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Volume 3 Issue 14

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

Second Edition for July 2008

Local Mom Wins District Teacher of the Year



Marilyn Barrett Spiegel, a 6th grade teacher at Earl LeGette Elementary School

By Bonnie Sedgwick

Orangevale-Each year, members of the community nominate exemplary teachers to represent the 2,300 teachers in the San Juan Unified School District as teacher of the year. Nominees then complete a lengthy written application as well as an oral interview with previous Teachers of the Year. One of this year's two selections as Teacher of the Year is Marilyn Barrett Spiegel, a 6th grade teacher at Earl LeGette Elementary School. Spiegel and her fellow Teacher of the Year, Anne Whitford, will now advance to the county competition for the Sacramento County Teacher of the Year in early September. County selections then advance to a state level competition for Teacher of the Year.

Spiegel hopes that by being Teacher of the Year, she can encourage more teachers to write

grants and take advantage of the money that is available to enhance their programs. She said that being chosen to represent the SJUSD was "very humbling. It wasn't about me as much as the message that children really are the future and we need to prepare them for the type of world they are inheriting from us."

Spiegel began her teaching career in San Juan Unified in 1998 following a successful career as a professional chemist and parasitologist. After being an active parent volunteer in her sons' classrooms, she decided to obtain a teaching credential and share her passion for science with students. She is active on a number of different fronts. She has secured nearly \$30,000 in grants over the last 6 years which she has used to develop a program to teach 6th graders about renewable and nonrenewable energy sources.

She serves on the district's Science

Adoption Committee and the California Department of Education's Content Review Panel for the STAR exam. She is also an active member of the LeGette teacher/student guitar ensemble when she is not offering before school, after school, and lunch time tutoring. In her spare time she serves as an Advancement Coordinator with troop 248 of the Boy Scouts of America in with the Citrus Heights Stake of the Church of Jesus Christ of Latter-Day Saints. She has held this position for the last 14 years. Her three sons advanced to the rank of Eagle Scout which is the highest rank a Boy Scout can achieve. Spiegel was previously recognized for her excellence by Congressman John Doolittle. The congressman addressed the members of the House of Representatives and read a declaration of her accomplishments. This declaration is now a part of the nation's official record.

Youth Rebuked for Singing National Anthem in Capitol

California Youth Reprimanded for Singing National Anthem

Sacramento, Christian Newswire/ -- Students attending a youth leadership conference were reprimanded by capitol security yesterday afternoon for singing the National Anthem and God Bless America in the state capitol rotunda. The patriotic expression was apparently so egregious that state troopers were called in to the rotunda to rebuke the students.

As the students ended their singing, several armed troopers entered the rotunda along with capitol sergeants-at-arms. They confronted conference staff and informed them that such singing is prohibited in the state capitol without a permit from the Rules Committee.

Undeterred by their shocking treatment at the hands of government officials, the students have applied for a permit to sing this Saturday, when they will visit the capitol for a mock legislative session on the Assembly and Senate floors.

The forty-five young people from all across California were at the capitol to attend the City on the Hill Youth Leadership Conference, where they learn the legislative and political processes. After spending the day meeting with lawmakers and their staff, the youth aged 14-18, engaged in a spontaneous expression of passion for their country by singing the National

Anthem and God Bless America. Tourists walking through the capitol stopped to listen to the singing and clapped enthusiastically.

Among the students attending the conference were two young people whose father was held in a Communist prison in Romania. Another student is a Russian immigrant.

"This was a ghastly overreaction to some students expressing their patriotism in the seat of government," stated Karen England, Executive Director of Capitol Resource Institute and director of the youth conference. "These young leaders have sacrificed a week of their summer to come learn about our government system and this is the 'welcome' they receive from the government."

"I am deeply saddened by the treatment these young patriots received at our state capitol," stated Meredith Turney, legislative liaison for Capitol Resource Family Impact and a graduate of City on the Hill. "This invaluable program equipped me with the tools I use every day in my job working with lawmakers. Unfortunately, these future leaders have seen first-hand how we are losing our liberties-including simply expressing our patriotism in public."

Despite their treatment, the City on the Hill students applied for a government permit to sing the National Anthem in the capitol rotunda on Saturday, July 12, at 1:15 p.m.

As a follow-up to this article, we contacted the group spokesperson. The students arrived at the capitol on Saturday morning and conducted their mock legislative session on the Senate floor until noon. They then had lunch in the capitol basement. At 1:00 pm the students walked into the capitol rotunda and gathered in one corner. They prayed for ten minutes until 1:15, the time designated by the government permit. They delivered a stirring performance of the Star-Spangled Banner that brought a tear to the eye of everyone in the rotunda. Many friends and family members of the students were in attendance. The students then sang God Bless America. At the end of their performance, the students received a loud round of applause from their audience, including tourists walking through the capitol.

There was no visible presence of capitol police or staff. The entire performance went smoothly. After singing, the students went to the Assembly floor where they finished their mock legislative session.

Pacific Justice Institute has sent a letter on behalf of the students to the capitol sergeant-at-arms, informing them that the students' constitutional rights were violated on Thursday. We hope the courage and patriotism of these young leaders will help repeal the unconstitutional restrictions on citizens' freedom in their capitol building.

Sacramento Business Leaders Compete to Raise Education Dollars

San Juan Education Foundation puts fun in fundraising campaign

A state budget crisis and national economic slump have challenged schools to find funds for critical academic programs. The San Juan Education Foundation, an independent, non-profit community organization formed as a link between the community and San Juan schools, has found a way to creatively engage business leaders in support of science, technology and arts programs.

The STARS Game will challenge seven business and community leaders in a series of competitive events, one each month for three months. The individual who scores the most points will win the "game" and a part in a Hollywood film.

The first "game" is July 30 and will involve filling seats at a River Cats game. Bella Vista Madrigals will sing the National Anthem and elementary school children will participate in the Field of Dreams, while STARS Game participants strut their stuff during an on-field competition and the winner throws out the first pitch.

The second game will be August 25 at Mira Loma High School. Each participant will use recycled materials from RAFT (Resource Area For Teachers) to create a sculpture in collaboration with an International Baccalaureate art student.

The third and final game will pit participants in a cooking competition hosted by Mulvaney's B&L on September 15. Each participant will be paired with a culinary arts student

from San Juan High School to prepare an appetizer with the winner selected by the Dining Divas.

The grand finale will take place at Sacramento Theatre Company on October 20 where theatre students from SJUSD will present an original "spoof" of participants to the accompaniment of music by the Rio Americano jazz trio. A video recap of each competition will be shown and prizes will be awarded.

Participants come from a cross-section of the community and include:



Jack Rozance, Physician-in-chief of Kaiser Permanente, Michelle Wong, CEO of Synergex, Tom Kandris, CEO of American River-Package One, Jeff Hallsten, President of Hallsten Corporation, Steve Grendahl, President of Grendahl Construction Company, Nancy Brodovsky, community leader and Chair of the Board of the UC Davis M.I.N.D. Institute, Paulette Trainor, Trainor & Associates Design, and Jan Scully, Sacramento County District Attorney, who will be attending several of the series of events.

"The Sacramento chapter of the Entrepreneurs' Organization (EO) has recognized the importance of providing students with educational programs that

inspire a love of learning and prepare them to succeed in a global economy," said EO Board member John Finegan, explaining EO's sponsorship of The STARS Game and the participation of three EO members.

"We can not depend on government funding alone to provide the high caliber educational opportunities our students need and our community demands. We believe it is critically important to do everything we can as members of the Sacramento community to enrich the classroom experience and offer support to teachers who are creative, innovative and want to challenge their students," Finegan said.

District Attorney Jan Scully said, "I am proud to support the San Juan Education Foundation and its mission to advance education through a partnership with parents, educators, business, and the community. Providing students with innovative and engaging learning experiences is an important step in keeping our youth out of the juvenile justice system."

Nancy Brodovsky described the events as "whimsical and fun," while Kaiser chief Jack Rozance put participants on notice that he intends to win the River Cats event "so I can throw out the first pitch."

The community can attend the River Cats event on July 30 by purchasing tickets on the San Juan Education Foundation web site at www.sanjuanfoundation.org.

Tickets will also be available for the Sacramento Theatre Company event on October 20. Contact the Foundation for more information at 916.989.0852.

Job Demand and Hiring Local Trends Reported

Sacramento companies are expecting to hire more in the 3rd Quarter. Pacific Staffing has learned that fifty-nine percent (59%) of Sacramento's top companies plan to hire in this Quarter. Twenty-two percent (22%) percent attribute their motivation for hiring to expand

their workforce in July, August and September. In direct phone polls of 100 top regional companies, human resource contacts report plans to hire more added workers in Q3 2008 than were hired in the previous quarter (16%), or at this same time last year (14%). Most Third Quarter is still motivated by the need for replacements, forty-one percent (41%) are hiring for expected attrition while eighteen percent (18%) seek workers for seasonal needs.

The expected number of companies planning to reduce their workforce in the upcoming quarter has also fallen since the last Employment Trends Survey in April. Eight percent (8%) of companies polled in June say they will reduce their workforce. Seven percent (7%) say it's slow business prompting the expected layoffs.

Thirteen percent (13%) of those polled say helping employees cope and reducing company costs for gasoline is their primary headache in the near future.

Of the top 100 Sacramento Regional Companies 35% are Service, 37% are Manufacturers, 19% are Construction and 9% are Retail

Sacramento employers are

seeking qualified technical skills, sales, customer service, manufacturing, warehouse and shipping experience in Third Quarter.

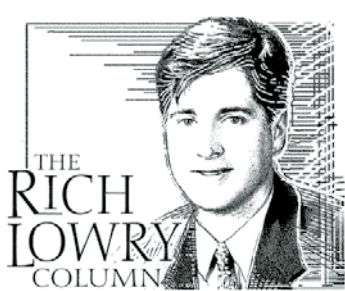
When offered the choice of bonus money, more vacation, a larger office, more staff, a company car or something they might suggest, what did they choose most often?

When asked to 'make a wish' about incentives on the job, HR pros in Sacramento wanted more paid time off! Vacation was selected by twenty-nine percent (29%) of those polled, while another twenty-eight percent (28%) went for bonus money. No one wanted a larger office, but eight percent (8%) of the human resource managers asked for more staff. Three percent (3%) chose the company car.

Most interesting were suggestions offered by those polled. The ability to manage their own work through flextime came up frequently in all industry sectors. Others suggested job security, better recognition for work done well, medical benefits for dependents, 401 K employer matching, and one just wanted a gas card!

For more information & previous workplace hiring surveys go to www.pacificstaffing.com

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John McCain: Let Them Eat Honor

The price of everything, not just driving, is going up in the era of \$130-a-barrel oil, but our presidential candidates have a hopelessly thumbless grasp of pocketbook politics.

Their mutual slogan could be “Let them eat abstractions.” Barack Obama famously couldn’t connect with working-class voters in the primaries, offering them an airy diet of hope and change. John McCain rose on his personal honor, which is why on energy he’s fumbling away the GOP’s best domestic political opening in years.

For a politician whose forte has never been domestic policy, McCain has a peculiar taste for complex, verging on unworkable, regulatory schemes -- from campaign-finance reform, to comprehensive immigration reform, to a cap-and-trade system limiting carbon emissions.

The attraction for McCain of these plans isn’t their intricacies, but their symbolism. Campaign-finance reform demonstrated his incorruptibility; comprehensive immigration reform his belief in an America open to all comers; cap-and-trade his commitment to fight global warming.

These positions were all the more alluring in that they placed McCain in opposition to what he considered the loose ethics, nativism and head-in-the-sand denial of global warming of his own party. They marked him as a bold reformer refusing to compromise himself: Here I stand, I can do no other.

If this is all very admirable, it’s not a good fit for the public mood when rising energy prices mean that the average worker’s wages are falling. For many families, this is a crisis. Besides a summer holiday from the federal gas tax that would save the average family an estimated

\$30 this summer, McCain’s signature energy initiative -- cap-and-trade -- would increase energy prices.

Live by the gesture, die by the gesture. From there, his position on energy only gets messier. He opposes drilling in the Arctic National Wildlife Refuge, another position undertaken largely for reasons of self-image -- as the Teddy Roosevelt-style conservationist defending the country’s big open spaces.

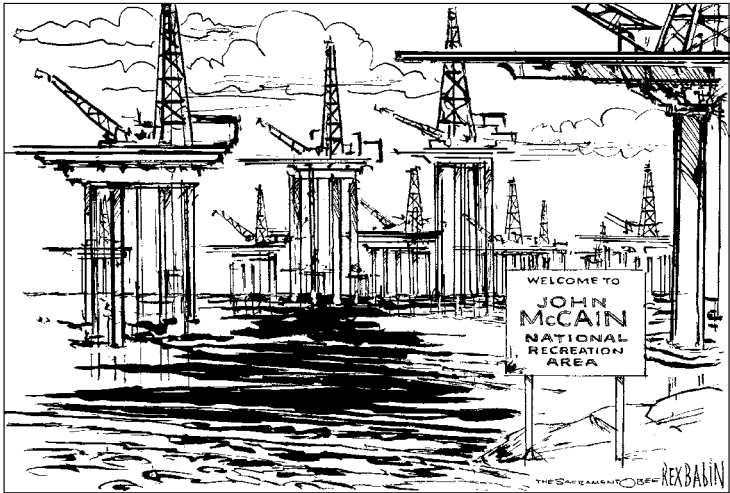
At a town-hall meeting in Philadelphia, McCain said he could no sooner drill in ANWR than in the Grand Canyon. This is like comparing a roadside flea market to the Metropolitan Museum of Art. Five million people a year visit the Grand Canyon, whereas 1,000 visit ANWR. Why would anyone want to go? It’s a frozen wasteland during the winter and a mosquito-infested bog during the summer.

McCain calls energy independence a national-security issue, but rules out obtaining here in the U.S. more of the most efficient form of energy readily available. By his own logic, the national-security candidate is putting aesthetic considerations -- the sheer unsightliness of drilling, even though most people will never see it -- over security.

The dirty secret is that, as a believer that global warming is a dangerous crisis, McCain should want gas prices to be high. Obama has been more forthright about this, saying that current prices may make for a “more efficient energy policy,” although he would have preferred a more “gradual adjustment” in gas prices. In other words, slow-motion pain at the pump.

The McCain campaign tried to pounce on this, but how can you attack someone for positions you share?

Rich Lowry is editor of the National Review.
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Faith Under Fire

Legislator: Law allows banishment of Bible
'This is written so anybody can take any part and grow it into monstrosity'

By Bob Unruh
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A lawmaker in Colorado who challenged the authors of SB200, a new law that bans discrimination based on the "perception" of gender, contends it was written to give a wide open door to anyone who wants to banish Christian beliefs or the Bible.

"This is so loaded. It's written in an open-ended fashion that anybody can take just about any part of it and grow it into a huge monstrosity," state Rep. Kevin Lundberg told WND today. "It was written with intentional [vagueness]."

He spoke with WND after a news conference at which a number of groups and organizations announced plans to challenge the law. Among those promising to dispute the new limitations on speech and actions was Liberty Counsel, which is reviewing the situation now in preparation for a legal challenge.

"Section 8 of Senate Bill 200 is a wide open door for any judge to censor anything that condemns homosexuality, including Scripture," Lundberg said at the news conference. Section 8 is headlined, "Publishing of discriminative matter forbidden."

"I do believe that the Bible is banned, under the plain language of this new statute," said Steve Crampton, general counsel of Liberty Counsel.

Others represented at the news conference were WND columnist and national syndicated talk show host Janet Folger, who wrote "The Criminalization of Christianity;" Steve Curtis, president of the American Right To Life Action and former chairman of the Colorado GOP; Kevin Swanson of Christian Home Educators of Colorado; Mark Hotaling of Christian Family Alliance and Colorado for Family Values.

Lundberg told WND the statute includes some "very troubling" provisions "that can be used in fairly heavy-handed ways. It goes so far and it goes so broad ... the more I read it the more troubled I get."

He said Section 8, for example, regarding the publication of discriminatory material.

""When it was on the floor of the house and we were debating

it I discounted the overall effect, thinking it applied to the posting of rules for hotels and lodging," he said. "When I more seriously looked at all the particulars, then it starts to encompass a prohibition on anything of a printed nature that's distributed or sold or shared for virtually any purpose."

Curtis told WND that the legal challenge will be launched soon by Liberty Counsel, and participants deliberately violated the law with a display of both the Bible and the Book of Mormon, provided by the Denver Tech Center Marriott where the news conference was held at the same time as a pastors' conference at which former presidential candidate and Arkansas Gov. Mike Huckabee was a speaker.

"We questioned whether the Marriott Corp. was in violation for distributing [the books] to us," he said. "We displayed them, which is a violation, we sold Janet Folger's book, which is a violation. We gave it away, which is a violation."

"We will go ahead and continue to violate [the law]," he said. "Our challenge to the governor is go ahead and issue the citation, arrest us, do whatever you want."

Lundberg said it's clear the Bible could be targeted by those using the vague definitions in the law.

"If you're going to be distributing Scriptures, there are clear passages that someone of a homosexual orientation could easily find offensive," he said.

He said not only did Colorado lawmakers create an open-ended document, "any court could take it to whatever direction they wanted to take it, and they would have the authority of the statute to fall back onto."

The lawmaker said there is an exemption for churches, mosques and synagogues in Section 6 of the law, dealing with public accommodations. But that definition is only for Section 6 and doesn't apply to Section 8, restricting printed material, he said.

And he said the new burden for business owners will force Christians quickly to abandon their principles, or their business.

"When you read all of the particulars, you discover it is much more inclusive of any type of commerce," he said of the rules. "When I confronted the House sponsor [Rep. Joel Judd] in debate on a photographer who found it morally unacceptable to shoot a same-sex commitment ceremony, the answer was, 'If

you choose to do commerce in Colorado you have to abide by these rules."

There are two other important factors, he noted, including the law itself which includes not just civil, but criminal penalties of up to a year in jail, for violations. And the other is the fact the legislature included a "safety" clause in the law, specifying that the law is necessary for the safety of the state, which means voters cannot take the law and put it to a vote.

"The reason I consider this to be a big deal ... to my knowledge people were going to exercise their rights with a citizens referendum, before [that right] was stripped away from them by the legislature," he said.

Curtis said his organization, American RTL Action, is a political 527 group headquarter half a block from where the legislature meets.

"We're not going to hire someone cohabitating outside of marriage," he said. "We will also violate SB200's prohibition on publishing certain biblical teachings on homosexuality."

WND reported earlier that one of the supporters of the bill, Cathryn Hazouri of the American Civil Liberties Union, told the state House Judiciary Committee: "One may practice one's religion in private; however, once a religious person comes into the public arena, there are limitations in how the expression of their religion impacts others."

The Christian publishing house Focus on the Family has called it a payback by the Democrat-controlled legislature and Democratic Gov. Bill Ritter to homosexual activists such as millionaire Tim Gill, who has donated widely to pro-homosexual political candidates.

The Focus analysis of the plan, according to spokesman Bruce Hausknecht, shows that besides the obvious impacts of opening restrooms and locker rooms statewide to members of either sex, depending on a perception of their gender, "the biggest danger this law poses is to the religious or moral consciences of small business owners who may object to doing business with people whose lifestyle they do not want to promote."

"Who would have believed that the Colorado state legislature and its governor would have made it fully legal for men to enter and use women's restrooms and locker-room facilities without notice or explanation?" Focus founder James Dobson said. "Henceforth,

every woman and little girl will have to fear that a predator, bisexual, cross-dresser or even a homosexual or heterosexual male might walk in and relieve himself in their presence."

A WND reader also expressed horror at the implications of the law.

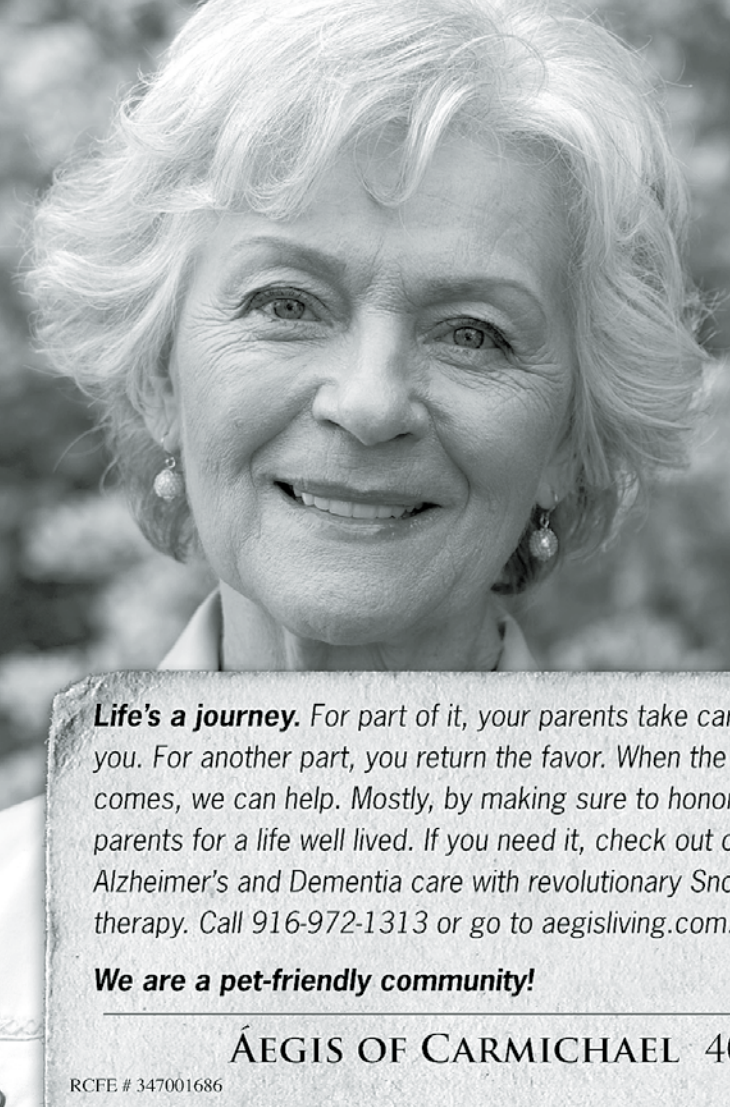
"Now, as I stand outside of a movie theater bathroom or a swimming pool shower room door and guard the most precious thing in my life: my wife and daughter's safety, modesty and privacy, I can no longer stop a man from entering a woman's domain," wrote a concern resident whose name was withheld. "(I will anyway, that's why I'm a criminal!)"

"An act that once was criminal is now legitimate, and what was taught to me as a virtue is now a vice. Not only am I liable for civil penalties but criminal, as I can be sentenced for up to a year in jail," he wrote.

"Will SB200 be the end of it? No. Next, hate crime legislation must be passed so that it is illegal for me to write this letter (as it is now illegal in Canada); then enforced homosexual/transsexual indoctrination of our children in the public educational system; finally, all other alternative forms of education must be outlawed. Impossible, you say? It's already happened in California," he said. "As I'm being forced into this 'shotgun wedding' with the radical homosexual agenda, I hope it's not too late to 'speak now, or forever hold my peace.' What is it called when you are forced, against your will, to participate in a sexual lifestyle that you find objectionable? I believe that is called 'rape.' My state legislature has 'violated' me and charged me with the crime."

Tom Minnery, the senior vice president of government and public policy for Focus, said every Christian, Jewish or Muslim business owner now is under a threat.

"We've seen ... charges brought by homosexuals against a video reproduction business in Virginia, a medical clinic in California, an adoption service in Arizona and a church in New Jersey," he continued. "Colorado tops them all on the potential outrage meter, however, because in addition to civil fines and penalties, small-business owners can be prosecuted under the criminal laws of Colorado and spend up to one year in jail for trying to live according to their faith."



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- ☒ Organize a charity drive
- ☒ Own a small dress shop
- ☐ Meditate in the mountains
- ☒ Never cook again
- ☐ Volunteer to read for the blind

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Distribution Assistant -	Gabriel Scholl	
Advertising Sales -	Perry Hartline • Anastasia Gioukaris Josh Gossett • Yolanda Knaak	
Classified Sales -	Marion Solo	
Editorial Support	Jeri Murphy	
Contributing Writers -		
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Help Military Heroes Rebuild Their Homes

(ARA) - A new outreach program that allows civilians to contribute to the rebuilding of veterans' homes is the latest evidence that Americans are behind their service people.

Families across the United States are making sacrifices to send their loved ones overseas in defense of our country. Unfortunately, many of these families are struggling to make ends meet, and understandably, home repairs move to the bottom of their list.

Heroes at Home is a joint effort between Sears Holdings and Rebuilding Together, the nation's leading non-profit working to preserve affordable home ownership by providing free home rehabilitation. The program aids military families by making necessary repairs, improvements and modifications to their homes, and allows the public to contribute to the renovations.

Last year, Heroes at Home raised nearly \$4 million, allowing the program to help hundreds of families, including 70 this spring.

While the public can go to Sears.com any time to make a donation, the program will kick off a national fund-raising effort beginning May 22. Members of the public can nominate military families for the program online at [Sears.com](#) or by calling (800) 473-4229. Consumers can also contribute by making a purchase with their Sears credit card at any of its stores.

Lawrence and Dina Clark of Portland, Ore. are being helped by the program. After serving in the Vietnam War as an infantryman and as a military policeman, Lawrence was honorably discharged in 1969. While he receives modest disability payments and maintains a part-time job to help support this family of six, he has little money set aside for home maintenance. Under the program, the Clarks will receive aid to make safety upgrades and critical repairs to the structure of the home where they have lived for 15 years.

"This means so much to me and my family," says Dina Clark. "We're so grateful and excited that Rebuilding Together Portland and Sears have come together to help us. It's really inspiring to see that people care so much about veterans."

In Peoria, Ill., a group of union firefighters nominated one of their own, Gary Shehan and his wife Deborah, to receive help from Heroes at Home. Gary, an army veteran, served his country from 1962 to 1965 until being discharged. Gary also worked as a firefighter for 29 years until health problems forced him to



Army Sergeant Ryan C. Major, of Silver Spring, Md., is the first beneficiary of Heroes at Home. The program provided Ryan with a wheelchair accessible bedroom, bathroom and elevator during an event last spring.

retire. The Shehans' home will undergo significant repairs, including a roof renovation, code-compliant wiring and plumbing repair.

"Words aren't enough to describe our thanks," the Shehans say. "We were plagued with worry for years, and with the Heroes at Home program coming in to renovate our home, we have peace of mind."

Here are some ways Americans can aid military families with home maintenance and improvement:

- * If you know a veteran or military family, take the initiative and offer to assist with basic home projects. Something as simple as helping a family repaint their living room can help enhance the enjoyment of their home.
- * Organize a fund-raiser through your church, club, school or community organization.
- * Visit [www.sears.com](#) or call (800) 473-4229 to nominate a military family for the program, or donate to the cause in-store, or online at [sears.com](#) after May 22.
- * If you make a cash donation to Heroes at Home, 100 percent of your donation will benefit Rebuilding Together, a 501 (c) (3) organization. Your entire cash donation is eligible for tax deduction treatment for US Federal tax purposes. Between May 22 and July 6, Sears Holdings Management Corporation will make a donation to Heroes at Home for every purchase made with a Sears credit card at any of its stores up to \$500,000.

Courtesy of ARAcontent

★ VETERANS POST ★

by Freddy Groves

What's Going On in Texas?

Recently a clinic coordinator at the VA medical center in Temple, Texas, sent out an e-mail suggesting that staff cut back on the number of post-traumatic stress disorder diagnoses. There was a Senate VA committee investigation, and of course, a denial that the intent was to cut back on benefits money.

Now, that very same document has been added to the pile of evidence in the PTSD lawsuit against the Department of Veterans Affairs. The federal judge actually re-opened the case so he could consider whether to add the e-mail.

And now the Office of the Inspector General has issued a report on activities at the VA's Office of Finance in Austin, Texas.

The VA awarded a contract for \$248 million for Dell computers. The OIG took a hard look at the particulars of how the contract came to be, and issued a less-than-complimentary report:

- The bid solicitation included "unnecessary criteria that may have hindered competition."
- The contract wasn't reviewed by the Contract Review Board. A business clearance review was done, but the information provided was flawed.
- The OIG determined that the contract does not meet the needs of the VA and was awarded without consultation with those who would use the computers. Veterans Health Admin, for example, told OIG staff

that the computers selected "will not meet special needs such as viewing medical images."

Then there's this quote from the report: "We asked the CO how the Fair Market Value would be established if VA decided to buy the PCs in the first or second year of the lease, and he told us that he guessed it would be discussed and negotiated with Dell."

Guessed?

Bookmark the OIG's Web site [[www.va.gov/oig](#)] and take a look now and then at the reports and publications. Some of it is fascinating reading.

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

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Freedom Alliance Scholarship Fund Extends Application Period

New Deadline is August 1st for Children of Military Heroes

Freedom Alliance is extending the application deadline for its Freedom Alliance Scholarship Fund in hopes of providing scholarships to as many students as possible.

"We have had a great response so far," said Freedom Alliance President Tom Kilgannon, "and we are encouraged that so many deserving students are taking advantage of this opportunity. In addition to the financial assistance provided to qualified applicants, each scholarship awarded is a recognition of sacrifices made by military heroes and their families. That is why we want to make this scholarship available to as many eligible students as possible and why we are happy to extend the scholarship deadline to August 1st."

To be eligible, an applicant must be the dependent son or daughter of a U.S. soldier, sailor, airman, Marine, or Guardsman, who has been killed or permanently disabled (100% VA disability rating) as a result of an operational mission or training accident, or who is currently classified as a Prisoner of War (POW) or Missing in Action (MIA). The student must also be a high school senior, high school graduate or registered as a full time undergraduate student and under the age of 26.

Please visit [www.fascholarship.com](#) or call 1-800-475-6620 to learn more about the Freedom Alliance Scholarship Fund or to complete an application. The new application deadline for the 2008-2009 academic year is August 1, 2008.

The mission of Freedom Alliance is to advance the American heritage of freedom by honoring and encouraging military service, defending the sovereignty of the United States and promoting a strong national defense.

[www.FreedomAlliance.org](#)

Military Graduates Hometown News

Army Pfc. Phillip Padilla III 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 son of Phil Padilla of Butternut Drive, Citrus Heights, Calif., and nephew of Robert Arnold of Rio Linda, Calif.

Padilla is a 1988 graduate of Mesa Verde High School, Citrus Heights.

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Environment
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You have choices for how you use electricity. As your customer-owned electric utility, we can help you save money on your bill, protect the environment, and help the community.

This summer, we can all start by reducing our energy use during the peak hours of 4:00 p.m. to 7:00 p.m. Saving today will keep costs low, maintain reliable electric service, and help build a cleaner, healthier environment for tomorrow.

How will you save today?

[smud.org/savetoday](#)

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By Lauren Forcella

Dear Straight Talk: I'm 14 and friends of mine (I'll call them Janine and Claire), go to Mexico a lot with Janine's family where they hook up with older people and get drunk. Now, as a "present" to themselves for eight grade graduation, they plan to smoke marijuana. Though Claire and Janine are my friends, they're not my best friends. If they were, I'd tell them if they didn't stop I would tell their parents. But I don't really know Claire and Janine's parents, or how they will react. What should I do? — "Kayla"

From Katrina, 15: I have a friend who started just like this. Two years later, she's popping pills and taking ecstasy. By all means, tell the parents.

From Shelby, 16: You tell their parents, trust me, your friends will hate you. Last year I was a freshman and I didn't think my friends were doing anything, and then one day I discovered differently. They didn't pressure me, but because I opened my big mouth and got mad at them, I lost a bunch of those friends. Months later, I apologized and accepted their behavior. Now, a year later, over half of them have stopped. Be there for your friends — just don't let yourself be

straight talk for teens

14-year-olds consider first marijuana use

pressured into joining them. Most likely they will grow out of it.

From Michael, 16: Unfortunately, drinking and smoking weed is like a "rite of passage" and there's not much you can do. I keep a relatively straight path by thinking of where I want to be down the road and making my decisions based on those goals. If you present your opinion in this "big picture" kind of way, you'll have more luck.

From Emily, 15: Because they're not close friends, they probably won't listen to you, but it's worth a try. On the other hand, be careful not to let their problems become yours. Kids this age are striving to look mature, however, it's the kids who choose to not pollute their bodies who are the mature ones.

From Farren, 20: I would be most worried about the drinking. Many of my peers are now dealing with alcoholism from their years in college. Imagine if you started drinking at 14! You will be doing society a huge favor by telling — or leaving an anonymous note — with their parents or a school counselor. I'm not against teenagers being curious and experimenting, but 14 is too young! Focus Adolescent Services says that teens who start drinking before age 15 are five times more likely to develop alcohol dependence than those who start at 21, and that alcohol is a leading factor in the top three causes of death for 15- to 24-year-olds, which are automobile crashes,

homicides and suicides. They go on to say that lack of parental support, monitoring, and communication are significantly related to the drinking habits of adolescents, and that harsh, inconsistent discipline, and hostility or rejection toward children also significantly predict adolescent drinking and alcohol-related problems.

Dear "Kayla": There are four good reasons to speak up: 1) For some kids, using is a phase, but for some it's not. 2) It's proven that positive peer pressure does make a difference. 3) It is particularly dangerous to pollute the brain during early adolescence because the pre-frontal cortex (which controls planning, organization, working memory, and mood), begins a huge "re-structuring" at this time. 4) It is easier for parents to manage kids when they are 14, versus, say, 17.

Since you don't know Janine and Claire's parents and are worried about how they will react, I urge you to inform a caring adult who will know how to intervene. As the statistics Farren provides note, teens are frequently driven into more dangerous behavior when a parent reacts with hostility, rejection, or undo harshness. Teens respond best to love, involvement, and clear, fair authority.

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

POPPOFF!

with Mary Jane Popp

FAT TALK

Obesity has become an epidemic in our country. The Surgeon General told us back in 2001 that more than 61% of adults are overweight...31% obese. Obese means 30% over ideal weight. Kids fare no better at 13%. According to research done in 2002, people overweight at 40 are likely to die at least three years sooner than those who are slim and trim. Would you believe being fat at 40 and beyond is just as bad as smoking for your life expectancy? Dr. William Parsons says it's time for "Tough Talk About Fat"... How to Reach and Maintain Your Ideal Weight. 10 pounds or 100 pounds, you can lose it. "Tough Talk" doesn't scold you for being fat. It teaches us how to get rid of it...all of it!

Dr. P says it works like your bank balance. Take out more than you put in, and it goes down. There are some other incredible edible facts like, don't fret about protein vs. carbs or whatever. Calorie control is everything. Then there's the exercise thing. Although important for fitness, exercise plays a minor role in weight control.

Dr Parsons also put it very bluntly when it comes to books on weight control. There are thousands of ideas out there. According to Dr. P, in the U.S., the weight loss industry is a \$58 Billion business with a 98% failure rate. Encouraging huh!? But Dr P says he is more concerned that obesity is now a major risk factor for Heart Attacks and Diabetes. He added that by wearing out weight-bearing joints, obesity is a major cause of disability. Then there's the big surgery surge movement for

morbid surgery. Dr Parsons says it saves lives, but he feels "Tough Talk" can save more.

He gets into a lot of great tips like reducing our eating by 500-700 calories a day can drop 4-5 pounds a month. He goes into tips on how to design your own program to lose weight, along with special strategies for your weight reduction program like:

- 1) Buy small...not the largest banana, apple, melon, other
- 2) Cook smaller amounts.
- 3) No nibbling while cooking
- 4) Use smaller plates
- 5) Stop eating when you feel satisfied not stuffed
- 6) Leave some food on your plate...

contrary to what mother told you about cleaning your plate

The list goes on and on, and it's pretty simple reading with basics to follow. Dr Parsons even gets into Legislation Congress should pass for a major attack on the epidemic of obesity.

With the July 4th just around the corner, you may want to fortify yourself from the mounds of desserts and taste desires by boning up on "Tough Talk About Fat". You can find all the information you need about Dr Parsons and his books at www.cholesterolnodiet.com. Just a bit of tough talk to make a difference in out life. Happy Eating I mean nibbling!!!

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



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By Jenn Hoffman

(NewsUSA) - People used to assume that electric cars were science fiction -; a technology that might help reduce gas needs in the distant future. But with gas prices on the rise, hybrid technologies never looked so appealing.

Companies now make road-worthy electric vehicles that reach normal speeds, travel normal distances and plug into normal electrical outlets.

What's not-so-normal? The cost of an electric vehicle's upkeep. Electric cars don't need gas. They don't require

QualityStocks Monthly

Electric Cars in the Here and Now

air filters or oil changes. Driving 120 miles in a gas engine car costs at least \$13.50. The electricity needed to power an electric car 120 miles costs a paltry \$2.20. Electric car buyers can also receive state and federal tax credits.

Many technology companies see potential in lithium-ion battery technology, the batteries that can give electric cars staying power. But one company, Hybrid Technologies, Inc., both builds new electric cars and converts existing vehicles to use electric motors.

Hybrid Technologies, Inc. (HYBR. OB) built one concept vehicle, the Reaper, for military use. The Reaper can handle tough terrain, reach speeds of 85 miles per hour and go 185 miles between power-ups.

Hybrid Technologies also converts the Mini Cooper, Smart Car, Toyota Yaris, PT Cruiser and Chrysler Crossfire into electric vehicles. Hybrid Technologies removes the vehicles' original gas engine and installs an electric battery, which gives each car a 120-mile range.

Hybrid Technologies sees its sophisticated battery-management system, which uses lithium-ion batteries, as the key to its financial future. It estimates that its lithium-ion

batteries will last at least 120,000 miles before they need replacement.

Hybrid Technologies offers warranties on all of its converted vehicles. If a car owner has a problem that cannot be solved over the phone, Hybrid Technologies will either send a technician to the owner's home or ship the vehicle back to its facilities.

Hybrid Technologies is attracting buzz on the marketplace. The company hopes to make an electric Mini Cooper available through Sam's Club Stores, and both NASA and the Environmental Protection Agency use technologies developed by Hybrid Technologies.

Oil now trades at over \$129 a barrel. Lithium-ion technologies can only become more valuable, and Hybrid Technologies, Inc. looks like a solid contender in the green market.

Jenn Hoffman is a host of The QualityStocks Daily News Segment each day at QualityStocks.net, and she also works as an independent business consultant to select companies nationwide. Most recently, she was featured on "The Apprentice." Hoffman will be active with "The QualityStocks for Women" newsletter, geared toward investment-minded women. To sign up for the newsletter, log on to <http://Signup.QualityStocks.net>.

Look Law, No Hands!

(NAPSA)-If you've ever glanced into the car stopped next to you at a light and saw someone wildly gesturing and talking to him- or herself, you're not alone. It happens to hundreds of motorists every day. You might even do a double take the next time this happens because the motorist you're looking at may actually be using his or her cell phone through a hands-free device.

Hands-free devices will become common with many drivers as new laws take effect in California and Washington state July 1, prohibiting drivers from using a cell phone in a moving vehicle unless the driver is using a hands-free device. Many other communities in the U.S. have these laws on the books already.

One such hands-free device, SYNC, is the newest innovation from the minds at Ford Motor Company and Microsoft. It provides consumers the convenience and flexibility to bring digital media players- Apple iPods, Microsoft Zunes and other MP3 players- and Bluetooth-enabled mobile phones into their vehicle and operate the devices via voice commands or with buttons on the vehicle's steering wheel or radio controls.

Connecting a music player to a vehicle requires only the USB cable, which comes with the device. SYNC can even play music directly from a thumb-drive, audio-in jack or chronicle music from music-compatible cell phones.



More motorists will be using hands-free devices as communities across the nation prohibit them from using cell phones while driving.

When a music device such as an iPod or Microsoft Zune is connected, music on the device can be cataloged, and with a simple voice command, such as "Play artist Bon Jovi" or "Play genre country," it will begin playing the desired music.

For hands-free calling, the system enables car occupants to pair up to 12 different phones via an always-on Bluetooth connection. SYNC can download the phone's contact list, enabling drivers to place calls using voice commands. SYNC's voice recognition system has settings for English, Spanish, and Canadian French.

For the many text messages being sent and received today, SYNC can even read incoming messages from some phones, and will give you an option for predesignated replies.

The new legislation in California and Washington state requiring hands-free cell phone use, and new tools such as this hands-free device, aim to reduce the number of distracted-driving accidents.

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Citrus Heights News & Views



“Jaws II” - Law Enforcement Agencies Take a Bite out of Crime

On Wednesday, July 9, 2008, the Citrus Heights Police Department conducted a warrant sweep in Citrus Heights. The Citrus Heights Police Department conducted the operation with the assistance of numerous partner agencies including the Federal Bureau of Investigation , California Highway Patrol, California Department of Corrections and Rehabilitation, Child Protective Services, Douglas County Sheriff’s Department, Folsom Police Department, Lincoln Police Department, Placer County Sheriff’s Department, Roseville Police Department, Sacramento Police Department, Sacramento County Probation Department, Sacramento County Sheriff’s Department, United States Marshall’s Office, and the United States Secret Service. There were an estimated 159 agency personnel involved. A helicopter and search dog teams were also on standby if needed in the sweep.

The sweep began at 7:00 am, with the first arrest coming at 7:12 am. By 9:00 am there had already been seven arrests made. The operation was being conducted in an effort to continue our efforts towards the reduction of violent crimes in the Citrus Heights community. This multi-jurisdictional/ multi-agency effort focused on suspects that have violence in their backgrounds. The operation consisted of the service of outstanding arrests warrants, probation and parole searches, and sex offender compliance checks. The average sweep team size was twelve officers. There were approximately thirty Citrus Heights Police officers involved. The operation resulted in the arrest of over thirty-one individuals. One probationer was arrested for possession of a handgun: a 9mm Ruger was seized. Four individuals were arrested for violating the conditions of their parole. One individual was arrested for possession of fraudulent documents (fake SS Card and fake Immigration Card). One child taken was into protective custody by Child Protective Services pursuant to the Drug Endangered Child protocol. One individual arrested for possession of methamphetamine. Numerous individuals arrested for active misdemeanor and/ or felony warrants. Last year’s sweep resulted in twenty-four arrests and thirty-two tickets being issued.

For Further Information, Contact The Citrus Height Police Department 6315 Fountain Square Drive, Citrus Heights, CA 95621-5577 Phone: 916-727-5500 Fax: 916-727-4974

A Heartfelt Thanks from the Citrus Heights Lions!

There are a lot of very giving and caring people who reside in Citrus Heights. Recently the Citrus Heights Lions participated in the Red, White and Blue Parade collecting used eyeglasses for people who really need them. Thanks to all of you, the club received a tremendous amount of eyeglasses.

In addition the club wishes to thank the media including the American River Messenger for helping to get the word out to the community about this Lions’ Project. We thank you all and those who will benefit from your generosity are very, very grateful for your help. Keep those used eyeglasses coming! Call the Lions’ message center number 916 723-4239 to find out where you could drop off your old pair of eyeglasses. Visit the club’s website to see what they are all about www.chlions.com or the Lions’ district website at www.district4c5.net

Support the Lions Pediatric Trauma 1 Unit

Support the Citrus Heights Lions in their efforts to raise money to benefit the U.C. Davis Medical Center Lions Pediatric Trauma 1 Unit - (part of the UCBMC Surgical Pavilion/Trauma Center Project)

The UC Davis Health System cares for the most seriously injured and ill children, and the most medically complex cases, from all of Northern Inland California – an area that includes over 6 million residents in 38 counties. The appropriate care of these critically ill or injured little patients is profoundly different from that of adults. Children often cannot adequately communicate symptoms. Their emotional reactions to the ER and medical procedures differ according to age.

Here’s the problem. The current design of the ER has critically ill adults and children being treated in the same cramped areas. The UC Davis team of critical care physicians strongly believes a separate Pediatric Emergency Room area will increase the effectiveness of care, while also assuring the least amount of emotional trauma for children and their families.

The Lions believe that, as a community, we must always remember that the strength of tomorrow depends upon the well being of our children today.

Thanks for your support!

“Protecting Your Company from Legal Issues”

Citrus Heights Regional Chamber of Commerce Lunch & Learn Program Presents “Protecting Your Company from Legal Issues”

Date: Tuesday, August 5th
Time: 11:30 am – 1:00 pm
About Our Presenter:
William C. Seiffert, attorney at law has been practicing law since 1988. He has a general practice law firm in Citrus Heights concentrating in Estate Planning, Probate, Personal Injury, Business Law, Family Law, and Aviation Law.

Bill is the current Vice Chair for the Citrus Heights Planning Commission and has been active on this commission since 2005. Bill is also on the Board of Directors of the Citrus Heights Regional Chamber and is an active participant in our Government Issues Committee. Additionally, Captain Seiffert has a distinguished military career in the United States Air Force.

Topic: An attorney’s perspective on business ownership issues

- Liability Protection
- Tax Implications



Citrus Heights, CA 95621
To reserve a seat or for more information contact Renee “RJ” John at (916) 722-4545 ext. 23. Space is limited – reservations are required
Fax to (916) 722-4543 or Email RJ@ChChamber.com.

Location: Citrus Heights Regional Chamber of Commerce 7115A Greenback Lane

- Commercial Leases
- Other Legal Issues for Business Owners
- Questions & Answer Forum

Expand Your Horizons with Leadership Citrus Heights

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

The class meets for nine months and is limited to 25 adult participants. Mercy San Juan Medical Center is the event sponsor, hosting the classes each month in the medical center conference room at the hospital on Coyle Avenue, and providing dinner to the participants. The classes will be held the 1st Tuesday of each month for 4 1/2 hours with Graduation taking place on June 2, 2009.

Contact the Chamber for an application to register before August 31st. Last year’s Leadership Citrus Heights sold out so interested parties are encouraged to act soon. The Chamber can be reached at (916) 722-4545 or bettie@chchamber.com. Applications are available at the Chamber office located at Fountain Square 7115- A Greenback Lane. The class is open to men and women who live or work in Citrus Heights.

A Business Leaders Trip to China

The Citrus Heights Regional Chamber Of Commerce & Citilinc International Offers:

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Tour highlights include Beijing, Tian An Men Square , The Forbidden City, the Great Wall, Hangzhou, the Temple of Heaven, the Lingering Garden and the National Embroidery Institute just to name a few!

For a complete brochure or more information please call the Citrus Heights Regional Chamber of Commerce at 722-4545.

Free Summer Concerts Continue in Citrus Heights

The City of Citrus Heights and the Sunrise Recreation and Park District are proud to once again launch the Summer Concerts in the Park series. The concerts, all of which are free-of-charge, kicked-off on Sunday, June 15th and continue on various dates through August 31st. The concerts take place from 5:00 p.m. to 7:00 p.m. at Rusch Park, 7801 Auburn Blvd., in Citrus Heights (at the corner of Auburn & Antelope). Scheduled performers for the upcoming concerts include:

- Sunday, July 27th: River City Concert Band
- Sunday, August 31st: Cats-n-Jammer’s Jazz Band

Bring your own chairs and blankets and come out to enjoy some festive music in the scenic Rusch Park surroundings. If you have any questions, please call the Sunrise Recreation and Park District at 725-1585 or the City of Citrus Heights at 725-2448. You can also visit the City’s Web site for more information: <http://www.citrusheights.net>.

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SOROPTIMIST INTERNATIONAL of CITRUS HEIGHTS

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

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

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Fair Oaks News & Views

Niello Wins Support for Mortgage Debt Relief Legislation



Assemblyman Roger Niello
AB 1918 moves out of Assembly Revenue and Taxation Committee. The Assembly Revenue

and Taxation Committee approved legislation yesterday by Assemblyman Roger Niello (R-Fair Oaks), AB 1918, that will provide mortgage debt tax relief to families that have been displaced from their homes because of short sales or foreclosures.

Under current state law, if the value of a home declines and a person enters into a short sale or foreclosure, an individual can be liable for income tax on the portion of debt that is forgiven by the lender.

While Congress approved and the President signed federal legislation late last year to provide for federal tax relief for a period of three years, the Assembly Committee amended AB 1918 to exempt from state income taxes any forgiven qualified

principal residence indebtedness for a period of two years, January 1, 2007 – January 1, 2009.

“For now, I’m pleased that the Committee chose to act on this legislation. Eventually, we will have to seek full conformity for the entire three year period of the federal legislation. The mortgage crisis is not over, and likely will not be over in the next six months. But the Committee has recognized that state government should not realize a windfall in revenues or add insult in the form of a huge tax bill to the injury already faced by displaced homeowners,” said Assemblyman Niello.

AB 1918 next moves to the Assembly Appropriations Committee.

Historical Society Happenings

Meeting and Potluck Dinner

The Fair Oaks Historical Society will hold its third quarterly meeting and potluck dinner on Tuesday, July 22nd, at 6:00 p.m. at the Fair Oaks Community Clubhouse, 7997 California Avenue, Fair Oaks. The first graduating class from Bella Vista High (1963) will be making a presentation on what it was like to be the first class at a new High School in the 60s. They were responsible for setting up the student government, choosing the school colors, mascot, and writing the school fight school. Memories of Fair Oaks and Bella Vista include Fair Oaks Blvd and Madison Avenue being two lane dirt roads. Included in the presentation will be

pictures of students as they were in 1960 and now in 2008. The presenters would also like to announce that on September 6, 2008 there will be a class reunion for the first five graduating classes 1963, 1964, 1965, 1966, and 1967 at the Fair Oaks Community Club House.

Social hour begins at 6 p.m. followed by dinner at 6:30. The price of admission is a casserole, salad or dessert to share with others which makes this the best potluck in town!

Society members, their friends and others interested in the activities of the Fair Oaks Historical Society are invited and welcome to attend the gathering. (For a map and membership information, see

their website: www.fairoakshistory.org)

The Society is preparing for its second annual Soup Night fund raiser which will be held on November 7th. The monies collected will be used to procure and renovate a permanent facility for the History Center. Artisans and business owners are encouraged to donate artwork, gift baskets, gift certificates, etc. for the silent auction to be held at this event. Donors will be listed on the evenings’ program as well as on signage displayed at the event.

For further information, please contact Lois Frazier at 967-2967 or Ken Steen at 967-7135.

Fair Oaks Chamber of Commerce Recruiting Candidates for Executive Director

The position requires that candidate have good organizational and administrative skills, excellent communication skills (verbal and written), the ability to meet deadlines in a busy environment, including the ability

to assess priorities, the ability to exercise judgment and discretion, have good word processing and database skills, proven customer service skills and be skilled in issue resolution.

Please submit a resume, which

includes an overview of skills, employment history, references and contact information to: Fair Oaks Chamber of Commerce, Attn: Trude Vasquez, P.O. Box 352, Fair Oaks, CA 95628

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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.



Concerts in the Park

June 12th to August 28th
(7 p.m. to 9 p.m.). Concerts in the Park. The weekly Thursday night Concerts in the Park series is free to the public and is held in the Village Park. The bands are fantastic this year, and the Fair Oaks Foundation for Leisure and the Arts will again be selling ice cream sundaes and root beer floats.

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

Summer Events

The Fair Oaks Chamber of Commerce is pleased to announce the following events

Upcoming Schedule

07-17
Laissez Les Bons Temps Rouler
Hosted by Giselle's Travel Inc. - 30's-40's-50's Dance Band
07-24
Azuar
Hosted by Mercy San Juan Medical Center - Rock and Roll
07-31
Mimosa
Hosted by Woman's Thursday Club of Fair Oaks - Jazz, Swing and Pop Vocal Entertainment
08-07
Night Train
Hosted by Dr. Elisabeth Swan, Optometrist - Swing, Smooth Jazz, Rhythm and Blues

08-14
John Skinner Dance Band
Hosted by Vickie Rosalli, State Farm Insurance - Popular Dance Music
08-21
Shelley Burns
Hosted by Brinks Home Security - Swing Standards
08-28
Capitol Pops Concert Band
Hosted by Trude Vasquez, Ships & Trips Travel- Broadway, Popular, Patriotic

“Solemates” (“sole” for “foot”) meets for a variety of 4-5 mile local hikes in - or near the village of Fair Oaks every Thursday morning. Sat. Morning hikes usually meet in the parking lot at Sunrise Mall to car pool to the trail head. For a calendar, E-mail Judy Zimmerman: judyzim@comcast.net

California State Youth Pageant July 27, 2008

11 Categories: Baby Darling to Mrs./Ms Northern California Rep.
Scholarships: \$1000.00 - Miss \$500.00 - Teen

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

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

Director, Mary Purvis
721-3824



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June 20 – July 27

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(no performance July 4)

Thursdays, July 17 & 24 at 8:30pm

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Carmichael News & Views

Carmichael Man Wins 2008 F-150 Foose Edition Truck



General Sales Manager Jeff Beyer giving keys to the Winner.

Chris Weissensee of Carmichael was one of 10 finalists in the 2007 Ford Customer Service Division “When It Fits You Win!” national sweepstakes. It became his lucky day when his key started the grand prize vehicle, a 2008 F-150 Foose Edition Truck, at Homestead-Miami Speedway this past November.

Weissensee’s luck became a reality at 10:30 am on June 26th when he received the keys to his new Foose at Downtown Ford in Sacramento. The

2008 Ford F-150 Foose Edition was designed by Chip Foose, star of TV’s “Overhaulin’”. Weissensee owns an auto repair shop in Sacramento. The new 2008 Foose replaces his GMC Yukon. “I can’t wait to drive it (Foose) and see how fast it is,” said Weissensee.

This year’s national sweepstakes, the “2008 Summer of Savings”, is held exclusively for auto repair and body shop owners around the country. Independent auto repair

and auto shops can download valuable rebates electronically and learn more about the sweepstakes at www.2008SummerofSavings.com. Prizes include one of five trips for two to the Ford 400 NASCAR Sprint Cup race during Ford Championship Weekend at Homestead-Miami Speedway November 14-16, 2008; or one of 21 trips for two to the Wood Brothers Racing facility in Charlotte, N.C.

Seniors Health and Safety a Concern as the Weather Heats Up

“Is your air conditioning working?” “Have you been drinking water?” “Are you planning to stay inside today?” These are just a few of the questions that volunteers at the TLC Telephone Reassurance Program are asking as they call all of their 540 isolated elderly clients on this very hot day. In an effort to ensure the safety and well-being of their program participants, volunteers are providing tips on ways to stay cool, offering information on cooling centers and making follow-up phone calls if seniors don’t answer their phones.

By mid-afternoon, only one elderly woman has reported that her air conditioner is broken. Although the room temperature is 91, a repairman is already working on the unit. TLC

staff and volunteers are acutely aware that heat is a serious problem. During the heat wave of 2006, 100 year old Mary did not answer her phone. A TLC volunteer went to her home and found her on the floor, unconscious from heat exhaustion. Mary survived that episode and continues to live independently. Her air conditioning is working just fine today.

The TLC Telephone Reassurance Program is a community service of Eskaton. Staff and volunteers provide daily phone calls and weekly or biweekly home visits to 540 isolated elderly in the greater Sacramento area.

Eskaton is a nonprofit provider of senior residences and services throughout northern California.



Victory Christian Schools

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Water District Wins Award

The Sacramento Municipal Utility District (SMUD) is honoring Carmichael Water District for its overall commitment to implementing energy efficiency measures to reduce energy consumption and promote environmental protection.

The SMUD Community Energy Award honors commercial customers who share SMUD’s values of efficiency and environmental sensitivity, and who have turned these beliefs into actions. These customers have controlled their energy usage, improved their bottom line, and reduced the amount of energy that must be generated for our region. This award recognizes the achievement of Carmichael Water District for participation in SMUD’s commercial energy efficiency program. Carmichael Water District continues to support and demonstrate the importance of safeguarding the environment.

Its recent efforts have focused on clean and renewable energy usage. The water district installed a solar array that provides electricity for its main office. The 17-kilowatt array is the first of its kind in the



SMUD Board Director Bill Slaton presents Steve Nugent of Carmichael Water District with a SMUD Community Energy Award.

SMUD service territory and the first photovoltaic system to be installed by a water purveyor in Sacramento County.

The unique “bifacial” technology of the system allows solar radiation to be collected on the underside of the panels through a reflective canopy mounted on the underside of the structure. This feature improves energy production of the system by 10 percent. It also serves as a carport to shade vehicles on hot days. The expected

annual energy production from this innovative solar array is approximately 28,000 kilowatt-hours. It is expected to reduce annual CO2 emissions by 39,000 pounds or the equivalent of planting five acres of trees each year.

Carmichael Water District partnered with SMUD and the California Energy Commission on the project, with both agencies providing funding. SMUD also assisted in the design of the system. “Carmichael Water District is an excellent example of a SMUD customer doing its part to help our community by reducing its energy use,” said Bill Slaton, SMUD Ward 7 Director. “Hopefully, more customers will follow The District’s lead and take advantage of SMUD programs that can help them save money and benefit the entire community.”

The water district’s service area spans eight square miles, serving a population of almost 40,000 that is predominantly residential in nature. In 2003, Carmichael Water District was a recipient of a Business Environmental Resource Center Award.

Carmichael Business Expo - August 6th

Carmichael Chamber of Commerce is excited to announce the first annual Carmichael Business Expo and Conference. Scheduled for Wednesday, August 6, 2008, this business expo will showcase business to business, business to community, and community services throughout Carmichael and surrounding cities. In addition to the many display booths and product presentations, the

2008 Carmichael Business Expo will host a business building workshop and feature a prominent business leader as keynote speaker.

The Carmichael Chamber of Commerce strives to be a catalyst for economic prosperity within the region. The 2008 Carmichael Business Expo will provide a cost-effective means for small to medium size business’ to

showcase their products and services to the community.

This year, the Carmichael Business Expo will feature three pavilions; business to business, business to community and community services. The Carmichael Chamber of Commerce expects over 65 top businesses to participate.

CARMICHAEL'S FAMILY CIRCUS

Featuring the WindJammers' Circus Band

Saturday, July 26, 2008

5pm - 7:30pm

Carmichael Park, 5750 Grant Ave.

Main Stage at the Danny Bishop Memorial Pavilion for the Performing Arts

Come and enjoy the Windjammers', a historical music society, that is dedicated to the preservation of traditional circus music!

The evening will feature Circus Music, Curious Side Shows, the Good-Time Sunshine Traveling Medicine Show, an assortment of Hilarious Clowns, Kids Crafts, Tattoos, Hot Dogs, Popcorn, Balloons, Clown Skits, Juggling, and so much more!

Bring your family and friends to practice your skills at stilt walking, hooping, and tightrope walking! A fun evening for all!!! Bring a blanket and chairs. For more information call (916) 485-5322x23 or visit our web at www.carmichaelpark.com.

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Carmichael Recreation and Park District

Windjammers' Circus Band

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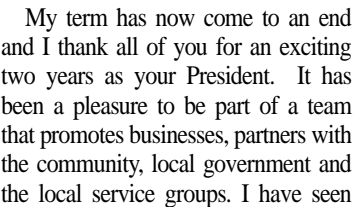
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Letter from the President...



some positive changes while in office and I expect there will be more. I have watched as the membership has grown with a lot of different types of business. Keep an eye on the newsletters and the local papers for upcoming events. We have some exciting events planned,

Come and join The Orangevale Chamber of Commerce River Cats Night on Thursday August 14. The ballpark opens at 6:05pm and the game starts at 7:05 pm. The Sacramento River Cats vs. The Salt Lake Bees. Guaranteed raffle prize.

There will be Miller Que & Brew \$2.00 Beer specials. There is no waiting in line for your ticket, just call our office and we can help you with your purchase. Mix and mingle with other Orangevale Chamber members, friends, and family. We

August 2nd Disc Golf, August 14th River Cats Night, a community breakfast on August 23rd, Mayor's Ball on September 27th, and Brewfest on October 24th. Please welcome Lorraine Silveira as our new President, David Brown, Vice President and Alice Amantea as Treasure. The Honorary Mayor's Race is in full swing. Watch for upcoming events and lets all do our best to support all the candidates, Lisa Montes for the Orangevale food closet, John Sullivan of The Graphix Connection for Relay For Life and Brad Hill of Brooke Insurance for Oakview School.

Check out our web page and the advertising opportunities. We are always looking to improve benefits for you. www.orangevalechamber.com Please feel free to call the office with your concerns, we are here to serve the businesses and the community.

Sincerely Yours,
Katherine Leonard

take credit cards or checks. Make checks payable to Orangevale Chamber of Commerce, orders must be received on or before July 21, 2008, tickets are \$14.00. Let's go out to the ball game together!

The Sacramento County Animal Care and Regulation's Spay/Neuter Commuter, a low-cost, mobile spay/neuter facility for pets in unincorporated Sacramento County (excluding incorporated cities) will be providing animal services in Orangevale July 1-30 at the Orangevale Community Park at the corner of Oak Ave. and Filbert Ave.

The Spay/Neuter commuter is a great way for the Animal Care and Regulation Department to interact with members of the community that are located far away from and Animal Care Shelter near Rancho Cordova. Since it's inception last year, the Spay/Neuter commuter has altered over 700 animals. In June, the commuter was in Wilton.

For more information about spaying/neutering in unincorporated Sacramento County, you can visit the ACR website:

<http://www.saccountyshelter.net/spay-and-neuter/index.html>

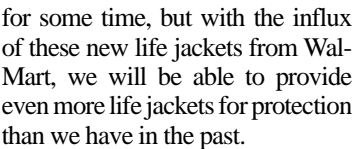
By Jill Conner – Metro Fire –
Public Education

Metro Fire and Wal-Mart in Orangevale have teamed up to provide drowning protection for children in the Sacramento area.

At the grand opening of the new Wal-Mart in Orangevale, Rene Puentes, the manager of the new Wal-Mart, presented Sacramento Metropolitan Fire District with a check in the amount of \$1500.00. While Wal-Mart placed no restrictions on the use of this money, Metro Fire approached Wal-Mart about teaming up to provide life jackets for children and youths.

Wal-Mart readily agreed and with the help of Assistant Manager Steve Womack, Metro Fire then purchased \$1500.00 worth of life jackets from Wal-Mart at a great price. These life jackets will be distributed to our fire stations that are located near river and lake access. Members of the public can then go to one of our designated fire stations and borrow life jackets for a day or for a weekend, in sizes for the whole family, from infants to adults.

Metro Fire has been involved in the life jacket loan out program



Womack and all of the Wal-Mart employees who put forth their time and energy for this great cause.

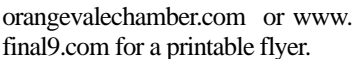
With the recent passage of a new regulation by the Board of Supervisors requiring children 12 and under to wear life jackets when in or around any of the region's lakes and rivers, there will be an increased demand for properly fitted life jackets for children.

For a list of the fire stations that loan out life jackets, visit our website at: smfd.ca.gov or call Metro Fire at (916) 566-4000.

Shady Oaks Disc Golf Club & OV Chamber of Commerce Celebrate 26 years of Disc Golf at O.V. Anniversary Disc Golf Tournament

Come on out and help us celebrate Orangevale's Disc Golf Course, "Shady Oaks", as we

celebrate 26 years of fling™ in discs around. We will be having a two round singles tournament. CTP and Longest Drive contest during the lunch break. Field will be limited to 90 players. Players package for all players. Awards will be immediately following the 2nd round on site. Call for more info. If you are interested in sponsoring the event. Please contact us at 988-0175. Visit us on line at www.ctpdisc.com.



Bonds vs. Bond Funds: Which are Right for You?



As an investor, you may find that bonds can be a valuable part of your portfolio. But choosing to invest in bonds is one thing — and choosing how to invest in them is another. Basically, you've got two choices: individual bonds or bond-based mutual funds. Which approach is right for you?

There's no one right answer for everyone. So let's review some of the common reasons for investing in bonds and see how they are addressed by individual bonds and by bond funds:

Diversification — By investing in bonds, you can help diversify a portfolio that may be dominated by stocks. (Keep in mind, though, that diversification, by itself, cannot guarantee a profit or protect you against a loss in a declining market.) While individual bonds can help diversify your holdings, you may be able to achieve broader diversification by investing in a bond fund, which may own a mix of corporate and government bonds.

Fixed rate of return — When you buy an individual bond, you receive a fixed interest rate and predictable interest payments. Until your bond matures, or unless it is “called” (bought back) by the issuer, you will always receive the same rate of return. But a bond fund does not pay you a fixed rate of return; instead, you receive dividends, which will fluctuate, based on the underlying bonds’ interest rates and capital appreciation.

Return of principal — If you buy an individual bond, you will get your

principal back when the bond matures, provided the issuer doesn't default. (However, before the bond matures, its value will rise and fall, based on current market interest rates.) Bond funds do not mature and have no obligation to return your principal, so you could lose some or all of your initial investment when you sell your shares which is based on current market values.

Costs – You can invest in most types of bonds for a relatively small fee or commission. But if you buy a bond fund, you will be subject to the same types of charges — such as sales charges, management fees and service fees — that are attached to many types of mutual funds.

Taxes — When you own individual bonds, you'll pay current income taxes on your interest payments, but you won't be subject to capital gains if you hold your bonds until they mature. However, if you purchase bond funds, you could be subject to capital gains taxes in two different ways: if you sell your fund shares for a profit or if the fund manager sells an underlying bond for more than it's worth. If that happens, the capital gain — and the tax obligation — will be passed on to you. This increased capital gains liability is one reason that many people put bond funds in a tax-deferred vehicle, such as an IRA or a 401(k).


Before investing in a bond or bond fund, consult with your financial advisor to see which vehicle is appropriate for your needs. Also, before purchasing a bond fund, read the prospectus carefully. The prospectus contains more complete information, including the fund's investment objectives, risks, charges and expenses as well as other important information that should be carefully considered before you invest or send money.

By getting the help you need, and by doing some homework on your own, you can find the bonds or bond funds that can help you make progress toward your key financial goals.


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El Dorado Hills Man Arrested on Sex-Trafficking Charges

Authorities conducted a federal search warrant in El Dorado Hills yesterday and took a man into custody on sex-trafficking charges.

Rishi Sanwal, 23, was arrested by FBI agents and Sacramento Police detectives assigned to the FBI led Crimes Against Children Safe Streets Task Force. The arrest occurred near the intersection of Green Valley Road and Francisco Drive in El Dorado Hills and was without incident. Following the arrest FBI agents and police searched Rishi’s parents’ home located at 3105 Hopkins Place in El Dorado Hills.

It was the case of a missing El Dorado Hills teen last March that led authorities to Sanwal. Investigators now know that prior to the disappearance of the El Dorado Hills teen she was last seen with Sanwal who was driving a maroon Hummer.

Approximately six days after she went missing the teen placed a telephone call to a friend and said she was in the Bay area. Caller ID information from that telephone call was traced to several on-line ads placed in the “erotic” section of Craigslist.

Undercover officers, using the same telephone number from the Craigslist ads, made contact with a woman using the name “Kimberly” and arranged a meeting. Shortly after arriving at a Motel 6 in Fremont, California, FBI agents and police discovered the missing El Dorado Hills teen.

Information used to create the on-line Craigslist ads has been linked to Sanwal.The FBI is not identifying the victim in this case as she was a juvenile at the time the offenses were committed. Sanwal is currently being held at the Sacramento County Jail and will make his initial appearance in federal court today at 2:00 p.m.

Wireless Telephone Laws FAQs

Two new laws dealing with the use of wireless telephones while driving go into effect July 1, 2008. Below is a list of Frequently Asked Questions concerning these new laws.

Q: When do the new wireless telephone laws take effect?

A: The new laws take effect July 1, 2008

Q: What is the difference between the two laws?

A: The first prohibits all drivers from using a handheld wireless telephone while operating a motor vehicle. (Vehicle Code (VC) §23123). Motorists 18 and over may use a hands-free device. Drivers under the age of 18 may NOT use a wireless telephone or hands-free device while operating a motor vehicle(VC §23124).

Q: What if I need to use my telephone during an emergency, and I do not have a hands- free device?

A: The law allows a driver to use a wireless telephone to make emergency calls to a law enforcement agency, a medical provider, the fire department, or other emergency services agency.

Q: What are the fines if I’m convicted?

A: The base fine for the FIRST offense is \$20 and \$50 for subsequent convictions. According to the Uniform Bail and Penalty Schedule, with the addition of penalty assessments, a first offense is \$76 and a second offense is \$190.

Q: Will I receive a point on my drivers license if I’m convicted for a violation of the wireless telephone law?

A: NO. The violation is a reportable offense; however, DMV will not assign a violation point.

Q: Will the conviction appear on my driving record?

A: Yes, but the violation point will not be added.

Q: Will there be a grace period when motorists will only get a warning?

A: NO. The law becomes in effect on July 1, 2008. Whether a citation is issued is always at the discretion of the officer based upon his or her determination of the most appropriate remedy for the situation.

Q: Are passengers affected by this law?

A: No. This law only applies to the person driving a motor vehicle.

Q: Do these laws apply to out-

of-state drivers whose home states do not have such laws?

A: Yes

Q: Can I be pulled over by a law enforcement officer for using my handheld wireless telephone?

A: YES. A law enforcement officer can pull you over just for this infraction.

Q: What if my phone has a push-to-talk feature, can I use that?

A: No. The law does provide an exception for those operating a commercial motor truck or truck tractor (excluding pickups), implements of husbandry, farm vehicle or tow truck, to use a two-way radio operated by a “push-to-talk” feature.

Q: What other exceptions are there?

A: Operators of an authorized emergency vehicle during the course of employment are exempt as are those motorists operating a vehicle on private property

DRIVERS 18 AND OVER

Drivers 18 and over will be allowed to use a hands-free device to talk on their wireless telephone while driving. The following FAQs apply to those motorists 18 and over.

Q: Does the new “hands-free” law prohibit you from dialing a wireless telephone while driving or just talking on it?

A: The new law does not prohibit dialing, but drivers are strongly urged not to dial while driving.

Q: Will it be legal to use a Blue Tooth or other earpiece?

A: Yes, however you cannot have BOTH ears covered.

Q: Does the new hands-free law allow you to use the speaker phone function of your wireless telephone while driving?

A: Yes.

Q: Does the new “hands-free” law allow drivers 18 and over to text page while driving?

A: The law does not specifically prohibit that, but an officer can pull over and issue a citation to a driver of any age if, in the officer’s opinion, the driver was distracted and not operating the vehicle safely. Text paging while driving is unsafe at any speed and is strongly discouraged.

DRIVERS UNDER 18

Q: Am I allowed to use my wireless telephone hands free?

A: NO. Drivers under the age of 18 may not use a wireless telephone, pager, laptop or any other electronic

communication or mobile services device to speak or text while driving in any manner, even hands free.

EXCEPTION: Permitted in emergency situations to call police, fire or medical authorities. (VC §23124).

Q: Why is the law stricter for provisional drivers?

A: Statistics show that teen drivers are more likely than older drivers to be involved in crashes because they lack driving experience and tend to take greater risks. Teen drivers are vulnerable to driving distractions such as talking with passengers, eating or drinking, and talking or texting on wireless phones, which increase the chance of getting involved in serious vehicle crashes.

Q: Can my parents give me permission to allow me to use my wireless telephone while driving?

A: NO. The only exception is an emergency situation that requires you to call a law enforcement agency, a health care provider, the fire department or other emergency agency entity.

Q: Does the law apply to me if I’m an emancipated minor?

A: Yes. The restriction applies to all licensed drivers who are under the age of 18.

Q: If I have my parent(s) or someone age 25 years or older in the car with me, may I use my wireless telephone while driving?

A: NO. You may only use your wireless telephone in an emergency situation.

Q: Will the restriction appear on my provisional license?

A: No

Q: May I use the hands-free feature while driving if my car has the feature built in?

A: NO. The law prohibits anyone under the age of 18 from using any type of wireless device while driving, except in an emergency situation.

Q: Can a law enforcement officer stop me for using my hands-free device while driving?

A: No. For drivers under the age of 18, this is considered a SECONDARY violation meaning that a law enforcement officer may cite you for using a hands-free wireless phone if you were pulled over for another violation. However, the prohibition against using a handheld wireless telephone while driving is a PRIMARY violation for which a law enforcement officer can pull you over.

High Gas Prices Invoke Heightened Theft Deterrent Tactics

As fuel prices continue to escalate, thieves are taking advantage of traveling inventory -- Recreational Vehicles. Since many RVs carry up to 100 gallons of regular or diesel fuel, gas crooks have found them to be extremely profitable targets. Over the past year, gas siphoning crimes have gone through the roof, causing many recreational enthusiasts to buy locking gas caps, park exclusively in well-lit areas, or simply forego family RV vacations.

Locking gas caps are a good idea, and lighted camp grounds are typically safer than dark sites. That said, RVers now have a more effective option. It’s called the Smart Light 1000, and it’s the only 12 volt motion light in the world. In an effort to combat gas piracy, many RVers are installing this motion light above their gas tanks. When a person is detected within a 20 foot field of view, the light illuminates, and the would-be intruder is scared off. “We initially developed this light to be mounted where standard porch lights are placed,” explains Jason Weaver, President and CEO of Starlights, Inc. “We wanted to increase the safety and convenience of fellow RVers. Recently, however, more of our customers are buying the lights to mount over their gas tanks. It makes perfect sense, just not something we thought about originally.”

The Smart Light 1000 is motion activated, works off of the coaches’ 12 volt source, has a battery monitoring system, and it even filters out humans from other objects in order to reduce false triggering throughout the night. The SL 1000 also has a 14 day money back guarantee. “If you aren’t satisfied for any reason, simply return it within 14 days for a full refund,” states Mr. Weaver. The Smart Light 1000 also comes with a 1 year manufacturer’s warranty. For more information about the Smart Light 1000, please visit them at <http://www.starlightsinc.com>

Software Can Help Agencies Track and Analyze Their Use of Force Data

Police Use of Force -- Too Much Too Soon or Too Little Too Late? FACTS-Use of Force Reporting(TM) Software Can Help Agencies Track and Analyze Their Use of Force Data

CrossWind Technologies today announces the launch of its newest product, FACTS-Use of Force Reporting(TM) software.

FACTS(TM) will provide law enforcement agencies a tracking and feedback tool for the highest risk situation encountered by officers -- Use of Force. The effective and appropriate use of force should result in the control of the suspect as safely -- and quickly -- as possible. This often requires split-second decision-making on the part of the officer. In many cases, the longer the escalation process, the more likely injury to the suspect and/or officer will result. The ability to track and review these occurrences, allows law enforcement agencies to establish practices that support their officers both in court and in training programs.

FACTS(TM) software enables command staff to instantly review and chart all agency Use of Force incidents from many profiles: by individual officer, beat, division, weapon-type, suspect type, and many more. FACTS(TM) also supports DVR attachments to every report, providing a simple way of managing and recalling recorded evidence to any Use-of-Force incident.

FACTS(TM) provides simple data entry screens and electronic approval routing via email, officers can do their own data entry, eliminating the need to enter information more than once. Other benefits include:

- Supports "Best Practices" for Use of Force reporting and risk management
- Provides training feedback for monitoring and improving officer safety
- Early identification of potential areas of concern and/or retraining to enhance officer career development
- Supports compliance with agency standards, policies and procedures
- Collection of officer feedback on the effectiveness of methods and weapons to allow agencies to collect and compare performance and outcome statistics for different techniques and equipment (e.g., firearms vs. TASER(R), etc.)

FACTS(TM) is designed to work in a networked, MS Windows®) environment. Pricing

SHERIFF COMMUNITY MEETINGS

AUGUST 6, WEDNESDAY 6 PM

Orangevale- Orangevale Park Community Center/ 6826 Hazel Ave

AUGUST 12, TUESDAY 6 PM

Fair Oaks – Fair Oaks Village Park @ band shell (Temescal/Park St)

Because Disaster Could Strike at Anytime, Preparation is Essential

Please Attend The Neighborhood Emergency Training (NET)

Friday, July 25, 2008 - 9:30 am - 12:30 pm

In order to be prepared for an impending disaster of any type, the Retired Senior Volunteer Program (RSVP) is offering a two-hour Neighborhood Emergency Training (NET) class on Friday, July 25, 2008 from 9:30 am 12:30 pm. The class will be held at 3737 Marconi Avenue, Sacramento.

All age groups are welcome to attend. The class consists of HOW TO:

- Prepare a To-Go Kit* to be Ready for Evacuation
- Prepare an Emergency Supply for Home, Prepare Pets,
- Prepare Emergency Contact List and Family Plan
- Avoid Water Hazards, Prevent Home Accidents, Recognize Suspicious Activities in your Neighborhood and more.

*All attendees will receive a “starter” To-Go Kit. To make a reservation, please call, email or fax:

Laureen Anderson
(916) 875-3664
andersonl@saccounty.net

or Gail Hoberman
(916) 875-4459
hobermang@saccounty.net

Fax: (916) 875-3799
3727 Marconi Avenue
Sacramento, CA 95821

RSVP Sacramento is a Senior Corps program grant funded by the Corporation for National and Community Service. The Sacramento County Department of Human Assistance sponsors RSVP Sacramento.

CRIME REPORTS

From The Sacramento County Sheriff				
	Time	Crime	Address	Location Type
Fair Oaks				
2008-07-01	00:00	Weapons Violation	5000 block of Shamrock Dr	Residence/home
2008-07-01	20:00	Burglary From Vehicle	4200 block of Park Ave	Vehicle
2008-07-01	22:52	Larceny/Theft	5300 block of Sunrise Blvd	Convenience store
2008-07-03	01:45	Burglary From Vehicle	3900 block of Minnesota Ave	Highway/road/alley
2008-07-03	13:50	Simple Assault	10800 block of Fair Oaks Blvd	Residence/home
2008-07-06	14:00	Larceny/Theft	7400 block of Midiron Dr	Residence/home
2008-07-06	22:50	Aggravated Assault	8100 block of Niessen Way	Residence/home
2008-07-07	17:00	Burglary Residential	5000 block of Arroyo St	Residence/home
Carmichael				
2008-07-01	01:20	Vandalism	5100 block of Fair Oaks Blvd	Restaurant/fast food
2008-07-01	09:00	Simple Assault	Gibbons Dr / Fair Oaks Blvd	Highway/road/alley
2008-07-01	16:30	Larceny/Theft	4000 block of Manzanita Ave	Convenience store
2008-07-01	19:10	Larceny/Theft	5600 block of Marconi Ave	Public use area
2008-07-02	14:00	Burglary Residential	6100 block of Stanley Ave	Residence/home
2008-07-02	16:00	Simple Assault	3900 block of Queenston Ct	Residence/home
2008-07-02	21:30	Burglary Business	7200 block of Fair Oaks Blvd	Parking lot/garage
2008-07-06	16:30	Larceny/Theft	6000 block of Madison Ave	Retail/dept/discount store
2008-07-07	08:05	Aggravated Assault	6100 block of Sutter Ave	School/college
Orangevale				
2008-07-01	14:30	Simple Assault	9200 block of Madison Ave	Parking lot/garage
2008-07-01	21:09	Burglary Business	6800 block of Hazel Ave	Parking lot/garage
2008-07-01	21:40	Vandalism	6800 block of Woodmore Oaks Dr	Convenience store
2008-07-02	19:00	Burglary From Vehicle	8700 block of Cayuga Ct	Vehicle
2008-07-03	14:00	Burglary From Vehicle	9200 block of Greenback Ln	Vehicle
2008-07-03	16:30	Simple Assault	7300 block of Filbert Ave	Residence/home
2008-07-03	22:58	Robbery	5600 block of Main Ave	Convenience store
2008-07-05	14:30	Burglary From Vehicle	9400 block of Lake Natoma Dr	Vehicle
2008-07-05	16:30	Burglary From Vehicle	6000 block of Keats Cir	Vehicle
2008-07-07	17:00	Larceny/Theft	Beech Ave / Greenback Ln	Parking lot/garage



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Evangelical Leaders Back McCain

More than 90 evangelical leaders decided to support Sen. John McCain at a meeting in Denver on Tuesday.

[07.02.08] More than 90 evangelical leaders representing millions of conservative Christians met in Denver on Tuesday to lament the condition of the religious conservative movement and to conclude they should get behind Sen. John McCain even if they didn't like everything about him as a candidate.

"The alternative is so bad we must support John McCain," said Phyllis Schlafly, founder and president of Eagle Forum, adding that the leaders should have held a strategy meeting in 2001 when it was clear Vice President Dick Cheney wouldn't run for president instead of waiting until four months before the 2008 election.

Mostly white and middle-aged, the group was called together by Mathew Staver, president of Liberty Counsel and dean of the law school at Liberty University.

"Our shared conservative evangelical values and our concern about judicial activism compelled us to unite around the presidential candidate who most closely aligns with us," Staver said. "That candidate is obviously Sen. John McCain. United we will move forward to advance our values in the short- and long-term. We are committed to a transgenerational, multiethnic and multiracial conservative movement."

Various speakers lamented the lack of a unified strategy that had evangelicals supporting various primary candidates and the fact that their message does not seem to resonate with younger voters, African-Americans or Hispanics in the same way Sen. Barack Obama's does.

More than an hour was spent listening to younger leaders tell the group that religious conservatives must be perceived "to care" about social issues and the environment to appeal to young people who are voting for the first time.

Obama has reached out to

evangelical leaders more than McCain, a fact that irked some at the meeting. But others said they must support McCain regardless because an Obama presidency would mean passage of highly liberal policies that would probably allow "same-sex marriage," severely hurt religious freedom and ensure the appointment of only judges who would keep abortion on demand as the law of the land.

Rick Scarborough, founder and president of Vision America, predicted that laws would be passed that would essentially criminalize basic Christian beliefs.

Jim Garlow, lead pastor of Skyline Church in San Diego, who is rallying pastors regarding the California marriage amendment, quoted 2 Timothy 1:7, a verse that says God did not give Christians a spirit of fear. But he said California pastors are being motivated by the fact that if a law passes forcing them to marry same-sex couples, they may go to jail if they defy it.

Alveda King, niece of Dr. Martin Luther King Jr., and Phil Burress, president of Citizens for Community Values in Ohio, each reported on meetings they had with McCain.

Burress said he grilled McCain on his beliefs and has decided to support him. After the McCain meeting Burress sent an e-mail to supporters that he read to the Denver group.

The e-mail said in part: "I was once one of those people who said 'no way' to Sen. John McCain as President. No longer. The stakes are too high. And if Obama wins I need to be able to get up on November 5th, look at myself in the mirror, and when I pray, say, 'Lord, I did all that I could.'" The full text of the email and a related news story are included in The Strang Report.

In Denver, Burress told the group: "I thought the difference between Bush and Kerry was enormous," referring to the 2004 presidential election. "But the difference between McCain and Obama is like the Grand Canyon."

Gary Glenn, head of the American

Family Association for Michigan, said he felt conservative Christians would be more enthusiastic for McCain if he put former Arkansas Gov. Mike Huckabee on the ballot as vice president. He suggested that the group approve a motion recommending this, which would be hand carried to McCain. It was decided to have a committee approve the wording and e-mail to the participants to sign.

Glenn asked for a show of hands of who would sign the document. Most of those in the group raised their hands.

Sarah Huckabee, Mike Huckabee's daughter, attended the meeting but made no comment.

Earlier Staver had tried to get the group to approve a 10-point "Declaration of American Values." A couple of the points regarding free trade stirred up some controversy. The group assigned David Barton, founder and president of WallBuilders, and Staver to work on the wording and e-mail it to participants to approve later.

Donald Hodel, former president of the Christian Coalition and Focus on the Family, told the group they must work for the long-term but engage in the short-term, referring to electing McCain this fall. He also pointed out the importance of electing conservatives to the U.S. House of Representatives and Senate who would protect conservative values.

Hodel also predicted that McCain would win and said conservative Christians needed access to the White House during a McCain administration.

Marc Nuttle, an attorney from Oklahoma and author of the book Moment of Truth (Frontline), also quoted statistics that showed McCain would win in the Electoral College.

Others privately said they feared an Obama landslide. One participant said he couldn't imagine anything worse. "Obama has done the impossible," he said. "He's made Hillary Clinton look good to Christian conservatives."

Giving is on the Decline in America's Churches

Giving is on the Decline in America's Churches: Want to Know Why -- New Book Provides the Answer

Christian Newswire -- Dr. McSwain's revealing book, The Giving Myths, is a must-read for every church leader in America. It answers the question, "Why is giving in decline?" It is not just because the economy is down. Giving has never been up. The economy only highlights the problem every church faces in teaching members how to be generous in giving and living.

Filled with stories of real people who are learning the joy of giving, you'll laugh at its humor, cry at its warmth, and cringe at its frankness as Dr. McSwain boldly confronts the 7 most common myths about giving in the church today. These widely-held myths keep people trapped in the madness of materialism and in self-defeating lifestyles. And, they are the principle reason for the decline in giving churches today struggle to overcome and, especially, in today's economy. Learning, however, the secrets contained in this book will unlock the mystery to life's meaning and propel you and your church onto the pathway toward a

life of generosity--the life you were Divinely-designed to live.

If you are a church leader, or in philanthropic work of any kind, you must read this book. It will help you to understand the cultural myths about giving held by church members and potential donors. These myths prevent people from becoming self-less and generous and from finding and living a genuinely fulfilling life. Dr. McSwain says, "I've observed these myths at work in my own life and scores of other people. I've written this book, not only to expose them, but to help free people from them. As people are freed from them, then they have the potential of living the life they've really always wanted. The church will see greater revenues as well."

Packed with real-life stories, this book will help you understand the myths that keep members from giving and to develop strategies for positively changing the present giving culture of your church. After reading this book, a pastor in one of the largest churches in America said, "This book is so important, I'm going to see to it that a copy gets into every household in our church."

For more than a decade, Dr.

McSwain has crisscrossed America speaking to thousands of people each year and consulting with hundreds of churches and parishes representing virtually every Christian communion in America. In this book, Dr. McSwain shares from his own experience and the experience of others who are discovering the meaning of life and are living the life they've always wanted. If you're looking for answers as to why giving is poor in your church, or, if you are simply looking for happiness or feel discontented about the life you're currently living, this book is a "must read."

To speak with Dr. McSwain personally, call him at 502- 777-9426. To schedule a consult with him, contact Cargill Associates, Inc., at 800-433-2233. Or, to book him for a speaking engagement, contact Jim Rittenhouse @ www.mckinneyspeakers.com or call Mr. Rittenhouse at 502-583-8222.

To order THE GIVING MYTHS, visit any of the on-line retail bookstore outlets or, for bulk orders for group study, order directly from the publisher at Smyth & Helwys, Publishing at http://www.helwys.com/books/giving_myths.html.

Your Faith an International Crime?

targets men and women of faith who speak out against Islam.

This is very important to understand. This radical proposal would outlaw Christianity and it would make the proclamation of your faith an international crime.

In his recent dissent on the Supreme Court's ruling on Guantanamo Bay, Justice Scalia said, "America is at war with radical Islamists." Never has this rung more true than today. Never have Christians been more targeted for their religious beliefs. And never have we faced a more dangerous threat than the one posed by the OIC.

Let me be clear: This is an important opportunity for you to stand in unified support of the religious rights of individuals around the globe who are routinely persecuted - and sometimes put to death - because of their religious beliefs. It could one day be you and I. We must act now to combat this resolution and work to protect the religious rights of all individuals.

Send a powerful message to the OIC and take a strong stand against anti-

Christian bigotry by adding your name to our nationwide campaign right now. Sign the PETITION OPPOSING THE ORGANIZATION OF THE ISLAMIC CONFERENCE.

American Center for Law and Justice
P.O. Box 90555, Washington, D.C. 20090-0555
Phone: (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 Section 501(c)(3) of the Internal Revenue Code, specifically dedicated to the ideal that religious freedom and freedom of speech are inalienable, God-given rights. The Center's purpose is to educate, promulgate, conciliate, and where necessary, litigate, to ensure that those rights are protected 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.

Concerned Women for America Statement on the Passing of Senator Jesse Helms

Christian Newswire/ -- CWA Founder and Chairman Mrs. Beverly LaHaye said, "Jesse Helms was not only a dear friend and a friend of CWA, he was a statesman who fought fearlessly for family and moral values. He was a staunch defender of the sanctity of life, and he stood against the onslaught of those who would grant special rights to the sexually confused and broken. He weathered the kinds of storms and personal attacks under which others have quickly caved. "Jesse Helms is a culture war hero, and as a nation we are indebted to him. Our prayers are with Jesse's family during this time."

CWA President Wendy Wright said, "Sen. Jesse Helms courageously represented the true beliefs of mainstream America. He was beloved by those who were grateful for his profound respect for America and the religion and morality that underpins this great country. We extend our condolences to his family as were joy in knowing he has reached his true home."

Dr. Janice Shaw Crouse, Director and Senior Fellow of CWA's Beverly LaHaye Institute, said, "How noteworthy that Senator Jesse Helms died on this hallowed date in American history, the same date as former patriots John Adams and Thomas Jefferson. Like John Adams, he had his contemporary detractors, but history will show what a great champion he was for conservative values. No senator in modern times has done more than this giant of liberty to protect those values of freedom that are the foundation of America. We mourn his passing while celebrating his extraordinary life."

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Pastors Andrew Webb & Robert Price

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10 am - 11 am

Evening Adult Study: 7 pm - 8:30 pm

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

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Location: 6540 Sylvan Rd., Citrus Heights

Children's activities, jump house, classic car show, live music, barbeque and more.

BIBLE TRIVIA

by Wilson Casey

1. Is the book of Galatians in the Old or New Testament or neither?
2. From James 4, what does one do to the devil, so he will flee from you?
3. "Lord, save me" is the Bible's shortest prayer found in which book's 14:30? *Matthew, Mark, Luke, John*
4. Without fear, the man who trusts God can trample upon the lion and ...? *Heathen, Locusts, Adder, Lice*
5. From Matthew 18:10, who/what have personal angels in heaven? *Children, Birds, Fishes, Elderly*
6. How many times does the word "Easter" appear in the Bible (KJV)? *Zero, 1, 3, 17*

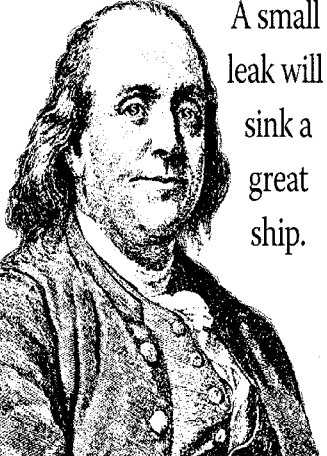
ANSWERS: 1) New; 2) Resist; 3) Matthew; 4) Adder; 5) Children; 6) 1

Wilson Casey's latest trivia book is available at BearManorMedia.com.

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THE OBSERVATION DECK

Beware of little expenses. A small leak will sink a great ship.




BENJAMIN FRANKLIN


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Mamma Mia

By David Dickstein

“Mamma mia, here I go again. My my, how can I resist you?” Answer: I can’t.

When Agnetha Faltskog, Benny Andersson, Bjorn Ulvaneus and Anni-Frid Lyngstad recorded the bouncy, chart-topping “Mamma Mia” in 1975 as the “initially” named band ABBA, little did the Swedish pop singers know how true that lyric would be 33 years later.

The song inspired the hard-to-resist stage musical that popularized the so-called jukebox musical and now, just under a decade since “Mamma Mia!” premiered in London’s West End and hit Broadway 2 years later, the film adaptation will make toes tap in movie theaters as the show has done in performing arts theaters around the world.

While the film can’t replicate the magic of watching “Mamma Mia!” live (try to catch the fabulous production in Las Vegas before it closes on Jan. 4), the adaptation starring Meryl Streep and a satisfying chunk of the ABBA song library is the most



Meryl Streep and Amanda Seyfried light up Mamma Mia

fun I’ve had at the cinema since last year’s “Hairspray,” another winning stage-to-screen musical. Kudos to the original show’s creators – director Phyllida Lloyd, producer Judy Craymer and writer Catherine Johnson – for a smooth transition that Broadway darlings “Hairspray” and “Chicago” also enjoyed, but “The Producers” bombed on.

The story of “Mamma Mia!” is not unlike an ABBA song: sounds simple, but masterfully crafted in actuality. When bride-to-be Sophie (Amanda Seyfried) finds her mother’s diary that says one of three men could be her father, she invites them to her wedding unbeknownst to her independent, single mother Donna (Streep). Sparks of the good and bad kind fly when the possible dads arrive together

at the small Greek island resort Donna owns.

The 24-hour Mediterranean mayhem marathon is threaded by one ABBA hit after another, topped by “Dancing Queen,” “Super Trouper,” “Does Your Mother Know?” “Take a Chance on Me” and the title tune. Solo or ensemble, the performances are brilliantly staged and the entire cast looks and sounds great. With Christine Baranski and Julie Walters that’s expected, but what a delight that Pierce Brosnan, Colin Firth, Stellan Skarsgard and Streep look like they’ve being doing musicals for years.

3 1/2 of 4 Stars, rated PG-13, 98 minutes, mammamiamovie.com

Review: HellBoy II

By Charles Glover

Mankind is facing destruction, and there is only one rather unlikely individual with the ability to prevent it.

He is a demon from hell, and he just happens to love cats, a good cigar and has a taste for Pay Day candy bars. An unlikely hero to be sure, but Hellboy (Ron Perlman) is our best...um...man when it comes to defending mankind from creatures that go bump in the night.

In “Hellboy II: The Golden Army”, the Bureau of Paranormal Research and Defense (BPRD) has found that mankind is once again under threat of being destroyed by an ancient, invincible army of mythical creatures that was constructed many years ago to wage war against man.

The king of these creatures, and master of this army, found that this power was too dangerous for one being to possess, and that the Golden Army did its job too well. The king made a truce with the world of man and hid the army away, never to be used again. However, this king had a son, Prince Nuada (Luke Goss), and the prince didn’t agree with this truce, ultimately going into exile and promising to return when his people would need him.

The prince has returned and gained power. All he needs now is the ability to activate this army.

This activation comes from pieces of a crown that he will combine to make him the master of the invincible army that could bring the era of man to an end.

All of a sudden, our demon hero with a sweet tooth, Hellboy, is looking pretty good.

Actually, Hellboy’s crew of freaks are all pretty good, acting-wise at least, it’s almost as if the actors hadn’t stepped away from the “Hellboy” movie franchise at all. In this sequel, Ron Perlman is once again classic as the big red demon with a laid-back disposition. Selma Blair is equally solid as Hellboy’s fire-harnessing girlfriend Liz Sherman and the amphibious telekinetic humanoid known as Abe Sapien (Doug Jones) is truly wonderful, if not better, in this film.

Truly, “Hellboy II: The Golden Army” is a wonderful fantasy/comic book adventure that has so much imagination and artistic beauty that I sometimes forgot that I was watching a comic book-based film. Recently, it’s been like that, with a few of these comic adaptations. Like the “Iron Man” and “Incredible Hulk” summer hits, this “Hellboy” sequel really stands on its own legs, which is refreshing to see.

In the case of “Hellboy 2,” it also helps that the man behind the camera and the writer of the film’s story and

screenplay happens to be Oscar-nominated Guillermo Del Toro (“Pan’s Labyrinth”). I see much of his 2006 Oscar-nominated film in the “Golden Army”, especially with the presence of fairies, but the fairies in the in the “Golden Army” aren’t the nice kind.

“Hellboy II: The Golden Army” is an entertaining piece of filmmaking. I thought that the film dragged in areas, and the number of creatures wore on me just a bit. And yet, I found that the film had a good balance of comedy, action, adventure, mythos and even a little relationship drama, all of which kept me interested to the very end.

I feel for our demon hero, however. Not only does he have to defend the world of man from an invincible army, he also has a little drama with his lady friend. There’s never a dull moment for him, but he brings everything off with a hero’s grace and a good guy’s level humor.

Grade: A-

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

RILEY REVIEWS



by Tim Riley

FLYING HIGH IN ACTION AND LAUGHS WITH OUTSIZED “HANCOCK”

HANCOCK (Rated PG-13)

You can’t go wrong with Will Smith, no matter what role he is playing. To say the least, “Hancock” takes one of our favorite actors in a totally new and unpredictable direction. Believe it or not, in the film’s titular role, Will Smith’s John Hancock is a very different type of superhero. Disgruntled, sarcastic and misunderstood, Hancock is a homeless alcoholic who just happens to possess superhuman powers, much like Superman or Batman but without the nifty costume. Unlike other superheroes, he doesn’t live in a mansion with an underground lair. Normally passed-out drunk, Hancock resides on the most readily available bus bench.

Well-intentioned but careless, Hancock has a nasty habit of wreaking extensive damage while performing a daring rescue. Though his heroics can be appreciated, his antics and mishaps are starting to grate on the citizens of Los Angeles. It doesn’t help much that he looks as disheveled and unkempt as any hobo shuffling along Skid Row. When people think of superheroes, they want someone in a crisp, appealing uniform, something polished like the Batsuit or Superman’s tights. In a city full of publicists, Hancock is desperately in need of an image makeover. Then he rescues hapless Ray Embrey (Jason Bateman), a public relations executive struggling to make a successful firm.

Stuck in his car on railroad tracks while a train quickly approaches, Ray is saved at the last minute by the heroic Hancock. Again, Hancock causes considerable damage by derailing the train, among other things. Of course, Ray appreciates his savior and seizes upon the opportunity to offer Hancock a way to burnish his image. To show his gratitude, Ray invites Hancock to dinner at his house with his wife Mary (Charlize Theron) and their young son Aaron (Jae Head).

The rehabilitation of Hancock into a more acceptable and decent superhero requires the development of an interesting PR plan. The first thing is a rather basic effort at sobriety and handling anger management. Ray also convinces Hancock that he should serve a brief prison stint to pay back society for some misdeeds. Of course, there

are some troubling developments behind the prison walls when other inmates seek retribution. The other side of the coin is that Hancock’s incarceration keeps him unavailable for his heroics, and soon his services are in demand once again as the city explodes in crime waves, though now his desire to be more courteous and understanding also results in some unintended problems.

The story of “Hancock” cruises along with much fun generated by the superhero’s sarcastic quips, as well as by his maladroitness attempts to do good. There’s plenty of action, violence and destruction of property, mostly courtesy of Hancock’s exceedingly erratic and reckless behavior. But the genial goofiness of “Hancock” soon gives way to a more abrupt shift in direction and tone. This is the result of a major revelation that is less surprising upon reflection of some of the attitudes on display earlier in the story. Nevertheless, the surprise should not be revealed because it sets up the climactic confrontation.

“Hancock” is the kind of film likely to generate divided opinions. Again, Will Smith can hardly do any wrong, and here his anti-hero is an engaging character well worth rooting for, even in a subdued fashion. And yet, paradoxically, Hancock is not a lovable figure. Still, he entertains because his attitude is devil-may-care. As a film, “Hancock” suffers from its disjointed construction, but this is not a critical failure. As I see it, “Hancock” is far more interesting than the cartoon-like qualities often found in this type of film. If you like Will Smith and trust his instincts, then “Hancock” is definitely worth a look. Moreover, he’s supported very ably by Jason Bateman’s enthusiasm and Charlize Theron’s understated mystery.

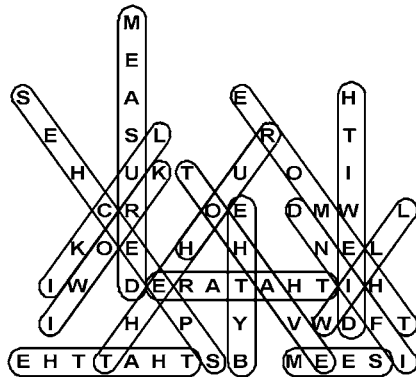
DVD RELEASE UPDATE

You can get a double dose of William Conrad in his successful TV career as a plump district attorney or an overweight private investigator. Conrad cast a large shadow in “Cannon” and “Jake and the Fatman.” Both series are being released on DVD. As the private eye Frank Cannon, Conrad employed his physical attributes to larger-than-life effect while enjoying five-star meals and fighting for justice. “Cannon: Season One, Volume One” found that Cannon’s girth didn’t allow for many intense fist fights, but the series substituted high-speed car chases in their place. In a smart crime drama from the late ‘80s, Conrad starred as the tough district attorney Jason “Fatman” McCabe, working alongside his happy-go-lucky younger partner Jake Styles (Joe Penny). “Jake and the Fatman: Season One, Volume One” follows the DA and his slick investigator sidekick as the unlikely duo set out to solve the toughest cases.

Magic maze

Answers

THOMAS JEFFERSON QUOTES



King Crossword

Answers

Solution time: 21 mins.

B	A	Y		S	H	E	A	F		F	L	U
O	R	E		H	E	L	L	O		O	A	R
W	E	S	T	A	L	L	I	S		N	U	N
				A	M	I		A	T	O	D	D
O	P	E	N	U	P		S	E	N	D		
D	O	A		S	A	W		R	E	U	S	E
O	P	U	S		D	O	C		S	L	A	T
R	E	C	T	O		K	E	G		A	R	A
			L	A	D	E		R	A	S	C	A
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L	E	I		S	H	E	B	O	Y	G	A	N
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“The Happening”

Running time: 90 minutes
MPAA rating: R

“The Happening” is the latest offering from M. Night Shyamalan — Hollywood’s most self-indulgent filmmaker. That he is still allowed to inflict his poorly conceived claptrap on an unwilling populace is a testament to how much Hollywood hates us.

Make no mistake: “The Happening” is a bad movie. Really bad. It is “Wicker Man” bad. It is “Showgirls” bad (only without the drag queen appeal).

Thankfully, it is such a bad movie that you can’t NOT miss it. “The Happening” plummets to such depths of ridiculousness and horror (yes, horror). It’s a word. I know, cuz I just made it up) that it makes the oeuvre of Uwe Boll seem Kurosawaesque.

Here’s the premise: The trees are mad at us. So, to get their revenge on the humanity that has despoiled the planet, the trees — without the use of a lab, government grant or opposable thumbs — conspire and create an airborne neurotoxin that makes humans go bonkers and kill themselves in elaborate ways.

Wait. It gets better. The scientist (OK, not really. He’s a high-school science teacher) who discovers this is played by Marky Mark. Yes, Marky Mark. Formerly of the Funky Bunch. He’s such a brilliant mind that, at one point in the film, he decides to escape the Killer Trees by leading his ragtag group ... INTO A FOREST.

Oh, sure, there are a few legitimately good bits, like when the zookeeper throws himself to the lions or the guy



Zooey Deschanel, Mark Wahlberg

who lets his lawn mower run over him. But most of the truly good bits happen during the first 15 minutes of the movie.

The rest is pure Badness. I’m not going to suggest you see “The Happening” in the theater. But definitely rent it when it comes out on video. Make a few pitchers of margaritas, invite some friends and enjoy the train wreck.

GRADE: An über-ironic A+

Weekly SUDOKU

Answer

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

Trivia Answers

- Ghost ship said to haunt the seas around the Cape of Good Hope
- Portugal
- George Bernard Shaw
- Vitamin B1
- Roger Williams
- Stringed
- “ER”
- Lou Ferrigno
- Nine days
- W.C. Fields

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The California State Fair is Going Hollywood!

2008 Exhibits Will Help Bring “Big Fun Studios” to Life with Lights, Cameras and Action!

The California State Fair is planning to bring the excitement of Hollywood to Cal Expo this summer. This year, Fair organizers have settled on a number of featured attractions that will focus on Hollywood and how modern day movies and entertainment come to life.

“Hollywood is an integral part of California’s culture and economy. Every industry and culture in the State has played a role in making Hollywood what it is today,” said Norb Bartosik, State Fair CEO and General Manager. “Our goal is to celebrate those connections and bring some of the Hollywood energy, excitement and diversity to Cal Expo, while still maintaining our time honored State Fair traditions and customs.”

In keeping with the theme, the State Fair will also be working with



California State Fair
AUG.15-SEPT.1, 2008
BIG FUN!

Los Angeles-based artist, Sergio Grisanti, to design its official Fair poster. Grisanti studied with John Alvin, a legendary movie poster artist who worked on such films as Lord of The Rings, E.T. the Extra Terrestrial, Lion King, and Pirate of the Caribbean. Alvin had originally agreed to design the State Fair poster but died unexpectedly earlier this year. Grisanti has graciously agreed to move forward with the project on his behalf as a tribute to his friend and mentor. The final State

Fair poster will be unveiled in July and will be available to the general public after August 15.

Discounted tickets to the 2008 California State Fair are on sale now at www.bigfun.org. Fairgoers can click ‘n print their online tickets up until Wednesday, August 13 and get discounts of up to \$35% off general fair admission. The Cal Expo Box Office will also be open on select days. Visit www.bigfun.org for box office dates and times.

Small Business, Seniors, and Renters Would Be Hard Hit by Billions in New Taxes

A diverse statewide coalition announced that they will undertake efforts to educate California opinion leaders and the public about the devastating impacts of increased property taxes. Californians Against Higher Property Taxes will provide studies, analysis and other information to raise awareness about how higher property taxes, including the "split roll" tax, burden small business, consumers, seniors, renters, and damage California's overall economy.

"Californians are already being pummeled with the one-two punch of higher energy prices and a collapsing housing market," said Joel Fox, president of the Small Business Action Committee and coalition co-chair. "Higher property taxes will deliver a knockout blow to our economy."

Fox pointed out that as property

taxes increase, small businesses will bear the brunt - being forced to lay off workers, cut benefits and/or close their doors. Some businesses will simply move out of state due to the deteriorating business climate. And, businesses, like family-owned restaurants, auto shops and gas stations will be forced to pass these increased costs on to the public, resulting in higher prices for consumers, increased rents, and a huge burden on seniors living on fixed incomes.

Gilbert Gonzalez, vice president of TGI Catering, Inc. agrees. "Small businesses like mine are already at our breaking point with the high cost of food, gas and benefits. If taxes are raised on our property, we will be forced to cut back on staff or pass our costs on to our customers, or both. Raising property taxes is a really bad idea for everyone."

For tenants of residential properties, higher taxes will directly affect their cost of living. "Residents living in our apartments are feeling the pinch of the economy like everyone else," said Joe Fong, owner of Fong Enterprise. "If we have to raise rents to cover property tax increases, it will place an unfair burden on them and could drive them out of their homes."

The coalition notes that in several recent polls, California voters indicated they do not want to see property taxes go up and support the protections provided by the passage of Proposition 13 in 1978. In fact, a June 2008 Field Poll found that more than twice as many Californians would still support Prop. 13 (57%) today as would oppose it (23%).

Find out more at www.stophigherpropertytaxes.com.



by Phil Cowan

Not long ago, something happened in the halls of California’s capitol that left me believing more than ever that our government is nothing more than a bunch of jack-booted, extortionist thugs, bent on controlling every dollar this economy can produce as if they were entitled to it. The sad part is, I doubt many of us even noticed.

The extortionist is this particular case was Assemblyman Joe Coto (D-San Jose), who had a bill pending that would have forced large charitable foundations to publicly disclose the ethnic, racial and gender compositions of their boards and staffs. The bill, AB 624, would also have required these foundations to publicly disclose how much of their money was granted to minority organizations. Faced with the threat of being branded “racist,” ten of the largest foundations, including the Packard Foundation, the Annenberg Foundation, and the Hewlett Foundation, reached an “accord”

Mobster, Thy Name Is Assemblyman

on a multiyear, multi-million dollar investment in “minority communities.”

If that doesn’t sound like extortion to you, this quote from Assemblyman Coto should make it a little clearer: “They saw this as an opportunity to do what we were suggesting and we’ve worked out this agreement that I think will be positive for everyone.” Brando as Don Corleone couldn’t have said it better.

It was a strong-arm job right out of the Jesse Jackson playbook, this time executed by the chairman of the Latino Caucus, and if it doesn’t send a chill down your spine, it may be that you don’t have one.

Government collectively controls about half the wealth this nation produces, much of which it already redistributes to minority communities. Now they want to direct the budgets of charitable foundations as well, because those dollars weren’t being redistributed to their liking. They justify it by virtue of the foundation’s tax-exempt status. Government goons like Joe Coto make the argument that tax-exemptions cost the state revenue, so those exemptions should benefit everyone, not just a few. In Joe’s mind, he’s as entitled to the exempt money as he is actual tax revenue.

If this doesn’t seem like a big deal to you, if you think the charitable grants given away by the world’s billionaires have no direct impact on your life, think again. Your charitable contributions, those checks you write to the causes you believe in, national and neighborhood, even the dollars you donate to your church, are tax-exempt. Is it such a ridiculous leap of logic to envision a time when Joe Coto and his ilk decide that because the government allows you to write those donations off your taxes, they’re entitled to tell you who you should give it to? Or tell your favorite charity how many minorities it should employ, or have on its board?

People sometimes ask me why I’m a registered Libertarian. Because this is what big government gets you, folks, and neither major party seems committed to scaling it back. Massive and insatiable in its thirst for more money and more power, this is where unrestrained government ends up, with an elected official like Joe Coto using the weight of law to commit legal extortion. Ronald Reagan had it right: “... government is not the solution to our problem, government is the problem.” When did Republicans forget about that?

“Volunteer Speed Matching” Where Volunteers Meet Their Match



Directors of Volunteers in Agencies (DOVIA) will partner with the City of Sacramento, local AmeriCorps*VISTA members, Volunteer Center of Sacramento, and Hands On Sacramento, to host the 2nd Annual Volunteer Speed Matching event where volunteering meets speed dating. The event will be held from 5-7pm on Tuesday, July 22 at the Pyramid Alehouse, 1029 K Street, Sacramento.

Similar to speed dating, Volunteer Speed Matching allows prospective volunteers to move from table-to-table in fast four-minute intervals, quickly learning about several

local non-profit organizations. Prospective volunteers have just enough time to speak with each agency representative about current volunteer opportunities and, hopefully, find “a match.”

The Volunteer Speed Matching event will highlight dozens of current volunteer opportunities focusing on helping children, assisting animals, bettering the environment, serving seniors from 15 diverse local non-profit organizations including St. John’s Shelter, Sac Co Animal Shelter, Navigators Mentoring Program, Sacramento Tree Foundation and Meals on Wheels.

Registration is free, but

potential volunteers must sign up online at www.handsonsacto.org or via phone by calling (916) 264-8659. Registration is on a first come, first served basis.

For more information please contact Daniel Wilson, AmeriCorps*VISTA at (916) 264-8659 or dwilson@sfd.cityofsacramento.org or Christine Wallace, Volunteer Center of Sacramento at (916) 567-3100 x106 or cwallace@volunteersac.org. Fall in love with volunteering at the 2nd Annual Volunteer Speed Matching event on July 22!

The College Admission Essay: Your Chance To Shine



Common essay topics cover such simple themes as writing about yourself and your experiences or why you want to attend that particular school.

(NAPSA)-There is a lot to think about when you apply to college. You have to do your research about majors and application procedures, consider the financial implications and follow through with all the necessary steps to get into the college of your choice. Competition is fierce at many schools. According to Michael Fleischer, managing director of EssayEdge.com, your college admission essay is your best chance to shine-to show who you are, how you think and why you

deserve that spot in the freshman class.

Whereas the other portions of your application-your transcript, test scores and involvement in extracurricular activities-are a reflection of what you’ve accomplished up to this point, your application essay is an opportunity to present yourself in the here and now. The essay shows your originality and verbal skills and is very important. Test scores and grades may represent your academic achievements, but your essay shows how you approach a topic or problem and express your opinion.

Some colleges may request one essay or a combination of essays to learn more about who you are and how well you can communicate your thoughts. Admissions officers, particularly those at small or mid-size colleges, use the essay to determine how you, as a student, will fit into life at that college. The essay, therefore, is a critical component of the application process. Here are some tips for writing a winning essay:

Colleges are looking for an honest representation of who you

are and what you think. Make sure that the tone of the essay reflects enthusiasm, maturity, creativity, the ability to communicate, talent, and your leadership skills.

Be sure you set aside enough time to write the essay, revise it and revise it again. Running “spell check” will only detect a fraction of the errors you probably made on your first pass at writing it. Take a break and then come back to it and reread it. You will probably notice other style, content and grammar problems-and ways that you can improve the essay overall.

Always answer the question that is being asked, making sure that you are specific, clear and true to your personality.

Enlist the help of reviewers who know you well-friends, parents, teachers-since they are likely to be the most honest and will keep you on track in the pre-sentation of your true self.

For additional tips and guidance on college application essays, call (888) 438-2633 or visit EssayEdge.com.

Retail Crime Seminar

The Citrus Heights Police Department invites the Citrus Heights business community to a one day retail crime seminar.

Wednesday July 23 8 am to 5 pm

Rusch , 7801 Auburn Blvd.Park

This seminar is free for the Citrus Heights business Community.
Seats are limited to one person per business.
Lunch will be provided free of charge
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malway@citrusheights.net 916-727-5829

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Real Estate

Smart Buyers Check out this one in Gold River Two-story prestigious Hesperian Village Home. Secluded cul de sac. 2800 sq. ft. 3 bedroom, 2 bath with

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Seniors Seek Solution to Inflation Squeeze



By Al Saporito

Prices have Retirees downsizing dreams...For many today the golden years mean less travel, more work, and spending cuts.

As a local Reverse Mortgage planner, I have had the opportunity to experience the effect today's economy on senior homeowners throughout the area. With the higher cost of living and the lower return on our nest-egg, many of us who were raised with the idea that all debt is 'bad' debt, and that we have an obligation to leave large assets to the younger generation, are experiencing a great deal of personal conflict and concern.

Rising food, fuel, and healthcare costs in today's economy are taking a toll on most senior homeowners with fixed or smaller incomes. Retirement accounts, IRA's, 401K's, Mutual Funds, Stocks and Bonds have all taken a fairly significant beating as the economy falters. Earnings and dividends that were

expected to make life easier in retirement have failed to materialize. Add to this the cost of long-term care in a facility rather than at home and the future can look bleak.

For two income couples, the sudden passing of a spouse can result in the senior's household income being cut by 50% or more when many pensions are not transferrable. In such cases, it may be extremely difficult for the surviving spouse to stay in their home without help from other family members. This can have a severe financial impact on the adult children of seniors, who feel obligated to help Mom and Dad, but also have their own families to support. Without family support, widowed senior homeowners may be forced to take in a boarder or two to help share expenses.

What is a Reverse Mortgage and why are they more popular today?

A Reverse Mortgage is a safe, government insured plan that offers qualified senior homeowners over the age of 62 the peace-of-mind of knowing they will have the money needed to create a secure line of credit for emergencies and unexpected expenses...to eliminate monthly mortgage payments while they continue to live in and own their home... to get cash now for home improvements, travel, to pay off debts, and to enjoy a better life.

Sadly, many of the folks I talk with are afraid to make any changes to their current financial situation because

of fear and uncertainty. Seniors who have worked a lifetime to pay off their mortgage are proud to say they own their home 'free and clear'. For them, the thought of re-encumbering the family home late in life is a difficult choice to make, regardless of how much better life would be with the extra cash. Other seniors, still owing a large mortgage balance on their home at or near retirement age, often feel disappointment in themselves or their spouses as they struggle to make ends meet.

Older homeowners will seek the advice of a number of different people when a decision as important as refinancing a home is to be made. All attorneys, financial and estate planners, CPA's and other consultants and counselors are not required by law to know a great deal about these products. As a result, the recommendations suggested by many professionals will either completely omit a Reverse Mortgage as a logical solution, or refer to obtaining one only as a last resort for desperate seniors.

Unfortunately, advice from neighbors, friends, and adult children with no education or personal experience in today's federally regulated and insured reverse mortgage products usually expose the senior homeowner to rumors and myths. This could result in a decision to forego utilizing one of the best financial tools available today.

My clients are happy to offer their testimonial letters and

personal recommendations to help other senior homeowners. Regardless of whether or not you still have a mortgage balance on your home, the process of refinancing can cause a great deal of concern. Talking to people who have actually gone through the entire process and are reaping the benefits of a reverse mortgage helps build trust and confidence when considering the benefits of a reverse mortgage.

It is comforting to know that the path to a reverse

mortgage involves taking a series of very small steps, one at a time, until you arrive at your goal. If you think a Reverse Mortgage may be a logical solution for you, why not take the first step now? Call today to get the facts on new FHA Approved Reverse Mortgages from any licensed and caring professional you can trust. If along the way you decide that a reverse mortgage is neither practical nor beneficial to you, you may simply step off the path. It really is that easy and there

are no penalties if you decide to do so.

Al Saporito is a licensed professional who adheres to a strict professional Code of Ethics. He is associated with Cypress Reverse Mortgage, a division of Cypress Home Loan Corp of Roseville. For free information on Reverse Mortgages, home owners over 62, concerned about their financial ability to remain in their home and maintain a comfortable standard of living may contact him at (916) 220-1504 or al.saporito@gmail.com



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15				16						17		
				18				19		20		
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		41				42		43		44		
45	46							47				
48					49		50			51	52	53
54					55					56		
57					58					59		

KING Crossword

ACROSS

- 1 Howl at the moon
- 4 Wheat bundle
- 9 Wintertime ailment
- 12 Raw rock
- 13 Greeting
- 14 Rowboat propeller
- 15 Wisconsin city
- 17 Sister
- 18 "What Kind of Fool -?"
- 19 Disagreeing
- 21 Become communicative
- 24 Transmit
- 25 - good deed

- 26 Got a glimpse of
- 28 Don't just toss away
- 31 Piece of work
- 33 Grumpy companion
- 35 Bed-frame part
- 36 Righthand page
- 38 Small barrel
- 40 Altar constellation
- 41 Stow cargo
- 43 Impish one
- 45 Clark Kent's newspaper
- 47 Moose's cousin
- 48 Ring around

- 49 Wisconsin city
- 54 Listener
- 55 Prophets
- 56 Past
- 57 Gorilla
- 58 Islamic God
- 59 Church seating

DOWN

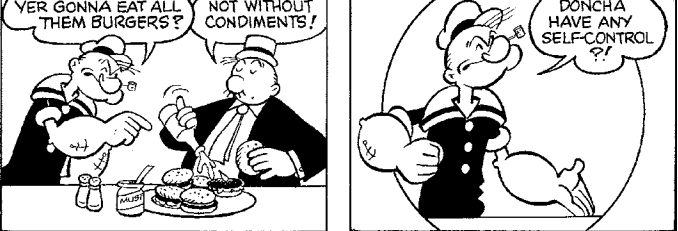
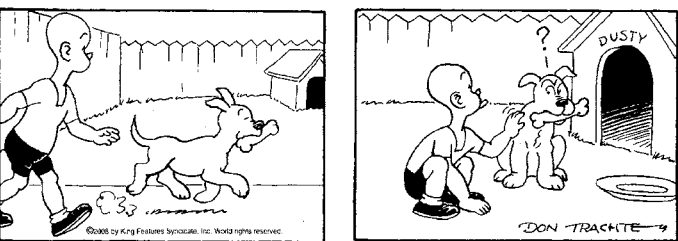
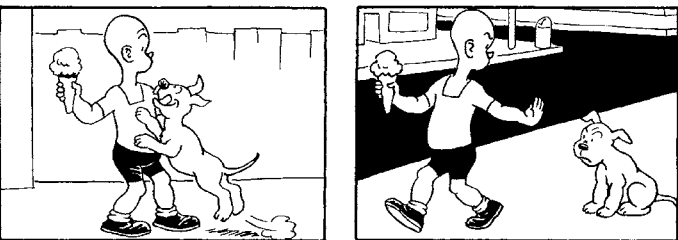
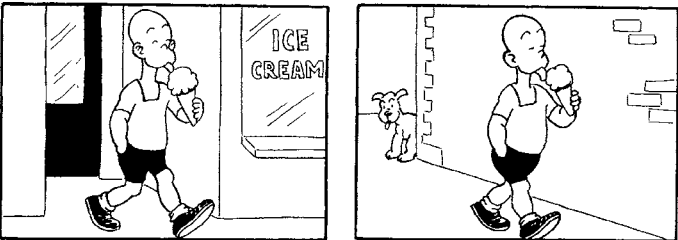
- 1 Acknowledge applause
- 2 "We - not amused"
- 3 "Certainly"
- 4 Detective, slangily
- 5 Chopper's

- landing site
- 6 Right angle
- 7 Pseudonym
- 8 "Old Folks at Home" composer
- 9 Wisconsin city
- 10 Praise highly
- 11 Coffee shop vessels
- 16 Darker than beige
- 20 Individuals
- 21 Smell
- 22 Vatican VIP
- 23 Wisconsin city
- 27 Stir-fry pan
- 29 Poet
- Teasdale
- 30 And others (Lat.)
- 32 Ollie's partner
- 34 Brains
- 37 Black Sea port
- 39 Overshoe
- 42 Lucy's pal
- 44 Firmament
- 45 Entreaty
- 46 Bound
- 50 Moray, e.g.
- 51 Space
- 52 Time of your life?
- 53 Present

Answers on Page 12

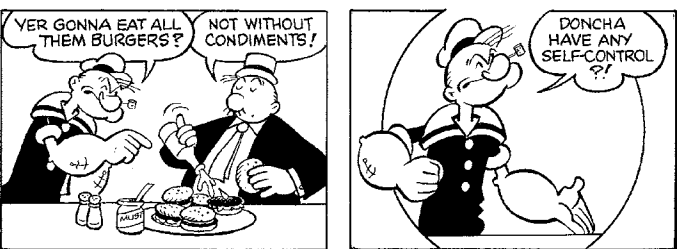
Henry

BY DON TRACHTE



Popeye

HEY EDSMAN



Popeye

HEY EDSMAN



Popeye

HEY EDSMAN



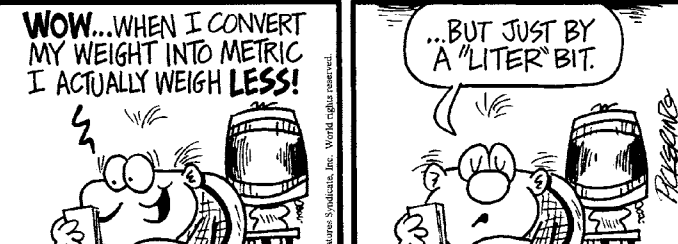
The Spats by Jeff Pickering

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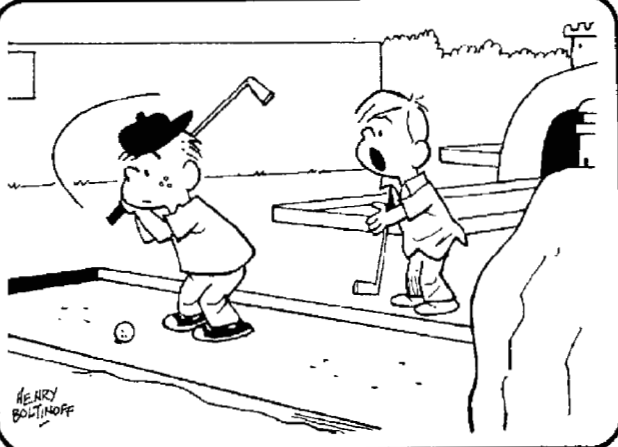
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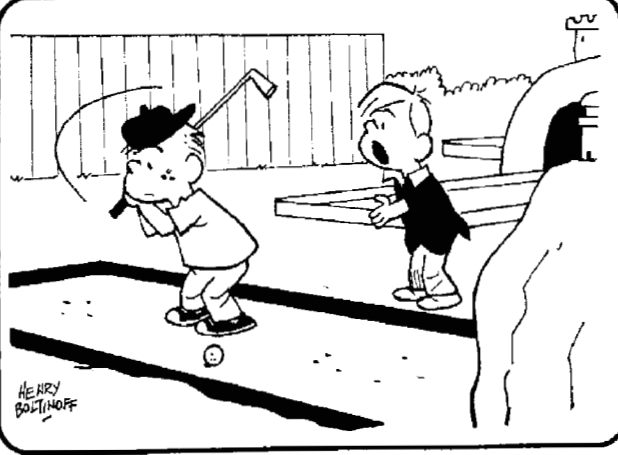


HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Fence has been added 2. Boy's shirt is black missing. 3. Bushes are lower. 4. Golf ball has moved. 5. Boy's club is missing. 6. Border around putting green is black.

Trivia test

by Fifi Rodriguez

- GENERAL KNOWLEDGE: What was the Flying Dutchman?
- GEOGRAPHY: What nation controls the Madeira Islands as an autonomous region?
- THEATER: Who wrote the play "Man and Superman"?
- MEDICAL: The lack of what vitamin causes beriberi, which affects the nervous system?
- HISTORY: Who founded the British colony that would later become Rhode Island?
- MUSIC: What kind of musical instrument is a zither?
- TELEVISION: Actor George Clooney had a regular role on which TV series?
- MOVIES: Who played a bit part in the 2008 movie "The Incredible Hulk" and also played the Hulk in the TV series?
- ROYALS: How long was Lady Jane Grey queen of England?
- ENTERTAINERS: What comedic actor was born with the name William Claude Dukenfield?

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Weekly SUDOKU

by Linda Thistle

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

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 • THOMAS JEFFERSON QUOTES

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

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

Speeches that are measured by the hour will die with the hour. I find that the (clue answer) I work, the more luck I seem to have.

All Answers on Page 12 Contract Bridge

DECLARER MAKES A KEY PLAY

South dealer.

East-West vulnerable.

NORTH
♠ K Q 7 3
♥ A 5
♦ Q 8
♣ J 10 8 4 2

WEST
♠ 10 5 2
♥ K J 8 4 3
♦ J 5 2
♣ K 6

EAST
♠ J 9 8 4
♥ Q 9
♦ K 10 7 6 3
♣ 7 3

SOUTH
♠ A 6
♥ 10 7 6 2
♦ A 9 4
♣ A Q 9 5

The bidding:

South West North East
1 ♣ Pass 1 ♣ Pass
1 NT Pass 3 ♣ Pass
3 NT

Opening lead — four of hearts.

This deal occurred in a 12-table duplicate game. The final contract at every table was three notrump played by South, which in itself is a rare occurrence. However, only one declarer made three notrump, even though the contract could not be defeated with correct play. All the others went down one.

The opening lead was uniformly a low heart. At 11 tables, the lead was ducked to East's queen, and a heart continuation went to dummy's ace, after which the club jack was

finessed. West took his king and cashed three heart tricks to put a quick end to the proceedings.

At the only table where the contract was made, declarer played dummy's ace of hearts at trick one and next tried the club finesse. West won with the king, but the defenders were now helpless.

If West cashed the K-J of hearts, dropping East's queen, South's ten would become a trick. Alternatively, if West returned a low heart to East's queen, he would be unable to regain the lead to run the rest of the suit. In practice, West chose the latter course, after which declarer had no trouble scoring nine tricks.

How could South know that putting up the ace on the opening lead was the winning play? The answer is simple enough. He reasoned that if the hearts were divided 4-3, nothing could be gained by ducking the heart at trick one. The only pertinent question, therefore, was whether the duck would gain or lose against a 5-2 division.

Since West would not lead a low heart from K-Q-J-x-x — he would lead the king in that case — it followed that East had at least one of the missing honors. Rising with the ace was therefore certain to block the heart suit if West had five of them, making the ace the proper play at trick one.

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by Steve Becker

California Bankers Association Applaud Signing of Foreclosure Law

Business Wire - The following statement has been issued by the California Bankers Association regarding the passage of SB 1137 (Perata) into law earlier today:

"We applaud Governor Schwarzenegger for signing SB 1137 (Perata) today. This measure, which takes effect immediately, represents a collaborative, bipartisan effort where all interested parties were able to successfully reach compromise on a comprehensive measure providing meaningful reform to assist borrowers facing foreclosure. The new law strikes an important balance of enacting relief for borrowers without limiting access to credit or causing market disruptions that could worsen the nation's credit crunch," said Rodney K. Brown, President and CEO of the California Bankers Association. "We thank Senate President pro Tempore Don Perata for his leadership and attention to this matter and for engaging our industry in this effort to find solutions that assist homeowners."

Established more than 110 years ago, the California Bankers Association (CBA) is one of the largest state banking trade associations in the country. CBA leads the way in developing relevant education and legislative solutions to some of California's more pressing financial and banking issues, including adult financial empowerment, identity theft, financial privacy, and financial elder abuse. CBA's membership includes more than 300 of California's commercial, industrial and community banks and savings associations. For more information, please visit www.calbankers.com.

Providing Relief from Threat of Foreclosure While Preserving Homeowners' Future

Business Wire - Senate Bill 1137 by State Senator Don Perata will provide immediate relief to families currently facing foreclosure without arbitrarily limiting access to credit or discouraging the investments that are needed to restore liquidity to California's housing market.

This bill establishes new processes to reach out to homeowners prior to foreclosure, providing them with additional information on the process and encouraging further efforts to avoid foreclosure wherever possible.

SB 1137 also provides additional notice to tenants of foreclosed properties and creates new requirements for the maintenance of foreclosed properties to protect the surrounding neighborhoods.

Under the bill, tenants will receive notice once a notice of sale has been posted on a property. The bill also extends the time period for notice so that tenants of residential properties will be notified of a foreclosure 60 days rather than 30 days prior to eviction.

To keep neighborhood property values from being adversely impacted, local agencies will be able to impose a \$1,000-per-day fine on financial institutions that fail to maintain vacant properties if problems are not fixed within 14 days.

The California Mortgage Bankers Association shares Senator Perata's interest in avoiding unnecessary foreclosures. SB 1137 is an excellent example of the good work that can be done when all interested parties work in good faith to develop solutions that help Californians facing challenges arising from the downturn in the state's real estate market.

Proposition 1B Transportation Funding for 2007-08 near \$4 Billion

Business Wire - Funding allocations from Proposition 1B, the 2006 voter approved bond to improve California's transportation infrastructure, have surged close to \$4 billion near the end of the 2007-08 fiscal year, the California Department of Transportation (Caltrans) announced on June 26th.

"Proposition 1B is paying for vital transportation projects that relieve traffic congestion, which helps greatly when Californians are spending more than \$4 per gallon on gasoline," said Caltrans Director Will Kempton.

The near \$4 billion total includes \$143.7 million allocated by the California Transportation Commission for nine Proposition 1B projects, which includes \$24.6 million allocated to widen Highway 50 to six lanes and improve the Harbor Boulevard interchange in West Sacramento

For information about all nine projects that received allocations today, visit: <http://www.dot.ca.gov/docs/proposition1bprojectallocationsjune2008.pdf>

No More Paper Returns for Most BOE Taxpayers

Business Wire - Judy Chu, Ph.D., Chair of the State Board of Equalization (BOE), today announced that the BOE will begin transitioning existing sales and use taxpayers to electronic filing and eliminate the use of paper tax returns.

This month, more than 90 thousand taxpayers will be notified they will no longer be receiving paper returns from BOE, but rather be expected to file on-line. This first group of existing taxpayers transitioning to e-filing includes single location quarterly prepayment accounts that are comprised of medium to large size businesses that file and make prepayments twelve times a year. These taxpayers will be expected to e-file rather than use a paper return with the reporting of third quarter 2008 returns, due October 31.

In addition to existing accounts, beginning July 1 all

new businesses that apply for a seller's permit will be set up for e-filing. There are an estimated 165,000 new seller's permits issued each year.

The BOE-file program offers taxpayers a fast and convenient method of reporting, enhances the ease of filing, improves government efficiencies in tax administration and helps the environment by using less paper. The BOE currently prints, mails, and processes over 3.5 million sales and use tax returns annually. The taxpayers transitioning to e-filing in this phase account for approximately 1.4 million of these returns. The BOE estimates savings of up to \$1.8 million in 2008-2009 with a participation rate of 25 percent to 50 percent of those eligible for e-filing.

Over the next two years, the majority of existing sales and use tax accounts will be transitioned from paper to e-filing, phased

in based on account type and reporting basis.

All businesses will receive BOE-file notices in their next quarterly tax returns, expected around July 1, 2008. Taxpayers may request a one-year exemption from on-line filing.

There are several e-filing options available on the BOE website at www.boe.ca.gov. The BOE offers a free option, BOE-file. In addition, taxpayers may also choose from two fee-based electronic service providers. Accountants, bookkeepers, and other third-party return preparers can e-file on behalf of the taxpayer as well.

BOE-file has options to make payments via credit card or by check for all taxes and fees it collects. Taxpayers may use Discover, MasterCard, American Express and Visa. A convenience fee is charged and retained by the credit card processor.

Besides sales tax, the BOE also administers levies on alcohol, fuel, tobacco, tires, lumber, and a number of other environmental fees. Motor Vehicle Fuel taxes, the International Fuel Taxes Agreement program and the Underground Storage Tank Maintenance Fee returns can also be filed electronically. For information regarding e-filing options available for other programs administered by BOE, visit the BOE website at www.boe.ca.gov and click on the E-services icon.

The BOE launched its first free e-file system in 2005. More than 830,000 businesses are currently eligible to use BOE-file. There are currently 879,000 active sales and use tax accounts registered with the BOE.

For more information on the BOE-file program, visit:

BOE-file Program (<http://www.boe.ca.gov/electsrv/esrvcont.htm>)

RT To Exchange Expiring Pre-Paid Passes And Tickets

Fare Media Exchange Period from August 1 through September 30, 2008

Effective Monday, September 1, 2008, Sacramento Regional Transit District (RT) buses and light rail fare vending machines will not accept pre-paid passes and tickets with an August 31, 2008 expiration date. During a two-month period beginning August 1, passengers may exchange Basic and Discount daily passes or single-ride tickets with this expiration date for new fare media of the same value.

RT will conduct even exchanges of fare media (August 31, 2008 expiration date only) from August

1 through September 30 at RT's Customer Service and Sales Center located at 1225 R Street (adjacent to the 13th Street light rail station). The Sales Center is open weekdays from 8 a.m. to 6 p.m. and Saturdays from 10 a.m. to 2 p.m. (closed Sundays and most holidays).

Expiration dates on pre-paid passes and tickets allow RT to plan for future fare changes and remove outdated fare media from circulation. The new fare media will be valid until June 30, 2010, unless a fare change occurs prior to this date.

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

First Pitch for Baseball Academy Coming July 20th



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



15 year old Tammy Hendler, is the current 18th (career high 5th) ranked junior player in the world. Her aggressive style of play was much appreciated by Caps fans in a recent match.

Every year, the CAPS prepare their schedule with the fans in mind. Theme nights help make a night out at Allstate Stadium more than just a tennis match. Here's a look at what the CAPS have in store for you on the remaining schedule for 2008.

Tuesday, July 15 - Ready to Rumble - Get a group together from your club and see how you stack up against the local competition. Teams will play a WTT-format match for \$500 in prize money. Bring your A-game!

Tuesday, July 22 - Couples Night - Couples receive two-for-one ticketing and a chance to win great prizes in a special half-time contest. The 7th Annual Coca-Cola High School Challenge also will take place today! During the day, area high school teams compete in a co-ed, WTT-format tournament, with the finals being held under the lights after the match. It's a bonus for the fans, who can stick around for more great tennis, as some of the top high-school players in town try to bring the title to their school.

Wednesday, July 23 - Fan Appreciation Night, as well as a tribute to our local heroes. Join the CAPS as they salute local law enforcement officials, volunteers, and firefighters, who especially deserve recognition after the past two months battling numerous wildfires in California.

Don't forget, **WTT Championship Weekend** is July 24-27 at Allstate Stadium! Contact the CAPS at (916)638-4001 or visit our website at www.gocaps.net for more information.



Lindsay Davenport made her WTT debut in 1993 with the Sacramento Capitals and helped the team to the League Championship in 1997 and 1998. Davenport is a three-time Grand Slam singles champion who also won 51 career singles titles and 36 doubles titles on the WTA Tour. The former world No. 1 won the 2000 Australian Open, 1999 Wimbledon and the 1998 U.S. Open singles championships. She has been added to the United States Olympic team. Lindsay recently played in a match against the Caps for the Newport Beach Breakers.

River Cats to Host 9th Annual "Players' Wives' Food Drive" on Saturday, July 19

West Sacramento, Calif. – The Sacramento River Cats, along with community partners at Sacramento Food Bank & Family Services, will host their 9th Annual Players' Wives Food Drive during the River Cats' 7:05 p.m. game vs. the Las Vegas 51s on Saturday, July 19 at Raley Field (beginning when gates open at 6:00 p.m.).

Wives and families of River Cats players and coaches will be at Raley Field collecting canned food and selling autographed cards of the players and coaches, with all proceeds benefiting Sacramento Food Bank & Family Services. Information about programs



offered by Sacramento Food Bank & Family Services can be found online at www.sfbfs.org.

Since 2000, the River Cats' Wives Food Drive, started by Pam Geren (wife of former River Cats Manager and current Oakland A's Manager Bob

Geren), has collected nearly 30,000 pounds of food and vital supplies and \$14,500 in cash donations for local families. Last year's River Cats' Wives' Donation Drive focused on a need for diapers and generated contributions that purchased approximately \$11,000 worth of diapers for area families in need.

Tickets for the game are still available and can be purchased at the Raley Field ticket office or online at www.rivercats.com. For more information about the 2008 River Cats season, visit www.rivercats.com. For information on other events at Raley Field, visit www.raleyfield.com.

You're never too old to feel this young!

At Gold River Racquet Club, our members are young at heart, no matter what their age, because they're focused on good health, exercise and staying active. Our active adult fitness programs provide workout activities that are tailored to your fitness level and special needs. Our friendly, professional staff is always here to help you reach your fitness goals.

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

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Mention this ad and receive 4 tickets to the Sacramento Capitals upon joining!

Offer expires July 22, 2008

Half off initiation fee special!

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Governor Announces Support for Manufacturing Tesla Cars in CA



Business Wire - Ze'ev Drori, CEO of Tesla Motors, and Governor Schwarzenegger announced today at a press conference at Tesla Motors headquarters that Tesla's next product, a 4-door, 5-passenger sedan, will be manufactured at a facility in the state of California.

Previously it had been announced that the sedan manufacturing facility was planned for Albuquerque, New Mexico. After a thorough review of the program, Tesla decided that it would be highly advantageous to build manufacturing facilities in close proximity to the engineering and research and development functions in Tesla's San Carlos headquarters. Tesla's battery pack, a critical component of the Tesla Roadster, is currently manufactured in California. Final assembly of the Tesla Roadster is also currently in California.

Governor Schwarzenegger and the state of California also made it clear that they wanted to keep Tesla manufacturing in California. "Today's announcement is incredible news for California's economy and its environment. If California was a baseball team this would be like winning the first round draft pick and recruiting a player who is a perfect fit on our roster because Tesla Motors and its all-electric cars belong in California," enthused the Governor. Last week, the California Alternative Energy and Advanced Transportation Financing Authority (CAEATFA), approved a new program that exempts new Zero Emission Vehicle

manufacturers from paying sales and use tax on the purchase of manufacturing equipment and will encourage ZEV manufacturing in California. Tesla will also be eligible for at least USD 1 million in Employment Training Panel Workforce Development Funds to train employees.

"These vehicles can play a big part in helping California successfully implement its groundbreaking laws to fight climate change," said State Treasurer Bill Lockyer, who chairs CAEATFA. "By offering this financial incentive, our goal is to ensure zero-emission vehicles realize their full potential in our state. In the bargain, we believe the policy will bolster our emerging green economy, create good-paying jobs and reduce our dependence on foreign oil. I'm very pleased the policy helped convince Tesla to build its high-performance electric cars in California."

Ze'ev Drori, President and CEO of Tesla Motors, remarked, "Tesla has achieved an extraordinary accomplishment. We are the only automobile company today delivering full performance battery-electric vehicles to our customers. Make no mistake - we are not a niche player with a car only for the rich and famous. As our agreement with the state so clearly demonstrates, we are building a high volume ZERO EMISSION VEHICLE, manufactured in California for mid-range family use. And we aren't going to stop there. We will continue on and build even more

affordable cars. You are witnessing the debut of a new car company, a company unlike all others, a company with a disruptive technology, a company dedicated for the exclusive production of Zero Emission Vehicles."

Tesla's sedan, which is targeted for late 2010 production, will utilize Tesla Motors' leading electric powertrain design in a car that is both stylish, high performance, yet highly practical. The exact location of the manufacturing facility within California will be decided soon.

About Tesla Motors

Tesla Motors develops and manufactures electric vehicles with exceptional design, performance and efficiency, while conforming to all U.S. safety, environmental and durability standards. The Tesla Roadster is the only highway capable production electric car of any kind for sale in the United States.

With a 0 to 60 mph acceleration of 3.9 seconds, a 13,000 rpm redline, and the fastest top gear acceleration of any production car tested by Car & Driver magazine in 2007, the Tesla Roadster is unique in providing supercar performance, zero emissions and extraordinary efficiency. For more information, visit www.teslamotors.com.

Tesla Motors
Darryl Siry, 650-413-6260
siry@teslamotors.com
Niazmand, 650-413-4009
colette@teslamotors.com

Colette

Eppie Johnson Plays ‘Deal or No Deal’ with Board of Supervisors



Eppie Johnson, regional businessman and Founder of "Eppie's Great Race," presented the Sacramento County Board of Supervisors with his annual donation of funds generated from the proceeds of "Eppie's Great Race," on Tuesday morning, June 10, 2008. However, Eppie made the Supervisors work for this year's donation of \$48,170 (generated from entry fees collected during the 2007 Eppie's Great Race)!

While donning a Howie Mandel-like costume and accompanied by five beautiful "models" (five fitness instructors representing Eppie's Great Race partner California Family Fitness), the Sacramento County Supervisors were asked to select a special brief case featuring a different dollar amount, which represented the total donation to be presented to Sacramento County. The Supervisors were then asked to "Deal or No Deal," (spoofing the popular game show), to select the final donation amount. The Supervisors played wisely – passing on cases ranging in dollar amounts from .05 cents - \$38,000, before quickly declaring

"Deal!" and choosing the case displaying \$48,170.

Eppie's Great Race has been implemented each year as a fundraising event benefiting programs presented by the Sacramento County Therapeutic Recreation Services (SCTRS), supporting mentally-

Saturday, July 19, 2008. Eppie's Great Race participants run, bike and paddle in teams or as "Iron Persons" on the American River Parkway. Also scheduled for July 19, 2008, is the third annual "Eppie's Great Race Kaiser Permanente Kids Duathlon" (EGRKPKD). The newest element of the Great Race, the EGRKPKD allows children 17 years and under to run and bike also on the American River Parkway.

In addition to exclusive fitness center sponsor California Family Fitness, Eppie's Great Race Founder Eppie Johnson is welcoming several new sponsors to the Great Race this year, including VSP Vision Care and Emulex, Corporation, joining ongoing Eppie's Great Race sponsors Kaiser Permanente, City of Rancho Cordova, Sports Chalet, Old Spaghetti Factory, Pacific Coast Building Products, Brookfield's Restaurants, Marcus & Millichap Real Estate Investment Brokerage, Hummer of Sacramento, and the County of Sacramento Regional Parks Department, among others.

For further information regarding Eppie's Great Race, please visit www.thegreatrace.org



Eppie Johnson presents 'Great Race' donation of \$48,170

physically-challenged people. Eppie's Great Race entry fees are annually donated to support SCTRS. This year's donation represents proceeds collected during the 2007 Eppie's Great Race. To date, Eppie's Great Race has raised over \$800,000 for SCTRS, and now accounts for over 20 percent of the program's overall budget.

The upcoming 35th annual Eppie's Great Race, "The World's Oldest Triathlon," is scheduled for



EMT Anna Smithson shows Recruit Niko Klironomos what to do on Young Marine Desi Montoya if she was not breathing

Metro Cert Trains Sacramento Young Marines

by Amanda Morello

The Sacramento Young Marines received some very valuable training from the Merto Fire CERT Team. The class of 25 children, ages ranging from 8 to 16 years old, had hands on instructions in First Aid and basic life saving skills. The 3 hour course, held at Fire Station 21 on Greenback Lane, covered skills such as what to do if someone is choking, bleeding, stabilizing broken bones and disaster preparedness.

This was a great follow-up to the Young Marines involvement as victims for the Metro Cert Team graduation last May. The children were dressed

up in fake wounds that time. This time, they got to be the ones learning how to save lives. The instructors, comprised of EMTs and Title 22 CERT Team members, worked in groups of threes giving personal instruction to each Sacramento Young Marine.

The Metro Fire CERT Team will begin their next round of training October 16. The 8 class course is free to anyone that lives or works in the Metro Fire District.

If you would like to know more about the Metro Fire CERT program visit www.smfd.ca.gov/cert.htm or call 916-566-4381.



Young Marine Thomas Morello practices how to bandage Recruit Jacob Colbert with the guidance of a Merto CERT team member.





Because every tennis match starts with a warm-up

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

July 3-23

WTT Championship Weekend July 24-27 Hosted by the Caps

July 3 -OPENING NIGHT-Vine & Vibes

Wine Tasting • 5:30 - 7:00 pm • Mansour's Rug Gallery

Enjoy regional wines & fine food while listening to cool jazz. Cost \$15.

July 4 -Family Freedom Fest

Enjoy the 4th with \$1 menu items, a watermelon-eating contest, kid parade & other star-spangled activities.

Kids under 13 receive a FREE General Admission ticket.



For tickets & details visit gocaps.net or call **916.638.4001**

Dining With the Stars



Pair cinematic classics with Italian food and wine for a night to remember

FAMILY FEATURES

Want to create a memorable evening? Bring the glitz and glamour of the silver screen into your own home by hosting an elegant, Italian-themed dinner-and-a-movie party, complete with great food, fine wines and a stirring film. Start with a favorite classic Italian film and use that as a springboard for the rest of your night. Add in thoughtfully chosen food, wine and décor for the full red-carpet treatment. The recipes featured here are simple, but sophisticated. Grilled Polenta With Triple Mushroom Sauce features crisp, seared polenta wedges with a zesty tomato-mushroom topping. (And, best of all, it can be made ahead and finished on the grill at the last minute for an easy appetizer or side dish.) Tuscan Chicken With Garlic and Capers takes thinly-pounded chicken breasts, tosses them lightly in flour and seasonings and lightly sautés them. A savory sauce of white wine, garlic, capers, anchovies and a premium prepared pasta sauce, such as Classico, comes together quickly on the stovetop.

Want to guarantee an award-winning performance at your motion picture soiree? Follow these simple planning tips:

- **Pick a mood movie:** Italian classics run the gamut from thrilling to romantic to comedic to dramatic. “Roman Holiday,” “The Big Night,” “Moonstruck,” “Cinema Paradiso” and “The Good, The Bad and the Ugly” are just a few options.
- **Invite friends and family:** Nothing says Italian like a big family meal. Fill the house with your favorite people and use the movie as a springboard for lively conversation.
- **Select favorite recipes to complement the movie:** Pick a family favorite, or try a recipe you’ve always wanted to make. With so many choices of delicious Italian foods, you can’t go wrong.
- **Offer wine:** Italians wouldn’t think of having a meal without a glass of wine. Consider having at least one red and one white wine available to guests. Here are some food-friendly wine choices:
 - Castello di Gabbiano Pinot Grigio
 - Castello di Gabbiano Chianti Classico
 - Castello di Gabbiano Chianti Classico Riserva
 - Castello di Gabbiano Alleanza

With a little planning and preparation, you’ll only have one thing left to do on movie night: Sit back, relax and let the accolades roll in. But, be prepared. Your guests will likely ask for an encore.

Host an Outdoor Movie Screening

Make your entire evening an alfresco experience by watching your Italian movie outside. Set a television up on the deck or rent a projection screen for the back yard so you can dine with the stars — under the stars! If you want to go even more casual, set up a projector and hang a sheet up between trees or from a fence. Set out blankets or tablecloths on the lawn and enjoy an Italian dinner picnic style.



Tuscan Chicken With Garlic and Capers

Makes 4 servings

- 4 boneless, skinless chicken breasts, pounded to 1/2 inch thick
- Salt and freshly ground pepper
- All-purpose flour
- 1/4 cup olive oil
- 2 cloves garlic, minced
- 1 onion, finely chopped
- 1/2 cup Gabbiano di Castello or other dry white wine
- 2 tablespoons capers
- 2 anchovy fillets, finely chopped, optional
- 1 jar (26 ounces) Classico di Napoli Tomato and Basil Pasta Sauce
- Chopped fresh parsley, basil or oregano

Season chicken with salt and pepper and lightly toss in flour. In large saucepan, heat oil over medium-high heat. Add chicken and cook until golden and no longer pink inside, about 2 to 3 minutes per side. Remove chicken and set aside. Add garlic and onion to saucepan. Cook until softened, about 6 to 7 minutes. Stir in wine, and cook until wine has nearly evaporated. Add capers, anchovy fillets, if using, and pasta sauce. Simmer 3 to 4 minutes. Return chicken to saucepan and heat through. Top chicken with sauce and parsley or other herbs. Serve over mashed potatoes, steamed rice or cooked pasta, if desired.

Variation: Stir a few minced olives into sauce for an additional layer of flavor.

Grilled Polenta With Triple Mushroom Sauce

Makes 6 servings

- 4 cups water
- 1 tablespoon salt
- 1 cup cornmeal
- 1/4 cup butter, divided
- 1/3 cup freshly grated Parmesan cheese
- 1 jar (26 ounces) Classico di Toscana Triple Mushroom Sauce

In medium saucepan, bring water and salt to a boil. Gradually stir in cornmeal and half the butter. Cook over low heat, stirring constantly, 20 minutes. Mixture will become quite thick. Stir in remaining butter and cheese. Pour cooked polenta evenly into 8-inch square baking dish, lined with parchment paper. Cool completely, then chill until firm. Slice into 12 wedges. Place polenta wedges on greased grill over medium heat. Cook on both sides, until heated through, about 3 to 4 minutes. (The polenta wedges can be heated in a skillet instead of a grill, if desired.) In the meantime, in large saucepan, heat pasta sauce. Serve polenta with sauce over top.

For more inspired Italian dishes, visit www.classico.com.



It was a real bang!

Thanks to the thousands of people who attended our annual July 4th celebration at Sunrise Mall. It was a record crowd and we hope you enjoyed the festivities courtesy of our sponsors below.

Sunrise Mall Merchants Association



**Sunrise MarketPlace
City of Citrus Heights**

**Allied Environmental
Citrus Heights Chamber of Commerce**

**Allied Waste Services
BloodSource
J&W Auto Wreckers
Sunrise Festival Shopping Center**

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Citrus Heights Dental Group**



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