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Volume 3 Issue 11

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

First Edition for June 2008

Gov. Schwarzenegger Announces Grants to Boost Traffic Safety



Governor Arnold Schwarzenegger today announced the award of \$66 million in traffic safety grants to 153 agencies and communities across the state, illustrating the Governor's continued commitment to saving lives on California's roadways. The funds will be administered by the Office of Traffic Safety through the Business, Transportation and Housing Agency and will allow state, county and local agencies to combat impaired driving, encourage seat belt and child safety seat usage, enhance emergency medical service response, advance pedestrian and bicycle safety, and assist in the enforcement of traffic laws aimed at saving lives.

"These grants provide essential resources and re-enforce our commitment to saving lives and preventing injuries on California's roadways," said Governor Schwarzenegger.

In the coming year, the federally funded grant programs will emphasize time-tested practices with proven results while also expanding into new areas. Local and state

agencies will develop and carry out grant activities through operations like sobriety checkpoints, DUI saturation patrols, red light running enforcement and combating illegal street racing.

Important behind-the-scenes programs will also take place, such as the expansion of DUI prosecutor education, intense monitoring and supervision of repeat DUI offenders, free assessments of pedestrian safety conditions in cities, and more real DUI trials being moved from courthouses into high school auditoriums across the state.

"We have come a long way in California in the last five years," said Christopher J. Murphy, Director of the Office of Traffic Safety. "The number of people buckling up has grown by 1.1 million and the number of injuries has dropped to the lowest level in 24 years. But each needless death or injury points to the continued need for the enforcement and education provided by these grants."

Today's announcement includes grants

to nine regions of the state. Summaries of the awards can be found at www.ots.ca.gov.

Fast facts:

- In 2006, 4,195 people died and 277,373 people were injured in California traffic collisions.

- Persons killed in alcohol involved collisions increased slightly from 1,769 in 2005 to 1,779 in 2006.

- California's 2007 seat belt usage rate is 94.6%, which is significantly better than the national average of 81% and up from 93.4% in 2006.

- In 2006, about half – 458 of the 917 unrestrained fatalities would be alive today had they simply buckled up.

- In 2006, teen fatalities decreased 6.7% from 527 to 492 – the lowest level since 2001.

- Motorcycle fatalities continued to spiral upward; from 469 in 2005 to 506 in 2006.

- Motorcycle fatalities have increased each year since 1998, when there were 204 fatalities.

David Lowe Named President and General Manager of KVIE



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Following a nationwide search, the Board of Directors of KVIE Public Television announced today that David Lowe, the station's Vice President for Marketing and Development for the past seven years and Interim President and General Manager since February, has been appointed to serve as the station's sixth President and General Manager in its 49-year history. KVIE is the Public Broadcasting Service (PBS) station that serves Sacramento-Stockton-Modesto in the nation's 20th largest television market.

"The board is pleased that after working with an independent search firm we found that David's vision of building strong community partnerships and technological innovation would be best to fulfill our mission of service to our region," says Michele Wong, Chair of KVIE's Board of Directors. A search committee that included Wong was formed to work with NETA Consulting, and also included Linda Cutler, John Onsum, Randy Reynoso, Bill Slaton, Tom Stallard, Frank Washington, and Henry Wirz. "David will lead us through historic times as two important broadcasting milestones approach in 2009: the national transition to digital broadcasting and the anniversary of KVIE's 50th year of service," concluded Wong.

"I am honored to have been selected," said David Lowe. "My goal is for KVIE to become more widely known as the community's storyteller—preserving our region's memories, providing greater focus on our community's current issues

and needs, and helping us all look into the future and make responsible decisions that positively affect us and future generations. We're embracing the digital future and look forward to providing more quality programming on television, the Internet, mobile handheld devices, and devices yet to be invented that connect people and communities to information."

Prior to joining KVIE in 2001, Lowe held marketing management positions with Fortune 500 Transamerica Corporation and software companies Unify and Orchestra. He has served on national committees for PBS and on local boards of directors, including the Sacramento Asian Pacific Chamber of Commerce and the Stockton Chamber of Commerce.

About KVIE Public Television:

KVIE Public Television, located in the heart of California's Central Valley, inspires audiences and enriches their lives through engaging programs and educational services. Established in 1959, KVIE serves more than 1.3 million households in the nation's 20th largest television market. With one of the largest geographic signals in the country, KVIE can be viewed in 28 counties through its analog signal, more than 60 cable systems and satellite providers, and in high-definition on KVIE-DT. KVIE actively creates original local programming and is one of the leading producers of public television programming in the country, including its national series America's Heartland. For more information, visit kvie.org.

A Grand Slam for California \$2,447,338,951

Proposition 10 dollars to help Californians today

In answering the Governor's call to think creatively in narrowing the state's multibillion dollar budget gap, Senator Dave Cox (R-Fair Oaks) introduced a measure to provide immediate fiscal relief for the state, one-time funding to local schools and local government, and healthcare and other services for California's kids, as well as the poor, blind and disabled.

Dubbed "A Grand Slam for California," Cox's measure does away with First 5 California and its 59 bureaucracies that a recent analysis showed are holding \$2,447,338,951 in fund balances that they have hoarded in bank accounts – money that is not helping Californians today.

"Since its inception, First 5 California and its 58 county bureaucracies have been tainted with scandals because they lack accountability," said Cox who, along with former Assemblyman Dario Frommer (D-Los Angeles), called for a state audit of First 5 California's spending on public relations ads that coincided with the qualification of Proposition 82 (Preschool for All). "After 10 years of misuse and questionable spending, it is time to rethink First 5's existence and re-direct the tax monies to where they can be effective."

Specifically, the proposed measure will direct all future revenue – an annual estimate of \$580 million - from Proposition 10 to the Healthy Families and Medi-Cal Programs. This will provide long-term stability to the existing Healthy Families Program (HFP) and allow for adequate funds to cover an additional 200,000 kids who are currently eligible but not yet enrolled.

State General Fund contributions to HFP are currently budgeted at \$425 million. Federal funding provides a two-to-one federal/state match. The ongoing revenues from Proposition 10 will allow the state to provide health coverage to all eligible children. Any additional funding will address ongoing needs in the Medi-Cal program.

By freeing up existing General Fund dollars committed to HFP, the



Senators Dave Cox and Tom Harman (R-Huntington Beach) presented their proposal to help Californians today.

Legislature and the Governor will gain much needed flexibility to address the state's healthcare issues. For example, the state could restore current and proposed Medi-Cal provider-rate reimbursement reductions to encourage doctors to accept Medi-Cal patients.

Schools will receive 50% of all unencumbered funds held in the 58 county commissions.

It is clear that schools will not receive as much money as anticipated from this year's proposed budget. This proposal will help ease some of the loss because schools will be able to use this revenue for one-time expenses or to cover current program shortfalls.

The remaining balance from the unencumbered funds of the 58 county First 5 commissions will be directed to counties and cities, where elected officials are accountable to the public. Half of these funds will go to counties' general funds and the other half will go to cities' general funds based on a per-capita basis. In a difficult fiscal environment, this proposed measure will provide for immediate fiscal relief to local government to pay for local services.

Cox's measure will also help pay down the state's debt by re-directing the unencumbered funds from the State's Children and Families Commission to the State General Fund for deficit reduction. A June 2007 audited financial statement showed fund balances of \$368 million.

First 5 California and its 58 county commissions were created by Proposition 10 in November 3, 1998. Spearheaded by Hollywood actor/filmmaker Rob Reiner, it added an additional \$.50 per pack tax on cigarettes with the promise to pay for early childhood development and anti-smoking programs. The tax brings in about \$580 million each year with 80 percent going to 58 county commissions and 20 percent to the state commission.

"California is in a fiscal crisis where core services are threatened. This is a turning point for the state. We can step up to help or we can sit idle while services are cut back and real people feel the impact. It is my hope the Governor and the Legislature pass this measure and allow the voters to decide," stated Cox.

Students Dig into their Creativity



Sacramento Regional County Sanitation District and Sacramento Area Sewer District (formerly CSD-1) are installing large underground pipes in the Citrus Heights area as part of its Upper Northwest Interceptor Section 9 project. The project will better ensure reliable sewer service and meet the future demands for increased capacity.

Part of the UNWI 9 project is located near Oakview Elementary School. The project was introduced to Mr. Kill's sixth grade students through a unique opportunity - students were encouraged to design and

name a new tunnel-boring machine for crews to use. A tunnel-boring machine is

a large machine used to dig holes for sewer pipelines.

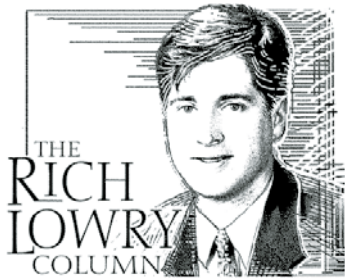
After sorting through many creative designs, construction crews chose three winners:

- Melanie Dayton
- Hannah Hudson
- Jeremy Minor

The three winning design names were painted on the actual tunnel boring machines now being used for the UNWI 9 project.

For more information on the Upper Northwest Interceptor project, or to view the winning designs, please visit www.srscd.com/projects.html and click on the UNWI 9 link.





John McCain: Candidate of Change?

If there's just one candidate of change this fall, John McCain will be the Horatio Seymour or James Cox of 2008 -- a presidential also-ran all but forgotten to history.

The only way McCain can hold the White House for the Republicans is if he trumps his opponent on values and national security, and sells the public on a domestic reform agenda that keeps Democrats from sole ownership of the theme of change. Otherwise, Barack Obama will out-inspire him, or Hillary Clinton out-policy him, in a classic out-with-the-old election.

McCain would seem a natural candidate of reform, given how often he has used the word during the past decade. With his hair-trigger sense of honor, McCain's reformism has been driven by what offends him -- large, unregulated campaign contributions and wasteful earmarks. But with the cost of health care increasing and the value of homes declining, the public is going to wonder about McCain's politics of honor: What's in it for them?

The McCain campaign is shrewd enough to realize all of this, which is why he's beginning to piece together a forward-looking domestic agenda. The task isn't easy, given that the candidate isn't animated by domestic issues and leads a party that is only haltingly realizing it needs a policy renovation as it hits bottom at the end of the Bush years.

On his just-completed health-care tour, McCain appropriately triangulated between the status quo and overreaching Democratic proposals. It doesn't take Michael Moore to realize that our health-care system is expensive and inefficient, and leaves too many people out. The root of the problem is the tax

break for employer-provided coverage -- dating from World War II -- that leads most people to get insurance through their employer.

Since they don't pay directly for the insurance themselves, people don't know the cost of their plans, and since their insurance pays for their medical procedures, they don't know the cost of them either. This creates the predicate for runaway medical inflation.

The answer isn't government-sponsored universal coverage. McCain correctly says it would "replace the inefficiency, irrationality and uncontrolled costs of the current system with the inefficiency, irrationality and uncontrolled costs of a government monopoly."

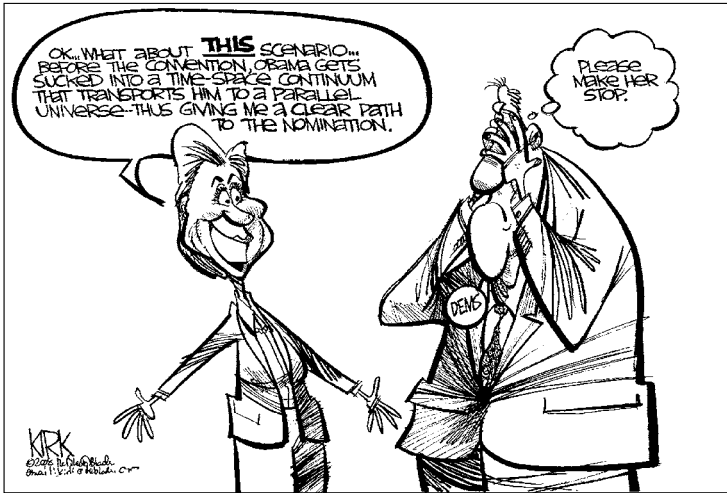
McCain wants to give people a tax credit -- \$2,500 for individuals and \$5,000 for families -- to buy their own insurance. They can keep their insurance through their employer if they like, but the credit would make it easier for individuals to buy -- and keep -- insurance on their own. "The key to real reform," McCain said, "is to restore control over our health-care system to the patients themselves."

If individuals are shopping for health care, insurance companies would have an incentive to provide better plans at lower cost. If they purchase their own plans, their insurance wouldn't be dependent on their jobs. This change therefore mitigates two of the besetting problems of the current system -- affordability and access.

McCain's proposal is just the start of what has to be a broader conservative reformation. The sole Republican response to the public's economic anxieties can't be trying to talk the public out of them. If it is, the GOP will have a long time out of power to think more creatively.

Rich Lowry is editor of the National Review.

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By Steve Strayer

The abuse of power at all levels government in America is widespread and expanding rapidly. The self-correcting features built into our constitutions (separation of powers, checks and balances, etc.) have long ago been circumvented or ignored. Many government officials now frivolously disregard any legal limitations on their power, since as long as anybody remembers they have been able to do so with impunity. The courts are supposed to enforce constitutions, but judges and justices are employed by the same entities as legislators and



A Practical Way to Reduce Government Abuse of Power

other officials, and thus are driven by similar incentives and generally have similar mindsets. There currently is no process capable of peacefully reining in government abuse.

The only way the trend toward expanding tyranny can be reversed and our lost liberties restored is through the restoration of accountability in government. To accomplish this goal, we must replace the current incentive structure with one that rewards performance by government employees consistent with peaceful private interests.

We all learned in social studies classes that ours is a government of, by, and for the people, but that slogan long ago became empty of real validity. Any real influence of "the people" on government has been undermined. Since politicians and officials have become adept at thwarting any efforts at reform via established channels, any effective action will have to be achieved through direct action by private citizens.

Most advocates of sensible government will agree that the U.S. Constitution, if strictly enforced, would better provide for individual liberty and prosperity than the current situation in which we are governed by the whim of politicians and government officials. If laws, regulations, and actions by government that violate the Constitution could be overridden, the scope of government and corruption in America

would be reduced substantially. How do we accomplish this? By making the individuals who legislate, implement, and decide the legality of laws, regulations, and government activities individually accountable to the Constitution, and ultimately to citizens, for their actions.

An effective process would be for citizen oversight committees to examine the activities of government agencies for violations of constitutional limitations or other rules. A committee would notify agency management of any concerns about the legality of contemplated actions, and the agency would then either modify the proposed action to comply with the rules or drop it entirely. In cases of blatant violation of rules or abuse of authority, citizen committees would have the responsibility to terminate employment of the individuals responsible. The committees would also have the charter to evaluate agencies' overall value to the people and to call for reductions in scope or funding as deemed appropriate. Any action taken by a citizens' committee would be subject to override only through a popular vote and would thus be immune to reversal through legislation, judicial action, or any other governmental process.

This grassroots approach to government reform would offer several side benefits. There would be some ripple effects into areas other than those addressed directly. Once government

employees and managers observed the changes in emphasis within their agencies, some would come forward to point out problems and cooperate in implementing other improvements. Once a few corrupt officials were terminated from their jobs, others would either spontaneously shape up or resign voluntarily. Many government employees would find it gratifying to alter their performance from empire building to the promotion of efficient operations.

Citizens' committees would be composed entirely of private citizens nominated and elected by private citizens. Government employees would not be eligible to serve. Safeguards would be put into place to prevent committee members themselves from promoting an increase of their own personal power. Perhaps limiting a member's service on a committee to a single brief term might be adequate.

The approach outlined here could be implemented first in California or another state through the initiative process. The alternative to limiting government abuse through this or some other orderly process is the continued growth of government until eventually we or our descendants suffer a painful collapse similar to that experienced in many other countries throughout history.

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New Schools + Big-Box Mentality = Sprawl, Pollution & Traffic



By Kim A. O'Connell

When Lyn Michell's son Warren was small, the family had the good fortune to live across the street from the boy's Atlanta elementary school. Now that Warren is in middle school, Lyn has joined legions of U.S. parents who drive their children through crowded suburbs just to get to and from school. When Warren enters high school, the commute will be even longer, the monthly gasoline bills bigger, and the route even more congested.

Unfortunately, this trend is escalating as new suburban mega-schools are built far from community centers, fueling sprawl, pollution, and traffic. Meanwhile, America's old historic schools, in or near town centers, are being abandoned and demolished at an alarming pace-a wasteful trend driven by misguided federal and state policies and funding.

In the 1990's, U.S. school construction expenditures rose by 40 percent, with less than 20 percent of that spending used to renovate

existing schools, according to a 2005 National Association of Realtors study. Nationally, approximately \$253 billion was spent on public school construction and renovation between 1995 and 2004-the lion's share going for new school construction, says the National Trust for Historic Preservation.

Minneapolis-St. Paul, for example, built 78 new schools in its outer suburbs between 1970 and 1990, while closing 162 schools within city limits, says the Sierra Club. In Ohio, 790 of 1,300 schools evaluated in 2004 were to be abandoned in favor of new facilities, reports Governing magazine. City officials in Stroudsburg, Pennsylvania, and Fayetteville, Arkansas, are now wrangling over proposals to abandon their in-town high schools and build new ones farther away. And the New Orleans Recovery School District is planning to demolish 47 schools damaged by Hurricane Katrina, even though preservationists believe some of the old buildings can be saved.

The sprawling new schools that replace historic buildings harm both the environment and our quality of life. These mega-schools-Wal-Mart-sized complexes located far from town centers and accessible only by major highways-waste energy and resources, encourage new development in previously unbuild-up areas, and increase traffic. In the late 1990s, one study found that large new schools in Charleston, South Carolina, were being built with an average of ten acres of parking-enough asphalt to cover nearly eight football fields.

Another disturbing outcome of

our car-dominated culture is that kids like Warren no longer walk to school. This erodes not only their quality of life, but that of parents too. Suburban parents often spend an inordinate amount of time chauffeuring kids to and from school. Most agree this commuting time would be better spent playing catch outdoors or chatting at the dinner table.

When it comes to funding school projects, federal and state agencies are working at cross-purposes: They say they want to curb sprawl, but they promote policies that guarantee it by encouraging new construction over renovation. Federal funding is biased toward the construction of new "healthy, high-performance" schools that meet current energy-efficiency, health, and safety standards, leaving many noncompliant old buildings with little hope for help.

Some policies require schools to be sited on a minimum number of acres, or don't allow renovation of an existing school if it will cost more than a certain percentage-often two-thirds-of a comparable new one. Such rules often omit the hidden costs of new construction, such as land acquisition and infrastructure improvements. Also, school districts are usually barred from federal and state tax incentives for rehabilitating existing buildings.

"Most school systems are building in new growth areas," says Thomas E. Low, director of town planning with the New Urbanist architecture firm Duany Plater-Zyberk & Company. "They're remote and overcrowded, and kids can't walk to them. The mentality is about quantity versus quality."

It will take visionary leadership to curb the sprawling mega-school trend. The National Trust and other groups are encouraging innovative policies that provide flexible acreage standards for new schools, that foster efforts to co-locate public facilities such as schools, libraries and sports clubs in existing buildings, and that allow waivers which will level the playing field when existing and new schools compete for funding.

In Ohio, for example, a school district that can prove that an existing school has historic significance or plays a special community role, can request a waiver to obtain the same amount of money for rehabilitation that would have been spent for the construction of a new school.

The state of Florida now requires a feasibility study to find a viable alternative to demolition of a historic school. Other locales have passed similar measures, including Montgomery County, Maryland; Boise, Idaho; and San Antonio, Texas.

Despite these successes, we need to make a strong case to government that we care passionately about the quality of our lives, education, and our environment-enough to want to reinvest in existing and historic schools. What better lesson could we teach our children?

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From her home in Arlington, Va., freelance journalist Kim A. O'Connell has written about conservation and historic preservation for National Geographic News, National Parks, National Wildlife, Preservation, The Washington Post, and other publications

ALS Awareness Fundraiser A Huge Success

In acknowledgment of May being ALS Awareness Month, the ALS Association, Greater Sacramento Chapter held its 1st Annual Mother's Day "Tea for Hope" on Saturday, May 10, at a private residence in Carmichael. The event, sponsored by the ALS Association, Greater Sacramento Chapter was a huge success raising approximately \$3,500. Donations received will assist in providing services and resources to ALS patients and their families in 24 Northern California

counties, including Yolo. The Chapter wishes to thank guest speakers Yolo County Supervisor Helen Thomson, Dee Norris from Forbes-Norris ALS Clinic in San Francisco, ALS patient Olga Schmidt, the 60 attendee's and the numerous volunteers who donated raffle prizes and other items.

Amyotrophic Lateral Sclerosis (ALS) most commonly known as "Lou Gehrig's Disease," is a progressive, neuromuscular disease that attacks the nerve cells and pathways in the brain

and spinal cord. It affects more than 5,000 Americans every year. Its cause and cure are as yet... unknown!

It is not too late to help us in our fight against ALS during ALS Awareness Month. Please make a tax deductible donation today by mail to: ALS Association, Greater Sacramento Chapter, 2717 Cottage Way, Suite 8, Sacramento, CA 95825 or go online at www.alssac.org. All donations stay at this Chapter and will continue to provide critical programs such as monthly

support group meetings, a respite care program for caregivers, in-home care reimbursement, an equipment loan closet, monthly calls to patients and families and more.

The mission of the ALS Association, Greater Sacramento Chapter is to lead the fight for a cure and treat ALS through global cutting-edge research, and to empower people with Lou Gehrig's disease and their families to live fuller lives by providing them with compassionate care and support.

AMERICAN RIVER
MESSENGER

“Written by the people for the people”

Publisher - Paul V. Scholl

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The Navy League of the United States Citizens in Support of the Sea Services

Founded in 1902 with the support of President Theodore Roosevelt, the Navy League of the United States is a powerful voice for a strong maritime component to our national defense: that means a Navy ... Marine Corps ... Coast Guard ... and Merchant Marine that are SECOND TO NONE. The Navy League's missions include keeping the public and elected officials informed about the importance of seapower to our Nation's national security and economic prosperity as well as providing direct support to sea service personnel and their families though our 65,000 members and 270 Councils worldwide. The Navy League also helps build America's future through successful youth programs like the Naval Sea Cadet Corps and the Navy League Foundation Scholarship Program. The Sacramento Council, chartered in 1956, is in involved in supporting and promoting youth-oriented organizations and activities in Sacramento such as the Sea Cadets, the Young Marines, and the Navy JROTC program at Luther Burbank, and the Marine Corps JROTC program at J.F. Kennedy High Schools. In addition the Council also provides over \$1700.00 in annual scholarships to California State Maritime Academy midshipmen and local graduating

JROTC cadets. The Navy League Sacramento Council Forum, featuring interesting guest speakers, is held on the first Tuesday monthly in the Banquet Room, Plaza Hof Brau, 2800 Watt Avenue (at El Camino Avenue), Sacramento. We welcome new members and invite your participation as "Citizens in Support of the Sea Services." For more information call Joe Fraccola, Public Affairs Officer at 916-638-8720. Sacramento Council News Article website is ourtown.sacbee.com/1010, Northern California Veterans Meetingup Group.

41st Annual Memorial Day Tribute Draws Thousands



Skydiver Mark Schlatter sailed into the park from a long descent.

The annual Memorial Day Tribute, held on May 26th at Mount Vernon Memorial Park and Mortuary in Fair Oaks, once again drew a large crowd who came together to honor those veterans who have fallen in military service to our country. The National Anthem was sung by soloist David Houghton. The invocation and benediction were presented by Brigadier General Don Crowley, U.S. Army, Retired. The guest speaker for the event was Major General William H. Wade II, Adjutant General of the California National Guard. Patriotic Music was performed by the 59th Army Band, including "The Last Full Measure of Devotion" sung by Soloist Sgt. Eric Seiler. Mount Vernon gives a special thank you to the Boy Scouts, Cub Scouts and the local VFW for assisting in the placement of the flags around the park for the day's observance. Another thank you goes to the Sacramento Metro Fire District for their extraordinary help in making the event a success.



Monthly Military Retiree & Spouse Meeting

Our next monthly meeting for military retirees/spouses will be held on 11 Jun 2008. We will be meeting in the former McClellan AFB Chapel on Dudley Blvd and the starting time is promptly at 1030 hrs. We will have a representative from Social Security to brief on the program and entitlements for military service. Get off the sofa and easy chairs and join us for a cup of coffee, compliments of our super duper Commissary Staff. If you have any questions, call our volunteer staff at 561-7476, Mon thru Thurs, 9AM to 3PM. See you all at the meeting.

Chief Moses
Director, Military Retiree Office

★ VETERANS POST ★

by Freddy Groves

Hire a Vet?

The "infamous" Question 21 is going away. This is the part of SF-86 (Questionnaire for National Security Positions) that asks about mental-health issues, whether in the previous seven years you ever sought help. (If so, give the particulars.) In the past, answering YES to this question was thought to keep you out of the running for certain federal jobs, especially ones that require a government security clearance.

Now, in a renewed effort to change the perceived attitude about mental-health issues, the form is being changed to a much watered-down version of the question.

Then again, disclosing mental-health information on a federal

job application might be a moot point anyway, if you can't get hired.

While a few federal agencies appear to be top-notch in hiring veterans to fill vacant slots, others don't have many veterans at all. Advocates spoke out last year at a House Veterans' Affairs subcommittee about veterans' complaints of not being hired for federal jobs. They claimed that managers are:

- Hiring interns instead of veterans.
- Ignoring veterans' preferences and hiring outside the normal process.
- Eliminating job classifications in a category that is restricted to veterans.
- Flat out canceling job postings so they don't have to hire a veteran.
- Writing complicated job

postings that allow a wide range of applications.

--Changing the rules in the middle of the game when it comes to disabled veterans, especially when it comes to physical demands of a job.

Granted, the veterans' preference system is complicated, but we're got various departments claiming they're doing things by the book -- and veterans who feel their preferences were ignored.

If you want a government job, aim for the Air Force, Army and Navy, which have the greatest percentage of veterans on staff.

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

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Military Graduates Hometown News

Check back every issue for your hometown hero!



Army Pvt. Amber L. Sullivan has graduated from basic combat training at Fort Jackson, Columbia, S.C. During the nine weeks of training, the soldier studied the Army mission, history, tradition and core values, physical fitness, and received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map reading, field tactics, military courtesy, military justice system, basic first aid, foot marches, and field training exercises. She is the daughter of Sharon and James Sullivan of Pershing Ave., Orangevale, Calif. Sullivan is a 2005 graduate of Visions School, Carmichael, Calif.

Army Reserve Pfc. Cristine M. Fitzgerald has graduated from basic combat training at Fort Jackson, Columbia, S.C. During the nine weeks of training, the soldier studied the Army mission, history, tradition and core values, physical fitness, and received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map reading, field tactics, military courtesy, military justice system, basic first aid, foot marches, and field training exercises. She is the daughter of Candy Spiers of Palm Ave., Fair Oaks, Calif. Fitzgerald is a 2005 graduate of Del Campo High School, Sacramento, Calif.

Army National Guard Pvt. Michele D. Racine has graduated from basic combat training at Fort Jackson, Columbia, S.C. During the nine weeks of training, the soldier studied the Army mission, history, tradition and core values, physical fitness, and received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map reading, field tactics, military courtesy, military justice system, basic first aid, foot marches, and field training exercises. She is the daughter of Sharon Racine of Luveta Way, Rancho Cordova, Calif.

USAF Domestic Bases Sent \$1,340,856 of Good-Will Treats By Civilians!

What a positive show of support for the troops!

SupportOurTroops.Org, CFC#31529, has just shipped 1,258,962 free servings of popcorn good-will gifts to the men, women and families of the United States Air Force stationed and serving around the continental united states. That's 324 pallets. Over 8 tractor-trailers! That's 15,580 cases! \$1,340,856 worth! 146 tons!

Between May 16th and 30th, tractor trailers are delivering the popcorn to almost every Air Force base here in the states. What a gesture of our trust in them, and our honest gratitude for everything they do to protect all of we civilians and our families.

Earlier this year at the end of March, SupportOurTroops.Org also shipped 157,140 free servings of popcorn good-will gifts to the men and women of the United States Air Force stationed and serving in Kuwait, Afghanistan and Iraq. That's 45 pallets. That's 2,530 cases! \$220,639 worth! 20 tons! That shipment went by metal cargo container and ocean freighter to SW Asia. And each case was marked with a thank-you signage from all of us here at home.

Support Our Troops Chairman Martin C. Boire said "We're thrilled to give this simple gift the troops. They do so much every day for us civilians and our families, and it's time to show them how much we care."

Each case is labeled with signage saying thank-you. What a fun way to show them how much we think of them! What a tremendous gesture of good will.

About SupportOurTroops.Org

SupportOurTroops.Org, CFC#31529, offers simple ways for folks to thank and show support to Americantroops(ourneighbors)serving all over the world. It is a non-partisan, non-political civilian organization, welcoming civilians, active-duty families, and veterans as members. Donations at SupportOurTroops.Org help us do wonderful things like this for the troops and their families.

Who did this?

SupportOurTroops.org, and its cooperating partners the Boy Scouts of America, and the Trails End Popcorn Company teamed up to pull this off. Said Support Our Troops® Chairman Martin C. Boire: "kids, you want to know how to pull off something this huge? Get into Scouting, you'll get to organize hundreds of things." I did.

Who manufactured it?

Nothing but the best for our troops! Trail's End popcorn is known as America's Best Popcorn. It is produced by Weaver Popcorn Company, one of the largest producers and manufacturers of popcorn products in the world. An 80-year-old, family-owned company located in Indiana, Weaver Popcorn distributes its products in more than 90 countries.

Where did all this popcorn come from?

From the American People! The Boy Scouts and Cub Scouts went door to door across America and asked people if they would like to donate \$25 of popcorn treats to the troops. And at \$25 a pop this many people did.

What else are we doing?

Vice President Bruce Jonas said, "we're the license plate people. We have completed state-issuance of Support Our Troops! plates in 24 states to date, and have more underway. Those plates help us do good things like this for our deployed neighbors. Sign up for your plate today. You can find out the status of the effort in your state at www.SupportOurTroops.org."

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By Lauren Forcella

Dear Straight Talk: I'm in tenth grade and I'm sick of being stereotyped by my teachers. No matter what I turn in, I'm pegged as a B student. It all seems to depend on "first impressions" made early in the term. After that, I swear an A and B student could trade papers and the A student would still get their A and the B student would still get their B. I seriously don't think teachers read beyond the name on the paper. I want to hear what the teen panel has to say and I hope some teachers are reading this, too. — Jack

From Katie, 15: I can relate. I'm an A student, but one teacher hated how I dressed so he dropped me from an A to a C for the block. Another teacher constantly accused me of cheating in math if I received 100 percent, so I started missing one problem per paper so I wouldn't get zeros. Also, an English teacher assigns 10,000-word essays. Most kids slip blank papers in the middle because she grades only the first and last paragraphs. Obviously, she does not read them.

RT to Operate Additional Service During Fix I-5 Construction Project

The Sacramento Regional Transit District (RT) encourages commuters to ride transit during the Caltrans Fix I-5 construction project, which will close the one-mile "boat section" of Interstate 5 (I-5) in downtown Sacramento at various times from May 30 through July 15, 2008. Funding from Caltrans will allow RT to operate additional light rail and bus service during the construction period to add capacity and improve service reliability. RT will add six light rail trips during peak commute hours (6 a.m. to 9 a.m. and 3 p.m. to 6 p.m.) -- three trips on the Blue Line from Meadowview to K Street and three trips on the Gold Line from Sunrise to the Sacramento Valley Station/Amtrak.

Free parking is available at 18 RT park-and-ride lots (7,379 spaces) throughout the light rail system. For I-5 commuters traveling from Elk Grove and south Sacramento, RT recommends parking at the Florin light rail station (1,076 spaces) located on Florin Road between 24th Street and Franklin Boulevard. Passengers should be advised that the Meadowview light rail station fills up quickly during the morning commute. Free parking is also available at the 47th Avenue light rail station. For Highway 50 commuters traveling from Folsom and Rancho Cordova, RT recommends parking at the Hazel light rail station (432 spaces) located on Folsom Boulevard between Aerojet Road and Hazel Avenue. Passengers should be advised that the Historic Folsom, Glenn and

straight talk for teens

Who's cheating now, students or teachers?

From Geoff, 22: Excuse the language, but I always worked my ass off for my A. I went to office hours, lunch hours, email hours. If you feel you're being short-changed, talk to your professor. Even starting with Ds and Cs (as I did in the beginning of college), if you show commitment to improving (which includes talking to the teacher), you can end up with As.

From Laura, 21: If a mediocre student suddenly turns in an outstanding paper, most teachers will give them credit for it; however, the difference between an A and B isn't that dramatic so they are less likely to notice. Put the hard work in early and make that first impression count. Also, talk to other students, learn what it takes to get an A in that class.

From Ashley, 20: This one teacher came up to me and my friend in class (he didn't like either of us) and said, "One of you is guaranteed to fail!" I was so shocked to hear this! It ended up being me, even though my grades were better.

From Emily, 15: Yes, you're being stereotyped, but it's based on your attitude, not your work. Have you noticed that all the top students are "friends" with the teachers? Honestly, this is what's going on. Try it. Raise your hand, ask how you can help, stay after class to push in chairs, smile and ask about his or her day. Life has shown me that a

big part of my grade rests upon my relationship with the teacher. If I don't like the teacher, I don't work for a close relationship therefore my grade is never an A in that class. Even if I work my butt off (getting help, studying through lunch), my grade stays low. Talk to your teachers, they love it when you get personal with them. One math teacher told me his students rarely approach him because they're scared of him, so he let me turn in missing homework, raising my grade significantly.

From Katrina, 15: Teachers definitely group their students. A lot more is going wrong in the schools than adults realize.

Dear Jack: So, do you want a revolution? Or do you want As? To get As, re-read Geoff, Laura, and Emily: it's about working hard, working smart, and using PR skills (which sounds like sucking up, but in reality, "public relations" rule.) If you want to change the system positively, I'm all for it. A high school teacher recently told me that until there are 48 hours in a day, he can't possibly read all his students' papers. He just slaps a grade on them. There really is a lot going wrong in our schools.

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



Plan your alternate routes wisely (Internet Joke photo)

Iron Point light rail stations fill up quickly during the morning commute. Free parking is also available at the Sunrise, Watt/Manlove and Butterfield light rail stations.

For Interstate 80 (I-80) commuters traveling from Roseville, Antelope and Citrus Heights, RT recommends parking at the Watt/I-80 light rail station (243 spaces) accessible from "Light Rail Exit 94" via I-80 westbound (left-hand lane). All park-and-ride lots along the I-80 corridor have available spaces, with the exception of the Arden/Del Paso light rail station. RT currently operates 97 bus routes throughout the Sacramento region. Ten buses will be on standby and dispatched to various routes as needed during peak commute hours. With the

increase in vehicle traffic on city streets, RT buses may be detoured as necessary. Due to possible delays, passengers should take an earlier trip, if possible.

Route 15 (Rio Linda Boulevard – O Street) will be detoured to 7th Street. Routes 3, 7, 11, 86, 88 and 89 may also be affected. Detour information will be posted each day as a "Rider Alert" at www.sacrt.com.

"With gas prices continuing to skyrocket and six weeks of major freeway construction ahead of us, transit is a welcome relief for commuters who want to save money and avoid heavy traffic congestion," Mike Wiley, General Manager/CEO, stated. For RT service information for the Caltrans Fix I-5 construction project, call 916-321-BUSS (2877) or visit www.sacrt.com.

Celiac Disease Affects Twice as Many Women

By Jennifer Wider, M.D., *Society for Women's Health Research*

Many people haven't ever heard of celiac disease, but for the millions of people unable to eat bread, cookies, pizza crust and pasta, it's a reality they have to live with every day. Celiac disease is an autoimmune digestive disorder that wreaks havoc on the body's intestines when foods containing gluten are consumed. It affects roughly twice as many women as men. In the United States, it affects two million people or about one in 133 people.

It may seem like an easy condition to manage, but gluten is a protein found in many grains and is in a multitude of foods that include wheat, rye, barley or oats. When foods with gluten are digested, an immune reaction is triggered that damages the surface of the small intestine, resulting in the body's inability to absorb needed vitamins and nutrients from food.

The other problem is that celiac disease is difficult to diagnose. "In the United States, many cases remain undiagnosed because symptoms vary from person to person and because physicians have not been adequately trained in what to look for," reports Alessio Fasano,

M.D., professor of pediatrics, medicine and physiology at the University of Maryland School of Medicine in Baltimore and director of its Center for Celiac Research, in the center's newsletter.

Celiac disease can develop at any time in a person's life. It is more common in Caucasian people and those of European descent. If a family member has the disease, the risk for other members increases, as well. Celiac disease is associated with other autoimmune conditions, including lupus, Type 1 diabetes, rheumatoid arthritis, colitis and thyroid disease.

Although there are no prototypical symptoms of celiac disease, many people with the condition complain of diarrhea, bloating and abdominal pain. One complication of the disease is malabsorption which can present with: weight loss, foul-smelling stools, gas, bloating, weakness and poor growth (in children).

Diagnosing celiac disease is extremely important because strict dietary restriction can prevent serious complications. "A diagnosis means that patients can be advised to eat a gluten-free diet in order to stop the progression of celiac disease. If the chronic symptoms continue,

patients are at risk of long-term complications such as anemia, infertility, osteoporosis or even cancer," Fasano said.

A simple blood test can screen for the disease. Sometimes to confirm the diagnosis, it's necessary to examine a sample of intestinal tissue to look for damage. Although there is currently no cure for celiac disease, it can be effectively managed by excluding gluten from the diet.

It isn't an easy task because gluten is found in so many foods, but food labeling has come a long way in the last five years. In 2006, the FDA mandated labels on any products containing wheat, milk, soy, peanuts, shellfish and eggs.

According to the Rochester, Minn., based Mayo Clinic, the FDA is supposed to issue a standard definition of "gluten-free" in August 2008 to facilitate shopping for people with celiac disease. These efforts will help those suffering from the condition and their family members effectively manage important dietary restrictions.

The American Celiac Disease Alliance can be found at <http://www.americanceliac.org/>. Information on the disease is also available from the Celiac Sprue Association: <http://www.csaceliacs.org/>.

POPPOFF!

with Mary Jane Popp
LIVE LONG AND PROSPER
(PART TWO)

Last time, we talked about Dr. Henry Mallek's "The New Longevity Diet" book. So don't think vitamins. Think foods and moreover, nutrients... supplement, hormone, and drug-free. There are twenty-one of these nifty nutrients to keep us young, healthy, slim, and truckin' 'til we're 120. This is only a cursory description of all the nutrients and the foods they are in to achieve the plan. Dr. Mallek goes through a twenty-one day diet that concentrates a day on each of these twenty-one nutrients.

1) **Nucleotides:** parts of the DNA building kit. Protein foods and some high fiber carbohydrates...fish, beef, legumes, baby corn, and asparagus.

2) **Saponins:** Try dry beans from pinto to garbanzo and lentils.

3) **Phytates:** ancient life extending compounds. How about whole grains like sunflower seeds, peanuts, bran cereals and muffins, wild rice, and my favorite...chocolate.

4) **Protease inhibitors:** protect DNA. Prolonged heating of these foods inactivates them. That includes frying, boiling, and baking. Cauliflower, spinach (popeye had it right) peaches, plums, legumes, sweet potatoes, and corn.

5) **Glutamine:** great anabolic effector. You can enjoy flavor enhancers like parmesan cheese and tomato sauce, beef, lamb, chicken breast, turkey, and some seafood.

6) **Carnosine (exorphins):** pluripotent anti-aging. Have at chicken, turkey, lamb, or beef.

7) **Pyroloquinoline quinone (PQB):** vitamin imitator. Have various veggies and fruits like kiwi and papaya, green tea, and spinach.

8) **Arginine:** fountain of youth. Would you believe meat, fish, cereals, crackers, wheat foods, nuts, and legumes.

9) **Inulin and oligofructose:** never

neglect your colon. Jerusalem and globe artichokes, chicory, dandelion greens, and garlic.

10) **Taurine:** age prevention. Dark meat chicken, turkey, beef, pork, or veal, oysters, clams, mussels, and scallops.

11) **Tanins:** ancient compounds with new age-prevention roles. This one is simple really with a variety of teas, red wines, currants, and blueberries.

12) **Monoterpenes:** knockout punch. Look for products with peels like tangy citrus fruits.

13) **Conjugated linoleic acid:** one of milk's finest longevity nutrients. Dairy products, sour cream, even lamb.

14) **Glutathione:** potent multipurpose longevity diet. Fruits like peaches and melons, veggies from squash and broccoli to spinach. Oh boy, i think popeye sure knew what he was talking about!!! Spinach comes up again and again.

15) **Organosulfer compounds:** zest for life. Onions, garlic, shallots, scallions, chives, and leeks. Better hope the love of your life is on the same smelly diet that day.

16) **Lignans:** a hormone and an antihormone at the same time. Grains like flaxseed, barley, and whole wheat.

17) **Quercetin or flavinoids:** here come the onions again and teas like black tea, also apples, and red wine.

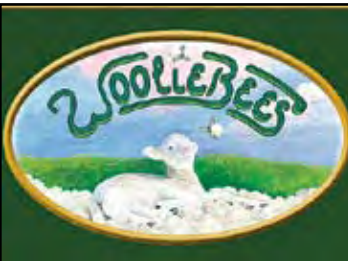
18) **Phytoestrogens:** genitein and daidzein. Sounds good to me in soy foods, tofu, soy milk, even soy sauce.

19) **Isothiocyanates:** toxin zappers. Buy brussel sprouts and collards.

20) **Carnitine:** I'm lovin' this one... ice cream...hooray! Okay, beef, chicken, and fish too.

21) **Phytosterols:** cholesterol's distant cousin. Go for veggies from brussel sprouts and cauliflower to okra.

Got all that straight? Don't worry, Dr. Mallek goes into a lot more detail with menus and some 200 recipes, eating plans, even an exercise program in "The New Longevity Diet". I'm a happy camper. Chocolate is in, and I'm in Truffle heaven! LIVE LONG AND PROSPER !!!



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Community Champions Awards Celebrate Everyday Heroes



2008 Inland Empire Community Champions -- The honorees are joined by Molina Healthcare executives. (Left to Right) Top row: Michael Siegel, M.D., Vice President & Medical Director for Molina Healthcare, Steve Garland, Igor Tsyvk, Manager of Community Outreach for Molina Healthcare, Margaret Brown, Mattie McCalister, Clinic Administrator for Molina Healthcare, Eva Fong, Lisa Rubino, President of Molina Healthcare of California, Robert Bernstein representing Youth Clean Air, Suzi Ettin, RN, Robert Caulk, Karen Zebon, on behalf of Senator Steinburg, Derrell Roberts. Bottom row: (Left to Right) Gavin, Jason, Kelly, radio personalities from 107.9 FM The Wake Up Call, Nellie Woods, Mary Heathington, a member of The Roberts Family Development Center, and Tina Roberts.

Carmichael resident Steve Garland received the Advocacy Award Thursday, May 15 at the Second annual Molina Healthcare of California Community Champions Awards dinner at the Vizcaya. Mr. Garland was one of twelve of Sacramento's unsung heroes that were honored.

Steve Garland is a Marketing and Advertising executive at Entercom Radio. He currently works with 96.9 the Eagle, 94.7 Smooth Jazz KSSJ, and ESPN radio 1320. Mr. Garland has worked in radio and television over 25 years both behind the microphone and in the marketing and advertising departments helping local and regional clients build their business through creative ad campaigns. As a volunteer with Easter Seals, he has worked continuously to create a strong media awareness of the organization in the Sacramento market. Mr. Garland has given both his time and talent to help improve the life of people with disabilities. He has narrated DVD's, served as the master of ceremony at fundraising events, recruited sponsors, and been a driving force in fundraising efforts for Easter Seals. Mr. Garland is a local hero who tirelessly advocates for people with disabilities and others in need.

"Molina Healthcare is proud to honor the champions who have gone above and beyond in their communities daily in Sacramento," said Lisa Rubino, president of Health Plan Management at Molina Healthcare of California. "The community selected committed individuals and organizations as their champions, and Molina Healthcare is pleased to recognize and partner with them in meeting the fundamental

needs of underserved people in every community. Their spirit of service, commitment and caring embodies the philosophy of our founder, and we are privileged to recognize their contributions."

Molina Healthcare of California Community Champions Awards was created to in 2006 to recognize the everyday heroes in our midst. The program's goal is to honor individuals and support agencies that inspire others through selflessness, extraordinary service and contributions that positively affect the health, well-being and lives of those around them. The Community Champions is named in honor of Molina Healthcare's physician founder, Dr. C. David Molina.

The honorees and guests were treated to a jazz performance by the Smythe Academy of Arts and Sciences.

This year's Molina Healthcare Community Champions Award recipients are:

- Senator Darrell Steinberg received the Civic Leader Award and was nominated by Molina Healthcare of California
- Mary Heathington and Nellie Woods with the Mutual Assistance Network of Del Paso Heights both received the Community Health Professional Award. They were nominated by Mutual Assistance Network.
- Tina and Derrell Roberts, Roberts Family Development Center received the Education Award. They were nominated by the Office of Senator Darrell Steinberg.
- Margaret Brown received the Faith Based Organization Award

and was nominated by South Sacramento Interfaith Partnership Food Closet

- 107.9 FM The Wake Up Call radio personalities Jason, Kelly, and Gavin received the Healthcare Media Award. They were nominated by UC Davis Children's Hospital.
- Suzi Ettin, RN, with Sacramento Loaves and Fishes received the Healthcare Professional Award. She was nominated by Sacramento Loaves and Fishes.
- Robert Caulk, CEO of The Effort received the Support Group award. He was nominated by The Office of Congresswoman Doris O. Matsui
- Youth Clean Air Team received the Students and Youth Award. This group was nominated by Breathe California of Sacramento-Emigrant Trails
- Eva Fong, Ph.D., received the Volunteer Award and was nominated by the Asian Community Center

Molina Healthcare, Inc. is a multi-state managed care organization that arranges for the delivery of health care services to persons eligible for Medicaid, Medicare, and other government-sponsored programs for low-income families and individuals. Altogether, Molina Healthcare's nine licensed health plan subsidiaries in California, Michigan, Missouri (under the Mercy Care Plus name), Nevada, New Mexico, Ohio, Texas, Utah, and Washington currently serve approximately 1.2 million members. More information about Molina Healthcare, Inc. and Molina Healthcare of California can be obtained at www.molinahealthcare.com.

Citrus Heights News & Views

Grand Opening of Sunrise Unity Office Center



From left to right: Shay Wheat and Mary Purvis from the Chamber, Bruce Joplin and Anne Higbe from the Sunrise Board, Rev. Carla Comiter, Mayor Steve Miller, David Briggs and Cary Mangum from the Sunrise Board, Dan Allen and Alix Smith from the Chamber.

On May 16th, Mayor Steve Miller and representatives of the Citrus Heights Chamber of Commerce participated in a ribbon cutting ceremony at the Sunrise Unity Office Center, 6024D San Juan Avenue. The Mayor and Rev. Carla Comiter shared some thoughts with the attendees, emphasizing the benefits of community involvement. Rene Larscheid presented Rev. Carla with a Chamber membership

plaque for Sunrise Unity.

Rev. Carla stated, “Since we moved back to Citrus Heights, we are experiencing being part of a true community. The Chamber of Commerce has welcomed and supported us. We are committed to being a positive presence in our town. To this end, we have invited various civic organizations to speak with our congregation—the Lion’s Club, the American Cancer Society and the Chamber

of Commerce to name a few. We collected and delivered Easter toys to the children’s ward at San Juan Mercy Hospital, and are sponsoring a team in the upcoming Citrus Heights Relay for Life.”

Sunrise Unity thanks everyone who joined them at their grand opening and looks forward to sharing many celebrations with others in the Citrus Heights community.

9th Annual Red, White & Blue Parade Seeking Additional Entries

One of the City of Citrus Heights’ most popular events year-after-year is the Annual Red, White & Blue Parade, scheduled for Saturday, June 28th. The 9th annual patriotic parade starts at 9:00 a.m. and proceeds along Sunrise Blvd., between Madison and Greenback (from Uplands Way, north of Madison, to the northwest corner of the Sunrise Mall parking lot near Greenback Lane).

The City of Citrus Heights is seeking additional parade entries to participate in this popular event that attracts between 5,000 to 8,000 spectators. Every year, over 100 entries and more than 1,000 participants line up to make the parade a stunning success and an ultimate crowd pleaser. The City of Citrus Heights charges a minimal entry fee of only \$10, which covers the processing time for the required paperwork. The

theme of the 2008 event is “Marching Forward”, so entries are encouraged to embrace the theme when they are designing their floats.

The 9th Annual Red, White & Blue Parade is a great way to reach out to the local community and support public endeavors. Current entries in the Parade include the Wells Fargo Stage Coach, antique fire engines from Sac Metro Fire, vintage and classic cars, Slamson from the Sacramento Kings, and much more. The Parade will also feature various musical marching band entries, including the U.S. Army Reserve 91st Division Marching Band and the award-winning Citrus Heights Community Marching Band. Local government officials, pageant winners, and other celebrities will also participate in the parade.

Sponsored by the City of Citrus Heights and other local businesses, the Red, White & Blue Parade celebrates the City’s incorporation and the spirit of Citrus Heights Marching Forward into the future! For additional information or to register on-line, please visit the City’s Web site at www.citrusheights.net or contact the City’s Public Information Office at (916) 725-2448.

Volunteers Needed For Public Events!

The City is looking for volunteers to assist with its community events throughout the summer, including the popular Red, White & Blue Parade. This is a great way to get involved with the local government and have a lot of fun helping make the City’s events a success. Please contact the City’s Public Information Office at (916) 727-4718 to sign-up!

Don’t Throw Those Old Eyeglasses Away!

Citrus Heights Lions will be participating in the Red, White and Blue Parade on June 28th and will be collecting your old eyeglasses so bring as many as you could find. Look for the Lions float! The parade is scheduled to start at 9:00 am and will be located North of Sunrise Blvd between Madison and Greenback.

Lions are living up to the promise they made to Helen Keller back in 1925 to help

fight blindness. The organization has an ongoing project where Lions collect old eyeglasses that will be sanitized, processed and sent to millions of people all over the world as part of their service in helping to fight blindness. Lions Clubs International is the world’s largest service organization with 1.3 million members in approximately 45,000 clubs in 202 countries and geographical areas. So when one looks at those numbers one

could just imagine how many people worldwide the Lions are helping. If you would like to be a part of this very special and much needed service don’t throw those old eyeglasses away, bring them to the parade and look for the Lions float and the Lions will take care of the rest. Visit their website www.chlions.com or call 723-4239 (message center) for more information about the project for collecting eyeglasses.

El Dorado Savings Bank Celebrates 50 Years in Business!

During the week of June 16-20 El Dorado Savings Bank will be celebrating 50 years in business at all 35 branches in Northern California and Northern Nevada. El Dorado Savings Bank opened its first branch in Placerville at 448 Main Street on January 3, 1958. In the following 50 years El Dorado has expanded to 32 branches in Northern California and three in Northern Nevada. The bank now employees 350, has a local call center, Internet banking, assets of over \$1.5 billion and

has been awarded a 5 star rating from BauerFinanial every year since 1993. El Dorado is also the largest locally owned bank in the greater Sacramento area.

“We offer all the services of a large bank with the friendly, personal service of a neighborhood bank,” stated Tom Meuser, Chairman of the Board and CEO. “Many of our customers and employees have been with us over 20 years”, he added. “We’d like to thank them all for making our

first 50 years so successful and we hope they continue on with us for the next 50”.

The celebration will include refreshments Monday, June 16th through Friday, June 20th, with lunch being served on Thursday, June 19th from 11:30 a.m. to 1:00 p.m. A drawing for a \$500 savings bond will be held at each branch on Friday afternoon, June 20th. Entry blanks will be available at all 35 branches throughout the week.

Relay For Life Comes to Citrus Heights

Hundreds of people interested in finding a cure for cancer will converge on MacArthur Field at San Juan High School, June 7th and 8th, for the 5th annual Relay For Life of Citrus Heights, a fundraiser of the American Cancer Society. Last year Citrus Heights raised \$172,000.00, and joined over 4800 other communities around the United States to provide over \$400,000,000.00 for cancer research and programs, according to Jessica Mang, co-chair of this year’s event.

Over fifty teams from service clubs, schools, businesses, churches, and other organizations are currently raising funds to fight cancer, and will join together for a “Celebrate, Remember, Fight

Back” event beginning at 10:00 am Saturday and concluding 10:00 am Sunday, the 8th. Each team has a “campsite” on the football field and will have at least one of their members walking on the track around the field during the event. Music, entertainment, games, and food add to the fun throughout the 24 hours of Relay For Life.

Following the Opening Ceremony, cancer survivors participate in the “Survivor Lap”. If you are a cancer survivor and wish to participate, please be present at 9:30 am to register. At 9:00 pm, Saturday, the emotional luminaria ceremony honors cancer survivors and those that have lost the battle to this deadly disease. Anyone wishing to order

a luminaria honoring a loved one may do so Saturday at the event.

In addition to team participation, many area businesses, organizations, hospitals, and the City of Citrus Heights help sponsor Relay For Life with volunteer and financial support. If you are interested in eradicating cancer, please join with us by participating as a team or sponsor. This is an event you will want to experience and the public is welcome!

For more information about Relay For Life, call Jessica Mang at 595-3761. You can also visit the website at www.events.cancer.org/rflcitrusheightsca

It’s never too late to get involved.

MetroPCS Kicks Off Drive for Wireless Safety in Sacramento

Unlimited Wireless Service Provider Recognizes Wireless Safety Week; Will Provide 7,000 Hands-free Earpieces to Consumers

WHAT: MetroPCS Communications, Inc. (NYSE: PCS), the nation’s leading provider of unlimited wireless communications service, is taking unlimited to another level by offering free mobile earpieces to Sacramento residents in recognition of Wireless Safety Week.

On Monday, June 2, MetroPCS will kick-off its drive for wireless safety at Birdcage Centre by equipping up to 7,000 Sacramento motorists with free hands-free earpieces during Wireless Safety Week.

Additionally, during the week of June 2 - 8, consumers, including MetroPCS customers and non-customers alike, can come into MetroPCS company-owned stores in the Sacramento area to receive a free earpiece.

The free earpiece offer is

another way that MetroPCS is removing worry from wireless by un-limiting customers when they’re driving or simply out-and-about. Additionally, this offer provides an added value by saving consumers money on a mobile phone accessory that upcoming California hands-free regulation will require for automotive phone use beginning July 1, 2008.

WHEN: June 2

WHERE: Birdcage Centre 5859 Sunrise Blvd

Across from Sunrise Mall, near the corner of Sunrise Blvd. and Macy’s Plaza Dr.; drivers will be able to enter and exit through the driveway from Sunrise Blvd. (southbound)

June 2 – 8

MetroPCS’ eleven 11 company-owned stores in Greater Sacramento, Modesto, Redding, Stockton, and Vacaville. Consumers can visit www.metropcs.com for participating store locations.

MetroPCS offers a diverse selection of “talk all you want” plans and enhanced service packages so that

Sacramento residents can create a customized wireless experience that best fits their lifestyle. With MetroPCS service plans, customers pay by the month, not by the minute, and services do not require a signed contract, minimum balance or deposit. Service plans start as low as \$30 and unlimited long distance service to the 48 contiguous states is available with service plans as low as \$35 a month.

To extend its hands-free offer and to help California residents prepare for the hands-free regulation that will go into effect on July 1, MetroPCS will provide customers an additional “hands-free” option. From June 21 – July 19, 2008, MetroPCS will provide a free Bluetooth® headset with the purchase of select MetroPCS phones and activation of service.

Note: Some mobile phones may not be compatible with the hands-free earpieces that will be distributed during Wireless Safety Week from June 2 – 8.

Come Help Us Celebrate Our

50 Year

Anniversary!

In 1958 we opened our first office in Placerville. We now have 35 branches in California and Northern Nevada and 350 employees. We'd like you to come celebrate with us. Please stop by during the week of June 16th-20th for refreshments and a chance to win a \$500 Savings Bond.

Our 50th Anniversary Celebration 1958 - 2008

Join us for Refreshments - Monday - Friday - June 16th-20th

Join us for Lunch - Thursday - June 19th (11:30 am-1:00 pm)

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*Need not be present to win. Winners will be notified by mail.

Member FDIC

SOROPTIMIST INTERNATIONAL of CITRUS HEIGHTS

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

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

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Fair Oaks News & Views

Musicians Double as Health Care Workers in Local Hospitals.



By Judith Michelsen

From old time hootenannies and hoe-downs to marching bands to classical or rock concerts, music is enjoyed by most people the world over. But most of them may not be aware that music also has healing properties. In fact, there exists an organization, on both the local and national level, dedicated to creating a healing environment for the “ill and/or dying and all who may benefit”. According to their mission statement, these so-called Certified Music Practitioners, or CMP’s, some of whom work within the Music For Healing and Transition Program here in the Sacramento area, “recognize music as a therapeutic enhancement to the healing process and the life/death transition”.

These dedicated practitioners spend countless hours of their own free time undergoing rigorous training to offer non-invasive, therapeutic music that relieves the stress accompanying serious illness and the transition of death. Aileen Kelley, a CMP from Fair Oaks and an instructor and advisor in the program, says “music can be

an effective adjunct to traditional healthcare, helping manage anxiety, pain, blood pressure, insomnia, dementia issues, and a variety of other conditions.” Aileen, an accomplished harpist and pianist herself, and also the music chair with her local Latter-Day Saint church ward, travels all over the United States teaching one of the five modules of instruction, which combined encompass 80 hours of training and another 45 hours of internship for certification in the program. These modules cover subjects like music theory, paradigms of healing, how music heals, the physics of sound and how it affects people, hospital environment and etiquette, confidentiality, medical conditions, introduction to major diseases and injuries, and the symptoms, care, and treatment of the dying.

Those involved in the Music For Healing and Transition Program are in the process of incorporating into a non-profit organization so they can become

eligible for donations and grants, which will enable them to work in partnership with local facilities to provide music at bedside on a regular basis as part of the facilities’ overall healthcare offering. Local facilities like Mercy San Juan, Mercy Folsom, Kaiser Roseville, the Mercy General Hospitals and Fair Oaks Escaton have hosted students with the local organization, Music Partners in Healthcare, headed by Elizabeth Wendt. Those students have been at all levels of learning. Another Fair Oaks CMP, Leslie Williams, coordinates the training for the program here in California.

Because the music treatment is so non-invasive, yet so effective, with no negative interactions with traditional medicine, it is rapidly growing as more and more people become aware of it and desire it for themselves or loved ones. Reports show the effect of sound and music on premature babies is remarkable, and has been shown to help infants relax, eat, sleep and grow. Hospital staff and parents also reap the benefits of the music through reduced anxiety, normalized breathing, and clearer thinking.

If you are interested in becoming a part of this program, and have a working string or woodwind instrument, or even like to sing, you’re invited to get in touch with them by going to the website: www.mhnp.org.



Renaissance Tudor Fayre Coming to Fair Oaks

Saturday and Sunday, June 28-29, 2008

Meet the real Boleyn Girl at the Renaissance Tudor Fayre WHO: Renaissance Rose Productions WHAT: Fair Oaks Renaissance Tudor Fayre WHEN: Saturday, June 28 and Sunday, June 29, 2008, 10 AM to 6 PM WHERE: Fair Oaks Park, Fair Oaks, corner of Fair Oaks and Madison. Free shuttle from Bella Vista High School, 8301 Madison Ave. WHY: A chance to have fun, learn and be a part of history! COST: \$12 Adults, \$6 Seniors, students with ID & children 6-12 years, \$50 Family/Group-2 day, \$30 Family/Group-1 day, \$20 Adult-2 day Tickets available online at www.renaissance-rose.org For Information, Contact: Raelynn Debone, (916) 726-4952



Queen Catherine of Aragon, played by Rebecca Strong, and King Henry VIII, played by Michael Butler, greet one of their subjects in the seaport of Bridgwater, England, recreated at the Fair Oaks Renaissance Tudor Fayre, June 28 and 29, 2008.

Horton’s Enjoy 61st Wedding Anniversary



Carleton Douglas Horton Jr. and his wife Lois Mae (Penner) Horton were married June 14, 1947 in Reno, Nevada. This June 14th will mark their 61st year of marriage. The Children of Doug and Lois Horton, 55-year residents of the Fair Oaks area, wish them a Happy 61st Wedding Anniversary and say “Thank-You” for your faithful

example of commitment to each other and to the Lord. Doug and Lois are the parents of six children: Carleton Douglas Horton III (deceased February 4, 1986 Soldotna, Alaska), Kenneth Wayne Horton of Juno, Alaska, Margaret Jean Seabolt of Anchorage, Alaska, Patti Ann Rosburg of Orangevale, Carlene

Frances Perkins of Clinton, Arkansas, Linda Mae Smith of Cold Springs, Nevada. The Horton’s have 10 Grandchildren and 20 Great Grandchildren. Doug celebrated his 80th birthday on March 4 of this year and Lois will be 80 on August 2nd this year. HAPPY ANNIVERSARY MOM AND DAD - WE LOVE YOU!



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Fair Oaks Historical Society Second Sunday

Open House Hours – JUNE 2008

The Fair Oaks Historical Society invites you and your family to visit its History Center which will be open to visitors on June 11th during its monthly Second Sunday Open House

The History Center is located in the Fireside Room of the Fair Oaks Community Clubhouse, 7997 California Street, Fair Oaks. Docents will be available during each event to help with local lore and fact. For directions to History Center, please visit our website:

www.fairoakshistory.org. Admission to the History Center is free. Student groups are welcome. To schedule a tour or request further information please call the Historical Society’s Chief of Docents Lois Frazier at 967-2967.



Rand K. Jacobs

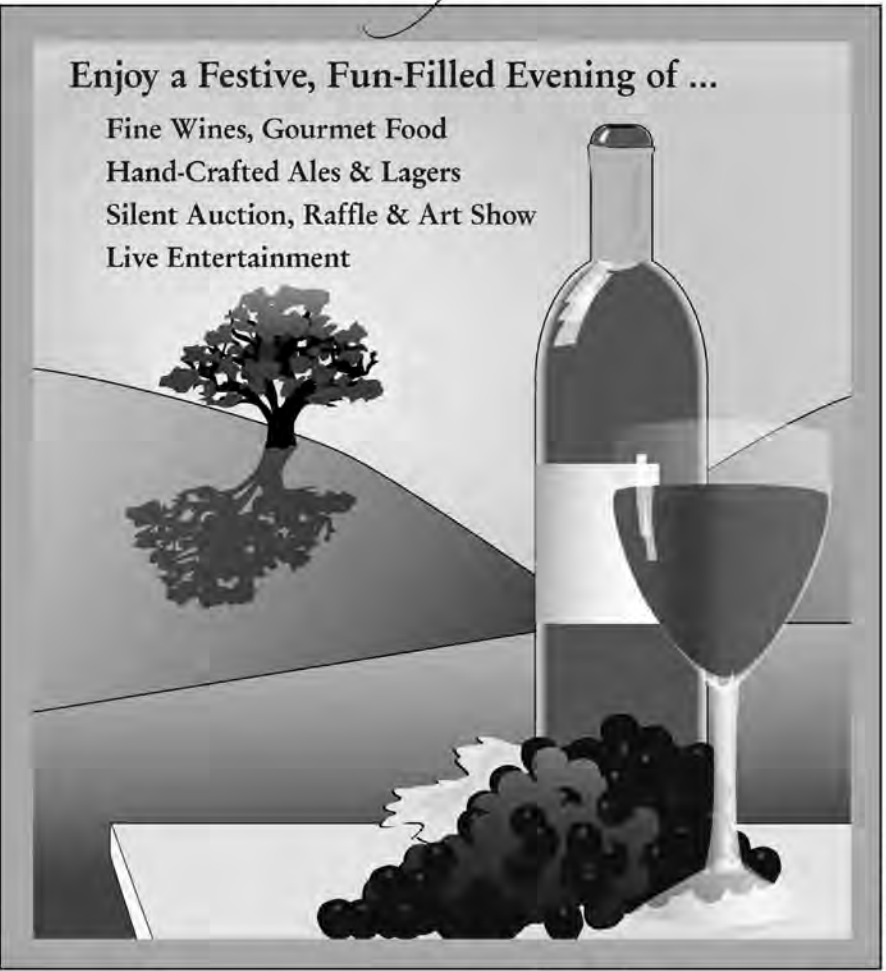
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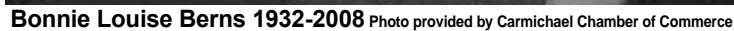
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Civic Leader Leaves Legacy of Service



American River Hospital Dedication June 7

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After serving the citizens of Carmichael and Sacramento with quality medical care the hospital closed in 2000. The event is organized by friends of American River Hospital. The event is free to the public and you are encouraged to bring chairs, blankets, a picnic lunch and stay for the festivities, which will include the history of the hospital, George Bruno Combo, refreshments and a chance to meet old friends and make new acquaintances. For information call 482-3018

To see if this is a policy that can benefit you, talk to your insurance agent.

Women With Tools: A Journey to Become Jewelry Designers



Patriotism is as important today as it has ever been at any time in our Nation's history, and nothing inspires patriotism more as seeing the stars and stripes along with hearing a brief summary of the conflicts in which our countrymen sacrificed so much in the defense of our freedom and continue to do so. PLEASE JOIN US!

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See You There!!!

Orangevale News & Views

Letter from the President...



I would like to thank all of you who braved the heat and came out to Pow Wow Days. We could have fried an egg on the dance floor but that did not stop us from having a GREAT time. A big THANKS goes out to the Chairman of Pow Wow Days, Steve Morgan and the Parade Chairman, Troy Mauvais. They did a fantastic job. Again we had some great music thanks to Chuck West and Jeff Hays. The Casa Roble AFJROTC did an outstanding job of keeping our grounds clean.

We have three candidates running for Honorary Mayor. They are Lisa Montes for the Orangevale Food Closet, John Sullivan of The Graphix Connection for Relay For Life and Brad Hill of Brooke Insurance for Oakview School. Lets give them a lot of support. The money they raise is going to some good causes. This is

going to be an exciting race. Watch the paper, our web site and our newsletter for their up coming events.

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

Please feel free to call the office with your concerns, we are here to serve the businesses and the community

Sincerely Yours, Katherine Leonard OVCC President

Upcoming Meetings

CPAC (Community Planning Advisory Council) at the Orangevale Community Center. The next meeting will be Tuesday, June 10th 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, June 6th

Orangevale Community Events

The Grange breakfast is held on the second Sunday of each month at the Grange Hall 8-10:30 am 5807 Walnut. Adults \$5.00 Children \$3.00 (6-12), 5 and under are free.

Relay For Life, June 10th & June 24th 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.

"For our spring agenda, the Friends of the Orangevale Library, are busily merging the old with the new," says Judy Nissila, newly elected president. "For example, our traditional fundraiser – THE BODACIOUS BOOK SALE—is scheduled for June 5 -7, at Parish Hall Divine Savior Church. The magic begins at 8:30 a.m., when the doors open to thousands of books in every category imaginable!

The impressive remodeled and expanded library features: a bright new area for children, a new exciting space for teens, (including a container for parking skateboards) more computers, new carpeting and furniture, increased seating, a program area, etc. The total square footage is now 4320 (expanded from 3120 square feet). The collection includes 34,000 items—books, periodicals, DVDS, CDs, etc. Funded by the Sacramento County Library Funds, the project cost \$281,000.

Grand Opening and Ribbon Cutting Ceremony At Wal-Mart

Have you noticed the extraordinary new Wal-Mart building at 8961 Greenback Lane here in Orangevale? The Orangevale Chamber would like to Welcome Wal-Mart to our trouble-free Orangevale town. Did you know that Wal-Mart has brought in over 286 jobs here in our community?

You couldn't help but notice the team sprit that the employees have. To them it's more than a job; it's a place to develop their skills and build a career with competitive pay and health benefits

for them and their families. To work for Wal-Mart is to be welcomed into a diverse family, where the individual contributions of every associate are respected and valued. Above all, it's an opportunity to join a team of 1.9 million strong who is helping the world live better every day.

They do this by saving their customers money on the things they need for their families, their homes and their businesses. Wal-Mart has been reaching out and giving back to the

communities where their customers and their associates live. They do this by working together to solve some of the biggest challenges facing our world today, like the environment, energy and health care. The Chamber is please to be welcoming such a community based business and is looking forward to working with Manager Rene Puentes and Co -Manager Christopher Bovenkerk for a long time.

We Hope You Enjoyed the 45th Annual Pow Wow Days Celebration!

WINNERS!!!!	Cruiser	Grange
The Parade winners are:	2nd place—Early Day Gas	The Wiliky Trophy went to the Wheels of Balance and the Ray & Rosa Straw Memorial Trophy went to Twin Lakes Riding Club.
Community Service Group	Engine & Tractor	
1st place—American Cancer Society - Relay For Life	Horse	
2nd place—First Baptist Church of Orangevale	1st place—Difani Ranch	
Community Youth Group	2nd place—Hearts & Hooves-Sacramento	
1st place—Ottomon Elementary School Band	Color Guard	
2nd place—Oakmont Jr. Viking's	1st place—Casa Roble AFJROTC	
Musical	Business	
1st place—Citrus Heights Marching Band	1st place—Barnard Construction	
2nd place—Granite Bay Dance Connection	2nd place—James Everheart D.D.S.	
Auto	Novelty	
1st place—Cappuccino	1st place—Overalls Square	
	Dance Club	
	2nd place—Orangevale	
		The Cow Chip
		Bingo winners were
		\$5,000—Michelle Amond,
		\$2,000—Owen Sullivan and
		\$1,000—Arron Benedicp.
		<i>Congratulations to all the winners</i>

Section 529 Plan Can Help Make Graduation Day a Reality



Kirk Camunez

It's that time of year when students across the country are graduating from college. It took a lot of effort to earn those degrees, but it took something else, too - money. It's this financial aspect of college that may concern you if you have children. How can you take some of the stress out of paying the high costs of higher education?

To begin with, it pays to be informed about what college actually does cost. Consider these figures from the College Board's 2007-2008 Trends in College Pricing: The average total expense (including tuition, fees, room and board) is \$13,589 per year for in-state students attending four-year public colleges and universities; for students attending four-year private colleges and universities, the average total cost per year is \$32,307. And over the past several years, college costs have been rising faster than the general inflation rate, so you can expect to pay considerably more in the future.

How can you cope with these costs? You could tap into your Roth IRA or take a loan from your 401(k). But do you really want to potentially lower the resources you'll have available for retirement? Alternatively, do you want your children to start their working lives saddled with heavy student loans? (The average student loan debt is \$21,000, according to the Project on Student Debt.)

The best way to avoid either of these scenarios is to start saving for your

children's college education when they are young - and to use a savings vehicle specifically designed for college funding.

One such vehicle is a Section 529 savings plan. With this plan, you put money in a specific pool of investments. Contribution limits are high - more than \$300,000 per beneficiary in many state plans, although special gifting provisions may apply. Plus, Section 529 savings plans provide you with a degree of flexibility, in that you can change your plan's beneficiary to another family member. This can prove quite useful if you have one child who decides against college while another one wants to go. Furthermore, all withdrawals are free from federal income taxes, as long as the money is used for a qualified college or graduate school expense of your child or grandchild. However, Section 529 withdrawals for expenses other than qualified education expenditures may be subject to federal, state and penalty taxes. (Also, distributions will appear as income on the child's tax return, which could affect financial aid calculations.)

Not all Section 529 savings plans are alike; some have high fees and limited investment options. Because it's not always easy to compare the benefits of different plans, you may want to get some help from your financial advisor. As a (very) general rule, though, you may want to start by looking at your home state's plan, which might come with a tax deduction or a matching contribution, up to a certain dollar amount. And even if you sign up for your home state's plan, your child doesn't have to stay in state for college;

you can apply the money to virtually any accredited school.

By starting to save early, and by taking advantage of an appropriate college savings vehicle, such as a Section 529 plan, you can prepare to make that Graduation Day of the future a happy one for everyone concerned.

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Gold River News & Views

Bow-Wow Beauties Raises Much Needed Funds for SPCA



Nancy Buckner and Kay Burton coach David Sander on the finer points of calling winning raffle ticket numbers, as helpers from the Girl Scouts await to hand out the prizes. Gary Sawyer of Rescue Dogs helps to keep the enthusiastic crowd under control.

Kay Burton’s Bow-Wow Beauties, hit the doggie runway at 12:00 p.m., on Saturday, May 31 in the park area next to Hallmarks Store in Gold River. The event benefited the Sacramento SPCA.

A large variety of dogs, all sizes and breeds will be dressed in the latest canine fashions. The pet’s performances highlighted the annual Fundraiser. The show brings people and animals together every year and helps make the public aware of the need to rescue and adopt the homeless animals.

Councilman and former Rancho

Cordova Mayor David Sander served as the special guest emcee. Bel Air Market, in Gold River, sold Hot Dogs, Chile and Sodas at special prices to help raise funds for the SPCA. Donations were also made form the sales of sunglasses sold by “Shady Business” owned by Scott and Linda McDonald. The event raised well over \$1000. Over 100 people attended the event.

Kay and the SPCA want to thank their many sponsors; Bel Air Market, Big Valley Credit Union, Outback Steakhouse, ChoCho’s Boutique, Zinfandel Grille, See’s

Candies, Jamba Juice, Shady Business Sunglasses, Amanda Morello Photography, Amore Café & Bakery, Applebee’s, Hazel Ridge Vet Clinic, Richard Chang, DDS, Jimboy’s Tacos, Slocum House, Mr. Pickle’s, Fat’s Bistro of Folsom, Mane Attraction Spa Salon, Gold River Vet Clinic, Gail Patrice Photography, American River Messenger, Johnson Ranch Vet Clinic.

For more information on next year’s event or to donate to the SPCA, call Kay Burton at 635-5590.

GRRC Member Profile – Sherri Johnson

Sherri Johnson, 43 years of age, a former skier, volleyball and tennis player, an overall active woman, was ‘feeling old’ for her age. She became frustrated with her lack of muscle tone, overall cardiovascular condition and had developed poor eating habits. These caused Sherri to have low energy levels and less motivation to keep fit.

First on her list in February of 2005, was to hire certified personal trainer Lisa Holm. Second, she measured her body fat during an underwater body mass/fat weighing here at GRRC. This gave her and Lisa a bench-mark to ‘see where she was at’ and help set some realistic goals.

Over the next year, Lisa developed a plan for Sherri to increase her cardiovascular conditioning, change her poor eating habits and increase her lean body mass without making Sherri look like “Xena”, the Warrior Princess. They agreed to meet twice a week for her one on one workout sessions.



These sessions involved everything from dumbbells to medicine balls to cables and weight machines.

The following September (2006) Sherri again measured her body fat using the same test procedure as before. Sherri had lost 13 ½ inches, increased her lean body mass by 7 pounds and lost 4% body fat. Sherri was now enjoying a healthier lifestyle which included having more positive energy for her family and her job.

In 2007 she injured her right ankle while playing tennis. She endured a 6 month long healing process. Sherri had come too far to stop now. So along with her physical therapy sessions she continued her workouts

with Lisa.

Sherri says, “Lisa is a great listener, a big cheerleader, and a partner in my success. She keeps me motivated. She came up with creative ways to workout during my healing process that did not jeopardize my injured/recovering ankle. She makes me laugh, she makes me cry, she makes me sweat, and she makes me sore. We have created a program that takes care of my - mind, body and soul.”

Sherri’s nutrition has improved greatly and has established healthy habits which she still uses today. She does not use a scale but rather her favorite pair of jeans as her guide. Congratulations and keep up the great work, Sherri!

“Do you want your body back?” Contact Fitness Director-Gil Villarreal @ 916-638-7001 ext. 34 to find out more about the certified personal trainers here at GRRC.

The Goddard School® Located in Rancho Cordova is Now Enrolling!

The Goddard School® located at 10710 Bear Hollow Drive in Rancho Cordova, California, has received its Certificate of Occupancy and is now enrolling children in anticipation of opening in June. The new state-of-art 8,000 square foot building has been designed to accommodate 130 children from six weeks to six years old. The new School will offer flexible schedules for children Monday through Friday, from 7 a.m. to 6 p.m.

William Pu, on-site owner, has completed training and is currently offering tours of the new School. Please call (916) 861-0906 to arrange a tour

today. (www.goddardschool.com)

The School’s Education Director and teachers are attending training and preparing their classrooms. Each classroom is arranged in learning centers of math, music, creative art, blocks and puzzles, science and computers. The new School also boasts two separate playgrounds for children of all ages.

The Goddard School® program focuses on building a strong and balanced foundation of emotional, social, cognitive and physical skills of each child. Overseen by a team of Goddard Quality Assurance Representatives

and licensed by the state, The Goddard School® provides a safe and secure environment for children.

The Goddard School® is a nationwide franchise of Goddard Systems, Inc. headquartered in King of Prussia, Pennsylvania. With over 280 schools nationwide and 40,000 children enrolled, Goddard is the fastest growing preschool in the United States. Goddard was recently recognized as the “#1 Preschool Franchise” for the seventh consecutive year by Entrepreneur magazine.

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California State Youth Pageant June 22, 2008

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

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Television Simulator Baffles Burglars

Ever notice the flickering glow shining from your neighbor's windows when they are watching television? Burglars use this as a cue that a home is occupied, so they know to move on to another target. But from now on, many would-be thieves are going to be misled by a new burglar deterrent device, FakeTV(TM). A FakeTV simulates the light output of a television, making it look like someone is home watching TV. A built-in computer controls super-bright LEDs to produce light of varying intensity and color that lights up a room just like a real television does. The light effects of real television programming -- scene changes, camera pans, fades, flicks, swells, on-screen motion, and more -- are all faithfully simulated by a FakeTV.

FakeTV was conceived by author and inventor Blaine Readler. "My wife and I were going out for the evening, and I decided to leave the TV on so that it looked like somebody was still at home. I commented that it was a shame to waste all that electricity, when the burglars couldn't even see the picture itself, just the reflection off the wall. That evening, my mind kept coming



back to this. There had to be a cheap way to simulate a television as seen from outside." Mr. Readler teamed with Opto-Electronic Design, Inc., experts in optics and in high-volume manufacturing.

They studied that flickering glow in detail, gathering much data with sophisticated instruments about the exact nature of the intensity and color variations emanating from a real television. News programs, for example, are

while an animated sequence might explode with color. Engineers wrote computer programs to simulate all of these effects. Test subjects were unable to tell the difference between the prototype television simulator and the real thing.

The effect of the resulting FakeTV product is uncanny. The gentle pulse, dance, and subtle chameleon-changing colors are uniquely identifiable as coming from a television, even though they are not. The modulated radiance announces, "People home!" This makes FakeTV a remarkably effective burglar deterrent because, unlike a static light on a timer, it looks "alive." Modern televisions turn on with buttons, so it is not possible to put most on a timer. The bad guys generally know this, and for thieves the light from an operating television is an unwelcome sight.

FakeTV has been available through several Internet resellers since April, and carries a suggested retail price of \$49. FakeTV is a trademark of Opto-Electronic Design, Inc., and patents are pending on the product. For more information visit <http://www.faketv.com> or call 1-888-621-5800

'Straw Hat' Bandit Sought by FBI and Police



Sacramento about 3 p.m. Wednesday and is also wanted in connection with the April 30 robbery of Tri Counties Bank, 4650 Natomas Boulevard; the May 12 robbery of Sterlent Credit Union, 2648 Watt Avenue; and the May 16 robbery of Wells Fargo Bank, 8870 Madison Avenue.

During the robberies the suspect indicated he had a gun but no weapons have been seen.

He is described as a white male 35 – 50 years of age with salt and pepper hair. He is 5'10", weighs approximately 180 pounds and wears black wraparound type sunglasses on a lanyard.

The Sacramento Violent Crimes Task Force, comprised of FBI agents and Sacramento County Sheriff's



Department robbery detectives, are seeking information on this unidentified male bank robber. Anyone with information regarding this robbery is asked to contact the FBI in Sacramento at (916) 481-9110, the Sacramento Sheriff's Department at (916) 874-5115 or Crime Alert at (916) 443-HELP. Callers can remain anonymous and may be eligible for a reward of up to \$1,000.00.

Violent Crimes Task Force Seeks Identity of Bank Robber

The FBI and Sacramento County Sheriff Deputies are trying to identify a man who robbed the First Bank at 865 Howe Avenue earlier this morning.

After entering the bank at about 10:20 a.m. the man approached one of the tellers and presented a demand note. He then placed a black leather money pouch on the counter and said "now".

The man was wearing a tan straw hat with black cloth around the rim of the hat, a black t-shirt, black pants, black sunglasses and a black lightweight jacket. He was also wearing a black

bandana underneath the straw hat.

The teller put the money in the black leather pouch and the robber fled. No weapons were seen and no description of a get-a-way vehicle was available.

The suspect is described as an African American male in his mid 40's with shoulder length black hair that is braided. He is 6' tall and weighs approximately 300 pounds.

Anyone with information regarding this robbery is asked to contact the FBI in Sacramento at (916) 481-9110, the Sacramento Sheriff's Department



at (916) 874-5115, or Crime Alert at (916) 443-HELP. Callers can remain anonymous and may be eligible for a reward of up to \$1,000.00.

Big Rig Crash on NB I-5 to WB 80 Halts Traffic



Officer Lizz Dutton, Public Affairs Officer

On May 30, 2008 at approximately 3:16 a.m., Trino Herrera Jr. a 67 year old from Davis, was driving a truck tractor combination carrying a load of scrap metal on northbound I-5 transitioning to westbound I-80. Herrera said he was traveling at 5-10 mph on the transition road when he felt his load shift. As his load shifted it caused the trailer to roll over on its left side. The

scrap metal was thrown out of the top of the trailer and was covered across the westbound I-80 lanes. Shortly after the collision, a 2006 Kenworth T-800, driven by Boyd Dillon, a 61 year old from Nevada City was traveling westbound I-80 in the slow lane. Dillon failed to see the collision and his truck-tractor, which was carrying liquid petroleum, struck the scrap metal that was located in the roadway. Herrera was not injured during the collision and Dillon was transported to UCD Medical Center for complaint of pain. Two other vehicles sustained minor damage/flat tires from the debris in the roadway.

Northbound I-5 to westbound I-80 transition road was closed for approximately 5 hrs. The Westbound I-80 lanes were affected and were opened lane by lane. All lanes were open after approximately 3 hours.

With the I-5 Fix It project on its way tonight, we all can see the affects it may have on the motoring public. As a reminder, be patient and give yourselves extra time to get to your destination. Your safety is of the utmost importance to the CHP and it should be to yourselves as well.

This traffic collision is still under investigation.

30 Year Old Dies in Traffic Collision

Officer Lizz Dutton, Public Affairs Officer

On May 24, 2008 at approximately 12:15 a.m., Kema Wright, a 30 year old from Sacramento, was driving a gold 1992 Mercury on northbound Fulton Avenue south of Marconi

at a high rate of speed in the left lane. For unknown reasons, Wright lost control of her vehicle and it began to fishtail. Her vehicle collided with a concrete curb and struck a Palm tree located in the center median. Her

vehicle continued out of control and struck a second Palm tree. Wright was pronounced dead at the scene (Sacramento Coroner's Case # 08-02884).

This traffic collision is still under investigation.

Suspected DUI Motorcyclist Crashes In Orangevale

Officer Lizz Dutton, Public Affairs Officer

On May 22, 2008 at approximately 9:26 p.m., Michael Lemon, a 55 year old from Sacramento, was driving a black and red 2004 Yamaha motorcycle on northbound Hazel Avenue north of Eden Oaks Avenue in the #1 lane at an unknown speed. Lemon turned

his motorcycle to the left and collided with the raised concrete center divider. The motorcycle traveled in a northerly direction and traveled over the center divider where Lemon was ejected and thrown to the roadway. Lemon was transported to Sutter Roseville Medical Center for major head trauma.

Lemon was wearing a helmet at the time of this collision and alcohol appears to be a contributing factor. This traffic collision is still under investigation.

This traffic collision is still under investigation.

Pedestrian Struck and Killed on I-80 at Longview

Officer Lizz Dutton, Public Affairs Officer

On May 17, 2008 at approximately 9:00 p.m., Gordon McCord, a 61 year old from Rocklin, was driving a blue 2003 Ford F-250 on eastbound I-80 east of Longview Drive in the #3 lane at approximately 60 mph. Joseph Cordova, a 34 year old from French Camp was

attempting to walk across the freeway from the center median to the south shoulder. Cordova began crossing the freeway in a southerly direction and failed to see traffic approaching. McCord observed Cordova crossing the freeway but didn't have time to react. The right front of the F250 struck the right side of Cordova.

Cordova was pronounced dead at the scene (Sacramento Coroner's Case # 08-02761).

Alcohol and/or drugs does not appear to be a contributing factor in this collision.

This traffic collision is still under investigation.

CRIME REPORTS				
From The Sacramento County Sheriff				
	Time	Crime	Address	Location Type
Fair Oaks	2008-05-16 02:00	Burglary Residential	7900 block of Ridgely Ct	Residence/home
	2008-05-16 11:00	Simple Assault	9800 block of Fair Oaks Blvd	Commercial/office building
	2008-05-16 15:00	Vandalism	8000 block of Orange Ave	Other/unknown
	2008-05-16 16:40	Burglary From Vehicle	8500 block of Bordeaux Way	Vehicle
	2008-05-16 17:00	Burglary From Vehicle	4800 block of San Juan Ave	Parking lot/garage
	2008-05-16 18:10	Robbery	8800 block of Madison Ave	Financial/bank/savings loan
	2008-05-16 18:30	Burglary From Vehicle	Bridge St / Capitola Ave	Vehicle
	2008-05-17 03:18	Narcotics	Vega Del Rio Dr / Green Oak Ct	Public use area
	2008-05-17 17:00	Burglary From Vehicle	Bridge St / Grand Ave	Highway/road/alley
	2008-05-17 19:45	Burglary From Vehicle	Bridge St / Capitola Ave	Vehicle
	2008-05-18 11:30	Aggravated Assault	4700 block of Solano Way	Highway/road/alley
	2008-05-18 16:55	Simple Assault	9300 block of Winding Oak Dr	Residence/home
	2008-05-18 21:08	Aggravated Assault	3800 block of Bannister Rd	Highway/road/alley
	2008-05-19 21:00	Burglary Residential	8300 block of Olive Hill Ct	Residence/home
	2008-05-20 04:40	Burglary From Vehicle	6800 block of Ashfield Way	Vehicle
	2008-05-20 08:30	Burglary From Vehicle	5100 block of Rabeneck Way	Residence/home
	2008-05-20 22:00	Burglary From Vehicle	9000 block of Windsock Ave	Vehicle
	2008-05-20 22:50	Robbery	9800 block of Fair Oaks Blvd	Residence/home
	2008-05-21 18:45	Burglary From Vehicle	9200 block of Fair Oaks Blvd	Vehicle
	2008-05-21 19:00	Vandalism	4500 block of Olivegate Dr	Vehicle
Carmichael	2008-05-22 16:20	Burglary Business	11600 block of Fair Oaks Blvd	Commercial/office building
	2008-05-23 09:05	Burglary Residential	8300 block of Kaula Dr	Residence/home
	2008-05-23 12:15	Burglary From Vehicle	5300 block of Sunrise Blvd	Vehicle
	2008-05-23 13:30	Burglary From Vehicle	Fair Oaks Blvd / Bridge St	Vehicle
	2008-05-23 18:02	Simple Assault	Runway Dr / Phoenix Ave	Public use area
	2008-05-24 14:00	Burglary Business	4900 block of Dewey Dr	School/college
	2008-05-24 23:00	Burglary From Vehicle	4800 block of Minnesota Ave	Vehicle
	2008-05-25 04:00	Burglary From Vehicle	4800 block of Lahina Ct	Vehicle
	2008-05-16 19:00	Larceny/Theft	3700 block of Horton Ln	Vehicle
	2008-05-17 10:10	Robbery	8100 block of Fair Oaks Blvd	Public use area
	2008-05-17 22:00	Aggravated Assault	5800 block of Manzanita Ave	Parking lot/garage
	2008-05-18 01:30	Simple Assault	Bourbon Dr / Wiedman Way	Highway/road/alley
	2008-05-18 14:41	Narcotics	Garfield Ave / Locust Ave	Highway/road/alley
	2008-05-18 18:00	Burglary From Vehicle	4100 block of Scranton Cir	Highway/road/alley
	2008-05-19 10:00	Aggravated Assault	4200 block of Barrett Rd	Other/unknown
	2008-05-19 10:00	Vandalism	5300 block of Gibbons Dr	School/college
	2008-05-19 14:20	Aggravated Assault	3700 block of California Ave	Residence/home
	2008-05-19 20:00	Burglary From Vehicle	5900 block of Ellerslee Dr	Vehicle
	2008-05-19 20:34	Sexual Assault	3300 block of Mensch Ct	Residence/home
	2008-05-19 21:00	Burglary From Vehicle	5400 block of Branimburg Ct	Vehicle
Orangevale	2008-05-19 23:30	Burglary Residential	3700 block of Chaney Ct	Residence/home
	2008-05-19 23:55	Larceny/Theft	2400 block of Thomas Ln	Other/unknown
	2008-05-20 02:00	Sexual Assault	6400 block of Tardies Dr	Public use area
	2008-05-21 05:15	Aggravated Assault	5800 block of Sutter Ave	Parking lot/garage
	2008-05-21 07:20	Burglary Residential	4200 block of Galewood Way	Residence/home
	2008-05-21 13:15	Aggravated Assault	3100 block of Manand St	Residence/home
	2008-05-21 23:00	Larceny/Theft	6000 block of Rutland Dr	Vehicle
	2008-05-21 23:00	Simple Assault	2800 block of Westwood Ln	Residence/home
	2008-05-22 09:00	Burglary Business	6900 block of Fair Oaks Blvd	Other/unknown
	2008-05-22 12:00	Burglary Residential	8700 block of Fair Oaks Blvd	Residence/home
	2008-05-22 19:00	Burglary Residential	5400 block of El Camino Ave	Residence/home
	2008-05-22 23:30	Burglary Business	5800 block of Manzanita Ave	Commercial/office building
	2008-05-24 20:12	Larceny/Theft	4700 block of Manzanita Ave	Grocery/supermarket
	2008-05-24 21:31	Simple Assault	7300 block of Fair Oaks Blvd	Convenience store
	2008-05-24 22:16	Larceny/Theft	4700 block of Manzanita Ave	Grocery/supermarket
	2008-05-25 16:10	Aggravated Assault	5800 block of Manzanita Ave	Specialty store
	2008-05-16 07:45	Burglary From Vehicle	5900 block of Pecan Ave	Vehicle
	2008-05-16 18:00	Burglary Residential	9100 block of Serenity Ln	Residence/home
	2008-05-17 18:00	Burglary From Vehicle	8100 block of Sundance Dr	Vehicle
	2008-05-18 11:00	Larceny/Theft	9300 block of Paddock Ct	Residence/home
ADRS	2008-05-18 13:30	Burglary From Vehicle	6700 block of Hazel Ave	Vehicle
	2008-05-19 08:30	Burglary Residential	5400 block of Plantain Cir	Residence/home
	2008-05-20 03:09	Burglary Residential	9000 block of Pecor Way	Residence/home
	2008-05-20 21:00	Burglary From Vehicle	9800 block of Beachwood Dr	Vehicle
	2008-05-21 02:45	Burglary Business	9100 block of Greenback Ln	Commercial/office building
	2008-05-21 09:15	Burglary Residential	8300 block of Central Ave	Residence/home
	2008-05-22 00:01	Simple Assault	9200 block of Madison Ave	Parking lot/garage
	2008-05-22 18:00	Burglary From Vehicle	8400 block of N Star Way	Vehicle
	2008-05-23 22:00	Burglary From Vehicle	8300 block of Forest Creek Ln	Vehicle
	2008-05-24 01:00	Burglary From Vehicle	5600 block of Walnut Ave	Vehicle
	2008-05-24 15:00	Larceny/Theft	8700 block of Greenback Ln	Grocery/supermarket
	2008-05-24 18:00	Vandalism	9100 block of Renee Ann St	Vehicle
	2008-05-25 16:45	Vandalism	8700 block of Springhills Way	Vehicle

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The End *Will* Come



by Marlys Johnsen Norris

There is a beginning to everything and there is also an end. Life is given and often blessed in many ways. However every life has an ending as we know it. Life is a gift and to be used not abused! The gift of life was given and purposed by God to have an eternal end in heaven with Him. Way too many people are involved in selfishly getting everything they can, without realizing life a gift-of time given, to prepare us for its ultimate ending.

Annual Prayer Breakfast Division 44

The next time you hear a siren...

The first object of Kiwanis, “To give primacy to the human and spiritual, rather than the material values of life”.

With the Kiwanis year 2007-2008 over one half over, Division 44 paused to take a spiritual breather at the annual prayer breakfast hosted by the Kiwanis Clubs of Sunrise Citrus Heights and Carmichael. The Oak Avenue Church provided a breakfast at no cost and all monies raised went to support the California Parks Ministry.

About 30 Kiwanians from Auburn, Carmichael, Citrus Heights, Rancho Murieta, Rocklin, and Roseville were inspired by guest speaker Rev. Marty Hills for the Sacramento County Law

realize we sow and reap what we put into our life. And when we add obedience to God’s laws and walking close to Him to the equation we are in the His will. If we only take from life, chances are there isn’t much left to reap, but if we give of ourselves to our family and others; we receive an enormous amount of satisfaction and contentment. And the end of life as we know it-- does not threaten us!

So, in the beginning God created heaven, earth and every living thing. His plan was altered and changed when Adam disobeyed and sinned against His instructions not to eat from the tree of good and evil. Since that time life had an ending in death. God created man to commune and have fellowship with Him, forever. Adam’s disobedience changed everything as does a life of rebellion without God in it.

God was not pleased with the separation passed on to all generations caused by Adam’s sin. Since He provided man with free-will, God fully understood the possibility of weakness in His creation. His final plan for mankind involved a new supernatural life that continues beyond death –

only for those who accept His plan of redemption, given through the shed blood of His beloved Son, Jesus’ death. His resurrection proved His deity and role as the True Messiah, Savior of the world. Won’t you accept Him today?

Two things might happen when God is calling one to become His own for all eternity.

One might come under some kind of “conviction” and that person may immediately make a decision to follow Christ or He may struggle against it and run from it. Each is “sensing pressure” when confronted with the truth. Fighting against the truth at every opportunity; denying the very thing that would bring everything worthy and beautiful into their life. God is not willing that any should perish, but some may choose the path of eternal separation in hell for themselves. All we can do is tell them the Truth!

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



By Pastor Ray Dare

Life is full of valleys, of highs and lows, good times and bad times. The fact is valleys are going to happen so you might as well count on them. It’s not a matter of “if” it’s a matter of “when”. You’ve either just come out of a valley, you’re in a valley right now or you’re headed towards a valley. What should you do when you find yourself in a valley?

One of the most famous Psalms in the Bible is Psalm 23. Many have memorized this Psalm and it is often recited as a prayer. It’s a favorite Psalm because it gives us three things to do when we find ourselves in one of life’s valleys. David says, “Even when I walk through the dark valley

When You’re Discouraged

of death, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me. You prepare a feast for me in the presence of my enemies.... Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the Lord forever.” Psalm 23:4-6 (NLT) What should you do when you find yourself in a valley? You do the same three things David did, first you...

Release Your Fear. Valleys cause us to fear because things get out of our control. You get sick, you have a relational breakup, you face financial crises and you think, “What’s going to happen to me now?” “What will this lead to?” “Why did God allow this?” But David said, “I will not fear!” “I will not fret, I will not be afraid, I’m not going to let it get me down.” When you reach this point, the point of release, the point of surrender, this is a major step in your spiritual maturity.

Rest In God’s Care. He said, “Surely your goodness and unfailing love will pursue me all the days of my life....” David rested in God’s unfailing love. When you really understand God’s unfailing love, His mercy, and when something bad happens to you-- your car breaks down, you get sick,

you have an accident-- you won’t be tempted to think, “God must be mad at me. That must be God getting back at me; punishing me.” God doesn’t get back at you for things that Jesus already paid the penalty for! Not if you’re a follower of Jesus Christ.

You will experience many different kinds of days in life. You will experience days of loneliness, days of sickness, days of sorrow, days of pain, of tragedy. But you will never experience one day without God’s mercy and unfailing love!

Remember It Gets Better! “I will dwell in the house of the Lord forever.” This is not heaven. This is earth, and while on earth you will have one problem after another. What gave David peace and confidence through the valleys of life? He remembered it gets better. See, if you’re just focused on present, then when bad times hit-- when you get sick, when tough times come- you will get discouraged and fearful. You must remember this tough time is going to pass. It’s going to get better. When you find yourself in a valley, release control, rest in God’s love, remember it gets better and God will give you His strength.

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

Enforcement Chaplaincy. Her address was a personal insight as to the motivation and feelings for those who wear the badge on their chests.

Chaplains are among the First Responders to tragedies, emergencies, and disasters. These chaplains have the painful tasks to notify families of deaths. This is balanced with the joyful assignments of performing marriages. The chaplains “ride-alongs”, stand watch with the family, they divert attention when loved ones are covered with blankets and rolled with a gurney into a van to the coroner’s office.

Chaplain Hills challenge is worth sharing, “When you hear a siren, say a prayer for the first responder; for protection of our community; for the neighbors; for the victims. Loose the power of prayer to take back our neighborhoods who would otherwise try to destroy it with drugs, gangs, and



crime. For ours is a loving God who responds to those who ask His help and guidance.”

Shining A Light On Scientific Failure

(NAPSA)-It’s said that for every brilliant scientific success, there are a dozen failures. A new book tells the story of 12 of those failures in what’s been described as an entertaining and thought-provoking manner.

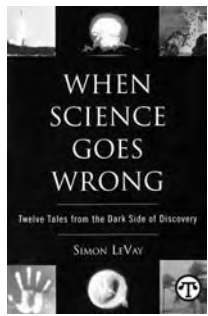
The book, “When Science Goes Wrong” (Plume), brings together stories of scientific error, on a spectacular scale, from a wide range of disciplines--from forensic science and microbiology to nuclear physics and meteorology.

For example, there is the tale of the appearance of a violent hurricane on land, despite repeated assurances that the hurricane didn’t exist.

Another chapter tells the story of a team of scientists who hike into the crater of what they think is a dormant volcano, ignoring signs of an imminent eruption.

The author, Simon LeVay, is a writer and lecturer with a background in neuroscience. While he’s best known for his research on the brain and sexuality, he’s also co-authored books on such diverse topics as earthquakes and volcanoes, extraterrestrial life and Parkinson’s disease.

The book is available online and where books are sold.



A new book tells about the part of science that so often goes unnoticed--the failures.

Vacation Bible School June 9 - 13

Northminster Presbyterian Church invites all children over 4 years old through 6th grade to join in hearing the greatest stories ever told from the New Testament, and participating in games, crafts, and skits. Teens and adults are invited to participate as counselors. A simple supper will be included. And ... it is all free! 5:30 to 8 p.m., 3235 Pope Avenue. Call 487-5192 for Registration.

Poll on Marriage is Suspect, Claims Catholics for the Common Good

Christian Newswire/ -- “Today’s Field Poll shows data inconsistent with other reputable polls that show voter support for defining marriage in the state constitution as between a man and a woman,” said William B. May, chairman of Catholics for the Common Good. “The Los Angeles Times poll of May 21 shows an 18-point margin (54-36) in support of the ProtectMarriage.com initiative, and SurveyUSA of May 15 indicates a 16-point margin (52-36).”

A just-released Field Poll indicates 51-42 support for same-sex “marriage” among California-registered voters and opposition to the ProtectMarriage.com initiative that will appear on the November 2008 ballot.

“Polling results can, of course, vary substantially depending

on how questions are asked, the order in which they are asked, and sampling techniques. I am confident that when voters read the one-sentence initiative in November, they will see it as common sense and will vote for it. But this election to reinstate marriage as only between a man and a woman will be very close and hard-fought,” May said.

“It is true that younger people support same-sex marriage in greater numbers. Young people have been immersed in a culture that is largely indifferent to marriage and have even been taught in schools that marriage is simply a lifestyle choice reflected in the fact that marriage has declined over the last thirty years.”

“Marriage has declined to the point that four out of ten children are now born out of wedlock -- a serious problem

that calls for promoting and supporting marriage for people who engage in reproductive acts. However, it is now illegal for public schools or other government agencies to promote marriage for men and women, because it discriminates against the private interests of a particular group of adults,” said May. “The California Supreme Court decision is clearly in conflict with the common interest of every child without exception in having a married mother and father.”

Catholics for the Common Good is an educational organization dedicated to bringing reason to the public square using insights from Catholic social teachings based on the dignity of the human person, fundamental human rights, and social justice.

Oak Avenue Free Methodist Church

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

(916) 988-8815

Pastors Andrew Webb & Robert Price

Office Hours:
9 am to Noon ~ Tuesday - Friday

Wednesdays:
Senior’s Bible Study: 1st & 3rd.
10 am - 11 am
Evening Adult Study: 7 pm - 8:30 pm

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

BIBLE TRIVIA

by Wilson Casey

1. Is the book of Rebekah in the Old or New Testament or neither?
2. Who ran from the tent door to meet an appearance of the Lord in the plains of Mamre? *Jacob, Abraham, Hosea, Adam*
3. From 2 Kings 24:17, what was the original name of Zedekiah? *Eutyechus, Mattaniah, Cain, Ethbaal*
4. What king had the prophet Uriah killed with a sword for opposing him? *Mesha, Jehoiakim, Darius, Sihon*
5. Obed, the son of Ruth and Boaz, became the grandfather of ...? *Solomon, Jesse, Elimelech, David*
6. From what mountain did Moses see the Promised Land? *Nebo, Moriah, Gilboa, Ararat*

ANSWERS: 1) Neither; 2) Abraham; 3) Mattaniah; 4) Jehoiakim; 5) David; 6) Nebo

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

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SCSO 2008-2009 Mondavi Season and Chorus Auditions

The Sacramento Choral Society and Orchestra and conductor Donald Kendrick are pleased to announce their 2008-2009 “Sundays at Seven at Mondavi” concert season. The opening of their 13th Season, featuring the 180 voice Chorus and full Symphony Orchestra, begins on Sunday, November 9th at 7 PM in the Mondavi Center with “A Haydn Bicentennial”. The concert will include Haydn’s “Lord Nelson Mass” and the West Coast premiere of British Composer Jonathan Willcocks’ “A Great and Glorious Victory”. Join us for these two masterpieces celebrating victory for humanity and the triumph of the human spirit.

Capture the holiday magic as the SCSO spreads the spirit of the season with candlelit processions, new and familiar carols and good cheer at the annual standing-room-only “Home for the Holidays” in

the Mondavi Center on Saturday, December 13at 2 PM and at 8 PM Share in the audience carol sing-along and let the Sacramento Choral Society and Orchestra bring the spirit of the season home for you. Season subscribers will have first pick of seats for this community favorite.

The opening of the spring season will feature “Bach’s Birthday Celebration” on Sunday, March 22at 7 PM in the Mondavi Center . The program will present some of Bach’s greatest music including the “Magnificat” and excerpts from the Passions and Masses.

On Sunday, June 7at 7 PM in the Mondavi Center the SCSO will conclude their season with a performance that salutes the choral tradition featuring unaccompanied part-songs as well as chamber works (with orchestra) by a variety of composers including G.F.Handel, Eric Whitacre and

William Mathias.

All performances feature post-concert receptions in the Mondavi lobby to meet the artists.

The Sacramento Choral Society rehearses on Monday evenings from September through May. If you are interested in auditioning for this chorus please contact the SCSO Office or website for an appointment: (916) 536-9065 or sco2005@yahoo.com .

The November 9 and March 22 concerts will include a pre-concert podcast with Conductor Donald Kendrick that will be accessible via the SCSO website.

Season Tickets will be available at Mondavi starting on June 9th: (1-866-754-2787). Season subscription prices range from \$110 to \$180. For more information please call (916) 536-9065 or visit www.sacramentochoral.com

Sacred Heart’s Schola Cantorum and Vox Nova in Concert: Choral Masterworks

Date: Sunday, June 15, 2008 at 3 pm
Place: Sacred Heart Church
39th Street at J Street, Sacramento
Suggested Donation: At the door \$15 General and \$10 Students/Seniors
Ticket Information: Call (916) 962-6056 www.scholacantorum.com
Sacred Heart’s Schola Cantorum and Vox Nova, with Conductor Donald Kendrick, will present a

concert in Sacred Heart Church, 39th at J Street on Sunday, June 15 at 3 PM. Stephen Janzen is the guest organist for the program entitled Choral Masterworks. The performance will feature repertoire spanning many centuries including Renaissance motets by Palestrina and Jan Sweelinck

The choir will also sing modern English works by William Mathias

and Charles Stanford and a motet in Russian by Chesnokov. Music by composer Eric Whitacre along with American Spirituals will complete the program celebrating Schola Cantorum’s 16 years of excellence. The suggested donation at the door is \$15 General and \$10 Students/Seniors. To purchase advance tickets please call Schola’s hotline at (916) 962-6056.

Pony Express Re-Ride 2008

Pony Express riders and fast horses will carry mail again from the Sacramento River to the Missouri River, June 18 to June 28. The National Pony Express Association will conduct the 1,966 mile event to celebrate the 148th Anniversary of the founding of the Pony Express.

The first Express rider will depart Pony Express Plaza, 2nd & J Street, Old Sacramento, California, Wednesday, June 18 at 9:00 AM, and the last rider will arrive at the Patee House, 1860 headquarters of the Pony Express in St. Joseph, on June 28, at 11:00 AM. The route between the two cities will be on the Pony Express Trail from Northern California, across Nevada, Utah, Wyoming, Colorado, Nebraska and Kansas to Missouri.

The Pony Express, founded by Missouri freighting firm of Russell,

Majors, and Waddell, operated between 1860 and November 1861 between San Francisco and St. Joseph. It carried letters and telegrams by horse relay to prove the route passable and win a federal mail contract.

The company was not awarded the contract, but it did prove the route passable year-round. It also pioneered a route later used by the Overland Mail, the Overland Telegraph, and nearby, the Transcontinental Railroad. Today, the Pony Express Trail is a component of the National Trail System and managed and interpreted by the National Park Service. Its route and historical sites are a tourist destination and its history retold in books, videos, and reenactments like the Re-Ride.

The riders will carry personal mail and commemorative cachets in a mochila similar in design to

the original ones. The cachets honoring Pony Express history in Nevada Territory will be purchased in advance by the public and NPEA members at 1860 prices - \$5.00. Over 550 riders and horses will be posted at intervals to take turns carrying the mail. Each rider will take an oath similar to that of 1860-1861 and be issued a Bible in the tradition of Russell, Majors and Waddell.

Community welcome celebrations will be hosted by local groups. For information regarding routes, ride schedules, letter applications, etc, contact the State President, or the National Pony Express Association, PO Box 236, Pollock Pines, CA 95726. The national schedule and updates can be found at the Pony Express Homepage, www.xphomestation.com on the Web. For additional information call (916) 332-8382.

Auditions Announced! Best of Broadway, “Night on the Town”

Best of Broadway is proud to announce upcoming auditions for its 36th annual production, “Night on the Town”. Auditions begin May 31, 2008 and are open to anyone between the ages of 7 to 70! Audition appointments will be accepted beginning May 15, 2008.

Best of Broadway welcomes singers (pop, rock, gospel & classical), dancers (jazz, tap, ballet), gymnasts, stage technicians and volunteers of all abilities to apply. Best of Broadway seeks a culturally, ethnically and economically diverse cast each year. Persons of diversified backgrounds are urged and encouraged to

audition and to contribute.

Best of Broadway’s annual production offers community members the opportunity to perform and to receive theatrical and media exposure in a professionally produced and directed musical revue-style show. Students may use this experience for nonprofit volunteer hours. Audition appointments will be accepted beginning May 15th and rehearsals begin July 28th. “Night on the Town”, will show weekends beginning September 5, 2008 at the Luther Burbank Theater in Sacramento and the Whitney High Theater in Rocklin.

Best of Broadway is a non-profit performing arts

organization dedicated to bringing a live theatrical experience to the community of Sacramento. Through music, song and dance its goals are to educate, entertain and inspire local children, youth and adults. Hundreds of thousands of Sacramento area residents have enjoyed Best of Broadway performances over the years.

What: Best of Broadway Auditions!
Where: Sacramento Area Locations
When: Begin May 31, 2008
Contact: Best of Broadway Offices at (916) 974-6280

RILEY REVIEWS



by Tim Riley

STILL ROCKING, “INDIANA JONES” PACKS A GREAT ACTION PUNCH

INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (Rated PG-13)

For a guy who could be collecting Social Security, Harrison Ford remains surprisingly virile and tough, resolutely up to the challenge of cracking the whip and punching out the bad guys in yet another turn as Indiana Jones. Jokes are being made about his age-challenged durability, as he returns in his latest adventure “Indiana Jones and the Kingdom of the Crystal Skull.” One central character cracks wise that Indiana Jones must be about “eighty” years old, before learning quickly that this action hero is no ordinary senior citizen. Almost two decades after last playing the role of the archaeologist, Harrison Ford is in fine fettle as the academic who vastly prefers dangerous adventures.

Fortunately for us, Harrison Ford’s Indiana Jones has weathered the years very well since “Indiana Jones and the Last Crusade.” For the sake of chronological credibility and storyline continuity, this fourth installment of the adventures of the whip-toting, snake-hating, globe-trotting professor zooms past the dealings with the Nazis leading up to the full-blown Second World War and leaps to the nastiness of the Soviets during the Cold War era of 1957. These dictatorial regimes are truly interchangeable, and when Indiana’s new nemesis appears in the slinky villainess form of Cate Blanchett’s Irina Spalko, you can only marvel at how she’s cut from the same mold of a psychotic Nazi. The Reds are just as eager to get their mitts on objects that possess highly curious powers, this time the legendary Crystal Skull of Akator.

Indiana’s exploits start with a real jolt. At a remote Nevada military base, Indiana and his sidekick Mac (Ray Winstone) barely escape a close scrape with nefarious Soviet agents under the command of the ice queen Soviet commander, the devastatingly beautiful Irina Spalko. After another close call with death, Professor Jones heads back to his duties at Marshall College, only to find out that his adventures have become a liability to the university. On his way out of town, Indiana meets rebellious young Mutt Williams (Shia LeBeouf), who rides his motorcycle like Marlon Brando in “The Wild One” and combs his pompadour hairstyle with the vigor of Edd Byrnes in “77 Sunset Strip.”

Carrying a grudge and a proposition for the Professor, Mutt



1. **Iron Man**(PG-13)
Robert Downey Jr., Terrence Howard
2. **Speed Racer**(PG)
Emile Hirsch, Christina Ricci
3. **What Happens in Vegas** (PG-13)
Cameron Diaz, Ashton Kutcher
4. **Made of Honor**(PG-13)
Patrick Dempsey, Michelle Monaghan
5. **Baby Mama**(PG-13)
Tina Fey, Amy Poehler
6. **Forgetting Sarah Marshall** (R)
Kristen Bell, Jason Segel
7. **Harold and Kumar Escape from Guantanamo Bay**(R)
John Cho, Kal Penn
8. **The Forbidden Kingdom**(PG-13)
Jet Li, Jackie Chan
9. **Nim’s Island**(PG)
Jodie Foster, Abigail Breslin
10. **Redbelt**(R)
Chiwetel Ejiofor, Emily Mortimer

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seeks Indy’s help to make one of the most spectacular archaeological finds in history, namely the celebrated object of fascination, superstition and fear which can only be found in the remotest corners of Peru. Heading to South America in search of the Crystal Skull is adventure enough when Indy and Mutt end up in the ancient tombs where danger lurks around every corner, and not just from the natives. They soon realize they are not alone in their search, as the Soviets are also hot on the trail of the crystal object that may confer extraordinary powers to potentially alter the balance of power.

This being an Indiana Jones adventure, of course, it goes without saying that the action is of the highest caliber, given the steady hand of director Steven Spielberg setting the stage. While there are some interesting revelations about Indiana, it’s also very rewarding to have Karen Allen’s Marion Ravenwood reappear at a very critical moment when Indy and Mutt are greatly outnumbered by the bad guys in the South American jungle. Ever spunky and resourceful, Marion is a very tough character, one who seems quite fitting to match wits with the Professor.

The action is so breathless in its pace and execution that it seems you need a scorecard to keep track of all the fights, chases and rounds of machine gunfire. There’s even a moment where Indy has to grapple with a big snake as a means to avoid quicksand. The Crystal Skull comes in handy to ward off hostile natives and armies of huge red ants. Best of all, Indiana Jones looks great wearing his fedora, though cracking the whip is what he does with panache. Forget the doubters and cynics. You really can’t go wrong with Harrison Ford leading the charge in “Indiana Jones and the Kingdom of the Crystal Skull.” It’s a terrific launch for the summer movie season.

DVD RELEASE UPDATE

Though its release date is not until June 3rd, I couldn’t wait to write about “Mannix: Season One,” the long-running detective drama starring Mike Connors as the tough and cynical Joe Mannix. Having watched a few episodes, I am hooked on this show, which harkens back to the Golden Age of the detective shows. Mike Connors is one cool cat as the old school detective with rugged good looks and the ability to trade punches with the bad guys. It’s easy to see why this show was so popular. The dialogue is great, and the action is even better. I noticed that Mannix seems to get knocked unconscious in most episodes. He’s probably had more concussions than Troy Aikman. In this first season, Mannix is employed by a big agency that relies on computers, while he sticks to his gut instincts. Naturally, his rough-and-tumble approach carries the day. Another fun thing about “Mannix” is the appearance of many guest stars that remain recognizable nearly forty years later.

Trivia Answers

1. A parliament
2. New York
3. A sentence that contains all 26 letters of the English alphabet.
4. “Poltergeist”
5. Angina
6. Italy
7. Bowling
8. 24, aside from the prologue and ending
9. “Rowan & Martin’s Laugh-In”
10. Verizon Wireless

King Crossword Answers

Solution time: 25 mins.

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


CRITIC'S CORNER

By D.N.A Smith

“Iron Man”

Running time: 126 minutes
MPAA rating: PG-13


Wow.
Just ... wow.
Who'da think that a movie based on a second-tier comic-book hero would be the first super-hit of the year?
I was looking forward to seeing “Iron Man,” but I didn’t expect to be as blown away by the movie as I — and the rest of America — was.
“Iron Man” is the best film of the year, and credit is due to three major factors:
1. Robert Downey Jr. He was born to play the jaded, booze-swilling, philandering Tony Stark. Downey’s performance carries the film — especially during those long stretches where there isn’t any action.
2. Jon Favreau. Sure, he’s the guy who directed “Elf,” and most fanboys had serious misgivings about Favreau being onboard as director, but he did everything right. He consulted fans online during the production process, the same way Peter Jackson made Tolkien fans an integral part of the preproduction of “Lord of the Rings.” By consulting with the fans, Favreau made certain he pleased not only non-comics fans, but the core audience of fanboys who will be watching the film several times at the theater and buying the majority of the merchandise.
3. Marvel Comics. “Iron Man” is the first Marvel property to be produced by the comic-book publisher’s film-production company. It’s about time comic-book publishers took control of their work instead of trusting Hollywood to treat their characters with respect.
The plot of the film is pretty straightforward. Super-wealthy arms manufacturer Tony Stark (Downey) is captured by terrorists. He creates a suit of iron to escape.
He discovers that his weapons have



Robert Downey Jr.

been sold to terrorists for years behind his back. So, he creates an even more powerful suit — becoming Iron Man — in order to combat terrorism and make penance for being a man who has made billions from suffering and destruction.
Stark also has to solve the mystery of who in his company has been selling the weapons to the terrorists — not only because of the moral implications, but also because the traitor is trying to kill Stark.
“Iron Man” is well worth seeing — more than once. It’s a rollercoaster ride of great action, fun performances and perhaps the best comic-book movie yet made.
GRADE: A

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“Mardi Gras Madness” 6th Annual Auction-4-Action Fundraiser

The Parkinson Association of Northern California is proud to present its 6th annual Auction-4-Action fundraiser, set to take place on Saturday, June 14th, 2008, at the Scottish Rite Masonic Center, 6151 H Street, Sacramento.

This will truly be a “Nawlins” celebration bringing the reality of the Carnival Season to Sacramento to raise awareness and much needed funds for the Michael J. Fox Foundation, in order to find a cure for Parkinson’s disease.

Celebrations will start at 5pm with a Silent Auction featuring over 100 different items including art, music, gift baskets, unique quilts, golf packages, house-hold goods, jewelry and more! To get revelers in the spirit there will be no-host bars with Cajun and Creole passed hors d’oeuvres and, of course, an unprecedented performance by Dr. Bach & the Jazz Practitioners.

Attendees should expect beads, baubles and masks as they take their seats for the authentic “Nawlins” dinner at 7pm. The emcee for the evening’s extravaganza will be KFBK’s Kitty O’Neal, who will also narrate a video presentation featuring Michael J. Fox, Drs. Vicki Wheelock, Conrad Pappas, Suketu Khandhar, and David Dozier, as well as hometown favorite, Jack Gallagher. The video will focus on people with Parkinson’s, the symptoms, outreach and support programs and detailed information on the condition itself.

After dinner and the closure of the Silent Auction, Talk 650’s Jack Armstrong and Joe Getty will kick everything up a notch with an exciting Live Auction! This year’s auction will include a private dinner for 12 at renowned restaurant, La Provence, a 4 day trip to San Francisco with

hot air balloon ride, tickets to Beach Blanket Babylon, dinner and hotel accommodations. During the live auction, bid opportunities abound with a River Cats luxury suite, Chef Kurt Spataro cooking for 8 in the comfort of your own home, and so much more!

Additionally, there will be a raffle to win a trip to New York, including airfare, Manhattan loft accommodations, tickets to a Broadway show, and tickets to the Michael J. Fox Foundation’s annual gala event, “A Funny Thing Happened On The Way To Find A Cure For Parkinson’s Disease”.

The Parkinson Association of Northern California is really throwing a party! To experience this extravaganza, reservations can be made at PANC, phone 916-489-0226. Ticket price is \$75 per person.

Let the Good Times Roll!

10 Easy Ways to Prevent Electrical Hazards at Home

In honor of May National Electrical Safety Month, CableOrganizer.com offers advice on how individuals can avoid residential fires and protect themselves from electrocution

Industry leading eTailer CableOrganizer.com, among the world’s leading purveyors of cable, wire and equipment management-related products for use in business and at home, today announced 10 easy ways to prevent home electrical hazards in honor of May National Electrical Safety Month, an observance sponsored by the Electrical Safety Foundation International (ESFI). This in an effort to help individuals take an active roll in identifying electrical hazards and in safeguarding their families from the dangers these hazards pose.

CableOrganizer.com’s 10 easy ways to prevent home electrical hazards are as follows:

1. Never mix water and electricity. Always keep electrical appliances away from water and moisture. Whether it’s on or off, if a plugged-in appliance falls – or is accidentally dropped – into water, do not attempt to retrieve or unplug it. Go immediately to your home’s panel board and shut off power to the corresponding circuit. Once that’s done, the appliance can be safely unplugged and removed from the water. Once the device has dried thoroughly, have an electrician evaluate whether or not it’s fit for continued use.
2. Pay attention to what your appliances are telling you. When an appliance repeatedly trips a circuit breaker, blows a fuse, or gives you shocks, it’s not just a coincidence – these are signs that something is wrong. Prevent further – and possibly more dangerous – malfunctions from occurring by immediately unplugging the appliance and discontinuing use until a professional electrician can inspect it, make repairs, and ultimately declare the appliance safe.
3. Install Ground Fault Circuit Interrupters (GFCI). In new construction homes, GFCI receptacles are a requirement anywhere that

electrical outlets and water will be in close proximity to one another. GFCIs detect current leakages (or ground faults) in electrical circuits – such as would occur when a powered device made contact with water. The GFCI then shuts off power to that receptacle almost instantaneously, preventing electrical shock, burns, and electrocution. If you live in an older home that didn’t come standard with GFCIs, installing them in place of traditional outlets in your bathroom, kitchen, and garage is an easy way to prevent severe electrical injuries – and at very little cost.

4. Make sure you’re using the right size circuit breakers and fuses. If fuses and circuit breakers aren’t the right size and wattage rating to match the specifications of their circuits, they’re going to fail right when you most need them to perform. Read packages carefully when shopping for replacements. If you’re not sure which size to buy, have an electrician take a look at your panel box and label it with the circuit breaker or fuse size needed (for easy future reference). And as long as you’re making a trip to the hardware store, stock up with a few extra – you’ll be happy to have them on hand when the next need arises.

5. Protect kids with outlet covers. Outlet covers prevent babies and small children from sticking their fingers and other objects into unoccupied receptacles, protecting them against shock and electrocution. You can either use the plug-in type, or opt for special child safety wall plates, which feature built-in, retractable covers that automatically snap back into place when outlets aren’t in use

6. Avoid cube taps and other outlet-stretching devices. Cubes taps – those little boxes that allow you to plug several appliances into a single outlet – may seem like a major convenience, but they can actually put you on the fast track to circuit overload, overheated wiring, and even fire. If you absolutely must use one, do the math before plugging in. Know the maximum power demand that the cube-tapped receptacle can handle,

and be certain that the collective pull (power requirement) of the devices you’re plugging into it doesn’t exceed that rating.

7. Replace missing or broken wall plates. They’re not just there for the looks – wall plates also protect your fingers from making contact with the electrical wiring behind them. Broken wall plates, or the absence of them altogether, can be especially dangerous in the dark – when trying to locate a switch by touch, you may end up being shocked or electrocuted if you miss the mark and end up hitting live wires instead.

8. Keep electrically powered yard-care tools dry. Whether it’s raining, just finished raining, or you’ve recently run the sprinklers, never attempt yard work with electrically powered tools in wet conditions. Protect yourself from shock and electrocution by keeping your electric hedge trimmer, weed whacker, and lawnmower safely unplugged and stowed away until precipitation has stopped, grass and foliage is dry, and puddles can be easily avoided.

9. Match the light bulb’s wattage rating to the lamp. Whenever choosing light bulbs to use with a lamp, be sure to consult that lamp’s maximum wattage specifications (they’re often printed right around the light bulb socket). Always opt for a light bulb with wattage that’s equal to or less than the maximum wattage listed on the lamp – too strong a bulb can lead to overloaded lamp wiring, as well as fire.

10. Be kind to you cords. Take care to treat power cords gently – never nail or tightly tack them down, and regularly check to make sure that they’re not pinched between or underneath furniture. Excessive pressure on power cables can damage insulation (exposing the conductor), or compress the conducting wire, which can lead to overheating and put you at risk for an electrical fire.

CableOrganizer.com offers a wide range of electrical safety products from its industry-leading Web site located at <http://CableOrganizer.com>.

Smart Workout Ahead of the Curve

Orangevale area fitness club makes strides in the industry by introducing the technical version of a personal trainer

Imagine having the world’s most advanced fitness coach at your disposal. This coach customizes workouts based on your body structure and endurance and adjusts each exercise machine’s intensity based on your recent progression or regression. This coach monitors your energy level and range of motion continuously to ensure you are achieving your personal potential. Then the coach automatically computes your workout data to produce a progress report, including the number of calories you burned and 3-D anatomical diagrams to show which muscles you’ve worked and how successfully.

This is exactly the role of the CurvesSmart personal coaching system, a new technology pioneered by Curves that offers a precision designed workout, moment to moment feedback and progress reports to keep members motivated while they work out. The Greater Sacramento Area Curves are among the first in the nation to feature the equipment upgrade.

After a member’s personalized profile is determined by a Curves staff member, the member is issued a CurvesSmart ID Tag. The tag is electronically recognized by the monitor at each station, automatically retrieving the member’s profile to determine the specifications for her workout. The monitor indicates: whether her heart rate is in the target range; whether the member is achieving

her target intensity level; the range of motion for each repetition; and the number of repetitions. If the woman is exercising correctly, all indicators on the monitor will be green. Members are enthusiastically encouraged to “Go for Green!” Following the workout, the system produces a progress report which allows the member to see, instantly and in quantifiable terms, her strengths and weaknesses.

“The CurvesSmart technology offers women the benefits of a highly skilled personal trainer without the expense,” said Pat Dayton, Owner of the Orangevale Curves, located at 9372 Madison Ave. “It’s the world’s most advanced fitness training system. We expect our members to be thrilled with how this amazing workout will help them achieve their goals even faster.”

Greater Sacramento Area Curves are taking new appointments to get started on the CurvesSmart workout on a first come, first served basis. See the Curves ad on this page for locations near you. For more information, please call 916 987-7860.

About Curves
Curves works every major muscle group with strength training, cardio and stretching in every 30 minute workout. And now there’s CurvesComplete.com: an online subscription diet and fitness solution based on founder Gary Heavin’s New York Times bestselling book Curves, Permanent Results Without Permanent Dieting and the results of an ongoing university study. Heavin and his wife Diane are considered the innovators of the express fitness phenomenon that has made exercise available to more than

four million women worldwide. With more than 10,000 locations in dozens of countries, Curves is the world’s largest fitness franchise. For more information, please visit: www.curves.com or www.curvescomplete.com.

Women in Philanthropy Collect Towel Sets for Area Foster Youth



More than 350 towel sets were collected for Sacramento area foster youth last week by United Way California Capital Region’s Women in Philanthropy membership group.

This is the third consecutive year Women in Philanthropy members have collected the towel sets (one bath towel, one hand towel, one wash cloth) for the emancipation baskets for Sacramento county foster youth. Every foster child who graduates from the foster care system is given a basket of necessary household items.

“The Independent Living Program is immensely thankful to the Women in Philanthropy and the United Way for supporting our annual ILP Emancipation drive,” said Theresa Thurmon, Sacramento ILP Coordinator. “The color coordinated, fresh, new towels will be very much appreciated by the foster youth who are transitioning out on their own.”

Women in Philanthropy donate hundreds of towel sets each year.

“These kids don’t have anything,” said Jane O’Hollearn, Women in

Philanthropy Co-Chair. “Most people take towels and other small items for granted. These foster kids don’t have people who can give them graduation gifts and make sure they are ready for the next phase of their lives. The baskets help the youth set up their household and the towels are just one way to do our part in the emancipation basket program.”

The women also collected a large amount of toiletry items for the young ladies who live in the St. Patrick’s group foster home.

Women in Philanthropy members donate to the United Way’s Foster Youth Flourish project. Three local agencies – the Child Abuse Prevention Council of Sacramento, Linkage to Education and St. Patrick’s Home for Children – not only provide services while the youth are in the foster care system, but they also help the youth prepare for adulthood.

Last year Foster Youth Flourish project agencies were responsible for helping 269 foster youth prepare for independent living. More than 90 percent of the project participants

improved school attendance while 88 percent of high school Foster Youth Flourish participants were promoted to the next grade level.

“This is a great example of what can happen when a dedicated group of volunteers get together and focus on meeting a pressing need in the community,” said Steve Heath, United Way president & CEO.

United Way California Capital Region is an independent local affiliate of United Way of America and works with nonprofit partners to create lasting results on local community issues through local United Way Projects: Coverage for Kids, Foster Youth Flourish, Keeping Kids Safe and Turning Teens Toward Success. Governed by a local board of volunteer directors, United Way partners with nearly 750 employers in Amador, El Dorado, Placer, Sacramento and Yolo counties to raise money through workplace giving campaigns for United Way Projects and nonprofit partners. For more information, visit www.yourlocalunitedway.org.

1st Annual Alzheimer’s Aid Society Memorial 5K Run/Walk

As you begin to make plans for this upcoming summer, mark Saturday, July 26, 2008 on your calendar – you will feel good for doing so! Prepare for one of the most unique events to come to the Sacramento area: the 1st Annual Alzheimer’s Aid Society Memorial 5K Run/Walk, presented by East Lawn Parks and Mortuaries. It will be known as the City of Sacramento Championship, and Capital Road Race Management, is one of our partners. They are the same company that manages the “Run to Feed the Hungry” and more than forty other race events in the area.

The City of Sacramento Championship will be one of the fastest and most scenic courses you will ever run. Starting at East Lawn Memorial Park at 43rd Street and Folsom Boulevard, our route traverses the Fabulous Forties neighborhood on “M” Street and proceeds to East Portal Park before returning to East Lawn for one gorgeous, final mile loop, finishing at the highest point in the City of

Sacramento! The run and walk begins at 8:30 AM, but before the main event there will be three kids’ races (1/4 mile for ages 5 and under ½ mile for ages 6-8 and ages 9-10). This truly will be a family affair!

You may be asking, “Why should I be involved?” It is simple: the Alzheimer’s Aid Society is a local, independent organization that assists families and caregivers in Northern California – FREE of charge. If you ask for our assistance on such matters as referrals to a care home, legal services, respite care, support groups, or just need information about Alzheimer’s, it is all here for you. We also co-sponsor, with American River College Gerontology Department, a Caregivers Conference every November (this year, November 1st). When you donate to our organization, your money is going to help your neighbor. We have more than 90 volunteers who give unselfishly of themselves (many of whom had relatives die of Alzheimer’s disease) so that we

can make a positive difference in our community.

The Alzheimer’s Society has been in operation since 1981. Founded by Bea and John Gorman, they have given their lives and financial resources to start the organization for one sole purpose – to assist the caregiver. Bea and John know something about this awful disease – they have had six siblings die from Alzheimer’s. KCRA Channel 3, My58, along with Sacramento Magazine, Senior Magazine, Comstock’s Magazine and many other financial supporter are teaming up to “get the word out” that the Alzheimer’s Aid Society is your local source to help with any of your Alzheimer’s needs.

In addition, you’re not just supporting a good cause, but you’re getting some exercise. Please join us! You can go online at www.alzheimersaidsociety.org to register or call our office at 916-448-7001 for a registration form. It’ll be a Saturday well spent.

Summer Brings Sizzling Job Opportunities

Area companies will be recruiting to fill hundreds of new jobs at Sacramento’s 17th Annual June HIREvent, Tuesday, June 24th from Noon to 4pm at the Sacramento Convention Center, 1400 J Street. Admission is free.

Jobseekers can meet face-to-face with recruiters hiring for a

variety of occupations including Law Enforcement. Employers in attendance include Sacramento County Sheriff’s Department, Wells Fargo, EMQ Children & Family Services, Employment Development Department, San Francisco Police Department, and more.

Candidates should dress for an interview and be prepared to meet with company decision-makers. Attendees can also have their resume reviewed by professional Career Specialists.

For more information on this event, visit JobJournal.com or call 1-888-THE JOBS.

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A Three-Step Plan to Drive Oil and Gas Prices Down 15% in 30 Days



The Governor also did the right thing by eliminating a dangerous early release proposal that would have set free 22,000 serious and repeat criminals before they completed their sentences. In addition, the May Revise

In addition to the burden that new taxes would place on Californians, particularly in our current economic

As every Californian who has to balance their family checkbook knows, you can't take a vacation or buy a new hot tub if you don't have the money. The state needs to also live within its means the same as everyone else. As Vice Chair of the Assembly Budget Committee, I stand ready to work with the Governor and the Legislature to help turn California's budget problems around.

"The key to bringing oil and gas prices down quickly will be opening strategic areas for production which will flush out widespread energy speculation from the market. Serious government action will send speculators running for cover," says Mr. Smith.

2) REFINE MORE OIL NOW! -- Approve fast-track legislation to build at least four new, strategically placed

For media interviews with Mr. Smith contact: Bronwin Barilla at 1-800-950-2428 or email at bkb@oilsolution.org

“The ‘Survive I-5 ~ Park and Ride’ Commuter pass program will allow commuters to avoid many of the significant traffic issues that this major repair project will cause, as well as giving them a chance to come out and enjoy biking to work on the parkway for

- Only vehicles registered to the address listed on the

During or after this program, users will also be able to sign up for a Regional Parks PASSPORT. For \$50, the PASSPORT allows users unlimited entry into the regional parks system for a year from the date of purchase. For the daily downtown commuter, the PASSPORT will pay for itself after only 10 visits to the parks.

real estate auctions

June 16th & 17th

5300 Lotus Pond Way, Elk Grove, CA

ELK GROVE, CA

• **5300 Lotus Pond Way**

5BR 3BA 2,816sf+/-, Centex home with upgraded cabinets, counters.

Opening Bid: \$50,000

Inspections: 1-4pm Sun Jun 8th and 15th and 2 hrs prior to sale time.

GALT, CA

• **694 N Cedar Flat Ave**

4BR 2BA 1,942sf+/-, Built 1990.

Opening Bid: \$50,000

Inspections: 1-4pm Sun Jun 8th and 15th and 2 hrs prior to sale time.

SACRAMENTO, CA

• **8665 Willow Grove Way**

4BR 2BA 1,590sf+/-, Built 1989.

Opening Bid: \$25,000

Inspections: 1-4pm Sun Jun 15th and 2 hrs prior to sale time.

Above properties sell: 7:45pm, Mon., Jun. 16th at 5300 Lotus Pond Way, ELK GROVE, CA

9437 Ft Worth Way, Sacramento, CA

SACRAMENTO, CA

• **9437 Ft Worth Way**

4BR 2.5BA 1,596sf+/-, Built 1976.

Approx. .12ac lot.

Opening Bid: \$50,000

Inspections: 1-4pm Sat Jun 7th and 14th and 2 hrs prior to sale time.

SACRAMENTO, CA

• **546 Woodside Oaks 8**

Opening Bid: \$10,000

Inspections: 1-4pm Sat Jun 14th and 2 hrs prior to sale time.

SACRAMENTO, CA

• **5856 Stallon Way**

3BR 2BA 1,355sf+/-, Built 1978.

Approx. .43ac lot.

Opening Bid: \$25,000

Inspections: 1-4pm Sat Jun 14th and 2 hrs prior to sale time.

Above properties sell: 6:00pm, Mon., Jun. 16th at 9437 Ft Worth Way, SACRAMENTO, CA

GRASS VALLEY, CA

• **14209 Colfax Hwy**

Opening Bid: \$10,000

Inspections: 1-4pm Sun Jun 15th and 2 hrs prior to sale time.

Sells: 11:15am, Mon., Jun. 16th

KELSEYVILLE, CA

• **9772 El Dorado Way**

Opening Bid: \$50,000

Inspections: 1-4pm Sun 8th and 15th and 2 hrs prior to sale time.

Sells: 3:00pm, Mon., Jun. 16th

HERCULES, CA

• **654 Dutch Elm Dr**

4BR 3BA 2,394sf+/-

Opening Bid: \$100,000

Inspections: 1-4pm Sun 8th and 15th and 2 hrs prior to sale time.

SAN PABLO, CA

• **2718 Bowhill Ln**

3BR 1BA 855sf+/-, Built 1943. Approx. .11ac lot. Taxes approx \$4606 ('07).

Opening Bid: \$50,000

Inspections: 1-4pm Sun 8th and 15th and 2 hrs prior to sale time.

MARTINEZ, CA

• **65 Cecilia Ln**

3BR 1BA 1,008sf+/-, Charming cottage style home on a large lot. Built 1951. Approx. .14ac lot. Taxes approx \$4440 ('07).

Opening Bid: \$50,000

Inspections: 1-4pm Sun 8th and 15th and 2 hrs prior to sale time.

Above properties sell: 8:00am, Tue., Jun. 17th at 554 Dutch Elm Dr, HERCULES, CA

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Protecting Your Credit During Divorce



By *Karla Hawe*
Mortgage Consultant
BWC Mortgage

When a marriage ends in divorce, the lives of those involved are changed forever. During this time of upheaval, one thing that shouldn't have to change is the credit you've worked so hard to achieve.

Unfortunately, for many, the experience is the exact opposite. Unfulfilled promises to pay bills, the maxing out of credit cards and a total breakdown in communication frequently lead to the annihilation of at least one spouse's credit. Depending upon how finance are structured, it can sometimes have a negative impact on both parties.

The first step for anyone going through a divorce is to obtain copies of your credit report from the 3 major agencies: Equifax, Experian and TransUnion.

Once you gathered the facts, you begin to address what's most important.

There are two types of credit accounts, and each is handled differently during a divorce. The first type is a secured account, meaning it's attached to an asset. The most common secured accounts are car loans and home mortgages/equity lines. The second type is the unsecured account. These are typically credit cards and charge cards, and they have no assets attached.

When it comes to a secured account, your best option is to sell the asset. This way the loan is paid off and your name is no longer attached. The next best option is to refinance the loan. In other words, one spouse buys the other out. Your last option is to keep your name on the loan. This is most risky because if you're not the one making the payment, your credit is truly vulnerable.

In the case of a mortgage, enlisting the aid of a qualified mortgage professional is extremely important. This individual will review your existing home loan along with the equity you've built up and help you determine the best course of action.

When it comes to unsecured accounts, you will need to act quickly. It is important to know which spouse (if not both) is vested. If you are merely a signer on the account, have your

name removed immediately. Any joint account that does not carry a balance should be closed immediately.

If there are jointly vested accounts which carry a balance, your best option is to have them frozen. This will ensure that no future charges can be made to the accounts. When an account is frozen, however, it is frozen for both parties. If you do not have any credit cards in your name, it is recommended you obtain one before freezing all your jointly vested accounts.

Ensuring payment on a debt which carries your name is paramount when it comes to preserving credit. Keep in mind one 30-day late payment can drop your credit score by as much as 75 points. It is also important to know that a divorce decree does not override any agreement you have with a creditor. So, regardless of which spouse is ordered to pay by the judge, not doing so will affect the credit score of both parties. The message here is to not only eliminate all joint accounts, but do it quickly.

Divorce is difficult for everyone involved. By taking these steps, you can ensure that your credit remains intact.

Karla Hawe, Loan Consultant
BWC Mortgage
916-704-5015

Call for Investigation of Planned Parenthood

Christian Newswire/
Documents released in a Kansas court case, which include what a judge called "evidence of crimes" by Planned Parenthood, require an immediate Congressional investigation of the abortion organization said Dr. Alveda King today.

"It appears from released copies of Planned Parenthood records that the organization performed abortions in violation of Kansas law and that it may have manufactured documents

to cover its actions," said Dr. King, Pastoral Associate of Priests for Life and niece of Dr. Martin Luther King, Jr. "These revelations are incriminating, but not surprising."

"This year alone, it's been revealed that Planned Parenthood is willing to accept donations to abort only black babies, that it's being sued for over billing taxpayers in California, and that it may have violated state laws protecting minors from sexual predators. And while all this is

happening, Congress is giving Planned Parenthood hundreds of millions of dollars a year," added Dr. King. "Enough is enough; not only should Planned Parenthood not get another penny from the government, it should be investigated by Congress."

Priests for Life is the nation's largest Catholic pro-life organization dedicated to ending abortion and euthanasia. For more information, visit www.priestsforlife.org.

Beyond the Economic Stimulus Act of 2008

The Economic Stimulus Act of 2008, recently introduced by Congress, will not only allow rebates for individual tax payers, but will also create additional incentives for commercial businesses. Previously, bonus depreciation was introduced as a way to help increase cash flow and stimulate the economy during economic downturns.

The bill gives companies a 50 percent bonus deduction on new equipment and increases the limit on expenses that small businesses can deduct from annual income to \$250,000, raising it from \$125,000.

The result is an increased depreciation deduction which can lower a company's tax liability. The increased cash flow is placed back into the economy through increased investment into the business, and helps create additional jobs.

Can all companies benefit?

Only those companies that are considering expanding a plant or making investments in equipment, can benefit from the stimulus package by giving them help "from a cash flow standpoint" in paying for it.

But if your company is not looking into expansion or new equipment then the economic stimulus package does nothing for you.

Cash with interest in 90 days

What if you could get cash back with interest from the IRS within 90 days, would that help? What if that extra cash back ranged from the tens of thousands to the millions? Would that extra cash give you the opportunity to make an investment in equipment or expansion and take advantage of that bonus depreciation? Or you could use the extra cash for other purposes to help your company.

How is this possible?

Most firms are missing out on 5, 6 or 7 figure Research & Development Tax Credits. The existing R&D Tax Credit is overlooked because most companies do not understand that their every day activities qualify for the credits.

And in most cases, neither does their CPA and that's why most companies have never been approached about it.

Here's a list of company types that have qualifying activities by the nature of their business:

- Manufacturing
- Fabrication
- Engineering
- Software Development
- Architecture
- Tool and Die Machine Shops
- Electronics
- Biotechnology
- Pharmaceutical
- Food Sciences & Agro-Business

It takes a team of specialized tax engineers and IP attorneys to understand which activities qualify and then to create the documentation to substantiate those qualifying activities.

Why do you get cash back?

The IRS recently changed the rules allowing companies to go back 3 years and take the credits they missed. Ninety days after submitting amended returns, you will get cash back with interest. And of course the credits can be taken for current and future years if your company continues to perform similar activities.

Should my company take a look at this?

Absolutely, the question is can you actually use them.

To help, if you can answer yes to all of these items, then you definitely need to have an R&D Tax Consulting firm provide you with a free estimate of your tax credits.

1) Were you profitable in 2004, 2005, 2006 and/or 2007?

2) Is the total cumulative payroll for 2005, 2006 and 2007 in excess of \$7 million dollars?

3) Are you a C Corp? If so, you are OK. If an S Corp or partnership, do you have 5 or less shareholders? If so, you are OK.

The R&D Tax Credit is a wage based credit so the higher your total wages, the higher your credits.

If you answered yes to those 3 items, then you have an excellent possibility of having a high 5 figure credit and into the 6 or 7 figure credits for companies with higher wage totals.

Think about what your company can do with the extra cash in about 90 days.

In summary, the Economic Stimulus Act of 2008 can help some businesses. The existing R&D Tax Credit can provide much needed cash quickly for all qualifying businesses. The refund can be used to take advantage of the bonus depreciation offered by the Economic Stimulus Act or can be used for other investments to enhance your business.

Seek out an R&D Tax Consulting firm to confirm that you qualify and to give you an estimate of your R&D Tax Credits. The sooner you do this, the sooner you'll have the funds to invest in your company.

The authors are Karim Solanji, J.D., a Director with Paradigm Partners and Mark Lauber, VP of Marketing at Paradigm Partners. Paradigm Partners is a national tax consulting firm specializing in the R&D Tax Credit. Mark's email is MLauber@ParadigmLP.com and his phone number is (281) 558-7100. Our website is www.ParadigmLP.com.



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Sac County Moves Forward in Improving Development Services

By Chris Andis
Communication & Media Officer

Audit results of Planning/Environmental Review processes just in, next step is implementation plan

The performance audit of Sacramento County's entitlement and development processes has been received. As part of the County's multi-year focus on improving development services, an independent auditor, Citygate Associates, was contracted to examine the processes of two key departments, Planning and Community Development and Environmental Review.

The auditing firm surveyed staff and customers and examined physical layout of operations, work processes, fees, communication, training, technical resources and internal cultures.

In brief, the audit recommends:

- More transparency and better communication
- Reorganizing around development services and customers' needs
- More staff attention be given to problem solving
- Staff provide dependable timing and sense of urgency on projects so developers can count on each phase of their project being completed in a reliable time frame
- Reducing silos between Planning and Environmental Review and Assessment and all development departments

"We hired an outside expert to identify the critical needs in our development services," said Agency Administrator Paul Hahn. "We've been working with private and commercial customers on streamlining development processes since 2007, and we have made some significant improvement. The next phase is Planning and Environmental

Review's entitlement processes; the audit will help us reach our goals faster. We see this as a great opportunity to improve our customer service."

The county departments plan to use the building slow-down period to re-tool, reorganize, improve processes and prepare for the next building boom. The recommendations will be analyzed and prioritized, and an implementation plan will be brought to the Board of Supervisors in July for their approval and direction.

The complete audit is available at <http://www.planning.saccounty.net/>. Anyone involved in residential and commercial is invited to read the audit and share suggestions at streamliningdevelop@saccounty.net

Streamlining Changes to Date

1. The Streamlining Development Oversight Committee, comprised of county staff and representatives of the development community, meets monthly to review changes and exchange feedback.
2. Plan Check Turn Around Times: 20-10-10: turnaround times for improvement plan reviews-promise to reach 90% percent. We are meeting our goals above 90%
 - We will have most plans completed within two reviews
 - Development Review Agreement - (Code of Conduct)-if we receive complete plans, we will meet our 20-10-10 turnaround times
 - Plans not meeting submittal criteria will be rejected.
 - Plans not resubmitted within 90 days will go to the end of the queue for review. Incomplete projects in queue awaiting documents will be cleared out of queue in 6 months
3. Accela IT System: The new system has been online for about one year. Accela will soon allow building inspectors to enter field inspection information through wireless laptops

allowing for inspection results to be recorded more quickly with less County staff time involved

4. Planning Tracking System: The Project Viewer- A system that allows residents to click on a map and find new development/entitlement projects in their area. All related project documents are available as well as project contact information. <http://www.planning.saccounty.net/planningdocuments/index.html>

Response by the public has been extremely favorable, and the system is being amended to include hearing dates and track usage statistics.

5. Plan Check submittal Checklist: Implemented to allow customers to know exactly what is expected.

6. Sign Posting: Launched new program where signs are posted on properties as soon as application is filed to alert neighbors of coming changes as soon as possible.

7. Planning / Environmental Review are now having meetings to reduce silos and better communicate.

8. Instituted regular customer service surveys for Building Inspection Department.

9. Environmental Review Web Tool: launched a new tool that allows public to check the status of their project online, 24/7. This helps keep the process transparent www.dera.saccounty.net.

10. Environmental Review Processes: They are working to establish a process for project management and to provide cost estimates, schedules, milestone notifications and a list of deliverables. They have developed standard timeframes for their processes.

The complete audit is available at <http://www.planning.saccounty.net/>. Anyone involved in residential and commercial is invited to read the audit and share suggestions at streamliningdevelop@saccounty.net

SMUD Delivers Energy-Saving Light Bulbs Door To Door

Some Citrus Heights residents get free CFL bulbs and learn how to cut their electric bills

People living in the Citrus Heights neighborhood near San Juan High School received energy-efficient compact fluorescent light (CFL) bulbs as part of an ongoing pilot project by the Sacramento Municipal Utility District (SMUD) to educate and facilitate energy savings in its communities. Volunteers go door to door delivering the bulbs and sharing information about how to save money on energy bills.

The Citrus Heights neighborhood is the fourth community to participate in the SMUD pilot project and other neighborhoods are being scheduled as well.

SMUD employee volunteers, along with neighborhood and community groups, including students from San Juan High School, visited 250 homes asking residents to exchange their incandescent light bulbs for the energy-efficient CFL bulbs. Each home received four CFL bulbs. SMUD conducted similar CFL exchange efforts last month in the Tahoe Park neighborhood and previously in the Oak Park and Ben Ali communities.

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. For more information about ENERGY STAR® visit 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.

Opening CalPERS to Private Accounts is a Bad Investment



by Adam B. Summers

Assemblyman Kevin de Leon (D-Los Angeles) decided that not enough Californians are saving properly for their retirement. To address this concern, he introduced a bill, AB 2940, that would open up the California Public Employees' Retirement System (CalPERS) to private-sector investors. The idea that more people should invest more for their retirement may be laudable, but the proposal would leave Californians feeling more bearish than bullish.

AB 2940 would allow private-sector workers whose employers do not offer retirement plans such as IRAs or traditional, defined-benefit pension plans to open retirement accounts administered by CalPERS. Contributions could be automatically deducted from workers' paychecks and sent to the state along with payroll taxes. The account could be taken from job to job, and management fees would be paid by the employee. Governor Schwarzenegger has already come out in favor of the bill, but even if it ultimately becomes law, it still will need the approval of the Internal Revenue Service, the U.S. Department of Labor, and perhaps the Securities and Exchange Commission.

Proponents of the measure tout the portability and convenience of the plan, but these features are already found in private-sector retirement products. IRAs can simply be rolled over from one

employer to another, and contributions can already be automatically deducted from paychecks for employer-sponsored plans (employees without such plans can always set up individual retirement plans through banks, brokerages, and mutual fund companies that will automatically transfer money each month from a checking or savings account to the retirement account).

Some note CalPERS's low administrative costs as a selling point for the proposal. Its expense ratio of approximately 0.2 percent is excellent, but that is about the same as numerous index mutual funds available from companies like Vanguard and Fidelity, including some that will automatically change their asset allocation to adopt a more conservative investment strategy as one nears retirement.

Others have pointed to CalPERS's solid investment performance in recent years, but CalPERS's portfolio may not be right for everyone. People have differing needs, investment goals, and risk tolerances. In addition, investment strategies typically change from more aggressive to more conservative as people get older and their priority shifts from potential rewards to protection of principal. CalPERS's one-size-fits-all plan doesn't allow this flexibility and contains too much risk for many, particularly given its investments in risky hedge funds and collateralized debt obligations (CDOs), which are packages of securities backed by mortgages (which may include subprime mortgages), bonds, auto loans, personal credit card debt, and the like.

Even more damning is CalPERS's penchant for making investment decisions based on political ideology rather than on the financial interests of the workers and retirees on whose behalf it invests its money. Concentrating the power to invest hundreds of billions of dollars in the hands of a small group of politically connected officials

necessarily leads to the politicization of investment decisions. This setup allows the pension board to circumvent the democratic process and pursue its political or ideological objectives through the power of the pension purse.

Consider, for example, the "Green Wave" initiative that led CalPERS and CalSTRS (the state teachers' retirement system) to invest hundreds of millions of dollars in "environmentally responsible" companies and use the pension funds' financial clout to prod companies to change their environmental policies and "combat global warming." Then there was the attack on Safeway and an attempt to remove the company's CEO while it was involved in the grocery strike of 2004. (CalPERS's president at the time, Sean Harrigan, just happened to also be a senior official with the United Food & Commercial Workers union, which represented grocery workers involved in the strike.) Moreover, CalPERS has a policy to protect state employees' jobs by refusing to invest in any company that may contract with the state to provide services to taxpayers.

If legislators really want to encourage saving, they should reduce the state's heavy tax burden and let people keep more of their money to begin with. Then they should take a long look in the mirror. With its \$16 billion budget deficit, California has certainly set a poor example of financial responsibility. Rather than trying to compete with the private sector in an industry where there is already robust competition, the state would be better served by getting its own financial house in order.

Adam B. Summers is a policy analyst at the Reason Foundation. He has written extensively on privatization, government reform, law, and economics. He holds an M.A. in economics from George Mason University and B.A. degrees in economics and political science from the University of California, Los Angeles.

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Open Borders Prove “War On Terror” is Superficial

By Chuck Baldwin The American people were led to believe that America’s fine men and women in uniform were sent halfway around the world to Iraq and Afghanistan to fight a “war on terror.” Of course, everyone now knows that Saddam Hussein had nothing to do with the attacks on September 11, 2001. I am sure that most everyone also remembers that the vast majority of the terrorists who participated in those attacks were from Saudi Arabia, not Iraq. Yet, Saudi leaders continue to enjoy the coziest of relationships--and, dare I say, friendships--with President George W. Bush.

Does anyone besides me remember when Bush said that countries had to decide whether they would be friends with either terrorists or the United States, but that they could not be friends with both? Well, Saudi Arabia has probably financed, supported, and befriended more terrorists in the Middle East than any other nation in the world (except perhaps Red China), yet they continue to be “friends” with the United States.

Another glaring inconsistency regarding the “war on terror” is the fact that for some seven years since the 9/11 attacks, our nation’s borders and ports are as open and porous as ever. These open borders make the argument that “we are fighting them over there, so we won’t have to fight them over here” look absolutely disingenuous—even laughable.

If foreign terrorists want to bring the fight to America’s streets again, they still have plenty of opportunity to do so. In fact, we have no idea how many potential terrorists have already slipped across our borders and are right now living among us. Furthermore, we have no idea how many potential terrorists continue to pour through these wide open sieves that we call borders.

How can this administration look the American people in the eye with a straight face and claim that it is fighting a “war on terror” while it does almost nothing to secure our borders and ports? As Marcellus said in Shakespeare’s Act 1 of Hamlet, “Something is rotten in the state of Denmark.” Amen. Something is also rotten in Washington, D.C.

Besides, why should al Qaeda attack us now? The U.S. occupation of Iraq is the best recruiting tool they ever had. Do the American people not realize (I think most of them actually do) that, thanks to our protracted occupation of Iraq, al Qaeda might actually be stronger now than it was when we invaded that

country in 2003.

If the Bush administration was serious about fighting a war on terror, it would absolutely, resolutely, and immediately seal our borders and ports. It is nothing short of lunacy to send our National Guard forces to Iraq for the purpose of protecting that country’s borders, while leaving America’s borders wide open!

Not only does the Bush administration not secure our borders and ports, it wants to provide a “path to citizenship” for illegal aliens. It allows tax dollars to be used to pay for illegal aliens’ education, social services, and medical care. It offers birthright citizenship for illegal aliens. And it prosecutes and imprisons Border Patrol agents Ignacio Ramos and Jose Compean for shooting (but not seriously enough to prevent his escape back into Mexico) a known illegal alien and drug trafficker.

No wonder the flood of illegal aliens has skyrocketed since George W. Bush became President of the United States. And is there anyone who does not understand that a John McCain Presidency will be more of the McSame? A McCain White House promises a 100-year occupation of Iraq along with continued open borders and ports. Plus, McCain will also push forward with his plans to grant amnesty to illegal aliens.

In addition, when it comes to illegal immigration, amnesty, etc., there will be no relief from an Obama White House. Both Barack Obama and John McCain are pro-open borders, pro-amnesty twins.

Instead of fighting a “war on terror,” the Bush administration (and numerous administrations before it) is allowing our troops to be used as the personal militia of the United Nations and for the commercial benefit of international corporations.

Remember, soon after our troops invaded Iraq, President Bush explicitly reported that the reason for the invasion was to defend “the credibility of the United Nations.” But this has been the pattern of White House behavior ever since the U.N. was created back in 1945. Presidents from both parties have repeatedly injected U.S. troops into copious conflicts and wars, all for the purpose of enforcing and augmenting the policies of the United Nations.

In fact, the last constitutional conflict that the U.S. military fought was World War II. Virtually every war since has been a U.N. manufactured and manipulated conflict. The war in Iraq is no different.

I ask the reader, If you were President, and you sincerely believed that you were fighting a war on terror, and that you had to take the drastic action of sending other men’s sons and daughters to fight and die in order to wage this war (not to mention the prospect of potentially bankrupting the country to fight it), would you be so careless or indifferent as to not close the borders to the threat of terrorists who might actually decide to attack us? I doubt that there is a reader who would not agree that anyone who took such a task seriously would—at the very minimum—do this.

So, I repeat: the fact that George W. Bush refuses to seal our borders and ports proves that whatever else he thinks he is accomplishing in Iraq, he is disingenuous when he proclaims that he is fighting a “war on terror.” (Again, the country that had the closest connections to the 9/11 terrorists was Saudi Arabia, not Iraq. If fighting the terrorists was the focus, why did Bush not attack Saudi Arabia?)

And that means John McCain is disingenuous when he says he wants U.S. troops to stay in Iraq for 100 years so “we won’t have to fight the terrorists over here” while, at the same time, promoting amnesty for illegal aliens (which does nothing but promote even more illegal immigration).

No, my friends. The real war is not a “war on terror.” The real war is a war against constitutional government, personal liberty, and national sovereignty. It is a war against the fundamental principles of America’s Founding Fathers, that America should be a friend and trader with all, but engaged in entangling alliances with none. It is a war against the Bill of Rights. It is a war against the Spirit of ‘76, the spirit that says America is a free and independent country, subservient to no international entity or interest. It is a war against the principle that would put America first. It is a war against the very heart and soul of everything this country has stood for ever since our patriot forebears stood on Lexington Green and Concord Bridge. And this war is not being waged from Baghdad or Tehran. It is being waged from Washington, D.C.

**If you enjoyed this column and want to help me distribute these editorial opinions to an ever-growing audience, donations may now be made by credit card, check, or Money Order. Use this link: <http://www.chuckbaldwinlive.com/donate.php> © Chuck Baldwin*

California Restaurant Association Comments on Assembly Bill 2572

(BUSINESS WIRE)—Today the California Restaurant Association released the following statement on the passage of Assembly Bill 2572.

We applaud the California Assembly for approving a responsible approach to the issue of mandated nutritional information disclosure at chain restaurants.

Assembly Bill 2572 will guarantee access to nutrition information that reflects the needs of consumers and allows restaurants to provide it in a way that respects their consumer’s dining preferences.

The flexibility in how this information is provided to guests will alleviate an unnecessary burden while achieving the desired result - comprehensive nutrition information in every covered restaurant.

Ensuring easy and convenient access to nutrition information is an important provision, especially for small chain restaurant owners and operators, who are already burdened by a sluggish economy and rising food costs.

“We look forward to working with the State Senate to improve upon this important legislation,” said Jot Condie, President of the

California Restaurant Association. “Chain restaurant owners that operate in different jurisdictions should not have to fear a patchwork of local regulations. If this legislation is going to cover chain restaurants throughout the state, we believe the provisions of this mandate should be uniform throughout the state.”

Once again, California has the opportunity to lead the nation on issues of national importance. The California Restaurant Association looks forward to working to ensure this legislation continues to progress for the restaurant customers of California.

The Lollipop That Can Kill



Dr. Smith Talks About Fentanyl

Gregory A. Smith, MD the Medical Director of Comprehensive Pain Relief Group (CPRG) wants parents to get a good look at this lollipop. Fentanyl is a narcotic that is 100-150 times more potent than morphine and can be deadly.

“The scary thing is that now when I see a group of teenagers sucking on a lollipop I have to wonder if it’s a tootsie pop or a narcotic!” states Dr. Smith.

Fentanyl lozenges are a solid formulation of Fentanyl citrate on a stick in the form of a lollipop that dissolves slowly in the mouth. These lozenges are intended for opioid-tolerant individuals and are effective in treating breakthrough cancer pain. It is also useful for breakthrough pain for those suffering bone injuries, severe back pain, neuropathy, arthritis, and some other examples of chronic nonmalignant pain. It is most effective when the lozenge is consumed in 15 minutes. The drug is less effective if swallowed, as despite good absorbance

from the small intestine there is extensive first pass metabolism, leading to an oral bioavailability of 33%.

As a physician who deals with chronic pain relief issues, Dr. Smith has seen more than his share of patients who are addicted to prescription painkillers. Over recent years it has become the focus of his practice. In spite of the transition of his practice, Dr. Smith has consciously decided to retain the name Comprehensive Pain Relief Group as it provides his clients with a certain amount of anonymity.

“Fentanyl lollipops like most drugs have an important and beneficial medical purpose states Dr. Smith. They become problematic when they are abused. I am hard-pressed to identify something that looks more innocent than a lollipop. However, misuse of a Fentanyl lollipop can be deadly.”

Because Fentanyl is so strong it can have disastrous effects when used for recreational purposes. People can simply get sleepy, lie down and stop breathing from the sedation and respiratory depression caused by the drug. Talented compound pharmacists can make preparations of Fentanyl in the form of suckers, lozenges, syrups and gels for easy consumption that would not be noticed in a public setting. This is in stark contrast to someone who has to inject Heroin into a blood vessel. These preparations are usually prepared for patients that may not be able to tolerate pills or injections but when they fall into the wrong hands they can end up sold on the street as a competitor to Heroin,

OxyContin and Vicodin.

The fastest growing segment of prescription drug abusers is kids between the ages of 13 and 17 because of the easy access kids have to prescription narcotics. Very often it’s as accessible as the family medicine cabinet.

Dr. Smith hopes that he can reduce the amount of tragedies that misuse of this drug can produce, by educating parents to the look and danger of the Fentanyl lollipop.

About Comprehensive Pain Relief Group

Comprehensive Pain Relief Group (CPRG) has transitioned its focus to narcotic detoxification. This is because chronic pain sufferers often move on from pain management to narcotic addiction. This circumstance has created an urgency for CPRG to help patients detox in a private, effective environment.

CPRG utilizes NESPT long-term pain programs, narcotic detoxification and other comprehensive programs. NESP is an acronym that stands for Nutritional, Emotional, Social/Financial, Physical/Psychological; the six aspects of chronic pain and narcotic addiction. These programs along with an integrative approach completely distinguishes CPRG from any other medical group or physician who claims to be “pain management.” The corporation was formed by Gregory A. Smith, MD, QME in 2001.

For more information about Comprehensive Pain Relief Group (CPRG) please refer to www.painreliefgroup.com

Suicide Rate for Teens Tripled Since 1960

1 In 5 Teens Currently Suffer From Clinical Depression

New book offers help to depressed teens, parents, teachers, counselors, clergy and others.

When Dr. Gary E. Nelson saw his teenage son spiral into depression, it signaled the beginning of a long journey through the valley of the shadow of death.

Dr. Nelson and the rest of his family struggled to help Tom find a way through the darkness. Tom survived the journey that his father later called “miraculous” in his new book, A Relentless Hope: Surviving the Storm of Teen Depression.

Dr. Ruth Harper says about the book in her review for the August, 2007 edition of Counseling Today, the professional magazine for the American Counseling Association: “...this little book demonstrates the power of it’s title, A Relentless Hope... For therapists, this book offers much to consider...For teens, those with or without a diagnosis of depression, this book radiates acceptance, empathy, and hope... A unique and valuable feature is the chapter on spirituality...Nelson is master of the prosaic metaphor... Throughout the book, analogies and comparisons...and a host of other everyday, often light-hearted images illustrate Nelson’s conversational,

common-sense approach to the complex topic of teenage depression... The book is a work of love about the power of love.

And that, in itself, is healing.”

The latest figures for teens in the U.S. released by Mental Health America in 2008 report that 1 in 5 teens suffer from clinical depression; the suicide rate for adolescents has tripled since 1970; and each year almost 5000 young people ages 15-24 kill themselves

“My son Tom gave up everything and wouldn’t leave his darkened room,” said Nelson. “I was aware that suicide driven by mental illness is a top killer of young people. We were terrified we could lose him.”

In his new 150-page book Dr. Nelson uses his son’s story as a guide for examining teen depression, following his son’s experience as he slowly lost interest in activities and soon, in life. Nelson also draws from his years of clinical experience counseling depressed teens and their families as a pastoral counselor as well as his experience as the pastor of local churches. The book is written in language that makes it accessible to teens, parents, counselors, teachers, and pastors.

The book includes insightful information about the biological, spiritual, emotional and cognitive aspects of teen depression.

An excerpt from the book: “The three

baseballs Tom hurled through the downstairs hallway wall were the first in a long series of his actions and reactions totally baffling Patti and me. Never had we witnessed such behavior in our home. Never had disagreements or arguments been punctuated by acts of violence. Yet, there they were, the three round holes in the wall, marking the end of a discussion and the beginning of a nightmare.”

For more information, or to purchase A Relentless Hope: Surviving the Storm of Teen Depression visit: www.survivingteendepression.com.

Dr. Nelson was recently interviewed on Connecticut Public Radio.

His interview can be heard on www.thereallifesurvivalguide.com.

Dr. Nelson recently appeared on Northwest Afternoon, an afternoon TV talk show on KOMOTV, the ABC affiliate in Seattle, Washington.

The video clip can be seen at www.komotv.com/nwa/archive

Scroll down to “Surviving Teen Depression.”

Dr. Nelson was also recently interviewed on KFIV radio in Modesto, CA, WBZ Radio in Boston, MA, and WJCW Radio in Johnson City, TN.

CONTACT: Gary Nelson is available for interviews by calling (304) 375-2802-ofc, (304) 375-4839-home, (703) 772-5859-cell, or via e-mail at revgenelson@yahoo.com

Will Gay Weddings Take Place in 2008?

According to Randy Thomasson, President of Campaign for Children and Families, “California’s statutes spell out the intricate marriage process”. Legally, marriage licenses are only for a “bride” and a “groom”, a “man” and a “woman.”

The California Constitution, Article 5, Section 1 requires the Governor to “see that the law is faithfully executed.” According to the San Francisco Chronicle, Governor Arnold Schwarzenegger has stated that he will “uphold the court ruling”. One wonders if he will change the law outside of principles. Or will he wait for the legal process to occur?

Governor Arnold Schwarzenegger has set up a system for a telephone vote, so one’s opinion can be made known to him. To vote, call the Sacramento phone number, 916-445-2841. Follow the prompts for language, and then pick “5” for hot issues. The first issue is the California Supreme Court Decision for “same-sex marriage”, and then follow the prompts to vote.

ProtectMarriage.com has gathered 1.1million signatures for a California Constitutional Amendment for marriage only between a “man” and a “woman.” The Secretary of State is still in the process of verifying the validity of the signatures. To qualify there must be 694,354 valid signatures. The notice of qualification for those petitions should be issued for mid-June. If it qualifies, it will be placed on the November 2008 ballot and if it passes, voters may make the final decision.

Constitutional Marriage Amendment, marriage only between a “man” and a “woman” was introduced at the federal level in May of this year. Although the Amendment would need to pass with a two-thirds vote in both the U.S. Senate and the House of Representatives and then be signed by the President in order to take effect.

There are other groups opposing the court decision. LibertyAction.org, and Family Research Council are circulating petitions to suspend the decision, and Alliance Defense Fund has asked the California Supreme Court to “rehear” the case.

In summary, the California Supreme Court attempted to legislate from the bench, although they are not legislators. It’s unclear as to what Governor Arnold Schwarzenegger will do, but legally there will be no gay marriages in 2008. Since this is a representative government, one can make their voice heard by calling the Governor or getting involved in the one of the groups opposing the decision. One can contact their U.S. Congressman or U.S. Senator with your views on the Federal Marriage Amendment and you can vote if the Constitutional Marriage Amendment ends up on the November ballot.

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

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

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32 Get - for
effort
33 Mauna -
34 Ultra-
modernist
35 Picks the
wrong actor
38 Mulligan, e.g.
39 Easter entree
40 "Let me think
..."
42 Clear
45 Handled
roughly
49 Sandwich
treat
50 Actress
MacGraw
52 One of the
Jackson 5

	veils		
6	Before	28	Household
7	Accompanying		member
8	Scary	29	Shawl type
	"Psycho"	30	Born
	scene	31	AAA job
9	Capital of	36	"Scarface"
	Uzbekistan	37	Parisian pal
10	- podrida	38	Obscene
11	Oxen's	41	Kettle or Bell
	burden	42	Tress
19	On the other	43	Unyielding
	hand	44	Moist
21	Carte lead-in	46	Stead
24	Shriver of	47	Handy pc. of
	tennis		Latin
25	Sea urchin,	48	Capitol cap
	sushi-style	51	Allow
26	Fine wool		

Henry

BY DON TRACHTE

DIMME MY TANDY!

LOOK OUT, HENRY!

I HEARD BUTCH SAY HE'S GONNA PUNCH YOU IN THE NOSE!

THANKS, HENRY. FAW DETTIN' MY TANDY BACK!

... HERE COMES

BUTCH!

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Popeye

BY E.S. SHAW

I WANNA THANK YA, POPEYE

WOT MADE YA FINALLY REALIZE THAT?

PERCENTAGES!

FER INSTINKS, I LERN'T THAT ONE HUNDRED PERCENT OF THE TIME...

...GITS A SIXTY-FOUR PERCENT BIGGER ALLOWANCE THAN I DIZ!

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The Spats

by Jeff Pickering

HAROLD, YOU'RE GOOD FOR ONLY ONE THING!

AND WHAT IS THAT?

YOU'RE A GOOD BAD EXAMPLE!

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HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Batter's shirt has number 2. Catcher's mitt is missing. 3. Catcher's pants are black. 4. Part of crowd is missing. 5. Fence is different. 6. Home plate is bigger.

Trivia test

by Fifi Rodriguez

1. ANIMAL KINGDOM: What is a group of owls called?

2. U.S. STATES: In which state is the Adirondack Park and Forest Preserve located?

3. LANGUAGE: What is a pangram?

4. MOVIES: What movie contained the famous line "They're here"?

5. MEDICAL: What was Viagra originally developed to treat before it became a popular drug to combat erectile dysfunction?

6. GEOGRAPHY: What country has a region called Lombardy?

7. GAMES: Skittles most closely represents what other game?

8. LITERATURE: How many tales are contained in "The Canterbury Tales"?

9. TELEVISION: On which show did the phrase "Sock it to me!" originate?

10. ADVERTISING SLOGANS: What company's slogan is "Can you hear me now"?

1st Annual Alzheimer's Aid Society Memorial 5K Run/Walk

As you begin to make plans for this upcoming summer, mark Saturday, July 26, 2008 on your calendar – you will feel good for doing so! Prepare for one of the most unique events to come to the Sacramento area: the 1st Annual Alzheimer's Aid Society Memorial 5K Run/Walk, presented by East Lawn Parks and Mortuaries. It will be known as the City of Sacramento Championship, and Capital Road Race Management, is one of our partners. They are the same company that manages the "Run to Feed the Hungry" and more than forty other race events in the area.

The City of Sacramento Championship will be one of the fastest and most scenic courses you will ever run. Starting at East Lawn Memorial Park at 43rd Street and Folsom Boulevard, our route traverses the Fabulous Forties neighborhood on "M" Street and proceeds to East Portal Park before returning to East Lawn for one gorgeous, final mile loop, finishing

at the highest point in the City of Sacramento! The run and walk begins at 8:30 AM, but before the main event there will be three kids' races (1/4 mile for ages 5 and under 1/2 mile for ages 6-8 and ages 9-10). This truly will be a family affair!

You may be asking, "Why should I be involved?" It is simple: the Alzheimer's Aid Society is a local, independent organization that assists families and caregivers in Northern California – FREE of charge. If you ask for our assistance on such matters as referrals to a care home, legal services, respite care, support groups, or just need information about Alzheimer's, it is all here for you. We also co-sponsor, with American River College Gerontology Department, a Caregivers Conference every November (this year, November 1st). When you donate to our organization, your money is going to help your neighbor. We have more than 90 volunteers who give unselfishly of themselves (many of whom had

relatives die of Alzheimer's disease) so that we can make a positive difference in our community.

The Alzheimer's Society has been in operation since 1981. Founded by Bea and John Gorman, they have given their lives and financial resources to start the organization for one sole purpose – to assist the caregiver. Bea and John know something about this awful disease – they have had six siblings die from Alzheimer's. KCRA Channel 3, My58, along with Sacramento Magazine, Senior Magazine, Comstock's Magazine and many other financial supporter are teaming up to "get the word out" that the Alzheimer's Aid Society is your local source to help with any of your Alzheimer's needs.

In addition, you're not just supporting a good cause, but you're getting some exercise. Please join us! You can go online at www.alzheimersaidsociety.org to register or call our office at 916-448-7001 for a registration form. It'll be a Saturday well spent

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging

★★★ HOO BOY!

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MAGIC MAZE

SHADES OF YELLOW

J I E B Y M V R O L I F C Z W

T Q N K I U F C Z W U R P M J

H E C I Z S X U S Q N L J G E

C Z X V K T U T R P N L J H E

C A Y W V A T B R E P N L K I

G E C B Z R H X L G G X M R W

U S R N P D E K O O M I A L J

I G R E O D B B A B O E E L F

Y O X W E M I L M M P H R B F

C U T T O C I R P A U R C E U

S Q P O N E D L O G N L K S B

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

Amber Cream Golden Mustard

Apricot Ecu Khaki Pear

Beige Flax Lime School bus

Buff Gamboge Limon

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All Answers on Page 12

Contract Bridge

THANKS — BUT NO THANKS!

North dealer. Neither side vulnerable.

NORTH

♦ Q 3

♥ A Q 10 6

♦ 10 8 5

♠ A Q J 9

WEST

♦ 10 9 6 5 4

♥ 5 3 2

♦ 7 2

♣ 7 6 4

EAST

♦ A 7 2

♥ K

♠ A K J 9 6 3

♣ 8 5 2

SOUTH

♦ K J 8

♥ J 9 8 7 4

♦ Q 4

♠ K 10 3

The bidding:

North

1 ♣

2 ♣

4 ♥

East

1 ♦

3 ♦

South

1 ♥

3 ♥

West

Pass

Pass

Opening lead — seven of diamonds.

The line of defense adopted by the opponents sometimes provides declarer with the precise information he needs to land his contract. What the defenders do and, just as importantly, what they don't do is often very highly significant.

Consider this case where South reached four hearts after East had bid diamonds twice. East won the diamond lead with the king and played the ace, West following with the deuce. East then cashed the ace of spades and, despite his partner's dis-

couraging four-spot, continued with a second spade, taken by South with the king.

A less-perceptive declarer might now have brought an unhappy conclusion to the proceedings — at least from his viewpoint — by attempting a heart finesse and losing to East's king. But South had watched the play to the first four tricks very attentively, and drew the correct inference. So at trick five, he led a heart to the ace and dropped East's singleton king to bring in the contract.

The winning play in trumps was predicated entirely on East's defense. It was clear to everyone at the table that West had started with just two diamonds and was in an overruffing position.

When East played the ace and another spade instead of returning a diamond, there could be only one rational explanation. Obviously, East was afraid declarer would ruff the diamond with the jack, and West would be unable to overruff. This would reveal the location of the king, and South would therefore not attempt the finesse.

So declarer correctly interpreted the spade continuation at trick four as an attempt to lure him into taking the finesse in hearts. But if that was what East wanted, then it couldn't be right for South to oblige him. He therefore declined the offer and was amply rewarded when the unguarded sovereign fell.

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by Steve Becker

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.

Not Just for Kids Anymore !

For many of us not raised on computer technology, getting started may seem daunting. Well fear no more, as SeniorNet classes have opened up the world of computers to millions of older adults here and around the world. If you're over 50 and have a desire to join the age of information, our classes will make the journey easier and provide personal attention from caring and talented instructors.

Many computer classes cost a great deal more, but SeniorNet computer classes run for 8 weeks at a total course fee of \$40. Orientation and Registration for is Tuesday May 20th at 10:30am. Classes begin the week of June 2nd and run through August 2nd.

Ethel Hart Center

915 27th Street Sacramento 95816

916 808-5462

River City Run, on June 1st

The Sacramento Group of the Sierra Club is having their River City Run, on June 1st. The event includes a 5k and 10 run, a 5k & 10k walk, plus a Kid's Fun Run. The run will start in Old Sacramento at Waterfront Park and follow the Bike Trail along the river, through Discovery Park and back. Runners start at 8:30 a.m., walkers, strollers, & wagons start at 8:35 a.m. This event benefits programs that inspire, encourage, and teach steps toward sustainable living.

Registration prior to May 24th is \$25 for adults, \$15 for children 6 years to 16 years. Registration after May 24th is \$30 Register online until May 27th at www.rivercityrun.org. Register in person at Fleet Feet Sports, 2311 J St, Sacramento on Friday, May 30, from 3 p.m. to 7 p.m. or Saturday May 31, from 10 a.m. to 6 p.m. Waterfront Park in Old Sacramento on June 1, 7 a.m. to 8:15 a.m. All entries receive a 100% Recycled Cotton/ EcoSpun T-shirt.

Carmichael Cactus and Succulent Society Meeting

Thursday June 5

Carmichael Park Clubhouse, 5750 Grant Avenue, Carmichael, CA 95608

10 a.m. - 4 p.m.

Free: "Visitors are welcome!"

Gardening in the Mediterranean with Fran Clark

For more information call 916-729-3475

American River Summer 2008

"Current" Programs

Leaf It To Me

Saturday, June 7th – 10 am – 1 pm

Join volunteer naturalist Robert Mackler for a lecture/walk along the Monroe Trail (3 1/2 miles). This is part two of a beginners' survey of the plant life of the Coloma area. The structure and leaf form of plants can tell much about adaptation and survival. We learn some more major plant groups. Bring binoculars, field guides etc. We will have a lunch break along the way. Responsible teens and adults welcome. Please call to sign up and for meeting location (Coloma area). Rain cancels. FREE

The "Big Ditch" – An Inside-Out View Of The Grand Canyon

Saturday, June 7th - 6 pm – 7:30 pm

Vince Cloward, Program Director for the Upper Sacramento River Exchange and 30 year veteran river guide, will give a presentation with PowerPoint slides and video clips of his recent 16 day private trip on the Colorado River (Grand Canyon). The program will include practical information about the trip as well as beautiful photography of wildlife, scenery, music, and video compilations. This program is for anyone who has ever dreamed of boating the Colorado and veterans alike. The program will also include a question and answer period following the show. \$3 members/\$5 non-members. Please call (530) 621-1224 to sign up and for meeting location. (Coloma area)

Father's Day Sunset/Moonrise Picnic

Sunday, June 15th 7:30pm – 9:30 pm

Take a little time on Father's day to enjoy the beauty of Cronan Ranch and watch the full moon chase the sun into the west. This will be an easy 1-mile walk to a knoll overlooking the south fork of the American River. Bring dad, a picnic dinner, and a blanket and we'll all enjoy this beautiful evening together. Please call to sign up and for meeting place. (Coloma area). FREE. (530) 621-1224.

Community Spirit in America!

Friday, July 4, 2008

50th Annual Carmichael Elk's Club Parade – New Start Time 10 am!

Begin your celebration by attending the pancake breakfast at Carmichael Park, sponsored by the Kiwanis Club of Carmichael (7am-11am). After, walk over and enjoy the Annual Elk's Club Parade (10 am) featuring many wonderful community floats, marching bands, equestrian entries, military units, antique automobiles, and much more! The parade route starts at Marconi/Fair Oaks and continues down Fair Oaks Boulevard to Cypress/Manzanita. The Grand Stand is located across the street from Carmichael Park, 5750 Grant Avenue. Don't miss out on one of the Largest and Oldest parades in the region! For more information on float registration email Jim Warrick at jdwarick@lanet.com or leave a message at the Elks Lodge (916) 489-2103.

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Summer Fun on Four Wheels

(NAPSA)-Each year when warm weather replaces the cold and gloom of winter, people turn their attention to the great outdoors. For years, all-terrain vehicle (ATV) excursions have grown in popularity for families interested in group adventures.

Many reasons have led to this growth. Urban sprawl and video games, among other things, have limited the amount of time kids are spending in nature. Parents look around for activities that include fresh air and exercise. And new entry-level ATVs have opened up off-road activities to people who might have been reluctant in the past.

Most off-road enthusiasts can tell you their favorite vehicle as fast as their favorite reality TV show, but newcomers might have a hard time distinguishing between the latest options. Consider your age, size and experience, and pay attention to the terrain on which you plan to ride. Are you riding on wooded trails or desert sand dunes? Will you need four-wheel drive or can you consider a sportier machine?

Take the Raptor 250, for example, a new entry-level machine from Yamaha that can handle a variety of riding areas from basic ATV trails to more advanced motocross tracks. Built as a "sport" ATV, a two-wheel drive version with a more stylish design and sporty performance than its utility brethren, this quad can accommodate a newcomer (over 16 years old) while also allowing more experienced riders to fully showcase their skills.

Vehicles such as the Raptor 250 offer families an activity that most any member



For years, all-terrain vehicle (ATV) excursions have grown in popularity for families interested in group adventures.

can enjoy at his or her own pace, although parents should always follow age and safety recommendations.

"With a lot of new riders in the mix, it's a great time to consider an ATV Safety course," said Cathy Tharp, from the Specialty Vehicle Institute of America (SVIA). "Entry-level ATVs like the Raptor 250 can be great but deserve the proper respect and training to operate correctly."

Once you've settled on your vehicle, find the right riding area for your family. You'd be surprised to find that an ATV riding area, whether a national forest or private ATV park, is probably no more than a couple hours from where you live.

If you're not sure where to look, start by checking out the National Forest Web sites or visit your local ATV dealer. A quick online search can come up with new riding areas, and there are many ATV-specific sites and forums that offer a lot of information on where to ride in your area.

Just remember, before you get started, be sure to take a training class and learn about the basics of ATV riding techniques and proper riding gear. There are ATV safety courses taught across the country each month, and you can find out more at www.atvsafety.org or by calling (800) 887-2887.

One Man-100 Miles-100 Degrees-for Kids

Sacramento Man Finished 100-Mile-Run in 100 Degree Heat toSecure Health Care for Uninsured Children

As the thermometer crept above the 100 degree mark, so did the expectation of a strong finish for Jason Harper's 100-mile-run for the children of inner-city Sacramento's roughest neighborhood. The Extra Mile Run was created by Harper to raise awareness and support for the uninsured children of Oak Ridge Elementary School.

Harper, 36, crossed the finish line on the playground of Oak Ridge at 29:35. Slightly dehydrated and exhausted, Harper's motivation never waned, though his body did.

"It was a long night and I am glad I am finished with the heat," Harper stated with ice packs being layered on his neck. "At the sixty mile mark, I was very nauseous and couldn't hold much down."

Despite the difficulties with the 103 degree heat, Harper continued to run. "If we were really going to bring change, great awareness was going to have to happen. Finishing in the heat brought a lot more attention to the run," Harper stated.

For the last four years, Harper through Equal Start, has raised more than \$100,000 in goods and service to help Oak Ridge Elementary thrive in their inner-city location. Despite the efforts of Equal Start, test scores remained nearly unchanged. Harper asked Principal Steve Lewis what he thought the reason was for little academic

increase. Without hesitation, Lewis said, "A child's health and wellness." Harper strategized and then asked, "How can state-mandated test scores go up when sickness and access to basic health care escapes them?" Harper discovered more than 1,000,000 children in California did not have health care and yet 70% of them qualified for it. The disconnect for medical coverage was at the enrollment process. "We found great friends at Cover the Kids. They mentored us to understand how to best get families aware of the available medical services."

Cover the Kids is a non-profit organization that assists families with the enrollment process to Medi-Cal, Healthy Kids, and Healthy Families. These organizations handle the medical needs of California's under-privileged children.

Brett Rodarte, a long-term broker of health insurance coverage and a volunteer at Oak Ridge, explained the health care dilemma. Many families without basic health care use the emergency rooms, that can't deny care, as their only option. The cost for the simplest of procedures can cost thousands. Those costs raise health care premiums and cost tax payers. "The Extra Mile Run, as illogical it was, the approach he took was very practical. His vision is proactive, instead of reactive," said Rodarte. With nearly 800 people crammed on the playground to see the finish, media and camera crews scurried to get in position. The staff, faculty,

and students buzzed with anticipated hope of a strong finish. In the distance, Harper, his running buddies, Rick Cole and Principal Steve Lewis, appeared. Led by an obviously pained Harper, the trio galloped towards the finish in the second day of triple digit heat. In the final steps Cole raised Harper's arm to signify victory. Harper crossed and the friends, children, parents, and teachers of Oak Ridge screamed encouragement.

On this day, everyone at Oak Ridge Elementary knew they were significant. The value of going The Extra Mile was more than a cliché. For Jason Harper, It was the 100th mile that ended his greatest run and began the children's greatest hope, health care.

For more information, please call 916-284-4431 or visit <http://www.extramilerun.com>.

Summer Slam II

Atwater Alley-Oop presents "Summer Slam II" Basketball Tournament. Boys & Girls-Ages 11U thru 17U. Open to all AAU, School, Club, NJB & All teams. 3 game Min. ONE DAY Tournament. Saturday June 14th. 4 Gyms - Delhi & Atwater, Ca \$210 Entry fee. Contact Robert 209-947-3888 or RGarrett3@sbcglobal.net For more info please visit www.atwateralleyoop.com

Celebrating Dad: the Champion in your Family

(NAPSA)-If you've ever spent time on the links with your Dad, you know that golf creates a more intimate experience between fathers, sons and daughters than just talking about doglegs and bunkers. If this rings true, you may want to tee up a new Web site-one that celebrates this emotional connection.

Recognizing this unique bond, the Golf Channel is honoring fathers everywhere through an initiative that gives Dad his due. The network has established a place where people can celebrate special connections with their fathers (or father figures), as well as give them a chance through a special contest to send their Dad on a dream trip to the home of golf-St. Andrews, Scotland.

"If you've ever played the game of golf, chances are it was your father who placed that golf club in your hands for the very first time," said Golf Channel President Page Thompson. "And, most likely, it was your father who taught you the lessons that have not only served you well on the golf course, but also in life."

The site, www.GolfChannel.com/



Jack Nicklaus, the greatest golfer of his generation, is known as much as a family man as a champion golfer. Pictured here with son, Jack II. (Getty Images)

FathersDay, offers a place where people can post recollections and lessons learned from time spent on the golf course with their fathers.

For many professional golfers-and even the hundreds of Hollywood celebrities who are hooked on the game-it was their father who first sparked their interest. Golf Channel asked some

of them to share stories about their Dads and the life lessons they learned through golf, or about passing along that same love of the game to their own children.

"By the sheer nature of the sport, golf has played such an important role in starting or enriching father-son and father-daughter relationships," added Thompson. "Through a Dad's wisdom and guidance, you learned about honor, tradition, respect, sportsmanship, perseverance and patience. And because of golf, you shared time and memories with your father that will last forever."

In essence, the network's celebration of Dad demonstrates that while he was teaching you how to swing a driver, he was really trying to build confidence, and while he was lecturing about the rules of the game, it was really about learning integrity.

The dedicated site allows users to send Father's Day cards, enter the contest, view other entries, watch videos and even take a video tour of St. Andrews, where more memories will be made for a Dad and his lucky kid.

Attention to Safety Can Prevent Thousands of Home Fires Caused By Grills

NFPA reminds cooks to include fire safety in grilling recipes this season

Fire safety is an essential ingredient in any recipe that calls for cooking on an outdoor grill. In 2005, fire departments responded to an estimated 8,300 home fires involving grills, hibachis or barbecues, according to a National Fire Protection Association (NFPA) report. These fires caused \$137 million in direct property damage.

"The last thing anyone wants to do when grilling is to create a situation that ends with a home or something else on the property catching fire," said Lorraine Carli, NFPA's vice president of communications. "Taking steps to keep grills a safe distance away from kids, pets, and things that can burn like branches, deck railings, and overhangs will help prevent home fires and injuries caused by grills."

Six out of seven home grill fires involved a gas grill and the leading contributing factor was a leak or break in hoses or other equipment. The leading factor in charcoal grill fires was something that could burn too close to the grill.

For general grilling safety tips, audio clips, statistical information, and a slide show on how to prepare your gas grill for grilling, visit <http://www.nfpa.org/grilling>.

NFPA offers the following safety tips.

- Gas and charcoal BBQ grills must only be used outdoors. If used indoors, or in any enclosed spaces, such as tents, they pose both a fire hazard and the risk of exposing occupants to toxic gases and potential asphyxiation.
- Position the grill well away from siding, deck railings and out from under eaves and overhanging branches.
- Place the grill a safe distance from lawn games, play areas and foot traffic.
- Keep children and pets away from the grill area: declare a three-foot "kid-free zone" around the grill.
- Put out several long-handled grilling tools to give the chef plenty of clearance from heat and flames when flipping burgers.
- Periodically remove grease or fat buildup in trays below grill so it cannot be ignited by a hot grill.

- Charcoal Grills
 - Purchase the proper starter fluid and store the can out of reach of children, and away from heat sources.
 - Never add charcoal starter fluid when coals or kindling have already been ignited, and never use any flammable or combustible liquid other than charcoal starter fluid to get the fire going.

- Gas Grills
 - Check the gas cylinder hose for leaks before using it for the first time each year. A light soap and water solution applied to the hose will quickly reveal escaping propane by releasing

bubbles. If you determine your grill has a gas leak, by smell or the soapy bubble test, and there is no flame:

- Turn off the gas tank and grill.
- If the leak stops, get the grill serviced by a professional before using it again.
- If the leak does not stop, call the fire department.
- If you smell gas while cooking, immediately get away from the grill and call the fire department. Do not attempt to move the grill.
- Use only equipment bearing the mark of an independent testing laboratory. Follow the manufacturers' instructions on how to set up the grill and maintain it.
- Never store propane gas cylinders in buildings or garages. If you store a gas grill inside during the winter, disconnect the cylinder and leave it outside.

Subscribe to NFPA RSS News feeds

NFPA has been a worldwide leader in providing fire, electrical, building, and life safety to the public since 1896. The mission of the international nonprofit organization is to reduce the worldwide burden of fire and other hazards on the quality of life by providing and advocating consensus codes and standards, research, training, and education. Visit NFPA's Web site at <http://www.nfpa.org>.

Please click here if you wish to unsubscribe: nfpaheadlines@nfpa.org.

Dusty Baker Int'l 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

Visit Dusty's website at www.dustybaker.com

Summer at Gold River Racquet Club!

Your children will thank you.

Summer is finally here and the kids are ready for something to do! Don't panic! Gold River Racquet Club is ready too with family-friendly programs for children of all ages.

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Mention this ad and receive a \$25 gift certificate to Fleet Feet upon joining!

Offer expires June 17, 2008

A photograph of a woman with blonde hair smiling and hugging two young children in a swimming pool. The children are also smiling and appear to be having fun. The water is clear blue.

23rd Anniversary Special!

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California Fuel Cell Partners Educates Tomorrows Drivers



Middle Schoolers enjoy test drives in Mercedes Fuel Cell Vehicle

By Amanda Morello

California Fuel Cell Partners, located in West Sacramento provides field trips to schools and the general public to educate consumers about Hydrogen Fuel Cell technology. What better way to advertise new automotive technology, than to drive a group of teenagers in concept cars. The Middle School students at California Montessori Project were the latest group of teens to try out the cars that will be available when they are ready to get their license.

California Fuel Cell Partners is a partnership between major automobile manufacturers such as Ford, Nissan, Toyota and Daimler to name a few. As fuel prices exceed \$4 per gallon, California Fuel Cell Partnerships have produced passenger vehicles that rival conventional vehicles in power but will only cost about \$12 to drive approximately 300 miles while creating zero emissions.

The field trip includes actual test drives for the children on a closed course. The concept cars look like traditional cars but the motor barely makes noise. As the convoy of test cars pulled up to take the children for their ride, the cars had the high pitched hum of a ride at an amusement park.

Like most Alternative Fuels, Hydrogen Fuel Cell run into the problem of refueling infrastructure. While Hydrogen is already a byproduct of many products and foods that we already produce, the obstacle of placing refueling stations before there is even an automobile to use them causes the “chicken and the egg” scenario. Who would purchase refueling stations before there is a need? How can you sell car that can go long distances, if there is nowhere to refuel them?

Unfortunately, Hydrogen technology will not be available to the public for several years. Earliest estimated for production will be 2015 and base model prices are expected to be only slightly more expensive than traditional new car prices.

While there is no question for the need of alternative fuels for

everyone, which alternative fuel will conquer this obstacle is the multi-billion dollar question. California Fuel Cell Partnership is on the right track by educating todays youth into being tomorrows Green Drivers.

To learn more about the California Fuel Cell Partnership visit www.fuelcellpartnership.org.

What are the Keys for Longevity? Ask a Sacramento Centenarian!

The 6th Annual Centenarian Celebration honoring Sacramento region centenarians will be held on Saturday, June 21, at 3:30 pm at the Lions Gate Garden Pavilion at McClellan Park. This year’s theme is “Those Were the Days.” Guests will delight in hearing the historical and remarkable memories of our region’s oldest residents and honoring their longevity, experience, wisdom, and life contributions. Former Sacramento County Supervisor Ila Collin is the honorary chairperson for the event.

Forty-two centenarians, including two super-centenarians, 110 years and older, will be among those honored during the program. Sacramento has the privilege of being the home to a super- centenarian who is recognized by the Guinness Book of World Records as the oldest man in the United States. He will turn 112 years young this June. This banquet celebrates

“Those Were the Days” and is truly reflective of seniors in our local communities. Surprisingly, there are approximately 200 centenarians living in the Sacramento region. These remarkable individuals have lived through, and are personal witnesses to, some of America’s most important and historical events. Our centenarians have been alive through the terms of 19 presidents, and a few have lived in three centuries.

The centenarians, their families, local dignitaries, and supporters of Take a Stand Against Elder Abuse will be among those in attendance. The celebration unfolds into a very moving and poignant event as the lives of these remarkable people, who have often demonstrated resilience and overcome many hardships, are revealed to us in video clips and in their incredible life stories. As with any centenarian celebration, there is the inevitable humor

and witticisms that come to life in this special setting. As part of the festivities, there will be a presentation of acknowledgments and honors, a featured video of this year’s honorees, entertainment by the centenarians themselves, and more.

Co-sponsors are Take a Stand Against Elder Abuse (TASAEA) and Sacramento County Department of Health and Human Services. TASAEA is an all-volunteer, non-profit organization whose mission is to assist in providing a safety net of essential protective services to vulnerable seniors and dependent adults. The organization is committed to supporting the independence, quality of life, and dignity of our elders. A dinner donation of \$75 supports these efforts. For information or reservations, call (916) 716-2846, e-mail tasaea@msn.com, or visit the TASAEA website at www.tasaea.org.



Fostering a Pet

Dear Paw’s Corner: Recent news reports about shelters being overloaded with pets needing a good home have me concerned. I wanted to write and ask you to remind readers that a shelter pet can be a great pet. And, for your readers who want to help even further, many shelters have foster care programs for pets needing extra TLC. Please let them know! -- Shirley S., Haverhill, Mass.

Dear Shirley: Thank you for spreading the word! Pet foster care is not a new

concept, but the idea of in-home care for pets awaiting a permanent home is taking hold in the U.S.

Foster care is often recommended for animals that need additional care, such as dogs with respiratory infections that need a low-stress environment and daily medications. Puppies and kittens that are too young to be spayed or neutered also need foster care, as do nursing dogs or cats and their litters -- which benefit from experience in a home environment with human contact.

Potential foster “parents” must meet certain criteria and should be aware of the challenges of caring for shelter animals. For example, foster pets should be separated from family pets. The shelter also determines how long a foster pet will stay in a home, and when or if the pet is ready for adoption.

The best way to learn if

you’re able to foster a pet is to read as much as you can -- the Society for the Prevention of Cruelty to Animals (www.sPCA.com) has information online about its foster program. Ask about fostering at your local shelter. If you know someone who fosters pets, ask them about their experience.

Most of all, make an informed decision about whether to become a foster parent. Not everyone can make the commitment, and that’s all right. But if you have the space and the time to temporarily care for a dog or cat in need, your local shelter needs you.

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. © 2008 King Features Synd., Inc.



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Join Citrus Heights for the 9th Annual...

Red, White & Blue PARADE

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

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

Parade Theme:
“Marching Forward...”

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

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

Float & Vintage Car Display: Sunrise Mall until Noon



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



sunrisemarketplace.com

No cans, bottles, alcohol, pets or personal fireworks allowed.

New Directions – Chroma Gallery Presents an All Member Show



In the Vine, watercolor by Patricia Williams

New Directions – an all member show, features the artists of Chroma are expanding their horizons, winning local and national recognition, while remaining faithful to their loyal collectors. Always the home of fine art oil, acrylic, and soft pastel originals, giclees prints of the highest quality, and now, in addition, you'll find some of the best fine art photographs and watercolors in the Sacramento area, fun-loving and beautifully executed mixed media works, small decorative items and exquisite jewelry to rival any fine boutique. There's always something new and intriguing at

this major art center located in Fair Oaks Village. The past ten years have proven Chroma to be a popular, friendly place to see and purchase wonderful local art – and it just keeps getting better! If it's been awhile since you've visited Chroma Gallery – check out the website for a preview, then drop by and see for yourself! New Directions runs June 14th through July 6th. Now in its tenth year, Chroma Gallery - Northern California's premier plein-air gallery features the works of 20 local artists. Committed to capturing radiant light and color

in their artistry, their emphasis is on the Northern California landscape. Besides landscape paintings, visitors will also find vibrant still life paintings, photography, collage and sometimes the avant-garde in the bold display of color at Chroma. Chroma Gallery is located at 10030 Fair Oaks Blvd, just off Sunrise Blvd., in the Village of Fair Oaks. Open Thursday - Sunday from noon until 5PM, Second Saturday until 9PM or by appointment. Phone (916) 966-6020 for more information visit the website at www.thechromagallery.com

“Life Is Good” and Making Art is a Great Way to Live it!

June 4th - July 6th

The New Artworks Gallery
10239 Fair Oaks Blvd., #4D
Fair Oaks, CA 95628
916.962.7362

New Artworks Gallery presents works by local artists Donna Naes, Christine Klasner-Pariseanu, and Betty Thompson. Come see how a passion for painting brings joy into their lives, and others. Their work includes watercolor, pen & ink, mixed media, oils, and acrylic. The Opening Reception will be held on 2nd Saturday, June 14th, from 5:00-9:00 PM, at 10239 Fair Oaks Blvd., Fair Oaks, CA 95628. Gallery hours: Wed.-Sun. 11-5PM, and by appointment. Call 916-962-7362, or visit us online at www.thenewartworksgallery.com. OPEN TO THE PUBLIC - FREE



Mme by Christine Klasner-Pariseanu

Assessed Value Drops on 85,000 Sac County Residential Properties



Proposition 8 reassessments mean lower property values for many Sacramento residents

Reflecting the fact that much of the residential real estate market has been in a decline since mid-2006, Sacramento County Assessor Ken Stieger announces that the Assessor's Office has reviewed the market values of residential properties in Sacramento County and will be reducing the assessed values for over 85,000 properties on the 2008-09 property tax roll. These decreases are often referred to as Proposition 8 reductions, reflecting the 1978 ballot proposition that authorized them. Generally speaking, properties purchased in 2004 and later are affected. Most decreases will range between 10% and 30%. The majority of the remaining residential properties in the county, some 300,000-plus parcels, will continue to be assessed under Proposition 13 provisions and will not be receiving notices. If a property was purchased prior to 2004, it is unlikely to receive the Prop 8 decrease in assessed value. In the next few weeks, the Assessor's Office will send letters to the owners of these properties,

notifying them that the assessed value of their property will be reduced for the 2008-09 property tax roll. The letter will advise affected owners of their new Proposition 8 assessed value and will also include their Proposition 13 factored value for comparison. The Prop 8 assessed value will be reflected on the tax bills issued in October of 2008. Proposition 8 value reductions are temporary. Once a property receives a Prop 8 reduction, its value must be reviewed as of January 1 each year to determine whether the current fair market value remains less than its Proposition 13 base year value plus inflationary adjustments. The Prop 13 value is typically the property's acquisition value plus inflation factors for intervening years. The lower of these two values is the value used for property tax purposes. Since the reduction Proposition 8 value represents the property's current Fair Market Value, it can fluctuate from year to year without limitation, to reflect changes in the real estate market. When the real estate market recovers and the

market value exceeds the Proposition 13 factored base year value, the property's Proposition 13 value will be restored. The anticipated decrease in assessed value for the 85,000 properties should approximate \$6 billion, and will result in a revenue decrease equal to 1% of that amount, or \$60 million. The lower amount of property taxes in the County will impact local schools, cities, and special districts. Assessor Stieger also wishes to alert the public that property owners may receive solicitations from private businesses and individuals offering assistance in this process for a fee. While property owners are certainly at liberty to use these private companies, they can apply for this reduction themselves at absolutely no cost simply by writing a letter or otherwise contacting the Assessor's Office. Taxpayers may visit the Assessor's website: www.assessor.saccounty.net for more information or call the Assessor's Proposition 8 Customer Service Line at (916) 875-0455.

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Saturday, June 14th, 2008

5:00 – 9:00 p.m.

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ONLY THE BRAVE Benefit Screening — One Day Only!

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The first motion picture as seen through the eyes of the heroic all-Nisei regiment of WWII, ONLY THE BRAVE is inspired by their sacrifices in combat and memories of loved ones back home in America.

Praised by the Honolulu Star Bulletin as "long overdue" and a "powerful, haunting feature," and as a "gripping story" by the Denver Film Society, ONLY THE BRAVE was an official selection at 17 U.S. film festivals.

"Finally, a movie about the 100th/442nd RCT that reveals both the historical and the emotional aspects of war."

— Mikuni Sun (The Japanese Daily Sun)

"Based on the tears and cheers of those watching ONLY THE BRAVE, it was clear that the capacity audience thoroughly enjoyed the movie."

— Asian Sun News

SATURDAY, JUNE 7, 2008

One Screening Only — 3:00 PM

The Crest Theatre

1013 K Street, Sacramento

\$10 General Admission

Admission Free for Veterans of WWII and Korean Conflict

Tickets available through www.thecrest.com and at The Crest Box Office

For more information, call the Sacramento Japanese American Citizens League: 916-447-0231

For theatre information only: 916-44 CREST

Question and answer session and autograph signing of purchased DVDs after the screening with Writer/Director and star of the film, Lane Nishikawa.

Proceeds to benefit the Nisei War Memorial Hall

Movie proceeds are earmarked for the renovation of the Nisei Hall building, thanks in part to Mikuni Japanese Restaurants. This building, designated as a Japanese American Civil Liberties Monument, desperately needs renovations.

The Nisei War Memorial Hall stands as the last reminder of where Sacramento Japantown once thrived and prospered. The center of Japantown was located between 3rd & 4th streets, between L & M. In 1956, the Japanese American community purchased and renovated the building into the Nisei War Memorial Hall, a community center in honor of the Nisei Veterans who fought in World War II.

Go to www.OnlyTheBraveMovie.com to order DVDs of ONLY THE BRAVE, or send check or money order payable to Mission From Buddha Productions to: Mission From Buddha Productions, P.O. Box 420866, San Diego, CA 92142. Contact Mission From Buddha Productions at (858)565-2021 if ordering 10 or more or to book a benefit screening at your local IACL chapter.

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Finding a fine Father's Day gift can be a snap when you consider cameras.

Five Fab Gift Ideas For Father's Day

(NAPSA)-Father's Day is fast approaching and, as always, you're faced with the challenge of finding the ideal gift. Forget the ties, socks and the standard Father's Day fare. Target your gift to Dad's special interests and you can't go wrong. Here are some ideas to get you started:

For the Outdoor Adventurer: Maybe Dad has always wanted to try an exciting activity such as scuba diving, rock climbing or even skydiving. Gift him with lessons for the activity of his dreams to satisfy that adventurous spirit.

For the Family Filmmaker: Dad doesn't have to be Steven Spielberg to capture great footage of family and friends on video. The Sony HDR-SR11 high-definition camcorder's automatic face-detection technology ensures that Dad won't have to worry about the kids being out of focus or the wrong exposure. Everyone will look their best with sharply focused faces and natural skin tones so they're ready for the big screen HDTV.

For the Wine Connoisseur: Plan a wine-tasting tour of the local vineyards for Dad and pick up a bottle or two of his favorites from the wineries you visit. Hire a limo to travel in style and pack a gourmet picnic lunch so you and Dad can have some quiet time together. The wine may not last, but the memories will.

For the Woodworker: Pick up that special tool that Dad's been wishing for. If his workshop is fully equipped, then consult the local lumberyard or go online to find an exotic type of wood to inspire his next creation.

For the Armchair Traveler: Put together a gift box representing a country (or city) that Dad has always wanted to visit. Bring the experience to him by filling the box with related travel guides, maps, music CDs and food.

IF...

by Rudyard Kipling

(Printed in honor of Father's Day)

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:
If you can dream - and not make dreams your master;
If you can think - and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:
If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: 'Hold on!'
If you can talk with crowds and keep your virtue,
Or walk with Kings - nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And - which is more - you'll be a Man,
my son!

Get Up and Go from Ponds to Lake on Father's Day



Quarry Ponds Hosts Annual Walk Run To Benefit The Leukemia & Lymphoma Society

What do four sparkling ponds, a former gold quarry, a popular European-style village marketplace and Folsom Lake all have in common? They all become points of interest along the scenic country trail race course to and from nearby Folsom Lake for the First Annual Father's Day Quarry Ponds To Lake Walk/Run, Sunday, June 15, 2008, 5550 Douglas Blvd. The event benefits The Leukemia & Lymphoma Society.

EVENT DETAILS

WHAT: Quarry Ponds To Lake Run Featuring FREE Kids ¼ Mile Fun Run, 5K/10K Walk/Run Benefiting The Leukemia & Lymphoma Society

WHERE: Quarry Ponds, 5550 Douglas Blvd., Granite Bay

WHEN: Father's Day; Sunday, June 15, 2008 7:45 a.m.: FREE Kids ¼ Mile Fun Run 8:00 a.m.: 5K Walk/Run 8:15 a.m.: 10K Run

FEATURES: Kids activities, entertainment, Farmer's Market, Merchant Sidewalk Sale, Father's Day Meal Deals at Quarry Ponds Restaurants-Hawks, Pizza Antica, Pullman Kitchen, Sammy's Bistro and

Toast

RACE REGISTRATION:

Pre-Race (6/6/08) - \$27 Adults / \$18 Ages 18 & Under

Race Day - \$35 Adults / \$20 Ages 18 & Under

Race Registration / Info To Volunteer At Event / Race Parking / Off Site Shuttle & Other Event Details: (916) 415-9991 or www.QuarryPonds.com

The walk/run event begins and ends at Quarry Ponds, the shopping complex along the Douglas Boulevard corridor in Granite Bay, once home to a gold quarry. Today, Quarry Ponds features one-of-a-kind specialty merchants, four waterfront restaurants and a fresh food market hall—all bordered by four sparkling ponds—the perfect backdrop to a family-friendly fitness event that includes a FREE Kids ¼ Mile Fun Run and 5K and 10K races that take in nearby Folsom Lake.

The race is followed by a festival at Quarry Ponds featuring kids activities, entertainment and the new, popular Quarry Ponds Farmer's Market. Quarry Ponds restaurants will feature special meals to tempt families who linger to enjoy a relaxing Father's Day, the special Father's Day Merchant Sidewalk Sale, and of course, the

waterfront view!

The Ponds To Lake Walk/Run benefits The Leukemia & Lymphoma Society (LLS) with event support provided by its Team In Training program, celebrating its 20 year anniversary. An estimated 106,300 people in the U.S. will be diagnosed with leukemia or blood cancers this year. The LLS mission is to cure leukemia, lymphoma, Hodgkin's disease and myeloma and improve the quality of life of patients and their families. The fastest-growing voluntary health organization in the U.S. supporting research, LLS provides patient financial aid, public and professional education and community service. Since it's founding in 1949, LLS has allocated more than \$550 million to research specifically targeting blood cancers.

Celebrating its 20th Anniversary, the LLS Team In Training (TNT) program is the world's largest endurance sports training program providing coaching and support for people to cross the finish line at marathons, half marathons, cycling and triathlon events. TNT will coordinate event volunteers for the Ponds To Lake Walk/Run and inspire a contingent of new and alumni participants to become a part of this inaugural event.

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