

# AMERICAN RIVER

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Volume 3 Issue 9

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

First Edition for May 2008

# AIR POLLUTION: DMV Announces New Online Information Features for Customers

## Annual State of the Air Clean Air Test



### 26 California Counties Still Fail, 19 Counties Receive "A" Grades in American Lung Association's Annual Nationwide State of the Air Clean Air Test

From American Lung Association of California

For the first time, a city outside of California tops one of the most polluted lists in the American Lung Association's State of the Air: 2008 report released today. But overall, in a 2008 mixed report card, California cities and counties continue to dominate the list of places nationwide with the worst air pollution - highlighting the ongoing importance of the report's focus on protecting the air we breathe.

Pittsburgh overtook Los Angeles as the most polluted city for short-term particle pollution (soot). Although Los Angeles stayed ranked atop the other two pollution lists (year-round particle pollution and ozone pollution, or smog), it saw ongoing improvements in air quality, cutting its year-round particle pollution by about one-third since the 2004 report. It also saw improvements in levels of ozone pollution, with the weighted average number of days each year with unhealthy levels of ozone dropping by 13 (103.3 to 90.3) from the 2007 to the 2008 report.

Statewide, 26 of California's 52 counties with air quality monitoring stations received failing grades for either high ozone days or particle pollution

days. In alphabetical order, they are Amador, Butte, Calaveras, Contra Costa, El Dorado, Fresno, Imperial, Kern, Kings, Los Angeles, Mariposa, Merced, Nevada, Orange, Placer, Riverside, Sacramento, San Bernardino, San Diego, San Francisco, San Joaquin, Santa Clara, Stanislaus, Tehama, Tulare and Ventura.

Nineteen counties received an "A" grade for either high ozone days or particle pollution days, with some of these receiving an F in one category but an A in another. The A grade recipients for at least one category, in alphabetical order, are Calaveras, Colusa, Glenn, Humboldt, Lake, Marin, Mendocino, Monterey, Napa, Nevada, Plumas, San Francisco, San Luis Obispo, San Mateo, Santa Barbara, Santa Cruz, Shasta, Siskiyou and Sonoma.

Madera, Santa Barbara, Tuolumne and Shasta counties all improved their high ozone day grades from last year's report, while Humboldt, Plumas and Ventura counties improved their particle pollution day grades.

Of the 25 nationwide counties most polluted by ozone, 12 are in California. Ten of the 25 counties most polluted by short-term particle pollution are in the state, as are seven of the 25 counties most polluted by long-term particle pollution. In addition, California includes 10 of the 25 most ozone-polluted cities, eight of the 25 cities most polluted by short-term particle pollution, and five of the 25 cities most polluted by year-round

particle pollution.

"We see improvements in some areas of the state, but the levels of ozone and particle pollution in California remain dangerously high; improvements do not mean the problem is solved," said Gwendolyn W. Young, board chair of the American Lung Association of California. "Both our California scores and the national trends tell us loud and clear that we have more work to do - including ensuring the protection of the Clean Air Act - to prevent our families and neighbors from breathing air that's simply hazardous to our health."

Unhealthy levels of both ozone and particle pollution create serious, even life-threatening risks for many people, including children, teens and seniors, and people with asthma, chronic bronchitis, emphysema, cardiovascular disease and diabetes. Ozone, commonly called smog, is a powerful gas formed most often when sunlight reacts with vapors when vehicles, factories, power plants and other sources burn fuel. Particle pollution refers to the deadly cocktail of ash, soot, diesel exhaust, chemicals, metals and aerosols that enter the air from fossil fuel burning, wood smoke and agricultural burning.

Besides threatening health, ozone and particle pollution also contribute to global warming - with rising temperatures in turn expected to increase pollution and related threats to lung health. Gerber added, "Reducing air pollution should concern all Californians, even in cleaner cities and

counties, because air pollution travels. This 'second-hand' smog drifts into other communities and creates further adverse health impacts. The bottom line is that air pollution hurts our lungs and makes us sick."

American Lung Association of California Board Chair Young said that to ensure progress toward healthier air, Congress must keep the Clean Air Act intact - given proposed changes to diminish it - and California must address diesel pollution in the state. "We must not weaken decades-old protections in the Clean Air Act, which serves as a safety net for our lungs. Without a continued strong safety net in place, we risk falling back and losing the air quality gains we have made."

Individuals can make their voices heard with elected officials on these key air quality issues by joining the American Lung Association of California's Advocacy Network. Sign up at [www.californialung.org](http://www.californialung.org).

Overall, the report finds that 42 percent of people in the United States live in counties with unhealthy levels of either ozone or particle pollution. If the number of unhealthy days was measured against the new ozone standard, it would show that ozone pollution is worse than what the report indicates. To see the grades for air quality in specific communities and learn how to protect yourself and your family from air pollution, visit [www.stateoftheair.org](http://www.stateoftheair.org).

# DMV Announces New Online Information Features for Customers

Using technology and innovation to keep customers informed, the California Department of Motor Vehicles has announced today new features available on the DMV Web site. Customers will now be able to receive the latest RSS (Real Simple Syndication) feeds pertaining to DMV news and information, sign up for instant news alerts; find a local field office using a pop-up Google map, and on April 30, 2008 customers can download DMV driving videos direct to their iPods.

"We are very pleased to offer more enhanced online services on our Web site," said DMV Director George Valverde. "RSS is the next step in providing enhanced services to an increasingly mobile, global and knowledge-based market of DMV customers."

RSS is a format designed to deliver ever changing web content directly to a user's computer. DMV customers will be able to subscribe to RSS feeds with the latest information on DMV laws, Real ID among other content of interest. To subscribe to RSS, log into the DMV Web site at [dmv.ca.gov](http://dmv.ca.gov), and follow the subscription prompts.

DMV field office locations, which are available on the DMV Web site, will now be enhanced with a Google map. Customers will be able to click on a link that will bring up a map with driving directions to every DMV field office in California.

"With the popularity of the DMV YouTube Channel, customers will now be able to download these videos to their iPods. Customers, especially teens will be able to watch the DMV driving safety videos at their leisure," said Director Valverde.

The Department plans to offer additional web-based customer services in the future. A new Web Portal is in development which will create a "one-stop shop" for DMV customers that is designed to streamline all transactions. Many more features may be added once the

platform is up and running.  
**Current DMV online services:**

- Renew driver licenses and vehicle registration
- Purchase personalized plates
- Check the license status of driver education or traffic schools, new or used vehicle dealers and more
- File change of address or vehicle transfer forms
- Calculate fees and taxes due
- Request refunds
- Find the nearest DMV offices, hours of operation and wait times
- Schedule office appointments for up to three transactions or for three separate customers
- Make appointments for both car and motorcycle driving skill tests
- Study the Driver's Handbook, the Motorcycle Handbook, the Parent-Teen Training Guide and more
- Access the DMV's YouTube Channel for driver safety videos and educational tools
- Take interactive driver's license practice exams
- Answer the most frequently asked questions in extensive archives

Don't Stand In Line, Go Online! Doing business with the DMV has never been easier. The DMV offers an array of services to customers 24 hours a day, 7 days a week through its Web site ([www.dmv.ca.gov](http://www.dmv.ca.gov)), including online appointments for written and drive tests; vehicle registration and driver license renewals, selection of personalized license plates, changes of address and payment of fees via secure debit transactions.

DMV is a department under the Business, Transportation and Housing Agency, which is under the direction of Secretary Dale E. Bonner. The DMV licenses drivers; maintains driving records; registers and tracks official ownership of vehicles and vessels; investigates auto and identity-related fraud; and licenses car dealers, driving schools, and traffic violator schools.

# Gospel Quartet to Appear

If variety is the spice of life, then The Darts are the perfect seasoning for the appetites of gospel music fans. Without a doubt, there is not another group in gospel music who sings as broad a variety of musical styles

as the Darts, including, but not limited to the sound so traditional, western, southern, country, Africa, South America, Caribbean, Hawaii, contemporary, jazz, bluegrass, and even an Irish jig! Their smooth blend and heartfelt presentation make them a favorite of folks from the age of 1 to 100.

The Darts will be appearing locally through the courtesy of Grace Baptist Church at 6724 Palm Ave. Fair Oaks, CA on May 18th, 2008 at 10:00 AM.

The Darts write all of their own music. Tracy Dartt is the author of the very popular Gospel song, "God On The Mountain". This, and many of his other songs have been recorded by some of the world's top gospel singers; songs like "The Last Sunday", "With Him", & "Your Blessing Ain't Never Been Blessed", to name a few. The group consists of Tracy, Sharon, & Stone Mountain Dartt, and BJ Speer (from the Billy Speer family of Orlando, Florida). The Darts travel full time throughout

the USA and Canada, doing around 200 concerts a year in churches, schools, concert halls, fairs, prisons, etc.

Pastor Carter invites the whole community to attend. For more information about the concert call 916-967-3915.

The Darts newest CD, entitled "Brand New Feeling", featuring some of his own songs as well as several Dartt-written songs, including the very 1st song Tracy Dartt ever authored, "Brand New Feeling". Look for the music of "The Darts" and "BJ Speer" on their web sites, "[www.darttmusic.com](http://www.darttmusic.com)" & "[www.bjspeer.com](http://www.bjspeer.com)". Also Available for order through many stores and web retailers like Amazon.com, iTunes, Cdbaby.com and through subscription services such as Rhapsody.

For more information the "The Darts" or "BJ Speer", and for a schedule of appearances, visit their web sites at [www.darttmusic.com](http://www.darttmusic.com) and "[www.bjspeer.com](http://www.bjspeer.com)".



Photo from [www.darttmusic.com](http://www.darttmusic.com)

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# The Underside of Hope



Barack Obama was caught saying something he believes. At a San Francisco fundraiser, away from the prying eyes of the press, Obama reflected on why small-town voters in Pennsylvania and the Midwest seem resistant to his appeal. He said those areas had lost jobs for 25 years. Therefore, people “get bitter, they cling to guns or religion or antipathy to people who aren’t like them or anti-immigrant sentiment or anti-trade sentiment as a way to explain their frustrations.”

Obama has apologized for his phrasing while defending the substance of his statement. And why not? He was retailing an article of left-wing orthodoxy going back centuries: that the working class is distracted by religion and other peripheral concerns from focusing on its economic interests and embracing socialism.

At bottom, this is a profoundly insulting point of view. Consider Obama’s formulation. He makes it sound like no one would be a hunter or a Christian absent economic distress, that economic circumstances drive people into such atavistic habits. Has he considered that some people simply enjoy hunting? And view the right to bear arms as a guarantor of American liberty?

The assumption is that only liberal attitudes are normal and well-adjusted: If only these small-town people could earn more income, get an advanced degree and move to a major metropolitan area, they could shed their chrysalis of social conservatism.

Obama prides himself on his civility, but it has to go much deeper than dulcet rhetoric. A fundamental courtesy of political debate is to meet the

other side on its own terms. If someone says he cares about gun rights, it’s rude to insist: “No, you don’t. It’s the minimum wage that you really care about, and you’d know it if you were more self-aware.” But Democrats have an uncontrollable reflex to do just that. Since the McGovernite takeover of their party, they have struggled to work up enthusiasm for Middle American mores. (Since 1980, only Bill Clinton managed it, which is why he was the only Democrat elected president in three decades.)

When the liberal reflex is coupled with a Ivy League-educated candidate who seems personally remote and uncomfortable with everyday American activities, it’s electoral poison.

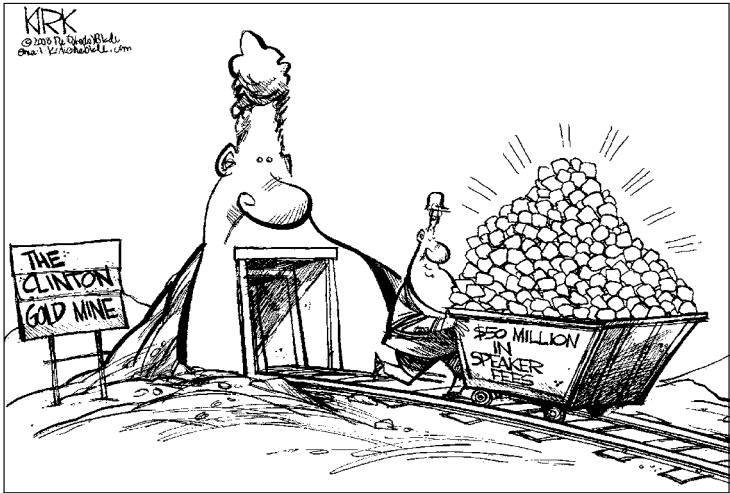
Obama brings a special measure of arrogance to the standard liberal critique of Middle America. His candidacy has always been characterized by two paradoxes. How can he be so hopeful at the same time he and his wife, Michelle, portray America as a sink-pit of despair? And how can he claim to be a uniter when he’s an orthodox liberal who has risked little or nothing for bipartisan outreach?

Now, we know. Obama defines hopefulness as liberalism, specifically liberalism as embodied by himself. Only with Obama’s election will America be redeemed from its harrowing false consciousness. We will be unified, not by Obama reaching out to conservatives to hammer out compromises, but by conservatives shedding their bitterness and becoming Obama liberals.

This is the underside of hope: arrogance fading into a secular messianism based on the fallenness of everyone who disagrees with Barack Obama. And it’s small-town voters who are deluded?

Rich Lowry is editor of the National Review.

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# Drugs in Your Drinking Water

by Sharon Guynup

Down your eight glasses of water a day and chances are, you are also “self-prescribing” minute amounts of various prescription drugs, including those used to treat infection, epilepsy, mental illness, heart problems—even those used to prevent pregnancy.

Last month an investigative report from the Associated Press (AP) revealed that public drinking water in at least 24 major metropolitan areas from Southern California to northern New Jersey is tainted with multiple drug residues.

Of those, Philadelphia’s water was most contaminated, harboring a mix of 56 different medications. Twenty-eight of 35 tested watersheds also carried pharmaceuticals. At least 41 million Americans are drinking drug-laced water.

The federal government doesn’t require testing for drugs in drinking water, and sets no limits for safe levels. And while some water suppliers screen for drugs, they rarely tell customers what they find.

How do we end up drinking each other’s drugs? As a nation, we pop pills for every imaginable malady—to the tune of 3.7 billion prescriptions in 2007—and our medicine cabinets overflow with over-the-counter remedies. These drugs are not fully metabolized in our bodies; some residues are excreted and flushed down the toilet. Another source is unused or expired prescriptions dumped down the drain.

Animals also contribute. Factory farms feed livestock hormones, steroids, and about 40 percent of all antibiotics manufactured in the U.S. Their medicine-laden manure, spread onto crop fields, runs off into waterways.

Our wastewater treatment systems are not designed to deal with modern pollutants, including drugs. The result: a soup of free-flowing pharmaceuticals pours into our waters. Pharmaceuticals also permeate the underground aquifers that provide some 40 percent of our water supply.

What does this mean for the environment, and for us? Disturbing abnormalities in aquatic animals have been widely documented. When male fish swim in waters containing traces of estrogen from birth control pills—used by 11 million American women—they morph into females and stop reproducing. In one study, it took just three years for fish to all but disappear from a Canadian lake. Tadpoles exposed to Prozac don’t grow to full size, making them vulnerable to predators.

Among scientists, these findings have heightened worries about human health risks from decades of constant, low-level exposure to random combinations of drugs. The consequences could include reproductive problems, early onset of puberty, and antibiotic resistance—but much remains unknown.

Recent studies have found disturbing effects on human cells. In the lab, small quantities of estrogen triggered rapid growth in breast cancer cells. Drug residues also caused blood cells to kick

into the overdrive mode associated with inflammation, and slowed the growth of developing kidney cells by one-third. This suggests that small drug exposures might exert powerful effects, especially during periods of crucial development—say if you’re mixing infant formula with water that carries traces of hormone-bending medications.

These findings are preliminary, and more research is needed to determine real risks. But they raise serious questions about the safety of our country’s water system—and about U.S. Environmental Protection Agency (EPA) oversight.

The pressing question is: Why hasn’t the EPA addressed this issue? The AP report shocked readers across the nation, but pharmaceuticals have been showing up in our drinking water for 20 years.

Since 1996, the only contaminants the EPA has added to the Safe Water Drinking Act were either ordered by Congress or mandated by lawsuits. Benjamin H. Grumbles, the EPA’s Assistant Administrator for Water, said his agency has analyzed 287 pharmaceuticals for possible regulation under the Act, but only one, nitroglycerin, was listed: the substance is used for heart problems, but is also used to make explosives.

We need to “daylight” this issue by quickly evaluating the extent of the problem and making that information publicly available. But we can’t wait for data on health effects to take action: Evaluating the effects of the more than

100 medicines found in our water could take decades.

In April, Sens. Barbara Boxer (D-CA) and Frank Lautenberg, (D-NJ) began hearings on the issue. Also, Rep. Allyson Schwartz, (D-PA), has demanded a national task force to make recommendations to Congress—which should include funding: According to a 2003 EPA estimate of the cost of protecting US drinking water, we are underfunding wastewater treatment by \$271 billion.

We also need a cooperative federal and pharmaceutical company program to collect and properly dispose of unused and out-of-date drugs from consumers. Factory farms also should be regulated to keep drug-laden manure from entering our water supply.

This problem will only worsen as our population grows and new drugs are marketed. Perhaps, for once, might we err on the side of caution? It is time we upgraded municipal water systems to protect us from drugs we may be unwittingly ingesting daily. Congress, the EPA, pharmaceutical companies, and the public must all cooperate and do their part.

Sharon Guynup’s first book is titled, *State of the Wild 2006: A Global Portrait of Wildlife, Wildlands, and Oceans*. She writes on science and the environment for national magazines and websites

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# POPPOFF!

with Mary Jane Popp

## MOTHER’S DAY MAGIC

How can you show MOM you really care on her special day? You can do the usual...flowers, candy, dinner. Wait a minute! What did Mom do for you when you were growing up? Remember the time she held your hand when you missed that home run pitch? And the time she kissed that boo-boo after you toppled off your bike? Or the time she stayed up all night to help mend that broken heart? It’s not how much you spend for Mom on any day. It’s more like doing something from hand and heart that will leave an impression she’ll long remember. Easier said than done? Not really. I checked out a couple of sources and jotted down a few ideas that will make you her kid hero all year ‘round!

From Susan Stone’s Book “Memories In Moments”...cherished ideas for every holiday and season including Mother’s Day like:

- 1) **Freeze edible flowers** in ice cube trays. Fill each cube halfway with water, place flowers and freeze. Then fill each to the top and freeze. It’ll warm her heart.
- 2) **Plant your favorite bedding plant** in a small basket. Tie on a gift tag with a checkered ribbon.
- 3) **Bake bread** in flower-shaped tubes.
- 4) **Surprise Mom** with a quiet retreat in her own bathroom. Make sure it’s clean first. Bring in scented candle, flowers, new magazine or book, a cold drink, and a portable stereo with soothing music. The most important part would be a sign on the door reading “JUST FOR MOM... PLEASE DO NOT DISTURB!” Then I turned to Casey Kellar for some wonderful tips to complete the picture from one of her books “The Good Earth Bath, Beauty, And Health Book” with more than 75 easy-to-make formulas for self-pampering and gift-giving like:  
1) **Luxurious Scented Bath Oil.** You Will Need:  
½ Cup apricot kernel oil  
1 teaspoon jojoba oil

- 2 tablespoons olive oil  
one 400 unit Vitamin E capsule (pierce it with a needle and squeeze oil into mix)  
3-6 drops essential (your choice)  
Mix all together. Use 1 tablespoon per bath. Store in bottle in cool place. Shelf life: 4-8 months
- 2) **Super Moisturizing Massage Oil.** You will need:  
½ cup sweet almond oil  
¼ cup coconut oil  
4 tablespoons jojoba oil  
1-½ tablespoons avocado oil  
3-5 drops essential oil of your choice (either one or a combination)  
Mix all together. Store in cool dry place. Shelf Life: 3-6 months
- 3) **All-in-one Linen and Sweater Protector And Cedar Chest Revitalizer.** You will need:  
1 cup white rice  
6 drops cedar wood essential oil  
1 drop orange essential oil  
Add essential oil to the rice and blend with spoon about 30 seconds. Shelf Life: Approximately. 6-8 months (then can be re-fragranced



again  
Remember, the best gift you can give your Mother is love. Spend time with Mom. Let her know you care. There will be a day when she is gone. I know. But her memories will always be in my heart. I know they will be in yours too.

Check out the “POPPOFF” Radio show Monday thru Friday on AM-950 KAH1 10 AM-Noon and Saturday on AM-1240 KSAC 11 AM-Noon for provocative fast-paced informational and entertaining radio listening!

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“Written by the people for the people”

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# Painter Meets ‘Candy Bomber’ After 60 Years



Col. Gail S. Halvorsen, USAF (Ret), Horst Bendzulla with painting of the Berlin Candy Bomber.

By Lisa West

Horst Bendzulla was just a 10-year old boy in 1948 when following the defeat of Nazi Germany, a new enemy laid siege to the war-torn country. The Soviet grip on Berlin and the blockade of all highways was further crippling those who had managed to live through the bombings by cutting off food, medicine, heat and electricity. But Berlin’s Templehof Airport remained open to both British and American aircraft which began bringing in life-saving humanitarian supplies. For more than 14 months coal, food and other immediate necessities were airlifted into the city until the Soviets finally gave up.

Col. Gail S. Halvorsen, USAF (Ret) was one of hundreds of U.S. pilots involved in the 1948-49 Berlin Airlift which eventually earned him the title of “The Berlin Candy Bomber”. After meeting some Berlin children and seeing how much they enjoyed the two sticks of gum he shared with them, he began making ‘candy drops’ just before landing at Templehof. By night the Utah native would tie candy and gum to tiny parachutes made out of mens handkerchiefs. By day, he would drop them to the children below. Since planes were landing every three minutes, just before the drop Halvorsen would wiggle the wings of his C54 so the children would know it was him. That earned him the adoration of the children and yet another nickname – “Uncle Wiggly Wings”.

Bendzulla was one of those lucky children that caught a candy parachute. The news had spread quickly and he remembered he had to hike several kilometers to the place where the children would eagerly wait for treats from the sky. While many of the Berlin children were able to meet their ‘chocolate hero’, Bendzulla never did. And very few people knew that he was a Mormon, including Bendzulla.

Yet Bendzulla joined The Church of Jesus Christ of Latter-day Saints in Germany just five years after the Berlin

Airlift – and in 1960 he and his wife, Marcella, immigrated to America. By trade, he had been trained as an artist and worked throughout Europe restoring paintings, antiquing and specializing in gold-leafing and marbleizing. He continued his craft in Southern California and eventually moved to Northern California before retiring to the Auburn area in 1997.

“Painting is still my hobby”, noted Bendzulla who loves to paint landscapes and the ocean. After visiting Pearl Harbor, he was inspired to paint the USS Arizona several times and since then has painted many other military ships. “About three months ago I came across an old black and white photo of the Candy Bomber’s plane dropping candy parachutes to Berlin children. I felt an overwhelming desire to paint it. I started the painting and didn’t like it and started over again. I didn’t know at that time that Col. Halvorsen and I would have a chance to meet. I planned to cherish the painting for myself and hang it in my home, but when I heard he was coming, I immediately knew I had to give the painting to him,” stated Bendzulla.

With the help of donations from Hershey’s and other state-side candy companies and American schoolchildren who made thousands of tiny parachutes, Halvorsen and other pilots dropped over 20 tons of candy to Berlin children. Following his military career and subsequent retirement, Halvorsen became an educator and from 1976 to 1984 was the Assistant Dean of Student Life at Brigham Young University. He and his wife of 49 years, Alta, spent a year serving a mission for the LDS Church in England and later served a second mission in St. Petersburg, Russia from 1995 to 1997.

Over the years Halvorsen has participated in several food re-supply operations including a C-130 night-drop over Bosnia in 1994, and a supply run to Albania in 1999, where he visited Camp Hope, a Kosovo refugee camp to deliver candy, toys, and school supplies to the children there. In 1998 he was a pilot on the Berlin Airlift Historical Foundation

C-54, the “Spirit of Freedom,” across the North Atlantic for 69 days and 27 air shows in four European countries. In November 1999 he was inducted into the Airlift/Tanker Hall of Fame and into the Utah Aviation Hall of Fame two years later. In June 2001 a new generation aircraft loader (25,000 pound capacity) was named the “Halvorsen Loader” in his honor. There are now more than 300 deployed world-wide. And every year Halvorsen continues to give inspirational speeches and drop candy parachutes to elementary schools, air shows, church and other groups throughout the world.

Deanne Ellsworth of Fair Oaks organized a conference for LDS Church members at the Mormon Center facility in Rancho Cordova and invited Col. Halvorsen to be the keynote speaker and to re-enact the candy drop. He graciously accepted the invitation and with the help of 40 children and several adults from Citrus Heights and Fair Oaks LDS congregations who assembled 250 candy parachutes – the re-enactment was a huge success. “It took three passes over Mormon Center for Col. Halvorsen to get all the candy dropped to conference attendees and children picnicking below,” stated Ellsworth. After landing at Mather Airfield, Halvorsen drove back up to the drop site and there he met Horst Bendzulla for first time. The two exchanged a hearty handshake, hug and many memories.

Following Col. Halvorsen’s keynote address, Bendzulla presented the ‘Candy Bomber’ painting to his hero and the 87-year old retired Colonel was overwhelmed by the gesture. “This is something I will treasure forever,” exclaimed Halvorsen.

Bendzulla, his wife, daughter, son-in-law and several of his grandchildren were part of the crowd scrambling to grab the falling candy parachutes – and he caught one again 60 years after catching the first one in Berlin. Bendzulla reminisced, “It brought back many memories and tears to my eyes to see the parachutes coming down again. It was a very special day.

★ VETERANS POST ★

by Freddy Groves

Military Appreciation Month

May is Military Appreciation Month. It took a dedicated group of people a lot of years to get Congress to pass a resolution making that designation. Now that we have this month, let’s take advantage of it.

Here are some ideas:

- Write letters to your representatives and senators in Congress. Give them your opinion on military and veterans issues.
- Participate in a Military Appreciate Month event. Check [www.nmam.org](http://www.nmam.org) for events in your area.
- Teach a child the history of Armed Forces Day.

- If you think you have a service-connected health issue, file a claim. If you have a claim that’s been turned down, appeal. Don’t ever give up. What’s not on the list of eligible medical conditions today could be on the list tomorrow. Get your file started.
- Help an older veteran submit the paperwork to get replacement copies of his medals. Go to [www.archives.gov](http://www.archives.gov) and put “Replacement Military Awards and Decorations” in the search box.
- Plan to help at a Stand Down this year. Call 1-800-VET-HELP for dates and locations near you, or go to [www.nchv.org](http://www.nchv.org).
- Read the U.S. Code section on the care of the U.S. flag.

Check [www.usflag.org](http://www.usflag.org) and put “flag code” in the search box. Or see [www.capitolflags.com](http://www.capitolflags.com) and click Flag Care for the correct ways to hang and fold the Stars and Stripes.

- Visit a veterans home or VA hospital. If anyone can understand the sacrifices they’ve made, it’s you. Spend a couple hours in a day room and let them talk.
- Help an older veteran submit his story to the Oral History Project. And while you’re at it, send in your story, too. Download the kit at [www.loc.gov/vets](http://www.loc.gov/vets).

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](mailto:columnreply@gmail.com).

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## Monthly Military Retiree & Spouse Meeting

Our next monthly meeting is scheduled for 14 May 2008. We will meet at the former McClellan AFB Chapel, Bldg 5726 and the meeting time is 1030 hrs. We have 2 speakers for this event. Peggy Forseth-Andrews will

address the subject of Transportation through the various alternate means such as Paratransit, Special Transit, etc. John Locher will discuss Licensing requirements. Should be an interesting topic, especially for us seniors. So

come on out and enjoy a cup of coffee, compliments of our great Commissary Staff, and some great fellowship. Direct any questions to our volunteers at 561-7476, Mon thru Thurs, 0900 to 1500 hrs.

## Military Graduates Hometown News

Check back every issue for your hometown hero!



**Air Force Airman Shannon M. Shaw** has graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

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

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

She is the daughter of Marty Shaw of Mesa, Ariz., and Sheena Shaw of Stanley Ave., Carmichael, Calif.

Shaw is a 2007 graduate of Skyline High School, Mesa.



**Air Force Airman Gregory L. Defilippo** has graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

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

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

He is the son of Michael and Shery Maier of La Paenda Way, Orangevale, Calif.

Defilippo is a 2004 graduate of Casa Roble High School, Orangevale.



**Air Force Airman Sara M. Elliott** has graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

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

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

Elliott earned distinction as an honor graduate.

She is the daughter of Jill Clark of Orangevale Ave., Orangevale, Calif., and granddaughter of Joan Henry of Crown Drive, Everett, Wash. The airman is a 2005 graduate of Everett High School.

## Mount Vernon Memorial Event

Mount Vernon Memorial Park will hold its 41st Annual Memorial Day Tribute on Monday, May 26th at 11 a.m. This special tribute will honor all veterans both past & present who have given us the special privileges that we enjoy today.

This event is the largest in Sacramento, and includes over 460 large American flags, military color & honor guards, musical salutes by the 59th Army Band, a flag folding ceremony, the missing soldier’s table, a skydiver, and a jet flyover. Our guest speaker will be Major General Wm. H. Wade II, Adjutant General, California National Guard.

The public is invited to this free event. Mount Vernon Memorial Park is located at 8201 Greenback Lane, in Fair Oaks, one block east of Fair Oaks Blvd.

For additional information call 916-969-1251.

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FOR MORE INFORMATION CALL 916-962-2769

or visit a Soldier at 8121 Madison Ave STE H2, Fair Oaks, CA 95628-3701

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# Northern California Publishers and Authors 2008 Book Awards

The Northern California Publishers and Authors held their annual Book Awards dinner on April 26th at Luau Garden in Sacramento to honor their winning entries for books and materials published in 2007. Book Awards chair, Jennifer Martin, emceed the gala event which kicked off the NCPA Publishing Conference the following day at the Red Lion Inn.

Taking the gold for Best Book was *Dandelion Through the Crack* by Kiyo Sato, published by Willow Valley Press. This impressive book by first-time author Sato is the true story of a Japanese-American family in California—farming in the 1920’s, coping during the Depression—and their traumatic forced relocation to the Poston concentration camp during World War II.

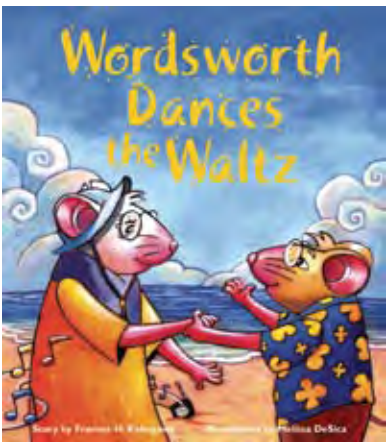
The Silver award for Best Book went to *Yuba Seasons* by David McKay, published by Mountain Images Press. This stunningly beautiful nature photography book by David McKay is a testament to the South Yuba River, in California’s Sierra Nevada. McKay, who has photographed the river for thirty years, gives us an intimate and timeless portrait of moving water, stone, and living things—showing the Yuba in all seasons.

Frances Kakugawa’s beautifully illustrated children’s book, *Wordsworth Dances the Waltz*, published by Watermark

Publishing, won the Bronze award for Best Book. It tells the story of Wordsworth the mouse who recites poetry and gets insights about how Grandma is still his grandma with or without her memory.

Other winners included:

- Best General Fiction Book**  
The Afterlife of Charlotte Browning  
By Christine B. Lighthouse Productions
- Honorable Mention – Best Fiction**  
Through Phantom Eyes -Volume One- A Child’s Guidance  
By Theodora Bruns  
Theodora Bruns, Publisher
- Honorable Mention – Best Fiction**  
Virgin Trail  
By Var”Tus  
Bill Zaccane, Publisher
- Best General Non-Fiction**  
When We Were Colored, A Mother’s Story  
By Eva Rutland  
IWP Book Publishers
- Best Illustrated Children’s Book**  
Wordsworth Dances the Waltz  
By Frances H. Kakugawa  
Watermark Publishing
- Honorable Mention – Best Illustrated Children’s Book**  
Delta & Dawn: Mother and Baby Whales’ Journey  
By Stefanie Cruz  
Big Tomato Press



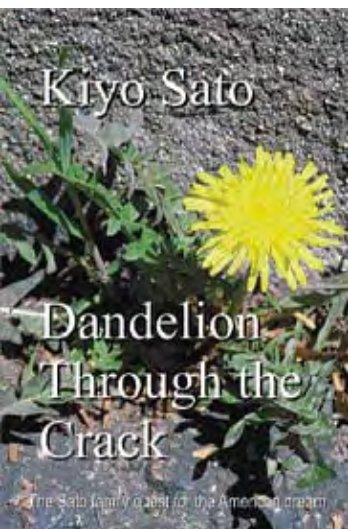
Bronze Best Book winner by Frances Kakugawa

- Honorable Mention – Best Illustrated Children’s Book**  
Play Hopscotch on Saturn’s Rings  
By Nancy Hayden Curry  
Corps Productions, Publisher
- Best Educational Children’s Book**  
What Time Is It?  
By Virginia “Honey” Carter  
Author House, Publisher
- Best Juvenile/Young Adult – Fiction**  
Serving Humanity: Exercises in Tasteful Philanthropy  
By Jonathan Pearce  
BalonaBooks, Publisher
- Best Juvenile/Young Adult – Nonfiction**  
From Slave to Superstar of the Wild West  
By Tom DeMund  
Legends of the West Publishing Company, Publisher

- Best Nonfiction How-To Book**  
Stay Healthy, Live Longer, Spend Wisely  
By Davis Liu, M.D.  
Stetho Publishing
- Best Reference Directory**  
Sacramento Street Whys: The Whys Guy’s Guide to Sacramento Street Names  
By Carlos Alcalá  
Big Tomato Press, Publisher
- Honorable Mention – Best Reference Book**  
It’s In the Bag: Your Custom Business and Travel Wardrobe  
By Barbara DesChamps  
Château Publishing

- Best Spiritual/Self-Help Book**  
Relax Focus Succeed  
By Karl Palachuk  
Great Little Book Publishing Company, Inc.
- Honorable Mention—Best Inspirational Book**  
Stems of Life Picked from the Garden of Survival  
By Virginia E. Hansen  
Llumina Press
- Best Poetry Book**  
The Petrified Heart  
By Charles E. Patterson  
Corps Productions
- Best Sports Reference Book**  
Gold on the Diamond: Sacramento’s Great Baseball Players 1886-1976  
By Alan O’Connor  
Big Tomato Press
- Best Alternative Media Book**  
The Super-Good Project Planner for Technical Consultants  
By Karl Palachuk  
Great Little Book Publishing Company, Inc.
- Best Nature Photography Book**  
Yuba Seasons  
By David McKay  
Mountain Images Press
- Best Interior Text Layout**  
Stay Healthy, Live Longer, Spend Wisely  
By Davis Liu, M.D.  
Stetho Publishing

- Best Interior Text & Images/Graphics**  
Gold on the Diamond: Sacramento’s Great Baseball Players 1886-1976  
By Alan O’Connor  
Big Tomato Press
- Best Interior Photos/Photo Layout**  
Yuba Seasons  
By David McKay  
Mountain Images Press
- Best Exterior Hard Cover**  
Yuba Seasons  
By David McKay  
Mountain Images Press
- Best Exterior Hard Cover – Children’s Book**  
Delta & Dawn: Mother & Baby Whales’ Journey  
By Stephanie Cruz  
Big Tomato Press
- Best Exterior Soft Cover**  
The Petrified Heart  
By Charles E. Patterson  
Corps Productions
- Best Media Package**  
The Afterlife of Charlotte Browning  
By Christine B. Lighthouse Productions



Gold Best Book winner by Kiyo Sato chronicles a Japanese-American family coping with the Depression and internment in California

Honorable Mention – Best Media Package  
Through Phantom Eyes – Vol. 1 – A Child’s Guidance  
By Theodora Bruns  
Theodora Bruns, Publisher



Award winner David McKay’s book *Yuba Seasons* is a testament to the South Yuba River



Local Celebrity Stefanie Cruz won honorable mention- Best Illustrated Children’s Book and Best Exterior Hardback Cover-Children’s Book for Delta & Dawn



## ★ ★ ★ ATTENTION ★ ★ ★



## REPUBLICANS OF THE 3RD CONGRESSIONAL DISTRICT

Many Republican voters ask me about the office of County Central Committee and want to know what this committee does, and who to vote for. The Republican Central Committee in Sacramento is the legal arm of the Republican Party in this county. The committee consists of unpaid volunteers elected by Supervisor Districts. The committee is responsible for voter registration and the election activities for all Republican nominees in the general elections. And, the committee has a responsibility to build and maintain a strong, positive Republican presence in Sacramento County. I am recommending the following individuals for election to the Republican Central Committee as they have proven themselves to be dedicated, hard-working volunteers committed to accomplishing the task of building a strong grass-roots Party organization in our County.

*Dan Lungren*

CONGRESSMAN DAN LUNGREN

### THIRD DISTRICT

Matt Hedges  
Robert S. Evans  
Betty Ashley Axup  
Carl Burton  
Kevin M. Thomas

### FOURTH DISTRICT

John Charles Lungren, Jr.  
Tom Scott  
Larry Masuoka  
Craig S. MacGlashan  
Jim Bopp  
Barbara Bopp  
Edward J. (Ted) Costa

### FIFTH DISTRICT

George Bradshaw





# Citrus Heights News & Views

## Today’s Working Adults Face Long Term Care “Double Whammy”



Sandra & Bob Stanley

For health reasons, Americans in the prime of life may be less financially secure than they think, according to Sandra Stanley, Partner of LTC Financial Partners, LLC, one of the nation’s most experienced long term care insurance agencies. “The sudden need for long term care can erode their best-laid financial plans,” she says, “and they’re vulnerable on two fronts, not just one, no matter how young they are.”

The facts were presented by a national spokesperson for Stanley’s organization, Denise Gott, on Senior Lifestyles Live Talk Radio, hosted by Ron Kauffman (Clear Channel AM 1230 - WBZT). The program, which aired on April 2, was heard throughout south Florida as well as nationally over the Internet.

One part of the double vulnerability has to do with younger Americans’ own health. “There’s a misconception that long term care is just for older people,” Gott said during the interview, “but it’s not so. Working age Americans -- those 18 through 64 -- account for a full 39% of those who need care.” The radio host, Ron Kauffman, highlighted this fact with a personal experience. “I had a horrible biking accident, and I was a broken rib away from needing in-home care.” Extended care needs can arise at any age.

The second part of the double whammy has to do with the aging parents of working people. “Statistics tell us,” Gott said, “that one of every two Americans will need some form of long term care once they reach 65.” For a young couple with two set of parents, the odds of financial impact are very high, if the parents lack the resources for their own care. “This is a big issue for working-age people today,” Gott asserted, pointing out that Americans are living longer and the odds of needing care increase with age. Young couples, just starting out or at mid-career, “never expected their parents to live into their 90’s or beyond 100.”

The current average national costs of care are higher than many people may think, Gott said: \$20 per hour for a home health aide; \$80 to \$250 per day for assisted living; \$55 per day for adult day care (often used for the cognitively

impaired), and \$190 per day for nursing home services. These costs, which may be lower or higher depending on region, have been increasing with inflation. Working people need a plan for handling these potential costs, Gott emphasized.

One solution to the double whammy is long term care insurance, but it’s not for everyone, Stanley says. “What everyone does need is long term care planning.” The wealthiest Americans can self-insure, and those with limited income or assets may be best off looking to public assistance. Stanley’s organization, consisting of more than 400 independent long term care insurance specialists, educates individuals and organizations on the long term care planning options that are right for each particular situation.

Information is available at [www.ltcfp.us/SandraStanley](http://www.ltcfp.us/SandraStanley).

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

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

## Memorial Day Community Event

Advent Lutheran Church is hosting their 7th Annual Memorial Day Community Event on May 26, 2008. The event is FREE and will be held from 11:00 am – 3:00 pm at 5901 San Juan Ave. (between Greenback and Madison). All are welcome to attend this family friendly gathering of our community.

The idea for bringing the community together was born out of the September 11, 2001 tragedy. Pastor Ray Olsen and members of the church wanted to express their faith by celebrating together all that is good about America. The guiding principle has been “to celebrate our freedom, by honoring those who have died to protect it,

and those continuing to serve on our behalf.”

This year Advent Lutheran Church is also celebrating its 50th Anniversary. Reflecting on 50 years of being a part of the Citrus Heights community has served to reinforce the commitment to the Memorial Day event. God’s love is free and in joyful response, we freely give to one another. Reaching out to the community has been a part of Advent’s history for 50 years, and with this year’s Memorial Day celebration, we look forward to the next 50 years.

Come and join us for a Tribute Ceremony at Noon. The ceremony honors our Veterans and local Fire and Police personnel with the singing of

each military branch’s hymn and the national anthem. The ceremony will end with a moving recitation of the names of those in the military who’ve died from our area this year and the playing of taps. Roberta MacGlashen, Sacramento County Supervisor and Jeannie Bruins, Citrus Heights City Council member, will be on hand to welcome everyone.

Bring the family to enjoy food, Sunrise Park & Recreation District’s “Kid’s Zone” with crafts and games for kids, inflatable jumpers for all ages, a petting zoo, pony rides, magician and 70 entrants to the Rod, Custom and Classic Car Show. Join the ADVENTure as we Celebrate Memorial Day together.

## Senior Issues, Concerns & Recreation Addressed at Health Fair

“Soar to Healthy Heights” is the theme of the 1st annual Senior Health Fair on Saturday, May 17th from 10 a.m. to 2 p.m. in the Fountain Square Rose Garden, located at 7115 Greenback Lane in Citrus Heights.

Exhibits, entertainment, and lectures, all dedicated to senior issues and concerns, will be featured at the fair.

There will be complimentary snacks, exhibit give-aways, and many door prizes.

The first 1,000 senior attendees will receive a recyclable tote bag with special enclosures.

“And everything is free, including admittance,” said Dr. Jayna Karpinski-Costa, president of SOAR (Sylvan Old Auburn Road), a Citrus Heights neighborhood association.

“SOAR recognizes that seniors are a growing segment of our population and we wanted to have an event that was designed especially for them.”

The program in the Council Chambers will include a presentation by Dr. Lewis Bliss, Mercy San Juan Medical Center ophthalmologist, on cataracts and other senior eye concerns at 11 a.m. and a talk about joint replacements and other orthopedic issues by Dr. Paul Sasaura, Mercy San Juan Medical Center orthopedic surgeon, at 12 noon.

Beth Sloan, a registered dietician, will speak on “Senior Nutrition Issues”. The American Heart Association will join Mercy Medical Center in performing body fat testing and sharing information about heart health and stroke awareness.

Other free tests and screenings will

include measuring blood pressures and doing balance assessments in regards to fall prevention.

Exhibitors will include many governmental, senior, and adult agencies as well as non-profit and public service organizations.

There will be booths with information about nutrition, legal services, healthcare, and medical topics.

Plus several organizations that are designed for seniors’ leisure time will be represented at the fair.

Musical and dancing entertainment will be scheduled throughout the event in the outdoor trellis area.

Door prizes will be given out “and you don’t have to be present to win,” said Dr. Karpinski-Costa.

A limited number of wheelchairs with optional escort service will be available.

Sponsors of the Health Fair are Mercy San Juan Medical Center, the City of Citrus Heights, Allied Waste, Union Bank, People’s Advocate, Wal-Mart, Lucky Derby, Healthy Cities Collaborative, and All Star Printing.

Partners of the fair are Sunrise Recreation & Park District, the Sacramento County Adult and Aging Commission, and Senior Nutrition Services.

For more information about the event or how to become a sponsor or exhibitor, please contact Dr. Karpinski-Costa at (916) 722-8647.

## IMPROVING YOUR FINANCIAL FITNESS DOESN'T HAVE TO BE A WORKOUT.

Getting regular well-woman checkups makes sense for your good health. The same is true for your financial fitness.

Join us as we learn practical strategies for taking better care of yourself and your financial well-being.

Bring your sister, mother, daughter or friends. To reserve your seat for this free video presentation, call today.

**Date:** Tuesday, May 13, 2008  
**Time:** 3:30 - 4:30 PM  
**Place:** our office on Greenback near Fair Oaks Blvd

**David G Lee**  
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# Fair Oaks News & Views

## Assemblyman Niello Calls for Increased Personal Financial Literacy



Assemblyman Roger Niello

### Assembly Resolution recognizes the need for increased personal finance awareness

Through a unanimously approved resolution on the Assembly Floor, Assemblyman Roger Niello (R-Fair Oaks) today called upon the State to recognize April, 2008 as

Financial Literacy Month. "Due to the difficult economy and the current Mortgage Crisis, California families are saving less and adding to their consumer debts. Now more than ever, the need for an increased awareness of personal finance is necessary. Students in our schools are not being taught the basics of financial literacy and as they become adults and enter into credit card, mortgage, and other loan agreements, they sometimes do not realize the true nature and consequences of the agreement," said Assemblyman Niello.

In addition to trying to increase financial literacy for individuals, Assembly Concurrent Resolution 113 encourages interested parties to provide opportunities for financial literacy education to all Californians during

the month of April. As supporters of ACR 113, the California Society of CPAs and the California JumpStart Coalition recently held their second annual California Summit on Financial Literacy on April 23 in Sacramento. The JumpStart Coalition, which promotes financial literacy for students, can be found online at <http://www.cajumpstart.org/>. "Financial literacy is an important issue for all Californians. It is important that we provide people with the tools necessary to understand the complexities of today's financial decisions. This resolution will hopefully heighten the awareness of the issue and get people to think about their financial well-being," said Assemblyman Niello.



Photo: Amanda Niello

### Shriners clown doing what he knows best... Putting Smiles on Childrens Faces

Thousands enjoyed the annual Fair Oaks Spring Fest weekend-long event held in the old Fair Oaks Village the first weekend of May. There was an energetic parade, which included many local organizations, local politicians, children and school groups.

Folsom Chevrolet sponsored the Sunday car show, which displayed many classic and rare automobiles. Children enjoyed participating in the Frog Jump contests that were available both Saturday and Sunday. Other activities included a pancake breakfast each day, the Spring Fest Fun Run on

Sunday and live bands playing for the crowd throughout the weekend at the village park.

Sponsors of the event were Folsom Chevrolet, Bob's Cycle Center, Fair Oaks Recreation and Park District, R.K. Jacobs Insurance Services, Fair Oaks Water District, Clark and Christopher Apparel, Ober Design Studios, Clipper Magazine, Fair Oaks Cemetery, Fair Oaks Chamber of Commerce and the American River Messenger. The Community thaks all of the event sponsors for their support.



CHP Public Affairs Officer Lizz Dutton interrogating cat suspect



Frog Jump Contest led by Batman

## Edward Jones Hosts Broadcast Presentation for Women

### "Improving Your Financial Fitness Doesn't Have to be a Workout"

Edward Jones provides financial services for individual investors in the United States and, through its affiliates, in Canada and the United Kingdom. Every aspect of

the firm's business, from the types of investment options offered to the location of branch offices, is designed to cater to individual investors in the communities in which they live and work. The firm's 10,000-plus financial advisors work directly with more than 7 million clients to understand their personal goals -- from college savings to retirement -- and create long-term investment strategies that emphasize a well-balanced portfolio and a buy-and-

hold strategy. Edward Jones embraces the importance of building long-term, face-to-face relationships with clients, helping them to understand and make sense of the investment options available today.

Edward Jones is headquartered in St. Louis. The Edward Jones interactive Web site is located at [www.edwardjones.com](http://www.edwardjones.com), and its recruiting Web site is [www.careers.edwardjones.com](http://www.careers.edwardjones.com). Member SIPC.



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## Plan Ahead for I-5 Project

On Friday, May 30th, Caltrans and C.C. Meyers Construction will start a seven week project to repair a critical portion of Interstate 5 in downtown Sacramento. The project will be constructed in four phases in which sections of I-5 through downtown will be closed, including some on and off ramps. Drivers can expect long delays while traveling around Sacramento during the project. All four construction phases will affect traffic heading to and from Sacramento International Airport.

When northbound lanes are closed during Phases 1 and 3, Caltrans officials recommend adding one hour on top of a normal airport commute, especially during rush hour. Travelers may be delayed up to one hour when departing from the airport during Phases 2 and 4, when southbound lanes will be

closed. The expected construction schedule and traffic delays may change due to weather, materials or other factors.

Airport officials encourage travelers to visit [www.fixI-5.com](http://www.fixI-5.com) for the latest information about lane closures, alternate routes and construction schedules. On this Web site passengers can sign up for email alerts and learn more about the project. Travelers can also call 5-1-1 Local Artist's Work on Display in Terminal B An exhibition of paintings in oil and acrylic by Lynnette Diem was recently installed in Terminal B at Sacramento International Airport. The artwork captures the changing light, color, and rhythm of water as it flows over the smooth surface of rocks in the riverbed. Soothing natural colors flow across the surface of her canvasses to capture

the meditative moments of a languorous drift along the river. The Sacramento International Airport Gallery is facilitated through the Sacramento Metropolitan Arts Commission (SMAC), a City/County Agency, and in cooperation with the Sacramento County Airport System.

Visit the SMAC Web site at [www.sacmetroarts.org](http://www.sacmetroarts.org) for more information on commissions and programs. for real-time traffic updates. Sacramento International Airport is partnering with Caltrans to publicize the I-5 project to airport passengers and employees. These publicity efforts include links on the airport Web site, signs in the Terminals, changeable signs on airport roads, and communication with airlines, rental car agencies and taxi drivers.



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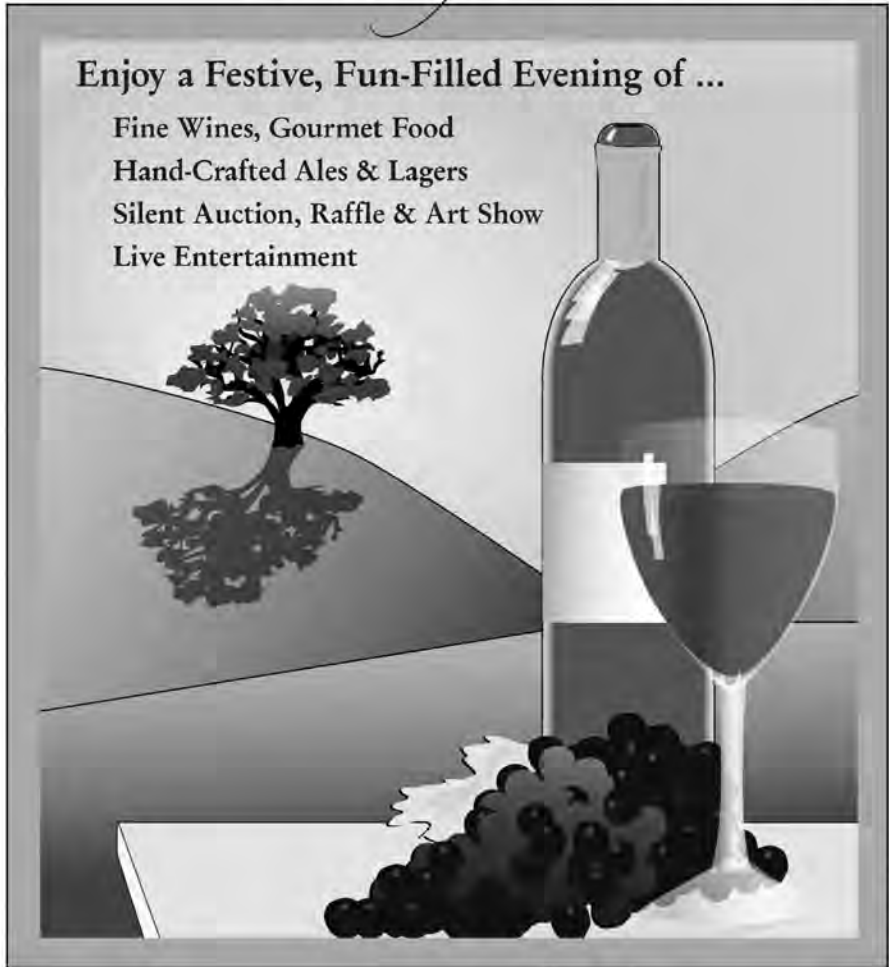
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## 15th Annual a Taste of Fair Oaks

Presented by the Fair Oaks Chamber of Commerce

### Enjoy a Festive, Fun-Filled Evening of ...

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June 6, 2008  
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Pre-Event Tickets: \$40  
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For Advance Tickets & Additional Information:  
Call (916) 967-2903 or Visit [www.atasteoffairoaks.com](http://www.atasteoffairoaks.com)



# Supervisor Susan Peters Urges Motorists to Plan Ahead for Interstate Repairs

The designated construction area consists of Interstate 5 between Richards Boulevard and R Street. Motorists in both north and south directions will be impacted.

The Caltrans website specifically dedicated to keeping motorists informed about the construction project

This is a public service to all widows

Widowed Persons Association of California (916) 972-9722, Office Hours 10:00 am – 3:00 pm Monday through Friday

This meeting is open to the public and reservations are required. Cost of the luncheon is \$13.50 prepaid and \$15 at the door. Vis, MasterCard and Discover cards are accepted. To secure your seat call the Chamber office, 481-1002. Deadline for reservations is May 23.



In conjunction with the Sacramento First 5 agency, Carmichael was recommended for funding on March 3, 2008 at the First 5 Commission meeting downtown and the county building. CRPD was recommended for \$50,000 for a Tot-Lot play area, for children prenatal to age five, at the Patriots Park Site where children can learn and play. Along with the funding of the Tot-Lot there will also be a beautiful butterfly garden, which will provide enriched

The park is scheduled to open in October 2008. The groundbreaking ceremony was held on April 26th at 11 am at the Palm Avenue site. Supervisor Susan Peters and Neighborhood

Liaison Roger Berkenpas led other community leaders and neighbors in the ceremony. Names of staff who worked to have the new park grant approved were Lee Ann Yarber, Chris Hansen, and Celeste Alvarado.



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12:00 Sonoma Hometown Band  
1:00 Roseville Community Concert Band  
2:00 El Dorado Brass Band  
3:00 Cosumnes River College Concert Band  
4:00 Elk Grove Community Band  
5:00 Solano Winds

**SUNDAY**  
11:00 Three Note Band  
12:00 Capitol Pops Concert Band  
1:00 Sacramento Concert Band  
2:00 Capital City Concert Band  
3:00 Sacramento Symphonic Winds  
4:00 59th Army Band - California National Guard  
5:15 River City Concert Band  
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# Orangevale News & Views

## Letter from the President...



I am proud to announce that our Platinum Sponsor for Pow Wow Days is WAL-MART. Make sure that you mark our calendar for May 21st as they will be having their GRAND OPENING. We will be having the Ribbon Cutting at 7:30 am. Hope to see you there.

Do you have your all day Wrist Bands to ride the rides? Get it now for \$20.00 verses \$25.00 during Pow Wow Days. We have a lot of fun planned so come out, bring your family and have a GREAT time.

Do you want to be our next Honorary Mayor? Get your application into our office. It's time to raise some money for your charity. We will announce the candidates at Pow Wow Days.

We will be having our election for new directors soon so if you are interested call the office to get your application and join the team. We have some exciting things happening in this upcoming year.

Check out our web page and the advertising opportunities. We are always looking to improve benefits for you.

## Orangevale Grange 3rd Annual Family Fest

Saturday April 26th, the Orangevale Grange held their 3rd annual Family Fest. The beautiful weather welcomed families out to the Grange. Festival goers listened to folk music, made crafts, register to vote, got their face painted and pet farm animals. Organizations like Sacramento Young Marines, Fair Oaks Jr. Football and the Girl Scouts had booths in order to sign children up for the next round of activities.

Children were able to participate in games like crazy golf and horseshoes. Dinger, from the Rivercats, lead the relay games and water balloon toss.

Next years Grange Family Fest will be held on Saturday April 25th. If you would like to help with the planning, visit the Grange website at [www.grangefamilyfair.org](http://www.grangefamilyfair.org).



PVT Thomas Morello learns to rope a bull at the Grange Family Fest

[www.orangevalechamber.com](http://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  
OVCC President

**Upcoming Meetings**  
CPAC (Community Planning Advisory Council) at the Orangevale Community Center. The next meeting will be Tuesday, May 6 at 6:30 pm.

**Supervisor Roberta MacGlashan** holds her monthly Orangevale meeting at Annie's Breakfast and Steaks on the first Friday of every month. The NEXT meeting will be Friday, May 2nd

**Metro Fire Community Emergency Response Team Free Course.** For more information or to register for an upcoming class, visit [www.smfd.ca.gov/cert.htm](http://www.smfd.ca.gov/cert.htm)

**Orangevale Community Events**  
Second Sunday of each month Breakfast Grange Hall 8-10:30 am \$807 Walnut, Adults \$5.00 Children \$3.00 (6-12), 5 and under are free.

Relay for Life, May 13th 7:30 P.M. Team Captain's Meeting at Denny's 8841 Greenback Lane

Orangevale Library Used Book Sale Thursday June 5th through Saturday June 7th 8am to 4 pm, Sat 8 am to noon.

**Carol Leever**  
We have lost one of our Lifetime Honorary Members, Carol Leever, also known as "Mrs. Orangevale". She was 91 years young. Carol has been part of this community for over sixty years. She will be deeply missed here in Orangevale. Carol and her husband, Roger have been married 71 years. Carol was part of several organizations, the Orangevale Woman's Club, Orangevale Community Center, Inc. and the Orangevale Chamber of Commerce. This strong-minded lady had a heart of a lion and loved by many. Our hearts and prayers go out to those that she left behind. Memorial services will be May 10th at 10:00 am at Mount Vernon Memorial Chapel and a reception will follow at the Orangevale Community Center.

### Fond Farewell

Orangevale SDA Church bids farewell to Arpad and Estie Murangi and son, as they move to their new home in Fondulace, Wisconsin, (near Madison and Lake Michigan). Arpad gave a beautiful viola serenade at church this past week. Both he and his wife are fine musicians. They are at home with pianos, organs and who knows of all the hidden talents they posses? So "Bon Voyage and Happy Trails to You-You will be missed".

### GFWC Annual Federation Day

GFWC of California, Sutter District celebrated the Annual Federation Day of the General Federation of Women's Clubs on April 234rd at the Fair Oaks/Orangevale Library. Joining the clubwomen were special guests from the community and interested women in volunteer community service. For anyone interested in membership or further information about the Sacramento Area, please contact JoAnn Swars at 916-989-8748. Within California, there are 300 clubs statewide and 15,000 members. To learn more, please visit our website at [www.cfwc.org](http://www.cfwc.org).

In 1889, Ella Dietz Clymer was named chairman of the committee that would draft a constitution and present a plan of organization for the General Federation of Women's Clubs. From this committee came a statement of mission from which a lasting motto has been preserved: "Unity in Diversity"

We hope from this convention to form a lasting union of the women's clubs throughout the world. We do not feel that sectional differences will separate us; on the contrary, we hope that these very differences will form a bond of sympathy.

We look for unity, but unity in diversity; we hope that you will enrich us by your varied experiences, and let us pledge ourselves to work for a common cause, the cause of united womanhood throughout the world.

On this day of celebration, we joined together with the Sutter District clubs to honor this vision of a lasting union, and share the pride that is earned for 118 years of enhancing the lives of others through volunteer service.

## Investments (and Expertise) Can Make Great Mother's Day Gifts



Kirk Camunez

Mother's Day arrives this Sunday. You could, of course, give Mom some flowers, and she'd probably appreciate them. But if your mother is a certain age, you might also want to make another type of gift - a gift that can help her enjoy the retirement lifestyle she's envisioned.

If you don't think your mother needs this type of gift, consider this: With advances in health care, today's retirees can easily live two or even three decades in retirement. Furthermore, women still outlive men, on average, by several years. In other words, your mother will likely have to pay for decades of retirement - and during some of those years, she may be solely responsible for making financial decisions.

That's why you may want to provide as much investment-related help to your mother as you can. And there's no time like Mother's Day to get started.

So, what sort of gifts should you think about? Here are a few possibilities:

Help fund Mom's IRA. If your mother is still working, she can contribute to an IRA - and she should. A traditional IRA offers the potential for tax-deferred earnings, while a Roth IRA has the potential to grow tax free, provided your mother doesn't take any withdrawals until she is at least 59-1/2 and she's had her account for at least five years. In

2008, your mother can put in up to \$6,000 to an IRA if she's 50 or older, or \$5,000 if she's under 50. While you can't actually make a deposit into your mother's IRA, you can give her some money for that purpose.

Give stocks. Consider giving shares of a company that produces products or services used by your mother. If you're going to give away some of your own shares, you'll need to know what you originally paid for the stock, how long you've held it and its fair market value at the date of the gift. Your mother will need this information to determine gains or losses if she decides to sell the stock. (You'll also need to determine if you have to pay gift taxes. You can give up to \$12,000 per year, free of gift taxes, to as many people as you want.)

Pay off a debt. If you can afford it, tell your mother you'd like to pay off her credit card balance, a month's car payment or another type of loan. But don't stop there - encourage her to invest the money that she'll be saving due to your generosity. Even if it's just a relatively small amount, every little bit helps. And who knows? Your gift could encourage your mother to take further steps to reduce debt and invest more.

Make an appointment with a financial advisor. If your mother doesn't already work with a professional financial advisor, make an appointment for her to see one, preferably one that comes with good referrals. A reputable financial advisor won't charge anything for an initial consultation, and, over time, he or she can help your mother create investment

strategies that are appropriate for her goals, needs, risk tolerance and time horizon.

By following one or more of these gift suggestions, you'll brighten the holiday for your own mother. And your gift will still have an impact long after Mother's Day is over.

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**American Cancer Society**  
*Relay For Life of Orangevale*  
**Cancer survivors invited to ride on the Relay Float in the Pow Wow Days Parade !**

The Orangevale Relay For Life Committee is thrilled to be participating in this year's Pow Wow Days, May 16- 18. Relay For Life of Orangevale will be entering an awesome purple float in the parade Saturday morning, May 17<sup>th</sup>. Local cancer survivors are invited to ride on the float as our honored guests. Please call Lorraine Silvera, the honorary Mayor of Orangevale and a cancer survivor, to accept our invitation and to find out when and where to meet (806-8261). Relay Teams are invited to walk along with the float.

The community is invited to stop by our Relay For Life Booth to learn more about our plans for the 2<sup>nd</sup> annual Relay For Life of Orangevale which will take place at Louis Pasteur Middle School September 6-7, 2008. Join us in the fight against cancer: form a team, become a business sponsor, join our committee !

Contact Relay Chair, Ann Hively, if you'd like to donate your time and talents to the Relay planning committee: 425-2406. **Together** we can make a **difference**. Join us in the fight against cancer !

Team and Sponsor packets will be available. Call Ann Hively, Event Chair, for more information: 425-2406. inininformation: 425-2406.

Contact Ann Hively, Event Chair (425-2406) or Lorraine Silvera, Team Coordinator (806-8261)

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# Gold River News & Views

## Staff Member Wins Prestigious Top Ranking in North America



Stacy Leitner (right) receives notification that she is a winner in the Office Team Administrative Excellence Award competition at a recent Rancho Cordova City Council meeting. Presenting her with the certification and a gift certificate is Sean Davis, staffing manager for Office Team in Rancho Cordova, and her boss, City Manager Ted Gaebler.

Stacy Leitner, executive assistant to City Manager Ted Gaebler in Rancho Cordova, is one of only four North American runners-up for the 4th annual Office Team Administrative Excellence Award.

Sponsored by OfficeTeam, the International Association of Administrative Professionals, and SkillSoft, the award is presented to an administrative professional

who demonstrates a commitment to leadership, education, and operational efficiency.

“Stacy’s contributions to the City are unparalleled,” said Gaebler. “Her technical skills which are well used by those she directly serves also allow her to teach and mentor others within the organization.”

Sean Davis, a presenter from a sponsor’s local branch, commented that

there were more than 350 impressive nominations from the U.S. and Canada. He continued that he had met thousands of skilled administrative professionals but Leitner exemplified all the best qualities a support professional should possess.

Leitner earned a B.S. in Business Information Systems from Utah State University in Logan. In addition to her executive assistant position, Leitner is Rancho Cordova’s Interim City Clerk and teaches at Heald Business College and at Butte College. She is working a Masters Degree in Educational Technology at Boise State University.

Judging the competition were representatives CareerBuilder.com, Dress for Success, MeasureUp, the Microsoft Business Certification Program, RetirementJobs.com, Working Mother Magazine plus the three sponsors.

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

## Survey Shows 82% Satisfaction

A recent public opinion survey released on April 21, 2008 reflects a high level of satisfaction with Rancho Cordova City services. Eighty-two percent of Rancho Cordova residents surveyed expressed satisfaction with City services and 79% of respondents said they are satisfied with the overall quality of life in Rancho Cordova. This is a significant improvement from a similar survey done in 2006 when 76% of respondents were satisfied with City services.

The random-sample telephone survey of 500 City residents, was completed in March 2008. Conducted by the opinion research firm Godbe Research, the results were presented to the City Council on April 21, 2008.

Key findings of the survey include:

- o 82 % of residents are satisfied overall with the provision of City services, a significant increase from the 76% satisfaction rate expressed in the 2006 survey.
- o 79% of respondents are satisfied with the quality of life in Rancho Cordova.
- o Perceptions of public safety concerns have shifted since the 2006 survey. Concerns about drug use, gang violence and robbery have decreased significantly since the 2006 survey. Today Rancho Cordovans are

more concerned with speeding and unsafe driving.

- o Residents cite the convenience and centralized location of Rancho Cordova as the most appealing reason for living here (49%). Thirty-five percent of respondents stated that they liked their neighborhoods and communities best about living in Rancho Cordova.
- o When asked what they would like to see in Rancho Cordova in the next five years, 22% of respondents expressed a desire to see more shopping options. Ten percent of respondents desire more parks and recreation options, and 10% want to see an improvement in the City’s look.
- o Two-thirds of survey respondents reported satisfaction with the City’s responsiveness to residents’ interests and concerns.
- o Residents are satisfied with the City’s effective working with a private garbage collection company, with 96% of respondents expressing satisfaction with bulky item pick-up services.
- o Two-fifths of residents surveyed are interested in getting more involved with City activities.
- o An increasing number of citizens prefer to use electronic means of communicating with the City, such

as through the City’s website and by e-mail (20%, up from 11% in 2006). Contacting the City by phone is still the most preferred medium.

“We are extremely gratified at the results of the survey,” said Ted Gaebler, City Manager. “Not only have we made great strides overall in the type and provision of services in the City in a very short period of time, but we are seeing the positive effects of having a local police force in deterring crime,” he continued. “As we approach our fifth anniversary of cityhood, we have the confirmation that we have the building blocks in place for a very successful future.”

Survey results will be used by City officials and staff to continually seek to provide and improve quality services to Rancho Cordova residents. A summary of these and other survey results is available on the City’s Website at [www.cityofranchocordova.org](http://www.cityofranchocordova.org).

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## California’s Budget Mess? It’s Time to Clean California’s “Closets”



*By David Sander*

My Great Aunt Elsie had a common sense solution to a simple problem. Whenever she got something new, she got rid of something old she didn’t use anymore.

That’s why her house was always in order and she was able to keep it clean, organized and focused on her real needs.

California needs to take a lesson from Great Aunt Elsie.

Every year California Legislators add more programs, more regulations and more responsibilities to government. But they never get rid of anything - even if it doesn’t work or is duplicated by another program or agency.

The reason this is obvious: it’s a lot easier to create a new law, program or regulation than it is to shrink bureaucracy that some special interest cares about. It’s harder to decide what to remove from the closet, but the price of not doing it is very high.

Whether it’s an outdated commission that provides a high-paying job for

someone’s political pal (but gives little or no value to taxpayers) or a regulation that gives one special interest an advantage over another (and costs taxpayers money to for a bureaucracy to manage the regulation), or even an asset that would be better used by the private sector (like the multi-million dollar Caribbean resort taxpayers subsidize for UC Berkley staff and students)-- it seems the state can just never clean its own house.

Those old outdated programs just keep piling up, costing money and taking up space. They are never held accountable for their performance or cost - just like the clutter that accumulates in our garage or attic.

The difference is – taxpayers don’t foot the bill if you keep a bunch of junk in your garage. When the state accumulates programs, taxpayers foot the bill.

In my aunt’s closet though, any article of clothing that didn’t perform well was at risk - figuratively facing a simple test: shape-up or ship-out. Imagine if all government programs had to face that same test?

It would create accountability for state government that is often lacking or just plain just absent. It would be a way to ensure that state programs knew that someone was watching their actions, and measuring their success.

That’s why I’ll push to eliminate a law for every new law that is passed, to eliminate an old or outdated program for every new program created and to remove unnecessary and ineffective

regulations for every new regulation created. I call this the Clean Closet principle.

One way to help get the budget back on track without new taxes, make it easier to do business and get California’s economy moving again, is for the Legislature to take a lesson from my great Aunt Elsie -- it’s time to clean out California’s budget house.az

About David Sander: *David Sander is a conservative City Councilman and local business owner who is currently running for State Assembly in District 10, which includes Gold River. Sander’s background is unique for an elected official and candidate for State Assembly– he’s an accomplished research scientist who holds a PhD in micro-biology and is a former science advisor to the US Congress. But it’s his volunteer efforts and hard work on local issues that earned him a spot on the Rancho Cordova City Council. He’s a successful business owner, who has served on the Sheriff’s Advisory Board, Chamber of Commerce Board and Community Council. Under his tenure as Mayor, the city of Rancho Cordova not only balanced their budget, but built a \$10 million surplus and nearly doubles budget reserves, which Sander said was vital for protecting taxpayers. Sander’s goals including cutting red tape to help improve the economy, fix the State budget without new taxes, improving transportation, especially highways 50 and 99. Sander is supported by the “who’s who” of Gold River, including Congressman Dan Lungren and Sacramento Supervisor Roberta MacGlashan; along with area leaders like Sheriff John McGinness and Senator Dave Cox. To learn more, you can visit his website [www.DavidSander.com](http://www.DavidSander.com)*

## Foreign Ambassador Visits Rancho

Moldovan Ambassador Nicolae Chirtoaca (third from right) recently visited the City of Rancho Cordova. The Ambassador was brought to Rancho Cordova during a visit to the California wine country by Slavic Dragonir (left), a mutual friend of the Ambassador and Rancho Cordova Vice Mayor Dan Skoglund. Dragonir is also a non-sworn police officer for the Rancho Cordova Police Department. The Ambassador and Consul later hosted a contingent from Rancho Cordova elected officials and staff (who were in Washington D.C. on business) at a reception at the Moldovan Embassy. Moldova is part of the former Soviet Union and is located between Romania and Ukraine.



Pictured at Rancho Cordova City Hall are: (from left) Council Member Robert McGarvey; Council Member Dan Skoglund; Mayor Linda Budge; Ambassador Chirtoaca; David Henderson, community liaison; and Moldova Consul Sergiu Odainic.

### Annual Spring Fashion Show

PATRICK DORINSON, Principal PD Communications and Communications Adviser to McCain for President campaign, to be Guest Speaker at the “Grand Old Party” Spring Fashion Show and Buffet Luncheon hosted by American River Republican Women Federated on May 17, 2008.

The Annual Spring Fashion Show presented by Cho Cho’s, and Buffet Luncheon will be held on Saturday, May 17, 2008. The event will be held in Fair Oaks, CA 95628, with Social Hour beginning at 11:00 A.M.

For more information and reservations, please call 916-482-6069. The price of the Luncheon is \$25.00 and guests are welcomed.

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# CRIME REPORTS

From The Sacramento County Sheriff

	Time	Crime	Address	Location Type
<b>Fair Oaks</b>				
2008-04-16	10:00	Vandalism	5000 block of Dory Way	Vehicle
2008-04-16	11:30	Vandalism	5000 block of Dory Way	Vehicle
2008-04-16	15:00	Burglary Business	8100 block of Madison Ave	Commercial/office building
2008-04-16	18:35	Burglary Business	5300 block of Sunrise Blvd	Restaurant/fast food
2008-04-16	19:00	Vandalism	5200 block of Hazel Ave	Other/unknown
2008-04-16	22:00	Larceny/Theft	5400 block of Dewey Dr	Vehicle
2008-04-17	11:30	Robbery	9100 block of High Oak Ct	Residence/home
2008-04-18	07:30	Simple Assault	8200 block of Sunset Ave	Residence/home
2008-04-18	20:30	Burglary Business	4400 block of San Juan Ave	Other/unknown
2008-04-19	03:03	Burglary Business	4400 block of San Juan Ave	Convenience store
2008-04-19	20:00	Burglary From Vehicle	8200 block of Bramhall Way	Vehicle
2008-04-19	22:30	Burglary Residential	4500 block of Casa Ct	Residence/home
2008-04-20	15:00	Burglary From Vehicle	5600 block of La Field Dr	Vehicle
2008-04-20	20:00	Burglary From Vehicle	5000 block of Filbert Ave	Vehicle
2008-04-20	20:00	Burglary From Vehicle	5000 block of Runway Dr	Vehicle
2008-04-21	00:33	Burglary Residential	8900 block of Quail Glen Ct	Residence/home
2008-04-21	11:20	Burglary Residential	5800 block of Fledgling Ct	Residence/home
2008-04-22	20:00	Burglary From Vehicle	5900 block of Moss Creek Cir	Vehicle
2008-04-23	08:00	Aggravated Assault	8800 block of Winding Way	Residence/home
2008-04-23	09:15	Simple Assault	4500 block of Bannister Rd	School/college
<b>Carmichael</b>				
2008-04-16	13:45	Larceny/Theft	4700 block of Manzanita Ave	Grocery/supermarket
2008-04-16	19:00	Vandalism	6000 block of Rutland Dr	Vehicle
2008-04-16	20:00	Simple Assault	5800 block of Sutter Ave	Residence/home
2008-04-17	00:17	Narcotics	Fair Oaks Blvd / California Ave	Highway/road/alley
2008-04-17	01:08	Burglary Business	6600 block of Madison Ave	Retail/dept/discount store
2008-04-17	14:45	Larceny/Theft	6300 block of Coyle Ave	Residence/home
2008-04-17	19:00	Burglary Residential	5100 block of Gibbons Dr	Residence/home
2008-04-17	23:00	Larceny/Theft	4000 block of Alex Ln	Vehicle
2008-04-18	12:56	Burglary From Vehicle	6000 block of Fair Oaks Blvd	Vehicle
2008-04-18	14:00	Simple Assault	4000 block of Manzanita Ave	Financial/bank/savings loan
2008-04-18	15:00	Sexual Assault	3000 block of Garfield Ave	Highway/road/alley
2008-04-18	18:15	Simple Assault	4700 block of Manzanita Ave	Retail/dept/discount store
2008-04-19	00:26	Burglary Residential	7100 block of Borrego Way	Residence/home
2008-04-19	13:00	Burglary Business	5100 block of Manzanita Ave	Restaurant/fast food
2008-04-19	16:20	Aggravated Assault	7100 block of Fair Oaks Blvd	Residence/home
2008-04-19	17:30	Larceny/Theft	4300 block of Glen Vista St	Residence/home
2008-04-20	00:03	Vandalism	7200 block of Fair Oaks Blvd	Retail/dept/discount store
2008-04-20	07:00	Burglary Business	5900 block of Van Alstine Ave	Parking lot/garage
2008-04-20	21:00	Burglary From Vehicle	5700 block of Engle Rd	Vehicle
2008-04-21	06:00	Burglary From Vehicle	6300 block of Fair Oaks Blvd	Parking lot/garage
2008-04-21	14:50	Vandalism	5400 block of Edgerly Way	Parking lot/garage
2008-04-21	17:00	Burglary From Vehicle	6100 block of Muldrow Rd	Vehicle
2008-04-21	22:00	Burglary From Vehicle	5700 block of Marconi Ave	Parking lot/garage
2008-04-21	22:00	Larceny/Theft	Wedgewood Ave / Fair Oaks Blvd	Other/unknown
2008-04-22	11:30	Burglary From Vehicle	4000 block of Manzanita Ave	Vehicle
2008-04-22	16:00	Larceny/Theft	7000 block of Fair Oaks Blvd	Other/unknown
2008-04-22	17:03	Simple Assault	5700 block of Marconi Ave	Residence/home
2008-04-22	18:00	Burglary From Vehicle	2500 block of Midland Way	Vehicle
2008-04-22	21:00	Burglary From Vehicle	6100 block of Oak Ave	Vehicle
2008-04-23	00:00	Burglary From Vehicle	6200 block of Dawnridge Way	Residence/home
2008-04-23	04:30	Burglary From Vehicle	2500 block of Greenfield Way	Vehicle
2008-04-23	19:15	Larceny/Theft	6600 block of Templeton Dr	Vehicle
2008-04-23	19:30	Burglary From Vehicle	6000 block of Madison Ave	Vehicle
2008-04-23	19:45	Stolen Property	5000 block of Marconi Ave	Parking lot/garage
2008-04-23	21:45	Burglary From Vehicle	Fair Oaks Blvd / Arden Way	Vehicle
2008-04-24	07:30	Aggravated Assault	7200 block of Lincoln Ave	Residence/home
2008-04-24	13:53	Narcotics	5900 block of Hilltop Dr	Residence/home
2008-04-24	14:30	Burglary Residential	5700 block of Angelina Ave	Residence/home
2008-04-24	17:00	Larceny/Theft	5700 block of Hesper Way	Other/unknown
2008-04-24	20:30	Narcotics	Manzanita Ave / Shadow Creek Dr	Highway/road/alley
2008-04-24	21:00	Burglary From Vehicle	Garfield Ave / Locust Ave	Vehicle
2008-04-25	10:20	Drunkness	North Ave / Green Park Ln	Public use area
2008-04-25	20:30	Vandalism	3800 block of Kimberly Way	Residence/home
<b>Orangevale</b>				
2008-04-16	19:00	Larceny/Theft	8100 block of Sundance Dr	Vehicle
2008-04-16	20:45	Aggravated Assault	Oro Way / Pecan Ave	Highway/road/alley
2008-04-17	15:00	Burglary Residential	6000 block of Woodminster Cir	Residence/home
2008-04-18	09:40	Larceny/Theft	5800 block of Illinois Ave	School/college
2008-04-18	21:00	Aggravated Assault	Pecan Ave / Oro Way	Public use area
2008-04-18	22:30	Vandalism	6300 block of Kenneth Ave	Vehicle
2008-04-19	01:30	Burglary Business	9400 block of Greenback Ln	Bar/night club
2008-04-19	16:45	Burglary From Vehicle	6800 block of Hazel Ave	Vehicle
2008-04-19	19:00	Burglary From Vehicle	8600 block of Greenback Ln	Parking lot/garage
2008-04-19	22:00	Vandalism	6700 block of Smithhart St	Residence/home
2008-04-20	02:00	Burglary From Vehicle	9000 block of Polly Ave	Vehicle
2008-04-20	11:00	Burglary From Vehicle	9100 block of Suzette Ct	Vehicle
2008-04-20	19:30	Vandalism	7000 block of Woodmore Oaks Dr	Highway/road/alley
2008-04-21	17:30	Robbery	7100 block of Hickory Ave	Residence/home



**CITRUS HEIGHTS  
POLICE DEPARTMENT**



### CHPD Shooting

The Citrus Heights Police Department received a call from a male at 8:24 am stating that his friend called him and said that he had just shot his wife. Citrus Heights Police Department responded to a subject shot in the area of Larkspur Ave and Jana Marie Ct. A perimeter was set up and a Crisis Negotiator made contact with the suspect. The suspect was convinced to come out and he was taken into custody without incident. Officer’s entered the residence and found the victim with a single gunshot wound to the head. The female was treated at the scene by paramedics and was pronounced deceased at approximately 0900. The weapon was located and secured. The male and female were cohabitants in the residence. The case is still under investigation.

### DUI Checkpoint Results

The Citrus Heights Police Department held a Dui Checkpoint on Friday, 4-25-08 from 8:00 pm to 3:00 am. The checkpoint was held on Greenback Lane at Sunrise Blvd. Citrus Heights Officers arrested seven (7) drivers for driving under the influence of alcohol or drugs. Nineteen vehicles were towed and fifty-two (52) citations were written. A total of 1,306 cars drove through the checkpoint and officers contacted 1,101 drivers. Citrus Heights Police have several more checkpoints scheduled for the upcoming months. The checkpoints are being funded by a grant from the California Office of Traffic Safety. Drivers are reminded to utilize a designated driver and to not drive if impaired. Please contact Sgt. Eric Mattke or Traffic Officer Anthony Boehle for further information 916-727-5500.



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The Eric Hogue Show	5:00-7:00 pm

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# Motorcycle Safety Month

From CHP Public Affairs Officer  
Lizz Dutton

May is Motorcycle Safety Awareness Month in California. In an effort to raise awareness about the importance of drivers and motorcyclists Sharing the road, the California Highway Patrol (CHP) will release the video “Thrill or Buzz Kill?” at the upcoming Motorcycle Safety Summit.

“Sharing the road with many types of vehicles is necessary for safe highways,” said CHP Commissioner Joe Farrow. “While drivers need to watch out for bikers, motorcyclists need to be defensive riders and watch their surroundings as well.”

Fresno Police Chief Jerry Dyer, president of the California Police Chiefs Association reminded motorists, safety is a two-way street off the highway as well. “Whether it be on the highway or on the streets, drivers need to be aware of their surroundings, especially when encountering motorcycles. Oftentimes, motorcycles are harder to see than cars and are more vulnerable when on the road. Motorcycle riders always need more time and room to avoid hazards and drivers should make every effort to give riders as much room on the road as possible,” Chief Dyer said.

According to the Department of Motor

Vehicles (DMV) more Californians are sharing the roadways. “Among the more than 23 million licensed drivers in the state, there are roughly 1.1 million licensed riders,” said DMV Deputy Director of Licensing Operations Mimi Khan.

TheCHP’sStatewideIntegratedTraffic Records System (SWITRS) statistics show the number of motorcyclists killed in collisions statewide has increased more than 140 percent during the past 10 years.

“With motorcycle rider deaths increasing at an alarming rate, everyone needs to take note,” said California Office of Traffic Safety Director Christopher J. Murphy.

“OTS, the CHP, and the National Highway Traffic Safety Administration are convening the first ever Motorcycle Safety Summit later this month in California with representatives from motorcycle riders, law enforcement, industry and public agencies to address this problem and reduce these tragic deaths.”

With a motorcycle, safety accessories are limited to equipment like helmets, jackets, boots and gloves -- not much stands between the rider and serious injury in case of a collision. In addition to safety equipment, education is crucial for

new motorcyclists and riders who have been off the road for a length of time.

“Even as a veteran rider, I know it’s important to take a refresher course and sharpen your skills, especially if you haven’t ridden in a while,” said CHP Assistant Commissioner Ramona Prieto.

Last year, nearly 63,000 students attended training courses at one of the 114 California Motorcyclist Safety Program (CMSP) training sites throughout California. CMSP is California’s official motorcycle safety and training program administered by the CHP. To enroll in a CMSP course, call 1(877) RIDE-411 or visit their website at [www.ca-msp.org](http://www.ca-msp.org).

CMSP will be one of several potential avenues for statewide distribution of the CHP’s “Thrill or Buzz Kill?” The motorcycle, “Red Asphalt”-type, video, which was funded by a federal grant issued through the Office of Traffic Safety, will be distributed to CHP area offices throughout the state for use in educational presentations in local communities.

**Remember To Always Buckle Up And Don’t Drink And Drive**

*The California Highway Patrol is a law enforcement and traffic safety agency reporting to Business, Transportation and Housing Agency Secretary Dale Bonner and Governor Arnold Schwarzenegger.*

## Recent Muggings Notice, Sent in by a Reader

I wanted to give you a heads up on something. My friend, Whitney, was mugged this week at the Target on Alta Arden. The reason I’m telling you is because my friend Gloria’s friend was also mugged (the exact same way) at the Target on Riverside (possibly by the same people) a few weeks ago. In both situations, the women were shopping alone in broad daylight and mugged in the parking lot.

The two young African American men pushed Whitney (with 20 people

around) and grabbed her purse out of the shopping cart (right in front of her) and ran to a getaway car. With Gloria’s friend, she was loading her shopping bags into her car and the two men ripped the purse right off her arm (hurting her).

Ironically, both the women have the same exact car -- a BMW X5. Whitney later recalls noticing the guys in the store while she was shopping. It appears they are targeting women who are alone with nice cars.

When Whitney went to the DMV the next day to get a new license, the person there told her they have had women in there all day long who have been mugged for their purse.

So please be alert (and not just at Target or if you have a nice car) when you are in the parking lot of shopping centers. There was a similar purse snatching at the Bel Air in the Pocket area last week. Pass this on to your friends.



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Since love is the most important thing in life and is the top priority in life, anytime you choose anything else over a loving relationship you’ve made the wrong decision. You’ve missed the point of life. Any time you choose anything over a loving relationship you have made the wrong choice.

The best use of life is love and the best time to love is now. Why? Why is now the best time to express love? Because you don’t know how long you’re going to have. Circumstances change. People die. Children grow up and leave home. You’re not guaranteed tomorrow. If you’re going to express love you’d better do it now.

George McGovern, one time presidential candidate, wrote a book about his daughter Terry who died of alcoholism. In 1994 she was found frozen to death in a snow bank where she’d fallen in a drunken stupor. After his daughter died, McGovern poured over Terry’s diaries and talked to all her friends trying to figure out what she was thinking. He discovered that he was not as good as father as he thought he’d been. While he was spending eighteen-hour days fighting for political causes, his daughter Terry was at home writing in her diary that she missed her daddy but he probably didn’t miss her because he probably didn’t care about her. McGovern wrote in his advice

By Pastor Ray Dare

The greatest use of life is not achievement. It’s love. The problem is, we get busy and we forget what we intuitively know. God’s first law of relationships says the best use of life is love. I want to suggest that from this day forward for the rest of your life when you wake up in the morning, before you get off the bed you pray this prayer, “God, whether I get anything else done today, I want to make sure today I spend some time loving You and loving the people you’ve put in my life.” That’s what life is all about. If you miss that you have missed the point of life.

to parents, “Show more love to your kids by spending more time with them, especially during the adolescent years, no matter what it costs your career. That way neither of you will have regrets.” He also writes this, “I’d give everything I have- and I mean everything- for one more afternoon with Terry, just to tell her how much I love her and have one more of those happy times that we used to have all too infrequently.”

A few years ago Cherry Boone, one of Pat Boone’s daughters, wrote a book about her struggle with anorexia called Starving for Attention. Who do you know like that? Who do you know that is starving for attention? The answer is everybody. Everybody is starving for attention. So what will you do about it? Who do you need to start spending more time with? What do you need to cut out of your schedule? What financial sacrifice do you need to make for what really counts? Galatians 6:10 “Whenever we have the opportunity we should do good to everyone.” If it’s good for neighbors it certainly applies to families too. If you have kids the time to love them is now.

Pastor Ray Dare,  
New Community Christian Church  
www.YourNewChurch.org



by Marlys Johnsen Norris

Understanding the Scripture that tells us to pray without ceasing occurs with time. It happens when one uses the vehicle of prayer to communicate with God. The longer one continues their personal journey with God, the more this Scripture actually “comes alive” in our daily experience and coincides with our personal relationship with Him. Our walk is hand in hand with the Lord as we encounter our daily activities and consult Him on everything.

One might say our prayer-life has become a habit because our thoughts are so mingled with His and every thought becomes a unceasing living prayer. We pray about everything! Our relationship is intimate and personal and becomes a way of life—we choose to not live without. We recognize God is the ultimate

source for our life and the One who has the answer to everything. So, we talk to Him about everything!

We believe the favor of God falls on those who walk close to Him and honor God with obedience, worship and continuous communication in their lives. We have graciously been the recipient of God’s love and mercy, and we are eternally grateful.

We are past doubt and questions because He has given us the answers to everything in His Word, the Bible. We choose to believe, having faith every promise of the Scriptures, even those not yet fulfilled, certainly will be fulfilled in His time. And we continue our unceasing prayer for many who have not yet made the greatest decision of their lives—come to know and follow His instructions.

“For by grace (alone) you have been saved through faith, and this is not your own doing, it is the gift of God – not the result of works, so that no one may boast”. (Ephesians 2:8,9)

We can add absolutely nothing to what Jesus Christ has already done for us!

Marlys Johnsen Norris  
LIFE MESSAGE WORKSHOPS  
“Intimacy Begins Going God’s Way”  
Marlys@sbcbglobal.net

BIBLE TRIVIA

by Wilson Casey

1. Is the Song of Solomon in the Old or New Testament or neither?
  2. What Canaanite commander did Jael kill by driving a tent peg through his head? *Sisera, Joash, Ishmael, Pekah*
  3. In 1 Kings 3, who solved a custody dispute by proposing the child be cut in half? *Samuel, David, Solomon, Iddo*
  4. What Persian queen refused to display her beauty at the court of King Ahasuerus? *Esther, Abigail, Deborah, Vashti*
  5. The daughters of Jerusalem said they will make borders of gold with studs of? *Salt, Silver, Souls, Sins*
  6. How many suicides are recorded in the Bible? *Zero, 1, 7, 19*
- ANSWERS: 1) Old; 2) Sisera; 3) Solomon; 4) Vashti; 5) Silver; 6) 7
- Wilson Casey's latest trivia book is available at BearManorMedia.com.*
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National Day of Prayer 2008



By Mary Pearson

About 150-200 people came to the south steps of the Capitol in Sacramento to pray for America on the National Day of Prayer. They joined together to give thanks for the many Blessings our Heavenly Father has bestowed upon our land. Prayers for President Bush, our leaders, our Troops, our economy

and schools, and our families could be heard over the protests coming from the other sides of the Capitol. “Onward Christian Soldiers” sounded so beautiful coming from the trumpet played by a wonderful gentleman standing in front of the large National Day of Prayer Banner, which displayed a flag on one end.

Most of all, prayers for our Lord’s help in saving our Nation could be heard and “Amen’s” from the many bowed heads. I hope all of you were able to stop for one moment to say a prayer and thank Almighty God for all our many blessings.

God Bless America and our Troops,  
Mary



Chaplains Under Fire



You’d expect to hear of religious hostility and persecution on the front lines in Iraq. But it’s a monumental free speech crisis when our precious First Amendment rights are facing censorship WITHIN OUR OWN CAMP! Today, the future of our military chaplains’ right to pray freely once again hangs in the balance. It’s tremendously troubling to hear that brave men and women on the front lines of freedom are staring down the barrel of government-mandated speech. Told to restrict their prayers ... to mask their faith. And now, going one massive step further ... worship services SUPPRESSED, even CANCELED, because of their Christian focus. It is an outrage! We’ve just received word of a troubling development out of Iraq from our friends in Congress. The religious rights of one of our military chaplains were grossly abused. His army command unjustly suppressed his worship service, an exhibition of religious hostility toward Christianity. To think that a chaplain should not fulfill his or her duty because a Christian worship service - or prayer - is somehow unconstitutional ... well, it’s ridiculous. I hope you understand the critical nature of this issue. The danger is even

greater - it’s yours and mine - because a restriction on the freedoms of speech and worship strikes at the very heart of our constitutional right to expression of faith. So today, the ACLJ is fully engaged in this debate. We are joining Congressman Walter Jones and taking this issue straight to the White House ... straight to our Commander-in-Chief ... and asking for his Executive Order protection of military chaplains’ right to pray and worship according to their faith. But we need your help! Please give generously right now so we can carry on in this critical fight as well as press forward in our ongoing massive legal and legislative work nationwide. Stand with us today - as you have so faithfully in the past - in this imperative debate. Protect our chaplains’ right to pray in Jesus’ name!

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.*

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# Iron Man Movie



Robert Downey Jr. as Iron Man

By David Dickstein

The movie-going world needs another superhero flick like it needs another unmuted cell phone or crying baby. But as sure as a tub of movie popcorn and a gallon of gas have no business costing four bucks, we'll never be rid of annoying ringtones and babysitter-challenged parents. And if this summer's slate of films is any indication, theaters will remain a haven for characters with superhuman powers.

About to save the world one baddie at a time are a reincarnated Incredible Hulk, a debuting Hancock and a Joker-dealt Batman. Among the less-immortal set waiting in the wings are a virile Indiana Jones, a revved up Speed Racer and a valiant Prince Caspian of Narnia.

Each has his own style, but their do-gooding purpose in life is always the same. Breaking the mold of crime-fighters with comic book origins is "Iron Man," the earliest of all the bravery-busting entries this season at the cinema. Iron Man isn't some young dweeb whose extraordinary abilities stem from some freak accident. Instead, he's a middle-aged genius who gets his might from a weapons suit he invented. The motion picture debut of this Marvel Comics character is tremendously entertaining, and all of us Shadow Boomers should adore the fact that Iron Man and the guy playing him – brilliantly cast Robert Downey Jr. -- were born in our era, no disrespect to batty Christian Bale, super Brandon Routh, webmaster Tobey Maguire and soon-to-be hulkish Ed Norton.

"Iron Man" spends the entire 2 hours showing how Tony Stark, wealthy industrialist and playboy, becomes the metal-clad macho man created by comic book god Stan Lee. Our fun begins when Tony's stops. On a business trip in Afghanistan, the snarky, motor-mouth inventor of the U.S. army's most sophisticated weapons is kidnapped by insurgents who, among other nasty things, throw him in a cave where he is ordered to create the mother of all weapons, or else. Tony's smarts and his captors' lack of them enable the American to develop a high-tech suit of armor and make one helluva escape.

Tony returns to his Malibu home a changed man. He wants out of the weapons business, which hurts Stark Industries' stock and his relationship with Obadiah Stane (Jeff Bridges), his business partner since before Tony inherited the company from his late father. Tony's new attitude also includes setting sights on just one woman, his loyal assistant Pepper Potts (Gwyneth Paltrow fits the bill nicely). Tony's plans include inventing garb befitting a guy named Iron Man.

Although the story plays out predictably and the ultimate battle between good weapons suit wearers vs. bad weapons suit wearers is a letdown, director Jon Favreau ("Zathura," "Elf") turns in a smart, cool, action-packed winner that sets the bar high for this summer's surge of cinematic superheroes.

3 1/2 of 4 Stars, rated PG-13, 126 minutes  
ironmanmovie.com

# All That Jazz: May 17 & May 18

## 1:30 pm and 4 pm concerts

Enjoy two days of free jazz concerts in Sunrise MarketPlace. We're kicking off the Sacramento Jazz Jubilee time of year with hot jazz in our District. Saturday and Sunday, enjoy concerts beginning at 1:30pm and 4:00 pm, with a style of jazz guaranteed to please everyone.

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Mike McMullen

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Sunrise Blvd & Greenback Lane

**Sweden's Jazzin Jacks**  
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Marketplace at Birdcage SAT 4-6  
At Casa Ramos Restaurant, behind the center  
Sunrise Blvd. between Madison & Greenback

**The Nutones & Friends**  
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Sunrise Hills SUN 1:30-3:30  
Near Office Max, Sunrise Blvd  
North of Greenback Lane

**Mike McMullen with Henry Robinett**  
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Sunrise Mall SUN 4-6  
Near the main entrance

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# RILEY REVIEWS



by Tim Riley

## LAUGHS ROLL WHEN SNL VETERANS BECOME "BABY MAMA"

BABY MAMA (Rated PG-13)

There's a new chick-flick at the local Cineplex where the action is set in Philadelphia, as in Pennsylvania's major city. Merely coincidental, the film arrives on the heels of that state's big primary, but Hillary Clinton is nowhere to be found in a venue that still suggests "Rocky." Rather, this comedic adventure is called "Baby Mama," starring two female stars of "Saturday Night Live." Now, I have to admit, sheepishly, that I laughed at many of the jokes in this female-oriented comedy. As a result, I have scheduled a doctor's appointment to have my testosterone levels checked, just in case I am precipitously on the verge on some inexplicable male menopausal meltdown. At least I am not crying during soap operas, mainly because I don't watch any.

Perched for a long time as a cast member and co-anchor of "Weekend Update" on "Saturday Night Live," Tina Fey has made her mark in another comedy series on NBC, while Amy Poehler continues on for a seventh season in the late night weekly comedy show. Together, Fey and Poehler have great chemistry as an odd couple as mismatched as Oscar and Felix. Fey's Kate Holbrook is a career-driven executive at an organic market chain. Financially secure, she lives in a swank Philadelphia apartment that reflects her fastidious nature. Having put her personal life on the back burner, the unmarried Kate suddenly realizes her biological clock is ticking. After visiting several sperm banks, Kate discovers that she is infertile, and therefore, decides to visit the surrogacy center run by Chaffee Bicknell (Sigourney Weaver).

The solution for her wish to have a child is realized by the availability of Angie Ostrowski (Amy Poehler) to become the surrogate mom. Free-spirited Angie is the suburban Philly equivalent of trailer park trash. When interviewing for the surrogate position, Angie shows up with her equally trashy common-law husband Carl (Dax Shepard), a deadbeat who's anxious to take advantage of Kate's generous cash offer for services rendered. Angie is hardly the ideal candidate for motherhood, as she indulges in activities that should be off limits, such as smoking, drinking, and eating junk food while watching the

worst of daytime TV. Angie is one fistfight away from being a guest on the "Jerry Springer Show."

Entering the nesting mode, Kate buys all the appropriate child-care books and childbirth DVDs, enrolling herself and Angie in a birthing class. But Kate is consumed with her work schedule, which includes satisfying the desires of her New Age hippie boss Barry (Steve Martin, in a hilarious role) to open a flagship store in an area ripe for gentrification. Yet, Kate's plans for a perfect pregnancy are turned upside down when Angie leaves Carl and moves into Kate's apartment, seeing that she has no money or place to live. Now that they have to share the tight quarters of an apartment, it is inevitable that the friction between two very dissimilar characters will erupt into pandemonium.

While wiseguy doorman Oscar (Romany Malco) watches with bemusement, the comings and goings of the anxious mother-to-be and the flighty surrogate create a real sideshow. Though Angie is given to many bottom-feeding tendencies, including the inappropriate use of a bathroom sink, Kate begins the inevitable mellowing process, which soon has her taking up a romantic interest in local smoothies bar owner Rob (Greg Kinnear), an erstwhile lawyer who is consumed with an unnatural bitterness towards big competitor Jamba Juice.

Even guys will detect the predictable plot twists of female rivalry that runs rampant through "Baby Mama," but still there is a good deal of enjoyable humor, mainly due to the wisecracks and banter between the leading ladies. "Baby Mama" employs plenty of broad gags, delivering a tidy sense of comedic convenience that won't leave a lasting impression. At the bottom line, it's fun but not a must-see comedy.

## DVD RELEASE UPDATE

I think there's a whole new industry churning out horror films from the Far East, and not just Hong Kong. But if it weren't for DVDs, we'd probably not even know about gruesome cinema from Thailand. The latest to hit our shores is the aptly-named "Sick Nurses," a gory, violent film set in the hallways of a run-down Bangkok hospital. "Sick Nurses" follows a clandestine team of nurses and a chief surgeon who sell human body parts and whole bodies on the black market for a profit. When one of the nurses threatens to expose the operation, she is instantly attacked, killed and wrapped in a body bag to be sold by her cohorts. A bloodthirsty spirit, she emerges from the dead seeking revenge for her untimely death, attacking each victim and forcing them to perform violent acts against themselves and others. I hope someone will release an anniversary version of "The Sound of Music," if only to balance the equation.

## Trivia Answers

- Iowa
- Facelift
- Cleveland
- George Lucas
- The one with the highest card
- 500 sheets
- Once every 20 years
- Abraham Lincoln
- 1880s
- White tie

## King Crossword Answers

Solution time: 21 mins.

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



## "Prom Night"

Running time: 88 minutes  
MPAA rating: PG-13

"Prom Night" is the latest in a long line of milquetoast horror movies that don't deliver much in screams or suspense.

The film stars Brittany Snow as "Donna," a high-school senior who witnessed the murder of her family three years earlier by a psychotic teacher named Fenton, who had a crush on her.

Now, three years later, the psycho has escaped from the looney bin and is out to kill Donna and anyone else he can get his hands on during Prom Night.

The deaths are few — and predictable; and for a film that's less than 90 minutes long, it sure takes awhile to get to the stabbin'.

"Prom Night" is a prime example of why I hate Hollywood and PG-13 "horror" movies. First, it's another "reimagining" of a cult classic (in this case, the 1980 Jamie Lee Curtis version), which means they took the title and the basic premise and then changed everything else.

Second, because it's PG-13, you don't get to see what you expect to see from a teen horror flick: lots of T&A, a high body count and buckets and buckets of blood. There's no nudity, and you don't get to see any real violence. The result is a crashing bore of a movie.

The whole point of making "Prom Night" is so that the studio can hype the heck out of it for a month, get a huge opening weekend gross from the



Brittany Snow, Scott Porter

15-year-old crowd, and then wait three months so it can pimp the "unrated" DVD.

And it works every time. So please ... if you hate this as much as I do, quit paying to see this kind of garbage, and maybe Hollywood will stop making it.  
**GRADE: F**  
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## Weekly SUDOKU

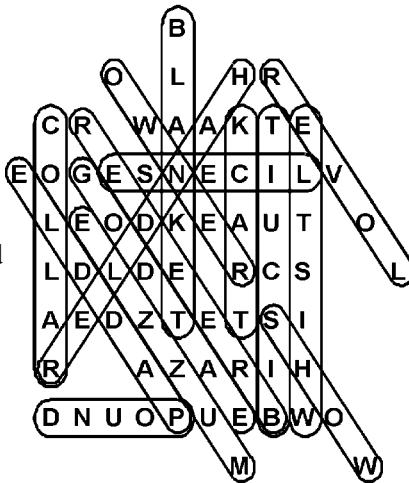
Answer

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

## Magic maze

Answers

DOG







**Editor’s note:** Emo stands for “emotional.” Formerly a genre of music, emo is now a social movement of mostly white, affluent, suburban teens who champion melancholy, depression, cutting and suicidal thoughts. The fashion is skinny black pants and black hair covering most of the face. For further definition, see [www.urbandictionary.com](http://www.urbandictionary.com).

**Dear Straight Talk:** I don’t get why everyone thinks emos are so bad. We are people, too, and we deserve the same love and respect everyone else gets. It’s not right how we are put down and even beat up for it. We are already emo enough! This just makes it worse. It makes us do things to ourselves that we don’t want to do. Why do people do that? — Breanna

**From Laura, 21:** First of all, no one “makes” you do anything, you do that all on your own. Secondly, why should anyone give you “love and respect” if you don’t love and respect yourself? Many people see emos as self-pitying whiners with no extraordinary problems who are ungrateful for the life they are given. They wallow in misery because they want attention and enjoy feeling sorry for themselves. That may be an unfair generalization, but a cultural



**Paw's  
corner**  
by Sam Mazzotta

**Pet-Sitting Business  
Appeals to Seniors**

**Dear Paw’s Corner:** My husband and I read about pet-sitting in our local seniors paper. We are are going through some hard times. We need to find some part-time work and would like something we can do together. We both love animals and have done house-sitting and cared for relatives’ animals in the past. We think that pet-sitting would be perfect, as we can take dogs for walks or whatever is

# straight talk for teens

## Emo Trend Promotes Depression chic

movement that glorifies cutting and other self-destructive behaviors does not deserve respect.

**From Taylor, 19:** Regardless of your problems, if you’re cutting as a solution it will bring you negative attention. I don’t make fun of people who cut. I talk to them about it, and it seems to make them feel better. Next time you feel put down or unloved, talk to someone, focus on what you are grateful for.

**From Ashley, 20:** Being emo is all for attention, and that’s what you’re getting. Being emo is feeling sorry for yourself, and that’s what you’re creating. What we think and feel we create in our life. Hate crimes should not be tolerated, but emos bring it on themselves. You need to find an outlet so you can happy again.

**From Megan, 19:** Your complaint about emos getting beat up and ridiculed goes for every group of stereotyped individuals. Some people lash out at those they don’t understand. They are just ignorant. Regardless, if you are “doing things to yourself that you don’t want to do” you can’t really blame anyone else.

**From Nicole, 18:** People diss you because it upsets you and they get amusement from that. Don’t take it personally. People pick on others when they see something they resent in themselves.

**From Emily, 15:** Emos already feel bad about themselves and I agree that dissing them makes the situation worse. Many emos come from wealthy families with big shoes to fill. A natural response is to rebel and/or become

needed. But we don’t know where to start! Can you give us any advice?

**Dear Seniors:** Absolutely -- pet-sitting can be a great business to get into, and it is a fast-growing industry. Your first step should be to contact the National Association of Professional Pet Sitters. This organization provides education, certification and networking opportunities for people like you who want to start a pet-sitting business. You can call it at 856-439-0324 to request more information, or visit its Web site at [www.petsitters.org](http://www.petsitters.org).

I’d also recommend taking one or two business courses designed for entrepreneurs. Many local governments or business organizations offer courses for little to no cost. Check your newspaper, local library or city/county Web site for listings.

depressed. But the way emos do it is too radical to accept. Another reason people abuse emos is because (except for their music and writing) they are quiet. Like the nerd in the corner, they keep their verbal thoughts to themselves. One’s bark is bigger than one’s bite, and with no bark, one is more likely to get beat up. I wish parents would talk more with their kids. I, too, become depressed when I’m stressed, and talking with my mom totally lightens my emotional load.

**Dear Breanna:** Sorry dear, but those who understand the emo trend find it difficult to respect. I say that with full respect for you as an individual. However, most people don’t see you. They see the tight black clothes, the black hair covering one eye. And they know this emo dress-code includes a thought-code that glorifies cutting and suicide. The emo trend has “elevated” depression into chic rebellion; the more depressed you act, the more points you get. Yes, sensitive people are searching for depth in our shallow world and yes, self-pity will take you to an emotional depth, but purposefully staying in self-pity is insanity. It is also dangerous and addicting. Your words show that. You speak to how, even when you want to stop cutting or harming yourself, you can’t. See a counselor as soon as possible. You deserve to have your joy back.

Readers, for more on the emo trend, visit: [www.whatisemo.bravehost.com](http://www.whatisemo.bravehost.com).  
*Write to Straight Talk at [www.StraightTalkForTeens.com](mailto:www.StraightTalkForTeens.com) or PO Box 963, Fair Oaks, CA 95628.*

And of course, get the word out that you are pet-sitting. Tell family and friends that you are now sitting for a fee, and encourage them to spread the word to everyone they know.

Finally -- although the NAPPS information will cover this as well -- if you are hosting pets in your home, make sure that you create a comfortable, healthy environment for “guest” pets as well as yourselves. Don’t take on too many clients at once, whether hosting or traveling to the pets’ homes to sit, so that you can spend true quality time with the pets. Best of luck!

*Send your tips, questions and comments to Paws Corner, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or e-mail them to [pawscorner@hotmail.com](mailto:pawscorner@hotmail.com). © 2008 King Features Synd., Inc.*

# Life’s Lessons from Your Mother

By Bryan Golden

Your mother tried to teach you some valuable lessons. Moms have a unique ability to impart essential wisdom. Unfortunately, most of us were too young to really appreciate their value. Mother’s Day is a great time to review the following advice you got when you were a kid.

**You can be whatever you want to be.**  
You have no limitations. The whole world is open to you. Your future is ahead of you. You can accomplish whatever you set your mind to. It’s ok to dream.

**Be nice to your friends and they will be nice to you.**  
People respond to the way you treat them. If you are mean and selfish, no one will want to play with you. Share your toys and don’t be a bully. Be considerate of the feelings of others.

**Do your homework and you will get good grades.**  
Success takes work. If you don’t put in the effort, you won’t reap the rewards. Those who work hard will succeed.

**Clean your room now.**  
Get things done today and you won’t have to worry about them. If you let things pile up, it will be difficult to catch up.

**You can play once your chores are done.**  
Get your work done before you take a break. Then you can relax and have a good time.

**Stay in school.**  
If you don’t get an education, your opportunities will be limited. Don’t drop out of school. The more you learn, the more you benefit.

**Sticks and stones will break your bones but names will never hurt you.**  
It doesn’t matter what other people say. Don’t allow others to upset you.

There will always be mean people. Don’t pay attention to them.

**Don’t waste your time.**  
Time goes by very fast. Don’t wait to pursue your dreams.

**Be thankful for what you have.**  
There are many who are not as fortunate as you. Be grateful for your home and family. It doesn’t matter what someone else has.

**Don’t complain.**  
Whining is annoying. If you have something to say, say it. If you complain all the time, no one will want to listen to you.

*Bryan is a self-development expert, syndicated columnist, author of “Dare to Live Without Limits”, and professor. E-mail Bryan at [info@BryanGolden.com](mailto:info@BryanGolden.com) or write him c/o this paper.*

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# Free ‘Thanks, Mom’ Bone Marrow Drives In May

**Bloodsource And National Marrow Donor Program Host Free ‘Thanks, Mom’ Bone Marrow Drives In May**

Citrus Heights, Calif. – This May, celebrate Mother’s Day by giving life to someone else. Funding is available for everyone who would like to join the National Marrow Donor Program (NMDP) registry between Monday, May 5 and Monday, May 19 at “Thanks Mom” marrow drives being held throughout Northern and Central California. The NMDP will waive the usual \$52 fee at these special drives.

On any given day, more than 6,000 men, women and children are searching the NMDP registry for a life-saving donor. These patients have leukemia, lymphoma and other life-threatening diseases that can be treated by a bone marrow or cord blood transplant. For many of these patients, a transplant may be their only hope of a cure.

All that’s needed to join the National Marrow Donor Registry is a cheek swab for a tissue type test. Potential marrow donors must be between the ages of 18 and 60, and

in general good health.

“When you join the NMDP, you’re giving hope to patients and their families,” says BloodSource Marrow Recruitment Specialist Liz Ustick. “Joining the registry takes so little time – but it could mean the world to someone in need.”

By joining the NMDP, you may help someone like Dominic Mott, a 7-year-old second-grader at Antelope Meadow Elementary school . In 2006, Dominic was diagnosed with Acute Lymphocytic Leukemia, a fast-growing cancer of the white blood cells that appears most often in children under age 10. Dominic needs a bone marrow transplant to survive, but because he is of African-American descent, his chances of finding a matched donor are less likely – there is a shortage of ethnic minorities on the registry.\*\*

“A patient’s best chance of finding a matched donor is from his or her own racial or ethnic group,” Ustick says. “Please, take just a few minutes this month to join the NMDP.”

A marrow drive is being held in Citrus Heights at BloodSource – Sunrise, at 8095 Greenback Lane, Suite D, from 8 a.m. to 3 p.m. There will also be a drive held in Dominic Mott’s name at Swainsons Hawk Park in Natomas, on Sunday, May 18 from 3 p.m. to 9 p.m.

Community members are invited to attend these drives, or any of the following drives throughout Northern and Central California through May 19, 2008:

5/8/2008	BloodSource - Sunrise	8095 Greenback Ln, Suite D Citrus Heights	8 AM to 3 PM
5/10/2008	BloodSource - Folsom	150 Natoma Station Drive, Suite 500, Folsom	8:30AM to 12:30PM
5/17/2008	BloodSource - Roseville	151 North Sunrise Ave. #1011	Roseville 8 AM to 12 PM
5/19/2008	Matt Bumpus Drive	AL Fellowship 706 Atlantic St. Roseville	3 PM to 7 PM

\*Seventy-two percent of the seven million people on the registry are Caucasian. Of the 30,000 transplants between unrelated donors and patients, more than 75 percent have been for Caucasians. ([www.marrow.org](http://www.marrow.org), 2008)



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\*Winter All-Access Pass valid Monday–Friday through March 28. Not valid Saturday, Sunday and holiday weekends. Subject to availability. © 2008 – Hospitality by Delaware North Companies Parks & Resorts, an official concessioner of the National Park Service.



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# California State Fair Announces '08 Concert Lineup

**Vanessa Hudgens & the Doodlebops Expected to Draw Even More Kids & Families to the FREE Summer Concert Series**  
**Premium Tickets Go On Sale May 1; General Concert Seating is FREE with Fair Admission**

The California State Fair's Free Concert Series is an annual tradition that marks the unofficial end of summer. Each year, State Fair organizers find a unique blend of big name entertainment that includes music legends and the latest chart toppers. Today the State Fair announced the following preliminary lineup for the 2008 California State Fair Concert Series, to be held August 15 – September 1 at Cal Expo in Sacramento, CA.

**2008 State Fair Concert Series (Preliminary)**

**The Doodlebops Live**  
Saturday, August 16

The Doodlebops LIVE is an exciting stage show for preschool aged children based on the hit television series on Playhouse Disney. The Doodlebops LIVE will feature a mix of music, dancing, humor and skits that teach social lessons while entertaining fairgoers of all ages. Families with small children will love this engaging and interactive concert that will encourage parents and kids to sing and dance. There will be two special matinee shows on Saturday, August 16.  
Gold Circle Ticket Price: \$10

**'Weird Al' Yankovic**  
Monday, August 18

"Weird Al" Yankovic, the undisputed king of pop culture parody, will return to the State Fair by popular demand as part of his 'Straight Outta Lynwood' 2008 tour. Yankovic performed at the State Fair in 2007 to a sold out crowd of screaming fans. His unique musical and comedic performances cross all genres, with hits that include: "White & Nerdy," "Amish Paradise," and "Eat It." In a career spanning nearly three decades, he has amassed 30 Gold and Platinum albums, 7 Gold and Platinum-certified home videos and 3 Grammy Awards (with 11 nominations).  
Gold Circle Ticket Price: \$20

**The Fab Four** – Tuesday, August 19  
In celebration of Cal Expo's 40th anniversary, the State Fair is bringing legendary tribute band, the Fab Four to Sacramento as a way of highlighting one of the most popular and memorable acts of that decade. The Fab Four is arguably America's Ultimate Tribute to the Beatles, with authentic costumes, makeup and musicology. **FREE SHOW.**

**Air Supply** – Thursday, August 21  
The trademark sound of Air Supply, created by Russell Hitchcock's soaring tenor voice and Graham Russell's simple yet majestic songs, have been entertaining audiences for more than 30 years. Their classic and unforgettable hits include: "Lost in Love," "All Out of Love," "The One That You Love," "Sweet Dreams," and "Making Love Out of Nothing at All."  
Gold Circle Ticket Price: \$10

**Vanessa Hudgens**  
Friday, August 22  
Still riding high from the whirlwind success of High School Musical and High School Musical 2, Salinas, California-native Vanessa Hudgens is taking the world by storm. Her debut solo album, 'V' hit stores in September 2006 and her California State Fair performance will be her only Sacramento Valley performance this summer.  
Gold Circle Ticket Price: \$20

**Gary Allan** – Saturday, August 23  
Gary Allan's hard-rockin', no apologies country music is coming to the California State Fair. His new CD 'Living Hard' has recently stormed up the charts with a huge #1 single, "Watching Airplanes," but Allan already has a long history of producing hits on the country music charts. Fan favorites include: "Right Where I Need To Be," "Songs About Rain" and "Life Ain't Always Beautiful."  
Gold Circle Ticket Price: \$30

**The Low Rider Band**  
Tuesday, August 26  
The Low Rider Band consists of four of the five surviving original members of the multi-platinum selling band War, the legendary multicultural American funk band of the 1970s. These musicians are perhaps most well known for the hit songs "Low Rider", "Spill the Wine" and "Why Can't We Be Friends." Their rock, funk,

jazz, R&B and Latin sounds transcend racial, cultural and generational barriers with a distinctly California flair. **FREE SHOW.**  
**Al Jarreau** – Thursday, August 28  
Five time Grammy Award winning jazz and crossover legend Al Jarreau is one of the most exciting and critically-acclaimed performers of our time. With hits spanning 30 years, Jarreau was most recently awarded the 2007 Grammy for the Best Traditional R&B Vocal Performance, with "God Bless the Child", together with George Benson and Jill Scott.  
Gold Circle Ticket Price: \$20

**Grand Funk Railroad**  
Friday, August 29  
The top selling American rock group of the '70s is "COMING TO YOUR TOWN TO HELP YOU PARTY IT DOWN!" After playing to millions of fans on the band's tours from 1996 to 2007, Grand Funk Railroad will continue to reach both new and long-time fans with its 2008 tour. Known as "The American Band," they boast an impressive lineup of crowd-pleasing songs that include: "We're an American Band," "Some Kind of Wonderful" and "Locomotion."  
Gold Circle Ticket Price: \$15  
State Fair organizers expect to book at least four additional acts, including State Fair Opening Day Friday 8/15, as well as Wednesday 8/20, Monday 8/ 25 and Wednesday 8/27.

**Ticket Information**  
General admission to all California State Fair concerts is FREE with the price of State Fair Admission. Gold Circle reserved seats near the stage will go on sale May 1, 2008 through [www.tickets.com](http://www.tickets.com). All shows will be performed on the Golden1 Stage. All show times are TBD.  
All dates, times and prices are subject to change. For the most updated information about the 2008 Concert Series and other State Fair news, please visit the State Fair website at [www.bigfun.org](http://www.bigfun.org) or call 916-263-FAIR.  
**The 2008 California State Fair will be held from August 15 to September 1, 2008 at Cal Expo in Sacramento, CA.**

# Helping Military Families Manage Their Finances

## Military Saves and Financial Peace University Help Military Families

Military Saves, the social marketing campaign designed to persuade, motivate, and encourage military families to save money and eliminate debt, has partnered with Dave Ramsey's Financial Peace University Military Edition. This life-changing program teaches families and individuals how to handle their money through common-sense principles and small group accountability.

As part of the Department of Defense Financial Readiness Campaign, Military Saves promotes financial readiness by encouraging military members to start an emergency fund, make savings automatic, invest in a Thrift Savings Plan and eliminate debt. The organization also provides a network for military members to encourage each other in building wealth and eliminating debt.

"In the military, everything that causes worry in the soldier's life affects the mission and affects the unit," said Army Captain, Scott Morris. "It's so important to teach them where their money is going and how to best manage it."

Financial Peace University (FPU) has helped more than 500,000 families positively change their financial future. Since 2002, FPU has helped more than 10,000 military families. As they work on a Total Money Makeover, the average family pays off \$5,300 in debt and saves \$2,700 in the first 91 days after beginning FPU and is completely out of debt, except for the mortgage, in 18 to 24 months.

The program is made up of 13 life-changing lessons taught by Dave in a fun and entertaining way. "I like to put the cookies on the shelf where everyone can reach them," says Ramsey. After each lesson the group meets to help each other plan budgets, discuss successes and temptations, and support each other in their journey to beat debt and build wealth. Many installations across the country now offer FPU, which helps service members fully equip themselves with the knowledge and accountability they need to really succeed! To find a class go to [www.daveramsey.com/militarysaves](http://www.daveramsey.com/militarysaves).

MilitarySaves encourages members of the military to take the Saver Pledge located at [www.daveramsey.com/militarysaves](http://www.daveramsey.com/militarysaves). The pledge is a commitment to beat debt, build wealth and get others on board. Along with the pledge, this site includes free tools to help service members beat debt and build wealth. Tools include the FPU Lesson Super Saving, Dave's Seven Baby Steps to Financial Peace and downloadable budgeting and debt elimination forms. As well as a special bonus lesson where Dave talks directly to the military community. For more information visit [www.MilitarySaves.org](http://www.MilitarySaves.org).

Military Saves is a social marketing campaign to persuade, motivate, and encourage military families to save money every month, and to convince leaders and organizations to be aggressive in promoting automatic savings. The campaign is a growing network of organizations and individuals committed to helping and supporting military members and their loved

ones build personal savings arsenals to provide for their immediate and long term financial needs.

Military Saves was developed and tested by its non-profit sponsor, Consumer Federation of America (CFA) and the military services from 2003 to 2006 and launched throughout the Department of Defense (DoD) in February 2007. It is part of two larger campaigns -- the DoD Financial Readiness Campaign, and the national America Saves campaign. Visit [www.MilitarySaves.org](http://www.MilitarySaves.org) for more information.

Dave Ramsey is a personal money management expert, an extremely popular national radio personality and best-selling author of The Total Money Makeover. In his latest book, a follow-up of his enormously successful New York Times best-sellers Financial Peace and More Than Enough, Ramsey exemplifies his life's work of teaching others how to be financially responsible, so they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to others.

Ramsey knows first-hand what financial peace means in his own life -- living a true riches to rags to riches story. By age twenty-six he had established a four-million-dollar real estate portfolio, only to lose it by age thirty. He has since rebuilt his financial life and now devotes himself full-time to helping ordinary people understand the forces behind their financial distress and how to set things right -- financially, emotionally, and spiritually.

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*By Delia Fling*

Owning your own home is the number one goal for most Americans. Interestingly, three out of four homeowners make owning their homes “free and clear” their primary financial goal. At last count, however, Americans owe \$11 trillion on their mortgages. But good news is here...Home ownership is becoming an easier goal thanks to some knowledge borrowed from our friends in Australia, New Zealand and Great Britain. Our foreign friends have been using Accelerator Mortgages to pay down their debt faster, thereby obtaining the American Dream better than we have here. In fact over 30 % of Australia and 25% of Great Britain use Accelerator mortgages. Their aim is to accelerate the pay down of mortgage debt and ultimately save tens of thousands of dollars.

The Accelerator mortgages are ideal for households that have excess funds at month end. They are a combination of a home equity line of credit and checking account with a twist. Here's how it works...let's say you have a

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\$300,000 mortgage at 6.25% with an \$1847.00 payment. Your monthly net income is \$6000 and your other monthly expenses average \$3000. O.K you deposit your income into the Accelerator account (\$6000) where the deposit totally applies to your mortgage bringing down your principal daily average on which interest is computed. As your bills come due, you write checks to cover them out of the account (In our example \$1847 + \$3000= \$4847). That leaves the amount left over from your income (\$1153) still applied toward your mortgage. By using the Accelerator the mortgage will be paid off in 11.7 years instead of the normal 30 years. The savings is significant; the traditional mortgage interest cost would be \$364,975 vs. \$120,453 for the Accelerator. You'd have to have a traditional mortgage with a 2.39% interest rate to get the same results.

Many people use bi-monthly payments or extra payments to shorten their mortgages. The flaw in that technique is the inability to get your money back out of your home

should you need it. The Accelerator is an open line of credit which can be accessed for emergencies or investment opportunities on an unlimited basis over 30 years. There is no doubt that this mortgage is ideal for those wanting flexibility and the financial power of every income dollar maximized toward mortgage repayment and cost savings.

The loan is an Adjustable Rate Mortgage usually linked to the 1 month LIBOR index (currently 2.709%). The borrower determines what margin rate over the index they want (ranging from .75% - 3.25%) for an upfront fee. The main negative feature as with all adjusting rates, is the Index will increase and decrease with the general trends of interest rates. The loan, however, has lifetime cap safeguards so no ugly surprises hit the borrower unawares.

This sounds too good...why doesn't everyone have this loan? Firstly it only really works if you have positive cash flow generally. Secondly, it is just not that well known.

TransPac would like to get the word out...we have a limited number of free informational CDs available for the asking. Just contact us!

*Delia Fling is a Mortgage Planner with TransPac in Fair Oaks. Contact her for questions or comments at 916-284-0066 or deliaf@transpacflc.com.*

## New Home Prices Are Down – Incentives Are Up

**MYTH #2: The higher the incentives, the better the deal.**



*By Gretta Harris*

Not necessarily! When builders first introduced incentives it was based on using their preferred lender, and would range around \$2,000. When the market began to show the first signs of slowing, the next step builders took to lure the homebuyers was an additional incentive, over and above the “lender incentive.” The buying public quickly caught on, and the incentive wars began! Today we're seeing “incentives” ranging from \$10,000 to \$150,000!

I recently visited a sales office of a prominent builder. I waited while the sales rep greeted other customers. One gentleman approached the rep and asked her the million-dollar question; “What are your incentives?” The sales rep smiled graciously, and replied. “Sir, we're not selling incentives, we're selling beautiful homes.” If you have ever asked that question

yourself, you may have experienced a bizarre response from the sales rep, including, but not limited to, crossed eyes, gibberish and sudden memory loss!

Why has such a simple question become so complicated? It used to invoke a simple, straightforward answer. But that was before the entire incentive issue became a commodity in itself, with guidelines, conditions and formulas. As a sales rep, I wanted to give the customer a simple answer. But after I explained to them the litany of incentive applications, including option and design selections, closing costs, buying down the interest rate, or lowering the price; and then explained how the incentive often differs according to floorplan, and stage of construction, and how it can NOT be used toward the down-payment, or how the lender-base incentive can NOT exceed 3% of the purchase price; (whew!) I watched many buyers' eyes glaze over. All they wanted to know was if my incentives were as good as the guys' down the street. But Builder A's \$25,000 incentive might be equal in value to Builder B's \$40,000 incentive, depending upon what is already included in the home. So how are you supposed to make a bona fide offer given all these variables?

Simply put, the incentive is a number that indicates how much a builder is willing to negotiate. In this market, you can use it as a starting point for negotiating. Begin by comparing the base prices of the homes, then determine the options you want to add to your home. Don't be afraid to ask for granite countertops, stainless steel appliances, upgraded cabinets, tile

flooring and bath surrounds, etc. Will the builder give them to you as your incentive? Then ask for a reasonable price reduction. Here's the clincher: if the home you want is complete, or nearly complete, most builders right now will negotiate the price over and above the offered incentives! Don't be afraid to ask!

Bottom line is – the effectiveness of incentives is quickly running its course. When this market finally corrects, and all the completed homes have been sold, look for incentives as we know them to become a method of the past. They may still be offered for the preferred lender, but the complicated variables will no longer apply. So for today – use them to your advantage!

So go out there and get that dream home! What are you waiting for??

Look for these features stories in future issues:

Myth #3: If I Didn't Get In On The 1st Phase, It's Too Late

Myth #4: I Have To Complete A Full Contract If I Want To Make An Offer

Gretta Harris is a California Real Estate Broker, who has specialized in New Home Sales for over 25 years. Her company, New Homes Dream Tours conducts seminars for new home buyers, and assists buyers in the purchase of new homes in Northern California, as a buyers' representative. See [www.WesternLivingCenter.com/DreamTours](http://www.WesternLivingCenter.com/DreamTours) or email [dreamtours@comcast.net](mailto:dreamtours@comcast.net)

## Garcia Bill Shuts Scammers Out of Mailbox

**Bi-partisan support received to protect consumers**



Bonnie Garcia

Scammers across California today were put on notice that stronger consumer protections will soon put them out of business. AB 2919, authored by Assemblywoman Bonnie Garcia (R-Cathedral

City) and co-authored by both Democrats and Republicans received unanimous support in the Assembly Business and Professions Committee.

If signed into law, mailings sent to consumers offering for a fee to chase money owed to them or to settle credit issues, will be required to state on the envelope and letter that the company making the offer is not a government agency.

With more than one million families across the country facing foreclosure, recent scams have targeted homeowners desperate to save their homes. Slick mailings from companies with names that sound like government agencies and easy access to public records on the internet has already resulted in billions of dollars in losses. The Assemblywoman was alerted to

the problem by constituents, and received a solicitation herself after the State Controller aggressively increased marketing efforts to unite Californians with more than \$5.1 billion in unclaimed property.

Seniors and those with language barriers are particularly vulnerable to these offers and often are not aware they can receive assistance free of charge from local, state and federal government agencies.

Garcia said, “This simple but important notice will arm people with information to prevent them from becoming victims. No one should pay to get help during a crisis or to recover money that rightfully belongs to them.

AB 2919 will next be heard in the Assembly Appropriations Committee before moving to the Assembly floor for a vote.

## Local Members Appointed to National NARI Board 2008-2009

At its Spring 2008 Board of Directors meeting, the National Association of the Remodeling Industry (NARI) elected William Carter of William Carter Company, Sacramento, CA as its President Elect for the upcoming year. Also appointed to a National position was Nick Kress, Standards of Excellence, Sacramento, CA. Mr. Kress was appointed Vice-Chairman of the National Awards Committee.

Both Mr. Carter and Mr. Kress have been long time members of Sacramento NARI and have served

as Presidents to the local Chapter. Mr. Carter currently chairs the local Community Service Committee and Mr. Kress serves as a Director of the local Board of Directors.

The Spring 2008 Board of Directors meeting was held at the Hilton Bayfront Hotel in St. Petersburg, Fla., March 12-15, 2008, in conjunction with the 2008 Contractor of the Year (COTY) Awards ceremony, known as the Evening of Excellence, which took place on Saturday, March 15th.

About NARI: The goal of the National Association of the Remodeling Industry (NARI) is to help homeowners find the right professional partner to do their remodeling. Whether it is updating a kitchen to make it more efficient, turning an ordinary bathroom into a haven of rest and relaxation, or adding a room to meet the needs of a growing family, NARI wants each homeowner to get the maximum value or enjoyment for the dollars they invest in their remodeling.



This is definitely the time to be putting some serious thought to buying real estate. With all of the programs available today to help First Time Home Buyers with Down Payment Assistance, not to mention government loan programs as well, today is the right time to try. But be smart about it and find a true professional before you jump into something.

The key to successful home ownership and the happiness that is supposed to come with it, can only come with a transaction done correctly and efficiently. In order for that to happen you need to have the right people in your corner, watching out for your best interests. Can you imagine how much lower the foreclosure rate would be if people had used the right professional when they decided to use that person for a mortgage? What would the media

## THE MORTGAGE MANAGER

Ed Wacaster



have to talk about? They would have to go hunting for something different to scare the jeebers out of us.

I'm going to repeat myself here: You need to have a relationship with your Real Estate Agent and your Mortgage Professional much like the one you have with your Doctor and Dentist. I'm not putting us on that type of pedestal, but if you don't have that relationship established, you are open to being ripped off big time by someone who could destroy your future. There are too many good professionals in the real estate industry to open yourself up to such treatment. If you don't know a good professional yourself, ask someone you know if they would use the person who helped them buy their home, and with their mortgage again. If not, ask someone else.

Be careful of cleverly worded

radio ads and direct mail. Most of the time those companies will do a mortgage for you, and you don't want to use them again. The really good ones do very little advertising and are worth their weight in gold. When I had my radio program last year, I was shown a loan file from a competing show. The host of that show was going to send his kids to college on one loan. Making money is one thing; greed is just that, greed.

So, get in the game, but be careful. I am not the only out here that cares about my clients. I have many good friends that I would refer to if I weren't in this business, and they're just that, really good friends, and really good people.

You can reach Ed Wacaster at 916-725-9902 or [www.EdWacaster.com](http://www.EdWacaster.com)

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COOL, CA  
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ROCKLIN, CA  
• 2030 Shady Trail Ln  
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**Opening Bid: \$50,000**  
**Inspections:** 1-4pm Sat May 10th and 17th and 2 hrs prior to sale time.

Above properties sell: 11:00am, Mon., May 19th at 2030 Shady Trail Ln, ROCKLIN, CA

Mon., May 19th

WEST SACRAMENTO, CA  
• 582 Watercolor Ln  
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SACRAMENTO, CA  
• 2600 Phyllis Ave  
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WEST SACRAMENTO, CA  
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3BR 2BA 1,300sf+/-, Built 2001. Approx .11ac lot. Taxes approx \$6118 ('07). Bridgeway Island subdivision.  
**Opening Bid: \$25,000**  
**Inspections:** 1-4pm Sun May 18th and 2 hrs prior to sale time.

SACRAMENTO, CA  
• 3406 40th St  
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**Inspections:** 1-4pm Sun May 18th and 2 hrs prior to sale time.

Above properties sell: 1:00pm, Mon., May 19th at 582 Watercolor Ln, WEST SACRAMENTO, CA

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# It's a Full Moon and the Governor's Transformation is Complete

By Jon Coupal

We are all familiar with those scary movies where the seemingly nice guy morphs into a threatening monster over a very short time. Excuse me if I now find myself thinking of Arnold Schwarzenegger in his real life role as California Governor.

With his announcing yesterday that he would oppose Proposition 98, which would protect property owners from eminent domain abuse and provide additional property rights protections, the governor's transformation is complete.

His change was so quick that some may have missed it. So let's look back to 2003, when citizen Schwarzenegger was running to replace an unpopular governor who was being recalled, largely because of his inability to manage the state budget that was billions of dollars in the red.

Schwarzenegger promised a bright future with strict fiscal discipline. The state must live within its means, he said. The budget must be balanced without tax increases. He promised to "blow up the boxes" -- that is, consolidate government departments and programs and seek every available economy and efficiency in the provision of state services. "We don't have a revenue problem," he famously declared, "we have a spending problem!"

Since Schwarzenegger took office, little has changed in state government, but the governor no longer resembles that citizen politician he promised to be. In the last four years, revenue has increased by 29% while spending is up by 36% and the state faces, by conservative estimates, a \$16 billion deficit.

Somewhere Gray Davis is chuckling. And with good reason. Had he not been recalled, it is unlikely that the state and its taxpayers would be any worse off today.

Schwarzenegger has gone from a defender of the middle class and those who pay the state bills, to just another big government "do-gooder," who sees his popularity tied to providing health care to all, regardless of cost, and focusing on issues like global warming, over which he has little impact.

To add insult to injury, the governor endorsed Proposition 93 in the last election, which would have extended the terms of office for his big-spending allies in the Legislature. This includes Speaker Fabian Nunez, his partner in trying to ram through a \$14.5 billion health care plan financed by new taxes disguised as "fees."

And what about his no tax pledge? When Senate leader Don Perata threatened there would be no budget this year without tax increases, the governor responded, "Everything is on the table." This includes elimination of the mortgage interest rate deduction -- in a state where only 25% of families can afford a starter home -- and income tax deductions for dependent children. These would be significant tax increases in a state that already ranks 8th in per capita taxation.

This is from the same man who ridiculed Phil Angelides, his election opponent in 2006, for openly supporting tax increases.

And let's not forget the governor's backing of nearly \$55 billion in new bond debt that our great grandchildren will still be paying off decades from now.

But for those of us who hoped that deep inside this political Mr. Hyde there still resided an element of the prudent limited government supporter we thought we knew, his rejection of Proposition 98 is the last straw.

Proposition 98 was placed on the June ballot by taxpayers, farmers, small business owners and owners of rental property, to protect Californians from having their property seized by

government so that it can be turned over to other private interests for strip-malls and other profit making projects. Currently there exists an unholy alliance between local politicians, acting as the redevelopment agency, and developers who are willing to do political favors in order to get their hands on prime pieces of real estate. To protect the status quo, the League of California Cities has been waging, on behalf of their politician clients, a no holds barred campaign to defeat Proposition 98.

This is the second effort to bring eminent domain reform to California. The first was Prop 90 which the Governor also opposed. But when he announced his opposition to Prop 90 in October of 2006 -- based on his view that the measure was too far-reaching because it would have required compensation for "regulatory takings" -- he promised he would try to work for substantive reform that didn't include those provisions. Here too, his words and actions have failed the consistency test.

That he has now sided with the anti-property rights camp is unfortunately consistent with his hard turn to port for the ship of state. We wonder if he is aware that virtually the entire opposition to 98 is being funded by government interests. For these opponents of eminent domain reform, no accusation against Proposition 98 has been too outlandish. Apparently their hope is that by the time the public finds out they are lying, Proposition 98 will have gone down to defeat.

And now these enemies of California property owners have been joined by our governor, and his transformation is clear to all.

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

# Pope Benedict on Marriage: Key to 'World Peace'?

*PRNewswire-USNewswire* -- A new analysis entitled "Pope Benedict XVI on Marriage: A Compendium" and published by the Institute for Marriage and Public Policy on the eve of Benedict's historic U.S. visit, finds that in the first three years of his pontificate, Pope Benedict XVI has spoken publicly about marriage on 111 occasions, connecting marriage to such overarching themes as human rights, world peace, and the conversation between faith and reason.

"Over and over again he has made it clear that the marriage and family debate is central - not peripheral - to understanding the human person, and defending our human dignity," says Maggie Gallagher, president of the Institute for Marriage and Public Policy.

For example, when receiving the credentials of the new U.S. Ambassador to the Vatican, Harvard Law Professor Mary Ann Glendon, Pope Benedict XVI expressed his appreciation for America's recognition of the importance of a dialogue of faith and faiths in the public square and linked this to respect not only for religious freedom but for marriage as the union of husband and wife:

I cannot fail to note with gratitude the importance which the United States has attributed to interreligious and intercultural dialogue as a positive force for peacemaking. . . . The American people's historic appreciation of the role of religion in shaping public discourse and in shedding light on the inherent moral dimension of social issues-a role at times contested in the name of a straitened understanding of political life and public discourse-is reflected in the efforts of so many of your fellow-citizens and government leaders to ensure legal protection for God's gift of life from conception to natural death, and the safeguarding of the institution of marriage, acknowledged as a stable union between a man and a woman, and that of the family.

Pope Benedict devoted about half of his message for the January 1 World



Day of Peace to the significance of marriage in developing a culture of peace:

Consequently, whoever, even unknowingly, circumvents the institution of the family undermines peace in the entire community, national and international, since he weakens what is in effect the primary agency of peace. This point merits special reflection: everything that serves to weaken the family based on the marriage of a man and a woman, everything that directly or indirectly stands in the way of its openness to the responsible acceptance of a new life, everything that obstructs its right to be primarily responsible for the education of its children, constitutes an objective obstacle on the road to peace.

Marriage essential to world peace? This may strike American ears as an oddity. If so, Benedict has made clear it is not an unintentional one. On September 21, 2007, in an address to participants in a conference of the Executive Committee of Centrist Democratic International, Pope Benedict prefigured the same theme:

There are those who maintain that human reason is incapable of grasping the truth, and therefore of pursuing the good that corresponds to personal

dignity. There are some who believe that it is legitimate to destroy human life in its earliest or final stages. Equally troubling is the growing crisis of the family, which is the fundamental nucleus of society based on the indissoluble bond of marriage between a man and a woman. Experience has shown that when the truth about man is subverted or the foundation of the family undermined, peace itself is threatened and the rule of law is compromised, leading inevitably to forms of injustice and violence.

"The short pontificate of Benedict XVI is already a standing rebuke to those voices of our time who seek to make us ashamed or embarrassed of caring about marriage and sexual issues, who try to get us to view the contemporary marriage debate as merely a distraction from more important issues," notes Gallagher, "Pope Benedict clearly connects life and marriage, the human person in the human family, with the most fundamental international issues of peace and human rights facing our times."

Download the full report at [www.marriedebate.com](http://www.marriedebate.com).

*Source: Institute of Marriage and Public Policy*

# Sacramento County Libraries and On-Line Pornography



By Yolanda Knaak

At the April 24th hearing of the Sacramento County Public Libraries Board, it came out that Sacramento Library's current policy allows any kind of internet pornography on library computers. The library computers have internet filters, but upon a patron's request, they are removed. Recently the ACLU requested the filters be removed permanently, so the hearing was called. Gerald Ward, Reference Librarian for the last 18 years in Sacramento Public Libraries testified at the hearing, "I have images (of pornography) locked in my head that I can't get rid of (from seeing pornography on library computers)". Among other testimonies in opposition to pornography, was Randy

Thomasson, President of Campaign for Children and Families. He stated that, "People are shocked to learn that sex addicts are viewing pomography, violent rape images and even child pornography everyday at the library." He continued to add, "Sex addicts viewing pornography are masturbating at computer desks and in restrooms and what parent would want their children to be in this disgusting environment." Thomasson also explained that the "US Supreme Court's 2003 decision, upholding the Children's Internet Protection Act (CIPA) means the Sacramento Library can institute a zero-tolerance pornography policy without violating the First Amendment." He further explained that according to the "US Supreme Court decision which says a library is not a public forum and that libraries don't have to provide any pornography unless they want to."

After the hearing the board then voted on removing the filters. The results were deadlocked with a 7 to 7 tie vote.

The following board members voted for porn-free libraries: 1. Sacramento County supervisor Don Nottoli. 2. Isleton City Councilwoman, Elizabeth Samano. 3. Sacramento County Supervisor, Roberta MacGlashan. 4. Rancho Cordova City Councilman, David Sander. 5. Sacramento County Supervisor, Susan Peters.

6. Elk Grove City Councilwoman, Sophia Scherman. 7. Citrus Heights City Councilman, Jeff Slowey.

The following board members voted to expand access to porn at libraries: 1. Sacramento Vice Mayor, Kevin McCarty. 2. Sacramento City Councilwoman, Bonnie Pannell. 3. Sacramento County Supervisor, Roger Dickinson. 4. Sacramento City Councilwoman, Sandy Sheedy. 5. Linda Kimura, representing County Supervisor, Jimmy Yee. 6. Sacramento City Councilman, Raymond Tretheway. 7. Sacramento City Councilman, Robbie Waters (Chair).

If one is interested in getting involved, letters can be sent to board members. Letters thanking those members who agree with your opinion and request they ask for another vote. Letters to those members who disagree, requesting they vote differently next time. Contact information for the board members can be found in the front of the phone book under government or their name can be googled on line.

*For comments or questions, feel free to contact me at [yk@skyy.com](mailto:yk@skyy.com). About the author: Yolanda Knaak has a Masters degree from UCLA in nursing. She is an elected member of the Sacramento County Republican Party Central Committee.*

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12					13				14			
15					16				17			
18					19			20				
			21			22		23				
24	25	26					27		28		29	30
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		39		40		41						
42	43				44		45			46	47	48
49						50			51			
52					53				54			
55					56				57			

## KING Crossword

### ACROSS

- 1 Mentor  
5 Bro or sis  
8 Chest protectors?  
12 Candid  
13 Dead heat  
14 Jacob's brother  
15 "Death of a Salesman" son  
16 Terrier variety  
18 Just know  
20 Ran up the phone bill  
21 Libertine  
23 Regret  
24 Yarn  
28 Radiate  
31 Eisenhower  
32 Battle

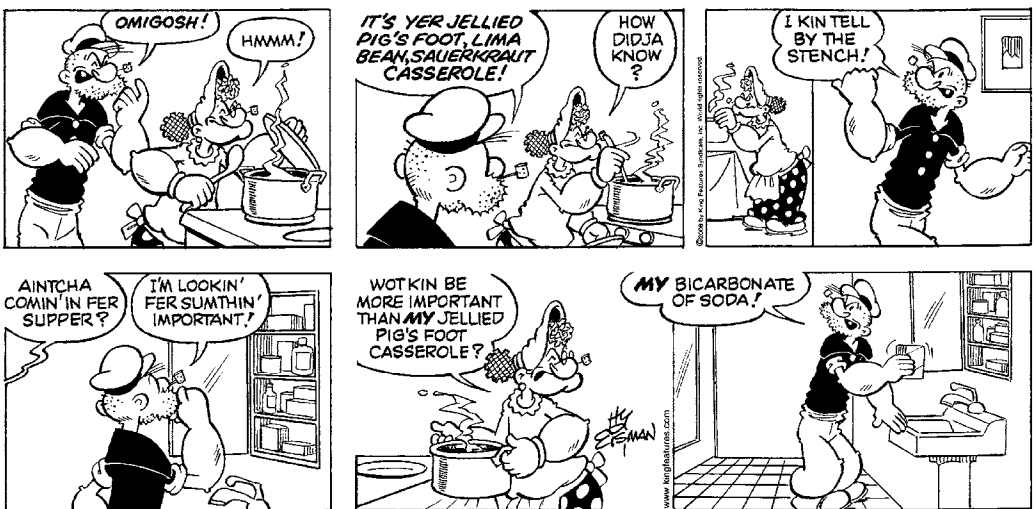
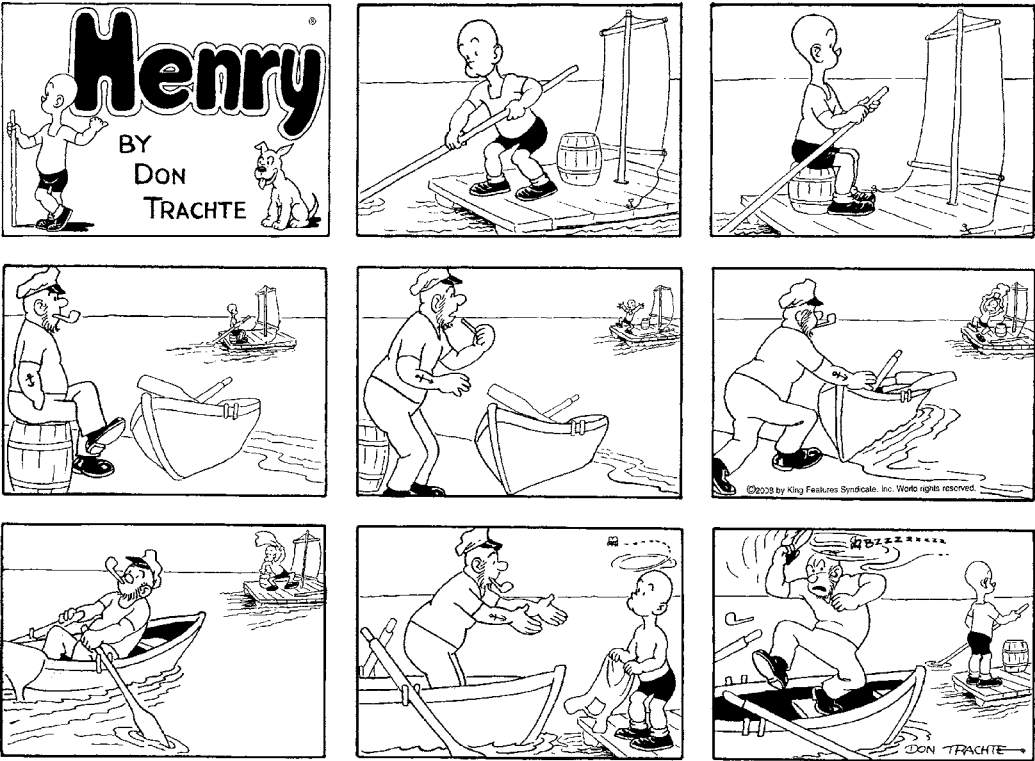
- verbally  
34 Golf ball's position  
35 Porridge-making bear  
37 Get-rid-of-junk event  
39 Sphere  
41 Took the bus  
42 One-dimensional  
45 Monty —  
49 Portrayer of Gilligan's skipper  
51 Domesticate  
52 Zilch, in Xochimilco  
53 Caribbean,

- 54 Craving  
55 Sight-seers?  
56 Brooch  
57 BPOE members  
**DOWN**  
1 Mongolian desert  
2 — arms (ready to fight)  
3 Plundered  
4 Spread out, as a flag  
5 Sculptures  
6 Square root of IX  
7 Titanic

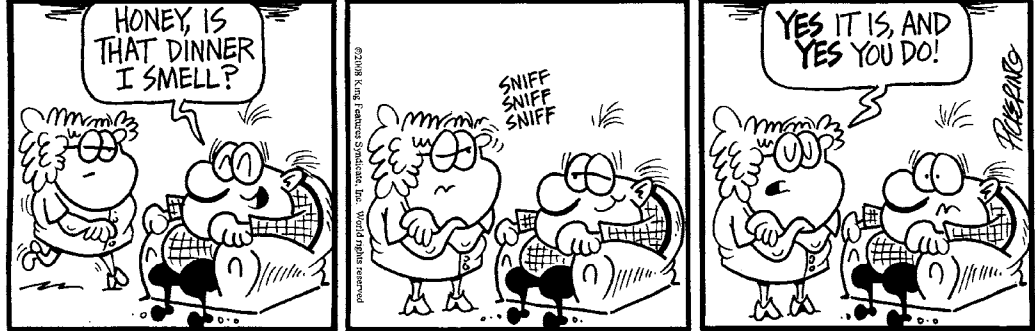
- destroyer  
8 Chinch  
9 Columbus' sponsor  
10 Hay bundle  
11 Took to court  
17 Listener  
19 Tittle  
22 "Pomp and Circumstance" composer  
24 Allen or Conway  
25 Alias abbr.  
26 Summertime beverage  
27 From the Continent  
29 Lubricate  
30 Tiny  
33 Vortex  
36 Sports venues  
38 Colonize  
40 "Humbug!"  
42 Diane or Nathan  
43 "Now — me down to sleep"  
44 Grate  
46 Burglar's booty  
47 Russian city  
48 Trawler gear  
50 Floral neckwear

Answers on Page 12





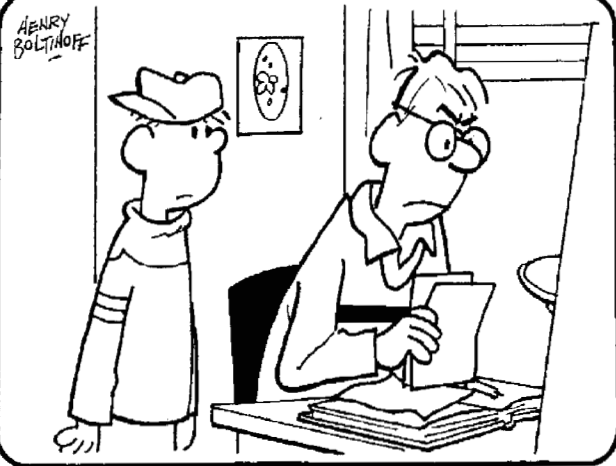
The Spats by Jeff Pickering



## HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Boy's hat is different 2. Picture has been added 3. Blinds are lower 4. Man's sweater has a stripe 5. Desk papers are missing 6. Boy's shirt has no letter 'T'

## Trivia test by Fifi Rodriguez

1. GEOGRAPHY: Which U.S. state is known as the Hawkeye State?
2. MEDICINE: What also is known as a rhytidectomy?
3. MUSIC: Where is the Rock and Roll Hall of Fame and Museum located?
4. MOVIES: Who directed the film "American Graffiti"?
5. GAMES: If there is no winning combination of cards, which hand wins in poker?
6. MEASUREMENTS: About how much paper is in a ream?
7. TIMES AND DATES: How long of a period of time is a vicennial?
8. PRESIDENTS: Which U.S. president used the phrase "government of the people, by the people, for the people," in a famous speech?
9. LANGUAGE: In what decade was the word "skyscraper" first used?
10. GENERAL KNOWLEDGE: What is the most formal type of attire for men?

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## Weekly SUDOKU

by Linda Thistle

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

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 ● DOG —

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

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

Biscuit Eat dog Muzzle Show  
Blanket Handler Owner Track  
Breeder License Paddle Whistle  
Collar Lover Pound

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## All Answers on Page 12 Contract Bridge

REDUCING THE LUCK ELEMENT

East dealer.  
Both sides vulnerable.

**NORTH**  
♦ K 5  
♥ K 9 8 5 2  
♦ A 9 6  
♠ A 9 3

**WEST**  
♦ 10 6 4  
♥ 6 4  
♦ J 8 7 5 4 3 2  
♣ Q

**EAST**  
♦ A Q 9 8 7 3 2  
♥ —  
♦ K Q 10  
♣ K J 5

**SOUTH**  
♦ J  
♥ A Q J 10 7 3  
♦ —  
♣ 10 8 7 6 4 2

The bidding:  
East 1 ♦ South 2 ♥ West Pass North 4 ♥  
Opening lead — four of spades.

Suppose the outcome of a hand depends upon the success of a finesse. If there are no clues from the bidding or play to go on and declarer attempts the finesse, he will ordinarily have a 50 percent chance for the contract. But in many such hands, declarer can increase his chances by adopting a different method of play that avoids the finesse. For example, he may be able to establish a side suit, or work out an endplay, and in so doing raise his chances of making the contract to better than 50 percent and possibly as

high as 100 percent. The same general idea applies to cases where a favorable suit break is involved. In today's deal, let's say East wins the spade lead with the queen and continues with the ace, which South ruffs. If South then draws two rounds of trumps and plays the ace and another club, hoping for a 2-2 division, he goes down. But this would be the wrong way to play the hand. What he should do after ruffing the spade is cross to the eight of hearts, ruff a diamond, cross to the king of hearts, cash the ace of diamonds and ruff the last diamond. With all the spades and diamonds eliminated from dummy, South now leads a low club and plays low after West follows with the queen. West is then forced to return a diamond or a spade. South ruffs in his hand, discarding a club from dummy, and so makes the contract. East cannot save his partner by overtaking the queen of clubs with the king, since he would then have to return a spade or a club, either of which also hands declarer the contract. This method of play caters not only to the clubs being 2-2, but also to a 3-1 division with the singleton being an honor — a 38 percent possibility. If West should happen to follow low to the first club lead, the nine would then be played from dummy, similarly endplaying East if he started with a singleton club honor.

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by Steve Becker

## Pow Wow Days

Gather your Family, Friends, Club, Group or Business and participate in the 45th Annual POW WOW DAYS Parade on May 17th, 2008. Parade participants will march down Greenback Lane, from Starbuck's Parking Lot at Madison/Greenback to Filbert Ave, beginning at 10 am. Family Tradition" is the theme for this year's Pow Wow Days celebration and parade. Participants will be a variety of business and organizations, clubs, community groups, sports teams, local, county and town representatives, emergency services and other parade entertainers. Grand Marshall, Channel 31's, Alan Sanchez, "The Slightly Paid Intern", American Cancer Society Float, Sacramento River Cats Mascot "Dinger", Wheels of Balance BMX Stunt Team, and Dr. Solar are just a few of the parade attractions. Parade entries are just \$15.00. Call the Orangevale Chamber of Commerce at 916.988.0175 to register today. Ask for a free "Float Building Guide".

### "A Bernstein Celebration"

The Sacramento Master Singers, under the direction of Ralph Hughes, will present the final performance of their 2007-2008 concert season. This concert, entitled A Bernstein Celebration, occurs at First United Methodist Church, at the corner of 21st and J Streets, in Sacramento on Saturday, May 17, 2008, at 8:00 PM. Bernstein wrote choral music for the synagogue, incidental music for plays, full Broadway musicals, masses, choral song cycles, and concert pieces. This performance will present an eclectic mix of his vocal works including selections from his Mass, a medley from West Side Story, a chamber version of Chichester Psalms written for chorus, harp, organ, and percussion, among other selections. A fitting end to this emotionally charged concert, as well as the entire 2007-2008 SMS season, will be Bernstein's "Make Our Garden Grow" from Candide. Tickets for A Bernstein Celebration are \$18 and can be purchased online at [www.mastersingers.org](http://www.mastersingers.org), or by phone by calling (916) 788-7464. Please join us on Saturday, May 17, 2008, at First United Methodist Church, in celebration of the music and spirit of one of America's greatest composers.

### Free Spring Concert

The Sacramento Concert Band, under the direction of Grant Parker, will be presenting a spring concert at 7:30 PM on Monday, May 12, 2008, at Christ Community Church in Carmichael. This is the 38th season for the fifty-five member Sacramento Concert Band, an outstanding wind ensemble comprised of talented volunteer musicians from Sacramento and the surrounding areas. The concert is free. Christ Community Church is located at 5025 Manzanita Avenue between Winding Way and Madison Avenue. Directions: Take the Madison Avenue east exit from Interstate 80. Turn south on Manzanita Avenue. The church is on the right about 0.3 miles past the Madison/Manzanita intersection. More information is available by calling (916) 691-7632. The Sacramento Concert Band is a non-profit organization sponsored by the Sacramento Valley Symphonic Band Association.

### Woman's Thursday Club of Fair Oaks May Luncheon

The Woman's Thursday Club of Fair Oaks will hold its end-of-year potluck luncheon on Thursday, May 8, 2008, at the Presbyterian Church of Fair Oaks, 11427 Fair Oaks Boulevard, Fair Oaks, CA. The luncheon will begin at 11:30 AM. During the event there will be the Installation of New Officers for the 2008-2009 year and celebration of a "Very Special 50-Year Member". For more information, please call Marilyn Pearce (916) 961-8415

### La Sierra High School Reunion Class of 1970

Date: May 24, 2008  
Location: La Sierra Community Center, formerly known as La Sierra High School. Contact information: Robin L (Ramsthaler) Piet, 173 Springwood LN, Idaho Falls, ID 83404 E-mail: [robinpiet@msn.com](mailto:robinpiet@msn.com)  
Two Events:  
Friday, 23rd, 7:00 pm Get Reacquainted - \$10.00  
Saturday, 24th, 4:00 pm, Longhorn BBQ - \$30.00  
Please confirm your reservations by May 10, 2008. In hopes everyone can attend, Scholarships are available. Contact Robyn Piet for information.

### Magic Circle Theatre

"Those good and crazy people, our married friends."

A bachelor facing his 35th birthday comes to terms with his ability (or inability) to commit Magic Circle Theatre's production of the musical comedy Company, opening May 9, 2008. Surrounded by his married friends, Robert wonders if he'll ever find someone with whom to spend his life. But why should he? Aren't his friends plagued by dissatisfaction, unrest, and petty fights? And why do they continue to stay married? And why can't his girlfriends be more like his married female friends? And why can't life just be all perfect without any effort? This charming musical by George Furth and Stephen Sondheim looks at the every day issues of couple-hood with humor and affection. It isn't the big events in life that can make or break a couple, but the constant, little, relentless act of living together. Company is sponsored by Jensen Smith C.P.A.s, and will play Friday and Saturday evenings at 8:00 and Sunday afternoons at 2:00, May 9 - June 14, 2008, in the Tower Theatre, 421 Vernon St., Roseville. Tickets are \$22 general admission, \$20 seniors and students, \$12 children 11 and under. Call (916) 782-1777 for tickets.

## May Autographing Events at Barnes & Noble

**Event:** Romance author of the month, Celeste Bradley, will sign copies of her "Duke" series including: The Duke Most Wanted, The Duke Next Door, and Desperately Seeking a Duke.

**Date:** Saturday, May 10 at 1:00pm

**Event:** Our bi-annual Author Appreciation Day will feature the following local authors: children's author Patti Newman (Jingle The Brass), romance authors Dee Brice (Passion's Four Towers) and Karen Sandler (Her Miracle Man), novelist Jack Parker (Tibetan Adventure), and inspirational authors Sharon Souza (Every Good

& Perfect Gift), and Karen Anderson (Not On Your Life; Classical Pianist Turns Tragedy Into Triumph).

**Date:** Saturday, May 17 at 1:00pm

\*This event is part of a weeklong (May 15-19) fundraiser at Barnes & Noble for Dewey Fundamental Elementary School in Fair Oaks. During this week Barnes & Noble will donate a percentage of every sale made with a special Bookfair voucher to the school. Vouchers will be available in the store throughout the week so that patrons may support the school.

**Event:** In honor of John Wayne's birthday month, local Old West historian Chris Enss will sign copies of the new 20th Century Fox DVD release of the John Wayne classic, The Big Trail. Enss assisted in the creation of the documentary features on the new DVD. Her biography of John Wayne, The Young Duke, and her other colorful books about the Old West will also be featured.

**Date:** Saturday, May 17, at 1:00pm.

**BARNES & NOBLE BOOKSELLERS**  
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## Astronomy Day 2008



Orangevale Community Center, 6826 Hazel Avenue, Orangevale 95662  
**Saturday, May 10, Noon to 6 PM,** with a star party after dark  
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# Exciting College Tennis at Gold River Racquet Club



There was some real outstanding college tennis recently at Gold River Racquet Club .

Sacramento State claimed its seventh-straight Big Sky title with a 4-0 win over No. 2-seeded Northern Arizona on Sunday, April 27 at the Gold River Racquet Club in Sacramento, Calif. The Hornets, who are ranked 51st in the nation, will now advance to the first round of the 2008 NCAA Tournament.

On the men’s side Eastern

Washington won its first-ever Big Sky Championship with a thrilling 4-3 upset over the No. 1-seeded Sacramento State Hornets also on Sunday.

The Eagles jumped out to an early 1-0 lead by claiming the doubles point. Pannhara Mamm and Kyle Schraeder picked up an 8-5 win over Sacramento State’s Kyril Harbatsiuk and Anton Stryhas at the No. 1 spot. Eagles’ Art Karas and Nico Riego de Dios defeated Holden Ching and



Ronan Conlon 8-3.

The Hornets came back to win the first three singles matches as Stryhas knocked off Schraeder 6-2, 6-0 at the No. 1 and Sven-David Rueff beat Karas 6-1, 6-3 at the No. 5. Harbatsiuk earned Sacramento State’s final point with a 6-3, 6-1 win over Mam at the No. 2 spot.

Daniel Pez kept the Eagles in the running with a 7-5, 6-2 win over Conlon at the No. 6. Kenneth Norling tied up the score at the No. 4 singles by defeating Sacramento State’s Ching in three sets 2-6, 6-4, 6-3. With the match tied at 3-3, Riego de Dios pulled out a 6-2, 2-6, 6-4 clutch victory over Artur Klimenka to secure Eastern Washington’s first Big Sky Men’s Tennis Title.

The Hornets were undefeated in conference play this season and finish with a 15-8 overall record. By virtue of winning the Big Sky Championship, Eastern Washington will advance to the First Round of the 2008 NCAA Tournament.

# 38<sup>th</sup> Annual Fiesta Days Adult Tennis Tournament

The 38th Annual Fiesta Days Adult Tennis Tournament will be held on May 31st-June 1st and 7th- 8th. This is one of the longest running tennis events in the Sacramento area. The deadline for entry is May 21st. Enter this year’s event early to be sure you join in the fun and tough tennis that always accompanies the Fiesta Days Tournament. Usually

250 players attend and compete in all levels of play from 2.5 level new tournament players to the 5.0 advanced levels that always include some of our favorite pros. Singles, Doubles, and Mixed Doubles events will be offered. This is one of the best events of the year and is open to the public. You can enter online at [www.goldriverrcc.com](http://www.goldriverrcc.com) .



# New Tennis Professional - Seann Manering



Gold River Racquet Club is proud to announce that Seann Manering has joined our staff of Tennis Professionals. Seann has a career of tennis experience

in his past. As the Director of Tennis for Arden Hills for 13 years and for Rollingwood Racquet Club for 8 years prior, Seann is a well recognized and experienced professional in the Sacramento area. He has run tournaments, social events, and trained players for decades, to enjoy the wonderful game of tennis. Seann’s wealth of experience only serves to strengthen the already incredibly strong tennis professional team we offer at Gold River Racquet Club. Seann will be offering two new drop in classes

on weekday mornings, developing the rookie training and match play program, and providing USTA/SATA team training access. Many of our well established tennis players know and support Seann’s commitment to tennis and are very enthusiastic about his presence at Gold River. Please welcome Seann and his wife Diane to Gold River.

# Save Green When IN the Green!

**The Sacramento County Regional Parks PASSPORT is your ticket to savings!**

The annual pass for Sacramento CountyRegionalParks–thePASSPORT –is now available! The annual parking pass is only \$50 dollars and allows entire families to enjoy recreation, relaxation and outdoor events at county parks and facilities located throughout Sacramento County.

“The PASSPORT pays for itself in just 10 visits and makes it so much easier when entering our parks,” said Jill Ritzman with County Regional Parks. “Simply display the PASSPORT in the vehicle and dispense with stopping to pay the parking fees each time you visit. It’s also a great way to show support for the region’s phenomenal park system.”

Purchasers can take comfort in knowing that 100% of PASSPORT revenue goes directly towards maintaining and operating the 15,000-acre Regional Parks system,

including the nationally renowned American River Parkway.

Between May and July 31, 2008, PASSPORT purchasers will automatically be entered to win a custom-fitted Trek 7000 bike and a complete survival kit courtesy of Folsom’s Bicycles Plus. They will also receive a coupon book valued at \$250 with coupons from: REI, Bicycles Plus, Karsan’s Elliott’s Natural Foods, Sacramento Natural Food Co-op, River Rat, Patriot Bicycles, American River Raft Rental, California Canoe & Kayak

Regional parks are great places for jogging, hiking, fishing, picnicking, biking and just relaxing:

- Bike the American Regional Park
- Raft and fish on the American River
- Fly kites at William B. Pond Recreation Area
- Bike the American River Trail
- Windsurf at the Delta
- Horse-back ride at Gibson Ranch

**PASSPORTS are easy to purchase!**

**Visit:**

- [www.sacparks.net/passport-to-parks/index.html](http://www.sacparks.net/passport-to-parks/index.html) or [www.arpf.org](http://www.arpf.org)
- REI stores in Sacramento, Roseville or Folsom
- Patriot Bicycles in Fair Oaks
- Effie Yeaw Nature Center in Ancil Hoffman Park, Carmichael
- Regional Park Offices and Park Entry Stations
- the American River Parkway Foundation Office, in William B. Pond Recreation Area or
- mail-in an application (found online) to 4040 Bradshaw Rd., Sacramento, Ca 95827

PASSPORTS will be featured at a special day of free parking at four locations along the Parkway on May 15. Bicyclists riding to work or to the BikeFest at the Capitol building are welcome to stop by our four stations for refreshments, visit with volunteers and purchase a PASSPORT.

# Wrestling A Family Tradition



The Amazing Wrestling Wesley pinning his opponent.

Local wrestler Anthony Wesley has been on an amazing string of victories, reports his dad August.

This past weekend they traveled to two meets where Anthony went 6 and 0, earning two gold medals, one in Freestyle and one in Greco Roman. Anthony is 10 years old, a 5th grader at Mariposa Elementary in Citrus Heights.

**2007-08 season highlights.**

- 3rd place California State Championships
- 35 victories
- Undefeated in San Juan District Wrestling League
- Sacramento county champion
- Northern California Regional Champion
- 1st place in 7 tournaments
- Traveled to Providence Rhode Island and placed 1st in “Super Bowl Tournament”

**Academics**

- \*\*Anthony has been involved in

the G.A.T.E program (gifted and talented education) since 1st grade

- \*\*2005 academic all American award winner (3.0 or higher while playing youth tackle football)
- \*\*2007-08 certificate in reading achievement
- \*\*2007-08 100% home work certificate

He is very focused on being a good student-athlete

**Goals**

Wesley’s goals are to go to Jesuit High School & become 1st wrestling state placer in school history, (unless brother AJ accomplishes it first), then attend Hawaii or Wisconsin University

**Career stats**

- \*100 plus victories
- \*3x California state placer
- \*2007 WSA summer tour team competition in Hawaii undefeated (world sports alliance)
- \*2x Nor-Cal regional champion

- \*2x S.A.W.A champion (Sacramento area wrestling association)
- \*2x M.V.P
- \*2x Mt. Diablo, Bay Area Association Champion
- \*2006, 2007 National Fitness Award Winner
- \*started wrestling at Mesa Verde Wrestling Club.

**Wrestling a family tradition**

Brother AJ is a freshman at Jesuit High School, and participated in wrestling/football (2007 wrestling state placer)

Father August was the former head wrestling coach of Jesuit High School in 1996, 2000 USA Olympic trials, and 5-time international medalist

Anthony’s namesake is his cousin Anthony S Amado, 1988 USA Olympic team, NCAA champion & world medalist.

# Dusty Baker International Baseball Academy

The Dusty Baker International Baseball Academy returns this year and celebrates its 25th “Silver” Anniversary. Dave Stewart, Shawon Dunston, Jim Barr are among the twelve former major leaguers and veteran group 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 and profession baseball. This is a fantastic learning experience and training program for young baseball players.

Active outstanding graduates are current major leaguers Geoff Jenkins, Derek Lee, and Darren Oliver and the 2007 Cy Award winner Carsten C.C. Sabathia.



For a Brochure call 1-530-644-3067, or E-Mail: [bdcarmichael@sbcglobal.net](mailto:bdcarmichael@sbcglobal.net)

Visit Dusty’s website at [www.dustybaker.com](http://www.dustybaker.com)

# This Summer Let Your Family Learn and Train with the Best!

Summer is just around the corner and parents throughout the area are asking themselves, “What are we going to do with the kids all summer?” Fortunately, Gold River Racquet Club has the perfect answer!

- Tennis Clinics • Swim Lessons • Swim Team
- Kids Day Camp • Teen n Training

**Mention this ad and receive a half hour massage upon joining!**

Offer expires May 20, 2008



Kelly Wilson



Jeff Float

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## A Slice of Napa Valley Minutes from Roseville



After years of planning, the grand opening of Westwood Homes' Sierra de Montserrat is just around the corner. Visitors to this highly anticipated, world-class vineyard community will be immediately reminded of the rolling vineyards of the Northern Napa Valley. What's more, estate owners will be an integral part of Sierra de Montserrat's exclusive vineyards and winery.

With 322 acres of vineyards, open space and views limited to just 62 residences, Sierra de Montserrat appeals to those seeking privacy, exclusivity and unequalled natural beauty without conceding convenience. Special premier phase pricing on the community's 4.6 to 6.3-acres homesites starts from \$395,000. The community is unique in that people can select their favorite parcel and build their own custom dream home or choose from the private reserve collection of Tuscan and Spanish influenced estates now under construction. Four highly customizable estate plans with up to 6,785 square feet of refined living space are priced from the upper \$1,000,000's. This exclusive collection of architectural plans has been designed by Westwood Homes as a tribute to the extraordinary setting and unique possibilities that Sierra de Montserrat has to offer. The architecture blends old world ruggedness with elegant styling cues reminiscent of authentic French, Spanish and Italian architecture. The spacious plans feature tower elements, wrought iron balconies, colonnades and arcades, as well as ornamental columns, pilasters and masonry. Each luxurious plan has been thoughtfully designed to expand the living spaces into the surrounding landscape. French doors open onto patios with covered loggias, courtyards and decks, blurring the boundaries between indoor and outdoor spaces and taking full advantage of the natural surroundings.

Craftsmen and artisans are currently putting the finishing touches on what will be the region's largest, most impressive model home. During construction, a preview sales center is now open to provide visitors with complete community information, parcel maps and detailed architectural drawings of the available estate homes. Interested homebuyers can also take a dusty shoe tour of the model home on Saturday or Sunday.

Sierra de Montserrat is committed to the preservation and conservation of oak

woodlands, wetlands, wildlife habitat and agriculture. The community has preserved 200 acres into perpetuity including 45 acres of vineyards that are already planted with several varieties. The vineyard has been established as a working farm in order to produce fine wines, and will be operated by the Sierra de Montserrat Homeowners' Association.

This exclusive community is nestled in the rolling Loomis foothills, but is still just minutes from major employment centers and located near the area's finest shopping, dining, recreation and schools.

To visit Sierra de Montserrat, travel east on I-80 to the Rocklin Road exit. Turn right and travel east past Sierra College. Turn left on Barton Road, then right on Rutherford Canyon Road. The sales office is open Thursday through Monday. For more information call 916-652-7906 or visit [www.sierrademontserrat.com](http://www.sierrademontserrat.com).

Westwood Homes is locally owned and operated and has been crafting homes of the finest quality in the most desirable communities in the region for the past 37 years. Westwood built homes are renowned for their award-winning design, exceptional craftsmanship and timeless quality.

## SMUD Delivers Light Bulbs and Savings to the Neighborhood

Some residents in Tahoe Park get free energy-saving light bulbs and learn how to cut their electric bills. People living in the Tahoe Park community of Sacramento received a friendly knock on the door from volunteers delivering energy-efficient compact fluorescent light bulbs. The effort was part of an ongoing pilot project by the Sacramento Municipal Utility District (SMUD) to educate and facilitate energy savings in its communities. Tahoe Park is the third neighborhood to participate in the SMUD pilot project and other neighborhoods are being scheduled as well.

SMUD assembled a team of neighborhood groups and community volunteers, including students from Hiram Johnson High School, to change out incandescent bulbs for energy-efficient compact fluorescent light (CFL) bulbs in 500 homes. Each home received two CFL bulbs. SMUD conducted a similar CFL exchange in the Oak Park community last fall and in the Ben Ali neighborhood this year. CFL bulbs are up to 75 percent more energy-efficient than incandescent light bulbs and can last eight to 10

times longer. SMUD estimates that replacing just four bulbs per home could result in a household savings of about \$140 over the lifetime of the bulbs. The exchange also carries benefits for the community in total energy savings of nearly 30,000 kilowatt hours per year for 1,000 bulbs, enough to power about three homes for an entire year. Saving energy reduces the need to generate electricity, contributes to stable rates for all customers and is better for the environment.

Lighting can be as much as 20 percent of a customer's electric bill, according to the U.S. Department of Energy (DOE) and the U.S. Environmental Protection Agency. Working with customers, SMUD has helped put nearly two million ENERGY STAR® CFL bulbs and fixtures in homes and businesses over the past several years. Nearly 60 percent of SMUD households have at least one CFL bulb in their home, compared to just 16 percent in 2000.

One of the ways SMUD has been able to achieve such remarkable market penetration is by being a participating utility in the DOE's Change a Light, Change the World campaign. Every October and November, SMUD and more than 200 local participating retailers help customers make the change to CFL with special discounts on ENERGY STAR® bulbs and fixtures. SMUD lowers the cost of CFL bulbs. Some bulbs are priced as low as 99 cents each. SMUD has participated in the Change a Light, Change the World campaign since 1996. The electric utility has also promoted the use of energy-efficient lighting for more than 20 years. SMUD was recognized as an ENERGY STAR® Partner of the Year in 2004 for its residential lighting program. SMUD has also set an ambitious 1.5 percent annual energy-savings goal that surpasses the state's goal by 50 percent.

For more information about switching to energy-efficient lighting and other energy efficiency measures, visit [smud.org](http://smud.org). For more information about ENERGY STAR® visit [energystar.gov](http://energystar.gov). For more information about involving your community or neighborhood in the SMUD CFL change out effort, contact Sam Starks at 916-732-5131.

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**May 15 – 18, 2008**  
**45<sup>th</sup> ANNUAL POW WOW DAYS**  
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Band  
May 17<sup>th</sup>, 2008

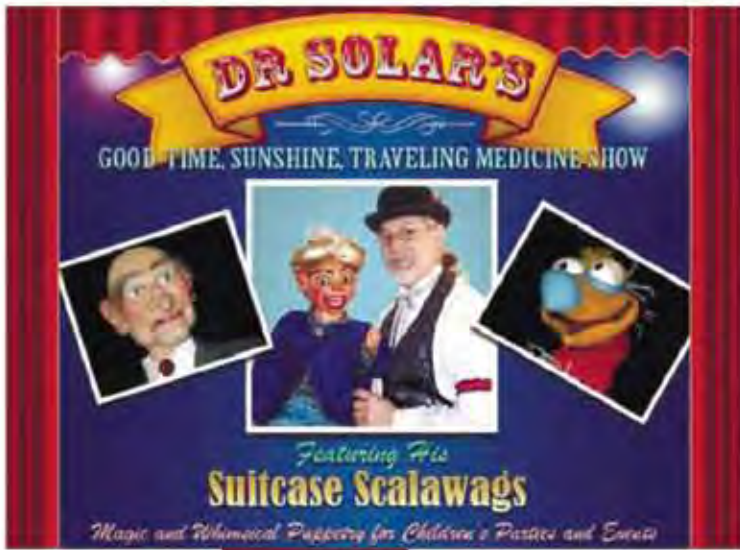


**KIDS KORNER**  
**SATURDAY**  
**May 17<sup>th</sup>, 2008**  
**12:00 - 4:00 PM**  
**Hosted By**  
**East Valley**



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**"GRAD NIGHT"**  
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**PARADE**  
**SATURDAY**  
**May 17<sup>th</sup>**  
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Thurs: 3 PM – 10 PM   Fri: 3 – 11 PM   Sat: 11 AM -11PM   Sun: 12 – 6 PM  
**Orangevale Park**  
Filbert Ave / Behind Green Oaks School



## Everyone Loves a Parade!

Have you always wanted to be in a Parade? Gather your Family, Friends, Club, Group or Business and participate in the 45th Annual POW WOW DAYS Parade on May 17th, 2008. Parade participants will march down Greenback Lane, from Starbuck's Parking Lot at Madison/Greenback to Filbert Ave, beginning at 10 am.

The Orangevale POW WOW Days started in 1963 as "Chuck Wagon Days". In 1964, the name was changed to "Fiesta Days" and change again to its name for more than 40 years in 1965, POW WOW DAYS. Orangevale residents and visitors gather for several days of games, food, live entertainment, carnival and on Saturday, "The POW

WOW Days Parade".

The first parade was held in 1963 and began at Central Avenue ending at the Orangevale Youth Center on Hazel Avenue. In 1965, the parade route was moved to Greenback Lane and then in 1971, moved to Oak Avenue. In 1974, the parade returned to its current route on Greenback Lane.

"The Family Tradition" is the theme for this year's Pow Wow Days celebration and parade. Participants will be a variety of business and organizations, clubs, community groups, sports teams, local, county and town representatives, emergency services and other parade entertainers.

Grand Marshall, Channel 31's, Alan Sanchez, "The

Slightly Paid Intern", American Cancer Society Float, Sacramento River Cats Mascot "Dinger", Wheels of Balance BMX Stunt Team, and Dr. Solar are just a few of the parade attractions.

Parade entries are just \$15.00. Call the Orangevale Chamber of Commerce at 916.988.0175 to register today. Ask for a free "Float Building Guide".

## Wanted!

### Exhibitors, Vendors, Arts and Crafters

**Spaces are still available for the 45th Annual POW Wow Days**  
**May 15 – 18, 2008**

More than 80 vendor and exhibitor spaces are being prepared for the biggest Orangevale annual tradition. Thousands are expected to attend this

highly publicized event. Live entertainment, carnival, parade and Kids Korner are just a few of the attractions. The 45th Annual Pow Wow Days starts on Thursday, May 15th and ends on Sunday, May 18th.

Premium Spaces are still available for the event. This is the perfect opportunity to showcase your talents and business. Round the clock security is provided for the entire event. Two set up times are available to accommodate

schedules. Registration information can be obtained by calling Lisa Montes at 916.989.3638 or email: powwowdays@comcast.net.

The annual fair is sponsored by the Orangevale Chamber of Commerce a non-profit organization and proceeds benefit the support of local business and community activities.

For more information, please contact Orangevale Chamber of Commerce at 916.988.0175.



**Find out more**  
**at the Orangevale**  
**Chamber of Commerce**  
**www.orangevalechamber.com**





**Saturday, May 10 at 8 PM Pre-talk at 7 PM**

Sandra Rubalcava, Soprano Oksana Sitnitska, Mezzo

David Robinson, Tenor Elias Mokoli, Bass

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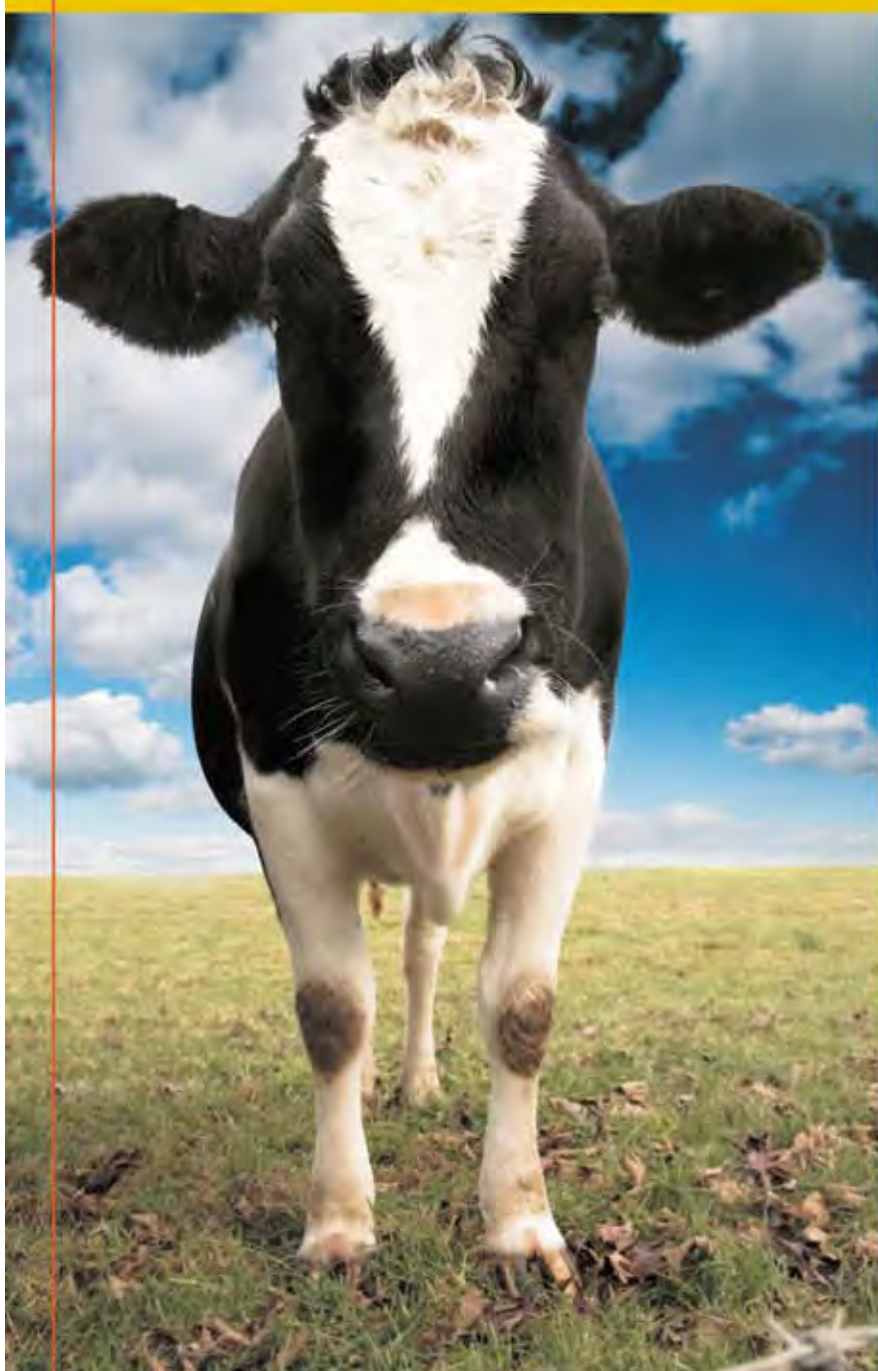
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