

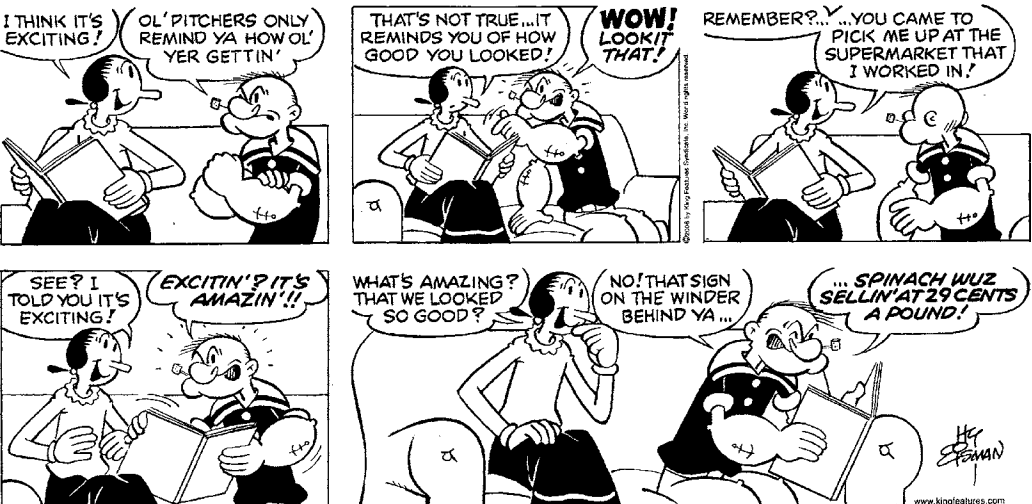
THAT'S NOT TRUE...IT REMINDS YOU OF HOW GOOD YOU LOOKED!

WOW! LOOKIT THAT!

REMEMBER?...YOU CAME TO PICK ME UP AT THE SUPERMARKET THAT I WORKED IN.

The Spats

by Jeff Pickering



JEFFY!! WHERE DID YOU LEARN A WORD LIKE THAT?

GRANDPA, I HEARD YOU SAY IT!!

I'M AFRAID THAT IS A POOR EXCUSE...

...BLAME IT ON YOUR GRANDMA!!

HOCUS-FOCUS

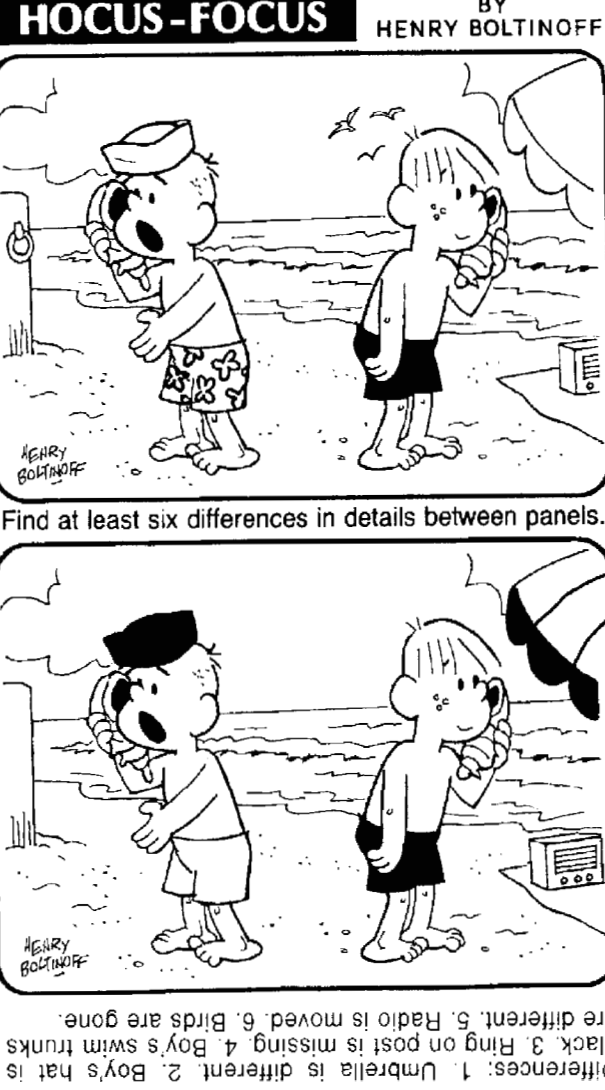
BY HENRY BOLTINOFF



Find at least six differences in details between panels.

HOCUS-FOCUS


BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Trivia test

by Fifi Rodriguez



1. TELEVISION: What was Fred Sanford's wife named in "Sanford & Son"?

2. MOVIES: Where was giant beast King Kong discovered?

3. MEDICAL: What does the drug Minoxidil do?

4. GENERAL KNOWLEDGE: What are the RITA awards?

5. HISTORY: The Peloponnesian war was fought primarily between which two groups?

6. U.S. PRESIDENTS: Who was Gerald Ford's running mate in 1976?

7. LITERATURE: Francois-Marie Arouet was a famous writer in the 18th century, but was better known by what pseudonym?

8. MUSIC: Who recorded the hit "The Banana Boat Song"?

9. ADVERTISING: What product is advertised with the slogan, "Is it in you?"

10. GAMES: How many pawns are used in a game of chess?

July Autographing Events at Barnes & Noble

Event: Local author Roger Trott will sign copies of his new book Getting In Tune (Coral Press, ISBN: 9780970829368, Price: \$14.95). Set in the mid-1970s, this musical odyssey and coming-of-age story follows the adventures of a struggling rock band as they try to make it big.

Date: Saturday, July 19 at 1:00pm

Event: Local author Donna Del Oro will sign copies of her new book Operation Familia (Florico Press, ISBN: 9780915745968, Price: \$25.95). This is the delightful story of a modern Latina and her search for romance and identity or "orgullo" (cultural pride).

Date: Saturday, July 26 at 1:00pm

Sundays Free at Crocker Art Museum

Free Admission to the Crocker Sundays 10 a.m. – 1 p.m. Bank of America Commitment Ensures Free Access for All

Through the generous support of Bank of America, the Crocker Art Museum is offering free admission hours to visitors on Sundays from 10 a.m.-1 p.m. The free admission program was slated to be modified or eliminated beginning in July due to the lack of a corporate sponsor before Bank of America's commitment.

"The Crocker is grateful to Bank of America and its commitment to the Museum and promoting the arts across the nation," said Lial A. Jones, Museum Director. "Providing free admission hours is the best way to ensure access to

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.

BAND INFORMATION: Jerry Lopes, Director glopes@macnexus.org (916) 967-1461

Band Web Site: www.capitolpops.org

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

Weekly SUDOKU

by Linda Thistle

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

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

BRAINY WORDS

W J H E B Y V T Q L O L I G D

S N O R U E N B L Y W T R P

S E B O L M K U I F D B E S Y

W U L U S A K Q O M K I T E E

F D I C D S T H G U O H T V H

B Z X N I X W N L A I N A R C

U S I C E R E B E L L U M E Y

Q M O T N G T L J M H F Y N S

D C R G N I K N I H T A E Y P

W O V T L A R B E R E C R S Q

C P N L K I H F E V C B G Z Y

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

Cerebellum	Genius	Mind	Thinking
Cerebral	Grey matter	Nerves	Thoughts
Cortex	Lobes	Psyche	Ventricles
Cranial	Mental	Skull	

All Answers on Page 12

Contract Bridge

A TRAP FOR THE UNWARY

North dealer.

Both sides vulnerable.

NORTH

♠ J 4 3

♥ A K

♦ A 10 8 7

♣ A K Q 2

WEST

♠ A 10 8 6 5

♥ 8 5

♦ J 4

♣ J 7 6 3

EAST

♠ 9 2

♥ Q 10 6 3

♦ K Q 9 5 3 2

♣ 10

SOUTH

♠ K Q 7

♥ J 9 7 4 2

♦ 6

♣ 9 8 5 4

The bidding:

North East South West

1 ♦ Pass 1 ♥ Pass

3 ♦ Pass 3 NT

Opening lead — six of spades.

Many contracts are lost by declarer when he fails to focus on the play of the hand as a whole before he plays to the first trick. This deal, for example, contains a trap for the unwary.

West led a spade against South's three-notrump contract. Declarer won East's nine with the king and, with eight tricks in plain view — two spades, two hearts, a diamond and three clubs — concluded that his best chance for a ninth trick was a 3-2 divi-

sion of the missing clubs.

But when he cashed the A-K of clubs and discovered the 4-1 break, he was finished. He wound up down one because he could not get to his hand to finesse against West's jack of clubs.

Actually, South lost the contract at trick one, when he should have played the jack of spades from dummy on the opening lead. Win or lose, this would have assured him of a later entry to his hand.

The view South should take, as soon as dummy comes down, is that eight tricks are certain and the ninth trick may come from one of two sources.

One possibility is that the queen of hearts may fall when the A-K are cashed; the other is that four club tricks may be won instead of three. The latter possibility includes not only a 3-2 club break, but also the chance that the suit may break 4-1 with East having the singleton jack or ten.

To benefit from either of these developments, declarer should arrange the play so that he can later reach his hand if it becomes necessary. After the jack of spades holds, declarer cashes the A-K of hearts and the A-K of clubs. He then leads a spade to his K-Q to establish an entry to his hand, and takes the proven club finesse for his ninth trick.

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by Steve Becker

River Stage Presents Playwright's Festival of New Works

A Play is Born at Noted Regional Theater. Sacramento. CA, June 25, 2008:

River Stage will present the area's premier new play festival starting in July. The Playwright's Festival of New Works at River Stage enters its 13th year featuring "Blame" by Bob Duxbury and "Commuters" by David Wynne.

While other theater companies take the first steps in producing playwright festivals, the eminence of River Stage in the Sacramento region is unchallenged. Landmark work by Tony Award winning playwright Mark Medoff and his astounding "Gulf War Chronicle" has propelled River Stage into the limelight as the site of seven world premiers of plays that continue to be performed.

This year Playwright's Festival opens July 18 and 19 with Bob Duxbury's "Blame". Based on an actual San Francisco event, a gay city-employed gardener is harassed by the media and ends up throwing himself off the Golden Gate Bridge. The second piece, "Commuters" by David Wynne, plays August 1 and 2 and concerns an Everyman grounded by a divisive fear of flying. Day tripping through life, love, and 20th Century Americana our hero encounters Schwinn bicycles, souped-up Chevys, air balloons, embattled submarines, and gambling golf carts hat take him places he'd never planned to go.

Directed by Frank Condon with dramaturg Lynne Damme, the audience is invited to talk back to the artistic team as the show is molded into a final product.

If you like to witness the birth of a play and contribute to its' first steps, join the electric atmosphere created by the staging of new works at the River Stage Playwright's Festival of New Works.

River Stage is located at Cosumnes River College, 8401 Center Parkway in Sacramento.

Performances are Friday and Saturday, July 18, 19 and August 1, 2. Box office opens one hour before the 8:00 pm scheduled curtain. Tickets are \$7 for the general public and \$5 for students (with I.D.). For more information and reservations call 916-691-7364.

Next Event: Hearts for Parks FREE Concert Ice Cream Social

\$3.00 per cone

Leatherby's ice cream 5 flavors

Proceeds will be used for park benches at the playground area near the picnic shelter.

WHEN: Sunday, July 6th 5 to 7 P.M.

WHERE: Rusch Park, 7801 Auburn Blvd., Citrus Heights, near the covered picnic area.

Bring chairs or blankets for sitting

SPONSORS: Sunrise Recreation & Park District (916) 725-1585

Dusty Baker International Baseball Academy



The Dusty Baker International Baseball Academy returns this year and celebrates its 25th “Silver” Anniversary. Dave Stewart, Shawon Dunston, Jim Barr are among the twelve former major

leaguers and veteran group of top-flight coaches providing instruction to students age groups; 9-12, 13-15 and 15-20 at the Sacramento area site. Approximately 5800 of the 7900 previous academy participants have moved on to high school, college or professional baseball. Active outstanding graduates are current major leaguers Geoff Jenkins, Derek Lee, Darren Oliver and the 2007 Cy Award winner Carsten “C.C.” Sabathia. “There is no substitute for hard work to become a better baseball player. With this in mind, we have carefully selected our professional staff,” said Gene Frechette, CEO. “The skills and knowledge students get here will enhance them greatly in the future, whether it be in high school, college, professional or coach of a little league team.” This is a fantastic learning

experience and training program for young baseball players. For a brochure call Bruce Carmichael at 1-530-644-3067, or E-Mail: bdcarmichael@sbcglobal.net. Visit Dusty’s website at www.dustybaker.com **What:** DUSTY BAKER INTERNATIONAL BASEBALL ACADEMY **25th “Silver” Anniversary** **Where:** Sacramento, California. **When:** Session One begins Sunday July 20th, 2008. **Session Two** begins Sunday, July 27th, 2008. **Advanced Session**, Sunday, July 27th, 2008. All sessions run Sunday through the following Friday.

Visit Dusty’s website at www.dustybaker.com

Gold River 10.0 Mixed Advance to Nationals Championships



The “Dream Team” was unstoppable in Alameda at Sectionals the weekend of June 7th and 8th, winning 9 matches

in a row without dropping a set. Kelly Wilson and Amine Khaldi were untested and dominant with speed, agility, and

shot selection that left opponents in awe. Marty Rothfels and Isabella Kling were “pitbull” determined and imposed their will to continue an 8-0 win record this year. Captain Carmel Hill-Nash and her husband, Novak are formidable in every way from experience, power, and youth. Veteran Karen Burns, another Australian charmer, with guile and shot options galore, contributed multiple wins with partners Jeff Shin and Novak Nash. This team is remarkably gifted and deep in experience and reputation. It is a wonderful opportunity with the Mixed Doubles Nationals event being hosted by Gold River Racquet Club in November to have the top level represented by some of our areas finest players playing in front of our home crowd. Mark your calendars for November 20th, 21st and 22nd to see some high level tennis.

Equipment Tips To Help Improve Your Golf Game

(NAPSA)-While talent and skill play important roles, the success of a player’s golf game relies greatly on having the right equipment. If you’re looking to improve your golf game, here are a few pointers from world-renowned golf instructor David Leadbetter:

- Use Clubs That Fit. Clubs that are too heavy will be difficult to control. A club that’s too long or too short will throw off a golfer’s stance and swing. If the club is too long, the toe of the club will have a tendency to point further up, causing the ball to hook. Too short and the toe will point toward the ground. The best way to judge length is by holding at least three different lengths of clubs and checking to make sure a natural swing contacts the clubhead at the sweet spot.
- Get a Custom Fit. Custom club fitting can greatly improve performance. Clubs that are fitted to one’s body type and ability help promote great posture, straighter and longer drives and more accuracy with your irons. Visit www.PlayGolfAmerica.com and insert your zip code to find a PGA professional near you, to help ensure that the equipment you plan to purchase is the right fit for your game.

- Regrip Your Clubs. Fresh grips are proven to shave three to four strokes off a single round, so changing your grips annually will keep you playing your best. Worn grips can cost a golfer strokes in two ways. First is slipping and second is by creating tension. If a worn grip turns in your hand even one-sixteenth of an inch, a 200-yard shot will miss its target by 20 yards. A worn grip also causes a golfer to squeeze the club tighter, resulting in arm and wrist tension that can inhibit proper swing mechanics, leading to loss of distance and control. Log on to www.golfpride.com to find a grip that’s right for you.
- GoHybrid-Clubs.The forgiveness of a hybrid club is awesome. Though the designs and lofts vary from make to make, they generally have a small, compact head, wide sole and low center of gravity. Most find these clubs easier to hit than either fairway woods or irons-even the mid to shorter irons. Their shorter lengths make them easier to make consistent solid contact, and these clubs yield higher trajectories. Play the Right Ball. The surface of most golf balls consists of a pattern of 300-400 dimples, which are designed

to improve the ball’s aerodynamics. Depending on method of construction and materials used, a golf ball’s characteristics can be greatly affected. If your game needs more distance, consider using a ball that reduces spin and carries farther. If you are looking for more feel around the greens, choose a softer ball that will generate more spin off the clubface. David Leadbetter is considered the world’s No. 1 golf instructor. Coach to countless PGA Tour players, he is known throughout the world for his innovative and creative teaching techniques. Leadbetter is the author of seven books, has written and produced more than a dozen DVDs and is the designer of several golf-training aids



David Leadbetter

Infielder Pennington Named to MLB All-Star Futures Game at Yankee Stadium

Sacramento infielder Cliff Pennington will represent the River Cats and the Oakland A’s in the 10th Annual Major League Baseball Futures Game, to be played July 13th at Yankee Stadium in New York, NY. The game, which is part of Major League Baseball’s All-Star Weekend and is played two days prior to the Major League All-Star Game, pits many of the top American born prospects in the game against young stars from around the world. The game will be broadcast nationally on ESPN2



(first pitch is scheduled for 9:30 a.m. PDT). Pennington will be one of three A’s prospects to play in the game, joining Stockton pitcher Henry Rodriguez and Midland pitcher Trevor Cahill (who will pitch for the World and U.S. teams, respectively). Primarily a shortstop, Pennington has played both short and second base for the River Cats this season. A 1st round selection by the A’s in the 2005 Amateur Draft, he joined the Cats after being promoted from Double-A Midland on May 30. The native of Corpus Christi, Texas played his collegiate ball at Texas A&M University.

River Cats Announce 2008 Puglia Award Winners

Honor goes to high school baseball and softball players in the Sacramento region The Sacramento River Cats announced the winners of the ninth-annual Robert K. Puglia Awards on Friday night, presented to the high school baseball and softball players in the Sacramento region that best exemplify the characteristics of a winner. The following winners were presented with their awards during a pre-game ceremony at Raley Field prior to the River Cats game vs. the Fresno Grizzlies:

Softball
Allie Crump of Elk Grove High School (Division I-II)
Alyssa Nakken of Woodland High School (Division III-IV)
Mica Romero of Woodland Christian High School (Division V-VII)

Baseball
Josh Silver of Franklin High School (Division I-II)
Bryce Bandilla of Bella Vista High School (Division III-IV)
Matt Gualco of Delta High School (Division V-VII)
A board of qualified individuals chose the winners based on their play, leadership, sportsmanship and academic efforts. The selection committee for this year’s Puglia Awards consisted of the following individuals from the Sacramento community: Mark McDermott (former Sacramento State pitcher and longtime local sports writer), Cuno Barragan (former major leaguer and Sacramento Solon), Len Frizzi (Sac-Joaquin CIF), John Baker (father of Dusty Baker), Gene Frechette (Dusty Baker School of Baseball), Jim Pagliaroni (former major

leaguer), Harry Dunlop (former major league coach), Bob Oliver (former major leaguer), Bill Paterson (Sacramento Bee prep writer), Hal Steinback (former baseball coach), Tony Asaro (Sacramento River Cats Senior Director of Community Relations) and Bob Hemond (Sacramento River Cats Executive Vice President). Robert K. Puglia, the award’s namesake, was the Presiding Justice of the Court of Appeal (Third Appellate District) in Sacramento from Nov. 27, 1974, until Nov. 20, 1998. He was appointed to the Superior Court in August 1971 by former Governor Ronald Reagan, and was named an Associate Justice in June 1974. The award is in honor of Puglia, who passed away in 2005, for his devotion to amateur baseball in the Sacramento Region.

Vision Protection Helps Kids Avoid Eye Injuries

(NAPSA)-Each year in the U.S., more than 100,000 sports-related eye injuries occur. Children under the age of 15 account for 43 percent of these injuries, most of which are preventable by using the right protective eyewear. Children participating in any activity that uses a ball or racket, involves rough contact with other players or requires travel at high speed-whether on a school team, in physical education class or even just playing with friends-should wear protective eyewear. An eye doctor can help you identify specific eyewear to protect your child from unnecessary eye injuries. The Vision Council recommends that parents look for safety glasses, goggles, safety shields and eye guards with:

- Polycarbonate lenses, a type of clear plastic that is impact resistant;

- 100 percent ultraviolet (UV) protection and a scratch-resistant coating;
 - Padded or rubber bridges for comfort;
 - Deep-grooved eyewires to keep the lenses from falling out if the frame is hit hard;
 - A face-formed shape to provide a wider field of view;
 - Headband attachments to keep the frames from slipping.
- To learn more on vision safety, visit www.thevisioncouncil.org.



Sun Protection Tips

(NAPSA)-Sun protection is an essential part of skin care health every day of the year, but it’s especially important during the warmer months when people are outdoors more. Here are a few skin protection tips for the whole family:

- Sunscreens vary in their ability to protect against UVA and UVB rays. Be sure to select one, like the new CVS/pharmacy Continuous Spray Sunblocks, with a sun protection factor (SPF) of at least 15 for adults and 30 for children.
- Pick up moisture-resistant sunscreens for longer-lasting protection on days you might swim or perspire heavily.
- Make it easier to reapply sun protection throughout the day

by carrying a travel-size, like those found exclusively at CVS/pharmacy, in your handbag, golf bag or backpack.

- Keep children out of the sun when it is at its most dangerous, between 11 a.m. and 3 p.m. During those hours, move playtime into the shade.



Reapply sunscreen frequently. A travel-size sunscreen can make it easier to reapply whenever you need to.

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Stay young! Call Gold River Racquet Club today to learn more about our special membership incentives for active adults.

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Monday-Tuesday-Thursday-Friday-Sunday 9am to 10am

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SFAC Exclusive: “Watercolor Expo” “California Life!” Show at Chroma

The Sacramento Fine Arts Center is proud to present watercolor artist William Vaughn Willis in an exclusive “Watercolor Expo” showing 20 original watercolor paintings. The exhibit will run from July 8th through July 26th, 2008 at the Sacramento Fine Arts Center. There will be a special reception for the featured artist on Second Saturday July 12th, from 5:00 to 9:00. At this evening event the artist will demonstrate a complete “start to finish” large (4 foot by 10 foot) watercolor painting. In addition, he will repeat this demonstration

every Tuesday night of the show. The Gallery is open to the public Wednesday through Sunday 11:00 to 3:00 and Tuesday 11:00 to 7:00. The July show at Sacramento Fine Arts Center will also present a special exhibit of paintings by the SFAC Board of Directors, all of whom are accomplished artists and donate their time to the center. The show can be viewed at the Sacramento Fine Arts Center, 5330B Gibbons Drive, Carmichael, CA 95608. Call (916) 971-3713 for more information.



Expo II, William Vaughn Willis, watercolor

Tina Jalalian, newest member of Chroma Gallery’s ensemble of exceptional professional artists, is jumping right in as July’s featured artist with her show titled “California Life!” While Chroma is known as Sacramento’s premier plein air landscape gallery, many members are proficient at still life painting as well, and Tina is no exception. Her collection of still life paintings is a testimony to her multifaceted talents and extensive training, which includes the teachings of Susan Sarback and Irene Lester at the School of Light and Color in Fair Oaks, as well as Lescek Forzcek and Robert Burridge.



Hydrangeas by Tina Jalalian

Sweet Dreams without the Health Nightmares

(NewsUSA) - If you need espresso to function in the morning, it might be time for a wake-up call.

A good night’s sleep allows people to wake up feeling energized, but over 70 million Americans still struggle to get enough zzzs.

Poor sleepers now fuel a \$20 billion worldwide sleep aid market. But popping pills can cause unwanted side effects. Over half of all insomniacs worry about sleeping pill addictions.

Most grocery stores stock herbal teas that claim sleep-inducing properties, and bath stores sell lavender-scented pillow spritzers.

Dreamerz Foods (www.dreamerz.com) is a new generation of sleep solutions that are all-natural, but backed with science. They offer a natural alternative to pharmaceuticals that is proven more effective than mom’s chamomile tea and warm milk. For Americans looking for a better night’s



sleep without a prescription, Dreamerz may help satisfy sweet-tooths, while also promoting healthy sleep.

Dreamerz launched two soothing, dairy-based, sleep dessert beverages last year. Chocolate S’nores and Vanilla Van Winkle, contain all-natural ingredients scientifically proven to reduce stress and promote relaxation, Lactium (a milk protein) and melatonin. As part of a nightly before-bed ritual, the drinks can help promote regular sleep cycles.

The products proved so effective and popular that Dreamerz decided

to introduce two other sleep-friendly eatables.

Chocolate Pillows look and taste like high-end chocolates, and they contain PharmaGABA, a stress-reducing protein amino acid, and melatonin. One Milk Chocolate or Dark Chocolate Pillow taken one hour before bedtime can help promote longer, higher-quality sleep cycles. The chocolates contain only 50 calories, so they

won’t break diets.

Dreamerz new Herbal Fruit Flavored Drink Mixes, which come in three flavors, are caffeine-free and portable for jet setters, and they contain 30 calories per packet.

Ten clinical studies on low-dose melatonin, eight studies on Lactium and five studies on PharmaGABA prove the sleep aids’ effectiveness. Dreamerz has been proven to help people fall asleep faster without feeling groggy in the morning.

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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.
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Pico De Gallo
Shrimp &
Avocado Salad

Saucy SUMMER SALADS

FAMILY FEATURES

Summer is time for barbecues, block parties, picnics and fun with family and friends. For your entertaining, it's easy to liven up summer menus with fresh and flavorful salads. And salsa is the secret ingredient that can make any salad saucy and delicious.

- Salsas can be used for any part of your summer party menu — appetizers, salads, as a dressing for salads, or as part of main dishes.
- Salsa also is perfect as a marinade that can take your grilling from good to gourmet. It's a quick and easy way to add flavor and tenderize meats.
- Brush salsa on top of your grilled chicken, pork, seafood, shrimp, ground beef and steak, then add to your favorite salad. There are so many flavors to choose from that greens will never be ordinary again.

Salads are easy to make, even at the last minute, and they're a great way to bring refreshing flavor to the table without weighing you down. Enjoy a little summer adventure by trying a new salsa flavor to spice up your salads and wow family and friends.

For more creative summer recipes and serving suggestions using Pace Picante sauce and the new specialty salsas featuring fresh, authentic ingredients, visit the Pace Web site at www.pacefoods.com.

Grilled Chicken Salad

Prep: 10 minutes
Cook: 15 minutes
Makes: 4 servings

- 1 cup Pace Picante Sauce**
 - 3 tablespoons vegetable oil**
 - 1 tablespoon lime juice**
 - 1/4 teaspoon garlic powder or 2 cloves garlic, minced**
 - 4 skinless, boneless chicken breasts**
 - 1/2 teaspoon chili powder**
 - 6 cups mixed salad greens torn in bite-size pieces**
 - 1 can (about 16 ounces) black beans, rinsed and drained**
 - 2 medium oranges, peeled and sliced**
 - 2 green onions, sliced**
1. Mix picante sauce, 2 *tablespoons* oil, lime juice and garlic powder.
 2. Sprinkle chicken with chili powder. Brush with remaining oil.
 3. Grill chicken 15 minutes or until done, turning once. Slice chicken into strips.
 4. Place salad greens on 4 plates. Top with chicken, beans and oranges. Sprinkle with onions and pour picante sauce mixture over all.



Tequila Lime Corn & Bean Salad

Tequila Lime Corn & Bean Salad

This salad is delicious served with grilled chicken breasts.

Prep: 20 minutes
Makes: 5 cups

- 1 cup Pace Tequila Lime Salsa**
 - 1 large red pepper, diced (about 1 cup)**
 - 1 cup whole kernel corn**
 - 1 can (about 15 ounces) black beans, rinsed and drained**
 - 1 mango, peeled, seeded and diced (about 1 cup)**
 - 2 tablespoons chopped fresh cilantro leaves**
1. Stir the salsa, pepper, corn, beans, mango and cilantro in medium bowl. Serve immediately, or cover and refrigerate until ready to serve.



Grilled Chicken Salad



Salsa Verde Grilled Steak Salad



Tequila Lime Vinaigrette

Pico De Gallo Shrimp & Avocado Salad

Prep: 10 minutes
Cook: 10 minutes
Makes: 4 servings

- 2 tablespoons canola oil**
- 1 pound extra large shrimp, peeled and deveined**
- 1 jar (16 ounces) Pace Pico De Gallo Salsa**
- 8 cups mixed salad greens**
- 1 medium ripe avocado, peeled, seeded and sliced (about 1/2 cup)**
- Ranch salad dressing**

1. Heat oil in 12-inch nonstick skillet over medium-high heat. Add shrimp and cook until they're cooked through, stirring often. Pour off any oil. Add 1 *cup* pico de gallo and toss to coat.
2. Divide salad greens among 4 bowls. Spoon shrimp mixture over greens and top with avocado slices. Serve with dressing and remaining salsa.

Tequila Lime Vinaigrette

Prep: 5 minutes
Makes: 1 1/4 cups

- 1 cup Pace Tequila Lime Salsa**
 - 1/4 cup olive oil**
 - 1 tablespoon cider vinegar**
 - 1/4 teaspoon ground black pepper**
 - Mixed salad greens**
1. Beat salsa, oil, vinegar and black pepper in medium bowl with whisk or fork. Serve over salad greens.

Tequila Lime Shrimp: Toss 1/2 *pound* hot cooked shrimp and 1/4 *cup* vinaigrette in medium bowl. Serve over hot cooked rice. Serves 2.

Tequila Lime Shrimp Salad: Toss 1/2 *pound* cold cooked shrimp, 1/4 *cup* vinaigrette and 4 *cups* mixed salad greens in large bowl. Serve immediately. Serves 2.

Salsa Verde Grilled Steak Salad

Prep: 10 minutes
Marinate: 30 minutes
Cook: 10 minutes
Makes: 4 servings

- 1 pound beef skirt steak**
 - 1 jar (16 ounces) Pace Salsa Verde**
 - 8 cups chopped romaine lettuce**
 - 1/4 cup shredded Mexican cheese blend**
 - 1/4 cup sliced pitted ripe olives (optional)**
 - 1/4 cup sour cream (optional)**
1. Pour 1 *cup* salsa into shallow nonmetallic dish or resealable plastic bag. Add steak and turn to coat. Cover dish or seal bag and refrigerate for 30 minutes or overnight.
 2. Lightly oil grill rack and heat grill to medium. Grill steak for 10 minutes or until desired doneness, turning it over halfway through cooking and basting it often with marinade. Throw away any remaining marinade.
 3. Slice steak diagonally into thin slices. Divide lettuce among 4 bowls. Top each with 1/4 of the steak, 2 *tablespoons* salsa and 1 *tablespoon* cheese. Top each with 1 *tablespoon* olives and 1 *tablespoon* sour cream, if desired.

Citrus Heights Red, White and Blue Parade Entertains Thousands



Saturday June 28th, Citrus Heights held their 9th annual Red, White and Blue Parade in front of the Sunrise Mall. This yearsparadetheme,“Marching Forward”, entertained parade goers with local businesses and organizations, marching bands, vintage cars, clowns,

live animals, mad scientists and more.

Despite the poor air quality, the weather was perfect. The Patriotic crowd lined the parade route that closed down Sunrise Blvd between Madison and Greenback.

The Rotary Club of Citrus

Heights held a pancake breakfast in the Sunrise Mall Parking lot from 9:30 till noon. The days festivities were sponsored by the City of Citrus Heights and Local Businesses. For more information please contact www.citrusheights.net.

Photo by Amanda Menella

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E-Z TO FIND

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

Parkinson Association

Northern California

15th Annual PANC

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Speakers

Dr. Sukesh Khundhar
Neurologist, Kaiser Permanente Sacramento Medical Center, Department of Neurology

Dr. Paul Larson
Assistant Clinical Professor of Neurological Surgery, Neurosurgery and Parkinson's Disease Research, Education and Clinical Center, San Francisco Veterans Affairs Hospital and Medical Center, Principal Investigator, Movement Disorders Research

Dr. Nicholas Thakur
Neurologist, Sutter Neuroscience Medical Group

For Information: CALL PANC 916.489.0226

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